



VeganDiegoBlog

April 2024 Update



Veganizing the world through dining choices & online activism!

For the latest update, refresh your screen or click <https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf>
Click on a topic below to go to its page. On a PC, use [Ctrl Home] to return to this page, [Ctrl End] to go to the last page, [Ctrl F] to search for a desired topic by keyword. On an Apple computer, use the [Cmd] equivalents.

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VeganDiego Origins

Feb 21, 2014

June 2023: This blog was renamed from VeganCityBlog to VeganDiegoBlog.

Dear Veg Friends,

To promote & support San Diego County's 100% vegan restaurants and their courageous proprietors, I've attached the inaugural copy of **VeganDiego!**

Download this calendar to your computer for printing or to your smartphone for offline access. Click on the direct link for periodic updates:

www.maxlearning.net/HEALth/VeganDiego.pdf.

* As the directory has grown from 3 to about 50 pages, printing is not a viable option except for the Eateries/Markets pages.

If out-of-town veg friends would like to build a similar calendar for their region, I'd be happy to send a blank MS-Word template and some compilation tips.

My initial info source was the valuable website (and app) at www.happycow.net. I then contacted or visited each restaurant, since a number of their web pages had/have outdated or conflicting info.

(continued)

VeganDiego

Calendar of San Diego County's 100% vegan eateries, businesses, organizations, and social groups.

www.vegandiego.com which redirects to:
www.maxlearning.net/HEALth/VeganDiego.pdf

Foreign Language V-Cards

Ensuring cruelty-free meals while traveling, educating foreign eateries and stores about vegan options.

www.maxlearning.net/HEALth/V-Cards.pdf

Offline Access

Once downloaded to your smartphone, get and use a File Manager app to open VeganDiego.pdf and/or V-Cards.pdf and save them to your homescreen.

MaxVegan HEALTH Topics

Humans, Environment, Animals, Learning
www.maxlearning.net/health.htm

MaxVegan No-SOS Recipes

Toppings, Meals, Treats. No refined Salt-Oil-Sugar.

www.maxlearning.net/HEALth/MaxVeganRecipes.htm

Email / Facebook

For questions, comments, or to be notified of periodic updates, email mike.weinberg1952@gmail.com and/or follow <https://www.facebook.com/vegandiego>

The restaurant business is brutal. Brave vegan restaurateurs have ethically chosen to limit their audience at the cost of potential profits. They need our support to stay in business. Many of you experienced the shock of Casa de Luz abruptly closing its doors in December followed by Stephanie's Bakery in January. Let's not let another vegan establishment fail!

If you agree that the best use of your limited restaurant dollars going forward is to patronize *only* 100% vegan restaurants (when available), great! If not, read on for more reasons and for tips on dealing with potential social backlash should you take this r/evolutionary step.

Working together towards a vegan world!

Mike Weinberg
San Diego, California

Advantages of 100% Vegan Restaurants

- * No worries or questions about hidden animal ingredients.
- * No mix-ups of being inadvertently served animal foods.
- * No cross-contamination of kitchen and cooking surfaces.
- * No one will be hurting (eating) animals in your presence.

The unpleasant truth is that non-vegan restaurants are sanitized extensions of the slaughterhouse. To quote Ralph Waldo Emerson: "You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity."

That includes vegetarian restaurants, since egg & dairy operations are inherently crueler than meat production. Layer hens and dairy cows suffer for years then are killed for meat anyway—no one gets out alive.

You wouldn't attend a dog/cock/bull fight, so why attend an event where people entertain themselves by eating animals?

By patronizing only vegan restaurants, you'll no longer experience the cognitive dissonance (distress caused by contradictory thoughts) of dining with normally kind and compassionate family and friends while they blissfully consume animal foods.

My Dining Evolution

In 1997, when I (finally!) learned that I didn't need animal products to be healthy, I became an "overnight" vegan. I quote "overnight," because once one self-identifies as vegan the learning/changing process begins: food, clothing, household cleaners, personal hygiene products, zoos, circuses, etc. In my early "militant" years, I wouldn't sit at a table with anyone eating meat, because I "saw" the animal on the plate. I figured this would dramatize the seriousness of the situation and cause people to reconsider their ways. But it only caused tension and distress for everyone, including me, and no one changed their eating habits because of it.

Ultimately, I relaxed this hardline stance and intentionally blinded myself to the cruelty in the hopes that I could influence by my example and readiness to answer any questions about veganism that might come up. But while some applauded my ethical stance that "killing for pleasure is wrong," few felt the need to apply it to themselves. They either put on blinders so they could continue their animal-eating ways, or they admitted they were just "too lazy to be kind."

When my wife, Anita, and I moved to downtown San Diego, I made it my new goal to help "veganize" some of the 90 or so restaurants within walking distance of our condo. I called ahead to see if chefs would prepare vegan meals for us. The vast majority were willing and eager to meet the challenge. A few would even visit our table to see how we liked the food and encourage us to come back again.

After about 7 years of “educating” downtown restaurants, although there were more cruelty-free menu options, there still was not one 100% vegan restaurant. And I can’t remember any of our numerous omnivorous friends ordering the “vegan” option when they could have the “real” thing. They politely listened to my reasons for eating cruelty-free (at least the first time!). Some even admired my “dedication,” but it had no effect on their menu choices as they blithely ordered and ate animal products.

Actually, I do recall one friend, impressed with the health aspects of my diet, ordering the same vegan dish as me. But while I found the meal delicious, he seemed unfulfilled. About halfway through, he ravenously stole several bites of chicken off his wife’s plate! Like smoking, meat addiction for some can be hard to break.

So last summer, I finally realized my strategy wasn’t optimal. I also had to admit to myself that some of it was based on personal dining convenience rather than ethics. So my new goals became to:

1. Use my restaurant dollars to support and promote only 100% vegan restaurants.
2. Persuade existing vegetarian restaurants to become fully vegan.
3. Encourage a vegan establishment, preferably a “fine dining” one, to open downtown.

Once my blinders were off, it once again became difficult for me to watch people I loved (and who knew better) continue to eat animals and their secretions in my presence. The difference is that this time my goal wasn’t to educate or shame or embarrass—it was for my own peace of mind.

Unsurprisingly, I faced resistance from some who’d come to appreciate my “tolerance” of their unkind dietary habits, especially since I’d mostly given up trying to convince them of the horror of their ways. So far, only one friend, after one half-hearted attempt, has declined further invitations to eat in vegan restaurants, not because he shuns vegetables, but because he resents that I’m “forcing” my ways on him. But every time other family or friends agree to join me for a meal, no animals get hurt.

Nowadays, I leave it to other activists to convince non-vegan restaurants to offer more cruelty-free options. Of course, savvy restaurants have realized that “vegan” and “gluten-free” are the latest fads, so they’re adding these options on their own, not out of ethical concerns, but to increase business.

Exposing omnivores to plant-based possibilities and making vegan food more mainstream is still a worthy goal. But it only promotes veganism if *omnivores* order the options. And they seldom do when animals are on the menu. And if a token vegan option lures a vegan to dine in a non-vegan restaurant, it only serves to draw money away that would have been spent in a vegan eatery. Brave vegan restaurateurs, willing to potentially limit their clientele for ethical reasons, need vegan support.

Regarding social events that include animal foods, I don’t boycott them. I simply join the gathering before or after the animal sacrifice. If animals will be served in the middle of a function, I quietly leave and take a walk or visit a nearby vegan restaurant, then rejoin the group afterwards.

Some have accused me of being inconsistent since I still (have to) shop in *stores* that sell animal products. I eagerly look forward to the day when San Diego gets a 100% vegan grocery, and I’m helping others work towards that goal. But in the meantime, I’m simply choosing not to be in the presence people eating animals.

When I became vegan, I faced social backlash, jokes, avoidance, and sometimes hostility from omnivores. But it felt so right, I knew I’d never go back to eating animals. This time around, I’ve even faced resistance from some vegans who feel I’m being too extreme. Understandably, they don’t want to embrace even more limitations in their dining options. Admittedly, it’s tough living in a non-vegan world, but this decision has made it much easier for me. I have a new sense of freedom, like a huge weight has been lifted off my shoulders. I can’t see ever going back.

Foreign Language V-Cards

<p>I AM VEGAN Plant foods only please! NO MEAT No mammal, bird, fish, seafood, insect, sauce, broth... NO EGG No whites, albumen, yolk... NO DAIRY No milk, cheese, yogurt, whey, casein, lactose... NO ANIMAL PRODUCTS No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>YO SOY VEGANO / A ¡Sólo alimentos de origen vegetal por favor! SIN CARNE Sin mamíferos, aves, pescados, mariscos, insectos, salsa, caldo SIN HUEVO Sin clara de huevo, albúmina, yema de huevo ... SIN LÁCTEOS Sin leche, queso, yogur, suero de leche, caseína, lactosa ... SIN PRODUCTOS DE ORIGEN ANIMAL Sin miel, gelatina, manteca, aceite, sangre, hueso, grasa ... [Spanish]</p>
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My first priority is to patronize only 100% vegan restaurants. However, in areas where no vegan eateries exist, and especially for foreign travel, I compiled **V-Cards**.

These business-sized cards list vegan food restrictions in over 100 languages (courtesy of Google Translate augmented by helpful native speakers). They can be handed to waiters and chefs to ensure cruelty-free meals: <https://www.maxlearning.net/HEALth/V-Cards.pdf>.

Since I avoid being around people hurting (eating) animals, I generally order take out or eat in an area where no one else is dining. More often, to avoid the inevitable cross contamination that occurs in non-vegan eateries, I'll cobble together plant-based meals from grocery stores instead.

In collaboration with volunteer activist developers, a free phone app is available for **Apple iOS**:
V Cards: Vegan Abroad: <https://itunes.apple.com/us/app/v-cards-vegan-abroad/id726594283?mt=8>.



Watching a Crime / Eating Not?

In the U.S., it's (rightly) a federal crime to attend a dog or cock fight where people entertain themselves by *watching* animals. It's a felony to bring a child to such an event. So why is it not a crime for people to entertain themselves by *eating* animals? Why is it not a felony to feed a child animal products?



Cross Contamination

Should you decide to patronize or host an event at a non-vegan eatery, be sure to ask whether their “veg” offerings are flavored with fish or oyster sauce (Asian), lard (Mexican), ghee (Indian), or chicken stock (American).



Also ask if they cook all their food on the same grill or in the same pots with the same utensils, which greatly increases the chances of cross-contamination. Even if the foods never touch, heated particles of yucky, unhealthy animal grease will inevitably float from the meat to your veggies.

If you have no option but to order food from a non-vegan eatery, especially in a foreign country, hand or show the staff the appropriate V-Card from <https://www.maxlearning.net/HEALth/V-Cards.pdf>. To avoid the discomfort of dining with others who are hurting (eating) animals, order the food “to go,” and eat it in more peaceful surroundings.

Do Vegan Options Promote Veganism?

Or do they just siphon dollars away from vegan eateries that do?

Typical Scenario: One vegan dining with a group of omnivores.

Type of Restaurant	Vegan Meals Ordered	Meals that saved animals	Omnivores eating vegan	\$\$ supports vegan eatery
Non-vegan	1	1	0	0
100% vegan	All	All	All	All

Dining with omnivores at a mainstream restaurant, hoping they'll order the vegan option, is like joining alcoholics in a bar, hoping they'll order the lemonade.

Non-vegan restaurants include vegetarian and veg-friendly eateries.

Egg & dairy animals suffer more and longer than meat animals before ultimately being killed and eaten anyway--no one gets out alive.

Non-Vegan Restaurant Observations

- Non-vegan eateries add vegan options in the hopes of luring groups that include a token vegan. Their desire is to increase profits, not promote veganism. The bulk of their sales continue to harm animals.
- Vegan options eaten by a token vegan yield no net benefit to animals—the vegan would have ordered a cruelty-free meal regardless. Animals are saved only if the omnivores in the group ordered the vegan option.
- With animal products on the menu, omnivores rarely, if ever, choose the vegan option. With no ethical or health compulsion to avoid animal products, why choose a “mock” dish over the real thing?
- A dollar spent in a non-vegan restaurant is a dollar *not* spent in a vegan restaurant. If vegans, for social reasons or the “desire for variety,” use their money to eat in non-vegan eateries, vegan restaurants suffer.
- A vegan wouldn't think of attending a dog, cock, or bullfight where people entertain themselves by *watching* animals. So how can a vegan justify dining with people who are hurting animals by *eating* them?
- Non-vegan restaurants are sanitized extensions of the slaughterhouse. And patrons are the reason. If no one ordered animal products, no animals would suffer and die. You can't have one without the other.
- “You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.” Ralph Waldo Emerson

100% Vegan Restaurant Observations

- Brave vegan restaurateurs willingly accept reduced clientele and profits for ethical reasons.
- Omnivores invited to dine in vegan eateries are often surprised by how “normal” the food tastes.
- Omnivores experiencing a tasty vegan meal are more willing to eat vegan again.
- Even if eating vegan doesn't instantly convert omnivores, no animals were hurt for those meals.
- The money spent by omnivores helps keep the vegan eatery in business.



What should an ethical vegan do?

- Let people know that, going forward, you plan to patronize only 100% vegan eateries. When invited to dine in non-vegan restaurants, suggest a vegan one instead.
- Organize dining events for family & friends in exclusively vegan eateries. Most will gladly join you, although a few stubborn holdouts may resist at first. Be patient. They may eventually come around.
- Don't isolate yourself completely. Let others know that you won't boycott social events, just the animal-eating portions. When the cruelty begins, quietly remove yourself from the scene by taking a walk. Eat food you brought, or, if available, dine in a nearby vegan restaurant. Then just as quietly return to the event.
- Be prepared to be left out of future non-vegan restaurant invitations. Your feelings may be hurt—it's tough being vegan in a non-vegan world—but it's worth it not to sanction or appear to tolerate the callous behavior of omnivores while they casually hurt (eat) animals.
- Relish the peace of mind you'll feel as you no longer experience the cognitive dissonance (distress caused by contradictory thoughts) of dining with normally kind and compassionate family and friends while they blissfully consume animal foods simply because they “taste good.”
- Stay strong for your principles--and the animals!

**I support well-meaning efforts to add vegan options into mainstream restaurants—the more the better!
But this only benefits animals if the vegan options are so enticing that omnivores order them!**

Unhealthy Vegan Food?

I've heard complaints about some local vegan eateries serving "unhealthy" food. One eatery owner was even told he should be "ashamed" of his menu offerings. But in defense of brave vegan restaurateurs willing to forgo clients and profits in order to maintain ethical principles, the fairness of these charges depends on what their food is being compared to.

It may not seem obvious, but vegan eateries have to compete with mainstream eateries for business. In fact, as incredible as it may seem, the majority of vegan restaurant patrons are *not* vegan!

Some may be flexitarians looking for what they perceive to be healthier fare for the evening. Others may think of "vegan" as a new food category—instead of Mexican or Chinese, for example, they'll opt to get Vegan food. Some may be veganish or vegetarians aspiring to go full vegan. Or they may be Kosher Jews seeking assurance that milk and meat will never be mixed—or that pork, shellfish, and other "unclean" foods are off the menu. (Aren't *all* animal products unclean?)

Even allowing for near or identical calorie, sodium, and saturated fat counts, an animal burger is decidedly less healthy than a plant burger, as well as magnitudes more resource intensive and cruel.

Animal Patty



Zero fiber
High cholesterol
Trans fat
Diseased flesh
Fecal matter

Antibiotics
Class-2 carcinogen
Heart disease
Diabetes
Cancer

High land use
High water use
Manure pollution
Animal cruelty
Animal slaughter

VS.

Plant Patty



Plant fiber
Zero cholesterol
Zero trans fat

If the bulk of their customers are indeed omnivorous, to stay in business, vegan eateries must offer full-flavor equivalents to the high fat, salt, and sugar meals popular at mainstream restaurants.

Admittedly, most vegan restaurant food is decidedly less healthy than what some vegans eat at home. For example, in the last few years, I've converted all my recipes to no-SOS (Salt, Oil, Sugar). If you're interested, visit <https://www.maxlearning.net/topics/health.htm> and scroll down to MaxVegan Recipes.

However, when I go out to eat, my only criterion is that the food be 100% vegan. I know it probably won't be as healthy as my home cooking, but since I average about one restaurant meal per week, I doubt it will have a major impact on my health. In any case, I try to avoid fried and oily foods and tend to favor bean, mushroom, grain, tofu, or tempeh options over processed mock meats.

Of course, vegan restaurants can choose to reduce the SOS and use flavorful spices and nut, tofu, or avocado-based sauces that satisfy vegans and omnivores alike. But if they served only blandly-seasoned, low-fat foods, they'd surely lose many of their non-vegan and non-health-oriented clients.

Health issues aside, for most vegans, the goal is to feed the world without using animals.

Don't Ask Don't Tell Veganism

Vegan Straying—Does it make a Difference?

You probably know “health” vegans who conveniently “cheat” when presented with a delectable non-vegan treat. But you probably know many more “Don't-Ask-Don't-Tell” (DADT) vegans who won't ask, for example, if the bread roll they want to eat contains egg or dairy.

DADT vegans rationalize that consuming a tiny bit of hidden animal product doesn't make a difference. But when millions of people do the same thing, it adds up to a lot of hurt animals.

For example, just 1 tablespoon of milk in a bread roll multiplied by 300 million Americans eating one roll each requires over 1 million gallons of milk! Assuming a single cow averaged 5 gallons of milk per day, you'd need 200,000 cows just for one day's worth of bread rolls.

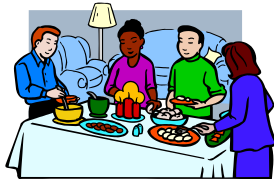
That's 200,000 cows who must be artificially impregnated (farmers themselves call it a “rape rack”) each gestation cycle to keep the milk flowing.

That's 200,000 innocent newborn babies taken from their frantic mothers at birth so humans can have the milk for themselves.

That's 200,000 calves either sentenced to instant slaughter (bob veal), 16 weeks in a crate (standard veal), or 2-4 years of mutilations (dehorning, tail docking, mastitis...) and torturous living conditions producing more milk before finally being killed for meat when their production wanes.



One bread roll containing just 1 tablespoon of milk...



...multiplied by 300 million Americans eating one roll per day...



...requires over 1 million gallons of milk that at 5 gal/day per cow...



...means that ~200,000 baby calves will be forcibly stripped from their lactating mothers so that humans can have the milk.

Is there an ethical vegan who would steal even *one* baby from his/her mother? Or who would slap even *one* mother cow in the face for the pleasure of a bread roll? Yet when vegans stray, that's effectively what they're doing.

If every vegan took the stance that *each* food item offered them a choice—hurt an animal or don't—they'd find it easier not to stray.

After all, if you hurt just *one* puppy or kitten for the thrill of it, you'd be rightly shunned by your family, friends, and society. Why should it be different for any other animal?

Always ask, or better yet, patronize only 100% vegan restaurants, so you *never have to ask!*

Already Dead = Not Hurting?

Some omnivores illogically claim they are not hurting animals when they eat them since they're already dead. Besides, they themselves didn't personally hurt the animal, someone else did.

What they won't acknowledge is that the animals never would have been raised, tortured, and killed in the first place if they refused to order them for dinner. It's this backward chain of events that omnivores intentionally blind themselves to.

In reality, those who order animal products, in the sanitized confines of a restaurant, *are* hurting animals. As Emerson stated, no matter how well the slaughterhouse is concealed in the graceful distance of miles, there is complicity. This also applies to the consumption of animal secretions, as the egg and dairy industries are worse for animals than the meat industry.

A person who hires someone to kill another person is legally just as guilty as the killer, if not more so. Hitler may have never personally killed a Jew, yet all consider him responsible for the Holocaust.

It's a bit of an uphill battle trying to convince even some ethical vegans that any non-vegan (vegetarian, veg-friendly) eatery that serves animal products is part of the problem.

We were raised in a society where it's "normal" to hurt (eat) animals, so dining with others doing so seems rather harmless. But if our friends and family didn't eat/order animal foods, no animals would suffer or die—you can't have one without the other.

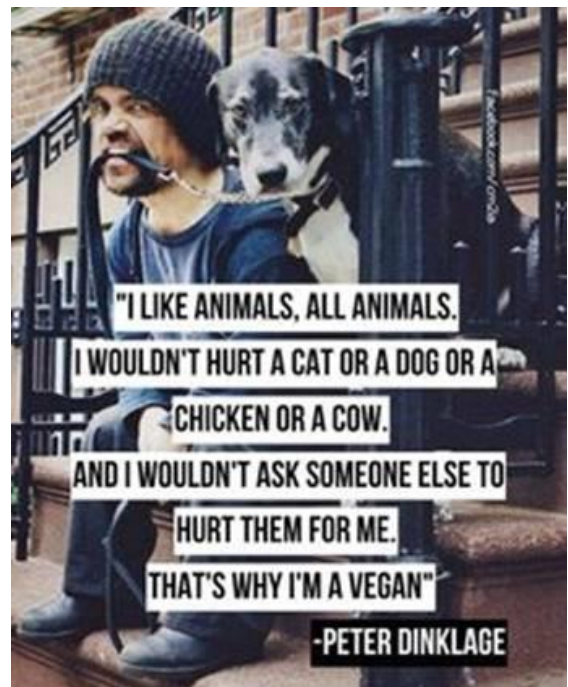
My hope is that all ethical vegans will be sensitized to what is really going on in non-vegan restaurants and who is ultimately responsible for hurting animals—*the omnivorous friends and family they are dining with!*

Admittedly, it's a change in consciousness that runs counter to the 'go along to get along' and 'tolerance of others' eating habits' attitudes that most vegans embrace. But isn't it time for omnivores to realize that what they eat is not acceptable to those of us who care about animals?

Most omnivores would refuse to *personally* hurt an animal just to satisfy their own taste buds, so they have no rational justification for not going vegan.

Being vegan is simple: hurt an animal or don't.

Peter Dinklage (depicted here), the fantastic Game of Thrones actor, delivers the most straightforward and elegant rationale I've ever seen for going vegan.



Stop Hurting Animals – Go Vegan!

Vegan Purity - Judging Others - Abolitionism

For many vegan “purists,” it’s not so much about purity as it is about our unwillingness to hurt even *one* animal for profit or pleasure when it can be reasonably avoided. Inevitably, there’s a tendency among some of us who practice this simple morality to negatively judge others who don’t.

It’s wrong to hurt even one animal for profit or pleasure.

As an apparently rare “overnight” vegan, once I (finally!) learned that I didn’t need animal products to be healthy, it was a supremely easy decision to stop having animals suffer and die for my eating pleasure. It was also relatively easy to give away or donate my animal-tested household products and non-vegan clothing and shoes. As an avid backpacker, the hardest items to part with were my down jacket and sleeping bag. But when I learned that ducks and geese endured painful, multiple live pluckings—imagine having your hair yanked by the roots—I had no choice.

Naively, I thought once I shared my newfound knowledge with my typically kind and compassionate family and friends, they would just as easily convert. This was so far from my experience that I became alternately angry, sad, and depressed at their stubborn resistance and unwillingness to change.

It’s also been extremely disappointing to meet former vegans, even “ethical” ones, who had returned to eating animal products because of social pressure or a perceived health need. I’m equally troubled by the “happy meat” welfare movement, which implicitly gives permission for otherwise persuadable omnivores to eat animals (treated slightly better before their throats are slit) with a clearer conscience.

Then there are those who say we shouldn’t make veganism so hard and require such perfection that no one will attempt it. That’s like telling a dog or cat abuser, if it’s too hard for you to stop completely, just reduce the frequency of your abuse. Is there no moral equivalency for food animals?

There are probably as many roads to veganism as there are people.

However, over time, it’s occurred to me that it’s unfair to judge backsliders, wannabes, and vegan-dabbling celebrities more harshly than those who never even tried to pursue a vegan lifestyle. It’s a matter of “hate the sin but love the sinner.”



Like many smokers, omnivores may need to “quit” their food addictions several times before veganism sticks. Others may be so inundated by family/spousal/societal pressure and commercial messages that they revert to “normal” eating simply to reduce stress.

I also realize that people’s attitudes, behaviors, and the animal-rights movement are anything but monolithic, so any approach is bound to have some impact. There are probably as many roads to veganism as there are people. Not everyone is persuaded by a straight vegan message, but they may be reached in other ways. That’s why I support dozens of organizations with their various tactics.

The truth is, *no one really has to do anything for animals*, so it’s always a positive when anyone tries to lessen animal suffering in any way. They deserve kudos. Of course, everyone is capable of doing more.

Vegan purists tend to be strict abolitionists. We work for a complete and abrupt end to animal exploitation. We don’t promote *welfarist* halfway measures or ask omnivores to *reduce* consumption. We ask them directly to stop hurting animals and go vegan, giving them good reasons for doing so. They’ll make their own choices.

Vegan purists must push mainstream organizations to move the bar towards abolitionism.

Some vegans judge this approach as extreme, but abolitionists provide “cover” for mainstream animal organizations, making them seem less radical. Once people are attracted to the “reasonable” middle, it’s vital that these organizations move the bar towards abolitionism. As social movements have demonstrated time and again, what was once considered extreme, eventually becomes matter of fact.

I Am a Speciesist

Speciesism: Prejudice or discrimination based on species.

As a species, humans are genetically wired to preserve first themselves then, by extension, their families, friends, community, and nation. Of course, this order of priority can be altered by love, duty, or altruism, for example, when an adult sacrifices his/her own life to save a foreigner's child.



But when it comes to preserving non-human animals, given an *either-or* choice, it's difficult *not* to be a speciesist. For example, I would most likely save a human over an animal (but not a Hitler over a hound). And I'd likely save a mammal or bird over an insect. So, by definition, I am a speciesist.

On the other hand, every living creature has a right to its own life. It is not mine to take, unless I have no other choice (e.g., eating for survival, halting the spread of disease, self-defense from attack).

Science is discovering that animals have a multitude of abilities, many obviously superior to humans (see farther, smell better, run faster, fly, etc.). In fact, it's only the so-called "superior" human species that kills wantonly and is in the process of destroying the global environment for all other species.

All animals have a right to their own lives.

All animals have social structures, use languages, and want to survive. Even insects feel emotion (fear, pain, anger), because it helps them survive. Ants use tools and teach one another. Based on similarities in DNA, we are all related. Speciesists or not, it's wrong to kill other species for profit or pleasure.

What's In a Label? Vegan vs. Omnivore

Amazingly in the last few years, the word "vegan" has morphed from a term of scorn and ridicule to a status symbol, at least in some circles. But does our movement benefit by people who are not really vegan claiming to be? Or does this cause confusion and dilute the meaning of the word?

By definition, a vegan is a person who "does not eat or use animal products." That excludes those who follow a plant-based diet but continue to wear or eat certain animal products (leather, wool, honey...) or are entertained by animals (zoos, circuses, horseback riding...).

In contrast, an omnivore is a person who "eats food of both plant and animal origin." That includes carnivores, flexitarians, pescatarians, vegetarians, and yes, the veganish, as well as 'don't-ask-don't-tell' vegans. Even tiny bits of animal products, when consumed by millions, add up to lots of hurt animals.

When it comes to food choices, Vegans have ethics, Omnivores have excuses.

When speaking about this issue with other vegans, I often hear the rationale: "Every vegan draws the line somewhere." This may revolve around sugar or alcoholic drinks, which may have been refined using animal products, or animal parts used to make various goods, like tires or fertilizers.

Alas, in a non-vegan world, it's impossible to avoid the products of animal exploitation. Are you still vegan if you fly on a plane or ride in a car with leather seats? Or if you eat organic produce fertilized with manure or fish meal and whose harvest resulted in collateral animal deaths? I'd say yes. But I'd also say we should lobby for synthetic leathers and push for veganic, less-destructive farming methods.

On the other hand, when well-intentioned non-vegans claim to be vegan, it's a mixed bag. We want the term to be non-threatening and popular so more people can see themselves as vegan. But we must also work to educate newbies about what it truly means to be vegan and to encourage them to continue to move in that direction.

Changing the Narrative: Omnivore=Animal Abuser

Imagine waking up one day and finding that nearly everyone you know abuses, tortures, and kills dogs and cats, or pays others to do it, because it gives them pleasure. Substitute cows and chickens (or any food animal) for dogs and cats, and that is indeed the world we live in.

If a group of vegans hurt even *one* dog or cat for profit or pleasure, they'd be (rightly) shunned, condemned, and likely fined/jailed by pet-loving omnivores.

Most vegans are surrounded by animal abusers—their family and friends!

So why is it okay for omnivores to hurt (eat) *billions* of animals, solely for culinary pleasure, while vegans are expected to calmly tolerate this behavior as “normal” and not speak out against it?

The ugly truth: Our society consists of millions of animal abusers. It may seem tempting to withdraw from this horror and retreat to some vegan commune, but then who will speak up for the animals?

Most omnivores think of vegans as abnormal, fanatical, crazy or, at best, as soft-hearted but impractical animal lovers. Vegans need to change the narrative so omnivores, even those we love, begin to see themselves as the animal abusers they really are. Paying others to hurt and kill animals for one's own pleasure is the ultimate abuse, as is slitting the throat of even a so-called “humanely-raised” animal.

Disturbingly, omnivores, and the people they pay to do their killing, match the description of a psychopath:

“A lack of interpersonal empathy and disregard for the suffering of their victims are key characteristics of psychopathic serial killers. They generally do not feel anger towards their victims. Instead, they are more likely to feel cool indifference towards them. The ability to dissociate themselves emotionally from their actions and their denial of responsibility effectively neutralizes any guilt or remorse that a normal person would feel in similar circumstances.”

Anyone who eats or uses animal products is guilty of animal abuse.

<https://www.psychologytoday.com/blog/wicked-deeds/201402/psychopathic-killer-the-homicidal-boy-next-door>

Vegans can argue to the point of exhaustion about the health benefits of a plant-based diet.

But the anti-carb, high-protein Paleo advocates and their ilk will always counter with their own “experts” and “research.”

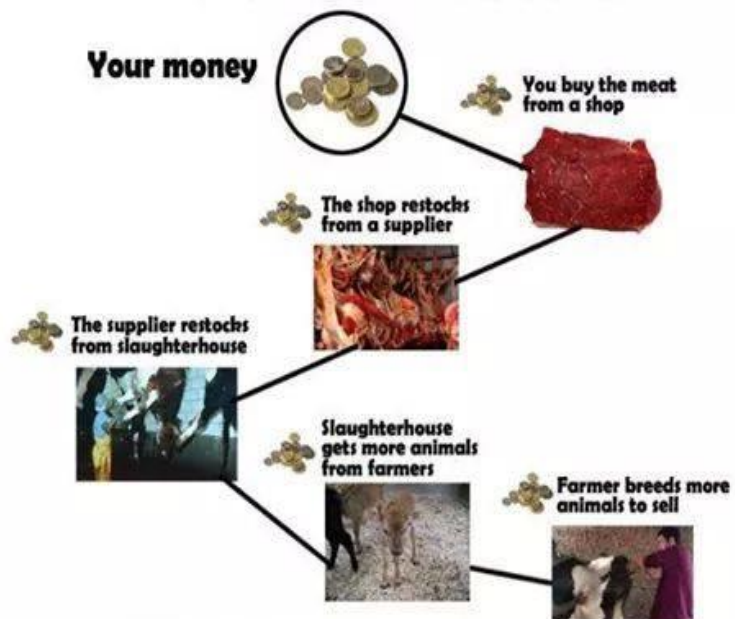
On the other hand, no self-respecting omnivore wants to be thought of as an animal abuser.

It took over 50 years for smoking to go from a cool, sophisticated activity to a dirty, filthy habit. But it happened. And the prohibitions against smokers keep getting tighter.

Vegans can learn from this.

Screaming “animal abuser!” at omnivores probably won't be effective. But if we repeatedly and calmly state the fact (in

WHY CONSUMERS ARE RESPONSIBLE FOR ANIMAL SLAUGHTER



Without your money at the beginning of the chain, none of this would happen.

conversations, online comments, social media...) that ‘omnivore’ and ‘animal abuser’ are synonymous, or words to that effect, we will begin to change the narrative.

Since I have to live in a world of omnivores without losing my sanity, I’ve begun to think of them like I do smokers. Smokers can be really nice people in many ways, but I don’t want to be around them when they smoke. Similarly, I don’t want to be around omnivores when they hurt (eat) animals.

If society ultimately ostracizes them, omnivores will have another reason (besides compassion, conservation, or personal health) to break their animal-food addictions—social shame.



Like smokers, omnivores may one day be social pariahs.

Omnivore = Societal Leech

With their blind or adamant insistence on consuming animal products, omnivores are drains on society. Like leeches, they suck the blood out of animals (literally), the environment, and healthcare, increasing costs for everyone.

Environmental Leeches

- Huge amounts of water are wasted to grow grain to feed & water livestock and process their meat.
- Most U.S. grain is “recycled” into livestock waste instead of directly feeding hungry humans.
- Vast tracts of forest and rainforest have been and continue to be destroyed to grow grain/grass for livestock.
- Millions of predator species and so-called pest animals are killed each year to protect ranchers’ livestock profits.
- Livestock production fossil fuel use is a major source of climate change.

Healthcare Leeches

- Omnivorous diets clog arteries and lead to expensive treatments for heart attacks and strokes.
- Animal and junk-food centric diets contribute to diseases like diabetes and cancer and all their complications.
- Healthcare premiums rise for everyone because omnivores refuse to eat a plant-based diet.

Rather than let them off the hook, vegans should spread the message, tactfully yet with determination, that omnivores are a scourge on both animals and society.



Omnivorous Leeches

- * Suck blood from animals
- * Suck resources from the earth
- * Suck healthcare from everyone

Asshole for Animals!

Since I've begun pushing abolitionist rhetoric, I've been accused of being a "vegan asshole."

At first I felt offended. In personal interactions, I'm quick to praise even the slightest movement towards a more compassionate lifestyle. I recognize that there are as many paths to veganism as there are people, so I support, verbally and financially, many organizations and approaches. And I'm generally slow to anger, avoiding confrontations with recalcitrant omnivores—except for occasional bouts with stubborn family members who know better but refuse to stop hurting (eating) animals.

But I'm beginning to embrace the "asshole" label. If telling the unpleasant truth, that omnivores are animal abusers and societal leeches, makes me a vegan asshole, then so be it. If being more concerned for animals' *lives* than omnivores' *feelings* makes me a vegan asshole, then so be it.

I'm beginning to embrace the "vegan asshole" label.

It can be a little scary putting these thoughts online and being subject to personal attack (see "Online Activism," an ongoing section at the end of this blog). It was easier to be a "quiet" vegan, going along to get along and not making omnivores feel uncomfortable about their heinous acts.



This blunt approach is the "stick" to the "carrot" of touting the health and environmental benefits of going vegan. Those who are not moved by positive benefits may be moved by not wanting to be thought of as animal abusers or societal leeches.

Of course, some won't be moved by either sticks or carrots. People still smoke despite all the negatives, but it's nothing compared to the 1950s when even doctors advertised cigarettes to calm one's nerves.

In the early 1800s, the Anti-Slavery Society (ASS—yes, they used this acronym!) helped to outlaw slavery in Britain. Perhaps it's time for vegans to form an equivalent Anti-Slaughter Society (ASS) to end the slaughter of animals.

It will take time for these stark messages to permeate society, but we have to start somewhere to change the narrative. I hope others will join me in spreading the word and risk being labeled an "asshole for animals!"

**Anti-
Slaughter
Society**



<https://www.herbivoreclothing.com/cranky-vegan-asshole-button/>

[The actual button is tiny, only about 1" across]

Healthy Lifestyle Expo

Over the October 10th, 2014 weekend, I once again attended this amazing event in Los Angeles.

After 18 years as a vegan, I sometimes think I know all there is to know about plant-based living. But I always learn something new from our vegan gurus (The Esselstyn clan: Caldwell, Anne, Rip, Jane; Michael Klaper; John McDougal, and many others).

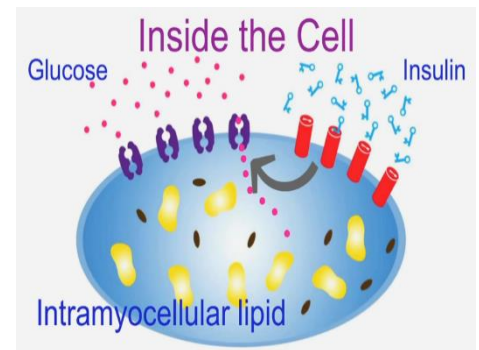
One take away I wanted to share was my increased understanding of diabetes. I always assumed it was linked to eating too much sugar and/or high-glycemic foods. And I never understood how it could lead to amputations or blindness.

DIABETES

Excess fat, not sugar, is the culprit. Like gum in a lock, excess fat clogs the insulin receptors so that insulin (a hormone made by the pancreas) is unable to “insert” blood sugar into cells.

As blood sugar rises, it damages tiny capillaries, depriving nerves and tissues of oxygen.

For example, if foot nerves die from lack of oxygen, sensation is reduced, and ulcers can form undetected. If these ulcers become infected, the limb may have to be amputated. Or if retinal cells die from lack of oxygen, the result can be blindness.



Caveat: Although sugar itself doesn't directly cause diabetes, eating excess sugar can be a problem, because it will be stored as fat, which can lead to insulin resistance and diabetes.



John McDougal



Caldwell Esselstyn



Michael Klaper



Rip Esselstyn



Should Activists Avoid the V-Word?

Some believe that the V-word (vegan) has become so loaded with emotional baggage, or seems so extreme, that it turns people off, causing them to reject your message outright before you've even had a chance to share your knowledge. So they employ euphemisms like "veg" or "vegetarian" or "plant-based" so as not to alienate or offend.

This brings to mind an experience I had years ago when a nice gentleman invited me to a cup of coffee to discuss "business opportunities related to the chemical and paper industries." About halfway through his spiel, I remarked, "This sounds a lot like Amway." He said he *was* from Amway! (Amway was a widely-known, multilevel-marketing program at the time.) I felt deceived.

We shouldn't have to *fool* people into listening to us. If they're already anti-vegan, there's not much hope they'll be convinced by whatever substitute words we use. To quote Karen Davis of United Poultry Concerns (<https://www.upc-online.org/>), "Often they will say, 'Please don't tell me about it; I don't want to know,' meaning they don't want to hear *what they already know*. But let us not be silent."

In the recent past, the word "liberal" got a bad rap. Democrats ran from it like the plague. Then the recession happened, the government intervened, and politicians like Elizabeth Warren emerged to boldly re-embrace and popularize the term as being progressive and on the side of the middle class.

In the 1950s/60s, gays felt compelled to hide their sexual orientation. When they finally started to come out of the closet in great numbers, homophobes began to realize that people they knew and loved were gay. If gays continued to hide, support for same-sex marriage today wouldn't be over 50% and growing.

Propaganda experts know that if you repeat something over and over, even a lie, people will come to believe it's true. We need to keep repeating "vegan" over and over until it becomes commonplace. Even PETA has come around. Its former *Vegetarian Starter Kit* has evolved into a *Vegan Starter Kit*. And the Humane Society of the United States' "All Animals" magazine now promotes only *vegan* dog food.

Vegan essentially means "not harming animals." Embrace it, be proud of it, spread the V-word!

Instant Vegan in 7 Words!

If someone you know cares about animals and wants to go vegan but won't or can't quite make the leap, offer them the opportunity to take this 7-word pledge to instant veganism:

I VOW TO NEVER HURT ANOTHER ANIMAL!

At mealtime, have them ask themselves: "Did an animal have to suffer or die for this?"

Most people wouldn't think of *personally* hurting a dog or cat or paying someone to do it. But when it comes to chickens, pigs, and cows, this is exactly what happens. When a pre-vegan makes the straight-line connection between their dietary choices and animal harm, it's a cinch to stop the hurt.

If taken to heart, this pledge makes it much easier to resist one's particular challenge: cheese, eggs, fish, family disapproval, peer pressure, etc.

As an analogy, if a diehard smoker was offered a cigarette but told that if they smoked it someone close to them, perhaps even a beloved pet, would be tortured and killed, I suspect they'd have little problem resisting the temptation.

"I vow to never hurt another animal!"



What's Wrong With Honey?

Honey is by definition *not* vegan.



In 1944, Donald Watson coined the term vegan, which is defined as follows:

“Veganism is a way of living which excludes all forms of exploitation of, and cruelty to, the animal kingdom and includes a reverence for life. It applies to the practice of living on the products of the plant kingdom to the exclusion of flesh, fish, fowl, eggs, honey, animal milk and its derivatives and encourages the use of alternatives for all commodities derived wholly or in part from animals.”

Some have called bees the dairy cows of the insect world. Like cows, their secretions are meant for their offspring, not humans. Furthermore, using hived bees to pollinate monoculture crops wipes out native pollinators, so that when Colony Collapse Disorder (CCD) strikes, no pollinators remain. In addition, research shows that insects experience emotions, which confer a survival advantage. Fear & pain help them avoid being swatted; anger motivates them to protect their hives.

This webpage details much of what's wrong with honey:

<https://arzone.ning.com/forum/topics/why-honey-is-not-vegan>

But if you're not concerned about bees, how about bears? It's perfectly legal for bee keepers to kill honey-loving bears that threaten their apiaries (bee hives) and profits.

- New York's law reads in part: "Any bear...destroying an apiary, may be taken or killed, at any time, by shooting or device to entrap or entice on such land." <https://eshpa.org/ny-dec-bear-law>
- Michigan lawmakers are considering an early bear hunt to protect beehives. <https://www.michiganradio.org/environment-science/2014-06-10/lawmakers-considering-early-bear-hunt-to-protect-beehives>

Truth or Drought

Connecting animal-based diets & devastating water shortages



In early October 2014, Lorelei Plotczyk, a dynamic young vegan activist, formed the **Drought/Diet Connection** to spread the word about the shocking effect of animal agriculture on California's ongoing drought as well as global climate change.

Based on feedback and participation from this small but energetic group, Lorelei developed the **Truth or Drought** website filled with stunning graphics and water facts: www.truthordrought.com.

Subsequently, Lorelei and others created the **Planet Based Diet** wing of <https://sandiego350.org/>. This volunteer organization is the local offshoot of the global www.350.org, inspired by author Bill McKibben, who has yet to acknowledge the huge role that livestock plays in climate change.

Direct water conservation methods are a drop in the bucket compared to the massive amounts of indirect water wasted by omnivorous diets. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers! Yet none of the cities, organizations, or water agencies calling for conservation measures have the courage to recommend dietary changes.

For fear of alienating their mostly omnivorous donor base, the majority of environmental organizations are also in denial, as revealed in the amazing documentary **Cowspiracy** www.cowspiracy.com. What **Forks Over Knives** www.forksoverknives.com has done to highlight the health benefits of veganism, Cowspiracy aims to do for environmental veganism.



The 5 Stages of Veganism

Inspired by Elizabeth Kubler-Ross (On Death & Dying) and Will Tuttle (The World Peace Diet)

Born Again

Becoming vegan is akin to a religious experience. One's whole way of seeing the world changes dramatically. New vegans are thrilled to be embarking on a culinary adventure that spares innocent animals. Discovering and eating new plant-based foods becomes a central focus and source of delight.

Reaching Out

New vegans are compelled to share their knowledge with everyone they meet. They learn to promote the benefits (health, environment, animals) and counter the rebuttals (How do you get protein? Plants feel pain, too!).

Anger

Frustrated that stubborn family and friends refuse to heed the message or change their eating habits, vegans become angry and confused. How could these normally kind and loving people continue to abuse animals? Why are they unable to enjoy themselves unless an animal is hurt in the process?

Withdrawal

Despairing that most people will ever change, vegans withdraw from confrontation or opportunities to educate and essentially go silent, isolating themselves from omnivores.

Transcendence

Accepting that the world consists of billions of uncaring omnivores, transcendent vegans rise above their angst yet continue to work towards a cruelty-free world. They suppress their personal feelings of distress and focus on what they can continue to do for animals.

The Liberation Pledge

You are not alone!

If you've made the difficult decision to stop dining with or where people are eating animals, you are not alone. A group of like-minded individuals created <https://www.liberationpledge.com> with these 3 tenets:

- Publicly refuse to eat animals – live vegan.
- Publicly refuse to sit where animals are being eaten.
- Encourage others to take the pledge.



Since this can be a daunting form of activism, they present various levels of commitment at <https://www.directactioneverywhere.com/theliberationist/2015/12/21/making-the-liberation-pledge-work-for-you> and have created a Facebook support group at <https://www.facebook.com/groups/1621978858055318>.

Vegan Dogs & Cats? Of Course!

For ethical vegans, it makes little sense to sacrifice dozens of equally-sentient creatures to keep one companion animal alive. For years, my wife, Anita, and I have successfully fed our various dogs *and* cats a pure vegan diet. But every so often, I'll come across a comment stream of vegans vigorously defending the perceived need to feed meat to their companion animals.

At the World Vegan Summit in Los Angeles (March 2015), I learned counterarguments to some of the most common objections made to feeding pets a vegan diet. I was enlightened by two speakers: Dr. Armaiti May, an L.A. based vegan vet, and Eric Weisman, the founder of Evolution Dog & Cat Food.

Dogs are naturally omnivorous, so there's less objection to feeding them vegan food. But cats are classified as "obligate carnivores," which erroneously implies they *must* eat meat.

Some feel it's cruel to feed a cat plants instead of his/her *natural* diet. The truth is, a cat's "natural" diet consists of small birds, rodents, insects, and reptiles, not the hormone and disease-laden dairy, beef, chicken, and lamb scraps found in many commercial cat foods.



Furthermore, only a percentage of meat-based pet food consists of actual animal products, with the balance being made up of plants! Hmm, I thought they said true carnivores couldn't eat plants.

Another common objection is that cats require taurine, an amino acid found in meat but not in plants, other than sea algae. Defenders claim that the synthetic taurine used in vegan cat food is not as effective as the real thing. But in truth, the natural taurine in meat is *destroyed* during processing, so manufacturers replace it with *synthetic* taurine! Shouldn't that settle the debate?

If that's not enough, in early 2021, a peer-reviewed BMC Veterinary Research study concluded that vegan cats live just as long or longer than non-vegan cats and are less likely to suffer a range of adverse health consequences, including gastrointestinal and hepatic disease.

<https://bmcvetres.biomedcentral.com/articles/10.1186/s12917-021-02754-8>

Most dogs take readily to and thrive on a vegan diet. Cats can be more finicky. The trick is to slowly mix the new vegan food with the old animal food, gradually increasing the percentage until it's 100% vegan. Trying different vegan products and added flavorings (e.g., nutritional yeast) can help stimulate the appetites of fussy eaters.

When shopping for vegan dog/cat food, make sure the can or package says it is "formulated to meet the nutritional levels established by the AAFCO Dog/Cat Food Nutrient Profiles for [all or particular] Life Stage/s."

* AAFCO = Association of American Feed Control Officials

Several national brands include a vegan product line (e.g., Natural Balance, Nature's Recipe), but in keeping with the VeganDiego theme of supporting 100% vegan businesses, here are links to nearly 20 Vegan Cat and Dog Food companies: <https://all-creatures.org/articles/petfood-comm.html>

Finally, if you face resistance from omnivores and even vegans, there are Facebook support groups!

Vegan Dog Nutrition <https://www.facebook.com/groups/398407553536988>

Vegan Cats: <https://www.facebook.com/groups/126322004672>



What if Humans Were On the Menu?

Would your activism differ?

If instead of animals, billions of humans were being raised & slaughtered annually for food, would you continue to pursue your perhaps current relaxed level of activism?

Would peaceful demos, leafletting, letters to editors, postings on social media, cooking for or treating others to non-human meals be proportionate responses?

Would you gently suggest to Hannibal-Lecter-like cannibals that they cut down on their human-meat consumption with campaigns like “Humanless Mondays?”

If a friend or relative informed you they had given up eating human “red” meat, would you offer praise and assure them they are “on the path” and “moving in the right direction?”

If instead of animals, billions of humans were being housed for food, would you politely encourage their keepers to treat them better (free range, enriched cages, humane slaughter...)? Would you publicly praise and honor them when and if they promised to comply?

Unfortunately, the fact that the majority of animal activists, including me, are content with mild efforts at proselytization is yet another aspect of our in-born speciesism.

Perhaps if Country X were breeding an ethnic minority for food, there’d be an international outcry and military intervention. But as the 1994 genocide in Rwanda illustrated, perhaps not.



Hyphenated Veganism

As with religions, vegans seem to have an irrepressible urge to diverge.



Vegan: Does not eat, use, wear animal products; opposes use of animals for testing, labor, entertainment... (aka, redundantly, Strict-Vegan, Ethical-Vegan, Lifestyle-Vegan).

Transitional-Vegan: Cares about animal issues but continues to use/wear personal animal products (clothes, shoes, wallets, purses, furnishings, cleaning/hygiene supplies...) vs. donating them to non-vegans or a charity and replacing them with non-animal substitutes. Perhaps can’t yet afford to replace items, but if tries to convince others to go vegan, subject to charges of inconsistency or hypocrisy.

Don’t Ask Don’t Tell-Vegan: Consumes items that almost certainly contain animal products (e.g., many breads, desserts, candies). May not want to “rock the boat” by asking the waiter or offending a host. May desire to eat the item regardless, having convinced self that consuming small amounts of animal products makes no difference. But millions of “small amounts” add up to a lot of hurt.

Health-Vegan: Concerned primarily about health as opposed to animal issues, generally because of a personal health scare like heart disease, cancer, diabetes... (aka Dietary-Vegan).

Environmental-Vegan: Concerned mainly about the obscene contribution of livestock production to climate change (14-51% of greenhouse gases, more than all modes of transportation combined), resource usage (~80% of grain), and drought (~50% of water).

Flex-Vegan: Knowingly eats unambiguous animal products, e.g., fish once a week.

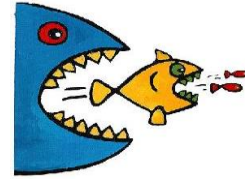
Bee-Vegan: Consumes/uses bee products like honey, pollen, beeswax (aka Be-gan, Bee-gan).

Vegan Rationalization vs. Reality

To rationalize is human; to admit reality, divine.

At the age of 16, Ben Franklin resolved to eat a vegetable diet because he saw the taking of an animal's life as "unprovoked murder." Although chided by his contemporaries, his simple plant-based diet saved him time and money, which he used to buy books and advance his knowledge.

But sometime later, he lusted for some fish he smelled cooking and rationalized that since larger fish ate smaller fish, it was okay for him to eat fish as well. Of course, that reasoning wouldn't justify eating herbivorous cows and pigs, but for the rest of his life Franklin only occasionally dabbled with vegetarian eating. To his credit, he also acknowledged reality with this statement:



So convenient a thing it is to be a reasonable Creature, since it enables one to find or make a Reason for every thing one has a mind to do.

Ben Franklin

In my own dining evolution, the line between rationalization and reality has not always been clear.

Raised as Omnivore

Rationalization: My parents, government, school, and industry insisted I needed animal products to be healthy, which must have been true, since the only vegetarian I knew of in high school was thin, pale, & pasty.

Reality: I didn't feel full unless I had meat with a meal. I had met some seemingly-healthy vegetarians along the way, but never put two and two together. I remember once being offered a soy hotdog by a Seventh Day Adventist family in a park. It tasted sort of okay, but I preferred the real thing.

Becoming Vegan

Rationalization: The moment I (finally) learned that I didn't need animal products to be healthy, I thought, "Why are all these animals suffering and dying? I'm going to be vegan."

Reality: In this case, reality matched the rationalization.

Refusing to Dine With Meat Eaters

Rationalization: I saw the animal on the plate.

Reality: I hoped my refusal to join flesh eaters at the table would dramatize my newfound belief and get them to think about, and maybe be ashamed of, what they were doing.

Resuming Dining with Meat Eaters

Rationalization: My refusing to dine with meat eaters often led to uncomfortable feelings and resentment, so it wasn't advancing the vegan cause. By joining omnivores, I'd be able to model plant-based eating and discuss veganism's benefits. I could always look away or ignore the suffering on their plates.

Reality: I'd grown tired of the tension and of isolating myself from eating events.

Veganizing Mainstream Eateries

Rationalization: When my wife and I moved to downtown San Diego, there were about 90 mainstream eateries within a quarter mile of our condo. I made it my mission to convince them to offer more vegan options.

Reality: It made it very convenient to walk to various eateries and fit in with many of our new highrise neighbors.

Refusing to Dine with Omnivores

Rationalization: Me dining with omnivores, who rarely if ever chose vegan options, did not advance the cause of veganism. It merely made my companions feel more comfortable with their eating choices. Few wanted to hear about veganism while they were chowing down on animal products.

Reality: I'd grown increasingly uncomfortable being around normally kind and compassionate people as they blissfully hurt (ate) animals, even after hearing the vegan message. I felt at peace not participating in these cruel events, even if it meant not being invited to a dinner party or two. I found it comforting to take a walk during the eating part or dine at a nearby vegan eatery, then rejoin the group later.

Patronizing Only Vegan Eateries

Rationalization: No worries or questions about hidden animal ingredients, no mix-ups of being served animal foods, no cross contamination of cooking surfaces/utensils, vegan vendors need vegan support.

Reality: All of above, but mostly because I'd grown almost pathologically uncomfortable being around others hurting animals, to the point of feeling trapped and getting a pit in my stomach. It also helped that the number of vegan eateries has greatly expanded in San Diego and elsewhere. Where no vegan eateries exist, I pack my own food or raid supermarkets & produce stands for vegan items, then enjoy them elsewhere in peace.

Do Ex-Vegans Deserve Our Wrath?

Why does it hurt so badly when someone who was vegan, especially if they claimed to be an “ethical” vegan, reverts to eating animal products?

Perhaps it’s linked to our evolutionary need to be part of a tribe to ensure our survival. Becoming vegan in a blatantly non-vegan world immediately sets us apart from the majority tribe. That’s why it feels so good when a new vegan, especially a famous person, joins the vegan tribe and why it feels so bad when we can’t get even our loved ones to join us.



Put another way, it feels good when people agree with us and bad when they don’t. So it may be instinctually natural to feel angry when someone leaves the vegan tribe, as if we were being personally abandoned, fearing for our survival.

The pressures to conform to the Standard American Diet are immense. Not only do parents, government, and industry preach it, we’re bombarded with meat-and-dairy laden ads, commercials, and eateries wherever we go. It takes a very committed psyche to resist all this pressure.

Still, it hurts when one of our own returns to the “dark” side. The only comfort is that studies show ex-vegans eat fewer animal products than they did previously. And having dabbled in vegan waters once, they may be more likely to eventually return to the vegan fold as it becomes more mainstream.

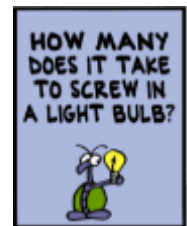
So, perhaps it’s better to reserve wrath for those who have heard and rejected the vegan message outright and continue to hurt (eat) animals. Better yet, ditch wrath altogether and be patiently supportive of anyone making any effort to move in a cruelty-free direction.

The “Best” Way To Promote Veganism!

How many vegans does it take to screw in a light bulb?

Two, one to turn the bulb, the other to tell them they’re turning it the wrong way!

(Shared by vegan activist & friend, Mychael McNeeley)



In July 2016, I attended two animal-rights conferences filled with very diverse views about the best way to promote veganism and save animals. We vegan activists are certainly not a monolithic bunch!

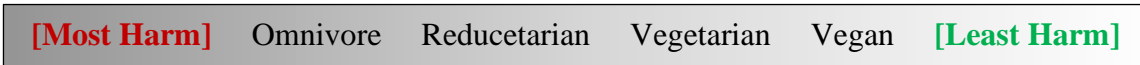
From single-issue campaigns, to reducetarianism, to welfare (“happy” meat) reform, to cultured (lab) meat, to every class of animal exploitation (farm, fish, fur, companion, lab, circus, zoo, aquarium, game...), to strict abolitionism. From leafleting, to billboards, to social media & online activism, to demos & protests, to personal engagement, every group seems to feel it has the best or most effective approach. And many are not shy about claiming their brand of outreach is superior to all others.

Respectful in-fighting has value in any social movement, as it helps refine and guide overall progress. But this only applies to those of us living in the “vegan bubble.” Most people have no idea of this internal dissension, which is why we should save our most vigorous battles to publicly combat government, industry, and consumer entities that actively exploit animals for pleasure or profit.

Anyone doing anything for animals deserves credit, as billions do absolutely nothing!

There are as many paths to veganism as there are vegans, and what may appeal to one may leave another cold. So the movement needs all approaches. People vote with their feet, and each existing group has attracted a set of passionate leaders & followers. Together our voices should be so pervasive that veganism seems as natural and compelling to embrace as any other social movement.

Judging on a Continuum



In this decidedly nonvegan world, it's impossible to avoid all harm to animals.

Even the strictest vegan has some culpability in the incidental killing of rodents, birds, and insects in the harvesting of food. And unless one has access to veganic (no animal inputs) produce, all organic & many conventional farms rely on animal-derived fertilizers (blood/bone/fish meal, etc.), which increase livestock-industry profits that help keep them in business.

Most vegans wouldn't visit a zoo, circus, or aquarium for entertainment, yet they likely watch & enjoy TV shows and movies that exploit animals, most commonly horses in westerns and historical-period pieces (Vikings, Game of Thrones, etc.).

Vegans avoid obvious animal products, but they can't always get away from or find alternatives to common products that contain animal byproducts, such as glued items, car tires, and road surfaces.

So it's not accurate to claim that vegans live "cruelty-free." We just try harder to do so than others.

Of course, omnivores cause the most harm to animals, which is especially frustrating if they've heard and rejected the vegan message. While we may decry reductarians and vegetarians as not going far enough, at the very least, they are contributing to less animal suffering for whatever reason.

So if we are to judge at all, we should acknowledge that some lifestyles are better for animals than others, and any move towards Least Harm deserves some support and recognition.

Binary Choices

Choose the best of two options, then strive to go one better.

- * Are Meatless Mondays better for animals than regular Mondays? Yes or No?
- * Are Vegan Mondays better for animals than Meatless Mondays? Yes or No?
- * Are Vegan Weeks better for animals than Vegan Mondays? Yes or No?
- * Are cage-free facilities better for animals than caged facilities? Yes or No?
- * Are outdoor-free-range facilities better for animals than cage-free facilities? Yes or No?
- * Are no animal facilities better for animals than outdoor-free-range facilities? Yes or No?
- * Is humane-standards meat better for animals than conventional meat? Yes or No?
- * Is cultured (lab grown) meat better for animals than humane-standards meat? Yes or No?
- * Is no meat better for animals than cultured meat? Yes or No?



Some well-meaning activists counter that acknowledging anything but full-on veganism lets omnivores off the hook, easing their consciences by allowing them to feel good about taking "baby steps." The stark reality is that people won't change until they're ready to. They'll use any rationalization, whether you supply it or not, to justify their current behavior.

By all means, make the big "ask." Promote 100% veganism for ethical reasons. But most experienced activists know that simply exposing omnivores to the horrors of animal production and/or the various benefits of veganism (health, environment, animals) leaves the vast majority unmoved. Until veganism becomes normalized in their minds through multiple exposures from many societal sources, is a baby step better than no step? Yes or No?

Disrupting The Norm

By declining to dine at “normal” social events.

If vegans are say 1% of the general population, vegans who avoid dining with omnivores while they consume animal products are perhaps 1% of vegans. Talk about a tiny minority!

But carrying vegan ethics to its logical conclusion, if you wouldn't attend an event where people entertain themselves by *watching* animals (cock/dog/bullfight, horse race, rodeo, zoo...), why would you attend an event where people entertain themselves by *eating* animals?



Unfortunately, eating animals is the norm, and since many vegans already feel isolated, it's understandable that they don't want to deprive or limit themselves even further socially.

While most social, especially family, events shouldn't be completely boycotted, which will truly isolate and earn you an “antisocial” label, choosing not to be present during the main animal-feasting portion can disrupt the norm.

Like a stone dropped in a pond, your absence can create a ripple effect. It might upset some, but it may make others question their participation in what they've been taught is perfectly acceptable...sort of like a family on its way to the circus or SeaWorld and seeing a group of activists protesting what they assumed was a wholesome family outing.

Logistically, it's simply a matter of letting event hosts know beforehand that you're uncomfortable being around people eating animals, and that you will quietly arrive before or after, or temporarily leave during, those activities. If you must leave during the meal portion, you can use this time to take a peaceful walk or enjoy a cruelty-free meal elsewhere.

With this relatively non-confrontational approach, if your presence during meals is desired, future gatherings may become vegan affairs, at least on occasion.



In the meantime, you'll have peace of mind not having to deal with the cognitive dissonance (holding two opposing thoughts) of being around normally kind and compassionate family and friends while they blissfully consume animals and their secretions.

And if some say you're being ridiculous or overly dramatic, ask them if they'd attend an event where Poodle, Collie, or their favorite breed was on the menu!

MaxVegan No-SOS Recipes

<https://maxlearning.net/HEALTH/MaxVeganRecipes.htm>

Dining out is a wonderful treat! And vegan foods (no cholesterol, high fiber) surpass comparable animal foods (high cholesterol, no fiber) any time. But since vegan eateries must compete to attract omnivores (who surprisingly make up half or more of their business) their offerings often match animal foods in salt, oil, and sugar.

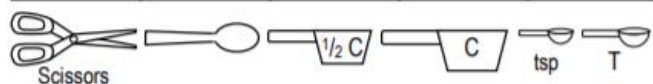
To counteract the health issues presented by excess SOS (Salt, Oil, Sugar), consider shifting to a No-SOS diet at home. No-SOS, aka SOS-free, means no *refined* salt, oil, or sugar is added to recipes. Of course, we crave and need sodium, fat, & glucose in our diets. Just in lower amounts and not from refined sources but as parts of whole or minimally-processed foods.

Dozens of kitchen-tested MaxVegan (MV) Recipes, divided into Toppings, Meals, and Treats, are presented in a compact visual format that reduces errors and the intimidation of long ingredient lists and wordy instructions.

Sample recipes:

MaxVegan Sour Cream (5/6/17)

5	1 T MV Tahini	4	1 T lemon juice	3	1 T apple cider vinegar	2	1 tsp soy sauce	1	1½ C firm silken tofu
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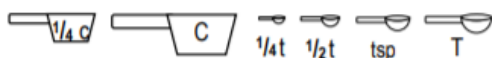


- * Premake MV Roasted Tahini.
- * Mori-Nu silken tofu is sold in 12.3 oz (~1½ C) aseptic (sterile), non-refrigerated boxes.
- Add ingredients in order.
- Blend thoroughly.
- Makes ~1½ cups. Keep refrigerated.
- Use on MV VegBowl / Pasta / Chili / Stew / Roasted Veggies, mashed potatoes, soups.



MaxVegan Pepperoni (6/27/17)

15	1 tsp liquid smoke	14	2 T MV Ketchup	13	2 T soy sauce	12	~¾ C filtered water	11	¼ C nutritional yeast
10	¼ tsp black pepper	9	½ tsp cayenne powder	8	½ tsp red pepper flakes	7	¾ tsp onion powder	6	¾ tsp garlic powder
5	1 tsp fennel powder	4	½ tsp fennel seeds	3	2 tsp smoked paprika	2	3 T organic cornstarch	1	1 C wheat gluten



- * Premake MV Ketchup.
- Assemble all items; preheat oven to 350°.
- Mix dry ingredients 1-11 in large bowl.
- Mix wet ingredients 12-15 in small bowl.
- Form hole in dry mix; stir in wet.
- With gloves, thoroughly knead mixture.
- Add water or gluten as needed until like taffy.
- Follow MV VegMeat Baking Instructions.



Food-grade gloves

MaxVegan Pudding (6/12/17)

5	1 tsp vanilla extract	4	½ C mashed banana	3	⅓ C cacao powder	2	⅔ C date sugar or erythritol	1	1½ C silken tofu
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- * Mori-Nu silken tofu is sold in 12.3 oz (~1½ C) aseptic (sterile), non-refrigerated boxes.
- * Cocoa (roasted cacao) or carob powder may be used in place of cacao.
- Add items in order. Blend until smooth.
- Chill in refrigerator if desired.
- Yields ~2 cups. Keep refrigerated.



Vanilla Pudding: Omit cacao. Optionally add 2T tapioca powder.

Strawberry Pudding: Replace cacao with 1C mashed strawberries.

Banana Pudding: Replace cacao with ½ C mashed banana.

PB Flavoring: Add 2T peanut butter to desired pudding.

Pops: Freeze in popsicle molds (or small bowls). Before eating, thaw ~10 seconds in microwave to restore creaminess.

What About Household Insects?

Most of us grew up swatting flies and smashing bugs. After all, these “pests” didn’t belong in our living spaces. However, as a vegan, my respect for all living creatures evolved. Nowadays, I marvel at the complexity of the humblest insect. How could such miniscule things exist, much less move or, even more remarkably, fly?

Most people perceive bugs as filthy and disgusting (conveniently overlooking where that adorable dog’s nose or tongue has been). But bugs have been here for hundreds of millions of years and will likely be here for eons more, so they arguably have a better claim to life on earth than arrogant newcomers like us.

Still, for years, I continued to kill certain insects in “self-defense.” A mosquito that might carry zika or malaria. A black (or brown) widow spider that might inflict a nasty bite on me, my family, or our pets.

But I’ve learned that it’s possible and preferable to catch & release household insects outdoors and “re-home” outdoor insects when an infestation develops. One exception are termites causing structural damage, that unfortunately must be eliminated. But here are some strategies I use for other insects.

Ants

Baking soda repels tiny, black, Argentine ants and deodorizes their chemical trails. Sprinkle it around, wait an hour or so until the ants leave, then sweep up the excess powder. The remaining residue should keep them away for some time.



Crawlers

Quickly but carefully cover spiders, roaches, beetles, etc. with a large-mouthed plastic cup or container. Then gently slide a pre-cut piece of flexible plastic baking sheet beneath the container. Holding the container and sheet together, carry your captive outside and release.



Flyers

Create your own Catch & Release Fly Net by sewing fine mesh cloth around a bent metal clothes hanger. Once you catch a fly, moth, or mosquito, fold the net over itself so the critter doesn’t escape. Then walk outside, close the door behind you, and gently turn the net inside out to allow the critter to fly away.



Infestations

When insect populations get out of control, individual catch & release becomes impractical. For an ongoing palmetto bug (flying roach) infestation on my large 3rd floor condo terrace, I used a sewing pin to punch dozens of tiny holes in several (previously-used) gallon-sized Ziplock freezer bags. When it gets dark, I’ll add food scraps (banana peels, apple cores, cabbage shreds...) and lay the bags flat in obscure areas around the terrace each propped slightly open with a folded paper towel (or some type of weight if it’s breezy) so the bugs can enter. An hour later, dozens of oblivious bugs will be feasting away. I gently fold each bag’s edge over, seal it, and place it into an opaque carry bag (roaches don’t like light).

The tiny pin holes allow air in for the captives to breathe. In the morning, I’ll “re-home” the occupants a few miles away in isolated, brush-covered areas.





Protein Facts

How much protein do humans need?
 Much less than you might think!



Human Breast Milk

Item	Overall %	% of Solids
Protein	0.9%	7%
Fat	4.5%	35%
Carbs	7.1%	56%
Minerals	0.2%	2%
Solids	12.7%	100.0%
Water	87.3%	
Total	100.0%	

- Babies need just 7% protein during their most rapid growth phase!
- Human adults need no more than 10% protein in their diets.
- The World Health Organization places protein needs at just 5%.

http://en.wikipedia.org/wiki/Human_breast_milk

Protein Propaganda

The meat, egg, and dairy industries (and their government counterparts) have been so successful with their protein campaigns that the #1 question vegans get is, "How do you get enough protein?"

The truth is, humans need much less protein than we've been told.

And we can get everything we need from plants.

After all, how does protein get into animal products? What do cows, pigs, and chickens eat?

Answer: Plants!

Cow's Milk

Item	Overall %	% of Solids
Protein	3.2%	26%
Fat	3.9%	32%
Carbs	4.8%	39%
Other	0.3%	2%
Solids	12.2%	100.0%
Water	87.8%	
Total	100.0%	

- With 26% protein, calves can grow to 1000 lb in a year!
- No species other than humans drinks milk past childhood.
- Only humans drink milks of other species. Dog milk anyone?

http://en.wikipedia.org/wiki/Cow%27s_milk

Why So Little Protein?

When our cells die, their amino-acid components are *recycled* into new proteins, so we don't need to eat much new protein. Of the 20 amino acids, our bodies can make 12. We must get the remaining 8 "essential" amino acids from the food we eat.

Every living thing contains all 20 amino acids in higher or lower quantities. But there is no need to worry about eating "complete" proteins or combining different foods. Your body preferentially retains the amino acids that are scarcest in the foods you eat.

If you eat enough vegetables, grains, fruits, nuts, seeds, and legumes to satisfy your caloric needs, you'll get ample protein and loads of healthy fiber and disease-fighting phytochemicals and antioxidants.

Protein in Plants

Percentage of Calories From Protein (Value Per 100 Grams Edible Portion)

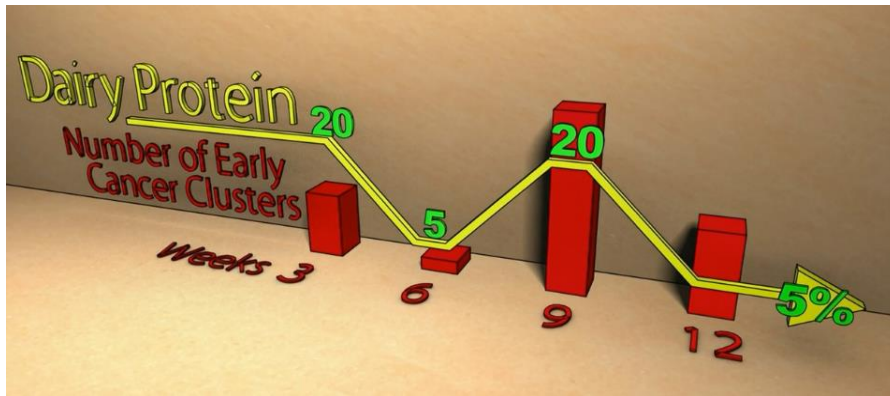
Kidney Beans	58%
Mushrooms	56%
Spinach	50%
Lettuce	36%
Soybeans	35%
Broccoli	33%
Kale	26%
Tomato	19%
Peanuts	18%
Oatmeal	17%
Wild Rice	16%
Wheat	15%
Almonds	15%
Cantaloupe	10%

From the U.S. Department of Agriculture's National Nutrient Database for Standard Reference, 2009.(9)

<http://www.peta.org/issues/animals-used-for-food/veganism-and-the-issue-of-protein.aspx>

Dangers of Animal Protein

In addition to the saturated fat and cholesterol (coupled with zero fiber!) in meat, egg, and dairy that contribute to heart disease & stroke, *animal protein* itself is bad for you!



Casein

About 80% of cow's milk protein is casein [KAA-seen], which is especially concentrated in cheese. When mice were fed 20% dairy protein, their cancer clusters skyrocketed.

Source: "Forks Over Knives" (Minute 26 of video)

www.forksoverknives.com

Heterocyclic Amines

Cooking proteins in meat and fish produces heterocyclic amines, which are linked to various cancers, particularly colon and breast cancers.

IGF-1

Animal protein triggers the release of Insulin-Like Growth Factor, a cancer-promoting growth hormone.

Osteoporosis

Countries with the highest rates of osteoporosis, such as the United States, England, and Sweden, consume the most milk. China and Japan, where people eat much less protein and dairy food, have low rates of osteoporosis.

Early Puberty

Animal protein contributes to early puberty, which has been associated with increased risk of hormone-related cancers, metabolic syndrome, cardiovascular disease, and shorter lifespan. In contrast, plant proteins delay puberty and reduce the risk of breast cancer and mortality.

Loss of Muscle Mass

Animal protein creates an acidic environment in the blood that may contribute to loss of muscle mass characteristic of aging. In contrast, plant protein creates an alkaline environment that preserves muscle mass.

Kidney Disease

Most people eat 2 to 3 times more protein than needed, which leads to excess nitrogen that must be expelled by the kidneys. Patients with kidney disease must eat low-protein diets.



Heart Disease

Animal protein may be associated with a higher risk of even healthy people (normal blood pressure and cholesterol) developing heart disease, independent of saturated fat.

Kidney Stones

Animal protein creates an acid environment that leads to increased calcium in the blood and increased uric acid which can precipitate stone formation.

Athletes & Protein?

Contrary to long-held beliefs, even endurance and strength athletes need only slightly more protein, which is easily obtained in the larger servings that they require for their higher caloric intake.

In contrast to animal foods, plant-based diets reduce inflammation and promote quicker recovery times. Plant-based athletes continue to set new endurance and performance records.

Sources: www.pcrm.org, www.nutritionfacts.org, www.livestrong.org

Online Activism

Your voice can make a difference!

Stay classy,
online activists!

Below is commentary I've posted online to promote ethical veganism as well as health and environmentalism. If you'd like to do the same, seek out local and national online news and blogs. Feel free to use or adapt any of my comments for your own efforts. Because some moderators check any links you may include, which delays posting, I generally reference the source but don't include the links. Anyone wanting to check can easily do so with a web search.

The target audience consists of fair-minded people who remain open to persuasion by facts and logic. You'll likely never convince ideological opponents, so avoid getting into prolonged online debates. If you feel compelled to engage, keep the discussion respectful and free of personal attacks. If you are personally attacked, at least someone is paying attention. If those who are most vehemently opposed can be "turned," they may become equally outspoken advocates.

TALKING POINTS & LINKS

Some news sites may delay posting your comment until they check any embedded links to make sure they're legitimate.

HEALTH

Optimum Nutrition Recommendations

<https://nutritionfacts.org/2011/09/12/dr-gregers-2011-optimum-nutrition-recommendations> Dr. Michael Greger updated 2/4/16

Vitamin B12

* 2,500 mcg (µg) cyanocobalamin once each week or 250 mcg/day (If over 65: 1000 mcg/day) or 3 servings/day of B12-fortified foods.

Omega-3 Fatty Acids

* 250 mg/day of yeast- or algae-derived long-chain omega-3's (EPA/DHA)

Vitamin D3

* 2,000 IU/day

Calcium

* 600 mg/day calcium-rich plant foods—preferably low-oxalate dark green leafy vegetables, which includes all greens except spinach, chard, and beet greens (all very healthy foods, but not good calcium sources due to their oxalate content).

Iodine

* 150 mcg/day for those who don't eat seaweed or use iodized salt. Avoid hijiki (hiziki): high arsenic. Avoid kelp: excess iodine

Iron

All menstruating women should increase their absorption by combining foods rich in iron and vitamin C at meals and should get checked for iron-deficiency anemia every few years. Men should be checked for an iron overload disease before any attempt to increase intake.

Selenium

Northern Europeans may need to take a supplement or eat a daily Brazil nut.

Physicians Committee for Responsible Medicine (PCRM): Food for Life Diabetes Initiative

<http://www.pcrm.org/health/diabetes-resources>

To shed weight and reverse diabetes without drugs, follow a low-fat, exclusively plant-based vegan diet.

Weight Loss

<http://www.pcrm.org/health/medNews/a-vegan-diet-proves-most-effective-for-weight-loss>.

According to the journal Nutrition, a vegan diet (zero animal products) leads to the most weight loss, more than twice the percentage of other diets studied (omnivorous, semi-vegetarian, pesco-vegetarian, lacto-ovo vegetarian). The vegan group also had the greatest reductions in total fat, saturated fat, and cholesterol as well as the greatest increase in dietary fiber.

Obesity Society

<http://www.obesity.org/news-center/plant-based-diets-show-more-weight-loss-without-emphasizing-caloric-restriction.htm>

Plant-based diets show more weight loss without emphasizing caloric restriction...vegan eating styles are tied to lower BMI, lower prevalence of type 2 diabetes, and less weight gain with age.

Academy of Nutrition and Dietetics (AND)

<https://www.ncbi.nlm.nih.gov/m/pubmed/27886704/>

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements.

Other organizations approving vegan diets

<https://www.reddit.com/r/vegan/wiki/dieteticorgs>

Dietitians of Canada

The British National Health Service

The British Nutrition Foundation

The Dietitians Association of Australia

The United States Department of Agriculture

The National Health and Medical Research Council

The Mayo Clinic

The Heart and Stroke Foundation of Canada

Harvard Medical School

Kaiser Permanente: The Plant-Based Diet Booklet

http://www.kphealthyme.com/documents/plant_based_diet_e.aspx

Colorectal Cancer Rates Rise Among American Young Adults

<http://www.pcrm.org/health/medNews/colorectal-cancer-rates-rise-among-american-young-adults> 3/2/17

Per the National Cancer Institute, when compared to those born in the 1950s, those born around 1990 have double and quadruple the risks of colon and rectal cancers, respectively, due to low fiber diets, high consumption of processed meats, and lack of physical activity.

Diabetes

<https://www.pcrm.org/health-topics/diabetes>

In a 2003 study funded by the NIH, we determined that a plant-based diet controlled blood sugar three times more effectively than a traditional diabetes diet that limited calories and carbohydrates. Within weeks on a plant-based diet, participants saw dramatic health improvements. They lost weight, insulin sensitivity improved, and HbA1c levels dropped. In some cases, you would never know they'd had the disease to begin with.

Vegan Diets Reduce Risk

A new paper published in the Journal of the Academy of Nutrition and Dietetics asserts that people who adopt a vegan diet can reduce their risk of diabetes by 62%, prostate cancer by 35%, heart disease by 29%, and other forms of cancer by 18%. (from Mercy For Animals Compassionate Living magazine Spring 2017, p. 3).

FOOD

Humane Society International (HSI): The Impact of Industrialized Animal Agriculture on World Hunger

http://www.fao.org/fileadmin/user_upload/animalwelfare/HSI--The%20Impact%20of%20Industrialized%20Animal%20Agriculture%20on%20World%20Hunger.pdf

Nearly 80 percent of the world's soybeans and up to 50 percent of the world's corn are fed to animals killed for meat instead of directly to humans.

Milk Consumption Increases Mortality

<http://www.pcrm.org/health/medNews/Milk-Consumption-Increases-Mortality> 2/23/17

The American Journal of Epidemiology reports that high dairy consumption increases overall mortality. The increase in risk was almost three-fold among the women participants. The authors suspect increased oxidative stress from components in the milk as the reason behind the elevated mortality risk, while antioxidants found in fruits and vegetables reduce oxidation and mitigate the risk.

Dog Meat and the Catholic Church of South Korea

<http://www.idausa.org/dog-meat-catholic-church-south-korea/>

If you think it's morally acceptable to eat cows, chickens, and pigs, what about dogs? In South Korea alone, two million dogs per year supply a \$2 billion dog-meat industry. Dog eaters believe that the more suffering endured during slaughter, the more tender the meat and the more potent the so-called medicinal properties. Dog meat is referred to as "health food" or "nutritious soup."

Eating Fish Is Like Smoking Low-Tar Cigarettes

<https://petaglobal.cld.bz/PETAGlobalIssue2> Neal Barnard

Atlantic salmon is about 40% fat. Chinook salmon is over 50% fat. People who eat fish are heavier and have a higher risk of diabetes than people who avoid animal products. About 3/4s of the fat in fish is not omega-3. It's actually a mixture of other fats that pack a lot of calories. Wayne State University researchers found that women who regularly eat fish, even years before becoming pregnant, are more likely to have babies who are sluggish at birth and have developmental problems. Eating fish flesh under the misguided notion that it's a healthy option is like smoking low-tar cigarettes. Walnuts, flax and chia seeds, leafy greens, navy beans, soybeans, mangoes, berries, winter squash, seaweed, and other vegan options contain omega-3 fatty acids, along with fiber and antioxidants – but without the harmful heavy metals, carcinogens, and cholesterol found in fish flesh. Tests on farmed salmon purchased at US grocery stores show even more PCB contamination than in wild fish. Farmed salmon are dyed pink to look like their wild cousins. Scientists are now concerned that the artificial coloring can cause retinal damage.

Do Flaxseeds Offer Sufficient Omega-3's for Our Heart? [Fish]

<https://nutritionfacts.org/2018/09/25/do-flaxseeds-offer-sufficient-omega-3s-for-our-heart> Michael Greger

...Unless you live next to a toxic waste dump, the major source of exposure to PCBs is fish consumption. Salmon may be the worst. This may explain why studies in the United States have shown that just a single serving of fish a week may significantly increase one's risk of diabetes....long-chain omega-3s don't seem to help with preventing or treating heart disease after all. Since that was the main reason we thought people should get that extra 250 mg of preformed EPA and DHA, why do I still recommend following the guidelines in my Optimum Nutrition Recommendations? Because the recommendations were not just based on heart health, but brain health, as well.

Eating one fish from U.S. lakes or rivers likened to drinking month's worth of contaminated water

<https://www.cbsnews.com/news/pfas-forever-chemicals-one-fish-us-lakes-rivers-month-contaminated-water/>

Eating one freshwater fish caught in a river or lake in the United States is the equivalent of drinking a month's worth of water contaminated with toxic "forever chemicals," new research said on Tuesday. The invisible chemicals, called PFAS, were first developed in the 1940s to resist water and heat and are now used in items such as non-stick pans, textiles, fire suppression foams and food packaging. But the indestructibility of PFAS, per- and polyfluoroalkyl substances, means the pollutants have built up over time in the air, soil, lakes, rivers, food, drinking water and even our bodies. There have been growing calls for stricter regulation for PFAS, which have been linked to a range of serious health issues including liver damage, high cholesterol, reduced immune responses and several kinds of cancer.

CONTAMINATION

Fecal Contamination in Retail Chicken Products

<http://www.pcrm.org/health/reports/fecal-contamination-in-retail-chicken-products>

Physicians Committee for Responsible Medicine tested chicken products sold by 15 grocery store chains in 10 U.S. cities for the presence of feces. A certified, independent analytical testing laboratory in Chicago, Ill., tested for the presence of E. coli as evidence of fecal contamination. Chicken products from every city and every grocery store chain tested positive for fecal contamination. Overall, 48 percent of chicken samples tested positive.

There's Poop in Our Chicken Meat!

http://www.huffingtonpost.com/kathy-freston/chicken-contamination_b_1655170.html 9/16/12

Centers for Disease Control and Prevention (CDC) recommends extreme caution and care when handling raw chicken, which includes meticulously cleaning and sterilizing kitchen surfaces that are exposed to the meat.

Per WebMD, E. Coli O157:H7 will cause most people to suffer cramps, diarrhea, nausea, and vomiting. Some people won't notice symptoms, but will spread the disease to loved ones. Others will experience "severe blood and kidney problems," which can lead to death for those with compromised immune systems.

Neal Barnard: USDA requires chicken producers to inspect only one in every 22,000 carcasses.... Chicken feces may also contain roundworms, hair worms, tapeworms, insect larvae, fecally-excreted drugs and other chemicals, as well as the more normal constituents of feces — bile, undigested food, etc..... The so-called "organic" brands were tainted with feces, too, and skinless chicken breast was slightly worse than skin-on brands. Fecal soiling occurs in all brands and all stores at surprisingly high levels.

CLIMATE CHANGE

Worldwatch Institute: Livestock and Climate Change

<http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

<http://www.philly.com/philly/blogs/earth-to-philly/Livestock-and-climate-Whose-numbers-are-more-credible.html>

<https://awfw.org/wp-content/uploads/pdf/Goodland-Anhang-Livestock-GHG-1-7-12.pdf>

https://en.wikipedia.org/wiki/Livestock%27s_Long_Shadow

Livestock production accounts for up to 51% of greenhouse gas emissions. They suggest decreasing meat consumption as a means of mitigating climate change. (Worldwatch ceased operations in 2017.)

United Nations Environment Programme: Assessing the Environmental Impacts of Consumption & Production

http://www.unep.org/resourcepanel/Portals/24102/PDFs/PriorityProductsAndMaterials_Report.pdf

<http://www.trueactivist.com/going-vegan-could-save-the-world-reports-un-study>

A global shift towards a vegan diet is vital to save the world from hunger, fuel poverty, and the worst impacts of climate change.

Vegan vs Paleo: Carbon Footprints and Diet Quality

https://academic.oup.com/cdn/article/3/Supplement_1/nzz047.P03-007-19/5517901

June 2019. The lowest carbon footprint diets were vegan (mean = 1.0 kg CO₂-eq 1000 kcal-1), vegetarian (1.1), and pescatarian (1.9), and the highest footprints were omnivore (2.3), paleo (2.8) and keto (4.2). Source: Current Developments in Nutrition (CDN) is a peer-reviewed, open access journal that strives to briskly review, publish, and disseminate high-quality research in nutritional sciences.

WATER

Cowspiracy-The Sustainability Secret

<http://cowspiracy.com> <http://cowspiracy.com/facts>

A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers.

National Geographic: The Hidden Water We Use

<http://environment.nationalgeographic.com/environment/freshwater/embedded-water>

Producing a pound of beef requires 1,799 gallons of water vs. 132 gallons for a pound of wheat. Producing a gallon of milk requires 880 gallons of water vs. 128 gallons for the same amount of tea.

National Geographic: Water Conservation Tips

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

On average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet. [The math: Water saved by not eating animal products = 600 gallons/day x 365 days/year = 219,000 gallons/year.]

Water Footprint Network

<http://www.waterfootprint.org/?page=files/productgallery>

This international site rates products' use of green, blue, and grey water. Usage figures are in liters/kg or liters/ml.

California Drought

<https://www.facebook.com/truthordrought>

"In California, the single biggest consumer of water is not Los Angeles. It is not the oil and chemicals or defense industries. Nor is it the fields of grapes and tomatoes. It is irrigated pasture: grass grown in a near desert climate for cows. The West's water crisis – and many of its environmental problems as well – can be summed up in a single word: LIVESTOCK." Marc Reisner, former staff writer, Natural Resources Defense Council.

Pacific Institute 2012: California's Water Footprint

http://pacinst.org/wp-content/uploads/2013/02/ca_footprint_full_report3.pdf

Meat and dairy products comprise 47% of California's water footprint. All other agricultural products comprise 46% followed by direct household consumption at 4% and industrial products at 3%.

Big Cattle, Big Gulp

<http://www.newrepublic.com/article/120915/american-west-drought-being-worsened-livestock-industry>.

Humans drink about a gallon of water per day compared to 23 gallons per cow. The alfalfa and hay grown to feed livestock accounts for about half the water used in California.

California drought: Why farmers are 'exporting water' to China

<http://www.bbc.com/news/magazine-26124989>

A hundred billion gallons of water per year is being exported in the form of alfalfa from California to feed cattle in Asia and the Middle East. That's enough water to supply a million local families for a year.

The water footprint of soy milk and soy burger and equivalent animal products

<http://waterfootprint.org/media/downloads/Ercin-et-al-2012-WaterFootprintSoy.pdf>

Conclusions: The water footprint of the soy milk product analyzed in this study is 28% of the water footprint of the global average cow milk. The water footprint of the soy burger examined here is 7% of the water footprint of the average beef burger in the world.

Water: Almonds vs beef

<https://www.businessinsider.com/real-villain-in-the-california-drought-isnt-almonds-its-red-meat-2015-4>

A whopping 106 gallons of water goes into making just one ounce of beef. By comparison, just about 23 gallons are needed for an ounce of almonds (about 23 nuts).

NATURAL RESOURCES

People for the Ethical Treatment of Animals (PETA): Meat Production Wastes Natural Resources

<http://www.peta.org/issues/animals-used-for-food/meat-wastes-natural-resources/>

Land: livestock production uses 30% of Earth's land mass.

Food: More than 70% of grain is fed to farm animals.

Energy: It takes 11 times more fossil fuel to produce one calorie of animal vs. plant protein.

Water: It takes 2400 gallons of water to produce 1 pound of meat vs. just 25 gallons to grow 1 pound of wheat.

BIBLICAL QUOTES

The original biblical ideal

<http://biblehub.com/kjv/genesis/1.htm>

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so." (Genesis 1:29-30, King James Version)

The future biblical ideal

<http://biblehub.com/niv/isaiah/65.htm>

"The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain," says the LORD." (Isaiah 65:25, New International Version)

ANIMAL TESTING

<http://www.peta.org/issues/animals-used-for-experimentation/animal-testing-bad-science/>

The Food and Drug Administration (FDA) has noted that 92 percent of all drugs that are shown to be safe and effective in animal tests fail in human trials because they don't work or are dangerous. And of the small percentage that are approved for human use, half are relabeled because of side effects that were not identified in animal tests. human tissue- and cell-based research methods, cadavers, sophisticated high-fidelity human patient simulators and computational models are more reliable, more precise, less expensive, and more humane than animal experiments.

ANIMAL CAPTIVITY

Zoos Neither Educate Nor Empower Children

<https://www.all-creatures.org/articles2/ar-zoos-dont-educate.html>

Of over 2,800 children surveyed following visits to London Zoo, the majority demonstrated no positive learning outcomes at all....these institutions not only fail to educate children about the natural world but, in fact, have a negative educational impact....despite zoos claiming that they inspire children to become proactive conservationists, it was concluded that the zoo's impact on children's belief in their ability to actively do something about conservation was "weak." Former Freedom for Animals Director, Liz Tyson said, "It is hardly surprising to learn that most children visiting zoos are neither empowered nor educated by the experience of seeing captive wild animals so far removed from their natural habitats. Zoos present an entirely false view of both the animals themselves, and the real and very urgent issues facing many species in their natural homes. This research appears to confirm what we have said for many years. Zoos do not educate nor do they empower or inspire children to become conservationists."

VEGAN ATHLETES

- * Strongest man in the world: Patrick Baboumian
- * Only 2016 qualifying US Olympic weightlifter: Kendrick Farris
- * Mixed Martial Arts champion: Mac Danzig
- * Ultramarathoner: Scott Jurek
- * Tennis champions: Venus & Serena Williams
- * Pro surfer: Tia Blanco

HORSE RACING

www.kansascity.com/opinion/opn-columns-blogs/syndicated-columnists/article210813239.html:

"Each year, 130,000 horses, 10,000 of them thoroughbreds, are transported to Mexico or Canada under abhorrent circumstances — crammed into trucks or trailers for more than 24 hours without food or water — to be slaughtered under often-brutal conditions."

<https://horseracingwrongs.com>,

About 2000 horses die each year on U.S. racetracks, which does not include international deaths.

<https://www.all-creatures.org/articles2/ar-horseracing-writer-renounces.html>

In December 2019, HorseRace Insider editor Mark Berner renounced his beloved sport: "The horseracing industry runs on a pack of lies, a bunch of swindles, hidden information, and many corrupt and illegal activities for the love of money, not for love of the horse. The game is rigged at every level, with rampant cheating its finest art form. I am done supporting a sport that kills its stars."

<https://www.all-creatures.org/horseracing/horseracing-two-million-slaughtered.html>

According to government records from 2001 to 2020, the United States sent 1,620,192 of its horses to Mexico and Canada for slaughter for human consumption.

Posted Comments

The dates reflect when I posted my comments, which are not necessarily the dates of the original articles.

11/01/13

Two Vegan Sistas

<http://www.happycow.net/reviews/two-vegan-sistas-memphis-37157>

Bee products are not vegan.

Visiting from San Diego with family members, I was eager to eat at a 100% vegan restaurant, which was what I assumed from the restaurant's name and its (former) "Vegan" listing on HappyCow. To my surprise, bee products were on the menu. When I pointed this out to the kind, mature waitress, she said it was a good thing I mentioned it so that she didn't serve me anything else with those items in it (which made me wonder about the smoothie I was already drinking). After an otherwise tasty meal, I spoke with one of the "Sistas" to let her know that bee products weren't vegan. She said she had read they were "healthy." Naturally, I eat at vegan restaurants, so I don't have to ask or worry about animal ingredients. But after a month, their menu has not changed. I'm hoping the recent downgrade to "Vegetarian" status on HappyCow will convince the sisters to eliminate bee products.

I wish them all the luck in the world as their hearts are in the right place.

Pros: Good wholesome food, Friendly staff Cons: Not 100% vegan

W 8/27/14 (update)

Bee products are not vegan -- Now off the menu! *Posted on 08 / 27 / 2014*

I've upgraded to 5 stars now that I've learned that bee products are off the menu. :-) Kudos to the sistas!

Sa 8/16/14

Startups Pitch Cricket Flour As The Best Protein You Could Eat

<http://www.kpbs.org/news/2014/aug/15/startups-pitch-cricket-flour-as-the-best-protein/>

When you recycle grain through crickets (or any animal), a huge percentage turns to waste. It makes much more sense to feed the organic grain directly to people and avoid the "middle" cricket. Americans get way too much protein as it is. Human breast milk is about 1% protein. The World Health Organization specifies 5%. Those who think adults need more than 10% have been effectively brainwashed by the meat, egg, dairy, and diet industries.

M 8/18/14

Sage Organic Vegan Bistro

<http://www.happycow.net/reviews/sage-organic-vegan-bistro-los-angeles-26073>

<http://www.happycow.net/reviews/sage-organic-vegan-bistro-and-kindkreme-culver-city-41615>

Honey is not vegan, so neither is Sage!

I patronize only 100% vegan eateries, because I don't want to be around people hurting (eating) animals, I don't want to have to worry or ask about "hidden" ingredients, and I believe in using my limited dining dollars to support brave vegan restaurateurs. I've enjoyed Sage in the past, but now that I know some of their sauces include honey, I'll stay away. I've also read KindKreme's rationale about why they use "humane" honey, but the financial interest of the owners' beekeeping father-in-law makes it suspect. When Sage/KindKreme become 100% vegan, I'll return.

Sa 8/23/14

San Diego Egg Farmers Work To Improve Conditions For Hens

<http://www.kpbs.org/news/2014/aug/22/local-farmers-work-improve-conditions-hens-2015/>

Cage or cage-free, the egg industry practices institutionalized cruelty. Non-egg-laying males are ground alive or suffocated in plastic bags. Females have their beaks seared off so they won't peck each other to death. And when egg production wanes after a few years, they are killed for meat anyway. No one gets out alive. If you really care about animals, go vegan.

W 8/27/14

Fire CEO Des Hague for animal cruelty

<https://www.change.org/p/centerplate-fire-ceo-des-hague-for-animal-cruelty#share>

Pet abuse is bad, but if you really care about animals, go vegan.

W 9/3/14

Dog-kicking video costs CEO his job

http://money.cnn.com/2014/09/03/news/companies/dog-kicking-ceo/index.html?hpt=hp_t2

What a schizophrenic society we live in where one man abusing one dog is (rightly) shunned and condemned, while millions of omnivores pay others to abuse & kill billions of animals for their eating pleasure. "Omnivore" is synonymous with "Animal Abuser." Stop hurting animals--go vegan!

W 9/3/14

The Drought's Biggest Problem Products

<http://voiceofsandiego.org/2014/09/02/the-droughts-biggest-problem-products/>

Let's not forget meat. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. Save water--go vegan!

Th 9/4/14

Years Of Effort To Pass Bill Banning Plastic Bags

<http://www.kpbs.org/news/2014/sep/04/years-effort-pass-bill-banning-plastic-bags/>

I never understood the objection of those opposed to the ban because it would harm the poor by charging them 10 cents for a paper bag. My reusable bags have more than paid for themselves with the nickel or dime rebate most stores grant every time I use them. Plus they are sturdier, hold more weight, and can be washed when needed. The trick is to keep some reusable bags in the car or with my shopping list so I don't forget to take them with me when I shop.

F 9/5/14

Growers Donate Produce To San Diego Agricultural Families Struggling In Drought

<http://www.kpbs.org/news/2014/sep/05/growers-donate-produce-san-diego-agriculture-famil/>

Since it takes about 2500 gallons of water to create a pound of beef (to grow the grain to feed the cow, to water the cow, to process the meat) and only about 25 gallons of water to create a pound of carrots, it makes sense to choose veggies over meat if you want to lessen the impact of the drought.

Sa 9/6/14

Better With Butter? Here's Why Americans Are Consuming More.

<http://www.kpbs.org/news/2014/sep/06/better-with-butter-heres-why-americans-are>

If health is a concern, ditch the butter and margarine as well as any processed oil--animal or vegetable-based. Not only are refined oils 100% fat with scant nutritional value, oil is inflammatory and damages your arteries' endothelial lining. Butter also has a pernicious origin, because it requires newborn calves to be forcibly taken from their frantic lactating mothers so that humans can have the milk to make butter. It's best to get needed dietary fats from whole nuts, seeds, & plants or their "butters" (peanut, almond, etc.). But if you're watching your weight, learn to eat bread plain and warm, not toasted. Learn to dry roast or BBQ veggies, or sauté them in water or wine (keep adding as needed), then top with spices or a delicious oil-free sauce.

Su 9/7/14

Nestlé to Overhaul Farm Animal Treatment Across the Globe

<http://blog.humanesociety.org/wayne/2014/08/nestle-reform.html>

Reducing animal suffering is a worthy goal, but as long as omnivores pay companies to produce animal products for their eating pleasure, they are guilty of animal abuse. After all, what could be more abusive than slitting an animal's throat? Stop hurting animals--go vegan!

F 9/12/14

What Came Before: Meet someone you'll never forget.

<http://www.whatcamebefore.com>

Featuring Steve-O. The truth about Meat and Modern Farms

If hurting one pet is wrong, hurting one farm animal is wrong.. No matter how well an animal is treated, there is nothing more abusive than slitting its throat. "Omnivore" is synonymous with "animal abuser." Paying others to do one's dirty work is the ultimate abuse. Stop hurting animals--go vegan!

T 9/23/14

Jeremiah Long Suspected Of Killing Neighbor's Cat With Blow Darts

http://www.huffingtonpost.com/2014/09/17/jeremiah-long-blow-darts-cat_n_5837740.html?utm_hp_ref=dumb-criminals

Hurting any animal for pleasure or profit is wrong. Sadly, all omnivores (including vegetarians) who eat animal products are animal abusers. Paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of even a "humanely" treated food animal is the ultimate abuse. Even dairy cows and egg-laying hens are killed for meat when their production wanes. Stop hurting animals--go vegan!

T 9/23/14

The Thirsty San Diegan's Guide to New Water Projects

<http://voiceofsandiego.org/2014/09/22/the-thirsty-san-diegans-guide-to-new-water-projects/>

How about saving water by not using it? For example, according to the new documentary, Cowspiracy-The Sustainability Secret (<http://cowspiracy.com>), a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. Save water--go vegan!

T 9/23/14

Man Shot Kitten Up With Heroin Before Choking, Beating It: Police

http://www.nbcsandiego.com/news/national-international/Pet-Owner-Accused-of-Giving-Kitten-Heroin-Choking-Animal-With-Rope-270056601.html?_osource=outbrain_recirc=obinsite

Hurting any animal for pleasure or profit is wrong. Sadly, all omnivores (including vegetarians) who eat animal products are animal abusers. Paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Stop Hurting Animals-Go Vegan!

T 9/23/14

Man Seen Tossing Dog Over Gate in Ramona: Video

<http://www.nbcsandiego.com/news/local/Man-Seen-Tossing-Dog-Over-Gate-in-Ramona-Video-276005221.html>

This is bad, but hurting any animal for pleasure or profit is wrong. Sadly, all omnivores (including vegetarians) who eat animal products are animal abusers. Paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Stop Hurting Animals-Go Vegan!

Th 9/25/14

San Diego Food Writer Opens Up About Diabetes Diagnosis

<http://www.kpbs.org/news/2014/sep/24/san-diego-food-writer-opens-about-diabetes-diagnosis/>

These recipes mimic the typical animal-centric, high-fat, high-cholesterol Standard American Diet (SAD—so true!) with some veggies thrown in. To shed weight and reverse diabetes without drugs, follow a low-fat, exclusively plant-based vegan diet:

<http://www.pcrm.org/health/diabetes-resources>.

Reply from: Peking_Duck_sd

I try to follow a plant-based diet about 80% of the time and wish I had the will power to do it 100% of the time. I am a big advocate of plant-based diets, however I think health issues like diabetes need to be evaluated on an individual basis and things that work for some may not work well for others. If this Ms. Golden has found something that works for her then that is great - she should continue. If she is losing weight and her blood sugar numbers/A1C tests are normal then I think she is on the right track. I hope most people listening to this realize that she is giving an example of things she has done to help her situation, but people with diabetes need to evaluate their specific situations with their medical teams and nutritionists. Diabetes is a pretty diverse disease and people's metabolisms vary

Sa 9/27/14

Kudos on your efforts to follow a plant-based diet! Here's how to make it effortless. It's remarkably easy for sane people not to hurt a puppy or a kitten. Extend that to equally sentient farm animals, and you'll never eat another animal product. Paying others to do the "dirty work" doesn't absolve one of responsibility. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None get out alive. And while it's true that body chemistries differ, no one needs animal products to be healthy. If you're unconvinced, check out this article from Kaiser Permanente: <http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>

F 9/26/14

Factory farming is the overlooked enemy of a healthy environment: Opinion

http://www.nj.com/opinion/index.ssf/2014/09/factory_farming_is_the_overlooked_enemy_of_a_healthy_environment_opinion.html#comments

Climate change aside (the deniers seem out in force here), vegans practice ethics while omnivores make excuses. Appropriately-planned vegan diets in all life stages, from pregnancy to athletics, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest organization of food and nutritional professionals. While collateral animal deaths indeed occur from harvesting crops, it takes up to 16 lbs of plant matter recycled through livestock to produce 1 lb of meat. Omnivores are drains on society. In satisfying their meat-egg-dairy addictions, they use more resources and suffer more health issues that burden and raise costs for everyone. Ethically, 'omnivore' is synonymous with 'animal abuser.' Omnivores (rightly) condemn someone who hurts even one pet for profit or pleasure, yet they consume billions of animals each year solely for their eating pleasure. Paying others to do the "dirty work" does not absolve them of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Stop wasting resources and hurting animals-go vegan!

Sa 9/27/14

Nutritional Update for Physicians: Plant-Based Diets

<http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>

To my family physician via the Kaiser Permanente website:

Hi Dr. Jue, Have you read this Kaiser article? <http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>. It states:

"Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity." Are you and your colleagues in agreement? Best, Mike

Su 9/28/14

Animal Rights: The Abolitionist Approach..and Abolition Means Veganism!

<http://www.abolitionistapproach.com/faqs/#.VCqgVa10zzQ>

Hi Gary. I enjoy listening to you on the "Go Vegan with Bob Linden" radio show each week. I've known Bob for 18 years and hope to meet you at the World Vegan Summit next March, where I'll also be making a presentation. Thanks for writing "Eat Like You Care" with Anna Charlton—it's given me new insights regarding my vegan activism. I just had a couple of comments about the FAQs on your excellent website. First, I'm not sure it's valid to state that plants have no interests. Every living thing, whether consciously sentient or able to feel

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 35 of 156

pleasure and pain, has an interest in continuing its existence. Plants respond to threatening stimuli by releasing protective chemicals. They seek out light and water and grow in the darndest of places. I love the line from Jurassic Park: "Life will find a way." When I get the inevitable comment from non-vegans that plants have feelings too, my first response is that if I didn't have to eat plants to survive, I wouldn't. But since I choose to continue my existence, I eat low in the food chain to minimize harm. Then of course I tell them that if they're really concerned about plants, they shouldn't eat meat since it requires many pounds of plants to make a single pound of meat. My second comment concerns the question of the sentience of insects. I've read recent research that insects experience emotions such as fear, pain, and anger as survival mechanisms. Consider the fearful fly that evades the swatter, the injured spider who struggles in pain, the angry bee who chases and stings to protect the hive. Ants have even been shown to teach one another and show altruism. Personally, I try to "relocate" problem insects from my house or on my organic veggies rather than snuff them out. I'm not perfect with this as I kill dangerous spiders (black & brown widows) that pose a threat to my wife or our two rescued dogs, spray soapy alcohol on aphids that are devastating my garden crops, and swat mosquitoes that may harbor West Nile Virus here in San Diego. But I view these actions in the realm of self-defense, which I consider ethically valid. If my family were under attack from humans, I'd kill to protect as well. Take care and keep up the great work! I'm following your advice about grassroots movements by promoting online activism with my VeganCityBlog: www.maxlearning.net/HEALTH/VeganCityBlog.pdf. As a person who receives a fair amount of criticism within the A-R movement for speaking the uncomfortable truth (namely, omnivores = animal abusers), you might enjoy the latest entry regarding my similar experiences with "Asshole for Animals!" Best, Mike

W 10/1/14

San Diego Mayor Releases Climate Action Plan

<http://www.kpbs.org/news/2014/sep/30/san-diego-mayor-set-release-climate-action-plan/>

What's missing from this and most CAPs is a call to eliminate or reduce livestock consumption, which accounts for up to 51% of greenhouse gas emissions. <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>. Not to mention, water usage: A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>. Save the environment--and water--go vegan!

Th 10/2/14

Encinitas Resident Conserves Every Drop To Combat Climate Change

<http://www.kpbs.org/news/2014/oct/02/green-building-encinitas-climate-change/>

Kudos to Mr. Ponizil for his environmental diligence! But when it comes to water conservation, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>. Save water--go vegan!

Sa 10/4/14

Life Off The Grid: How A North County Couple Avoids Using Fossil Fuels

<http://www.kpbs.org/news/2014/oct/03/living-grid-move-away-fossil-fuels/>

Kudos to the Waayers for their environmental awareness! However, the article made no mention of their dietary choices, which for most people is the real "elephant in the room." A vegan driving a Hummer uses less fossil fuel than an omnivore on a bicycle. Livestock consumption accounts for up to 51% of greenhouse gas emissions: <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>. Not to mention, water usage: A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save the environment--and water--go vegan!

Sa 10/4/14

New Data Shows Severe Drop in California Groundwater

<http://www.kpbs.org/news/2014/oct/03/new-data-shows-severe-drop-california-groundwater/>

When it comes to water consumption for the average person, nothing comes close to dietary choices. Per National Geographic, producing a pound of beef requires 1,799 gallons of water vs. 132 gallons for a pound of wheat. Producing a gallon of milk requires 880 gallons of water vs. 128 gallons for the same amount of tea. <http://environment.nationalgeographic.com/environment/freshwater/embedded-water/> Save water—go vegan!

T 10/7/14

Animal Protection Rescue League (APRL) Billboard Campaign!

The following fantastic billboards, which will hopefully appeal to people's better nature, will soon be appearing around Southern California. To contribute to this awesome effort, please make a donation at www.aprl.org.



W 10/8/14

Tapping Into the Ocean With San Diego's Billion Dollar Desalination Plant

<http://www.kpbs.org/news/2014/oct/07/tapping-ocean-san-diegos-billion-dollar-desalination/>

The most cost-effective, environmentally-benign way to save water is to conserve it. For maximum impact, stop eating meat. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save the environment--and water--go vegan!

W 10/8/14

Man Who Set Phoenix The Puppy On Fire Shot In Groin, Cops Say

http://www.huffingtonpost.com/2014/10/08/puppy-fire-shot-groin_n_5951528.html?utm_hp_ref=crime

What a schizophrenic society we live in where one man abusing one dog is (rightly) shunned and condemned, while millions of omnivores pay others to abuse & kill billions of animals for their eating pleasure. Paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Stop Hurting Animals-Go Vegan!

W 10/8/14

Latest Attack On California's Humane Livestock Standards Struck Down By Judge

http://www.huffingtonpost.com/2014/10/07/missouri-lawsuit-california-eggs_n_5947926.html

If you really care about chickens, you'll stop eating eggs. Male chicks are legally suffocated or ground alive because they are economically useless to the egg industry. Female chicks have their beaks seared off so they won't peck each other to death, whether confined in cages or packed into so-called "free-range" warehouses. And after a few years, when their production wanes, hens have their throats slit and are sold for meat. None get out alive. Stop hurting animals—go vegan!

W 10/8/14

Judge tosses lawsuit challenging California egg laws

http://www.sanluisobispo.com/2014/10/02/3276721_judge-tosses-lawsuit-challenging.html?rh=1

Any rational person who cares about chickens will stop eating eggs. Male chicks are legally suffocated or ground alive, because they are economically useless to the egg industry. Female chicks have their beaks seared off so they won't peck each other to death, whether confined in cages or packed into so-called "free-range" warehouses. And after a few years, when their production wanes, hens have their throats slit and are sold for meat. None get out alive. Stop hurting animals—go vegan!

Th 10/9/14

App Allows Users To Report Water Waste In City Of San Diego

<http://www.kpbs.org/news/2014/oct/09/app-allows-users-report-water-waste-city-san-diego/>

At the risk of being facetious, would there be any response if I snapped & submitted a photo of someone eating a quarter pounder? A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save water--go vegan!

Th 10/9/14

Mayor Recommends Mandatory Water Conservation In San Diego

<http://www.kpbs.org/news/2014/oct/07/fulconer-recommends-mandatory-water-conservation/>

Brain on Hugs has it exactly right. Consuming animal products wastes huge amounts of water. To evaluate your particular diet, check out National Geographic's cool webpage: The Hidden Water We Use. For example, producing a pound of beef requires 1,799 gallons of water vs. 132 gallons for a pound of wheat. A gallon of milk requires 880 gallons of water vs. 128 gallons for the same amount of tea.

<http://environment.nationalgeographic.com/environment/freshwater/embedded-water>

T 10/14/14

Effort Started To Get More Recycled Water From Padre Dam

<http://www.kpbs.org/news/2014/oct/13/effort-started-to-get-more-recycled-water-from-Pad/>

Recycling is great, but the most cost-effective, environmentally-benign way to save water is to not use it. For maximum impact, stop eating meat. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save water--go vegan!

Th 10/16/14

What's Really In A Big Mac? McDonald's Says It's Ready To Tell All

<http://www.kpbs.org/news/2014/oct/14/whats-really-in-a-big-mac-mcdonalds-says-its/>

What was missing from the "witness the birth of a chicken McNugget" video was the slitting of the young birds' throats—sacrificing entire lives for a few moments of eating pleasure. Another example of why omnivore = animal abuser. Paying others to do the "dirty work" is no excuse. Karma comes when the chicken fat & cholesterol (nearly as much as in red meat) clogs eaters' arteries leading to strokes, ED, and heart attacks. Be ethical, and healthy—go vegan!

F 10/17/14

Do We Need A New 'Environmental Impact' Label For Beef?

<http://www.kpbs.org/news/2014/oct/16/do-we-need-a-new-environmental-impact-label-for/>

The only "sustainable" beef is no beef. Meat is not essential to human life, so the only reason to continue eating it is personal pleasure. Most people believe that killing for pleasure is wrong. If it's wrong to hurt even one pet, how is it right to hurt even one cow? The unpleasant truth is that omnivore = animal abuser. Paying others to do the killing is no excuse. Save animals and the environment—go vegan!

Su 10/19/14

As Their Wells Run Dry, California Residents Blame Thirsty Farms

<http://www.kpbs.org/news/2014/oct/19/as-their-wells-run-dry-california-residents-blame/>

The article cites thirsty almond & sweet potato farms, but water used for livestock production far exceeds that used for human food. Per National Geographic's cool webpage: The Hidden Water We Use, producing a pound of beef requires 1,799 gallons of water vs. 119 gallons for a pound of potatoes. <http://environment.nationalgeographic.com/environment/freshwater/embedded-water>. Save water—go vegan!

T 10/21/14

San Diego City Council Approves Mandatory Water Restrictions

<http://www.kpbs.org/news/2014/oct/20/san-diego-city-council-weighs-mandatory-water-rest/>

To be equitable, the city should issue citations to omnivores for eating meat. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>. Save water--go vegan!

T 10/21/14

This Past September Ranks As Hottest On Record, NOAA Says

<http://www.kpbs.org/news/2014/oct/20/this-past-september-ranks-as-hottest-on-record/>

Livestock production accounts for up to 51% of greenhouse gas emissions, which trap planetary heat. Save the planet—go vegan! <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

W 10/22/14

Chickens Look Way Different Today, And Here's The Reason Why

http://www.huffingtonpost.com/2014/10/21/chickens-bred-bigger_n_5983142.html

Regardless of size, this is another example of why omnivore = animal abuser. Despite industry claims, chicken is not a health food. It has nearly the same amount of saturated fat and cholesterol as beef--that's the nature of muscle meat. No animal wants to be food on a plate. Taking an entire life for a few moments of culinary pleasure is morally decrepit. Paying others to do the "dirty work" is no excuse. Stop hurting animals—go vegan!

W 10/22/14

SeaWorld Responds To PETA Abuse Claim

<http://www.kpbs.org/news/2014/oct/22/seaworld-responds-peta-abuse-claim/>

If SeaWorld transformed itself into a treat and release sanctuary, it would have more credibility when it claims, "We are the true animal advocates." No doubt, SeaWorld's employees are "extremely passionate" about the health and well-being of their animals--their livelihood depends on it. However, "compassionate" slave owners in the antebellum South likely made the same claim. When profit is involved, ethics are inevitably compromised. Boycott SeaWorld until it frees its slaves!

F 10/24/14

How Foodies Were Duped Into Thinking McDonald's Was High-End Food

<http://www.kpbs.org/news/2014/oct/23/how-foodies-were-duped-into-thinking-mcdonalds/>

This article and the video were pretty funny. What's even more amazing is that, from childhood, omnivores have been duped into believing that fat- & cholesterol-laden decomposing flesh washed down by pus-filled animal secretions is nutritious & healthy. In fact, the opposite is true. The Standard American Diet (S.A.D.) is the leading cause of death in this country. Ditch the animal junk—go vegan!

T 10/28/14

SeaWorld The Next Generation

<https://www.youtube.com/watch?v=YhrHeild2Po>

If SeaWorld transformed itself into a treat and release sanctuary, it would have more credibility when it claims, "We are the true animal advocates." No doubt, SeaWorld's employees are "extremely passionate" about the health and well-being of their animals--their livelihood depends on it. However, "compassionate" slave owners in the antebellum South likely made the same claim. When profit is involved, ethics are inevitably compromised. Boycott SeaWorld until it frees its slaves!

W 10/29/14

San Diego Mayor Faulconer On Climate Action Plan, Water Restrictions

<http://www.kpbs.org/news/2014/oct/27/san-diego-mayor-kevin-faulconers-monthly-update/>

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 38 of 156

To be equitable, Mr. Mayor, will the city issue citations to omnivores for eating meat? A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers: <http://cowspiracy.com>.

W 10/29/14

SeaWorld Workers Rescue Sea Lion At La Jolla Cove

<http://www.kpbs.org/news/2014/oct/27/seaworld-workers-rescue-sea-lion-la-jolla-cove/>

Peking_Duck_sd and 26charlie have it right. If SeaWorld transformed itself into a treat and release sanctuary, it would have more credibility when it claims, "We are the true animal advocates." No doubt, SeaWorld's employees are "extremely passionate" about the health and well-being of their animals--their livelihood depends on it. However, 'compassionate' slave owners in the antebellum South likely made the same claim. When profit is involved, ethics are inevitably compromised. Boycott SeaWorld until it frees its slaves!

Th 10/30/14

San Diegans Waste No Water

https://www.facebook.com/SanDiegansWasteNoWater?ref=br_tf

Where are the "tips" on the drought-diet connection? Per National Geographic, "on average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet."

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Th 10/30/14

Court Rules Against San Diego County Climate Action Plan

<http://www.kpbs.org/news/2014/oct/30/court-rules-against-san-diego-county-climate-actio/>

What's missing from this and most CAPs is a call to eliminate or reduce livestock consumption, which accounts for up to 51% of greenhouse gas emissions. <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>. Not to mention, water usage: A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>. Save the environment--and water--go vegan! Comment was removed by KPBS. Appealed via email. Apparently violated "redundancy" policy. Reposted F 11/28/14.

Th 10/30/14

New Crash Test Dummy To Gain Pounds To Reflect Fatalities Among Obese

<http://www.kpbs.org/news/2014/oct/30/new-crash-test-dummy-to-gain-pounds-to-reflect/>

According to the Obesity Society: "Plant-based diets show more weight loss without emphasizing caloric restriction....vegan eating styles are tied to lower BMI, lower prevalence of type 2 diabetes, and less weight gain with age....some individuals may find these types of dietary patterns easier to follow over the long term." Don't be a (crash-test) dummy--go vegan!

<http://www.obesity.org/news-center/plant-based-diets-show-more-weight-loss-without-emphasizing-caloric-restriction.htm>

Comment was removed by KPBS. Appealed via email. Apparently violated "redundancy" policy. Reposted F 11/28/14.

F 10/31/14

Sea Lion Rescued At La Jolla Cove Dies

<http://www.kpbs.org/news/2014/oct/31/sea-lion-rescued-la-jolla-cove-dies/>

While it's shameful that fishermen illegally gaff sea lions to protect their catch, the Dept. of Agriculture's Wildlife Services annually traps, shoots, and poisons millions of predators solely to protect farmers' livestock and profits. The collateral damage to non-target animals, including endangered species and pets, is huge. Until omnivores curb their insatiable appetite for animal products, the slaughter will continue. Just another example of why omnivore = animal abuser. Paying others to do the "dirty work" is no excuse. Stop hurting animals--go vegan! <http://www.sacbee.com/news/investigations/wildlife-investigation/article2574599.html>

F 10/31/14

Save Our Water

<https://www.facebook.com/SaveOurWaterCA>

Where are the "tips" on the drought-diet connection? Per National Geographic, "on average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet."

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Sa 11/1/14: **Mary Mohler:** Hummmm...does not sound possible. I guess you are including all the water that all the animals in the world drink per day?

Sa 11/1/14: Yes, Mary, it seems unbelievable. But it's vastly inefficient to water crops to feed animals, who convert most of it to tons of waste, rather than feeding the grain directly to humans. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

F 10/31/14

Water – Use it Wisely

<https://www.facebook.com/WaterUseItWisely>

Where are the “tips” on the drought-diet connection? Per National Geographic, “on average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet.”

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Su 11/2/14

The High Cost of Cheap Water

<http://voiceofsandiego.org/2014/10/30/the-high-cost-of-cheap-water/>

I agree with Martha. Per National Geographic, “on average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet.”

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips>

One example: A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

M 11/3/14

Truth or Drought: 70% Of The Water

<https://www.facebook.com/truthordrought>

The major environmental organizations and government water agencies are apparently afraid of alienating their omnivorous donor/customer base by revealing the truth of this insidious drought-diet connection. As Jack Nicholson's character shouted in A Few Good Men: "You want the truth? You can't handle the truth!" Until they can, there's no doubt we'll continue to have droughts.

W 11/5/14

KPBS Wants To Know: How Are You Saving Water During The Drought?

<http://www.kpbs.org/news/2014/nov/03/what-are-you-doing-save-water-during-drought/>

One of the few environmental or water agencies that has the courage to tell the truth is National Geographic: “On average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet.” <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips>

Th 11/6/14

U.N.: End Greenhouse Emissions By 2100 Or Risk 'Irreversible' Damage

<http://www.kpbs.org/news/2014/nov/02/un-end-greenhouse-emissions-by-2100-or-risk>

Human activity for sure, especially with respect to diet. Livestock production accounts for up to 51% of greenhouse gas emissions, which trap planetary heat and shift climate patterns. Save the planet—go vegan!

<http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

Th 11/6/14

Rancho Santa Fe tops water-use list

<http://www.utsandiego.com/news/2014/nov/05/environment-water-use-home/>

Water used on landscapes at least nourishes living plants, which absorb carbon greenhouse gas emissions. Water used for livestock is a different matter. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

Th 11/6/14

Almost All San Diego Water Districts Report Decreases In Water Use

<http://www.kpbs.org/news/2014/nov/04/all-one-san-diego-water-district-report-decreases/>

Although direct water conservation methods are worthwhile, they are a drop in the bucket, so to speak, compared to the massive amounts of indirect water wasted by omnivorous diets. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

F 11/7/14

Make It Up LA!

<http://www.makeitupla.org/Contact.aspx>

If you really want to reach your 20-million-gallon goal, add some dietary options! For example, pledging to not eat a quarter-pound beef patty will save 660 gallons of water (needed to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>.

Sa 11/8/14

Rancho Santa Fe tops water-use list (was never posted)

<http://www.utsandiego.com/news/2014/nov/05/environment-water-use-home/#comments-module>

Bob Schafer. I used to feel like you. If I didn't have meat with nearly every meal, I didn't feel satisfied. Many years ago, when our pre-teen daughter announced at a restaurant that she wanted to be a vegetarian, I said, "That's fine honey, but I'm going to have the steak and lobster." She caved after a few days and returned to eating meat. Fast forward a few years when I finally learned that I didn't need animal products to be healthy, in fact the opposite was true. I could no longer justify animals suffering and dying solely for my eating pleasure. I

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 40 of 156

became an overnight vegan and never looked back. 18 years later, delicious plant-based cuisine is the focus of my life. I look forward to every meal, eat with gusto, and maintain my high school weight without effort. I'm at least twice as healthy, have less impact on the environment, and no longer pay others to hurt animals for me. What's not to like?

Comment never appeared, although my 11/6/14 comment did.

Su 11/9/14

Incorporating Bicycles Into High Speed Rail Project

<http://www.kpbs.org/news/2014/nov/06/high-speed-rail-thinking-about-bikes/>

Why is rich, powerful America so far behind even relatively poor countries with high-speed rail and public transit in general? In 2000, my family toured Italy from Venice to Pompei without ever getting into a car. On their high-speed train, we cruised along smoothly and quietly at about 150 mph, which made freeway traffic look like it was standing still. Perhaps the perfect hybrid solution for car-obsessed Californians would be add "ferry" cars to high-speed trains. Like a water ferry, you'd drive onto the train then off at your destination.

T 11/11/14

Drought/Diet Connection

<https://www.facebook.com/groups/droughtdietconnection/permalink/1576266069269760/>

I used to donate to Save the Children until they introduced an animal-gift program. Heifer International is also as misguided as World Vision, soliciting donations with smiling kids holding lovable animals that will eventually be eaten. A Well Fed World (100% vegan) gives ten reasons why animal gifts are bad news, including how much water they use (10x more than crops): <http://awellfedworld.org/no-animal-gifts/>

T 11/11/14

Despite New Law Plastic Bag Ban Fight Not Over

<http://www.kpbs.org/news/2014/nov/07/plastic-bag-ban-opponents-trying-get-issue-ballot/>

I never understood the objection of those opposed to the ban because it would harm the poor by charging them 10 cents for a paper bag. My reusable bags have more than paid for themselves with the nickel or dime rebate most stores grant every time I use them. Plus they are sturdier, hold more weight, and can be washed when needed. Tip: keep some reusable bags in the car or with my shopping list so I don't forget to take them with me when I shop.

Reposted 3 times until learned it had been "Detected as Spam." Emailed Disqus who corrected the error and posted all three.

T 11/11/14

Death for Food at Suzie's Farm

<http://suziesfarm.com/death-for-food/>

I thought "Death for Food" was a slam from the animal-rights community, but I see it's the actual title. Kudos for truth in advertising. But how can you justify taking an animal's entire life for a few moments of eating pleasure? No matter how they try to disguise or ennoble their behavior, omnivores are animal abusers. No matter how well treated beforehand, slitting an animal's throat is the ultimate abuse. Please cancel this event.

*Alerted to issue by a Change.org appeal from Bryan Pease, cofounder of local Animal Protection Rescue League (APRL).

* Also emailed the preceding text to Suzie's Farm: info@suziesfarm.com 11/13/14 Rec'd email from Owen Salerno: Event cancelled.

* Also emailed Jaime Fritsch, event creator: deathforfood@gmail.com with the following addition:

Please cancel this event and use your talents to make this a better world for *all* living creatures. (Jaime replied and we engaged in an email discussion. He wrote that he eats about 1/4 as much meat as he used to before killing animals himself. I told him he could educate others about the "magnitude of killing" by showing slaughter videos, not by killing more animals.)

* Had a series of long email exchanges with Fritsch, to no avail. What's bizarre is that he seemed to seek vegan approval for the event, which was eventually cancelled as the owner of Suzie's Farm, Robin Taylor, feared that "deep-pocketed" lawyer Bryan would sue.

* See 11/19/14, 11/25/14

T 11/11/14

Be the Deal Breaker: Multiply Your Influence at Non-Vegan Restaurants

<http://www.ourhenhouse.org/2014/10/be-the-deal-breaker-multiply-your-influence-at-non-vegan-restaurants-2/>

Kudos to Liz Dee for her efforts to spread veganism! For several years, I tried to veganize San Diego's downtown eateries, with some success. But to my dismay, not once did my omnivorous friends order the vegan options. Why should they when the "real" thing was available? It was all I could do to overlook them hurting animals for their dining pleasure, even though they knew my vegan story. Today, San Diego has more vegan eateries, and I dine exclusively at them. My omnivorous dinner companions have no choice but to eat vegan. They enjoy the food, no animals get hurt, and our limited dining dollars support brave vegan restaurant owners. New York City is teeming with fantastic vegan eateries. There's no need to patronize mainstream joints that seek vegan profits but not ethics. Vegans can still be the "deal breaker" by scheduling events at only vegan restaurants. Bonus: You'll no longer have to give waiters the "vegan 3rd degree" or worry about hidden animal products or cross contamination.

W 11/19/14

'Thought-Provoking' Death for Food Gets the Axe

http://voiceofsandiego.org/2014/11/14/thought-provoking-death-for-food-gets-the-axe/?utm_source=Voice+of+San+Diego+eNewsletter+List&utm_campaign=8b1a795072-Morning_Report+format+updated+3+24+14+new+replicat&utm_medium=email&utm_term=0_c2357fd0a3-8b1a795072-83871405&goal=0_c2357fd0a3-8b1a795072-83871405

What a schizophrenic society we live in. If I abused one dog or cat even one time, I would (rightly) be shunned and condemned. Yet millions of omnivores abuse & kill billions of farm animals solely for their eating pleasure. Doing it yourself or paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Find the kindness that naturally resides in your heart. Stop hurting animals-go vegan!

Th 11/20/14

The Whole World Is Fat! And That Ends Up Costing Two Trillion A Year

<http://www.kpbs.org/news/2014/nov/20/the-whole-world-is-fat-and-that-ends-up-costing/>

<http://www.npr.org/blogs/goatsandsoda/2014/11/20/365514156/the-whole-world-is-fat-and-that-ends-up-costing-two-trillion-a-year>

According to (Per) the Obesity Society, plant-based diets show more weight loss without emphasizing caloric restriction. Vegan eating styles are tied to lower BMI, lower prevalence of type 2 diabetes, and less weight gain with age. <http://www.obesity.org/news-center/plant-based-diets-show-more-weight-loss-without-emphasizing-caloric-restriction.htm>

* Couldn't post exact same comment to both KPBS and NPR, so changed the lead-in to "Per" for NPR.

M 11/24/14

Weird! Why Aren't You Vegan? Tip 24: If You Can't Say Anything Vegan: "I Don't Support Restaurants that Serve Animals."

<http://whyarentyouvegan.com/2014/09/06/if-you-cant-say-anything-vegan-i-dont-support-restaurants-that-serve-animals/#more-536>

Lisa Limmert is the Donor Relations Manager for Vegan Outreach. Her witty and satirical blog skewers omnivores and vegans alike. The following comment is in response to her statement that: *"We vegans should be eating at non-vegan restaurants, asking for more vegan options and interacting with non-vegan business owners. If we're vegan but we hide out in our houses and vegan restaurants, the more "mainstream" restaurants will never change."*

After nearly 7 years of trying to help "veganize" San Diego's downtown eateries, I've come to a different conclusion.

- Non-vegan eateries add vegan options in the hopes of luring groups that include a token vegan. Their desire is to increase profits, not promote veganism. The bulk of their sales continue to harm animals.
- Vegan options eaten by a token vegan yield no net benefit to animals—the vegan would have ordered a cruelty-free meal regardless. Animals are saved only if the omnivores in the group ordered the vegan option.
- With animal products on the menu, omnivores rarely, if ever, choose the vegan option. With no ethical or health compulsion to avoid animal products, why choose a "mock" dish over the real thing?
- A dollar spent in a non-vegan restaurant is a dollar *not* spent in a vegan restaurant. If vegans, for social reasons or the "desire for variety," use their money to eat in non-vegan eateries, vegan restaurants suffer.
- A vegan wouldn't think of attending a dog, cock, or bullfight where people entertain themselves by *watching* animals. So how can a vegan justify dining with people who are hurting animals by *eating* them?
- Non-vegan restaurants are sanitized extensions of the slaughterhouse. And patrons are the reason. If no one ordered animal products, no animals would suffer and die. You can't have one without the other.
- "You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity."
Ralph Waldo Emerson
- Brave vegan restaurateurs willingly accept reduced clientele and profits for ethical reasons.
- Omnivores invited to dine in vegan eateries are often surprised by how "normal" the food tastes.
- Omnivores experiencing a tasty vegan meal are more willing to eat vegan again.
- Even if eating vegan doesn't instantly convert omnivores, no animals were hurt for those meals.
- The money spent by omnivores helps keep the vegan eatery in business.

I continue to support well-meaning efforts to add vegan options into mainstream restaurants—the more the better! But this only benefits animals if the vegan options are so enticing that *omnivores* order them! From "Do Vegan Options Promote Veganism? Or do they just siphon dollars away from vegan eateries that do?" www.maxlearning.net/HEALth/VeganCityBlog.pdf

M 11/24/14

Weird! Why Aren't You Vegan? Tip 42: Adopt A Dog Who Has Some Morals

<http://whyarentyouvegan.com/2014/10/21/tip-42-adopt-a-dog-who-has-some-morals/#more-659>

Lisa Limmert is the Donor Relations Manager for Vegan Outreach. Her witty and satirical blog skewers omnivores and vegans alike. While she's successfully veganized her dog, the following comment is in response to: *"I don't know enough about feeding cats a vegan diet, so I feed mine meaty food. If you're a super-vegan, you can look it up to find out what works best for you and your kitty friends."*

While my wife and I no longer rescue cats (since moving to a high-rise with semi-enclosed balconies), we were able to keep our previous felines happy and healthy on a vegan diet. No need to be a "super-vegan" to see the dilemma of killing dozens of other animals to keep one pet alive. Taurine, besides residing in human and other animal tissues, can be readily synthesized in a lab for addition to vegan cat foods: <http://en.wikipedia.org/wiki/Taurine>. We primarily used the Evolution brand, but there are a number of others that are approved by

the Association of American Feed Control Officials (AAFCO) as being nutritionally complete: <http://store.nexternal.com/vegancats/vegan-cat-food-c1.aspx>. The trick with an older or fussy cat is to add the vegan food gradually to their existing food until one day, they're eating 100% vegan. Don't give up! Meanwhile, our rescue dogs continue to thrive on a vegan diet, including our 17-year-old Maltese, who unfortunately has developed a mass in his left lung. He also has a collapsing trachea, wears a diaper band, and is wobbly at times, but still has a great appetite and enough energy to chase his beloved ball!

M 11/24/14

Weird! Why Aren't You Vegan? Interview: Vegan Paul Shapiro is Not From Las Vegas

<http://whyarentyouvegan.com/2014/10/08/interview-vegan-paul-shapiro-is-not-from-las-vegas/#more-627>

I love the good Paul Shapiro does for animals. I even subscribe to his email newsletter. But my experience in nearly two decades as a vegan is that regardless of the approach (lenient/judgmental, cheerful/angry, agreeable/argumentative) or emphasis (ethics, health, environment), people either change or don't based on their own outlook and desires. Unfortunately, most people don't change, and the few who do often revert to their previous ways. So while I'm quick to encourage any moves towards veganism and try to avoid open confrontations, my personal approach is to promote "purity," at least as much as is possible in this animal-product-tainted world. People will choose their own path anyway, so rather than promote half measures, why not start from an absolute stance that it's wrong to hurt one animal even one time? After all, most Americans have no problem insisting on zero-tolerance when it comes to the abuse of cats and dogs. Few if any think it's okay to hurt a pet a little bit now and then if one is so inclined. If omnivorous Americans were suddenly teleported to a traditional Korean culture, most wouldn't want their food cooked on the same grill as the dog or cat. Neither would they think it overbearingly difficult to read a food label to make sure it contained no dog or cat ingredients. So why is it considered pushy and counterproductive to promote the same zero-tolerance policy when it comes to pigs, cows, chickens, and fish? Are vegans saying these animals are worth less? Of course, I agree that preaching and judging only serve to alienate. We should "hate the sin, but love the sinner." Our goal should be to present a simple truth that most people already agree with: "It's wrong to willfully hurt one animal even one time."

T 11/25/14

Group Teaches San Diegans How To Slaughter Animals For Food

<http://www.kpbs.org/news/2014/nov/24/san-diego-group-teaches-how-kill-animals-food/>

How deceptive for Suzie's Farm to email me that they had canceled the event then hold it anyway. How bizarre that in several thoughtful email exchanges with Jaime Fritsch, he sought approval from and couldn't understand why vegans would be opposed to the event. What a schizophrenic society we live in. If I abused one dog or cat even one time, I would (rightly) be shunned and condemned. Yet millions of omnivores abuse & kill billions of farm animals solely for their eating pleasure. Doing it yourself or paying others to do the "dirty work" does not absolve one of responsibility. Slitting the throat of a so-called "humanely-raised" farm animal is the ultimate betrayal. Even dairy cows and egg-laying hens are killed for meat when their production wanes. None make it out alive. Find the kindness that naturally resides in your heart. Stop hurting animals-go vegan!

* 11/25/14 Received email from Jaime Fritsch regarding my comment.

* 11/28/14 I emailed Jaime in response.

F 11/28/14

Can Breeders Cure What Ails Our Breast-Heavy Turkeys?

<http://www.npr.org/blogs/thesalt/2014/11/27/366850401/could-turkey-breeders-cure-the-ailments-of-our-big-breasted-birds#commentBlock>

Another example of how omnivore = animal abuser. If I abused one dog or cat even one time, I would (rightly) be shunned and condemned. Yet millions of omnivores abuse & kill billions of turkeys and other farm animals solely because they "taste good." Doing it yourself or paying others to do the "dirty work" does not absolve one of responsibility. Extend the kindness that hopefully already resides in your heart towards pets. Stop hurting all animals-go vegan!

Could Turkey Breeders Cure The Ailments Of Our Big-Breasted Birds?

<http://www.kpbs.org/news/2014/nov/27/could-turkey-breeders-cure-the-ailments-of-our/>

Yet another example of how omnivore = animal abuser. If I abused one dog or cat even one time, I would (rightly) be shunned and condemned. Yet millions of omnivores abuse & kill billions of turkeys and other farm animals solely because they "taste good." Doing it yourself or paying others to do the "dirty work" does not absolve one of responsibility. Extend the kindness that hopefully already resides in your heart towards pets. Stop hurting all animals-go vegan!

M 12/1/14

San Diego's Mandatory Water Restrictions Rely On Community Policing

<http://www.kpbs.org/news/2014/dec/01/san-diegos-mandatory-water-restrictions-rely-commu/>

Direct water conservation methods are a drop in the bucket, so to speak, compared to the massive amounts of indirect water wasted by omnivorous diets. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. For more stunning water facts, visit <http://truthordrought.wix.com/truth-or-drought>.

Th 12/4/14

'Jackass' Star Charged For Anti-SeaWorld Message On I-5 Sign

<http://www.kpbs.org/news/2014/dec/02/jackass-star-charged-anti-seaworld-message-i-5-sig/>

Kudos to Steve-O for having the courage to risk arrest to call attention to the plight of captive sea creatures. Here's what Gandhi had to say about breaking the law: "An unjust law is itself a species of violence. Arrest for its breach is more so. Now the law of nonviolence says that violence should be resisted not by counter-violence but by nonviolence. This I do by breaking the law and by peacefully submitting to arrest and imprisonment." The unjust law in this case is the one that permits SeaWorld to legally keep and display free-ranging animals for corporate profit.

Th 12/4/14

County Urges San Diegans To Shut Off Irrigation, Let Rain Do The Work

<http://www.kpbs.org/news/2014/dec/02/county-urges-san-diegans-shut-irrigation-let-rain-/>

Rain is great, but there's no need to wait for it to help resolve the drought. 70% of the water used in the 11 western states goes to raising animals for food. In stark contrast, a plant-based diet saves 6 times more water than the average person uses each day at home. Save water, save animals, be healthy—go vegan!

Th 12/4/14

Rancho Santa Fe Residents No Longer Biggest Water Users In California

<http://www.kpbs.org/news/2014/dec/02/rancho-santa-fe-no-longer-biggest-water-users-cali/>

Breaking News: Omnivore City has just passed Palm Springs as the biggest water user in California—by far. According to National Geographic, producing a pound of beef requires 1,799 gallons of water vs. 132 gallons for a pound of wheat. Producing a gallon of milk requires 880 gallons of water vs. 128 gallons for the same amount of tea.

<http://environment.nationalgeographic.com/environment/freshwater/embedded-water>. Coming in dead last in the race for biggest user: Vegan City.

Th 12/4/14

These Mice Got Healthier Not By Eating Less, But By Eating Less Often

<http://www.kpbs.org/news/2014/dec/02/these-mice-got-healthier-not-eating-less-eating-le/>

I agree with California Defender. We're no longer in the 1950s when animal tests were (mistakenly) considered state of the art. Just one example, the anti-nausea drug thalidomide, deemed "safe" in animals, caused horrible birth defects in humans. But we're not even talking about potential medicines here. I'm sure that Satchin Panda could have recruited some starving students from the nearby UCSD campus to fast and binge on junk food for the sake of science. When it comes to diet, the China Study, conducted over 20 years on real humans in real environments, is the gold standard of research. The science is in: Eating more plants and few or no animal products provides optimum longevity and freedom from disease. www.thechinastudy.com

Th 12/4/14

Ceremony Marks First 'Portland Loo' Restroom In Downtown San Diego

<http://www.kpbs.org/news/2014/dec/03/new-downtown-public-restroom-homeless/>

Kudos to all involved. It's about time the homeless have more dignified sanitation options!

F 12/5/14

New York Times mock up: The World Goes Vegan!

<https://www.facebook.com/groups/Vegan.Influence.and.Persuasion/permalink/1499715453624262/>

Graphic of "Why Consumers are responsible for animal slaughter."

* Kim Stallwood: I think it's too simplistic to say 'consumers are responsible for animal slaughter' as it ignores the dominance in society of such forces as the animal industrial complex, advertising, various economic interests, cultural values and traditions, and much more.

* Mike Weinberg: Not simplistic at all. Without the demand, there would be no supply. People have all kinds of excuses to continue the status quo. The rationale for these excuses vanish once they're shown the connection. Some embrace the truth, most don't--so far. But the same could have been said about smoking in the 1950s.

* Kim Stallwood: So, Mike Weinberg, you disagree with me and then go on to cite an example which proves my point? Which is to say that it was government influence -- not just optional consumer choice as you maintain -- which made tobacco consumption a public policy issue that influenced whether people smoked or not.

* Many comments and counter-comments follow.

* * Mike Weinberg (Sa 12/6/14): There are as many paths to veganism as there are people. Regardless of my own views, I support an "all of the above" approach. No one has to do anything for animals--billions of people don't. So whatever your passion (demos, personal outreach, laws...) follow it. We can argue among ourselves about "the best way," but doing something is better than doing nothing.

Sa 12/6/14

Oceanside's New Council Takes Up Issue Of Puppy Mills

<http://www.kpbs.org/news/2014/dec/04/oceansides-new-council-takes-issue-puppy-mills/>

Was "10 Things You Didn't Know About Puppy Mills" compiled by a lobbyist for the breeding industry? So many rationalizations & falsehoods. For example: "4) It has been PROVEN there is NO PET OVERPOPULATION" is almost laughable when "The city of Los Angeles alone sends about 200 tons of dead pets to a rendering plant each month."

http://www.slate.com/articles/health_and_science/science/2013/04/what_is_in_pet_food_zoo_animals_sick_livestock_dogs_and_cats_from_shelters.1.html. The last dog my wife & I adopted from a rescue agency was a lifelong caged puppy-mill mother who, after giving birth to <https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 44 of 156

60 puppies, was going to be “put down” by the breeder because her last litter produced only one offspring. If breeders really loved dogs over profits, they’d be adopting them out of shelters and giving them good homes for the remainder of their days.

T 12/9/14

New York City Council Will Weigh Ban On Horse-Drawn Carriages

<http://www.kpbs.org/news/2014/dec/08/new-york-city-council-will-weigh-ban-on-horse/>

If so-called horse “lovers” had to wear bits in their mouths and be jerked around by reins, not many horses would be ridden or used to haul carriages.

F 12/12/14

SeaWorld CEO To Step Down As Park Attendance Drops

<http://www.kpbs.org/news/2014/dec/11/seaworld-ceo-step-down-park-attendance-drops/>

Since public opinion and declining profits are forcing SeaWorld to make changes, now would be the perfect time to transform themselves into a treat and release sanctuary. I’d even donate to support their wildlife rescue operations. They could keep their rides and educational exhibits and employees. But it’s time to release their captive slaves!

F 12/12/14

SeaWorld Replaces CEO After Orca Critics Cut Attendance

<http://www.businessweek.com/news/2014-12-11/seaworld-replaces-ceo-after-orca-critics-cut-attendance>

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F 12/12/14

That ‘Black’ Cloud Is Still Hanging Over SeaWorld

http://voiceofsandiego.org/2014/11/12/that-black-cloud-is-still-hanging-over-seaworld/?utm_source=Voice+of+San+Diego+eNewsletter+List&utm_campaign=066f91d87d-Morning_Report+format+updated+3+24+14+new+replicat&utm_medium=email&utm_term=0_c2357fd0a3-066f91d87d-83871405&goal=0_c2357fd0a3-066f91d87d-83871405

Since declining public opinion and profits are forcing SeaWorld to make changes, now would be the perfect time to transform themselves into a “treat and release” sanctuary. I’d even donate to support their wildlife rescue operations. They could keep their rides and educational exhibits and employees. But it’s time to release their captive slaves!

W 12/17/14

California Needs 11 Trillion Gallons of Water To End Drought

<http://www.kpbs.org/news/2014/dec/17/california-needs-11-trillion-gallons-water-end-dro/>

“In California, the single biggest consumer of water is not Los Angeles. It is not the oil and chemicals or defense industries. Nor is it the fields of grapes and tomatoes. It is irrigated pasture: grass grown in a near desert climate for cows. The West’s water crisis – and many of its environmental problems as well – can be summed up in a single word: LIVESTOCK.” Marc Reisner, former staff writer, Natural Resources Defense Council. <https://www.facebook.com/truthordrought>

M 12/22/14

Nuns On The Ranch Give A Heavenly Twist To Beef

<http://www.kpbs.org/news/2014/dec/22/nuns-on-the-ranch-give-a-heavenly-twist-to-beef/>

<http://www.npr.org/blogs/thesalt/2014/12/22/371485558/nuns-on-the-ranch-give-a-heavenly-twist-to-beef>

Since it’s not necessary to eat animal products to live, why are these nuns choosing to profit from the slaughter of innocent beings? No matter how “kindly” animals are treated beforehand, the ultimate betrayal comes when their throats are slit solely for human culinary pleasure.

The original biblical ideal: “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.” (Genesis 1:29-30, King James Version <http://biblehub.com/kjv/genesis/1.htm>)

The future biblical ideal: “The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent’s food. They will neither harm nor destroy on all my holy mountain,” says the LORD.” (Isaiah 65:25, New International Version <http://biblehub.com/niv/isaiah/65.htm>)

M 12/22/14

California Plastic Bag Ban May Soon Qualify For Ballot

<http://www.kpbs.org/news/2014/dec/22/california-plastic-bag-ban-may-qualify-ballot-soon/>

My reusable bags have more than paid for themselves with the nickel or dime rebate most stores grant every time I use them. Plus they are sturdier, hold more weight, and can be washed when needed. The trick is to keep some reusable bags in the car or with my shopping list so I don't forget to take them with me when I shop.

W 12/24/14

"My Tesla" email & YouTube video from Bill McKibbon, the founder of 350.org.

<https://www.youtube.com/watch?v=9qiqjdTxvk#t=41>

Hi Bill, Congrats on getting the Swedish Right Livelihood award! Sorry you didn't get your Tesla wish. I heard that electric-car mileage really degrades in cold weather like Vermont's when you have to run the heater to stay warm. :-). I appreciate the wonderful work you've done to combat climate change and would love to contribute, but here's the deal for me. Since at least 51% of global greenhouse gases emanate from industrial animal agriculture (and so-called "sustainable" animal agriculture that I've heard you embrace is reportedly even worse methane-wise), if you pledge to go vegan, or "plant-based" if you think vegan is too alienating, and recommend it to your followers, I will make a substantial contribution to 350.org and continue it each year. Environment aside, if it's wrong to hurt one pet, like your beloved dog, Pransky, even one time, it's wrong to hurt an equally sentient and intelligent farm animal even one time.

Best, Mike Weinberg, San Diego CA

Sa 1/3/15

San Diego Hiring Staff To Enforce Water Restrictions

<http://www.kpbs.org/news/2014/dec/31/san-diego-hiring-enforce-its-water-restrictions>

Now that the city has hired more water police, my omnivorous neighbor finally received a warning letter that his quarter-pound beef burger wasted 660 gallons of water (to irrigate the grain, water the cow, process the meat), enough for two months of daily showers. Just kidding, but it's no joke. For more stunning dietary water-waste facts, visit www.truthordrought.com.

W 2/4/15 Apparently was never posted or has been removed by KPBS moderator.

T 1/6/15

How Anglers Are Learning To Save Fish That Get 'The Bends'

<http://www.kpbs.org/news/2015/jan/06/how-anglers-are-learning-to-save-fish-that-get/>

<http://www.npr.org/blogs/thesalt/2015/01/06/374187614/how-anglers-are-learning-to-save-fish-that-get-the-bends>

"These fish die even though they are handled gently and released quickly." How 'gentle' can it be to have a sharp hook embedded in your sensitive lip, struggle frantically as you're dragged into a hostile atmosphere, then 'quickly' released, just so your tormentor can have some cheap thrills and do it all over again? Instead of abusing fish, why doesn't someone invent an electronic device that can tug on a line without anyone getting hurt? Perhaps a school of drone fish. On the other hand, maybe so-called 'sports' fishermen can find something more edifying and productive to do with their leisure time.

1/8/15 – 1/28/15

Toured South America with a fellow vegan. Internet access poor. Posted no comments.

W 2/4/15

Drought Vow Victory: Californians Use 22 Percent Less Water

<http://www.kpbs.org/news/2015/feb/03/water-agencies-report-use-california-drought-conti/>

David Engel has it right. According to the stunning new documentary Cowspiracy, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>

Th 2/5/15 Not posted perhaps because I've used the same verbiage before. But 3 similar items were posted by colleagues.

W 2/4/15

Our Wild San Diego: The Common Points Between Humans And Fish

<http://www.kpbs.org/news/2015/feb/03/fish-and-humans-more-common-most-people-think/>

How ironic that, in the video, children are taught that it's okay to kill a creature just to show that it has some things in common with humans. Instead of removing fish from the natural food chain, cutting them up, then dumping them into the trash when done, the same lesson could be taught with an anatomically-correct plastic fish model or a pre-existing dissection video.

Th 2/5/15

Thousands of Cats Destined for Vietnamese Tables Are Buried Instead

<http://www.kpbs.org/news/2015/feb/04/thousands-of-cats-destined-for-vietnamese-tables/>

Like the drug trade, the problem exists because of the demand for animals as food. If you really care about sentient beings (cats, cows, pigs, chickens...), stop eating them.

Th 2/5/15

Cooking 101: Stanford Adds Healthy Eating Skills To The Curriculum

<http://www.kpbs.org/news/2015/feb/04/cooking-101-stanford-adds-healthy-eating-skills/>

Kudos for teaching cooking skills focused on plant-based meals. But eggs clog arteries and salmon is full of saturated fat and noxious chemicals (mercury, PCB...). In other words, not "healthy."

<http://www.npr.org/blogs/thesalt/2015/02/04/383570113/cooking-101-stanford-adds-healthy-eating-skills-to-the-curriculum>

That's great if cooking skills are focused on plant-based meals. But eggs clog arteries and salmon is full of saturated fat and noxious chemicals (mercury, PCB...). Definitely not "healthy."

Su 2/8/15

Outrage Over Government's Animal Experiments Leads To USDA Review

<http://www.kpbs.org/news/2015/feb/06/outrage-over-governments-animal-experiments-leads/>

The uncomfortable truth is that none of this research abuse would occur if omnivores stopped eating animals and their secretions.

<http://www.npr.org/blogs/thesalt/2015/02/06/384103870/outrage-over-governments-animal-experiments-leads-to-usda-review>

The sad truth is that none of this abusive research would occur if omnivores stopped eating animals and their secretions.

Su 2/8/15

For Rockfish, A Tale Of Recovery, Hidden On Menus

<http://www.kpbs.org/news/2015/feb/06/for-rockfish-a-tale-of-recovery-hidden-on-menus/>

Whatever they're called, no fish wants to be food on a human's plate. And with flesh that concentrates waterborne chemicals and pathogens, no human should want to eat fish.

<http://www.npr.org/blogs/thesalt/2015/02/06/384334295/will-menu-mislabeling-bury-the-tale-of-rockfish-s-amazing-comeback>

Regardless of what they're called, no fish wants to be food on a plate. And with flesh that concentrates waterborne chemicals and pathogens, no one should want to eat fish.

M 2/9/15

Federal Government To Boost Drought Funding By \$50 Million

<http://www.kpbs.org/news/2015/feb/06/federal-government-boost-drought-funding-50-millio/>

Granting monetary relief for farmers who lost livestock compounds the drought if the money is used to buy more livestock. Humans drink about a gallon of water per day compared to 23 gallons per cow. The alfalfa and hay grown to feed livestock accounts for about half the water used in California: <http://www.newrepublic.com/article/120915/american-west-drought-being-worsened-livestock-industry>. Since animal products are not necessary for human health, the most effective way to reduce water use is to adopt a delicious, wholesome, plant-based diet.

M 2/9/15

Imperial Valley Aims To Shed 100,000 Pounds

<http://www.kpbs.org/news/2015/feb/09/imperial-valley-aims-shed-100000-pounds/>

Not sure what the Imperial Valley Press recommends, but according to a recent study in the journal Nutrition, a vegan diet (zero animal products) leads to the most weight loss, more than twice the percentage of other diets studied (omnivorous, semi-vegetarian, pescovegetarian, lacto-ovo vegetarian). The vegan group also had the greatest reductions in total fat, saturated fat, and cholesterol as well as the greatest increase in dietary fiber: <http://www.pcrm.org/health/medNews/a-vegan-diet-proves-most-effective-for-weight-loss>. And no animals were hurt in the process.

W 2/11/15

Metropolitan Water District To Consider Cutting Deliveries

<http://www.kpbs.org/news/2015/feb/09/metropolitan-water-district-consider-cutting-deliv/>

If San Diego's water deliveries are being threatened, that's even more reason to ditch animal products in favor of plant-based eating.

According to National Geographic, an omnivorous diet requires nearly 600 gallons of water per day more than a vegan diet.

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

W 2/11/15

Forget Beads: Cajun Mardi Gras Means A Grand, Drunken Chicken Chase

<http://www.kpbs.org/news/2015/feb/11/forget-beads-cajun-mardi-gras-means-a-grand/>

How sad that omnivores can't seem to enjoy themselves without hurting animals. Sensitive meat eaters may decry the inherent abuse of a drunken chicken chase, yet the average American omnivore pays others to slit the throats of over 25 chickens per year, despite the fact that humans have no need for animal flesh.

<http://www.npr.org/blogs/thesalt/2015/02/11/385480686/forget-beads-cajun-mardi-gras-means-a-grand-drunken-chicken-chase>

How pathetic that omnivores can't seem to enjoy themselves unless an animal gets hurt. Sensitive meat eaters may decry the inherent abuse of a drunken chicken chase, yet the average American omnivore pays others to slit the throats of over 25 chickens per year, despite the fact that humans have no need for animal flesh.

W 2/18/15

Report: San Diegans Used More Water Despite Drought

<http://www.kpbs.org/news/2015/feb/17/report-san-diegans-using-more-water-despite-drought/>

Replacing huge water-hungry lawns in San Diego's wealthier neighborhoods with drought-resistant plants will certainly help, but no one seems to be talking about the alfalfa and hay grown to feed livestock that requires half of California's water:

<http://www.newrepublic.com/article/120915/american-west-drought-being-worsened-livestock-industry>. The solution: Stop eating cows!

Su 3/1/15

Poll: Most Californians Agree That Water Shortage Is Serious

<http://www.kpbs.org/news/2015/feb/26/poll-most-californians-agree-water-shortage-seriou/>

Now that most Californians take the drought seriously, are they willing to take the serious yet relatively easy step of removing animal products from their plates? According to <http://foodtank.com/news/2013/12/why-meat-eats-resources> it takes 1800 gallons of water to make one pound of beef, yet only 100 gallons for one pound of corn. Doesn't it make sense to save water by eating the corn directly rather than recycling it through cows?

Su 3/1/15

Italian Cheese Lovers Find Their Bovine Match Through Adopt A Cow

<http://www.kpbs.org/news/2015/mar/01/italian-cheese-lovers-find-their-bovine-match/>

Like human mothers, cows must be impregnated and give birth to produce milk. How much of Mery's four gallons a day is set aside for her offspring? More likely, her baby was carted off to the veal farm so cheese could be made from Mery's fluids. And when her milk production wanes after a few years (and a few more pregnancies), will she end up like most other dairy cows, as fast-food hamburgers? If you really care, adopt a cow from a farm sanctuary where she can live out her ~15-year lifespan in peace.

<http://www.npr.org/blogs/thesalt/2015/03/01/389574335/italian-cheese-lovers-find-their-bovine-match-through-adopt-a-cow>

Like humans, mother cows must be impregnated and give birth to produce milk. How much of Mery's four gallons a day is set aside for her offspring? More likely, her baby was carted off to the veal farm so cheese could be made from Mery's fluids. And when her milk production wanes after a few years (and several pregnancies), will she end up like other dairy cows, as fast-food hamburgers? Why not "Adopt A Cow" from a farm sanctuary where she can live out her ~15-year lifespan in peace?

Su 3/1/15

Stone Age Britons Were Eating Wheat 2,000 Years Before They Farmed It

<http://www.kpbs.org/news/2015/feb/27/stone-age-britons-were-eating-wheat-2000-years/>

So much for the paleo = meat theory.

<http://www.npr.org/blogs/thesalt/2015/02/27/388822209/stone-age-britons-were-eating-wheat-2-000-years-before-they-farmed-it>

So much for the "paleo equals meat" theory.

T 3/17/15

Groups Join Together To Save Water During Fix A Leak Week

<http://www.kpbs.org/news/2015/mar/16/groups-join-together-save-water-during-fix-leak-we/>

Fixing leaks helps, but they are literally a drop in the bucket compared to the water saved by switching to a plant-based diet. On average, a vegan, a person who doesn't eat meat or dairy, indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet. <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

T 3/24/15

San Diego Leaders Urge Residents To Conserve Water

<http://www.kpbs.org/news/2015/mar/20/san-diego-leaders-urge-residents-conserve-water/>

Typically missing from any recommendations to conserve water is the elephant (bull?) in the room: livestock consumption. Declining a glass of restaurant water (1 cup) is extremely small potatoes compared to declining, for example, a ¼ lb burger (660 gals x 16 cups/gal = 10,560 cups to grow the grain, water the cow, process the beef). But no one wants to offend the livestock industry or challenge consumers to curb their meat-heavy diets. If you are truly serious about saving water—go vegan!

T 3/24/15

SeaWorld Has New Ad Campaign After Disparaging Documentary

<http://www.kpbs.org/news/2015/mar/23/seaworld-has-new-ad-campaign-after-disparaging-doc/>

I mostly agree with Peking_Duck_sd, but I'd be okay if SeaWorld transformed itself into an educational amusement park (without animal acts) but continued to do rescue and rehab. Regarding Ringling Bros., I heard that the elephant acts won't be phased out for 3 years (why the wait?), and rather than being released to sanctuaries, they'll be herded into research labs and used to reproduce offspring to repopulate zoos. Another case of profit over ethics.

Sa 4/4/15

California Moves To Kill The Lawn, Save The Water

<http://www.kpbs.org/news/2015/apr/02/california-moves-kill-lawn-save-water/>

How much is the rebate for going vegan? A person who doesn't eat meat or dairy indirectly consumes nearly 600 gallons of water per day **less** than a person who eats the average American diet. <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Sa 4/4/15

Roundtable Looks At Mandatory Water Restrictions

<http://www.kpbs.org/news/2015/apr/03/roundtable-mandatory-water-restrictions-unlimited/>

Why blame farmers for producing food? Blame omnivores for demanding animal products instead of eating plants directly, without first having to recycle them through livestock. What's even worse, California exports a hundred billion gallons of water per year in the form of alfalfa to China to feed their livestock! <http://www.bbc.com/news/magazine-26124989>

W 4/8/15

Hold The Mammal: Daring To Make Dairy-Free Cheese From Nuts

<http://www.npr.org/blogs/thesalt/2015/04/07/397860392/hold-the-mammal-daring-to-make-dairy-free-cheese-from-nuts>

In response to Berenice Weber:

Agreed! The current rage is to pick on nuts as being water intensive while ignoring animal products, which are magnitudes worse. For example, a quarter pound of almonds (about 80 nuts--who eats that many at one sitting?) requires about 80 gallons to grow. In stark contrast, a quarter pound beef burger (who eats less than that at one sitting?) requires about 660 gallons to grow the grain, water the cow, and process the meat! <http://cowspiracy.com/facts>

4/14/15

Metropolitan Water District Plans To Reduce Deliveries

<http://www.kpbs.org/news/2015/apr/13/metropolitan-water-district-plans-reduce-deliverie/>

There'd be a lot more water for everyone if Californians could/would curb their addiction to meat-heavy diets. According to National Geographic, the average animal-based omnivorous diet requires 600 gallons more per day than the average plant-based vegan diet. <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

4/15/15

Everybody out of the water

<http://www.sdcitybeat.com/sandiego/article-14091-everybody-out-of-the-water.html>

Berenice and [Truth or Drought](#) have it right. Why blame farmers for producing food? Blame omnivores for demanding animal products instead of eating plants directly, without first having to recycle them through livestock. What's even worse, California exports a hundred billion gallons of water per year in the form of alfalfa to China to feed their livestock! <http://www.bbc.com/news/magazine-26124989>

4/16/15

How Almonds Became A Scapegoat For California's Drought

<http://www.kpbs.org/news/2015/apr/16/how-almonds-became-a-scapegoat-for-californias/>

Why pick on nuts as being water intensive while ignoring animal products, which are magnitudes worse? For example, a quarter pound of almonds (about 80 nuts--who eats that many at one sitting?) requires about 80 gallons of water to grow. In stark contrast, a quarter pound beef burger (who eats less than that at one sitting?) requires about 660 gallons to grow the grain, water the cow, and process the meat!

<http://cowspiracy.com/facts>

<http://www.npr.org/blogs/thesalt/2015/04/16/399958203/how-almonds-became-a-scapegoat-for-californias-drought#commentBlock>

Don't pick on nuts while ignoring animal products, which are magnitudes worse. For example, a quarter pound of almonds (about 80 nuts--who eats that many at one sitting?) requires about 80 gallons of water to grow. In stark contrast, a quarter pound beef burger (who eats less than that at one sitting?) requires about 660 gallons to grow the grain, water the cow, and process the meat!

<http://cowspiracy.com/facts>

4/17/15

San Diego County Water Authority: Water-Saving Superstars Form

<http://www.sdcwa.org/water-saving-superstars-form>

Gray watering my plants and taking Navy showers certainly help, but they are mere drops in the bucket compared to my dietary choices. According to National Geographic, my healthy and wholesome vegan diet requires 600 gallons/day less water than an omnivorous diet. And with all the wonderful fruits, veggies, beans, and nuts available to eat, I feel no deprivation at all, just lightness and energy!

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Visit in 2-3 business days to see if story made it: <http://www.sdcwa.org/water-saving-superstars>

4/18/15

As Lake Mead Levels Drop, The West Braces For Bigger Drought Impact

<http://www.kpbs.org/news/2015/apr/17/as-lake-mead-levels-drop-the-west-braces-for/>

How much of the 70% of crop water is used to grow alfalfa? Humans need salads for health and cotton for clothes, but other than sprouts, humans don't eat alfalfa, livestock do. That's a very inefficient use of water and crops, as it takes up to 16 or more pounds of plant matter

to produce 1 pound of beef. What's even worse, California exports a hundred billion gallons of water per year in the form of alfalfa to feed Chinese livestock! <http://www.bbc.com/news/magazine-26124989>

4/20/15

EARTH DAY FEST SERVES UP FOOD FOR THOUGHT

<http://www.utsandiego.com/news/2015/apr/20/tp-earth-day-fest-serves-up-food-for-thought/>

Besides rampant food waste, the drought-diet connection is no joke. According to National Geographic, the average animal-based omnivorous diet requires 600 gallons more per day than the average plant-based vegan diet.

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>. What's even worse, California exports a hundred billion gallons of water per year in the form of alfalfa to China to feed their livestock! <http://www.bbc.com/news/magazine-26124989>

T 4/21/15

Poway considers replacing grass in parks to save water

<http://fox5sandiego.com/2015/04/21/city-of-poway-to-rip-out-grass-at-some-parks-to-save-water/comment-page-1/>

I'd favor xeriscaping vast swaths of grass with kid-safe mulch interspersed with attractive drought-tolerant plants. But I agree with Berenice Weber that the water saved would be relatively minor compared to that saved if Poway's omnivores switched to a plant-based vegan diet. Replacing grass might save them 2.8 million gallons of water (nice spot on the typo, Trent!), but hundreds of millions could be saved by dietary changes. What's worse, California unbelievably exports a HUNDRED BILLION gallons of water per year in the form of alfalfa for Chinese livestock! <http://www.bbc.com/news/magazine-26124989>

Bruce B

The math: water saved by not eating animal products = 600 gallons per day
(365 days/year) x (600 gallons/day) x (13 people) = 2,847,000 gallons per year

My Reply: Great job on the math, Bruce! Astounding how only 13 new vegans could save Poway's parks!

Th 4/23/15

Authors Worth Celebrating: Living the Farm Sanctuary Life

<https://www.facebook.com/events/1377762785885569/>

Gene Baur is hosting a dinner on T 5/5/15 at the meat-serving Mohawk Bend: <https://www.facebook.com/mohawkla>

How sad that an event celebrating animals is being held at a venue that has animals on the menu. This seems especially bizarre given the plethora of 100% vegan restaurants in L.A. that would gladly host such an event. Truth be told, non-vegan restaurants are sanitized extensions of the slaughterhouse.

Sa 4/25/15

These Animals Might Go Extinct Because No One Wants To Eat Them

<http://www.kpbs.org/news/2015/apr/24/these-animals-might-go-extinct-because-no-one/>

<http://www.npr.org/blogs/thesalt/2015/04/24/401965111/these-animals-might-go-extinct-because-no-one-wants-to-eat-them>

If you were an animal, rare breed or not, would you choose to be born knowing that you'd be mutilated (tail-docked, beak-severed, castrated...), forcibly impregnated to produce more offspring, have your secretions (eggs, milk) and babies stolen from you, only to have your throat slit while you were still a youngster? These are standard practices even on small, so-called "humane" farms. Because animals "taste good," humans go to any lengths to justify animal abuse, and what's more abusive than eating an animal who merely wanted to live? The true definition of "humane": Would you want it done to you or someone you love? If people really want to preserve these species, stop destroying forests to grow crops to feed domesticated livestock, then release the rare breeds into the restored habitat to live out their lives as nature intended.

Th 4/30/15

Brown Proposes \$10,000 Fine For California's Worst Water Wasters

<http://www.kpbs.org/news/2015/apr/28/brown-proposes-10000-fine-californias-worst-water/>

Would the worst water wasters include omnivorous households? Since a typical animal-based diet requires 600 more gallons per day than a vegan plant-based diet, each omnivore wastes 600 gal/day x 365 days/year = 219,000 gal/year. For a household of five, that's over 1 million gallons of water wasted per year! <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

W 5/6/15

Vegan Chocolate "Cream" Pie

<http://jimbos.com/recipes/vegan-chocolate-cream-pie/> Via email to democoordinator@jimbos.com

I appreciate the attempt to offer vegan recipes like the "Vegan Chocolate 'Cream' Pie." Unfortunately, honey is an animal product so by definition is not vegan. Please either replace it with an alternative sweetener like maple or brown rice syrup, or drop "Vegan" from the title. Thanks, Mike Weinberg

Th 5/7/15

State Passes Historic Water Conservation Rules

<http://blogs.kqed.org/science/audio/state-passes-historic-water-conservation-rules>

Right on Belle & Berenice! The quickest and easiest way to save huge amounts of water is to adopt a plant-based vegan diet. The extra 600 gals/day needed to produce a meat-egg-dairy diet adds up to (600 gals/day x 365 days/year =) 219,000 gals/year, which is over 1 million gals/year for a family of five! That's a lot of lawn watering and showers. With all the delicious plant-based substitutes available nowadays, even in mainstream grocery stores, it's easier than ever to "go vegan!"

5/14/15 – 5/28/15

Road trip Eastern Canada / New England.

M 6/1/15

Can cold showers end the drought?

http://www.utsandiego.com/news/2015/may/28/end-drought-chill-out/?utm_source=Voice+of+San+Diego+Master+List&utm_campaign=f8916aee24-Morning_Report_format_updated_3_24_14_new_replicat&utm_medium=email&utm_term=0_c2357fd0a3-f8916aee24-83871405&goal=0_c2357fd0a3-f8916aee24-83871405

Using a catch bucket and Navy showers (wet, lather, rinse) help but pale in comparison to dietary choices. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>

Th 6/4/15

Water Is A Serious Issue For Many California Residents

<http://www.kpbs.org/news/2015/jun/04/water-serious-issue-many-california-residents/>

I agree with the 36% who said California's residents can "do more" to conserve water. Specifically by switching to a plant-based vegan diet. For example, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. <http://cowspiracy.com>

W 6/10/15

California Lawmaker Proposes Steep Tax For Water Guzzlers

<http://www.kpbs.org/news/2015/jun/09/california-lawmaker-proposes-steep-tax-water-guzzl/>

Would the "worst water-guzzling residents" include omnivores? According to National Geographic, to grow feed and process livestock into animal products, each household omnivore indirectly uses 600 gallons more water per day than a plant-based vegan. That's a lot of lawn watering!

Su 6/14/15

California Orders Large Water Cuts For Farmers

<http://www.kpbs.org/news/2015/jun/12/california-orders-large-water-cuts-farmers/>

Farmers who grow plant foods for direct human consumption should be exempted from water cuts, provided they initiate drip irrigation and other conservation measures. Farmers who grow feed for livestock (totally unnecessary for human survival) should receive a subsidy the first year to let their fields lie fallow then be allowed to convert to producing human foods in succeeding years. Incredibly, California exports a hundred billion gallons of water per year in the form of alfalfa to feed Chinese livestock! <http://www.bbc.com/news/magazine-26124989>

T 6/16/15

"Instant" chocolate pudding

<http://partnersinhealth.kaiserpermanente.org/june-2015/national/Instant-chocolate-pudding-nat-june2015>

Via email to 1b902250blayfovciacuxptaaaaaa2d5vj6qvdjkaiyaaaaa@kaiserpermanente-mail.org

Your "Instant" chocolate pudding sounds delicious, but it's not vegan ("Using a (vegan) mix of ...") if it includes honey. May I suggest maple syrup or, even better, date sugar, which is merely dried, ground-up dates--a whole food.

T 6/16/15

Pope's Missive On Environment, Poverty Could Affect Habits Of Millions

<http://www.kpbs.org/news/2015/jun/16/popes-missive-on-environment-poverty-could-affect/>

Hopefully, the Pope will mention the devastating effects of livestock production, which accounts for up to 51% of greenhouse gasses. It's time the world's Catholics, and all omnivores, gave a break to other sentient beings by not eating them.

Will Pope's Much-Anticipated Encyclical Be A Clarion Call On Climate Change?

<http://www.npr.org/sections/parallels/2015/06/16/414666357/popes-missive-on-environment-poverty-could-affect-habits-of-millions>

Even though he hails from meat-centric Argentina, I hope the Pope mentions the devastating environmental effects of livestock production, which accounts for up to 51% of greenhouse gasses. It's time the world's Catholics, and all omnivores, gave a break to other sentient beings by not eating them.

T 6/23/15

Water Authority Giving Away Free Buckets To Encourage Water Conservation

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 51 of 156

<http://www.kpbs.org/news/2015/jun/19/water-authority-giving-away-free-buckets-encourage/>

Buckets may save a few gallons per day, which is great, but for real water savings, the Water Authority should be stuffing Vegan Starter Kits into each bucket. According to National Geographic, a vegan diet requires 600 gallons of water less per day than an omnivorous diet.

T 6/23/15

Encinitas Could Be Poster City For Saving Water

<http://www.kpbs.org/news/2015/jun/22/encinitas-could-be-poster-city-water-saving-mindse/>

Another way Encinitas residents can save water is by patronizing their local vegan eateries like Native Foods and Peace Pies. A plant-based diet requires 400 gallons a day to produce vs 1000 gallons for a meat-based diet.

<http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>

Su 6/28/15

Bad News For Vegans – Plants Can Sense Touch, Smell, and Even Hear Themselves Being Eaten

http://www.healthy-holistic-living.com/bad-news-for-vegans-plants-can-sense-touch-smell-and-even-hear-themselves-being-eaten.html#abh_about (also posted this on Facebook)

How amazing that plants have so many abilities and senses! But it's a real stretch to conclude "So whether you eat an animal or a plant, it may be time to acknowledge that both are sentient beings without one being more significant or important than the other, just different." Does anyone seriously think that slicing a vegetable is equivalent to slicing an animal's throat? Even if it were the case, since it takes multiple pounds of plant matter to produce a single pound of meat, fish, egg, or dairy, the only rationale course to lessen suffering is to eat plants directly instead of recycling them through animals.

W 7/1/15

It's Not Clear If California's New Animal Welfare Law Is Creating Better Conditions

<http://www.kpbs.org/news/2015/jul/01/its-not-clear-if-californias-new-animal-welfare-la/>

What most consumers don't know is that no matter how well hens are treated, after a few years of confinement, when productivity wanes, they are killed for their meat. And since male layer chicks are economically worthless, they are ground alive or suffocated at birth. No one gets out alive. If you really care about animals, go vegan.

W 7/1/15

Rebates Available For San Diego Residents Who Remove Lawns

<http://www.kpbs.org/news/2015/jul/01/rebates-available-san-diego-residents-who-remove-l/>

How about a rebate for switching to plant-based eating? According to National Geographic, a vegan diet requires 600 gallons less per day than a meat-based diet. That's a lot of lawn watering!

Sa 7/11/15

Beachgoers Face Sandy Summer As California Shuts Off Showers At State Beaches

<http://www.kpbs.org/news/2015/jul/10/beachgoers-face-sandy-summer-california-shuts-show/>

Saving 18 million gallons/year by shutting off beach showers sounds like a lot. But it's a pittance compared to switching to a vegan diet, which saves 600 gallons/day over a standard diet (per National Geographic). At that rate, if just 100 of California's nearly 39 million omnivores switched to a plant-based diet, over 20 million gallons/year of water would be saved, and beachgoers could have their showers.

Sa 7/11/15

California Governor To Meet With Pope On Climate Change

<http://www.kpbs.org/news/2015/jul/10/california-governor-meet-pope-climate-change/>

Fossil fuels and fracking are bad for the climate, but let's hope that the governor and pope get around to discussing the #1 contributor to climate change, livestock production, which accounts for up to 51% of greenhouse gas emissions: <http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

Su 7/12/15

CA drought: State parks and beaches to shut off outdoor showers

<http://www.scp.org/news/2015/07/10/53039/ca-drought-state-parks-and-beaches-to-shut-off-out/>

Saving 18 million gallons/year by shutting off beach showers sounds like a lot. But it's a pittance compared to switching to a vegan diet, which saves 600 gallons/day over a standard diet (per National Geographic). At that rate, if just 100 of California's nearly 39 million omnivores switched to a plant-based diet, over 20 million gallons/year of water would be saved, and beachgoers could have their showers.

Also posted to my source for this article, the Truth or Drought Facebook page with this added:

The math: 600 gals/day x 365 days/year = 219,000 gals/year x 100 vegan diets = 21,900,000 gals/year!

M 7/13/15

Inside The World's Largest Food Company You've Probably Never Heard Of

<http://www.kpbs.org/news/2015/jul/10/inside-the-worlds-largest-food-company-youve/>

<http://www.npr.org/sections/thesalt/2015/07/10/421532548/inside-the-world-s-largest-food-company-you-ve-probably-never-heard-of>

The most grisly thing about the meat business is that it is based on deluded consumers who've been brainwashed by government and industry to believe they need animal products to be healthy. In fact the opposite is true. No matter how "humanely" livestock are treated while alive, there is nothing more abusive than prematurely slitting their throats solely for human culinary pleasure. Omnivores who understand this and continue to demand animal products because they "taste good" are the ultimate animal abusers.

T 7/14/15

Ultramarathoner Finishes The Appalachian Trail In Record Time

<http://www.kpbs.org/news/2015/jul/13/ultramarathoner-finishes-the-appalachian-trail-in/>

<http://www.npr.org/sections/thetwo-way/2015/07/13/422610986/ultramarathoner-finishes-the-appalachian-trail-in-record-time>

The article neglected to mention that Scott set all his records on a plant-based, vegan diet. Wonder where he got his protein. ☺

T 7/14/15

Does Iceland Need New Cows To Keep Up With Demand For Skyr?

<http://www.kpbs.org/news/2015/jul/13/does-iceland-need-new-cows-to-keep-up-with-demand/>

<http://www.npr.org/sections/thesalt/2015/07/13/422556242/does-iceland-need-new-cows-to-keep-up-with-demand-for-skyr>

The dirty little secret of even small dairy farms is that cows must be continuously impregnated to produce milk, which is stolen from their babies for human use. Non-milk-producing-male calves are typically killed right away or after a few months for veal. For the females, when production wanes after a few years, they are slaughtered for meat. No one gets out alive.

W 7/15/15

When To Start Taking A Cholesterol Pill? The Decision Is Yours

<http://www.kpbs.org/news/2015/jul/15/when-to-start-taking-a-cholesterol-pill-the/>

<http://www.npr.org/sections/health-shots/2015/07/15/422953114/when-to-start-taking-a-cholesterol-pill-the-decision-is-yours>

I'm continually stunned when seemingly thin and healthy middle-aged contemporaries tell me they are taking statins to control high cholesterol. Likewise by a handful of relatively young family members and friends who have multiple stents holding their arteries open. This is particularly disconcerting when DVD documentaries such as "Forks Over Knives" prove that heart disease and clogged arteries can be prevented and even reversed by switching to a delicious, plant-based, vegan diet. This is not hearsay or wishful thinking but based on the clinical studies and research of brilliant doctors like Ornish, Esselstyn, and Campbell. While the majority of the medical establishment is reluctant to ditch the "give them a pill" paradigm, more progressive providers like Kaiser Permanente urge their doctors to recommend plant-based diets to all patients.

F 7/24/15

What San Diego Scientists Are Discovering About Dolphins And Diabetes

<http://www.kpbs.org/news/2015/jul/24/what-dolphins-diabetes-and-butter-have-common-san/>

There's no need to devote tax dollars to fund research on some obscure diabetes cure. According to recent trials conducted by the Physician's Committee for Responsible Medicine, "A plant-based diet can prevent, reverse, and manage diabetes."

<http://www.pcrm.org/health/diabetes-resources>

F 7/24/15

Salt Is Slowly Crippling California's Almond Industry

<http://www.kpbs.org/news/2015/jul/24/salt-is-slowly-crippling-californias-almond/>

One gallon of water per almond sounds like a lot until you compare it to animal foods. For example, per National Geographic's "The Hidden Water We Use," one egg requires 53 gallons. Who eats 53 almonds at a sitting?

<http://environment.nationalgeographic.com/environment/freshwater/embedded-water>

F 7/31/15

Nearly Two-Thirds Of Californians Believe Global Warming Is Impacting State's Ongoing Drought

<http://www.kpbs.org/news/2015/jul/31/nearly-two-thirds-californians-believe-global-warm/>

Kudos that a majority are finally rebuffing the climate deniers. The next step is acceptance that livestock production is responsible for 51% of global warming gases and 47% of California's water footprint. The final step is a major shift away from meat and dairy towards a plant-based, vegan diet.

[Cris Cassity](#) to [Mike Weinberg](#) · [an hour ago](#)

At first I thought you were joking. Did you really hear that somewhere?

My reply to Cris: [\(never got posted; seems to be bias against posting links to other sites\)](#)

Worldwatch Institute: Livestock and Climate Change

Livestock production accounts for up to 51% of greenhouse gas emissions.

<http://blogs.worldwatch.org/revolt/new-report-livestock-account-for-at-least-half-of-annual-global-ghg-emissions>

Pacific Institute 2012: California's Water Footprint

Meat and dairy products comprise 47% of California's water footprint. All other agricultural products comprise 46% followed by direct household consumption at 4% and industrial products at 3%. http://pacinst.org/wp-content/uploads/2013/02/ca_ftprint_full_report3.pdf

F 8/14/15

A Muscle Drug For Pigs Comes Out Of The Shadows

<http://www.kpbs.org/news/2015/aug/14/a-muscle-drug-for-pigs-comes-out-of-the-shadows/>

A recent study in the International Journal of Comparative Psychology found that pigs were intellectually and emotionally comparable or superior to dogs. No matter what they're fed, why love one yet eat the other?

T 8/18/15

4 Foods Americans Don't Eat Much Anymore

<http://www.kpbs.org/news/2015/aug/18/4-foods-americans-dont-eat-much-anymore/>

"I have from an early age abjured the use of meat, and the time will come when men such as I will look upon the murder of animals as they now look upon the murder of men." Leonardo da Vinci

W 8/26/15

Joy Rios, San Diego Vegans Facebook, August 24, 2015

What's your favorite vegan restaurant in S.D.? Go!

https://www.facebook.com/groups/sdvegans/?multi_permalink=10153731531781412¬if_t=group_highlights

Unfortunately, per www.happycow.net, most of the restaurants listed here are not vegan (Plumeria, OB People's Deli, Café Gratitude, Civico, Ranchos, Jyoti Bihanga, Sipz, Pokez, Purple Mint) as each serves animal products, some including meat. If you're an ethical vegan who prefers to support the brave eatery owners who choose not to hurt animals for profit, check out www.maxlearning.net/HEALTH/VeganDiego.pdf, which lists all 100% vegan eateries in San Diego County.

F 8/28/15

Agency Launches App To Report San Diego's Water Wasters

<http://www.kpbs.org/news/2015/aug/25/water-authority-launches-app-report-san-diegos-wat/>

Just downloaded the app. As a single quarter-pound beef patty requires over 600 gallons of water (to grow the crops, water the cow, process the meat), enough for 2 months of daily showers, do I report meat eaters under the "Other Waste" category?

Su 8/30/15

The Bloody Mary Meat Straw: An All-American Story

<http://www.kpbs.org/news/2015/aug/30/the-bloody-mary-meat-straw-an-all-american-story/>

<http://www.npr.org/sections/thesalt/2015/08/26/434958065/the-bloody-mary-meat-straw-an-all-american-story#commentBlock>

Per (According to) the American Heart Association, processed meat doubles the risk of dying of heart failure. Pigs are smarter than dogs and feel pain just like humans. Best to stick to plastic straws.

W 9/2/15

Massive Fish Farm Proposed Off San Diego's Coast

<http://www.kpbs.org/news/2015/sep/02/massive-fish-farm-proposed-san-diegos-coast/>

Contrary to industry and government propaganda and profit, fish is NOT a health food. The vaunted omega-3s in (mercury/PCB-laden, high-saturated-fat) fish flesh comes from microalgae that fish eat, not from the fish itself. Healthy omega-3 sources include ground flax seeds, walnuts, and lab-grown microalgae capsules.

Th 9/3/15

San Diego Experts Talk Health Benefits Of Eating More Seafood

<http://www.kpbs.org/news/2015/sep/02/health-benefits-and-environmental-effects-eating-m/>

Don't take the bait—fish is not a health food, according to the Physicians Committee for Responsible Medicine. Some types of fish and shellfish rival red meat for their ill effects on heart health. A serving of shrimp has more than double the cholesterol as a serving of steak, 50% of calories in Chinook salmon come from fat, fish oil is linked to diabetes and prostate cancer, and mercury and other toxins that fish accumulate increase the risk of heart disease, cancer, and overall mortality. It's small wonder that Kaiser Permanente officially recommends a plant-based diet for optimum human health—they know it will save them money not to have to treat chronic, diet-related illnesses. And environmentally, the World Wildlife Fund estimates that over 85% of the world's fisheries have been overfished.

Reply from Li Tempo:

I find it very difficult to believe KP promotes a "plant-based" diet, and I'm a vegetarian. Last time I checked, salmon along with brown rice was pictured in one of their healthy eating promos.

My reply to Li Tempo:

A research paper in The Permanente Journal, Spring 2013, entitled "Nutritional Update for Physicians: Plant-Based Diets" concluded: "Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity." When I asked my Kaiser doctor if she and her colleagues agreed, she wrote: "The main problem is getting patients to adhere to such a diet." Unfortunately, just as smoking doctors in the 1950s recommended cigarettes to calm their patients' nerves, meat-eating doctors in 2015 find it easier to prescribe pills than recommend dietary changes. And the dietitians who write Kaiser's "healthy eating promos" apparently also fear that patients won't embrace strict plant-based eating, so their recipes include

supposedly less harmful animal products. But things are starting to change. Dr. Kim Williams, once himself a heart-attack candidate and now president of the American College of Cardiology, promotes a low-fat vegan diet.

Li Tempo:

I haven't read it and it sounds like a journal available only to employees, but just from the title, it sounds like one writer's opinion. Not that I necessarily disagree, as I am vegetarian/pescatorian myself, but I keep seeing fish in their waiting room videos. Personally, I seek out "wild caught." And you both correct about changing people's eating habits. (see Robbins, DIET FOR A NEW AMERICA). Jack LaLanne, whom I remember watching as a child, lived until he was 96. His only source of protein besides plants, were egg whites and salmon.

Me:

Hi Li Tempo. Jack LaLanne was amazing. Equally amazing was Donald Watson, who coined the term "vegan" in 1944 and lived until he was 95 in excellent health with NO animal proteins. (Since our bodies recycle amino acids, we need only about 10% protein in our diets. Human breast milk is only about 1% protein. Plus, animal proteins are acidic and seen as invaders that our immune systems try to resist, similar to human organ transplants.) But beyond health, the primary reason to be vegan is because it's immoral to hurt animals solely for (culinary) pleasure. Most vegetarians don't realize that the egg and dairy industries are magnitudes crueler than the meat industry. Layer chickens and dairy cows suffer intensely for a couple of years then are killed for meat anyway when their productivity wanes.

Li Tempo:

As a vegetarian vs a vegan, where, pray tell, would they get B-12 other than supplements??? Spirulina? Soybeans? I know of no other plant that contains B-12.

Me:

That's a very important question, as B-12 deficiency in vegans or omnivores is a serious issue. However, neither plants nor animals produce B-12. It's created by bacteria that live in soil or water. These bacteria produce B-12 in the guts of animals that eat soil-contaminated plants, but modern humans prefer not to eat dirty food, which can contain lots of other nasty bacteria. So vegans must supplement with B-12 fortified foods like nutritional yeast (cheese-flavored flakes), breakfast cereals, veggie milks, mock meats, or lab-produced supplements. Only tiny amounts of B-12 are needed, and it persists for long periods in the body.

T 9/8/15

Molting Seals Boost Mercury Levels In Coastal Ecosystems

<http://www.kpbs.org/news/2015/sep/07/molting-seals-boost-mercury-levels-coastal-ecosyst/>

Since humans consider themselves "apex predators," in fact, the top of the food chain, why is the same mercury-laden fish that seals eat promoted as a health food?

T 9/8/15

The American Dentist And Killer Of Cecil The Lion Returns To Work

<http://www.kpbs.org/news/2015/sep/08/the-american-dentist-and-killer-of-cecil-the-lion/>

As awful as Cecil's death was, 10 billion equally-sentient animals are ordered killed each year by U.S. omnivores who enjoy munching on their corpses. Isn't killing for pleasure wrong in every case? Unless those angry with the dentist are vegan, it seems rather hypocritical to condemn his actions without examining their own.

<http://www.npr.org/sections/thetwo-way/2015/09/08/438561331/the-american-dentist-and-killer-of-cecil-the-lion-returns-to-work#commentBlock>

As terrible and unnecessary as Cecil's death was, 10 billion equally-sentient animals are ordered killed each year by U.S. omnivores who enjoy munching on their corpses. Isn't killing for pleasure wrong in every case? Unless those outraged with the dentist are vegan, it seems rather hypocritical to condemn his actions without examining their own.

F 9/11/15

What Would Happen If We Burned Up All Of Earth's Fossil Fuels?

<http://www.kpbs.org/news/2015/sep/11/what-would-happen-if-we-burned-up-all-of-earths/>

<http://www.npr.org/sections/thetwo-way/2015/09/11/439538952/what-would-happen-if-we-burned-up-all-of-earths-fossil-fuels>

What rarely gets mentioned in the climate-change debate is that anywhere from 18-51% (depending on your source) of greenhouse gases result from livestock production. Even at the lowest estimate, that's more than all forms of transportation combined. As millions of healthy vegans can attest, humans have zero need to ingest animal products of any kind.

M 9/15/15

Paleo People Were Making Flour 32,000 Years Ago

<http://www.kpbs.org/news/2015/sep/14/paleo-people-were-making-flour-32000-years-ago/>

<http://www.npr.org/sections/thesalt/2015/09/14/440292003/paleo-people-were-making-flour-32-000-years-ago>

It certainly makes sense that the easiest food to acquire is the type that doesn't run away, that is (namely), plants. Even the most proficient carnivore has a dismally-low hunt & kill rate. Sure, humans can survive on an animal-based diet, but so can herbivorous cows who are fed tons of fish meal and shellfish as well as ground up and rendered pets, pork, chicken feathers/feces, dried blood, and other offal. Ill health is the primary result.

M 9/21/15

Startups Connect Vermont's Farmers To Urban Markets

<http://www.kpbs.org/news/2015/sep/21/startups-connect-vermonts-farmers-to-urban-markets/>

<http://www.npr.org/sections/thesalt/2015/09/21/441531252/startups-connect-vermonts-farmers-to-urban-markets>

Farm to table is great, and the depicted calves are cute. Unfortunately, they must be separated from their grieving mothers at birth so that farmers can profit by selling milk meant for them to humans who've been brainwashed that it's healthy to consume what is essentially baby-calf growth fluid. Male and surplus female calves end up as veal on someone's plate. And the mother cows are once again artificially inseminated, because they must be pregnant to produce milk. Finally, in a few short years, after their productivity wanes, they're killed for fast-food burgers or pet food. Far from benign, dairy is a very brutal industry.

T 10/13/15

If Big Food Buys Your Favorite 'Natural' Food Brand, Will You Trust It?

<http://www.kpbs.org/news/2015/oct/12/if-big-food-buys-your-favorite-natural-food-brand/>

<http://www.npr.org/sections/thesalt/2015/10/12/445005485/if-big-food-buys-your-favorite-natural-food-brand-will-you-trust-it#commentBlock>

The true definition of "humane": Would you want it done to you, a loved one, or a pet? Even so-called "humane" farms inflict tremendous suffering on helpless animals, e.g., branding, tail/horn docking, beak shearing, castration...all without anesthetic. And even if these poor creatures were coddled and pampered, slitting their throats at an early age solely for human culinary enjoyment is anything but humane.

W 10/14/15

San Diego County Reduces Water Consumption By 26 Percent

<http://www.kpbs.org/news/2015/oct/13/san-diego-county-reduces-water-consumption-26-perc/>

Any water savings is commendable, but household use is a mere 4% of California's water footprint vs. over 50% for animal agriculture. By simply replacing water-intensive livestock products with delicious plant-based substitutes, residents would save massive amounts of water. For example, a single quarter-pound beef patty requires over 600 gallons of water (to grow the crops, water the cow, process the meat), enough for 2 months of daily showers. An equivalent veggie burger requires only about 40 gallons of water. Piled with condiments, few people would notice the difference, and they'd be healthier as well.

F 10/16/15

Food For Thought: Healthy Planet Left Behind In U.S. Dietary Guidelines

<http://www.kpbs.org/news/2015/oct/14/should-healthy-diet-2015-dietary-guidelines-includ/>

Given the following stats, it's impossible to be a meat-eating environmentalist.

* Land: livestock production uses 30% of Earth's land mass.

* Food: More than 70% of grain is fed to farm animals.

* Energy: It takes 11 times more fossil fuel to produce one calorie of animal vs. plant protein.

* Water: It takes 2400 gallons of water to produce 1 pound of meat vs. just 25 gallons to grow 1 pound of wheat.

F 10/16/15

Small Meat Producers Take Their Slaughterhouse Grips To Congress

<http://www.kpbs.org/news/2015/oct/15/small-meat-producers-take-their-slaughterhouse/>

Small-farm economics aside, no one needs meat to survive. Not only does it compromise health, it devastates the environment and harms innocent animals. "I have from an early age abjured the use of meat, and the time will come when men such as I will look upon the murder of animals as they now look upon the murder of men." Leonardo da Vinci (16th century). "The question is not can they reason?, nor can they talk?, but can they suffer?" Jeremy Bentham (18th century). When will humans get the message and leave the poor animals alone? None wants to be food on a plate.

Su 10/18/15

New California Law Allows For Fish Markets

<http://www.kpbs.org/news/2015/oct/16/new-california-law-allows-fish-markets/>

If the state were truly concerned about consumer safety, it would warn the public about the dangers of fish, which is laden with mercury, PCBs, and other concentrated toxins. Rather than worry about whether a fish was touched by "eight or nine hands," the true concern should be over the excess animal protein, saturated fat, and cholesterol found in all flesh foods. Even the touted omega-3's can be gotten more safely from ground flax seeds, walnuts, or microalgae, which is what the fish eat to get omega-3 in the first place.

T 11/3/15

UN Agency Links Hot Dogs And Other Processed Meat To Cancer

<http://www.kpbs.org/news/2015/oct/27/un-agency-links-hot-dogs-and-other-processed-meat/>

The meat industry's worst nightmare. Naturally they're in denial, like the tobacco industry was in years past. It won't be long before science confirms that ALL animal protein (poultry, fish, eggs, dairy...) is harmful to human health.

T 11/3/15

Bumble Bee Says Customers Now Can Trace Their Tuna

<http://www.kpbs.org/news/2015/oct/28/bumblebee-says-customers-now-can-trace-their-tuna/>

What's really needed on the can is the percentage of mercury, PCB's, and other harmful substances that accumulate in fish flesh. It's anything but a health food.

T 11/3/15

October's Hot Temperatures In San Diego Soared Off The Charts

<http://www.kpbs.org/news/2015/nov/02/octobers-hot-temperatures-san-diego-soared-charts/>

According to the Worldwatch Institute, livestock production accounts for up to 51% of greenhouse gas emissions. It suggests decreasing meat consumption as a means of mitigating climate change. Will a meat-obsessed world heed the call before it's too late?

T 11/3/15

Salk Scientists Fight Harmful Bacteria With More Bacteria

<http://www.kpbs.org/news/2015/oct/30/salk-scientists-fight-harmful-bacteria-more-bacter/>

The FDA has noted that 92 percent of all drugs that are shown to be safe and effective in animal tests fail in human trials because they don't work or are dangerous. Human tissue- and cell-based research methods are more reliable, less expensive, and more humane than animal experiments.

T 11/17/15

It's Final: FDA Issues Long-Awaited Food Safety Rules

<http://www.kpbs.org/news/2015/nov/13/its-final-fda-issues-long-awaited-food-safety/>

The solution to pathogens in manure contaminating crops is an evolution to veganic farming, which is organic farming that uses only plant-based fertilizers. In nature, wild plants obtain nutrients from the decay of other plants. If they had to rely on animal waste, most of the planet would be devoid of vegetation.

W 11/18/15

Justice Department Announces Criminal Charges Against Dietary Supplement Firms

<http://www.kpbs.org/news/2015/nov/17/justice-department-announces-criminal-charges/>

Consumers who think they can get their nutrition from a pill have been misled by an excessively profit-driven industry. There's little money to be made in selling whole fruits and veggies, but extracting and repackaging the latest "miracle" nutrient is big business. In China Study author T. Colin Campbell's followup book, "Whole," he makes the case that isolated nutrients are dramatically less effective than the original whole food. For example, an apple has thousands of antioxidants and phytochemicals that interact with each other to provide optimum health; extracting just one negates the benefits. With food, the whole is truly greater than its parts.

W 11/18/15

Entrepreneurs Pitch Sustainable Seafood Ideas. Investors Take The Bait

<http://www.kpbs.org/news/2015/nov/17/entrepreneurs-pitch-sustainable-seafood-ideas/>

If these entrepreneurs truly "love the ocean," they'll leave the fish alone. Even so-called "sustainable" fish is tainted with mercury, PCBs, and other nasty chemicals, as well as saturated fat and cholesterol, which are in turn stored in the fat cells of human consumers. And the vaunted omega-3's can be more safely obtained from ground flax seeds, walnuts, or microalgae, which is where fish get it from in the first place.

F 11/20/15

E. Coli Bacteria Can Transfer Antibiotic Resistance To Other Bacteria

<http://www.kpbs.org/news/2015/nov/20/e-coli-bacteria-can-transfer-antibiotic/>

Humans addiction to and obsession with eating animal products not only leads to antibiotic resistance but also killer flu strains that originate in swine & poultry. Not to mention the increased heart disease, cancer, diabetes, and other ailments that result from consuming animal protein, saturated fat, and cholesterol. It's almost as if animals were wreaking karmic revenge on their tormentors.

F 11/20/15

FDA Says Genetically Modified Salmon Is Safe To Eat

<http://www.kpbs.org/news/2015/nov/19/fda-says-genetically-modified-salmon-is-safe-to/>

Why the fuss when NO fish is safe to eat? Even if fish flesh didn't contain mercury, PCBs, and other accumulated nasties, animal protein, saturated fat, and cholesterol are known health hazards. Even the beneficial omega-3s can be more safely obtained from ground flax seeds, walnuts, or microalgae, which is where fish get it from in the first place.

Sa 11/21/15

Premium, Young And Natural: The Turkey Labels We Cluck-Cluck Over

<http://www.kpbs.org/news/2015/nov/18/premium-young-and-natural-the-turkey-labels-we/>

The true definition of humane: Would you want it done to you or a loved one? Fattening up a captive bird in order to slit its throat solely for human culinary pleasure is never humane. If you care about animals, leave them off your plate.

Su 11/22/15

<http://www.npr.org/sections/thesalt/2015/11/18/456414257/premium-young-and-natural-the-turkey-labels-we-cluck-cluck-over>

The true definition of humane: Would you want it done to you or a loved one? Fattening up a captive bird in order to kill it solely for human culinary pleasure can never be humane, no matter how well the bird is treated before his or her death. If one cares at all for animals, they'll leave them off their plate.

Su 11/22/15

Don't Mess With My Stuffing: Thanksgiving's Most Hotly Debated Dish

<http://www.kpbs.org/news/2015/nov/22/dont-mess-with-my-stuffing-thanksgivings-most/>

<http://www.npr.org/sections/thesalt/2015/11/22/456824626/dont-mess-with-my-stuffing-thanksgivings-most-hotly-debated-dish>

How many people are aware that "in-the-bird" stuffing is cooked in the turkey's anal cavity? And that the bird itself is a decaying corpse? How can anything dead for days or weeks be called fresh?

Su 11/22/15

As Brazil's Largest City Struggles With Drought, Residents Are Leaving

<http://www.kpbs.org/news/2015/nov/22/as-brazils-largest-city-struggles-with-drought/>

<http://www.npr.org/sections/parallels/2015/11/22/455751848/as-brazils-largest-city-struggles-with-drought-residents-are-leaving>

So Sao Paulo's drought may be linked to deforestation. What the article fails to mention is that livestock production for foreign meat exports is the leading cause of deforestation. Cheap beef for meat-addicted global consumers is destroying the planet.

M 11/23/15

Turning Down The Heat When Cooking Meat May Reduce Cancer Risk

<http://www.kpbs.org/news/2015/nov/23/turning-down-the-heat-when-cooking-meat-may/>

<http://www.npr.org/sections/thesalt/2015/11/23/456654768/turning-down-the-heat-when-cooking-meat-may-reduce-cancer-risk>

Best solution: Ditch the meat! Millions of vegans live healthy, happy lives, never missing animal flesh. Rather than feeling deprived, they're on a culinary adventure discovering dozens of new, delicious, cancer-preventing fruits and veggies.

T 11/24/15

So Long, Turkey: 3 Ways To Spice Up Thanksgiving Without The Bird

<http://www.kpbs.org/news/2015/nov/23/so-long-turkey-3-ways-to-spice-up-thanksgiving/>

<http://www.npr.org/sections/thesalt/2015/11/23/456698512/so-long-turkey-3-ways-to-spice-up-thanksgiving-without-the-bird>

Turkeys, deer, and pigs encourage you to enjoy the stuffed pumpkin or some equally delectable vegan dish. Like you, they just want to live their lives and not be food on someone's plate.

M 11/30/15

Challenge For San Diegans: Waste Less Food This Holiday Season

<http://www.kpbs.org/news/2015/nov/30/nonprofit-challenges-san-dieggans-waste-less-food/>

On average, it takes about 16 pounds of plant food to produce 1 pound of meat. The rest goes to manure. If San Diegans are serious about reducing waste, they'll eat plant foods directly, bypassing the middle-cow/pig/chicken, leaving ample food for the hungry.

W 12/2/15

9 San Diego County Water Districts Miss Conservation Goals

<http://www.kpbs.org/news/2015/dec/01/9-san-diego-county-water-districts-miss-conservati/>

The larger issue is not the water used or wasted in local districts, but that used statewide. Per National Geographic, a person who eats no meat or dairy indirectly consumes nearly 600 gallons of water per day less than a person who does. Shockingly, a single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers! What's really needed is a statewide shift towards plant-based eating.

Su 12/6/15

How Chicago's Slaughterhouse Spectacles Paved The Way For Big Meat

<http://www.kpbs.org/news/2015/dec/03/how-chicagos-slaughterhouse-spectacles-paved-the/>

<http://www.npr.org/sections/thesalt/2015/12/03/458314767/how-chicago-s-slaughterhouse-spectacles-paved-the-way-for-big-meat>

In the late 1970s, I visited a small slaughterhouse in Wisconsin. With all the blood, guts, and screaming animals, it was horrific, like Dante's inferno. All the while, the workers (devils to the animals?) casually discussed the latest ball game or their kids' school play. Very surreal. But I considered it a necessary evil, since we needed animal products to be healthy. In the late 1990s, I came across an online article that said the opposite was true, that consuming animal products lead to heart disease, cancer, diabetes, etc. Seeing no reason for animals to continue to suffer and die solely for my culinary pleasure, I became an instant vegan. Best life decision I ever made. My only disappointment--most of the normally compassionate friends and family that I shared this info with continue to hurt (eat) animals.

Su 12/6/15

San Diego's Best New Restaurants 2015

<http://www.sandiegomagazine.com/San-Diego-Magazine/December-2015/San-Diegos-Best-New-Restaurants-2015/>

Café Gratitude: The new face of vegetarianism. "San Diego needs about 30 more healthy, meat-alternative concepts like this."

While there's not quite 30 (yet), here's a list of all 100% vegan eateries in San Diego County:

www.maxlearning.net/HEALTH/VeganDiego.pdf.

M 12/7/15

Climate Change Is Killing Us, Literally — And Here's How

<http://www.kpbs.org/news/2015/dec/07/climate-change-is-killing-us-literally-and-heres/>

<http://www.npr.org/sections/goatsandsoda/2015/12/07/458487877/climate-change-is-killing-us-literally-and-heres-how>

Rich countries are also the chief consumers of livestock and, depending on the study referenced, livestock production accounts for 18 to 51% of greenhouse gases. Even the lower figure is more than all forms of transportation (planes, trains, automobiles...) combined. The human misery imposed by climate change (along with heart disease, cancer, diabetes...) is karmic revenge for the misery humans impose on animals just because they "taste good."

Sa 12/12/15

Final Draft Of World Climate Agreement Goes To A Vote In Paris Saturday

<http://www.kpbs.org/news/2015/dec/12/final-draft-of-world-climate-agreement-goes-to-a/>

Depending on the study, livestock production accounts for 18 to 51% of greenhouse gases. Will the agreement mention this at all? Or will omnivorous delegates vote to protect their dietary addictions and livestock industries?

Sa 12/12/15

Nearly 200 Nations Adopt Climate Agreement At COP21 Talks In Paris

<http://www.npr.org/sections/thetwo-way/2015/12/12/459464621/final-draft-of-world-climate-agreement-goes-to-a-vote-in-paris-saturday>

Depending on the study, livestock production accounts for 18 to 51% of greenhouse gases, more than all planes, trains, and automobiles combined. Does the agreement mention this at all? Or did omnivorous delegates opt to protect their dietary addictions and livestock industries?

Su 12/13/15

2 Degrees, \$100 Billion: The World Climate Agreement, By The Numbers

<http://www.kpbs.org/news/2015/dec/12/2-degrees-100-billion-the-world-climate-agreement/>

<http://www.npr.org/sections/thetwo-way/2015/12/12/459502597/2-degrees-100-billion-the-world-climate-agreement-by-the-numbers>

Given this historic agreement, let's hope the participating national leaders have the courage to ask their constituencies to reduce or eliminate livestock consumption, which accounts for anywhere from 18 to 51% of greenhouse gas emissions, more than all transportation sectors combined.

Th 12/17/15

California Gets Mixed Grades For Drought Policy

<http://www.kpbs.org/news/2015/dec/16/california-gets-mixed-grades-drought-policy/>

Has the state done anything to curtail the export of 100 BILLION gallons of water per year in the form of alfalfa to feed China's expanding livestock herds?

Su 12/20/15

Kaiser Plans To Open New Medical School In Southern California

<http://www.kpbs.org/news/2015/dec/17/kaiser-plans-open-new-medical-school-southern-cali/>

Kaiser is one smart operator! Having advocated plant-based eating since 2013 as a way to reduce obesity, heart disease, and diabetes—and the resultant medication / surgical cost drain to their bottom line—they'll now be able to educate future medical personnel directly about the advantages of plant-centered diets. Here's the link to Kaiser's "The Plant-Based Diet-a healthier way to eat," a free, downloadable booklet: https://mydoctor.kaiserpermanente.org/ncal/Images/New%20Plant%20Based%20Booklet%201214_tcm28-781815.pdf

Su 12/20/15

Kaiser Permanente's New Medical School Will Focus On Teamwork

www.npr.org/sections/health-shots/2015/12/18/460291216/kaiser-permanentes-new-medical-school-to-focus-on-teamwork

Kaiser is one smart operator! Having advocated plant-based eating since 2013 as a way to reduce obesity, heart disease, and diabetes—and the resultant medication / surgical cost drain to Kaiser's bottom line—they'll now be able to educate future medical personnel directly about the advantages of plant-centered diets. Here's the link to Kaiser's "The Plant-Based Diet-a healthier way to eat," a free, downloadable booklet: https://mydoctor.kaiserpermanente.org/ncal/Images/New%20Plant%20Based%20Booklet%201214_tcm28-781815.pdf

W 12/23/15

Spaniards Snap Up Holiday Hams, Even After Cancer Warning

<http://www.kpbs.org/news/2015/dec/23/spaniards-snap-up-holiday-hams-even-after-cancer/>

<http://www.npr.org/sections/thesalt/2015/12/23/459240693/spaniards-snap-up-holiday-hams-even-after-cancer-warning>

Another example of human irrationality. The last line nails it: "...going out for a smoke." Babe the pig must be turning over in his (movie) grave for all the suffering inflicted on his brethren. But in the long run, they are getting karmic, cancerous, revenge against their tormentors.

W 12/23/15

California's Crab-Season Delay Claims Christmas

<http://www.kpbs.org/news/2015/dec/23/californias-crab-season-delay-claims-christmas/>

Why the fuss about a little neurotoxin in your seafood? Just a condiment to the mercury, PCBs. and other nasties that reside in it year round. Not to mention the high levels of saturated fat and cholesterol. I suspect the crabs are saying, "Just leave us alone, already!"

F 12/25/15

Why Miami Cubans Roast Christmas Pigs In A 'China Box'

<http://www.kpbs.org/news/2015/dec/24/why-miami-cubans-roast-christmas-pigs-in-a/>

<http://www.npr.org/sections/thesalt/2015/12/24/459976586/why-miami-cubans-roast-christmas-pigs-in-a-chinese-box>

"We put her in...when she's pretty much done...flip her over...Once that's done, pull her out and cut..." Chilling description if you acknowledge that "she" was a being with feelings, a family, and a personality who just wanted to live, not be food on someone's plate.

Su 12/27/15

If Doctors Learned To Cook, They Might Give Better Advice

<http://www.kpbs.org/news/2015/dec/26/if-doctors-learned-to-cook-they-might-give-better/>

<http://www.npr.org/sections/health-shots/2015/12/26/460803440/if-doctors-learned-to-cook-they-might-give-better-advice>

Better advice? How ironic that this article references one doctor (Weil), whose website pushes supplements and whose personal food pyramid includes daily servings of animal products, and another doctor (Gourmet/Harlan), whose holiday meal features pork loin, not a health food by most measures. In stark contrast are the growing legion of plant-based doctors (Barnard, Campbell, Esselstyn, Klapner, McDougall, Ornish, et. al.) whose research and clinical trials scientifically prove that heart disease, diabetes, obesity, and other lifestyle ailments can be reversed without surgery or medication. Smart HMOs, like Kaiser Permanente, are on board with plant-based diets, because it keeps their patients healthier and treatment costs down, which means greater profits for them.

M 1/4/16

Vegetables Likely To Take More Of Your Plate in 2016

<http://www.kpbs.org/news/2016/jan/03/vegetables-likely-to-take-more-of-your-plate-in/>

<http://www.npr.org/sections/thesalt/2016/01/01/461704287/vegetables-likely-to-take-more-of-your-plate-in-2016> (Reposted 1/7/16)

Regarding ethical treatment of animals, the only way to have "humane" production is to leave animals, and their secretions, off your plate. Perhaps surprisingly, egg and dairy animals suffer more than their meat-industry counterparts. After a few years of misery, they are killed for their meat anyway. The true definition of humane: Would you want it done to you or someone you love?

Th 1/7/16

New Dietary Guidelines Crack Down On Sugar. But Red Meat Gets A Pass

<http://www.kpbs.org/news/2016/jan/07/new-dietary-guidelines-crack-down-on-sugar-but/>

<http://www.npr.org/sections/thesalt/2016/01/07/462160303/new-dietary-guidelines-crack-down-on-sugar-but-red-meat-gets-a-pass>

Apparently the meat industry has more money and better lobbyists than the sugar industry. But the smart meat companies see the writing on the wall and are diversifying into plant-based proteins. From a health standpoint, there's no contest: Meat has zero fiber, high saturated fat, and high cholesterol; plants have loads of fiber, low saturated fat, and zero cholesterol. From an ethical standpoint, there's no reason to slaughter billions of animals each year solely to satisfy human taste buds.

W 1/13/16

More Hospitals Are Ditching Antibiotics In The Meat They Serve

<http://www.kpbs.org/news/2016/jan/12/more-hospitals-are-ditching-antibiotics-in-the/>

<http://www.npr.org/sections/thesalt/2016/01/12/462176257/more-hospitals-are-ditching-antibiotics-in-the-meat-they-serve>

Antibiotic-free or not, smart hospitals will ditch the meat (zero fiber, high cholesterol, high saturated fat) in favor of plant foods (zero cholesterol, high fiber, low saturated fat). Better health outcomes in patients reduce costs. Kaiser HMO recommends that its physicians advise their patients, especially those suffering from the most prevalent lifestyle ailments (obesity, diabetes, heart disease...), to follow a plant-based diet. Loma Linda University Medical Center, located in the only U.S. Blue Zone (worldwide regions where people regularly live healthy lives past 100 years), features a vegetarian cafeteria. The related Adventist Medical Center in Portland, Oregon, sports a 100% vegan eatery.

F 1/15/16

Warning Labels Might Help Parents Buy Fewer Sugary Drinks, Study Finds

<http://www.kpbs.org/news/2016/jan/14/warning-labels-might-help-parents-buy-fewer/>

<http://www.npr.org/sections/thesalt/2016/01/14/463061869/warning-labels-might-help-parents-buy-fewer-sugary-drinks-study-finds>

Excess sugar is no joke, but I wonder if warning labels will also work for meat. According to Dr. Michael Greger's new best-selling magnum opus, *How Not To Die*, "people who once ate vegetarian diets but then started to eat meat at least once a week experienced a 146 percent increase in odds of heart disease, a 152 percent increase in stroke, a 166 percent increase in diabetes, and a 231 percent increase in odds of weight gain."

F 1/15/16

Dispute Over Prayer Breaks Divides Muslim Meatpacking Workers

<http://www.kpbs.org/news/2016/jan/14/dispute-over-prayer-breaks-divides-muslim/>

<http://www.npr.org/sections/thesalt/2016/01/14/462825374/at-meatpacking-plant-a-dispute-over-muslim-workers-prayer-breaks>

This situation is abusive on at least two levels. First, immigrants are exploited in dangerous jobs (highest injury rate in the nation) that native-born Americans (wisely) refuse to fill. Second, innocent animals have their throats slit for nothing more than human taste buds. There is zero need in the diet for animal foods. Livestock gets all the nourishment they need from plants. So can humans, as millions of healthy vegans can attest.

F 1/15/16

Man Who Bludgeoned Seal Pup Sentenced

http://www.nbcsandiego.com/news/local/Man-Who-Bludgeoned-Seal-Pup-Sentenced-365334481.html?utm_source=Voice+of+San+Diego+Master+List&utm_campaign=2d3ee9dabf-Morning_Report&utm_medium=email&utm_term=0_c2357fd0a3-2d3ee9dabf-83871405&goal=0_c2357fd0a3-2d3ee9dabf-83871405

http://www.nbcsandiego.com/news/local/Man-Who-Bludgeoned-Seal-Pup-Sentenced-365334481.html?utm_source=Voice+of+San+Diego+Master+List&utm_campaign=2d3ee9dabf-Morning_Report&utm_medium=email&utm_term=0_c2357fd0a3-2d3ee9dabf-83871405&goal=0_c2357fd0a3-2d3ee9dabf-83871405

http://www.nbcsandiego.com/news/local/Man-Who-Bludgeoned-Seal-Pup-Sentenced-365334481.html?utm_source=Voice+of+San+Diego+Master+List&utm_campaign=2d3ee9dabf-Morning_Report&utm_medium=email&utm_term=0_c2357fd0a3-2d3ee9dabf-83871405&goal=0_c2357fd0a3-2d3ee9dabf-83871405

This man is clearly misguided. But what about all the chickens, pigs, cows, and fish killed / clubbed to death solely for human taste buds?

Sa 1/16/16

Most U.S. Egg Producers Are Now Choosing Cage-Free Houses

<http://www.kpbs.org/news/2016/jan/15/most-us-egg-producers-are-now-choosing-cage-free/>

<http://www.npr.org/sections/thesalt/2016/01/15/463190984/most-new-hen-houses-are-now-cage-free>

Cage-free is not cruelty-free. All male layer chicks (economically worthless since they don't lay eggs and, unlike broiler chicks, haven't been bred to grow fast enough for profitable meat production) are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Surviving female chicks have their beak tips sheared off with a hot blade, leading to pain and starvation and death in some cases. Cage-free hens still never see the light of day, and, when their productivity wanes, are shipped to the slaughterhouse to make chicken nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether. Even backyard chickens came from factory hatcheries.

Su 1/17/16: **Reply from: doug nunyabidness**

Do you a real viable source for all this? I find it hard to believe that the chickens are killed and ground up. And causing females to starve to death is not economical nor is it humane

F 1/21/16 :Try this to start: https://en.wikipedia.org/wiki/Chick_culling

F 1/22/16

Commentary: Humane Society Urges Action On Gestation Crates

<http://trtnj.com/commentary-humane-society-urges-action-on-gestation-crates/>

Gestation crates are a medieval horror, but crate-free is not cruelty-free. If you wouldn't hurt a dog or cat even one time, why would you hurt (by ordering one for dinner) a pig even one time? The only way to ensure animals don't suffer is to go vegan.

F 1/22/16

Norwegian cruise ships switching to 100 percent cage-free eggs by 2025

<http://www.sun-sentinel.com/business/tourism/fl-norwegian-cage-free-eggs-policy-20160119-story.html>

Cage-free is not cruelty-free. All male layer chicks, economically worthless since they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Cage-free hens still never see the light of day, and, when their productivity wanes, are shipped to the slaughterhouse to make chicken nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether. Even backyard chickens came from factory hatcheries.

F 1/22/16

ConAgra joins other companies in move toward using '100 percent cage-free eggs'

http://www.omaha.com/money/conagra-joins-other-companies-in-move-toward-using-percent-cage/article_80ef58b1-2986-524f-8b2c-2b7d22b42c47.html

Cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are

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shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether. Even most backyard chickens come from factory hatcheries.

F 1/22/16

Target Joins Growing List of Food Companies Committing To Cage-Free Eggs

<http://fortune.com/2016/01/20/target-cage-free-eggs/>

Cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether.

F 1/22/16

Taco John's Announces Timeline For Sourcing 100% Cage-Free Eggs

<https://www.tacojohns.com/company/newsroom/2016/january-2016/taco-johns-announces-timeline-for-sourcing-100-cage-free-eggs/>

Cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts altogether.

T 1/16/16

When A Chicken Farm Moves Next Door, Odor May Not Be The Only Problem

<http://www.kpbs.org/news/2016/jan/24/when-a-chicken-farm-moves-next-door-odor-may-not/>

<http://www.npr.org/sections/thesalt/2016/01/24/463976110/when-a-chicken-farm-moves-next-door-odor-may-not-be-the-only-problem>

If it's unbearable for the neighbors, imagine what it's like for chickens surrounded 24/7 by feces and rotting carcasses, not to mention the workers who must tend to them. Not only does the ammonia-filled air burn eyes and lungs, the putrid living conditions lead to disease and contamination. Consumer Reports found that over 95% of store-bought chicken contained harmful bacteria. And cooking it was no solution as most disease spread occurred from surfaces contaminated by raw meat. The safest course is to ditch meat altogether and embrace the wholesome, cruelty-free lifestyle enjoyed by millions of healthy, happy vegans.

F 1/29/16

Bob Evans vows to use cage-free eggs by 2025

<http://www.toledoblade.com/business/2016/01/28/Bob-Evans-vows-to-use-cage-free-eggs-by-2025.html>

It's important to remember that cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating egg products altogether.

F 1/29/16

White Castle to Transition 100% of Egg Supply to Cage-Free

<http://www.prnewswire.com/news-releases/white-castle-to-transition-100-of-egg-supply-to-cage-free-300212125.html>

Cage-free is not cruelty-free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating egg products altogether. Plenty of plant-based substitutes exist.

F 1/29/16

What You Need to Know About the Corporate Shift to Cage-Free Eggs

<http://civileats.com/2016/01/28/what-you-need-to-know-about-the-corporate-shift-to-cage-free-eggs/>

As Paul Shapiro affirms, cage-free isn't cruelty free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating egg products altogether. Plenty of plant-based substitutes exist, especially for processed foods.

M 2/1/16

A Diet High In Fiber May Help Protect Against Breast Cancer

<http://www.kpbs.org/news/2016/feb/01/a-diet-high-in-fiber-may-help-protect-against/>

<http://www.npr.org/sections/thesalt/2016/02/01/464854395/a-diet-high-in-fiber-may-help-protect-against-breast-cancer>

Animal products (meat, fish, dairy, eggs) contain ZERO fiber. A stomach can hold only so much food, and fiber is very filling. Bottom line: Ditch animal products in favor of whole, plant-based foods.

T 2/2/16

Crazy For Jerky: An Ancient Trail Food Finds New Fans

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<http://www.kpbs.org/news/2016/feb/01/crazy-for-jerky-an-ancient-trail-food-finds-new/>

<http://www.npr.org/sections/thesalt/2016/02/01/463954925/crazy-for-jerky-an-ancient-trail-food-finds-new-fans>

The International Agency for Research on Cancer recently classified processed meat (salted, cured, smoked) as a carcinogen. As an alternative, animals worldwide recommend vegan jerky.

W 2/3/16

Response from twells: "Plants have many natural carcinogens and toxins, owing to their use as deterrents for insects. Saying animal products are carcinogenic while implying plants products are not is not intellectually honest."

My reply: "If you'll please point me to the edible plants that the International Agency for Research on Cancer classifies as carcinogens, I'll gladly avoid them."

F 2/5/16

Sickly Sea Lion Pup Rescued From The Marine Room

<http://www.kpbs.org/news/2016/feb/04/sickly-sea-lion-pup-rescued-marine-room/>

Kudos to SeaWorld for its rescue & rehab efforts. When they ultimately decide to return their woeful collection of imprisoned-for-entertainment-profit animals to their natural habitats, they'll have my full support.

Reply from simondgreat

I don't seem to see PETA ever come to the rescue of sea lions. What gives?....I'm sure they're waiting in line for your support. How bout you try helping out few of this sea pups for yourself on your own time and dime. I didn't think so. How do you think they make the money to come rescue the these sea lions?

My reply: Based on pressure from PETA and other animal rights organizations, the European Union banned seal products in 2010, preventing hundreds of thousands of baby Canadian seals from being clubbed to death. Huge results compared to the 47 marine mammals SeaWorld San Diego rescued this year and the 1,057 rescued last year. How much did SeaWorld spend on these rescues? A pittance compared to the profits they rake in from exploiting their captive seals, dolphins, and orcas. How about this for a compromise? SeaWorld forms a separate non-profit rescue and rehab organization, to which I'll gladly contribute.

T 2/9/16

Record \$300 Million Net Loss For McDonald's In Japan As Sales Drop

<http://www.kpbs.org/news/2016/feb/09/record-300-million-net-loss-for-mcdonalds-in/>

<http://www.npr.org/sections/thetwo-way/2016/02/09/466128137/record-300-million-net-loss-for-mcdonald-s-in-japan-as-sales-drop>

Could it also be that the Japanese people are wising up to the fact that even worse than out-of-date meat and bits of vinyl are the deleterious effects of animal proteins loaded with saturated fat and high cholesterol with absolutely zero fiber?

W 2/10/16 Reply on KPBS from Richard Hylton (ditto in next post about fish farming)

Full disclosure may add to the credibility of your posts. Are you employed by, or have an interest in, a company that is iis in the dietary-fiber business? I ask because the word "fiber" is always prominent in your posts.

My response

Thanks for asking, Richard. I'm a retired computer/business college teacher and a vegan health enthusiast who believes that killing animals merely to satisfy human taste buds is morally wrong. For 2/3s of my life, I accepted industry/government arguments that we needed animal products to be healthy. When I learned the opposite was true, I became an overnight vegan. I wish someone had shared the truth with me years earlier, which is what I attempt to do in these posts for others who've also been misled. Regarding fiber, it should be obtained from whole plant-based foods, not supplements. Few people realize that animal products (meat, egg, fish, dairy...) have zero fiber, which is essential to our digestive health.

T 2/9/16

Gulf Of Mexico Open For Fish-Farming Business

<http://www.kpbs.org/news/2016/feb/08/gulf-of-mexico-open-for-fish-farming-business/>

<http://www.npr.org/sections/thesalt/2016/02/08/466036407/u-s-opens-gulf-of-mexico-to-aquaculture>

The irony of the many downsides of fish farming is that fish itself is far from being a health food. With nearly as much saturated fat and cholesterol as land-based animal proteins, and absolutely zero fiber, fish flesh is often laden with noxious substances such as mercury & PCBs. Even the much touted omega-3s can be more safely obtained from ground flax seeds, walnuts, or microalgae, which is where fish acquire it from in the first place.

F 2/19/16

Beyond Pizza And French Fries: Museums Eye More Healthful Menus

<http://www.kpbs.org/news/2016/feb/18/beyond-pizza-and-french-fries-museums-eye-more/>

<http://www.npr.org/sections/thesalt/2016/02/18/466384938/beyond-pizza-and-french-fries-museums-eye-more-healthful-menus>

Kudos to these museums for attempting to move stubborn humans to embrace healthier fare. Given the improved medical profiles of captive animals on leafy greens diets, it's amazing how many people decline to eat in their own self interest. Incredibly, most prefer pills, stents, and insulin shots.

F 2/19/16

Cage-Free Taking Over Breakfast Menus Everywhere, Including at IHOP

<http://blog.humanesociety.org/wayne/2016/02/ihop-applebees-to-go-cage-free.html>

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As Wayne rightly acknowledges, cage-free isn't cruelty free. Male layer chicks, economically worthless as they don't lay eggs, are ground up or suffocated at birth, to the tune of 250 million per year in the U.S. Most cage-free hens still never see the light of day, until their productivity wanes and they are shipped to the slaughterhouse to make nuggets and pot pies. The only way to eliminate these standard industry cruelties is to stop eating egg products altogether. Plenty of plant-based substitutes exist, especially for processed foods.

F 2/19/16

The Elephant-Sized Subsidy in the Race

<http://www.nationalreview.com/article/431453/end-farm-subsidies-now>

I have my differences with HSUS's reluctance to promote the message that if animals deserve moral consideration, people shouldn't be eating them. In terms of their ability to suffer, cows and chickens are no different than dogs or cats. Eating animal products is totally unnecessary as millions of healthy, happy vegans will attest. But in this case, I couldn't agree more with Shapiro about farm subsidies. It's one thing to provide them to small individual farmers. It's obscene to use them to support massive corporate farms.

Th 2/25/16

San Diego Receives Dogs Rescued From Korean Dog Meat Farm

<http://www.kpbs.org/news/2016/feb/24/san-diego-receives-dogs-rescued-korean-dog-meat-fa/>

Kudos for rescuing these Korean dogs! Now to be fair, perhaps the Humane Society International should rescue an equal number of American cows living in filthy conditions, suffering from untreated diseases, subjected to daily cruelty by callous hired hands, and destined for the slaughterhouse merely to satisfy American taste buds.

Sa 2/27/16

Eat Less Meat, We're Told. But Americans' Habits Are Slow To Change

<http://www.kpbs.org/news/2016/feb/26/eat-less-meat-were-told-but-americans-habits-are/>

<http://www.npr.org/sections/thesalt/2016/02/26/465431695/eat-less-meat-were-told-but-americans-habits-are-slow-to-change>

The "bottom line" that most Americans don't consider is that if so-called "food" animals are as uniquely individual and able to feel pain as household pets, people shouldn't be eating them or their secretions (eggs, milk) in the first place. There is absolutely no need to consume animal products, as millions of vibrant, healthy vegans can attest. All animals want to live; none wants to be food on a plate.

Su 2/27/16 response from Richard Hylton on KPBS:

You can't be serious. No medical doctor or self-respecting quack supports or would support your position. Are you Dr. Dolittle or do you just know little?

My reply: (M 2/28/16 reposted again to KPBS with note to moderator about hyperlinks)

Hi Richard. Here are three doctors (with Wikipedia links) who've performed research conclusively supporting 100% plant-based eating, along with the largest HMO in the country, Kaiser, which knows that vegan diets reduce medical costs. Let know if you'd like me to list more.

* T. Colin Campbell, The China Study, https://en.wikipedia.org/wiki/T._Colin_Campbell

* Caldwell Esselstyn, Prevent and Reverse Heart Disease, https://en.wikipedia.org/wiki/Caldwell_Esselstyn

* Neal Barnard, Reversing Diabetes, https://en.wikipedia.org/wiki/Neal_D._Barnard

* Kaiser Permanente, The Plant-Based Diet, <http://share.kaiserpermanente.org/wp-content/uploads/2015/10/The-Plant-Based-Diet-booklet.pdf>

My post to NPR: Same as above without "Hi Richard." or "Let me know..."

M 2/28/16 Reposted with query to moderator: Hi Richard Hylton. I posted this yesterday as a reply to you, but the moderator may have blocked it. So I'll try again. (To the moderator: Is it the hyperlinks?)

Moderator reply: When a comment has hyperlinks we have to review it before it gets posted. -Brooke Ruth, KPBS web producer

M 2/28/16 NPR response from The Pooch

If you call observational studies, based on self-reported food intake surveys, riddled with hundreds of confounding variables, and conducted by scientists with a vegan axe to grind "conclusive," then sure!

The China Study debunked: <http://rawfoodsos.com/2010/07/...>

Meanwhile, none of the hypotheses from these observational studies have been demonstrated in experimental trials. The experimental trials on diet, with human subjects, generally support a low(er) carbohydrate, high(er) fat diet than current recommendations.

My response (didn't appear, so reposted T 3/1/16):

Hi The Pooch: The China Study, often dubbed the gold standard of epidemiological studies, was debated years ago by Dr. Campbell and Denise Minger, whose site you referenced. She's a self-described former vegan English major, not a doctor, scientist, or nutritionist. The other two doctors, Esselstyn & Barnard, conducted rigorous clinical studies, not surveys, that proved plant-based eating actually reversed heart disease and diabetes. Most tellingly, if plant-based diets didn't reduce their health costs, Kaiser wouldn't be urging its 17,000-physician network to recommend them. The problem is, most of these doctors don't follow such diets, and, like doctors who smoked in the 1960s, it's tough to advise a patient to do what you yourself don't practice.

M 2/28/16 KPBS responses:

Li Tempo to Richard Hylton: The only protein that Jack Lalane ate during his long lifetime was wild salmon and egg whites. Weinberg certainly has a case.

Richard Hylton to Li Tempo: With respect to eating meat, undoubtedly; but Jack Lalanne would disagree with regard to their "secretions" (eggs) and fish (animals.) Finally; female mammals who have recently given birth, produce milk, a secretion, for a health-promoting reason. Weinberg's case is, at best, weak.

My reply: Hi Richard. I'll omit the hyperlinks, but human breast milk (7% protein) is optimized for human babies while cow's milk (26% protein) is designed to grow a baby calf into a 1000 lb cow in a year or two. No species other than humans drinks milk past childhood, and only humans drink milks of other species. Regarding eggs, their contribution to atherosclerosis is equivalent to smoking cigarettes. And fish, with their high cholesterol, saturated fat, mercury, PCBs, etc. and zero fiber, are not a health food.

M 2/29/16

Herring Headache: The Big Obstacles To Eating Small Fish In California

<http://www.kpbs.org/news/2016/feb/29/herring-headache-the-big-obstacles-to-eating/>

<http://www.npr.org/sections/thesalt/2016/02/29/467954091/herring-headache-the-big-obstacles-to-eating-small-fish-in-california>

With nearly as much cholesterol and saturated fat as land-based meats, as well as absolutely zero fiber, fish is not a health food. Not to mention all the nasty chemicals in seawater that fish ingest and store in their fat cells. The article itself ironically states, "herring are especially healthy to eat, since they contain low mercury levels...." The optimal amount of mercury, a deadly nerve toxin, in a healthy diet is zero.

M 2/29/16 response from The Pooch:

Neither saturated fat nor cholesterol has ever been demonstrated to cause any health problems. Cold-water, oily fish are one of the most nutrient-dense foods that one can eat. You will never get to a perfectly "zero" mercury or zero toxin diet, because there are small amounts of mercury and other toxins in everything, land and sea. Even plants can absorb and store "nasty chemicals" from the soil. We have to eat something. The nutritional value of fish far outweighs the potential harm. No fiber? Put the herring on top of a salad. Problem solved.

T 3/1/16 my reply:

Saturated fat stimulates the liver to boost cholesterol. If high cholesterol wasn't a health problem, doctors wouldn't be prescribing statin drugs, with all their side effects, to millions of Americans. Here's a short science-based video that debunks the industry-sponsored "eggs & butter are good for you" research: The Saturated Fat Studies: Set Up to Fail <http://nutritionfacts.org/video/the-saturated-fat-studies-set-up-to-fail/>. The food industry has taken a page from the tobacco industry's pseudoscience playbook on how to sow confusion and doubt so that people keep consuming their products.

The Pooch:

Saturated fat consumption does raise total cholesterol and LDL cholesterol, but both of these are terrible predictors of heart disease. Saturated fat also raises HDL cholesterol (a good thing), and shifts LDL particles towards the less harmful size distribution (also a good thing). Both HDL cholesterol and LDL particle size are better predictors of heart disease. The net impact of saturated fat consumption on blood lipid profiles is neutral to beneficial.

Recent large meta-analyses that have failed to find any connection between saturated fat consumption and actual heart disease:

<http://www.ncbi.nlm.nih.gov/pu...>

<http://www.ncbi.nlm.nih.gov/pu...>

Randomized clinical trials, with actual human subjects, in which a high(er) fat, low(er) carb diet produces improvements in blood lipid profiles, as well as weight loss and better blood sugar control, compared to those eating a low fat or standard dietary advice:

<http://www.ncbi.nlm.nih.gov/pu...>

<http://www.ncbi.nlm.nih.gov/pu...>

<http://www.ncbi.nlm.nih.gov/pu...>

You seem quick to blame the "food industry" for pushing butter and eggs (which have been consumed since forever, long before there was a food industry), but you seem quite accepting of the pharmaceutical industry for pushing statins. If medical research is vulnerable to lobbying from the food industry, wouldn't it also be vulnerable to lobbying from the pharmaceutical industry?

My reply:

The pharmaceutical industry is just as manipulative as the food industry, so I have no love for them or statins, which are an easy out for people who want to maintain their current artery-clogging eating habits. I read the abstracts of each of the studies you referenced. I assume you watched the video I referenced, which showed how data results can be manipulated and misleading. It's true that any dietary-pattern change can produce weight loss, and that Atkins-type diets can do so quickly, but at what long-term health cost and for how long? The problem with most of the studies is that "low fat" is often defined as 30% of calories and "high fat" as more than 30%, so it's no wonder that no advantages to "low fat" are found. True low-fat diets, in the 10% range, have been clinically proven (Ornish, Esselstyn, Barnard) to unclog arteries and reverse diabetes without medication. Kaiser Permanente, the largest HMO in the country, has seen the light. It recommends that its 17,000+ physician network prescribe whole-food, plant-based diets to all their patients.

Th 3/17/16

San Diego Company Recalls More Than 31,500 Cans Of Tuna

<http://www.kpbs.org/news/2016/mar/16/san-diego-company-recalls-more-than-31500-cans-of/>

Perhaps a recall of ALL cans of tuna is in order. Consumer Reports advises pregnant & breastfeeding women to stop eating tuna to avoid harm to their offspring from mercury. Even if tuna didn't contain mercury, PCBs, and other accumulated nasties, animal protein, saturated fat, and cholesterol are known health hazards. Even the beneficial omega-3s can be more safely obtained from ground flax seeds, walnuts, or microalgae, which is where fish get it from in the first place.

Sa 3/26/16

San Diego Vegans Facebook-Native Foods Survey / Patronizing ONLY vegan eateries

https://www.facebook.com/groups/sdvegans/permalink/10154245386651412/?comment_id=10154245561321412¬if_t=group_comment_mention

Gabe Hosler-Lancaster: I have a genuine question for the group. In regards to this Native Foods survey, let's be clear I don't want them to add animal products. However, I'm curious. How many of you ONLY patronize Vegan restaurants vs. how many patronize Omni establishments and order Vegan items? I guess I'm just curious (as absolutely bummed as I would be for them to add animal products) I'd still love their Reuben so of those of you who say you'd never go there ever again, how would they be different than the places you patronize that sell animal products and you order vegan options? Unless of course you ONLY patronize vegan restaurants which I'm curious who does just that.

My reply:

Hi Gabe Hosler-Lancaster. I'm relieved that Native Foods quickly backed away from adding animal products--apparently, swift vegan backlash saved the day! In response to your original query, I am the only vegan I know of, for certain, who strictly patronizes ONLY vegan eateries. There are several practical reasons why: no worries or questions about hidden animal ingredients, no mix-ups of being inadvertently served animal foods, no cross-contamination of utensils and cooking surfaces, especially from animal grease that permeates kitchen air, omnivorous companions will choose & enjoy vegan options, vegan owners need our help to stay in business. But the core reason for me was emotional. About 19 years ago, I went vegan, literally overnight. My only regret was that I was already in my mid 40s when I (finally) learned that I didn't need animal products to be healthy, in fact the opposite was true. I wasn't a stereotypical "animal lover," but I couldn't justify animals suffering and dying solely for my eating pleasure. But it wasn't until about 3 years ago that I decided to avoid vegetarian and "veg-friendly" eateries, which I had begun to see for what they truly were: sanitized extensions of the slaughterhouse. I could no longer handle the cognitive dissonance (simultaneously holding contradictory thoughts) of my normally kind and compassionate omnivorous companions blithely chowing down on animal corpses and secretions, especially those who'd heard the vegan message from me several times. It dawned on me that I wouldn't attend a dog, cock, or bullfight, where people entertain themselves by watching animals get hurt, so why would I attend an event where people entertain themselves by actually hurting (eating) animals? It's been a lonely decision, and while I make it a point not to boycott social functions (family gatherings, parties, weddings, etc.), I do avoid the animal-sacrifice portions by taking a walk or dining at a nearby vegan eatery then returning to the event. In order to promote and protect my vegan-eatery options, I maintain the VeganDiego! calendar / list of all 100% vegan entities in San Diego County. If you're interested, you can like and follow it at www.facebook.com/vegandiego. Thanks for your question. Take care, Mike

T 3/29/16

Saudi Land Purchases Fuel Debate Over US Water Rights

<http://www.kpbs.org/news/2016/mar/28/saudi-land-purchases-fuel-debate-over-us-water-rig/>

Does it really matter who owns and farms the land when California farmers themselves export a hundred billion gallons of water per year in the form of alfalfa to feed China's livestock? The bigger issue is human consumption of water-intensive livestock products: producing a gallon of milk requires 880 gallons of water, a pound of beef about 2500 gallons. Neither dairy nor meat is necessary for survival. On the contrary, consumption of animal products leads to a host of ailments from heart disease and diabetes to cancer. Save our water and your own health: Go vegan!

W 3/30/16

Why Whole Foods Wants A Slower-Growing Chicken

<http://www.kpbs.org/news/2016/mar/30/why-whole-foods-wants-a-slower-growing-chicken/>

<http://www.npr.org/sections/thesalt/2016/03/30/472167748/why-whole-foods-wants-a-slower-growing-chicken>

Chickens are intelligent creatures with individual personalities like any dog or cat. Slow growing or fast, if you don't want chickens to suffer, you'll leave them off your plate.

Twells: Calling chickens intelligent is a stretch.

My reply:

Not according to modern science. For example, chickens demonstrate complex skills such as self control, basic arithmetic, physics, and geometry. They are creative and able to solve novel challenges. They have 30+ vocal calls and can recognize and remember up to 100 individuals, including their social status (pecking order). Mothers teach chicks life skills and modify instructions based on learning progress. Chickens form long-term memories and can anticipate future events. Like dogs or cats, they form strong interspecies bonds and can express emotions like grief, fear, enthusiasm, anxiety, frustration, friendship, and boredom. According to Scientific American, chickens possess communication skills on par with some primates. I'd provide you with links, but they'd have to be vetted by the moderator, so a simple search for "are chickens intelligent" will verify these facts. The same goes for fish and other animals that humans unnecessarily eat.

F 4/8/16

A Global Alarm About Diabetes — And Don't Blame It All On Fast Food

<http://www.kpbs.org/news/2016/apr/07/a-global-alarm-about-diabetes-and-dont-blame-it/>

<http://www.npr.org/sections/goatsandsoda/2016/04/07/473406951/a-global-alarm-about-diabetes-and-dont-blame-it-all-on-fast-food>

Further evidence that fat, not sugar (unless it leads to weight gain), causes diabetes. Like gum in a lock blocking a key, fat blocks insulin from inserting energy-giving glucose into cells. The resultant high blood sugar then damages the vessels that feed nerves, leading to pain, blindness, and amputation. Fortunately, a whole-foods, plant-based diet has been clinically proven to reverse diabetes and eliminate the need for daily insulin injections.

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 66 of 156

T 4/26/16

For Earth Day, Report Has News To Ease A Meat-Lover's Conscience

<http://www.kpbs.org/news/2016/apr/22/for-earth-day-report-has-news-to-ease-a-meat/>

<http://www.npr.org/sections/thesalt/2016/04/22/475293342/you-don-t-have-to-ditch-burgers-altogether-to-eat-a-planet-friendly-diet>

The very title of this article accurately implies that meat lovers have something to feel guilty about. Devastating environmental impacts aside, humans have zero nutritional need to consume animal products. In fact, the opposite is true. The only reason that billions of food animals, each with a personality and a desire to live, are bred and killed annually is that they "taste good." However, without the addition of plant-based spices and sauces, meat is bland. If reducing animal consumption is a good thing, eliminating it altogether in favor of a delicious, nutritious, whole-food, plant-based diet is even better.

T 5/3/16

Cyclist Teaches Kids To Use Fun To Prevent Type 2 Diabetes

<http://www.kpbs.org/news/2016/may/03/cyclist-teaches-kids-to-use-fun-to-prevent-type-2/>

<http://www.npr.org/sections/health-shots/2016/05/03/476495319/cyclist-teaches-kids-to-use-fun-to-prevent-type-2-diabetes>

Bicycling or any exercise that leads to weight loss is vital, a further indication that fat, not sugar (unless it leads to weight gain), causes diabetes. Like gum in a lock blocking a key, fat blocks insulin from inserting energy-giving glucose into cells. The resultant high blood sugar then damages the vessels that feed nerves, leading to pain, blindness, and amputation. Fortunately, a low-fat, whole-foods, plant-based diet has been clinically proven to keep weight off long term and reverse diabetes, eliminating the need for daily insulin injections.

M 5/16/16

San Diego Oceanographer, 98, Spurs Research Proving Climate Change Makes Days Longer

<http://www.kpbs.org/news/2016/may/16/climate-change-making-days-earth-longer/>

Fascinating research! What encourages me is that more and more sources are documenting that meat consumption and animal agriculture are leading contributors to climate change. In fact, the Worldwatch Institute has calculated that livestock production (growing the grain, raising the animals, transporting the meat) accounts for up to 51% of greenhouse gas emissions. If true, there is no greater impact an individual can have on climate change than reducing or eliminating meat consumption.

F 6/11/16

Beyond Bison Burgers: Around Yellowstone, The National Mammal Is Local Cuisine

<http://www.kpbs.org/news/national/?page=7>

<http://www.npr.org/sections/thesalt/2016/06/09/481290445/beyond-bison-burgers-around-yellowstone-the-national-mammal-is-local-cuisine>

The teaser for this article stated: "It's not hard to find this shaggy beast's meat on menus. (Don't worry: It's all farm-raised.)" Wonder what the "farm-raised" bison thought of this cavalier statement. The article goes on to state: "At our safe and respectful distance, my family stood quietly in awe." It's the height of hypocrisy (and cognitive dissonance) to respect one bison and eat another. While the circle of life necessarily exists in nature, no sentient being wants to be food on the plate of a human who has absolutely no nutritional need to eat animal products.

Sa 6/18/16

Compassion Drove Dad To The Salad Bar — That, And Fear Of Alien Abduction

<http://www.kpbs.org/news/2016/jun/18/compassion-drove-dad-to-the-salad-bar-that-and/>

<http://www.npr.org/sections/thesalt/2016/06/18/481264569/compassion-drove-dad-to-the-salad-bar-that-and-fear-of-alien-abduction>

So sad that humans, with absolutely no nutritional need for animal products, will go to such lengths to justify eating sentient beings because "they taste good." It obviously made Chen "incredibly happy" to see her father nibble on pork, because it reaffirmed her own food choices. But there's little doubt what the unfortunate pig thought about it--no animal wants to be food on a plate.

M 6/20/16 Reply from twells (via KPBS)

Every animal on this planet survives by ingesting other organisms. That is a fact of nature. Our biological evolution puts us in the omnivore category, which means our systems were evolved to ingest almost everything (although we are not very efficient at digesting heavy cellulose material). Can we survive without eating animal proteins? I think your lifestyle has proven that. But just because you choose to live that lifestyle doesn't mean that I have to deny what I think is best nutritionally for me.

Hi twells

Thanks for your thoughtful post. But debates about herbivore vs. omnivore seem less relevant when you learn that herbivorous cows are fed fish meal, rendered pet & livestock remains, as well as poultry litter & feathers. Certainly humans in the past were opportunistic eaters and had to survive on whatever food was available. But in modern society, there is no necessity to consume animal products. For me, it's a matter of aligning my actions with my ethics. I wouldn't hurt or kill a dog or a cat, so why would I pay someone to hurt & kill other animals for me to eat? For those concerned about missing nutrients, appropriately-planned vegan diets in all life stages, from pregnancy to infancy to athletics, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest organization of food and nutritional professionals.

Su 7/17/16

Horse Races Return To Del Mar Racetrack

<http://www.kpbs.org/news/2016/jul/15/horse-races-return-to-del-mar-racetrack/>

Hats, celebrities, gambling, prizes! While exciting for humans, it's tough to see how the horses can be having a good time. Friday's opening day festivities included the broken leg and subsequent euthanasia of thoroughbred Presidential Air. According to Jane Cartmill of San Diego Animal Advocates, a horse will die on average every third day at Del Mar. And over 10,000 will be slaughtered annually because of this so-called sport. Portrayed as glamorous by those who stand to profit, horseracing is an incredibly ugly business. Horses are run too young, too long, and too hard before their bones are fully developed. Drugged in order to mask injuries, in time they wind up in the horror of the slaughterhouse on their way to overseas dinner plates. It's doubtful that even one of the 40,000 opening-day attendees would personally harm an animal, yet somehow they justify supporting an industry that does.

Sa 7/23/16

Endangered Earth newsletter feedback

Email message: I was disappointed to not see a single word in the Endangered Earth Summer 2016 issue about the devastating impacts of animal-product consumption. I applaud the Center for Biological Diversity **Error! Hyperlink reference not valid.** for being one of the few so-called "environmental" organizations to address this issue with its peripheral "Take Extinction Off Your Plate" program **Error! Hyperlink reference not valid.** And I've doubled my annual contribution for the last three years because of it. But it appears that to shield your likely majority meat-eating donor base from uncomfortable truths that might require action on their parts, it's rarely discussed and rather hidden away.

Su 7/24/16

Sadness, thrills run neck-and-neck at Del Mar

<http://www.sandiegouniontribune.com/news/2016/jul/23/del-mar-california-chrome-horse-deaths/>

Hats, celebrities, gambling! While thrilling for humans, it's tough to see how the horses can be having a good time. On average, a horse dies every two days at Del Mar. And over 10,000 will be slaughtered annually because of this so-called sport. Portrayed as glamorous by those who stand to profit, horseracing is an incredibly ugly business. Horses are run too young, too long, and too hard before their bones are fully developed. Drugged in order to mask injuries, in time they wind up in the horror of the slaughterhouse on their way to overseas dinner plates. And even if none of these evils befall a few lucky horses, if they "live" to run, why must they be whipped to run faster by those who claim to "love" them? It's doubtful that even one of the thousands of racegoers would personally harm an animal, yet somehow they justify supporting an industry that does. Today's racehorses should be sent to sanctuaries, where they can run free as they live out their lives.

T 8/2/16

This Spanish Farm Makes Foie Gras Without Force-Feeding

<http://www.kpbs.org/news/2016/aug/01/this-spanish-farm-makes-foie-gras-without-force/>

<http://www.npr.org/sections/thesalt/2016/08/01/487088946/this-spanish-farm-makes-foie-gras-without-force-feeding>

"Sousa calls out to his approximately 2,000 geese as if they were children." Of course, they all are or have been children, with parents & siblings. Many species mate for life and the death of a fellow goose provokes behavior remarkably similar to human grief. Nor matter how well parents/farmers treat their children/animals, the ultimate betrayal is to "sacrifice" them for culinary pleasure or any other reason. Instead of the author waxing poetic about the taste of Sousa's "smooth and rich" foie gras with "hints of all the wild herbs, olives and fruits the geese have eaten," why not practice some ethics, let the geese live out their lives, and eat the herbs, olives, and fruits directly without first passing them through a bird's digestive tract?

- KPBS reply from Richard Hylton: Mike, there are few inhabitants to be found on your island. Is it lonely there?

- My reply: Hi Richard. Frankly, yes, it can be lonely, although the vegan population is growing every year as formerly committed omnivores discover they don't need animal products to be healthy (in fact the opposite is true) and can no longer justify animals suffering and dying solely because they "taste good."

- NPR reply from The Pooch: We don't get the same nutrition by eating the herbs, olives, and fruits directly compared to eating the meat and organs of herbivores. Herbivores have the physiology and gut bacteria to convert plant compounds into all required nutrients, as omnivores we don't have the same physiology/gut bacteria.

- My reply: Hi Pooch. Appropriately-planned vegan diets in all life stages, from pregnancy to athletics to old age, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest organization of food and nutritional professionals. It is true that vegans (as well as many omnivores) require tiny amounts of supplemental B12 (in fortified foods or pill form), which is produced not by animals but by bacteria in the soil they ingest. Ironically, the relatively clean food fed to modern livestock must also be supplemented with B12. To further cloud the issue, many herbivorous cows are fed all sorts of animal products, including fish meal, poultry feathers/waste, rendered carcasses of diseased animals, road kill, and euthanized dogs & cats. As humans can not only survive but thrive on 100% plant-based diets, the only ethical choice for a caring person is to stop eating animals and their secretions. Fortunately, instead of deprivation, vegan eating opens up a whole new world of culinary adventure!

M 8/8/16

HappyCow Two Vegan Sistas

<https://www.happycow.net/reviews/two-vegan-sistas-memphis-37157>

In response to my August 2014 post about bee products, which they subsequently dropped from the menu.

- mmuqtasid: I'm vegan and do not understand why the exclusion by some of bee products. The bee is an insect, not being killed maybe a little mistreated by harvesting it's food supply. When you eat a plant based diet you consume countless insects, byproducts of insects etc. So I just don't see it. Therefore, honey is okay in my food.

- My reply: Hello mmuqtasid. If you're interested in learning why honey is NOT vegan, check out <http://www.vegetus.org/honey/honey.htm>. By definition, a vegan avoids animal products whenever possible, and honey is easily avoided. Those who can't resist bee products have taken to calling themselves "beegan." Best, Mike

Th 8/11/16

Working 'The Chain,' Slaughterhouse Workers Face Lifelong Injuries

<http://www.kpbs.org/news/2016/aug/11/working-the-chain-slaughterhouse-workers-face/>

<http://www.npr.org/sections/thesalt/2016/08/11/489468205/working-the-chain-slaughterhouse-workers-face-lifelong-injuries>

Per the article, today's average American "eats about 200 pounds of meat a year." In the 1950s, Americans ate about 60 lbs/yr less. Since then, our population has doubled. Hence the enormous demand for cheap meat and the resultant pressures on slaughterhouse workers. If Americans replaced meat products with fruits, vegetables, grains, and legumes, the population would not only be healthier and the environment spared, slaughterhouse workers could transition to jobs processing and packing produce instead of killing and handling animal carcasses. Also in the article, a worker advocacy spokesperson states, "They are treating us like animals." I've been to a slaughterhouse and nothing could be further from the truth. Handling is brutal, right up to the point that the animals' throats are slit.

M 8/15/16

Fishing And Foraging: How To Catch Your Seafood, Ethically

<http://www.kpbs.org/news/2016/aug/15/fishing-and-foraging-how-to-catch-your-seafood/>

<http://www.npr.org/sections/thesalt/2016/08/15/489178305/fishing-and-foraging-how-to-catch-your-seafood-ethically>

While the author's approach to harvesting seafood may be less damaging to the ecosystem than commercial methods, there is no way that it could meet the demand, especially for the tons of fish meal fed to farm animals destined to be human food. In truth, there is no "ethical" way to kill. I used to be an avid spearfisherman and meat eater until I (finally) learned that I didn't need animal products to be healthy--in fact, the opposite was true. I could no longer justify having animals suffer and die for my eating pleasure, either by my own hand or that of another I paid to do so. And fish is anything but a health food. Even the "cleanest" fish is a storehouse for toxins drawn from the polluted environment in which it lives. Still, no fish wants to be removed from its environment and suffer the pain and panic of being speared, hooked, or netted then slowly suffocating to death when exposed to the atmosphere. The only ethical action is to leave fish, and other animals, off one's plate.

- Pooch reply: Humans are adapted to an omnivorous diet, and we have eaten fish, shellfish, and meat since before we were even human. If a vegan diet works for you, then great, but it is unlikely to produce health in most people because it is evolutionarily inappropriate to our species.

There are many types and qualities of seafoods. Cold-water oily fish (herring, sardines) and bivalves (clams, oysters, mussels) are among the most nourishing, sustainable, healthful, and nutrient dense foods that we can eat, providing many essential nutrients which are absent from or difficult to digest from plant foods. "Low on the food chain" fish and shellfish are the least likely to contain contaminants. Nobody is arguing for the consumption of unsustainable or contaminated foods (and plant foods are not magically free of toxins, either).

Check out Seafood Watch for sustainability rankings of various seafoods:

<http://www.seafoodwatch.org/>

As for the question of ethics, I value my health and my family's health more than I value the lives of non-human animals.

- My reply: Hi Pooch. I've shared this with you before but want to repeat it here for anyone confused by our contrasting comments. Plus, according to the message above, NPR will no longer be accepting article comments as of August 23, so this is our last chance to communicate. :(Appropriately-planned vegan diets in all life stages, from pregnancy to athletics to old age, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest organization of food and nutritional professionals. It is true that vegans (as well as many omnivores) require tiny amounts of supplemental B12 (in fortified foods or pill form), which is produced not by animals but by bacteria in the soil they ingest. Ironically, the relatively clean food fed to modern livestock must also be supplemented with B12. To further cloud the issue, many herbivorous cows are fed all sorts of animal products, including fish meal, poultry feathers/waste, rendered carcasses of diseased animals, road kill, and euthanized dogs & cats. As humans can not only survive but thrive on 100% plant-based diets, the only ethical choice for a caring person is to stop eating animals and their secretions. Fortunately, instead of deprivation, vegan eating opens up a whole new world of culinary adventure! Take good care!

Su 8/21/16

I Don't Let Friends Eat Meat In My Presence

http://www.huffingtonpost.com/nzinga-young/i-dont-let-my-friends-eat_b_11575264.html

Kudos to the author for her principled stand! But I'd extend it from not only meat but to egg & dairy, whose industries are magnitudes worse for animals than the meat industry. Not only do hens and mother cows suffer for years as their bodies are exploited, in the end they are killed for meat anyway--no one gets out alive. Over nearly 20 years of veganism, it's grown too painful for me to be around normally kind & compassionate family & friends as they blissfully consume animal products just because they "taste good." Especially after I've shared the tenets of veganism with them on multiple occasions. For the last few years, except for a couple of stubborn older white male holdouts (not because they don't like vegan food, they just don't like being "told what to do"), my omnivorous dining companions have joined me exclusively in 100% vegan eateries. No animals suffer or die, everyone enjoys their meals, and all proceeds benefit brave vegan restaurant owners. Just as I wouldn't attend a dog, cock, or bull fight where people entertain themselves by *watching* animals, why would I attend

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 69 of 156

events where people entertain themselves by *eating* animals? However, I never boycott social gatherings, just the animal-eating portions. I don't make a fuss about it, I simply take a walk (having brought my own food or eaten beforehand) and return when the cruelty is over.

<http://www.liberationpledge.com/#pledge-now>

Over nearly 20 years of veganism, it's grown too painful for me to be around normally kind & compassionate family & friends as they blissfully consume animal products just because they "taste good." Especially after I've shared the tenets of veganism with them on multiple occasions. For the last few years, except for a couple of stubborn older white male holdouts (not because they don't like vegan food, they just don't like being "told what to do"), my omnivorous dining companions have joined me exclusively in 100% vegan eateries. No animals suffer or die, everyone enjoys their meals, and all proceeds benefit brave vegan restaurant owners. Just as I wouldn't attend a dog, cock, or bull fight where people entertain themselves by *watching* animals, why would I attend events where people entertain themselves by *eating* animals? However, I never boycott social gatherings, just the animal-eating portions. I don't make a fuss about it, I simply take a walk (having brought my own food or eaten beforehand) and return when the cruelty is over.

T 8/23/16

NPR stopped accepting comments on articles, and all previous comments vanished. I switched to following the Huffington Post and the San Diego Union Tribune.

F 8/26/16

Horse Fatalities Push Back Del Mar Racetrack Season

<http://www.kpbs.org/news/2016/aug/25/horse-fatalities-push-back-del-mar-racetrack/>

Mac McBride of the Del Mar Thoroughbred Club states "...like the animal rights people, we make the safety of our horses (and riders) our number one priority." If horses were human athletes, and 16 had died, would the appropriate response be to tack on an extra prep week? On the contrary, the #1 priority remains gambling for pleasure and profits. Animal rights people are against use, not just abuse. Horses should be set free on sanctuaries to live out their lives in peace without bits, whips, saddles, and riders forcing them to conform to unnatural human demands.

Su 8/28/16

After Losing Half A Beak, Grecia The Toucan Becomes A Symbol Against Abuse

<http://www.kpbs.org/news/2016/aug/27/after-losing-half-a-beak-grecia-the-toucan/>

https://www.facebook.com/LovingHutUSA?hc_ref=NEWSFEED (8/31/16)

<http://vegnews.com/articles/page.do?pagelid=8316&catId=1> (8/31/16)

How wonderful that so many people, professionals, and experts came together to heroically help a single bird. How ironic that billions of Grecia's brethren (chickens, originally jungle fowl) routinely have their beaks sliced off (to prevent pecking each other in abysmally crowded conditions) and their throats slit merely because they "taste good." As millions of happy, vibrant vegans know, you don't need to eat animals or their byproducts to be healthy, in fact, the opposite is true. The dictionary describes abuse as the "cruel and violent treatment of a person or animal." By this definition, anyone who mutilates and kills animals, or pays someone else to do so, is guilty of animal abuse.

Th 9/8/16

San Diego's Essential Vegan & Vegetarian Restaurants By Keri Bridgewater

Hi Keri. Your 9/6/16 Eater San Diego article "San Diego's Essential Vegan & Vegetarian Restaurants" was posted on the San Diego Vegans Facebook page by Rob Fargo today. I know that anytime one makes a "best" list, there will be disagreement. But in this case, the title is misleading, as well as the tagline "meat-free menus," because at least 8 of the listed eateries (Garden Kitchen, Mozy Cafe, Naked Café, Pokez, Ranchos, Sol Cal, True Food, Veggilish) serves meat. You've also perhaps inadvertently overlooked Native Foods (3 locations), Veganic Thai (Hillcrest) and several other popular vegan eateries. If you ever want to do an article on 100% vegan eateries, I maintain the VeganDiego calendar, which you can access via www.facebook.com/vegandiego. Best, Mike Weinberg

M 9/12/16

Can A Vegan Diet Give You All You Need? German Nutritionists Say 'Nein'

<http://www.kpbs.org/news/2016/sep/12/can-a-vegan-diet-give-you-all-you-need-german/>

The German Nutrition Society has performed a useful service if it gets vegans to pay attention to their B12 and Omega-3 needs. But the fact is, hospitals aren't filled with nutrient-deficient vegans; they're filled with omnivores suffering diseases of dietary excess, like obesity, heart disease, and diabetes. Appropriately-planned vegan diets in all life stages, from pregnancy to athletics to old age, are sanctioned by the Academy of Nutrition & Dietetics, the world's largest body of food and nutritional professionals, as well as many other prominent organizations. It is true that vegans (as well as many omnivores) require tiny amounts of supplemental B12 (in fortified foods or pill form), which is produced not by animals but by bacteria in the soil they ingest. Ironically, the relatively clean food fed to modern livestock must also be supplemented with B12. Regarding Omega-3, flaxseeds are a great source, but they must be ground up or will pass through the body undigested. As humans can not only survive but thrive on 100% plant-based diets, the question becomes: "If you can be healthy without hurting animals, why would you?"

- Richard Hylton: The statement of assertion that precedes the question that you ask in the last paragraph, disputes the conclusion of the Germans, but you are quite indirect in dealing with that matter. Confute their science or modify your assertion.

- My response: I see your point. I'll modify my assertion to "100% plant-based diets, supplemented by B12." Thanks!

- Me: On further reflection, since livestock are fed B12, omnivorous diets are also "supplemented." Personally, I get adequate B12 not from a pill but from fortified soy milk and fortified nutritional yeast (delicious cheese-flavored flakes that taste great sprinkled on everything from popcorn to salads to soups and stews).

M 9/12/16

Momentum Grows Against Bullfighting In Spain, As Thousands Rally

<http://www.kpbs.org/news/2016/sep/11/momentum-grows-against-bullfighting-in-spain-as/>

Kudos to the Spanish protesters for bucking an age-old tradition! In order to avoid being hypocritical, let's also protest the torture and killing of cows, chickens, and pigs in our country solely because they "taste good."

W 9/14/16

Gov. Brown Signs Bill Banning SeaWorld Orca Shows

<http://www.kpbs.org/news/2016/sep/13/gov-brown-signs-bill-banning-seaworld-orca-shows/>

California governor signs bill banning SeaWorld orca shows

<http://www.sandiegouniontribune.com/sdut-california-governor-signs-bill-banning-seaworld-2016sep13-story.html>

Here's a model for SeaWorld that even animal-rights activists could support: * Release all captive animals, not just orcas. If necessary, fund coastal sea-pens for animals until they are able to return to the wild. * Ramp up rescues, giving tours of rehab operations, encouraging visitors to join their volunteer rescue corps. * Install virtual reality rides (like Universal Studios), holographic exhibits, and IMAX-quality film screenings, e.g., swimming with the whales. * Increase the number of mechanical ocean-oriented rides (like Disneyland & Six Flags). * Educate visitors on what they can do to help save oceans and natural habitats of sea creatures, e.g., recycle/reduce use of throwaway plastics.

T 9/27/16

They Dreamed Of Sheep (Farming): Peek Inside An Alabama Dairy

<http://www.kpbs.org/news/2016/sep/26/they-dreamed-of-sheep-farming-peek-inside-an/>

Sounds like an idyllic life for the sheep. But as with cows (and humans), no female mammal gives milk without being impregnated. Male offspring have no use except for meat. Female offspring as well are separated from their mothers shortly after birth so that the milk can be captured for human use. And when production wanes, "spent" sheep are slaughtered for their meat--no one gets out alive. Meanwhile, plant-based cheeses continue to improve in texture and flavor. If you could have cheese without an animal being hurt, why wouldn't you?

T 9/27/16

Teaching Middle Schoolers Climate Change Without Terrifying Them

<http://www.kpbs.org/news/2016/sep/27/teaching-middle-schoolers-climate-change-without/>

It's controversial in some circles to even acknowledge human-induced climate change. So imagine how risky it would be to teach students that the livestock production cycle accounts for 14-51% of greenhouse gas emissions depending on the study referenced. Asking kids to eliminate or reduce animal-product consumption, vastly more effective than changing light bulbs, would create an uproar among their omnivorous parents, who blindly consume while the waters rise.

-- Richard Hylton reply: I claim to be a Christian, Mike, and I blame that (the bible) for my meat and cheese-eating habits. All the references to sheep, shepherds, fatted calves; milk, honey, etc; as here: He saith unto him, Feed my lambs; thou knowest that I love thee. He saith unto him, Feed my sheep. What then is the purpose of these well-fed livestock, if not for their milk or meat?

--My reply: That's a valid question, Richard. I'm a lapsed Catholic-Jewish-Jesus-Freak Atheist. In my late teens, almost 50 years ago, in a quest to be the best Christian I could be, I'm afraid I asked too many unanswerable questions. But from my reading of the Bible, the original culinary ideal was "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so." (Genesis 1:29-30, King James Version). And the prophesized future biblical ideal is: "The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain," says the LORD." (Isaiah 65:25, New International Version). Somewhere along the way (banishment from the garden? Noah's ark?), these ideals were lost, and it became a free-for-all of animal consumption, with a ban on "unclean" animals for certain religious sects. Almost 20 years ago, when I finally learned that I didn't need animal products to be healthy, in fact the opposite was true, I became an "overnight" vegan. I could no longer justify animals suffering and dying solely for my dining pleasure. And my goal ever since has been to share this profound message.

-- Richard Hylton reply: Well done, Mike. Well done.

M 10/10/16

Why Turmeric May Be A Vegetarian's Best Friend (mass email from Ocean Robbins)

P.S. I like to use turmeric powder as a spice in foods, and I also like to juice the root, and mix it with ginger juice, lemon juice, honey, cayenne pepper and water for a kind of healing elixir. Share your favorite turmeric ideas in the comments!

https://foodrevolution.org/blog/turmeric-may-boost-vegetarian-brains-omega-3-dha-levels-nih-research-reveals/?utm_campaign=frn16&utm_medium=email&utm_source=email-automated&utm_content=2126&utm_term=existing-email-list&email=mike.weinberg1952%40gmail.com&firstname=Mike&lastname=Weinberg

Ocean. I'm very disappointed to see that a supposed animal-rights person (am I wrong, or have you, and perhaps your dad, strayed from cruelty-free living?) endorses honey (in your email that linked to this article). I suspect you've heard all the arguments against it, but if not, here's what's wrong with honey: <http://www.vegetus.org/honey/honey.htm>. Mike (also replied with this comment in email to Ocean).

--Ocean's reply (via Karolin): Mike, I have deep respect for people who choose not to consume honey for ethical or health reasons. The majority of honey comes from large-scale operations that feed their bees high fructose corn syrup every winter - and this is not something I consume or support. My personal perspective is that raw honey from local small-scale bee-keepers can be ethical and can make a positive environmental contribution. Here's an article that addresses that perspective. <http://grist.org/food/when-i-eat-honey-do-i-hurt-bees/> Of course, each person needs to assess their own ethical and health considerations and values and decide what makes sense for them. The turmeric drink I mentioned in my email works beautifully with maple syrup, or with coconut syrup, or even without any sweetener at all.

--My reply. Ocean Robbins, thanks for your thoughtful reply. To quote Ben Franklin: "So convenient a thing it is to be a reasonable Creature, since it enables one to find or make a Reason for every thing one has a mind to do." In this case, once one has decided that honey has health benefits (however minor) or simply tastes good, rationalizations for its use are conveniently drummed up. In your email, you simply listed "honey" as one ingredient of your turmeric elixir, perpetuating the myth that honey is a health food. You neglected to specify that you consume only "local, small-scale" honey, so your ardent followers could easily assume that any commercial honey will do. Furthermore, the article you linked above "When I eat honey, do I hurt bees?" has several questionable assumptions. First off, it wholeheartedly encourages purchase and consumption of bee products, albeit from selective sources, as a "wonderful boon for beekeepers." It justifies this with "Under normal conditions, a healthy colony of honey bees can have surplus 'hive products' removed without overtaxing the colony" followed by "Smart beekeepers leave the bees enough honey to nibble on over the winter." But can you count on beekeepers, who profit from its sale, to not harvest any honey at all from 'unhealthy' hives under 'abnormal' conditions. And what if they guess wrong and fail to leave enough honey for an indeterminate-length winter? Another concern is that nonnative bees can compete with and decimate native pollinators so that when hives fail, even fewer insects are left to pollinate. More ominously, it's legal in many states for beekeepers to kill honey-loving bears who threaten profits. Since you list viable alternatives, wouldn't you agree that the best course is to leave bee products out of your drinks and off your plate?

--Ocean's partial reply (via Karolin): We don't take a hard core vegan approach because we want to reach a lot of people and we think it is more effective to point in a direction than it is to stand for a specific goalpost...treating animals raised for food in a more respectful manner would be, in our view, a step in a positive direction.

Th 10/20/16

Rocky Mountain Oysters Are What?! We Try A Dish Of Cowboy Lore

<http://www.kpbs.org/news/2016/oct/20/rocky-mountain-oysters-are-what-we-try-a-dish-of/>

Although consuming any part of a sentient being just because it tastes good is ethically questionable, the ultimate irony of the "macho" ritual of consuming bull testicles is that these powerful animals are naturally vegan! People claim to need meat for its protein but fail to consider where the animal got its protein—from plants! This article reminded me of a cross-country trip I took with my family as a young California boy. In Missouri, we visited a former neighbor who had bought a farm. For some reason, he shared with me and my brother how he neutered bulls by clamping their scrotums with a device that looked like a nutcracker with a latch. He told us that the bulls felt nothing and that after a week or so, their scrotums would shrink and fall off. We naively accepted his word on this, but now I wonder how he would have felt if someone clamped his scrotum.

Sa 10/29/16

Technology May Rescue Male Baby Chicks From The Grinder

<http://www.kpbs.org/news/2016/oct/28/technology-may-rescue-male-baby-chicks-from-the/>

How strangely naïve of O'Hayer not to know the fate of male chicks before he got into the business. Is he not just as "horrified" that after a few years, when their egg production wanes, millions of gentle hens are slaughtered for pet food, chicken nuggets, and pot pies?

W 11/2/16

Hey, Looks Like Americans Are Finally Eating More Fish

<http://www.kpbs.org/news/2016/oct/31/hey-looks-like-americans-are-finally-eating-more/>

Fish may be marginally "healthier" than beef, pork, or chicken, but it's certainly not a "health" food. The only beneficial nutrient in fish, long-chain, omega-3 fatty acids, are more easily and safely obtained from microalgae that the fish themselves eat. Grown under sanitary lab conditions, commercial microalgae is packaged in capsules and avoids the nasties that ocean or farmed fish consume and store in their flesh, like mercury, PCBs, and antibiotics. Worldwide fish stocks are already severely depleted—no one should be encouraging people to consume more.

Su 11/6/16

Manure Happens, Especially When Hog Farms Flood

<http://www.kpbs.org/news/2016/nov/04/manure-happens-especially-when-hog-farms-flood/>

And all of it unnecessary, as there is no nutritional need to eat pig meat and plenty of evidence about its negative health effects.

W 11/16/16

After Powerful Quake, Tourists, Residents (And Cows) Stranded In New Zealand

<http://www.kpbs.org/news/2016/nov/14/after-powerful-quake-tourists-residents-and-cows/>

What's up with this paradoxical concern for a few stranded cows ("lucky quake survivors") whose ultimate fate is to be food on a plate? And reflective of New Zealand's 2:1 cattle-to-human ratio, with 1 billion food-insecure people around the world, how is it that there's enough alfalfa and grain to fatten up 10 billion livestock?

F 11/18/16

How You Can Stop Antibiotic Resistance (And Still Eat Bacon)

<http://www.kpbs.org/news/2016/nov/17/how-you-can-stop-antibiotic-resistance-and-still/>

"1. Put down that strip of bacon." Great advice, but even "antibiotic-free" bacon is laden with saturated fat, sodium, & cholesterol, which along with excess consumption of sugar and fiber-deficient processed foods, lead to heart disease and cancer, top-rated causes of death in industrial societies. Of the world's five famous Blue Zones, where people regularly live to 100 without disability or medication, most are in rural areas, but the (only) one in the U.S. is smack in the middle of a densely-populated urban zone, a two-hour drive north in Loma Linda (San Bernardino County), home to 7th Day Adventists who shun meat for spiritual reasons. The Blue Zone secret: plant-based diets!

F 11/25/16

How To Teach A Sea Lion Who's Fussy About Grammar

<http://www.kpbs.org/news/2016/nov/24/how-to-teach-a-sea-lion-whos-fussy-about-grammar/>

It sounds cute and benign, but teaching sea lions to mimic human speech patterns is a trivial reason to keep these free-roaming sea creatures captive. How is this any different than SeaWorld's confinement of orcas for show and profit? The school analogy falls apart as human children are allowed to go home after classes instead of being perpetually housed in what amounts to a prison school. It's time for an age of enlightenment between humans and animals. Even Ric O'Barry, the once-celebrated trainer for the 1960's Flipper TV series, saw the light and has fought for years to put an end to all dolphin captivity.

F 11/25/16

Heritage Turkeys Make A Comeback, But To Save Them We Must Eat Them

<http://www.kpbs.org/news/2016/nov/23/heritage-turkeys-make-a-comeback-but-to-save-them/>

To be "saved" in order to be eaten seems like a raw deal for heritage turkeys. What human would wish such a fate on his/her children? If the true goal is to preserve heritage breeds (and not just to sell them for profit), raise them in sanctuaries where they can live out their full lives natural and free with their families, supported with donations from human visitors who appreciate their uniqueness and beauty.

F 11/25/16

When Food Banks Say No To Sugary Junk, Schools Offer A Solution

<http://www.kpbs.org/news/2016/nov/23/when-food-banks-say-no-to-sugary-junk-schools/>

Yes to donating hummus & fresh fruit! No to cheese, yogurt, & milk, which are loaded with casein and saturated fat. Casein (milk protein) is the #1 carcinogen to which humans unwittingly expose themselves. Saturated fat clogs arteries, increasing blood pressure and heart disease. Excess fat also gums up cells so that insulin can no longer insert energy-giving glucose into them. Glucose then accumulates in the bloodstream and the resulting high blood sugar damages tiny nerves leading to the eyes and extremities, which may result in blindness and amputations, the scourges of diabetes.

F 12/9/16

How Your Cashmere Sweater Is Decimating Mongolia's Grasslands

<http://www.kpbs.org/news/2016/dec/09/how-your-cashmere-sweater-is-decimating-mongolias/>

Yet another example of how unnecessary human use and exploitation of animals is devastating the environment. From deforestation of the Amazon rainforest (livestock grazing & feed production) to desertification of the American West (free-range livestock) to pollution of world waterways (factory-farm effluent) to the decimation of ocean populations (overfishing). So many synthetic and plant-based alternatives exist for clothing and food, it's criminal what the human species persists in doing to other species for pleasure and profit.

F 12/9/16

Say, What? Monkey Mouths And Throats Are Equipped For Speech

<http://www.kpbs.org/news/2016/dec/09/say-what-monkey-mouths-and-throats-are-equipped/>

More evidence that animals are branches on the tree of life, with more DNA in common than not. Many so-called lower species have skills and abilities that humans couldn't touch (sight, hearing, speed, flight...). But regardless of rank, all animals have the ability to suffer and feel pain, which is vital for survival. So it behooves ethically-evolving humans to avoid harming and killing other species for food, profit, or pleasure.

Reply from Richard Hylton: It is said that we share about 60% of our genes with a banana, and I eat those every day; Potassium deficiency.

My reply: Yes, it's remarkable that ALL living things, plant and animal, share common DNA. But not all have nervous systems that register pain and suffering as we humans and our pets, for example, experience it. Even if one were to argue that plants feel pain, it's still more ethical to eat plants directly than recycle them through animals, as it can take up to 16 pounds of plant matter to produce 1 pound of meat. Regarding potassium deficiency, a single banana provides only about 10% of the daily recommended value. In fact, bananas rank only about 70th in the USDA's Food Composition database for potassium. Number 1: molasses!

W 12/14/16

Fishermen Team Up With Scientists To Make A More Selective Net

<http://www.kpbs.org/news/2016/dec/13/fishermen-team-up-with-scientists-to-make-a-more/>

Great! With cod populations depleted from overfishing, let's have fisherman deplete the flatfish population. Not to mention the ocean-floor critters and habitat destroyed by net dragging. All for a "food" that humans have no biological need to consume and, with its ingested, fat-stored, pollution load (mercury, PCBs, etc.), would be better off avoiding.

T 12/20/16

Black Goat Is Sacrificed On Tarmac Of Pakistani Airport

<http://www.kpbs.org/news/2016/dec/19/black-goat-is-sacrificed-on-tarmac-of-pakistani/>

Sacrificing a goat for an antiquated religious tradition is deplorable, but it hardly compares to the billions of animals "sacrificed" each year simply because they "taste good." Particularly since humans have zero biological need to consume animal products.

W 12/21/16

Soy, Almond, Coconut: If It's Not From A Cow, Can You Legally Call It Milk?

<http://www.kpbs.org/news/2016/dec/21/soy-almond-coconut-if-its-not-from-a-cow-can-you/>

Yet another example of the declining animal-products industries running scared. Last year, Hellmann's sued Hampton Creek over its plant-based "Just Mayo," arguing that mayonnaise, by definition, must contain eggs. After they lost the case, they came out with "Hellmann's Vegan Carefully Crafted Dressing," their own egg- and cholesterol-free mayonnaise! This year, the dairy industry was forced to settle an antitrust, price-fixing lawsuit for \$52 million after it was caught killing 500,000 young cows to lower supply and raise milk prices. Beth Briczinski of the National Milk Producers Federation has one thing right: plant-based milks have different nutrient profiles than dairy milk, which itself must be fortified with vitamin D in order to make its "health" claims. Unlike plants, dairy products, especially cheese, are loaded with addictive casein protein, which according to T. Colin Campbell, author of The China Study, is the #1 carcinogen to which humans are exposed. Furthermore, cow's milk, with 26% protein (% of solids), is designed to grow a baby calf into 1000 lb steer in a year. In contrast, human breast milk, with just 7% protein solids, has all the protein a human infant needs during its most rapid growth phase. Amazingly, humans are the only species that drinks milk after weaning and the only species that drinks the milk of other species. Dog milk anyone?

F 12/23/16

Despite Pledges To Cut Back, Farms Are Still Using Antibiotics

<http://www.kpbs.org/news/2016/dec/22/despite-pledges-to-cut-back-farms-are-still-using/>

Besides cutting down on disease due to overcrowding of animals, the meat industry uses antibiotics to promote rapid growth and hence increased profits, which explains their reluctance to cut back on or eliminate antibiotic use. But a more prevalent health concern, besides loads of saturated fat and cholesterol, is fecal contamination. A 2012 study covering 15 grocery store chains in 10 U.S. cities found fecal contamination in 48% of chicken samples. Besides E.coli, which can be deadly, feces can contain roundworms, hair worms, tapeworms, insect larvae, bile and undigested food, in addition to antibiotics and other chemicals. Washing meat before cooking merely serves to spread the contamination to sinks, cooking surfaces, and hands, which should be washed with bleach for effectively cleaning. This makes thorough cooking no guarantee of safety. Best option: A whole-foods, plant-based diet!

Su 12/25/16

Science strives to make climate change more personal, economically relevant to Americans

<http://www.sandiegouniontribune.com/news/environment/sd-me-climate-science-20161220-story.html>

Depending on the research cited, livestock production causes 14-51% of all greenhouse gas emissions, more than all forms of transportation combined. Which makes it tough to be a meat-eating "environmentalist." Most planet-friendly option: a whole-food, plant-based diet.

M 1/9/17

Would You Eat This Fish? A Shark Called Dogfish Makes A Tasty Taco

<http://www.kpbs.org/news/2017/jan/07/would-you-eat-this-fish-a-shark-called-dogfish/>

"When populations of cod...became too scarce, Eldredge wanted to keep fishing." Reminds me of Shel Silverstein's "The Giving Tree," where as the boy matures into a man he takes everything from the tree (leaves, apples, branches, trunk) for his own use until only a stump remains. What's next when dogfish are depleted? All for a "food" that humans have no biological need to consume and, with its pollution load (mercury, PCBs, etc.), would be better off avoiding.

W 1/18/17

Food As Medicine: It's Not Just a Fringe Idea Anymore

<http://www.kpbs.org/news/2017/jan/17/food-as-medicine-its-not-just-a-fringe-idea/>

The definitive guide to "food as medicine," backed up by peer-reviewed scientific evidence, is Dr. Michael Greger's New York Times Bestseller "How Not to Die." <http://nutritionfacts.org/book>

M 2/6/17

Chasing A Dream Built On Dairy, This Master Of Milk Came Home

<http://www.kpbs.org/news/2017/feb/04/chasing-a-dream-built-on-dairy-this-emperor-of/>

You've got to admire Mike McCloskey's drive, but the last thing the world needs is more cows milk. Per T. Colin Campbell, the famed author of The China Study, casein (milk protein) is the number one carcinogen to which humans are exposed. And despite claims linking the calcium in milk to bone health, countries with high dairy consumption actually have higher rates of bone fracture. Humans are the only species that consumes milk after weaning, and the only species that consumes the milk of another species. People are getting the message as sales of plant-based milks continue to soar.

W 2/8/17

Don't Call It Wheat: An Environmentally Friendly Grain Takes Root

<http://www.kpbs.org/news/2017/feb/08/dont-call-it-wheat-an-environmentally-friendly/>

Salish Blue seems like a promising development, but farmers already grow enough grain to feed the world several times over. The problem is that up to 90% of it is fed to livestock. It's way past time to cut out the "middlecow" and feed the world directly.

Th 2/9/17

Video: From Measles To Syphilis, How We Created The Golden Age Of Germs

<http://www.kpbs.org/news/2017/feb/08/video-from-measles-to-syphilis-how-we-created-the/>

Infectious diseases from livestock (bird/pig flu, anyone?) are another great reason for a societal shift to veganism. That includes the proliferation of drug-resistant super bugs that have evolved from the routine use of antibiotics, not to fight disease, but to enhance livestock growth merely for increased profits.

Sa 2/11/17

NPR News Nuggets: Terrorizing Pig, (Sort Of) Flying Pig & Wigs

<http://www.kpbs.org/news/2017/feb/11/npr-news-nuggets-terrorizing-pig-sort-of-flying/>

Would any omnivore who finds LiLou's story touching please explain how they can continue to eat bacon? After playing Farmer Hoggett in the hit movie Babe (1995) about a sheep-herding pig, actor James Cromwell did the only rational thing: He became vegan.

Sa 2/11/17

Saving The Planet, One Burger At A Time: This Juicy Patty Is Meat-Free

<http://www.kpbs.org/news/2017/feb/11/saving-the-planet-one-burger-at-a-time-this-juicy/>

This article does a decent job explaining the environmental scourges of livestock production—it's oxymoronic to be a meat-eating environmentalist. But Impossible Burger founder Pat Brown's statement, "You're not going to get people to change their diets. You know, stop eating meat, fish and dairy — ain't gonna happen," ignores the growing legion of vegans who choose to eat plant based for health, environmental, and most importantly, animal concerns. After all, why would you hurt an animal if you don't have to?

M 2/13/17

90 Percent Of Fish We Use for Fishmeal Could Be Used To Feed Humans Instead

<http://www.kpbs.org/news/2017/feb/13/90-percent-of-fish-we-use-for-fishmeal-could-be/>

Fish may be marginally healthier than beef, pork, or chicken, but it is NOT a health food. Not only is it high in saturated fat, it's often loaded with pollutants like mercury & PCBs. Its most-touted beneficial nutrient is omega-3, which is more safely obtained from microalgae, which is what the fish eat in the first place. Healthy sources of omega-3 are microalgae capsules (e.g., Ovega-3) produced in sterile lab environments, as well as ground flaxseeds and walnuts.

M 2/13/17

To Stem Spread Of Avian Flu In China, Some Provinces Shutter Poultry Markets

<http://www.kpbs.org/news/2017/feb/13/to-stem-spread-of-avian-flu-in-china-some/>

Another example of the harm to humans caused from needlessly domesticating and consuming animals. At least the article is honest enough to call it "avian" flu. In 2009, the USDA harangued the news media into calling that year's pandemic strain "H1N1" instead of "swine" flu, because it was hurting pork sales!

M 2/13/17

To Save The Planet, Give Cows Better Pasture

<http://www.kpbs.org/news/2017/feb/13/to-save-the-planet-give-cows-better-pasture/>

Besides the fact that the livestock industry contributes anywhere from 14-51% of greenhouse gas emissions, more than all sources of transportation combined, the last thing the world needs is more cows milk. Per famed China Study author T. Colin Campbell, casein (milk protein) is the number one carcinogen to which humans are exposed. Designed to grow a baby calf into a half-ton steer, it's the last thing humans should be ingesting. And despite claims linking the calcium in milk to bone health, countries with high dairy consumption actually have higher rates of bone fracture. Humans are the only species that consumes milk after weaning, and the only species that consumes the milk of another species. Dog milk, anyone?

T 2/21/17

Elusive Bull Is Apprehended In New York City

<http://www.kpbs.org/news/2017/feb/21/elusive-bull-is-apprehended-in-new-york-city/>

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 75 of 156

Funny how humans can cheer the freedom of one animal who escaped while blissfully munching on the bodies of the millions that didn't.

T 2/28/17

WHO's First-Ever List Of The Dirty Dozen Superbugs

<http://www.kpbs.org/news/2017/feb/28/whos-first-ever-list-of-the-dirty-dozen-superbugs/>

The article fails to mention that animal agriculture is the primary cause of drug-resistant super bugs that have evolved from the routine overuse of antibiotics. Meat producers use antibiotics not to fight disease, but to enhance livestock growth for increased profits.

T 2/28/17

Why Are More Young Americans Getting Colon Cancer?

<http://www.kpbs.org/news/2017/feb/28/why-are-more-young-americans-getting-colon-cancer/>

According to the Physicians Committee for Responsible Medicine at pcrm.org, "Colorectal cancer is the second most common cancer worldwide with an estimated 80 percent of cases attributable to diet. Previous research indicates that individuals who regularly eat processed or red meat are up to 50 percent more likely to develop colon cancer than individuals who avoid these foods altogether....Two new studies confirm the cancer-fighting power of plant foods."

T 3/21/17

Study: 'Urgent' Action Against Global Warming Needed To Save Coral Reefs

<http://www.kpbs.org/news/2017/mar/16/study-urgent-action-against-global-warming-needed/>

Given that the Trump administration is peppered with climate-change deniers, the single biggest thing a concerned individual can do to lessen global warming is to adopt a plant-based diet. Depending on the study cited, animal agriculture accounts for 14-51% of global warming gasses. The higher estimates include the resources needed to grow food for livestock—up to 90% of grain, soy, and corn is fed to livestock instead of directly to humans.

T 3/21/17

Amid Massive Tainted-Meat Scandal, Brazil Assures Safety Of Its Food Exports

<http://www.kpbs.org/news/2017/mar/20/amid-massive-tainted-meat-scandal-brazil-assures/>

Knowingly selling tainted Brazilian meat is bad, but all ground beef eaten in the US, inspected or not, contains fecal contamination. There is just no way to avoid it when dozens of cows are gutted during slaughter and ground up together in batches. Similarly, most chicken on store shelves is infused with dangerous bacteria. The safest option is to switch to a plant-based diet. Meat is not necessary for health, so why hurt an animal if you don't have to?

W 3/22/17

Who Has The Healthiest Hearts In The World?

<http://www.kpbs.org/news/2017/mar/21/who-has-the-healthiest-hearts-in-the-world/>

Finding that a high-carb, low-fat diet combined with moderate exercise is heart healthy should have come as no surprise to Thomas and Gurven. This, along with social connections, is the prescription for long-lived populations in the fabled Blue Zones of the world. Furthermore, Gurven is dead wrong in his assertion that "There's no silver bullet against heart disease." In 1990, Dr. Dean Ornish clinically proved that a plant-based diet cleared clogged arteries and reversed heart disease without drugs. More recent clinical trials by Dr. Caldwell Esselstyn of the Cleveland Clinic verified these findings with even terminally-ill heart patients.

W 3/22/17

Love Canned Tuna? More Grocers Want To Make Sure It Was Caught Responsibly

<http://www.kpbs.org/news/2017/mar/22/love-canned-tuna-more-grocers-want-to-make-sure/>

There'd be no "sustainable" seafood issue if consumers hadn't been deluded by industry and government into believing that fish is a health food. High in saturated fat, often loaded with pollutants like mercury & PCBs, even its touted omega-3 is more safely obtained from microalgae, which is what the fish eat to get it in the first place. Healthy sources of omega-3 are microalgae capsules produced in sterile lab environments as well as ground flaxseeds and walnuts.

W 3/22/17

Why More Farmers Are Making The Switch To Grass-Fed Meat And Dairy

<http://www.kpbs.org/news/2017/mar/22/why-more-farmers-are-making-the-switch-to-grass/>

Grass-fed dairy may sound idyllic, but it's no picnic for cows who must be repeatedly impregnated in order to produce milk. Typically within 24 hours, newborn offspring are hauled away while their mothers loudly bellow (some 'mourn' for weeks) so that humans can have the milk and subsequent cheese all to themselves. Males and surplus female calves are immediately slaughtered for "bob" veal or confined in small crates for several weeks before being killed for standard veal. And after a few years, when their productivity wanes, mother cows are ground up for hamburger. No one gets out alive. What makes this scenario so tragic is that humans have no biological need for dairy products. In fact, humans are the only species that consumes milk beyond weaning, and the only species that consumes the milk of other species. Regarding grass-fed beef, there is no where near enough grassland in the world to support the meat-heavy diets of modern society. The only humane and ecological solution: plant-based eating.

W 3/29/17

Scientists Who Want To Study Climate Engineering Shun Trump

<http://www.kpbs.org/news/2017/mar/29/scientists-who-want-to-study-climate-engineering/>

If you're concerned about the impacts of climate change on your future kids and grandkids, there is no need to be held hostage by a climate-denying government. As livestock production generates anywhere from 14-51% of greenhouse gas emissions, switching to a plant-based diet can be more effective than installing solar or driving an electric car, which are also excellent ideas.

W 4/5/17

Broth-Loving Hipsters Are Pushing Up The Price Of Bones

<http://www.kpbs.org/news/2017/apr/04/broth-loving-hipsters-are-pushing-up-the-price-of/>

If beef, chicken, lamb, bison, pork, turkey, and alpaca bone broth is so healthy & appetizing, why not dog bones? Literally tons of unwanted dogs are "humanely" euthanized each month in Los Angeles alone. Why not scrape the meat from their bones and sell them for broth? It would keep costs low and help subsidize shelter operations. Better yet, why not go plant-based and avoid all the blood and gore?

* KPBS Online discontinued Comments.

* My San Diego Union Tribune account won't let me log-in to comment. Tech support notified. Issue resolved.

Sa 4/29/17

People's Climate March San Diego! To support the 50,000 in Washington DC!

<https://www.meetup.com/Resist-San-Diego/events/238131980/>

Crowds in San Diego, across nation protest Trump policies at People's Climate March

<http://www.sandiegouniontribune.com/news/environment/sd-me-climate-march-20170429-story.html>

I joined up with the march's vegan contingent who wishes the mainstream environmental groups would at least acknowledge the impact of dietary choices on the environment. Animal agriculture accounts for anywhere from 14-51% of greenhouse gas emissions, more than all forms of transportation combined. Yet very few groups want to address it, perhaps to avoid alienating their primarily meat-eating donor base. But raising, feeding, transporting, slaughtering, and distributing body parts of 80 billion animals worldwide, just because they "taste good," is environmentally insane, not to mention inhumane.

W 5/3/17

Veganism and me?!

<http://www.huffingtonpost.com/entry/58f598a6e4b048372700db27>

(No comment section; posted my reply on Facebook <https://www.facebook.com/groups/veganbloggersshare/>)

Hi Karina Calver. Your Huff Post vegan-transformation article was nicely written and will hopefully encourage others to make the change. I wanted to leave the following comment but didn't see a way to do so. "Kudos to the author for sharing her fascinating vegan experience! Nearly 20 years ago, I went vegan but had never even heard the word until I became one. If someone (or an article, pamphlet, movie...) had informed me that I didn't need animal products to be healthy--in fact the opposite was true--I would have gone vegan years earlier. What puzzles me to this day is that so many normally kind and compassionate people, even after learning the health benefits of plant-based eating and being exposed to the cruel facts of animal agriculture, stubbornly continue to consume meat, egg, and dairy products. After all, why hurt animals (or pay others to do so) if you don't have to?"

F 5/5/17

71% of Americans take dietary supplements, but do we need to?

<http://www.sandiegouniontribune.com/news/health/sd-me-vitamin-supplements-20170505-story.html>

There is growing evidence that the most nutritionally-beneficial diet is whole-food, plant-based. The downside of many supplements is that they isolate a single nutritional component and discard thousands of others that accompany it in the source plant. Plants are packed with phytochemicals and fiber--animal products have neither. If you can get everything you need from plants, why hurt an animal? That said, vegans should ensure adequate intake of B12 (made by bacteria in soil eaten by animals), which is readily available in fortified plant-meats/milks or tasty, cheese-like, nutritional yeast flakes. And like nearly everyone, vegans may benefit from vitamin D3 supplements (vegan forms are not obtained from fish or lamb's wool) and omega-3 capsules (from microalgae, which is where the fish get it) or ground flaxseeds and walnuts.

-Reply from reporter, Bradley J. Fikes: The choice of a vegan or animal food-containing diet is a moral decision. You can be adequately nourished either way, but as you pointed out, vegans need to take supplements to get certain nutrients that are available in animal foods, but not in plants.

-My response: And vice versa, Bradley. Animal eaters must eat plants for fiber, which is essential to gut health--meat, egg, dairy, & fish contain none.

-Bradley's reply: Touché. An all-animal food diet would require a fiber supplement. It would be easier and tastier to just eat the plants.

Th 5/18/17

About 20 percent of new cancer cases are preventable, major report finds

<http://www.sandiegouniontribune.com/news/health/sd-me-cancer-prevention-20170518-story.html>

Screenings and vaccines are great, but why is there no mention of diet? Per the National Cancer Institute, when compared to those born in the 1950s, those born around 1990 have double and quadruple the risks of colon and rectal cancers, respectively, due to low fiber diets, high consumption of processed meats, and lack of physical activity.

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 77 of 156

Su 5/21/17

San Diego needs state to shake tired thinking on fishing licenses

<http://www.sandiegouniontribune.com/sports/columnists/bryce-miller/sd-sp-miller-license-20170520-story.html>

Imagine biting into a juicy apple and having a sharp hook pierce your sensitive lips then drag you underwater to suffocate. If the same thing were done to a kitten or puppy, a prison sentence and psychiatric treatment would likely follow. Since the calendar-licensing system presumably worked just fine until 1980, perhaps the real reason license sales have “nose-dived” is that millennials have decided the cheap thrill of a tugging line doesn’t match the pain and suffering it causes. Fishing, especially catch-and-release, is nothing short of legalized torture.

- Also emailed to Letters to Editor letters@sduniontribune.com. Online version: <http://letters.sandiegouniontribune.com>.

Policy: SDUT will publish no more than 1 letter from the same author within 30 days.

- Appeared in Sa 5/27/17 Edition (p. B6), which they entitled: “Looking at fishing in a whole new way.”

<http://enewspaper.sandiegouniontribune.com/desktop/sdut/default.aspx?&edid=6fe172c9-fc1c-4239-a63f-7051ed16a071>

- F 6/2/17 Letter to Editor response: Hard to fathom anyone opposed to fishing. Regarding “[Looking at fishing in a whole new way](#)” (May 28): Mike Weinberg lamented the cruelty of fishing. “Perhaps the real reason license sales have ‘nosedived’ is that millennials have decided the cheap thrill of a tugging line doesn’t match the pain and suffering it causes.” He continues, “Fishing, especially catch-and-release, is nothing short of legalized torture.” I wonder, has he eaten a salad or repotted any plants lately? After all, plants have feelings too. Has he driven anywhere or ridden on public transportation? What about the bugs that ended up dead on the windshield? Where does the craziness stop? Take a kid fishing. You will both be better off. Doug Morrison, Oceanside

- Link in response led to page with my full comment entitled: **Are millennials abandoning fishing?**

- Neil Proffitt response: Mike Weinberg - LTE: It's been scientifically determined that fish don't have a developed enough brain to feel pain. (In second comment he posts some articles to support his position.)

- My response: Wikipedia presents both side of the fish-pain controversy: en.wikipedia.org/wiki/Pain_in_fish. Since we're not fish, we can't know how a fish actually "experiences" pain. But it can't be numbness, or it wouldn't struggle and try to get away. Pain, in general, is a survival mechanism that creatures have for avoiding further harm. In any case, it wouldn't be acceptable to maim a human if he/she were anesthetized, so why is it okay to do it to fish?

T 5/23/17

How much weight should you shed to avoid diabetes?

<http://www.sandiegouniontribune.com/news/health/sd-me-diabetes-prediabetes-20170521-story.html>

According to the Obesity Society, plant-based diets show more weight loss without emphasizing caloric restriction. Vegan eating styles are tied to lower BMI, lower prevalence of type 2 diabetes, and less weight gain with age.

Su 5/28/17

Joined Digital Vegan Activists in order to “Like” others’ online pro-vegan posts.

<https://www.facebook.com/groups/digitalveganactivists/>

T 5/30/17

SeaWorld's Orca Encounter opens — without high-flying trainers

<http://www.sandiegouniontribune.com/business/tourism/sd-me-orca-encounter-20170527-htmlstory.html>

I'd rather see and learn about “natural” orca behaviors in a natural environment via wildlife documentaries. No need to imprison free-ranging creatures in confining pools. Of course, from SeaWorld’s standpoint, it’s currently unthinkable to walk away from millions of dollars invested in “star” attractions that draw unenlightened viewers and profits. But after decades of captivity of this unendangered species, what pressing need is there to continue to study orca heart rates and the composition of mother’s milk? Better to release them to sea pens and focus on its worthier mission: rescue and rehab of injured and endangered sea creatures.

F 6/2/17

New technique prevents strokes by reversing blood flow through brain

<http://www.sandiegouniontribune.com/news/health/sd-me-brain-blood-20170602-story.html>

Medical progress is wonderful, but wouldn't it be better to prevent plaque-filled arteries in the first place? Unfortunately, standard meat, egg, and dairy-laden diets dictate otherwise. In contrast, whole-food, plant-based, low-fat diets have been scientifically proven to clear arteries and prevent strokes and heart attacks.

Sa 6/3/17

Cows in downtown San Diego Saturday morning

<http://www.sandiegouniontribune.com/entertainment/sd-no-cattle-drive-20170601-story.html>

What an unfortunate spectacle. Crowded cattle trying to mount each other, slipping and sliding in their own urine and excrement. One young cow got loose in the middle of Harbor Drive and charged with horns lowered at the herding dogs. It's a wonder no bystanders were gored by an errant longhorn. With all the things wrong with meat consumption (animal suffering/death, human heart disease, greenhouse gas emissions), parading innocent cattle around for people to gawk at is as archaic as the circus, which happily no longer exists.

Sa 6/3/17

Hedgehogs found dumped and left to die in Ocean Beach trash can

<http://www.sandiegouniontribune.com/news/whats-now/sd-me-hedgehogs-found-20170602-story.html>

"Hedgehogs are very shy, timid creatures and for someone to tie them up in trash bags and throw them away is unconscionable." This is precisely what happens each year to 250 million helpless day-old male chicks who have no economic value because they don't lay eggs and don't grow fast enough for meat. That or they are ground alive in wood-chipper-like machines then rendered into pet food and animal feed.

Sa 6/3/17

Test Drive SeaWorld makeover opens with an orca splash and kid-friendly kicks

<http://www.sandiegouniontribune.com/entertainment/things-to-do/sd-me-test-seaworld-20170601-story.html>

Kudos to SeaWorld for eliminating the noxious, noisy, polluting fireworks! Now if only the San Diego Pops (Bayside Summer Nights) would follow suit. On the other hand, with the abundance of amazing close-up wildlife documentaries, SeaWorld has no need to continue to imprison free-ranging animals in confining pools. Better to release the orcas to sea pens and focus on its worthier mission: rescue and rehab of injured and endangered sea creatures.

Sa 6/3/17

200 cows take over downtown San Diego streets in historic cattle drive

<http://www.sandiegouniontribune.com/entertainment/county-fair/sd-me-cattle-drive-20170603-story.html>

Writer Pam Kragen interviewed me and ended her article with...The drive also attracted about a dozen sign-toting animal rights activists. Quietly holding a hand-written "Not Ours to Eat!" sign near the cattle pen was downtown resident Mike Weinberg, 64. He became a vegan 20 years ago and has taken part in protests against SeaWorld and the now-defunct Ringling Bros. circus. He wasn't at all ruffled by the many negative comments from spectators. "What we do is make people think," he said. "We're like the burr under the saddle that we hope they'll remember."

Th 6/15/17

Big Mac at 50: Is the 'Elvis of sandwiches' good or evil?

<http://www.sandiegouniontribune.com/opinion/commentary/sd-big-mac-50-anniversary-good-evil-20170614-story.html>

In the "old" days, a Big Mac, fries, and vanilla shake were my go-to meal at McDonalds. But 20 years ago, this month, when I (finally) learned that I didn't need animal products to be healthy—in fact the opposite was true—I became vegan. Bye, bye to Big Macs. So imagine my delight a couple of months ago when I was able to recreate my go-to meal at the Plant Power Fast Food eatery in Ocean Beach. The "Big Zac" (named for one of the budding chain's owners) looked and tasted identical to the original. And the fries & shake (also free of animal products), went down just as smoothly, without the leaden stomach that generally followed my McDonalds outings. Instead of high cholesterol and saturated fat, I enjoyed a healthy, high-fiber sandwich. Best of all, no animals had to suffer or die for my dining pleasure.

T 6/20/17

Response to REI email ad: "The Early Bird Gets the Bacon."

As an ethical vegan who cares about the environment, it disturbs me that you glorify meat consumption in this ad. Per the U.N., livestock production produces more greenhouse gasses than all forms of transportation combined. Shouldn't a progressive company like yours strive to reduce global warming rather than promote it?

Su 7/2/17

Science Says: Hot dogs minus added nitrites may be no better

<http://www.sandiegouniontribune.com/business/sns-bc-us-sci--science-says-hot-dogs-20170630-story.html>

Why risk cancer when plant-based hot dogs, like Lightlife's Smart Dogs, can provide the same eating enjoyment as meat-based dogs (which are loaded with other questionable ingredients), especially when slathered with delicious condiments on a soft, whole-grain bun?

T 7/4/17

Popular stomach acid blockers linked to higher death rates

<http://www.sandiegouniontribune.com/business/biotech/sd-me-proton-pump-20170703-story.html>

Twenty years ago, my acid reflux was so bad that even with double-strength prescription Zantac twice a day, I still needed Tums to calm the burn. But a week after I went vegan, primarily for ethical reasons, the pain was gone, and I tossed the pills for good. Seems that doing right by animals also did right by me!

T 7/4/17

SeaWorld won't have nightly fireworks this summer

<http://www.sandiegouniontribune.com/business/tourism/sd-fi-seaworld-fireworks-20170414-story.html>

While I'd like them to release their captive animals and transition to a rescue and rehab operation, kudos to SeaWorld for (mostly) ditching fireworks! Now if only the Pops and Padres would follow suit and switch to non-polluting light shows.

T 7/4/17

At the fair's junior livestock auction, a push-pull between commerce and compassion

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 79 of 156

<http://www.sandiegouniontribune.com/entertainment/county-fair/sd-me-livestock-auction-20170701-story.html>

It's not just 4H and FFA kids who experience cognitive dissonance (distress caused by holding opposing thoughts) when it comes to animals. In watching TV with my 2½ year-old grandson, kid's shows are packed with smart, friendly, cartoon animals, who are generally treated as peers with their human counterparts. Yet simultaneously, well-meaning parents feed flesh and secretions from smart, friendly, real-life animals to their unsuspecting youngsters. By the time most kids are old enough to make the connection, they're already hooked on the taste of meat, eggs, and dairy, and fall easily into the industry/government propaganda trap that humans need animal products to be healthy. Nothing could be further from the truth.

- Emailed to Letters to Editor letters@sduniontribune.com. Online version: <http://letters.sandiegouniontribune.com>.

At the fair's junior livestock auction, a push-pull between commerce and compassion

<http://www.sandiegouniontribune.com/entertainment/county-fair/sd-me-livestock-auction-20170701-story.html>

It's not just 4H kids who experience cognitive dissonance (distress caused by holding opposing thoughts) when it comes to animals. Children's TV is packed with smart, friendly, cartoon animals treated as peers by their human counterparts. Yet well-meaning parents continue to feed smart, friendly, real-life animals to their unsuspecting youngsters. By the time most kids are old enough to make the connection, they're already hooked on the taste of meat, eggs, and dairy and readily accept industry/government propaganda that humans need animal products to be healthy. Nothing could be further from the truth.

Mike Weinberg, Downtown San Diego, 619-756-9199

- Th 7/6/17 Appeared as separate article under U-T Letter Writers: **Kids could learn to enjoy a meatless diet**

<http://www.sandiegouniontribune.com/opinion/letters-to-the-editor/sd-kids-animals-vegetarian-utak-letters-20170705-story.html>

and as Letter to Editor: <http://enewspaper.sandiegouniontribune.com/desktop/sdut/default.aspx?pubid=ee84df93-f3c1-463c-a82f-1ab095a198ca>

- Reply from Gale Anderson: My gosh that baby is almost "glow in the dark" white. No sun, no balanced diet.... poor baby. Parents can keep their children on a vegan diet for a while, but sooner or later they will be tempted to eat what other kids eat. While just the opposite, parents who don't feed their kids veggies and fruit, when that child grows up they may venture to taste veggies, fruit and sushi and discover they love them.

- My response: Hi Gale. It is the position of the Academy of Nutrition and Dietetics that: "Appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements."

- Follow-on comment: I would add that:

* Many omnivores, especially elderly ones, are B12 deficient, as B12 is not made by animals but by bacteria in the soil that get into animals' and our guts. Modern sanitation reduces these bacteria, so there is less B12 available.

* Regarding the "pale" baby depicted in the photo, I wish my parents had kept me out of the sun in the 1950s, so I wouldn't have to keep getting pre-cancerous skin lesions removed. A vitamin D supplement and 15 daily minutes of sunshine is typically enough and avoids "tancer."

* Children develop tastes from what they are fed, so why not start them off with healthy whole, plant-based foods?

* Although most people associate sushi with raw fish, not vegetables, the term itself refers to the vinegared rice used to wrap the items.

W 7/11/17

Should doctors prescribe exercise and diet changes to people who aren't obese?

<http://www.sandiegouniontribune.com/news/health/sd-me-heart-exercise-20170710-story.html>

In the 1950s and 60s, when most doctors smoked, they didn't counsel their patients to stop smoking. In fact, they promoted smoking as beneficial. In modern times, when most doctors consume animal products, they don't counsel their patients to stop eating them. In fact, they promote animal products as beneficial. Perhaps in 50 years, people will look back with equal disbelief on both scenarios.

T 7/18/17

Imperial Beach, two counties sue fossil fuel companies for money to deal with sea level rise

<http://www.sandiegouniontribune.com/news/environment/sd-me-climate-lawsuits-20170717-story.html>

While these lawsuits wind their way through the legal system, shifting to a plant-based diet will do more to curb sea-level rise than switching to an electric car. Depending on the study, animal agriculture accounts for 18-51% of global-warming gasses, more than all forms of transportation combined.

8/1-8/22/17 On Alaska / Pacific Northwest trip with limited web access.

Th 8/24/17

Book charts cultural history of the beloved burger

<http://www.sandiegouniontribune.com/lifestyle/sd-fo-burger-book-20170821-story.html>

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 80 of 156

As a 20-year vegan, I'll likely not read "The World Is Your Burger: A Cultural History." But given the devastating environmental, health, and animal impacts of meat production, I'm curious if the book extends its history to the burgeoning trend to veggie burgers. From homemade to eatery to store-bought, plant-based burgers are high in fiber with zero cholesterol. Piled with condiments, even die-hard omnivores often can't tell the difference. In stark contrast, meat-based burgers have zero fiber and are loaded with cholesterol. I've read that without government subsidies, a McDonald's hamburger would cost about \$12. Instead of taxpayers paying for their and the planet's destruction, it's time to shift to plant-based eating.

- Emailed to Letters to Editor letters@sduniontribune.com.

M 9/18/17

'Babe' actor James Cromwell cited for SeaWorld protest

<http://www.sandiegouniontribune.com/news/courts/sd-me-cromwell-seaworld-20170918-story.html>

Wow to have the courage of your convictions to risk jail time for standing up for orcas or any species that can't do it for itself. Kudos to Cromwell and his companions! Besides, how can you love Babe and eat bacon? Isn't killing for pleasure, or paying someone else to kill for you, wrong? And as millions of healthy vegans prove, there is no need, beyond pleasure, to eat animals or their secretions.

- Emailed to Letters to Editor letters@sduniontribune.com.

- Th 9/21/17 Appeared in Letters to the Editor

- Appeared in Readers React: <http://www.sandiegouniontribune.com/opinion/letters-to-the-editor/sd-babe-orca-protest-utak-20170920-story.html>

- Sa 9/23/17 From WilliamLyons7: "there is no need, beyond pleasure, to eat animals or their secretions."

There is if you want to be able to lift anything heavier than a phone book.

-M 9/25/17 Hi William. Most of the strongest animals in the world (bulls, elephants, gorillas...) are plant eaters. In fact, vegan weightlifters have been breaking records for years, e.g., Patrik Baboumian. Best, Mike

-T 9/26/17 From WilliamLyons7: "Did you read the article in the Paper today "9/26/17 in the health section that says vegans have depression more than meat eaters?" [Me: article attributed it to low B12 (said 50% vegans / 7% vegetarians deficient), iron deficiencies, phytoestrogens (in legumes), low seafood, lack of balanced diet, iron deficiencies.

- My reply: I just read the article—thanks for pointing it out. While "350 committed vegetarians" seems a small sample size compared to 10,000 people in the study, I'll withhold a critique until I read some peer reviews. Getting proper nutrients and minerals can be an issue on any diet, but if the study turns out to be valid, it seems preferable to be a bit depressed on a veg*n diet than to die from a heart attack on an omnivorous one. I've been vegan for over 20 years on a balanced 100% plants-only diet and am in excellent health. But other than the current political mess, the only thing that depresses me is that people continue to hurt animals for pleasure. Of course, I'm a case study of one, so for a broader, neutral perspective: "It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements."

T 9/26/17

Oceanside dancer up for 'sexiest vegan over 50' award

<http://www.sandiegouniontribune.com/communities/north-county/sd-no-sexy-vegan-20170925-story.html>

Kudos to Erin and her proud husband! Although some may dismiss this contest as a PETA publicity stunt, no one can argue with the inner beauty and health benefits of a plant-based diet. In fact, "It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes." They go on to say: "Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage." And "Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease." Finally, they offer a word of advice: "Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements." Most nutritionists would add that vegans (as well as vegetarians and omnivores) should also seek out reliable sources of Vitamin D3 (plant derived) as well as omega-3 fatty acids (microalgae capsules—indeed, the omega-3 in fish comes from eating algae, ground flax or chia, walnuts). That said, nutritional deficiencies in vegans pale in comparison to those in the general population. And the biggest plus, vegans don't have to hurt animals to live healthy lives.

Th 10/19/17

Lamb meatballs with pomegranate relish

<http://www.sandiegouniontribune.com/lifestyle/food-and-cooking/sd-fo-recipe-of-week-20171016-story.html>

In an era of increased sensitivity to animals (elephants in circuses; orcas at SeaWorld), why are recipes featuring flesh from the gentlest of animals, lambs, still being promoted in the Union Tribune? Imagine the outrage if the article were entitled "Poodle meatballs with pomegranate relish."

- Emailed to Letters to Editor letters@sduniontribune.com.

W 11/7/17

Editorial | Medical tourism an economic prescription for San Diego region

<http://www.sandiegouniontribune.com/opinion/editorials/sd-san-diego-medical-tourism-20171107-story.html>

Me: Notified Liz Gary of article because of her connections to Malin Burnham. She sent in the following comment (with reference links):

Liz: Looks like lots of money being spent on genomic research that promises to find cures for heart disease, diabetes, and cancers....we'll spend anything to avoid having to use something as simple as diet for prevention. Here we go again, building businesses that profit off of people who are sick while chasing our tails with research that ignores the fact that we've found a cure for many of these diseases already. There is a new economy on the horizon and we need leadership like Malin Burnham to take the helm, see the light, and live the legend Community Before Self. Health is the new wealth...not profiting off of people who are ill. This is an investment that ensures we grow our economy by profiting off of people who are sick and the Standard American Diet is what's killing us. Let's all do our homework on this...there's a better way.

Me: "I couldn't agree more!"

M 11/20/17

Opinion | We should be thankful for meatless options

<http://www.sandiegouniontribune.com/opinion/letters-to-the-editor/sd-le-thanksgiving-turkey-vegan-utak-20171117-story.html>

Kudos to Mark Smith for telling it like it is. And not just for factory-farmed turkeys. All food animals suffer & die for the transient pleasure of human taste buds. As millions of vibrant, healthy vegans prove, there is no biological need for animal products. Despite false equivalencies that "plants have feelings, too," humans *need* plants to survive. And if one were truly concerned about plants, he/she wouldn't eat animals, since it can take 16 pounds of plant matter to yield a pound of meat. Finally, kudos to the U-T editorial department for its courageousness in posting such letters without regard to offending or losing animal-product advertisers. (Promoted to top of comment field.)

- Steve Swyn reply: Oh please, spare us your bleeding heart nonsense. You can eat manure for all I care, but leave the majority of us alone.

- Mychael M reply to Steve Swyn: Do you have a good argument in favor of torturing and murdering, or do you just want people with sound arguments who reject needless killing to leave you alone so you can continue to participate in a system of absolutely unnecessary violence without any pesky thoughtful folks ruining your fun?

VeganKili Articles (from my News Release)

<http://www.veganfoodandliving.com/18-70-three-generation-black-vegan-family-climb-kilimanjaro>

<http://vegnews.com/articles/page.do?pagelid=10367&catId=1>

<https://www.livekindly.co/first-vegan-mt-kilimanjaro-trek/>

<http://www.veggieathletic.com/vegan-team-climb-mount-kilimanjaro/>

<https://plantbasedlife.co.za/3908/your-world/first-ever-vegan-kilimanjaro-challenge>

<https://www.plantbasednews.org/post/vegan-family-tackle-mount-kilimanjaro>

<https://www.directactioneverywhere.com/theliberationist/2017/12/11/7f1eyhqje0ocef0hzcwvavj5alcch6>

W 12/20/17

2018 health trends: a back-to-basics theme

<http://www.sandiegouniontribune.com/lifestyle/sd-he-health-trends-20171218-story.html>

Clinical nutritionist Tara Coleman has it half right when she says, "You can have a really gorgeous plant-based meal, and it's OK if you go have a burger the next day." On the contrary, clinical studies have shown that even one cholesterol-laden meal of saturated animal fat and protein degrades arterial function. The body can remarkably heal the damage in a few hours, until the next culinary assault. As plant-based guru, Dr. Michael Greger, of nutritionfacts.org quips: "If you hit your thumb with a hammer, it will heal. But not if you keep hitting it three times a day!"

- Also submitted Letter to Editor

- M 12/25/17 Published in LTE section under "No reason to include meat in your diet"

<http://enewspaper.sandiegouniontribune.com/desktop/sdut/default.aspx?pubid=ee84df93-f3c1-463c-a82f-1ab095a198ca>

and under Your Opinions: "Cruelty-free food: Year end a good time to change your diet."

<http://www.sandiegouniontribune.com/opinion/letters-to-the-editor/sd-le-vegetarian-new-year-diet-utak-20171221-story.html>

- j.eldon comment: I am pro-vegan without being 100% vegan myself, or seeing a need to be. The main concerns are nutrients such as B-12 and omega-3s -- everything else, particularly protein, is pretty easy to get in a HEALTHFUL vegan diet. Since most junk food is vegetarian, and some is vegan, it is also easy to assemble a really harmful vegan diet full of refined sugar and flour.

- My reply: Hi j.eldon. Yes, whole, plant-based, and minimally-processed foods, with the supplements you listed (plus vegan vitamin D3), is optimal. To take it a step further, I've gone No-SOS (no refined Salt, Oil, Sugar) when I cook at home. But when my wife and I dine out, it just has to be vegan. In addition to health, ethics and the environment are strong arguments in favor of choosing to be 100%

vegan. Ethically, most people wouldn't personally hurt even one animal, yet they pay others to do so with every purchase of meat, egg, dairy, or other animal products. Environmentally, depending on the study cited, animal agriculture accounts for 18-51% of all greenhouse gas emissions. Even at the lower number, that's more than all forms of transportation combined.

- j. eldon reply: From a health standpoint, avoiding white sugar and flour is more important than avoiding animal products. This is why the Atkins Diet works (in the short term) for many people. Also, dietary cholesterol pales compared to the amount of cholesterol our own bodies produce. This is why a high-fiber diet is so important. This is why I get so frustrated with most American slow- and fast-food restaurants -- the near-absence of whole grains. Fortunately, a few places offer brown rice or whole grain rolls or tortillas, but these are a small minority in most of the U.S., and even here in (relatively) dietarily-enlightened San Diego County. Don't get me wrong -- as I mentioned before, I am very sympathetic to veganism and mostly vegan myself, but I am not ideological or extreme about it, I do not completely avoid eggs, and I do eat some nonfat plain yogurt and some salmon.

- My reply: Kudos for being "mostly vegan." While I agree with you healthwise about white sugar and flour, neither involves the overt suffering and killing of animals. Surprisingly, the egg and dairy industries are much worse for animals than the meat industry. Meat animals are typically killed within their first year, chickens as young as six weeks, still chirping like the baby chicks they are. In contrast, egg-laying hens and milk-producing cows suffer for 2-3 years until their productivity wanes, then they are killed for meat anyway. And it's hard to claim fish is a health food when its beneficial omega-3s can be more safely obtained from micro-algae (which the fish eat) capsules without consuming fatty flesh that concentrates and stores mercury, PCBs, and other pollutants contaminating our oceans and streams. With so many healthy plant-based options, why kill an animal if you don't have to?

Th 12/28/17

How to fix the American diet, according to the man who coined the term 'junk food': analysis

<http://www.sandiegouniontribune.com/news/nation-world/ct-junk-food-american-diet-20171228-story.html>

Michael Jacobson states, "A good diet is rich in fruits and vegetables, beans, nuts, seafood, low-fat proteins like chicken, and low-fat dairy products." He could have stopped at fruits, vegetables, beans, and nuts and threw in some whole grains. Fish is hardly a health food, when its touted omega-3s can be more safely obtained from micro-algae (which the fish eat) capsules without also consuming fatty flesh contaminated with mercury, PCBs, and other pollutants. Chicken is hardly low-fat unless you consider ~5% less fat than beef as low fat. Not to mention the high load of sodium that comes from soaking bird carcasses in salt water to increase their "sale" weight through water absorption. And dairy has been implicated in myriad ailments from childhood ear and nasal infections to cancer-promoting proteins, hormones, and growth factors. Bottom line: With so many healthier plant-based options available, why harm or kill an animal (or more likely, pay someone else to do so) if you don't have to?

Sa 12/30/17

I'm about to go vegan for a month basically on a dare

<http://www.sandiegouniontribune.com/lifestyle/food-and-cooking/sns-dailymeal-1864777-healthy-eating-i-m-about-go-vegan-month-january-on-a-dare-20171228-story.html>

Veganism has its challenges--mostly social--but rather than deprivation, you'll be embarking on a great culinary adventure! Besides, with all the fantastic plant-based foods available, why hurt an animal (or more likely, pay someone else to do so) if you don't have to?

Su 1/7/18

Posted MaxVegan No-SOS Recipes to two Facebook groups

80 recipes total (32 Toppings, 31 Meals, 17 Treats)

* SOVAS (Salt Oil Vegan Alcohol Sugar): <https://www.facebook.com/groups/137289343652030>

* Food as Medicine Living in San Diego: <https://www.facebook.com/groups/1184559994915050>

Here's a link to dozens of No-SOS (no refined Salt Oil Sugar) recipes that you are free to try and modify to taste:

<http://maxlearning.net/HEALTH/MaxVeganRecipes.htm>. After years of tweaking recipes found on the web, I'm still amazed that I can make things like dill pickles without salt, mayonnaise without oil, sweets without sugar, and even pepperoni without salt or oil. Recipes appear in a compact, visual format that minimizes wordy instructions coupled with a procedure that maximizes efficiency and reduces errors. In addition to a shopping list for every recipe ingredient, the Pantry section has useful food notes, e.g., the differences between soy sauce, tamari, and Bragg's Aminos, or how Active Dry Yeast differs from Instant Yeast.

F 2/2/18

Veggie mixed message

<http://www.sandiegouniontribune.com/lifestyle/sd-he-veggie-diets-20180129-story.html>

Ethical bottom line: Why hurt an animal if you don't have to? Millions of vibrant, healthy vegans prove there is no need to consume animal products.

W 2/7/18

Health pro balances workouts and diet

<http://www.sandiegouniontribune.com/lifestyle/sd-he-active-crane-20180205-story.html>

Kudos to Nicole Crane for attempting to pursue a healthy lifestyle. As most of us who are older know, age 30 is the time metabolism seems to change, and you can no longer eat whatever and however much junk you want without putting on the pounds. Kudos also for her decision to become vegetarian at 10 because of her "love for animals." What most vegetarians don't realize is that the egg and dairy

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industries are magnitudes worse for animals than the meat industry. Each year, about 250 million male “layer” chicks are suffocated or ground up alive, because they don’t lay eggs and don’t grow fast enough for meat. And after a few years, when their production declines, egg-laying hens are killed for chicken-pot pies. In the equally pernicious dairy industry, calves are taken from their mothers at birth so that the milk can be sold to humans for profit. Male and surplus female calves become veal. And when their milk production falls, “spent” mother cows become hamburger. No matter how well these animals are treated--and 99% are not treated well in order to keep costs low--none gets out alive. In what may be karmic justice, humans who consume animal products suffer as well. Just one high saturated animal fat meal impairs arterial function. Multiplied by 3 such meals a day, it’s no wonder that heart disease is America’s #1 killer. Animal protein itself, far from being healthy, causes an inflammatory response that leads to America’s most common “lifestyle” diseases: joint issues, diabetes, and cancer. A deliciously simple solution to all these ills: A whole-food, plant-based diet!

Sa 2/10/18

Another emotional support animal gets rejected — then flushed

<http://www.sandiegouniontribune.com/business/la-fi-travel-briefcase-hamster-toilet-20180210-story.html>

Horrible situation, for sure, but how many equally sentient beings were served as meals aboard that flight?

T 3/27/18

Groups turn up pressure on McDonald's chicken policies: 'It's just not right'

<http://www.sandiegouniontribune.com/business/ct-biz-mcdonalds-chicken-welfare-policy-20180315-story.html>

The true definition of “humane” treatment: Would you want it done to you or a loved one? As millions of happy, healthy plant-based eaters prove, the killing of animals for food is completely unnecessary and an indulgence that future generations will look back on as incredibly immoral.

Su 4/1/18

Climate change: The war worth fighting

<http://www.tdn-net.com/opinion/columns/38625/climate-change-the-war-worth-fighting>

(Troy Daily News. Keiran Williams is a senior at Troy High School)

Well stated, Keiran; I echo your call to action. In addition, a hugely neglected area of concern is animal agriculture, which accounts for 18-51% of greenhouse gases depending on the study referenced. Even the lower figure represents more than all forms of transportation combined. Without years of infrastructure development and trillions of dollars, dramatic reductions in emissions can start at one’s next meal. As millions of happy, healthy vegans and plant-based eaters prove, there is no biological need to consume animal products.

Su 4/8/18

What is scrapple, and why should you be eating it?

<http://www.sandiegouniontribune.com/lifestyle/food-and-cooking/dailymeal-what-is-scrapple-and-why-should-you-be-eating-it-20180406-story.html>

In addition to the obvious “gross” factor of scrapple, pigs would prefer that you didn’t eat ANY part of them. As millions of vibrant vegan and plant-based eaters can attest, humans have no need to consume animal products. Most ethical codes concur that “killing for pleasure” is wrong, therefore paying someone to kill an animal for you because “it tastes good” is wrong.

Su 4/8/18

Your Opinions | San Diegans should step up for SeaWorld

<http://www.sandiegouniontribune.com/opinion/letters-to-the-editor/sd-le-sea-world-seaworld-attendance-utak-20180406-story.html>

I and my family will go to SeaWorld when it releases its healthy captive animals (of all kinds) and transforms itself into a 100% rescue & rehab facility. That way my grandkids can not only enjoy the rides but learn how humans can help animals in need rather than force them to do circus tricks for profit.

- Reply from voyager2k: So you are also saying the other Sea Worlds, San Diego Zoo, every zoo, aquariums across the country must release all those under their care and only serve as hospitals? You cannot be serious. Sad. Fact is by going to these attractions you learn about them. How they are being decimated in the wild thanks to the willful overpopulation of humans, killed by poachers, their land taken for palm oil, slash and burn. Only hope for some species is through these attractions, their breeding programs, learning how to protect them from diseases, protect from poachers, etc. As for doing circus tricks for profits, exact same can be said for all professional sports as these actions are not essential for the human species to watch and enjoy. No sports for your children right? No pets either right? Might be time to get a life, enjoy the world as it is. Done with this post. Not viewing or responding to any replies. Have a great week.

- My response: Hi voyager2k, Thanks for your thoughtful reply. It wasn’t long ago, historically, when aborigines, pygmies, and other dark-skinned peoples were thought of as subhuman animals and paraded around or caged and displayed as curiosities. Each wild animal is a member of its own kingdom, and future generations will look back in disbelief that humans captured, bred, and confined them primarily for entertainment purposes. Scientists can better learn how to protect these animals by studying them in their own habitats. Confined animals behave differently than free ones, no matter how “humanely” they are treated. (The true definition of humane: Would you want it done to you or your loved ones?) And we can all help by supporting efforts to preserve those habitats and minimizing our own wasteful consumption. Children can and are learning to identify with animals through the many excellent wildlife documentaries and related cartoons and educational programs on TV. SeaWorld, zoos, and aquariums could fulfill this same role by, for example, creating 3-D holographic or other displays of real animals in the wild. The analogy comparing professional sports to animal acts as nonessential forms of entertainment holds true only if animals voluntarily decide to participate like human athletes do. Children’s sports promote exercise,

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health, and striving for goals, so they are worthy pursuits as long as safety is maintained (e.g., avoiding football concussions). With millions of unwanted pets in today's world, it's folly to breed more. Existing pets should be rescued, spayed/neutered, and given comfortable homes, loving treatment, and as much freedom as possible. Best, Mike

F 4/20/18

Bagby Beer's gastropub gives veganism a try

<http://www.sandiegouniontribune.com/communities/north-county/sd-no-bagby-beer-20180412-story.html>

Kudos to executive chef Robert Gaffney for going vegan and to Jeff and Dande Bagby for their willingness to add vegan options to their menu. With the growing popularity of plant-based eating, it's a smart and ethical business decision. Oceanside has a dearth of vegan eateries, so if and when they are ready to transition away from all animal products, I'd be happy to list and promote Bagby Beer Company in VeganDiego, a calendar I maintain of all 100% vegan eateries in San Diego County: www.facebook.com/vegandiego. The current calendar lists 33 eateries with 73 active locations, including Farmer's Markets, with more coming on line nearly every month. As VeganDiego is a public-service project, there is never a charge to be listed or have a coupon.

M 5/8/18

SeaWorld attendance, revenues spike in strong first quarter

<http://www.sandiegouniontribune.com/business/tourism/sd-fi-seaworld-earnings-20180508-story.html>

No need to get on a plane to see orcas in the wild. Beautifully-shot nature documentaries provide all the evidence one needs to appreciate these magnificent animals. SeaWorld degrades that magnificence by confining dozens of these unfortunate creatures to concrete bathtubs. No amount of "education" is worth that. The definition of humane: Would you want it done to you or your loved ones? As a scuba diver, you wish they would let you in the tank "for a while." How about your entire life?

- Reply from tenhomas: "Beautifully-shot nature documentaries...", sounds like you don't get out much, which is fine since some people like to confine themselves to a little wood box.

- My reply: Hi tenhomas. With 50 states and 60 countries under my belt, there's still a lot of the world I'd like to see. Last year, on an Alaskan cruise, my wife and I briefly glimpsed a pod of orcas. Wonderful experience, but I see and learn so much more about them from nature documentaries. For years, I've said I'd support SeaWorld if they released all their captive animals and became a true rescue and rehab facility. Along with more rides for the kids, they could more effectively educate visitors with 3-D holographic or IMAX footage of animals in their natural environment. Best, Mike

Th 5/10/18

Where's the beef? For McDonald's Quarter Pounder, not in the freezer

<http://www.sandiegouniontribune.com/entertainment/dining-and-drinking/sd-fi-mcdonalds-fresh-beef-20180504-story.html>

"Fresh" beef is a huge misnomer. I recently came across a documentary called "The Story of Beef" and learned to my surprise that freshly-slaughtered beef tastes bland and is watery, so it has to be dried out or "aged" for days or weeks. To call a decayed corpse "fresh" stretches the imagination. Yet another marketing lie from the animal-products industry.

Sa 5/26/18

The One Reason Restaurant Burgers Taste Better Than Yours

<http://www.sandiegouniontribune.com/entertainment/dining-and-drinking/sns-dailymeal-1695526-eat-why-restaurant-burgers-best-20180525-story.html>

When will the majority wake up and acknowledge that animal agriculture contributes anywhere from 14 to 51% of greenhouse gases? That it uses over half the water and up to 90% of the crops that could be fed directly to humans? Raw beef itself is tasteless until aged (decayed) and seasoned. Once piled with condiments, it's very hard to tell the difference between a veggie and meat burger. Meat burgers have high cholesterol and zero fiber. Vegan burgers have zero cholesterol and high fiber--and no cows need to be slaughtered in the process.

- Rickysays reply: Were CARNIVORES! Eat like a rabbit if you want. But saying a veggie burger tastes the same is just a lie.

- My reply: Hi Rickeysays. I think the consensus is that humans are omnivores, but with our dull canines and long intestines, some would argue we're closer to herbivores. In any case, why hurt an animal if you don't have to? Millions of happy, vibrant vegans will attest that life without animal products is not only possible but better for health, environment, and, of course, animals. Best, Mike

Su 5/27/18

SeaWorld must free animals to keep its head above water

<http://www.sandiegouniontribune.com/opinion/letters-to-the-editor/sd-seaworld-san-diego-orlando-orcas-electric-eel-utak-20180525-story.html>

I and my family would support SeaWorld if they released all their captive animals and became a true rescue and rehab facility (currently a praiseworthy but minor element in their overall operation that they exploit to the max for PR purposes). Rides are fine for the kids, but they could more effectively educate visitors with 3-D holographic or IMAX footage of animals in their natural environment.

- Reply from voyager2k: Mike. Please tell us you are a financial investment expert with a proven track record, have a solid, vetted, financial plan for SeaWorld to fund being only a rescue and rehab facility for sea animals. Please tell us your plan will fund all the required specialized ocean veterinarians, medical equipment, medications, O&M for all the recovery pools and food needed for recovery. Please post your plan on the net so everyone can review it and point out shortcomings. What? You do not have a plan? Just whining? Seriously? I am shocked. Finally Mike, No. Digital sealife will not replace actually seeing real sea life in their natural habitat. Exactly why in Hawaii, on

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Oahu, swimming and snorkeling with sea life can never be replaced by your digital fish. hanaumabaystatepark.com. Rookie posters. Give me a break. Go back to your life inside The Matrix

- My reply: Dear voyager2k. Thank you for your astute observations. It sounds like you have experience in theme park and marine sanctuary matters. I don't, but I am a retired business/computer college instructor with an MBA in Information Systems. I wasn't suggesting that SeaWorld get rid of its rides, in fact, the more the better to attract visitors. As it stands, it's the only major theme park with captive animals and, perhaps not coincidentally, the only major theme park with declining attendance and revenue. Transitioning to a rescue and rehab facility would bring back many patrons who are staying away because of the Blackfish movie effect. I also wasn't suggesting that digital images trump real experiences. It's ironic that you posted a link to Hanauma Bay. When I was stationed at Pearl Harbor in the 1970s, I regularly dived there. Seeing the fish up close was fantastic, but I learned much more about sea life from documentaries than I ever did from brief field encounters. I believe SeaWorld's educational mission would be much better achieved with behind-the-scenes rescue and rehab tours coupled with captivating digital exhibits. Take care, Mike

- Reply from voyager2k: Mike. You still haven't answered the question. How to pay for your marine sanctuary. Rides alone will not cut it. Why would people pay to visit a marine sanctuary, watch documentaries? Hasn't been done anywhere in the USA. Gee. I wonder why not? Perhaps you and Craig should work together to get PETA to actually do something besides whining. Surely they have the financial resources to get this done. Working with Craig you can use your expertise to create captivating digital exhibits people would pay to see. Right? Craig doesn't want to talk about PETA funding and operating a marine sanctuary as they know their limitations. Not going to happen and the sooner you realize this the better. Enjoy Memorial Day.

- My reply: Hi voyager2k. As I said, I'm no expert, but there are hundreds of non-profit animal sanctuaries throughout the world that survive without ride revenue, relying on grants and donations to care for their animals. Most of these are for land animals, but there is a marine sanctuary as close as Laguna Beach, the Pacific Marine Mammal Center. They rescue and release seals and sea lions and have "the only temporary holding facility for small whales and dolphins between Santa Barbara and San Diego." I don't know Craig, but I've read that PETA has offered to match donations made on behalf of releasing orcas to sea pens for potential release when possible. With the right moves, SeaWorld could become the hero instead of the villain. I'd even be happy to make a donation. For digital exhibits that people would pay to see, I envision 3D-holographics that you could walk through with sea life swimming around you. Or motion seats integrated with video displays that offer a near-reality experience like those at Universal Studios. Just as an animal sanctuary doesn't need rides to fund its operations, a theme park doesn't need captive animals to make a profit. Happy Memorial Day to you and yours!

T 5/29/18

San Diego's best burgers

<http://www.sandiegouniontribune.com/entertainment/dining-and-drinking/sd-et-burger-roundup-20180528-story.html>

According to the Water Footprint Network, the same amount of water can produce 15 times more veggie burgers than cow burgers, equal in protein and calories. In times of drought, the "best" burger for the environment, as well as health and animals, is a veggie burger. Livestock production, particularly beef, contributes anywhere from 14-51% of greenhouse gases depending on the study cited, more than all forms of transportation combined. Just as Nero fiddled while Rome burned, future generations will look back aghast that meat-eaters nibbled while the planet burned.

T 6/5/18

Veganism inspired path to fitness

<http://www.sandiegouniontribune.com/lifestyle/sd-he-active-triner-20180604-story.html>

Kudos to Marina and her mom and husband for adopting healthy whole-food, plant-based diets. Vegan athletes are breaking world records, including weight-lifting records, because non-inflammatory diets permit them to recover more quickly after workouts and resume training sooner. Regarding the often-overhyped need for protein, vegan athletes have no problem getting ample amounts from plant sources, which of course is where the livestock that omnivores eat gets theirs.

Th 6/14/18

Scripps scientist worries how Antarctic climate change may affect San Diego

<http://www.sandiegouniontribune.com/news/science/sd-iceland-20180613-story.html>

- My comment on j.eldon post of ways to minimize climate change: Don't forget eating more plant-based meals. Depending on the study cited, animal agriculture contributes 14-51% of greenhouse gas emissions, more than all forms of transportation combined.

T 6/26/18

The healthiest and unhealthiest store-bought hot dogs

<http://www.sandiegouniontribune.com/sns-dailymeal-123046-healthiest-unhealthiest-store-bought-hot-dogs-20180625-story.html>

News Flash! The cancer research arm of the World Health Organization (WHO) has determined that the consumption of processed meats like hotdogs, ham, sausages and meat-based sauces causes colorectal cancer, while eating red meat like beef, pork and lamb is "probably carcinogenic to humans." (From almost 3 years ago: 26 October 2015!)

T 6/26/18

It's Time to Retire the 'Vegan Police'

<https://prime.peta.org/2018/06/its-time-to-retire-the-vegan-police>

There is no "best" way to encourage someone to be vegan. Certainly, we should never judge anyone for not being "perfect." But to knowingly eat an animal product in the hopes of convincing someone that veganism isn't "hard" is misguided and hypocritical. Would you

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hit even one mother cow in the face, or steal even a tablespoon of milk from her calf? Instead of putting yourself in this restaurant dilemma, why not invite your friends to dine in a vegan eatery? If none are available, invite them to dinner in your home. For a norm-disrupting take on dining with those eating animal products, do a web search for "The Liberation Pledge."

- Resubmitted on 7/3/18 with this note: Was my comment rejected and, if so, can you tell me why? Thanks!

T 7/3/18

Why Is Pig Meat Called 'Pork,' and Cow Meat Called 'Beef'?

<http://www.sandiegouniontribune.com/sns-dailymeal-1623358-eat-why-pig-meat-called-pork-20180627-story.html>

Interesting etymology lesson. The newest evolution is to refer to plant-based foods by the animal-based item they replace. Sometimes the word will be prefaced with veggie, mock, fake, or the plant it's made from, like soy milk or coconut yogurt. Other times the spelling will be altered, such as chik'n, bakon, mylk, etc. The animal agriculture industry has become so alarmed by the burgeoning sales success of these "imposters" that they're lobbying to ban the use of traditional names to describe them. But the more forward-thinking animal-food companies are buying up the plant-based companies because of their profit potential!

- Reply from Satyr0: If it doesn't bleed, it isn't meat.

- Reply from John Oliver1: A bunch of nonsense. If I want bacon, I should be able to buy BACON and not wind up with some fake plant bullcrud. You want to eat veggies for everything, that's fine... but you don't get to appropriate and take over the names and force me to eat what you want because you think it's good for me or Gaia or whatever. And why do I have a feeling you'd be incensed about labeling non-PC foods with misguiding names?

- My reply: Hi satyr0 & John Oliver1. The beauty of language, or its curse, is that it's so flexible. For instance, the first definition of "meat" in the Merriam-Webster dictionary is "Food, especially solid food as distinguished from drink; the edible part of something as distinguished from its covering, such as a husk or shell." Hence, the 'meat' of a walnut. Similarly, non-mammary-fluid definitions exist for "milk" as in the 'milk' of a coconut. Best, Mike

F 7/20/18

WeWork takes the green workplace to a new level with 'meat-free' edict

<http://www.sandiegouniontribune.com/business/la-fi-meatless-wework-20180720-story.html>

Kudos to WeWork for acknowledging what even mainstream environmental organizations often fail to: Depending on the study cited, animal agriculture contributes 14-51% of greenhouse gas emissions, more than all forms of transportation combined. Not to mention up to half the potable water and up to 90% of the grain that could be fed directly to humans instead of being "recycled" through an animal. It can take up to 16 pounds of plant matter to produce one pound of meat since most of the feed ends up as manure. Humans have no biological need to consume meat, and with the growing number of delicious plant-based substitutes, the only rational decision for one's health, the environment, and animals is to adopt a plant-based diet.

M 8/13/18

Econometer: Does SeaWorld have a successful business model?

<http://www.sandiegouniontribune.com/business/tourism/sd-fi-seaworld-econometer-20180809-htmlstory.html>

I'd be willing to support SeaWorld if they released all their captive animals and became a true rescue and rehab facility, which is currently a praiseworthy but minor element in their overall operation that they exploit for PR purposes. With the right moves, SeaWorld could become a Theme Park hero instead of the Blackfish villain. I envision 3D-holographics that you could walk through with sea life swimming around you. Or motion seats integrated with video displays (like those at Universal Studios) that offer a near-reality underwater experience. As so many popular theme parks prove, SeaWorld doesn't need captive animals to make a profit.

M 8/27/18

Del Mar's races are in right location for everyone to enjoy

<http://www.sandiegouniontribune.com/sports/columnists/nick-canepa/sd-sp-canepa-delmar-20180826-story.html>

Del Mar might be in the "right location for everyone to enjoy" except the horses. Literally thousands die each year in this cruel, antiquated industry. For a list of names, visit <https://horseracingwrongs.com>.

M 9/3/18

Sticking to vegan diet takes a lot of heart

<http://www.sandiegouniontribune.com/communities/north-county/sd-no-erdos-column-20180831-story.html>

Hey Irv! Kudos for supporting your loving wife—you'll live healthier and feel better, too! I went vegan 21 years ago at the age of 44 immediately after learning that I didn't need animal products to be healthy—in fact the opposite was true. I could no longer justify animals suffering and dying for my eating pleasure. Although my animal-loving wife didn't follow this path right away, she agreed to keep a vegan household provided I did all the shopping & cooking. To my surprise, rather than feeling dietarily deprived, I've been on a culinary adventure! Vegans are obsessed with food, and my joy of eating is magnitudes greater than my previously-boring omnivorous diet. So don't despair. If you really want that cheeseburger, you can have it and almost any type of food you love to eat at over thirty 100% vegan eateries listed in the VeganDiego directory: www.facebook.com/vegandiego. Good luck, and best regards to your wife!

T 9/4/18

U.K. animal rights movement comes to San Diego promoting veganism

<http://www.sandiegouniontribune.com/lifestyle/people/sd-me-animal-march-20180901-story.html>

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My response to j.eldon's comment: Wise words of dietary caution that also apply to omnivores who, in addition to the stated deficiencies, suffer in much greater numbers from the ravages of dietary excess: obesity, diabetes, cancer, & heart disease. Also, veganism is more than a dietary choice, as it calls for living in a manner that minimizes harm to animals whether in the form of food, clothing, household products, entertainment, labor, or animal testing.

Before the march, a few people mentioned that they thought this was San Diego's first-ever animal-rights march. Having been on the vegan scene here for over 20 years, I can assure you that numerous marches have taken place in the past, but none on this scale. In the late 1990s, we even had two huge annual vegan festivals with hundreds of vendors participating. But leadership moved on and activists pursued other forms of outreach. It's heartening to see fresh, new leadership emerge and so many new vegans willing to join in. Being part of this march brought tears to my eyes as I contemplated the progress our movement has made.

Su 9/9/18

A focus on making healthy choices easy for others

<http://www.sandiegouniontribune.com/lifestyle/people/sd-me-one-mckeeon-20180905-story.html>

Choice Superfood & Juicery recently opened a 4th location, in Little Italy! Downtown once again has an all-vegan eatery, and Choice now has the most locations of any 100% vegan eatery in San Diego County. Congratulations to Nastasha and her team for their ambitious expansion and success! I'm especially thrilled because the Little Italy location is only about 3/4 mile away from my downtown condo. I've been in twice so far, and my goal is to work my way through the delicious menu!

M 9/10/18

Coronado polo match brings Kentucky Derby fashion to the beach

<http://www.sandiegouniontribune.com/entertainment/things-to-do/sd-me-beach-polo-20180909-story.html>

Given that horses are prey animals who fear having anything on their backs, it's no wonder they must be "broken" before submitting to human domination. Of course, horses need exercise, but it's a myth that they must--or enjoy--being ridden. Add to that an uncomfortable metal bit being jerked from side to side to control their movements, what may be "joy" for polo riders and spectators is agony to horses.

T 9/11/18

Where have all the brain sandwiches gone? A look into a Midwestern dish on the brink of extinction

<http://www.sandiegouniontribune.com/news/ct-food-brain-sandwiches-midwest-food-20180814-story.html>

It's hard to imagine that the descriptions in this article (mad cow disease, shards of bone, melty brains...) will boost demand for brain sandwiches. But the most oxymoronic statement came from meat wholesaler Todd Moore: "...ethically, it's a good thing to eat brains because that means using more of the animal." On the contrary, it's never ethical to kill an animal who doesn't want to die solely for human culinary pleasure. And if waste is the concern, it's highly unethical to pump 80% of America's grain and 50% of its water into livestock where most of it ends up as feces and urine that pollutes our land, air, and waterways. Besides, if brain and other meats are so delicious, why must they be smothered in plant and mineral seasonings to be palatable?

M 9/24/18

Humane treatment of farm animals called for

<http://www.sandiegouniontribune.com/opinion/letters-to-the-editor/sd-le-animal-cruelty-proposition-12-california-utak-20180921-story.html>

As a 21-year vegan, I applaud anyone who makes any effort, no matter how small, to help farm animals, as billions of people do absolutely nothing on their behalf. But no matter how well-intended welfare laws and measures are, animals will continue to suffer and die solely for human culinary pleasure. As there is no biological need to consume animal products, the only real solution for animals is to replace meat, egg, and dairy with healthier whole-food, plant-based alternatives.

- satyr0 reply: I would think that homo erectus started out as herbivores, until they "discovered" fire. That's when they "cooked" their first mastodon burger and said this is good.

- My response: I hear you, satyr0! I ate and enjoyed meat for my first 44 years. In fact, a meal (except maybe breakfast cereal) never seemed complete without it. But when I learned that I didn't need animal products to be healthy, in fact the opposite was true, I could no longer justify animals suffering and dying for my dining pleasure. I decided then and there to be vegan. The health benefits were immediate (I had suffered for years from severe acid reflux) and rather than deprivation, I embarked on a culinary adventure. My only regret is that I didn't learn the truth a decade earlier.

- Lasertop comment: I have to wonder how long it will be before we start talking about new laws to eliminate meat entirely. I mean after all, I'm already hearing the drum beat of "It's causing Global Warming"

- My response: Hi Lasertop. Outlawing meat like outlawing drugs would never work for those who crave the taste/feel or are addicted. But depending on the study cited, livestock agriculture accounts for 14-51% of fossil-fuel emissions. Even the lower number is more than all forms of transportation (plane, train, automobile...) combined.

- Lasertop reply: And yet that is the direction we are heading. I have no issue with people who wish to commit themselves to a vegan life style. It is a choice you have in our Free country. But I am hearing more and more Vegans becoming more militant about making others live their life style and "Global Warming" is their excuse for doing so. Imagine if we passed a bill that outlawed Veganism. That said you must consume so much meat each day. You wouldn't be terribly happy right? Now I doubt they will out and out pass a bill making meat illegal, but I can see them taxing it more and more and running a campaign in the schools to tell kids what terrible people they are by consuming that hamburger.

- My response: You're right, Lasertop, I wouldn't like it if I were forced to eat meat. After 21 years of not doing so, just the thought of it makes me want to gag. It's funny how outlooks change. Now when I look at meat, I see a decomposing corpse, which I'd no sooner want to eat than I would a squashed bug. Ironically, I was never a classical "animal lover." I just don't like to hurt them, which is the motivation of most animal-rights activists. From our perspective, it's about saving animals rather than attacking meat eaters. But whether it's for the animals, one's health, or the environment, there are as many good reasons to be vegan as there are people.

- ukrose0607 reply: Agree with you 100% Mike but some of us feel, until that happens, if there is ANYTHING we can do to make things a little better for them, I'd rather do that than nothing.

- My response: Upvote + And I agree with you ukrose0607. Suffering animals deserve whatever relief can be offered.

- j.eldon reply: ... as long as you get enough zinc, B12, and Omega 3 fatty acids. This is why I include some fish and eggs in my otherwise-vegan diet.

- My response: Kudos j.eldon for your mostly-vegan diet. Of course, all the supplements you list are more safely available in non-animal form, so continuing to eat fish and eggs is unnecessary.

F 9/28/18

Huge fish farm might hatch offshore near La Jolla

<http://www.sandiegouniontribune.com/news/sd-cm-ljl-fish-fram-20180924-htmistory.html>

Humans have no biological need to consume fish, wild or farmed, and numerous reasons not to, like high saturated fat, PCB/mercury/antibiotic contamination, and overfishing of smaller species to feed penned species. Contrary to what industry and government would have one believe, fish is not a health food. In fact, the touted omega-3 in fish is more safely obtained from its source: the microalgae that fish eat. Commercial microalgae are grown in sterile labs free of environmental pollutants and toxins. Their pure omega-3 output is then packed into capsules for human consumption.

- Lasertop's reply: If you are a vegan than that is great, but lets talk about reality. The human population has gone from 3 billion in the 60's to 7.5 billion today, and the vast majority of them eat meat, including Sea Food. Now simply saying don't eat fish is not going to happen so you have two choices. Either raise it in a farm or continue to over fish the oceans. Farming is the practical solution, it certainly should be reasonably regulated but the alternative is just not acceptable to most people.

- My response: Not sure that farming is the practical solution to overfishing when the article states "several pounds of wild fish [are] required as food for every pound of farmed fish." It's equivalent to raising livestock, where it can take 16 lbs. of grain to produce 1 lb. of beef. It's much more efficient for the world's burgeoning population to eat the grain directly than to recycle it through animals. I have no illusions about the world going vegan by choice--it will more likely occur when producing animal products becomes even more unsustainable than it is today. Still, I'm amazed at the changes I've seen since becoming vegan 21 years ago. Even diehard carnivores I know are eating and enjoying more meatless meals.

- Lasertop's reply: Oh I have no issue with Vegans, in fact I honestly should be eating less meat myself. But I am also a realist, which is why I say you are not going to stop the over fishing of the worlds oceans anytime soon. You need a practical solution and fish farming is the closest we have to that solution. Now you are right that we need to find a better source of food to feed these farm raised fish and we also need to find ways to move the pens so that they don't pollute the areas that they reside. But these are all problems that can be worked out.

- My response: I upvoted Lasertop's reply.

T 10/2/18

Luxury cinema, dining complex in Gaslamp opening mid-October

<http://www.sandiegouniontribune.com/business/growth-development/sd-fi-gaslamp-theatrebox-20181001-story.html>

Called Theatre Box, the 73,000 square-foot venue is a remake of the former Pacific and Reading cinema building at 701 Fifth Ave... Alwyn Hight Kushner, president of TCL Chinese Theatre in Hollywood...Upstairs, guests will find a luxury cinema with eight auditoriums, each outfitted with leather recliners, and offering full food and drink service.

- Tweet to Alwyn Hight Kushner: <https://twitter.com/alwynnywla>

Will the recliners in the new Theatre Box in San Diego be pleather vs. leather? As a vegan, I'm uncomfortable sitting on animal skin.

Th 10/11/18

Supermodel shares healthier 'Cravings'

<http://www.sandiegouniontribune.com/lifestyle/food-and-cooking/sd-fo-recipe-of-week-20181009-story.html>

Unfortunately, oil is anything but healthy. Per <https://nutritionfacts.org/topics/oils>, a single high-oil meal stiffens arteries, cutting in half their ability to relax. That's also true for extra-virgin olive oil, which is touted as "healthy" only because studies compared it to even worse butter with its high load of saturated animal fat. A tablespoon of any type oil contains ~120 calories of pure fat with next-to-zero nutrition. I never thought I could replace oil in my kitchen, but it's easy to sauté foods in water or broth (just keep adding more as needed to avoid sticking), then top whatever you're making with a tasty non-oil-based sauce.

Su 10/14/18

Fish and Game Commission member in Idaho posts photo of baboon family he killed with bow

<http://www.sandiegouniontribune.com/news/nation-world/ny-news-baboon-family-killed-bow-20181014-story.html>

- Me: In 1729, Jonathan Swift, penned a satirical article entitled "A Modest Proposal" for preventing the children of the poor from being a burden to their parents or the country. His solution was for impoverished Irish to sell their children as food to rich ladies and gentlemen.

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 89 of 156

Although Swift (who also wrote Gulliver's Travels) was kidding, impoverished governments regularly "sell" (via hunting permits) their supposedly surplus animals to be killed, and sometimes eaten, by rich ladies and gentlemen. For Blake Fischer and his wife, a whole family was fair game.

- j.eldon: OK, you and I are vegetarians, but putting that aside entirely, we need to look objectively at the baboon population. Thinning the herd can be a good thing of the herd in question is too thick.

- Me: There's little question that humans have overpopulated and will continue to overpopulate the earth--to the detriment of other species. But I don't know if anyone, beyond satirists, would advocate "thinning." Contraception, not killing, is the humane solution.

M 11/5/18

SeaWorld shakes off 'Blackfish' effect with robust attendance growth

<http://www.sandiegouniontribune.com/business/tourism/sd-fi-seaworld-attendance-growth-20181105-story.html>

- Ellen Ericksen (part of post): Sea World is still a company that is abusing animals and forcing them to perform stupid circus tricks. These cetaceans should not be held captive when clearly they belong in the ocean and not in small chemically treated tanks.

- voice of reason 123: do you eat meat?

- Gale Anderson (part of post): If you're really concerned about animals getting abused why aren't you in Del Mar during the racing season when EVERYONE can see all those horses getting abused?

- Me: Hi Gale. Ellen is the longtime local organizer of both the SeaWorld and the Del Mar Race Track protests. She is totally dedicated to the cause of animal liberation and is 100% vegan (in response to voice of reason 123). Someday using animals for human entertainment, as well as eating them, will be looked on as barbaric. While I don't envision such a world in my lifetime, I'm proud to be part of this great social movement. Best, Mike

- voyager2k: awesomeocean.com/tag/ellen-erickson/

- Me: Hi voyager2k. You posted a link to what is intended to be a "hit" piece on Ellen. While her tactics are confrontational and challenge norms, she is following in the footsteps of equally-vilified proponents of change whose actions lead to the abolition of slavery, voting rights for women, civil rights, LGBTQ rights, etc. While it's apparent you disagree with her cause, it takes great courage to stand up for animals in a society that treats them as property to be used, worn, eaten, and displayed rather than as thinking, feeling members of their own kingdoms. The term for this widely prevalent attitude is "speciesism."

- aardvark6: So did you, or Ellen, go to Del Mar and help care for all the animals that were at the racetrack in December after the fire?

- Me: I didn't aardvark6, but I applaud you and anyone else who did.

- aardvark6: That's what I thought.

- Me: Hi aardvark6. Please let me know when you next volunteer to help animals in need, and I'll see if I can get a vegan crew together to help out.

- aardvark6: They have to be vegans to help animals in need? Wow. I never knew that.

- Me: Certainly not! Anyone who helps animals, vegan or not, deserves credit, because billions of people do absolutely nothing for them. But to be honest, I'm not a classical "animal lover." I just can't bring myself to hurt them for my own pleasure. That's why 22 years ago, after 44 years of eating meat with nearly every meal, I became vegan. I've never regretted the decision and wish I had learned decades earlier that I didn't need animal products to be healthy, that, in fact, the opposite was true.

F 11/23/18

Chefs, scientists celebrate sustainably-caught swordfish

<https://www.sandiegouniontribune.com/communities/north-county/sd-me-swordfish-fisheries-20181120-story.html>

The ultimate oxymoron is "honoring" a creature after killing it. The following likely also applies to human cadavers: "Meat near the bone has the highest nutritional value, he said, while marrow makes a delicious [fish] stock." As there is no nutritional need to consume fish or any animal product, the most "sustainable" course of action is to let them live out their lives as nature intended. Each is a member of its own kingdom, has its own thought processes and means of communication, and does not want to be superfluous food on a human's plate.

- Memo23: You can continue with your Vegan diet, but there are millions of earth's human inhabitants who consume fish, poultry, beef, etc. like the Lord intended it to be. Even if you're an Atheist, you still have to wonder why our earth is populated by so many different varieties of plant and animal life that is consumable and actually beneficial for one's physical health. In other words, you live your life (and diet) as you like, and everyone else will do the same..."

- Me: The original biblical ideal: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so." (Genesis 1:29-30, King James Version). The future biblical ideal: "The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain," says the LORD." (Isaiah 65:25, New International Version)

Th 12/6/18

Food Network host's flavor-packed veggie pizza

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/sd-fo-recipe-of-week-20181203-story.html>

Why does the title of this article call it a "veggie" pizza? Bacon, pancetta, parmesan, mozzarella, and feta are not veggies. If chef Eddie Jackson truly "works to create healthy meals," he'd keep the veggies but omit processed meats, that are now officially classed as carcinogens, cheeses that contribute to a slew of health issues, including prostate cancer, and refined oils that are 100% fat with little to no

nutrition. Even one high-fat meal like this one will stiffen arteries for several hours. The inclusion of refined flour, sugar, and salt add to the health assault.

Su 12/9/18

There's now a bacon vending machine at Ohio State University

<https://www.sandiegouniontribune.com/news/ct-bacon-vending-machine-20181208-story.html>

Such is the addictive power of fatty, salty, processed, cholesterol-laden pig flesh (a Group 1 carcinogen per the World Health Organization), that it overrides the compassion scores of youngsters felt for Wilbur the pig in E.B. White's classic novel, *Charlotte's Web*, or Babe "that'll do pig" in the cherished 1995 movie of the same name.

W 12/19/18

Vegetarian and vegan meals delivered to your door

<https://www.sandiegouniontribune.com/lifestyle/pac-vegetarian-and-vegan-meal-delivery-20181218-story.html>

Delivery services that provide healthy meals can certainly help reduce lifestyle diseases. But meals that include dairy products, especially cheese, are loaded with casein, the #1 carcinogen to which humans are exposed, according to T. Colin Campbell, author of *The China Study*. In addition, dairy consumption has been linked to heart disease and diabetes. The incredible oddity is that humans are the only species that consumes milk beyond weaning, and the only species that consumes the milk of other species.

T 1/8/19

California foie gras ban goes into effect after Supreme Court rejects challenge

<https://www.sandiegouniontribune.com/business/la-fi-foie-gras-prohibition-court-ruling-20190107-story.html>

While foie gras is one of the most egregious forms of farmed-animal cruelty, even the most "humane" livestock practices result in death to a sentient being who did not want to be food on a plate. The true definition of humane: Would you want it done to you or a loved one? Unfortunately, until humanity aligns its ethics with its taste buds, animals will continue to suffer and die solely for culinary pleasure. As humans have absolutely no biological need for animal products, why hurt, or pay someone else to hurt, any animal if you don't have to?

Th 1/17/19

Less beef, more beans. Experts say the world needs a new diet

<https://www.sandiegouniontribune.com/news/nation-world/ct-beef-beans-experts-world-diet-20190116-story.html>

"If it hasn't got meat, it's not a proper meal."

I said almost the same thing 22 years ago. Then a newly-converted vegetarian friend, skin glowing and beaming with health, told me that meat rotted in your colon for 5 days. Yuck! I was into health, so that evening I searched the Internet for "vegetarian" and this thing called "vegan" popped up. After about an hour of reading, I was convinced that I didn't need animal products to be healthy, in fact the opposite was true. Although I'm not a classic animal lover, I decided that no animal should have to suffer or die solely for my eating pleasure. My only regret is I didn't learn this lesson a decade or more earlier.

Th 1/24/19

Does bacon really make McDonald's Big Mac, Quarter Pounder and fries better?

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/sd-et-dining-mcdonalds-bacon-20190124-story.html>

Bacon is the new cigarette. Such is the addictive power of fatty, salty, cholesterol-laden pig flesh (a Group 1 carcinogen per the World Health Organization), that it overrides the tremendous health costs associated with the consumption of processed meats. Costs that are shared in the form of higher insurance premiums for everyone.

F 2/1/19

Somebody stuck nine puppies in bag, duct-taped it and dumped it in an Escondido park

<https://www.sandiegouniontribune.com/news/public-safety/sd-me-puppies-abandoned-escondido-park-20190201-story.html>

It speaks well for our society that most people are shocked and outraged by such willful animal abuse. What's hard to understand is why this compassion is primarily limited to dogs, cats, and other pets while billions of equally-sentient beings suffer and die solely to satisfy human taste buds.

- From satyr0: I take it you're a liberal, so let me rephrase your question. What's hard to understand is why this compassion is primarily limited to dogs, cats, and other pets while millions of equally-sentient fetuses suffer and die needlessly.

- Me: Hi satyr0. I'm socially liberal but fiscally conservative. As a registered Independent, I lean Democrat for social policies and used to lean Republican for fiscal policies, but since the 1990s, they've swelled the deficit as well. Regarding fetuses, I believe they should not be aborted past the point of viability (able to survive, with medical help, outside the womb). Personally, if I were a woman, I would not abort my own healthy fetus. In any case, abortion is complicated (life of mother, birth defects, rape, incest...), declining to eat animal products is not. And I don't think that liberals have the corner on compassion towards so-called "food" animals, although some conservatives I know get viscerally defensive about their "right" to eat animals. Matthew Scully, former speechwriter for George W. Bush, makes the animal argument for compassionate conservatives in his book *Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy*.

- satyr0: Thank you for what is a rare, thought out post, on these message boards. The only issue I'll address is the point about "food" animals. While some individuals have compassion towards "food" animals, they have a tendency to want to shove their fanatical beliefs on others. I know some. They keep telling me all the reasons I should stop eating "food" animals, but I don't harangue them for their food choices.

I realize (cave) man used to be a herbivore, but that was before fire was discovered. Once cave man had his first brontosaurus burger, there was no going back.

- Me: Thanks for the kind words, satyr0. I view this forum as a place to share ideas, so it's sad to see it so often devolve into name calling, insults, and one-upmanship. I hear what you're saying about pushy vegans. Some of that stems from innate personality, regardless of the issue, but another thing that happens is some new vegans become so excited they figure everyone they share their newfound knowledge with will make the same decision. When most people inevitably don't, they experience puzzlement and despair then anger, which makes them even more insistent on convincing others to stop hurting (eating) animals. I initially went through those phases but limited most of my anger to arguing with my normally kind and compassionate father, who believed that "killing for pleasure is wrong" except when it came to animals raised for food. He did eventually cut back on meat but upped his cheese & egg intake and ultimately died from diet-related heart disease and cancer. It's also true that I drove much of my family crazy for several years with animal-rights statements, handouts, videos, and books. But I rarely bring it up nowadays. After 22 years, I'm content to share my knowledge of veganism when asked or in response to relevant articles like this one. As an animal-rights activist, my aim is to "convert the convertible," a phrase promoted by the Vegan Outreach organization. Regarding your clever observation that "Once cave man had his first brontosaurus burger, there was no going back," I and millions of vegans are bucking tradition and indeed "going back."

- From w16521: I take it your a vegetarian?

- Me: Hi w16521. I grew up craving meat--a meal didn't feel complete without it. But when I was 44, I learned that I didn't need animal products to be healthy, in fact the opposite was true. Although I wasn't a classic "animal lover," I could no longer justify animals suffering and dying solely for my dining pleasure. So I've been happily vegan for 22 years. Rather than deprivation, it's been a culinary adventure. My only regret is that I didn't learn about it decades earlier.

T 3/5/19

Santa Anita cancels racing indefinitely after 21st horse dies at track since Dec. 26

<https://www.sandiegouniontribune.com/sports/la-sp-santa-anita-21-horses-died-20190305-story.html>

Per trainer Bob Hess: "We live and die with these horses." Don't see many humans dying for this barbaric sport. It should vanish permanently, along with bullfights.

- From voice of reason 123: Being a jockey is one of the most dangerous jobs, quite a few jockies die and are injured around the world each year- so you are not as informed as you think.

- Me: Hi voice. Jockeys have a choice. Horses don't. Mike

- Me (to voice): To be better informed, I did a bit of research and found <https://horseracingwrongs.com>, which estimates "upward of 2000 horses die while racing or training on American racetracks annually." Since 2014, it has listed each horse's death by name, date, and racetrack. And this doesn't cover foreign racetracks. Regarding jockey deaths, per <https://money.cnn.com/2015/05/01/news/companies/jockeys-risks-pay/index.html>, "there have been 154 fatalities at U.S. race tracks since 1940, according to the Jockey's Guild." In addition to the death toll, this 2015 article points out that "Jockeys are the worst-paid and most seriously injured athletes in any professional sport" and "many jockeys will earn as little as \$28 for riding in a race." My conclusion: A sport that treats its animal and human athletes so dismally should be put out to pasture.

F 3/8/19

Another reason to stop sport of racing horses

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/sd-santa-anita-race-track-horse-deaths-del-mar-utak-20190307-story.html>

In the comment stream of the original article, it was posited that jockeys die as well, as if to equate the risks taken by voluntary athletes to that endured by horses who have no choice in the matter. So I did a bit of research and found <https://horseracingwrongs.com>, which estimates "upward of 2000 horses die while racing or training on American racetracks annually." Since 2014, it has listed each horse's death by name, date, and racetrack. And this doesn't cover foreign racetracks. Regarding jockey deaths, per <https://money.cnn.com/2015/05/01/news/companies/jockeys-risks-pay/index.html>, "there have been 154 fatalities at U.S. race tracks since 1940, according to the Jockey's Guild." In addition to the death toll, this 2015 article points out that "Jockeys are the worst-paid and most seriously injured athletes in any professional sport" and "many jockeys will earn as little as \$28 for riding in a race." My conclusion: A sport that treats its animal and human athletes so dismally should be put out to pasture.

Sa 3/16/19

Santa Anita makes major misstep in addressing horse deaths

<https://www.sandiegouniontribune.com/sports/columnists/bryce-miller/sd-sp-miller-santa-anita-del-mar-horse-deaths-20190315-story.html>

The day after this article came out, another appeared: "More than 9 years in custody for Oceanside man who abused neighbors' dogs, maiming one." Both situations are reprehensible, but one involves family pets and the other big money. Horses wouldn't be dying if they weren't forced to race. Yet no one goes to jail for it. Per <https://horseracingwrongs.com>, "upward of 2000 horses die while racing or training on American racetracks annually." Since 2014, it has listed each horse's death by name, date, and racetrack. And this doesn't cover foreign racetracks. Like bullfighting, this "sport" is long overdue for retirement.

Th 3/21/19

Vegan community leader opening plant-based The Plot restaurant in South Oceanside

<https://www.sandiegouniontribune.com/communities/north-county/sd-no-the-plot-20190321-story.html>

Kudos to Jessica and Davin Waite for bringing a wholesome new addition to the burgeoning vegan restaurant scene! The irony is that 75% or more of plant-based-eatery patrons are not vegan. Most are seeking healthier alternatives to the Standard American Diet (SAD): Plant foods have zero cholesterol and loads of fiber; meat, egg, & dairy have zero fiber and loads of cholesterol. In fact, "Vegan" has become a dining category. For example, instead of "Let's eat Italian tonight," it's "Let's eat Vegan tonight." For a free calendar with days and operating hours of all 100% vegan eateries in San Diego County, visit www.facebook.com/vegandiago or download www.maxlearning.net/HEALth/VeganDiego.pdf For a free worldwide list of vegan, vegetarian, and veg-friendly eateries, visit www.happycow.net

NOTE: Do not put a period after a weblink, as it's coded as [a]weblink.[/a] and will not work.

Th 4/11/19

Doctors' long-running advice: Get checked before a marathon

<https://www.sandiegouniontribune.com/news/nation-world/ct-doctors-running-advice-marathon-20190411-story.html>

In the article, McGillivray paradoxically stated that he needed "cholesterol-lowering medicine" despite consuming the "right diet." Plant foods have zero cholesterol and are loaded with fiber. Animal foods (meat, egg, dairy, fish) have zero fiber and are loaded with cholesterol. Genetics undoubtedly plays a role in heart disease, but DNA is not destiny. Diet and other lifestyle choices can trigger susceptible genes, but heart and other diseases tend to run in families that share similar eating patterns. According to the American Heart Association, processed meat doubles the risk of dying of heart failure. And a study published in The Journal of the Academy of Nutrition and Dietetics found that people who adopt a plant-based diet can reduce their risk of heart disease by 29%. Dr. Dean Ornish and Dr. Caldwell Esselstyn have proven in separate and multiple clinical studies that plant-based diets are the only ones capable of reducing and reversing clogged arteries, even in formerly terminally-ill patients. Kaiser Permanente promotes plant-based eating to all its staff and patients in order to reduce health-care costs and disease. The biggest obstacle is weaning people off their addiction to the Standard American Diet (SAD), but it's becoming easier as plant-based products more closely match the taste and satisfaction profile of animal products.

- To the Moderator. I've posted my comment twice, yet it hasn't appeared. Under the old system, comments appeared immediately, which enabled dialog. Also, it's very frustrating to click on "Show Comments" and see none. Please indicate when there are comments, so users I don't waste time clicking on empty comment fields. Finally, I like the Respect option, but it would be nice to see the names of respecters displayed as with the former Like option. Thank you!

- I received no reply from the Moderator, but my comment appeared twice the next day.

W 4/17/19

Salk Institute gets \$35 million for 'audacious' plan to fight global warming with carbon-hungry plants

<https://www.sandiegouniontribune.com/business/biotech/story/2019-04-16/salk-institute-gets-35-million-to-develop-plants-to-combat-global-warming>

With the current and growing resistance to genetically-modified foods (e.g., 19 of 28 European Union countries have voted to rule out GMO crops), this seems to be an expensive, long-term non-solution. A much greater reduction in atmospheric carbon could be achieved today for no cost by encouraging the rapidly-expanding trend to more plant-based diet options. Depending on the study cited, animal agriculture accounts for 14-51% of fossil fuel use—even the lower number produces more greenhouse gases than all forms of transportation combined. Not to mention the billions of dollars saved in medical costs from Standard American Diet (SAD) related heart disease, diabetes, and cancer.

W 4/17/19

For cauliflower 'steaks,' it's all in the sauce

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2019-04-16/for-cauliflower-steaks-its-all-in-the-sauce>

A couple of years back, after over 20 healthy and satisfying years on a vegan diet, I ordered a cauliflower steak at the hugely popular Kindred bar and eatery in South Park. I was amazed at how much it tasted like the steaks I remembered from my first 44 years as an omnivore!

Sa 4/20/19

Your Opinions: Support the bill that will outlaw animal fur

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2019-04-19/support-the-bill-that-will-outlaw-animal-fur-utak>

Melanie Ross is absolutely on point regarding the cruelty of the fur industry. Every creature lives in its own universe with its own language, relationships, and needs. In past centuries, fur might have been necessary for human survival in cold climates. In today's world, with equivalent or superior synthetic insulators, fur has been reduced to a fashion statement, one that is increasingly vilified by compassionate consumers.

Th 5/16/19

Food fight: Stone Brewing and Toronado's revised menus travel different paths

<https://www.sandiegouniontribune.com/entertainment/beer/story/2019-05-13/food-fight-stone-brewing-and-toronados-menu-revisions-travel-two-different-paths>

Kudos to Toronado for taking the healthier, environmentally-responsible route with Anthem Vegan. The Brew Bar in Chula Vista has a similar arrangement with Anthem. And all Modern Times Beer outlets are vegan, including their new eatery in Encinitas.

- johneldon comment: It is always good to hear about a new vegan, or at least vegetarian, restaurant.

- My reply: Hi John. For your dining pleasure, the VeganDiego directory contains a calendar with days and operating hours of all vegan eateries in San Diego County: www.maxlearning.net/HEALth/VeganDiego.pdf. Mike

Th 5/23/19

Who has San Diego's best burger?

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2019-05-22/who-has-san-diegos-best-burger>

Why glorify one of the most environmentally-destructive and least-healthy foods known to humanity? 100% of cows and growing legions of enlightened eaters recommend plant-based burgers!

- alphaprotagonist reply: Because some of us are toxically masculine and prefer animal protein? You do what you wanna do and I'll do what I wanna do. It's when one of us thinks they can bully the other to "comply", that things go sideways.

- RichardGleaves reply: In terms of sustainability and climate change mitigation, you know what would be far better for the world than plant-based burgers? Soylent Greenburgers.

- johneldon reply: I am with you all the way, Mike. Ground beef is also about the least healthful form of red meat, outdone only by some sausages and other lunchmeats. My list would have been headed by the falafel burger from Roxy Restaurant (downtown Encinitas and Del Mar Fairgrounds). Chili's had a very good black bean burger, but they lost my vote when they discontinued the whole wheat bun option. For lunch I keep a stash of Engine 2 burgers from Whole Foods, along with Ezekiel 4:9 English muffins for buns, in the freezer at work. Note that the fastest-growing investment area in the stock market is plant-based meat substitutes. One need not go vegan or make a religion out of it, but people are waking up to the myriad health and environmental benefits of cutting down on the amount of animal food in their diet.

- Steve_Swyn reply: Nonsense.

F 5/24/19

Carlsbad 'swinologist' is making bacon with chocolate, marmalade and wasabi

<https://www.sandiegouniontribune.com/communities/north-county/story/2019-05-23/carlsbad-swinologist-is-making-bacon-with-chocolate-marmalade-and-wasabi>

When will the SDUT stop promoting poisons? In 2015, the International Agency for Research on Cancer (IARC) classified bacon and other processed meats as Group 1 carcinogens, the same category as cigarettes. A review of over 800 studies found that eating 4 strips of bacon a day increased the risk of colorectal cancer by 18%. Of course, people are free to choose their vices, but diet-related disease increases health insurance premiums for everyone.

Sa 5/25/19

What are store-bought hot dogs actually made of?

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/sd-what-are-store-bought-hot-dogs-actually-made-of-20190525-story.html>

Thursday burgers, Friday bacon, today hot dogs. It seems the SDUT is intent on promoting unhealthy and environmentally destructive foods (livestock accounts for 14-51% of global-warming gases depending on the study cited). At least this article gives passing mention to health risks. Like all processed meats, hot dogs are a Group 1 carcinogen, as are cigarettes. People are free to eat whatever they want, but diet-induced disease increases health insurance premiums for all, not to mention the unnecessary anguish suffered by the eater and his/her relations. Finally, the need for spices and additives gives lie to the myth that meat by itself is tasty. In fact, it is rather bland.

- brucehiggins reply: So your alternative is Kale as a tasty food?? Or perhaps Tofu? Yum, Yum, two winner there!

- My response: Hi Bruce. My wife and I enjoy kale (a true superfood) as the basis of our huge daily salads loaded with dozens of veggies, nuts, & seeds. We use firm tofu for egg-like breakfast scrambles and silken tofu as a key ingredient in salad dressings, mayo, sour cream, puddings, and as an oil substitute in delicious cakes and brownies. While we no longer eat veggie dogs (too processed), in a bun slathered with condiments, they are nearly indistinguishable from meat-based hot dogs and comparably healthier. Best, Mike

T 5/28/19

Teen activist Thunberg urges leaders to admit climate crisis

<https://www.sandiegouniontribune.com/news/nation-world/sns-bc-eu--austria-climate-conference-20190528-story.html>

Anyone concerned about climate change does not have to wait for slow-moving governments to act. Depending on the study cited, livestock production contributes 14-51% of global warming gases, more than all sources of transportation combined. Consequently, choosing to replace animal products on one's plate three times a day with delicious veggies, fruits, nuts, & seeds has a greater impact than anything else an individual can do for the environment and leads to tremendous health & vitality benefits.

- WJThomas reply: Humans have been eating beef since it landed on four hooves on this planet. They're not going to stop anytime soon, so that idea is pretty much a nonstarter...

- johneldon to WJThomas: ... even though plant-based meat substitutes are the fastest-growing sector of the food industry ...

- My reply to WJThomas: I agree meat consumption will persist despite the known health and environmental risks. But just as many fewer people smoke nowadays, the exponential growth of plant-based meats (& dairy) will result in many fewer people eating animal products.

Th 6/6/19

Commentary: Why schools should dish up more plant-based lunches

<https://www.sandiegouniontribune.com/opinion/story/2019-05-30/commentary-why-schools-should-dish-up-more-plant-based-lunches>

If one cares about children's health, subsidizing fruits and veggies instead of animal products makes perfect sense. Animal foods are loaded with cholesterol and contain zero fiber. In contrast, plant foods are loaded with fiber and contain zero cholesterol. Areas with the longest-lived and healthiest populations worldwide, aka Blue Zones, follow primarily whole-food, plant-based diets.

Th 6/6/19

27th horse death is reported since Santa Anita meet opened Dec. 26

<https://www.sandiegouniontribune.com/sports/horse-racing/story/2019-06-06/la-sp-santa-anita-horse-death-27-20190606>

Santa Anita is not the only track with a death problem. Per <https://horseracingwrongs.com>, "upward of 2000 horses die while racing or training on American racetracks annually." Most Americans oppose bull fighting as barbaric. Maybe they'll start to see horse racing the same way.

Th 6/6/19

PETA's latest demand: End 'circus-style' dolphin shows at SeaWorld

<https://www.sandiegouniontribune.com/business/tourism/story/2019-06-05/peta-study-dolphins-at-seaworld-parks-suffer-during-shows-tank-enclosures>

PETA is an easy target for ridicule and verbal abuse, as were slavery abolitionists, women suffragettes, and civil rights advocates. But PETA and dozens of like-minded organizations with growing legions of followers are engaged in the greatest social movement of modern times: animal rights. Non-human animals have their own languages, families, and culture and should be free to live their own lives.

- johneldon comment: Question for PETA: Have you ever considered the many people who now give a damn about species extinction, habitat preservation, plastics pollution, global warming, etc. simply because they were taken to the zoo or Sea World as children? The few animals in captivity are ambassadors for entire species, performing a vital public relations role in winning the public over to their cause. I consider myself a strong environmentalist, which is why I support the San Diego Zoological Society, Sea World, and, for that matter, smog- and carbon-free nuclear power.

- My reply: I would argue that people can learn more from a stunning wildlife documentary than they can from viewing captive animals in an artificial environment.

- davidcrossley comment: Just how many animals has PETA killed?

- My reply: Hi David. Perhaps you're referring to rescued dogs and cats that were beyond saving and had to be euthanized, although I did read several years ago that some misguided PETA employees used poor judgment and euthanized animals that might have been saved. No excuse, but this pales in comparison to the millions of animals consumed every hour solely to satisfy human taste buds. My wife and I recently visited PETA headquarters in Norfolk, VA and were impressed by the dedication of its staff, many of whom had adopted rescued dogs and cats who were free to roam the office. Best, Mike

- Melanie Ross emailed and asked me to post about the following as she was not able to do so:

For the perspective of two former SeaWorld San Diego trainers, tune in 8 pm Friday for the CBS "Whistleblower" episode entitled "SeaWorld: The Case Against Captivity."

- Posted the following to several vegan Facebook groups/pages: CBS Friday June 7 at 8 pm:

<https://www.cbs.com/shows/whistleblower/video/zKS2AC7Dy371SP5v0WcDKvQnciOkLSVr/seaworld-the-case-against-captivity-sneak-peek>

F 6/7/19

With more than 1.2 million birds euthanized, emotions are running high over bird disease outbreak

<https://www.sandiegouniontribune.com/news/california/la-me-in-virulent-newcastle-disease-outbreak-in-southern-california-20190607-story.html>

The irony of "Save Our Birds" and the woman holding the sign pleading, "Why Kill Healthy Birds?" is that all the birds are likely destined for slaughter anyway. Unless they run a sanctuary, it's hard to believe anyone keeps 70 or even 12 birds for "pets." When egg production falls or slaughter weight is reached, "healthy" birds are killed for chicken nuggets and pot pie.

M 6/10/19

Santa Anita denies request to close despite a 28th horse death since Dec. 26

<https://www.sandiegouniontribune.com/sports/story/2019-06-09/santa-anita-denies-request-to-close-despite-a-28th-horse-death-since-dec-26>

The carnage will never end for Santa Anita and the horseracing industry, but money speaks. According to <https://horseracingwrongs.com>, "upward of 2000 horses die while racing or training on American racetracks annually." When is enough enough?

T 6/18/19

US preschoolers less pudgy in latest sign of falling obesity

<https://www.sandiegouniontribune.com/news/nation-world/sns-bc-us-med--shrinking-preschoolers-20190618-story.html>

More fruits, veggies, and whole grains make sense, but why milk, even low-fat? Human breast milk (~7% protein) is optimized for human babies while cow's milk (~26% protein) is designed to grow a baby calf into a 1000 lb cow in a year or two. No species other than humans drinks milk past childhood, and only humans drink milks of other species. Add to that the intestinal distress suffered by ~65% of humans who are lactose intolerant, and it's long past time to ditch milk.

Th 6/20/19

Russia to release 100 illegally captured whales

<https://www.sandiegouniontribune.com/news/nation-world/sns-bc-eu--russia-whales-20190620-story.html>

What's stopping SeaWorld from doing the same? It's already realizing success with its new rides. It could be a true hero by releasing all its captive animals (not just orcas) and continuing its praiseworthy rescue and release wildlife services.

T 6/25/19

DA highlights work of animal abuse unit, encourages the public to watch over neighbor pets

<https://www.sandiegouniontribune.com/news/public-safety/story/2019-06-24/da-highlights-work-of-animal-abuse-unit>

The irony is that most people who rightfully abhor abuse to dogs, cats, and horses regularly fill their bellies with pigs, chickens, and cows. No matter how well so-called "food" animals are treated (they're not), the ultimate abuse is killing them just because they "taste good."

- blancaperez reply: And how is that responsive to the abuse of the rest of the animals in our society? People who insist on conflating two issues seldom have a solution for either.

- My reply: Hi Blanca. The solution is simple: Stop eating animals. Best, Mike

- DMerrit reply: So if we stop eating animals raised and meant for food, this will end abuse of domesticated pets? Pushing your own agenda, not adding anything constructive to the problem the article was about is all your comment is.

- My reply: Hi DMerrit. In certain cultures, dogs and cats are "raised and meant for food." My point is that we should respect all animals, not just those arbitrarily deemed to be "food." People who abuse pets clearly have issues and should be held accountable, but society in general blinds itself to the daily abuse it afflicts on "food" animals. Best, Mike

F 6/28/19

Column: San Diego fishing provides welcome therapy for military veterans

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2019-06-28/veterans-fishing-loma-linda-va-elks-fisherman-iii-hm-landing-san-diego-military-programs>

Too bad that the "therapy" involves killing helpless animals. Imagine biting into an apple, having a sharp hook pierce your lip, then being dragged underwater until you suffocate. Humans have no biological need to eat fish, so fishing amounts to "killing for pleasure," which most people agree is morally wrong. And catch-and-release is nothing more than torture for the fleeting pleasure of feeling a tug on a line. A better therapy would be volunteering to help others in need.

F 7/5/19

Column: Legend of San Diego big-bass icon Mike Long is shattered

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2019-07-03/mike-long-big-bass-investigation-san-diego-records-snagging-sdfish-airrus-rods>

Cheating is bad. Tournaments that glorify cruelty to animals are worse. Society would never condone impaling puppies or kittens with sharp hooks for sport, so why does it turn a blind eye to helpless fish? Is it because they don't scream or yelp? Humans have no biological need to eat fish, so fishing amounts to "killing for pleasure," which most people agree is morally wrong. And catch-and-release is nothing more than torture for the fleeting thrill of a tug on a line.

Sa 7/13/19

Commentary: How Del Mar is improving safety for racehorses

<https://www.sandiegouniontribune.com/opinion/story/2019-07-12/commentary-how-del-mar-is-improving-safety-for-racehorses>

"Del Mar Thoroughbred Club had a similarly deadly racing season [to Santa Anita] in 2016, when a total of 17 horses died during the track's racing season. In comparison, only five horses died in 2017 and six during last year's racing season." Times of San Diego, March 14, 2019. "Upward of 2000 horses die while racing or training on American racetracks annually." <https://horseracingwrongs.com>. If a sport had equivalent human deaths, it would be banned.

Sa 7/13/19

Editorial: Santa Anita horse deaths hang over Del Mar track as season begins

<https://www.sandiegouniontribune.com/opinion/editorials/story/2019-07-12/del-mar-horse-racing-santa-anita-30-deaths>

According to <https://horseracingwrongs.com>, "upward of 2000 horses die while racing or training on American racetracks annually." Since 2014, this website has listed each horse's death by name, date, and racetrack. The carnage will end only when this so-called "sport" permanently retires.

Sa 7/13/19

Column: Toothy air show wows as local guide fly-fishes for mako sharks

www.sandiegouniontribune.com/sports/sports-columnists/story/2019-07-12/conway-bowman-mako-sharks-fly-fishing-san-diego-tv-host

Torturing an animal for cheap thrills is not sport. Interesting the references to "cheetah of the ocean" and "luring a cat with a toy mouse." Impaling either feline in the mouth with a sharp hook and dragging them about as they writhed in pain would lead to criminal prosecution.

M 7/15/19

Del Mar set to open as scrutiny of racing intensifies

<https://www.sandiegouniontribune.com/sports/story/2019-07-15/horse-racing-deaths-del-mar-santa-anita-peta>

We live in an increasingly enlightened era regarding animal use and abuse. Just as elephants and other captive animals have disappeared from circuses, so will horses disappear from racetracks. Of course, big money is involved, but there are plenty of things to gamble on besides horses.

Th 7/18/19

Column: Del Mar's opening day brings heated debate, safe racing

www.sandiegouniontribune.com/sports/sports-columnists/story/2019-07-17/del-mar-opening-day-horse-racing-deaths-protests-doug-oneill

Imagine having someone place a metal bit in your mouth and tug you from side to side to direct your movements. Would you last 5 minutes before screaming in protest? Add to that having a rider jump on your back then whip and force you to run farther and faster than you'd do on your own? No matter how "safe" owners, trainers, and racetracks try to make it for them, horses would prefer to run wild and free or to relax and graze at their own pace.

Th 7/18/19

Fast horses, racy hats and peaceful protesters mark the opening of Del Mar

www.sandiegouniontribune.com/columnists/story/2019-07-17/fast-horses-racy-hats-and-peaceful-protesters-mark-the-opening-of-del-mar

The irony is that horse-racing deaths have been routine for years, but it took Santa Anita's record death rate to up the ante, like the movie "Blackfish" did for SeaWorld's long-term abuse of orcas. According to <https://horseracingwrongs.com>, upward of 2000 horses die while racing or training on American racetracks each year.

Th 7/18/19

Orthodox Jewish chicken-killing ritual draws protests

www.sandiegouniontribune.com/news/california/story/2019-07-17/la-me-in-orthodox-jewish-chickenkilling-ritual-draws-criticism-protests-20130911

Kudos to the protestors, especially the Jewish ones. Religious freedom shouldn't override sanitation and animal-cruelty regulations.

Th 7/18/19

Horse deaths at race tracks shouldn't be acceptable

www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2019-07-17/horse-deaths-at-race-tracks-shouldnt-be-acceptable-utak

Well, it didn't take long. After a miraculously death-free opening day at Del Mar, two horses died this morning in a so-called "freak" training accident. Tough to call it freak or an accident when upwards of 2000 die each year per <https://horseracingwrongs.com>. Putting this "sport" permanently out to pasture can't come soon enough.

F 7/26/19

Your Opinions: SeaWorld should end fireworks shows for the sake of its animals

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2019-07-25/seaworld-peta-end-fireworks-shows-utak>

Fireworks are noisy, polluting, distressing to animals, and outdated. Replace them with spectacular laser light shows.

W 7/31/19

Del Mar has third horse fatality, this one in training

<https://www.sandiegouniontribune.com/sports/story/2019-07-30/del-mar-suffers-third-horse-fatality-this-one-in-training>

If the only recourse for a horse breaking its leg is euthanasia, then the trainers/owners who claim to "love" them wouldn't force them to race. Of course, it's not about love, it's about profit.

- Reply from davidcrossley: "...it's about profit." The vast majority of race horses don't make a profit. Not even close.

- My reply: Hi David. I expect you're right about most racehorses not making a profit. Perhaps I should rephrase it to "...it's about the hope of making a profit." What other motivation would an owner have?

W 7/31/19

Merriam-Webster just added a bunch of new food terms to the dictionary

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/sd-merriam-webster-just-added-a-bunch-of-new-food-terms-to-the-dictionary-20190730-story.html>

Now that the dictionary definition of "steak" has expanded to include "a thick slice or piece of a non-meat food," I wonder how successful the meat industry will be in its desperate efforts to legally ban the use of "meat" and associated words from anything but animal products. Ditto for dairy products like milk and cheese. The absurd claim is that using these words for plant-based foods confuses consumers.

Th 8/1/19

E. coli test results show no clear source of deadly county fair outbreak

www.sandiegouniontribune.com/news/health/story/2019-07-31/e-coli-test-results-show-no-clear-source-of-deadly-county-fair-outbreak

"The animals return home each Sunday night, and a new batch arrives each Tuesday." Perhaps these animals couldn't be tested because they actually went to the slaughterhouse instead of "home."

Th 8/1/19

Editorial: Horse deaths should be quickly disclosed by race tracks

<https://www.sandiegouniontribune.com/opinion/editorials/story/2019-07-31/horse-deaths-del-mar-santa-anita-disclosure>

If jockeys died at anywhere near the rate of horses, the "sport" would be banned. Per <https://horseracingwrongs.com>, upward of 2000 horses die while racing or training on American racetracks each year.

Th 8/1/19

Animal welfare groups sue Poway Rodeo for using electric prod on horses

www.sandiegouniontribune.com/news/watchdog/story/2019-07-31/animal-welfare-groups-sue-poway-rodeo-for-using-electric-prod-on-horses

Society is changing. Animal acts in circuses and marine parks are no longer considered cute or thrilling or acceptable. Big game hunters are vilified. Horse racing is facing a backlash over the recent rash of deaths. Rodeos abuse animals solely for human entertainment. All these practices will one day be condemned as barbaric. It can't come soon enough for the animals.

M 8/5/19

Your Opinions: Shocking animals for entertainment is outrageous

www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2019-08-02/shocking-animals-for-entertainment-is-outrageous-utak

I and I suspect most readers agree that shocking animals for entertainment is outrageous, but my understanding is that what keeps broncos bucking is the tight strap cinched around their abdomens. Even after a rider falls off, bucking continues until the strap is released. Clearly, the rodeo is animal abuse all around.

M 8/5/19

9 hurt after car crashes into horse-drawn buggy in Indiana

<https://www.sandiegouniontribune.com/news/sns-bc-in--car-buggy-crash-indiana-20190805-story.html>

Glad the results weren't tragic, but why are horses still being forced to transport humans in this day and age? No human would want a metal bit in his/her mouth rubbing against sensitive teeth and gums for even a minute while tugging a heavy load.

W 8/7/19

SeaWorld's rebound remains on track as attendance continues to climb

<https://www.sandiegouniontribune.com/business/tourism/story/2019-08-06/seaworlds-rebound-remains-on-track-with-attendance-up>

I applaud SeaWorld for its sea mammal rescue program and hope it continues. On the other hand, it's long past time for them to relocate their captive killer whales, dolphins, and other trapped animals to the wild if possible and sea sanctuaries if not. As the article states, the economic recovery has been modest and generated more by discounts and new rides than by a lessening of the Blackfish effect. Imagine how many socially-conscious customers would be attracted back if SeaWorld ceased exploiting animals for profit.

Th 8/8/19

To rein in global warming, healthy forests and sustainable diets are key, U.N. says

<https://www.sandiegouniontribune.com/news/environment/story/2019-08-08/ipcc-land-use-global-warming>

Depending on the research cited, animal agriculture accounts for 14-51% of greenhouse gas emissions. Even the lower figure exceeds all forms of transportation combined. But until more people see the light, it will be a challenge for them to break their meat/egg/dairy addictions. A parallel exists with the drug cartels, which also exist to feed people's addictions. Only when demand lessens will supply lessen. And despite the self-justifying claims of the beef industry, as the saying goes, "It's impossible to be a meat-eating environmentalist."

Sa 8/10/19

Commentary: It's time to put an end to selling fur in California

<https://www.sandiegouniontribune.com/opinion/commentary/story/2019-08-08/ban-selling-fur-california-utak>

Fur is not a necessity in today's world. Why hurt an animal if you don't have to?

Sa 8/10/19

Commentary: Backers won't stop at banning fur

<https://www.sandiegouniontribune.com/opinion/commentary/story/2019-08-08/meet-the-people-backing-the-fur-ban-utak>

Neither fur, meat, leather, wool, nor any animal product are necessities in our modern world, so why continue to hurt & kill animals if you don't have to?

W 8/14/19

British Airways, other travel sites stop selling SeaWorld tickets

<https://www.sandiegouniontribune.com/business/tourism/story/2019-08-12/british-airways-other-travel-sites-stop-selling-seaworld-tickets>

The airlines and travel agencies have seen the light--it's better for business NOT to support animal acts. SeaWorld can turn itself from villain into hero by releasing its captive animals, to the ocean if possible and sanctuaries if not, while continuing its praiseworthy marine rescue & rehab programs. Then you'll see its recent modest attendance improvements skyrocket.

W 8/14/19

Man arrested on suspicion of killing peacock

<https://www.sandiegouniontribune.com/breaking/story/2019-08-13/man-arrested-on-suspicion-of-killing-peacocks>

Hmm, if it were two chickens, would Belton be facing animal cruelty charges? Millions of chickens are decapitated daily solely to satisfy human taste buds.

- Reply from ErikHanson: KFP, extra crispy. You are giving me an idea.

- Me: Well, Erik, when they arrest you, you could claim you were at least being (im)morally consistent. Your defense attorney could pose the question: Why should one type of bird matter more than another?

- Erik: We used to eat peacock pie in the old country. I think a peafowl is just as legal to kill to eat as a chicken or a goose, as long as it is YOUR bird and you kill it humanly and follow all the health rules.

- Me: Interesting, but how do you humanely kill an animal who isn't suffering or doesn't want to be killed? The true definition of humane: Would you want it done to yourself or a loved one?

T 8/27/19

San Diego Unified touts health and wellness on first day of school

www.sandiegouniontribune.com/news/education/story/2019-08-26/san-diego-unified-touts-health-and-wellness-on-first-day-of-school

Kudos to adding more whole-food, plant-based, delicious meal options that students will actually eat!

W 8/28/19

Anti-inflammatory diet: a food fight against disease

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2019-08-27/anti-inflammatory-diet-a-food-fight-against-disease>

Anti-inflammatory spices (plant foods) are wonderful. But there's nothing quite as inflammatory as animal products (meat, egg, dairy), which the human body treats as foreign invaders, much like it does transplanted organs. <https://nutritionfacts.org/2012/09/20/why-meat-causes-inflammation/>

- Reply from ppwilliamson: yup, I don't consider dairy and animal meat anti-inflammatory. Love Dr. Greger

F 8/30/19

Jockey Ferrin Peterson at Del Mar: Call her 'Doc'

<https://www.sandiegouniontribune.com/sports/horse-racing/story/2019-08-25/jockey-ferrin-peterson-jockey-veterinarian-uc-davis>

Ironic how a vet who supposedly loves animals can subject horses to the brutality of the racetrack where up to 2000 die each year for nothing more than human entertainment. <https://horseracingwrongs.com>

M 9/2/19

Column: So far, Del Mar survives summer under horse-racing microscope

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2019-09-02/del-mar-horse-racing-deaths-safety-summer-meet-handle-attendance-chrb-bob-baffert-mandella-peter-miller>

As society evolves regarding animal rights, simply forcing horses to race, even with zero deaths, will be deemed abusive. Nature never intended them to carry anything on their backs or have metal bits shoved into their mouths. Despite the anomaly of lower deaths at Del Mar this season, up to 2000 horses die each year on U.S. racetracks per <https://horseracingwrongs.com>.

- Reply from davidcrossley: And yet, horse racing is not going away. The lesser tracks may fold up shop, but the legacy tracks continue on, and will for many more years--longer than you and I will be alive.

- Me: You may be right, David. But who would have expected Ringling Bros. to first drop their elephant acts in the face of public pressure then subsequently go out of business completely in 2017?

- davidcrossley: Irrelevant, as the state doesn't make millions of dollars on the circus as opposed to horse racing.

- Me: Perhaps you're right. Yet Florida passed a law banning greyhound racing after 2020, and tracks are already closing. Times are changing.

- davidcrossley: Yes, times are changing. For dog racing.

W 9/4/19

Editorial: Did Del Mar just save horse racing? Maybe.

<https://www.sandiegouniontribune.com/opinion/editorials/story/2019-09-03/del-mar-horse-racing-four-deaths-santa-anita>

Something is amiss if "only" six horses dying at Del Mar this season is considered "brilliant." And one season at one track does not a trend make. Per <https://horseracingwrongs.com> up to 2000 horses die each year on U.S. racetracks.

F 9/6/19

H&M stops buying leather from Brazil over Amazon fires

<https://www.sandiegouniontribune.com/news/nation-world/sns-bc-eu--hm-brazil-amazon-fires-20190906-story.html>

Synthetic leather is the future. My 2015 Prius sports all-synthetic leather as do all Tesla vehicles. Leather production is toxic to workers and the environment and depends on the highly-inefficient raising of animals, not all of them bred for meat, especially those exported from India to Pakistan for slaughter.

Tu 9/17/19

Missed phone calls, changing stories: How E. coli spread at the San Diego County Fair

<https://www.sandiegouniontribune.com/news/health/story/2019-09-17/san-diego-county-fair-e-coli-outbreak>

In the past, sources of transmittable infection were more clearly identified, such as "bird" flu or "swine" flu. But partly due to objections from animal-food industries whose sales were being threatened, nowadays all we get is obscure numbers, like H1N1 (from swine). In fact, "food" animals are often given massive doses of antibiotics, not only to prevent the spread of disease on crowded factory-farms, but to spur growth and weight, hence profits. The result has been the proliferation of antibiotic-resistant strains that can not effectively be treated. The world's health would be better served by a shift to whole-food, plant-based, aka vegan, diets.

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 99 of 156

W 9/18/19

Your Opinions: Climate crisis coverage, activism is appreciated

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2019-09-16/climate-crisis-coverage-activism-is-appreciated-utak>

Waiting on government/industry to shift to 100% clean energy will likely take decades. Depending on the study cited, animal agriculture produces 14-51% of greenhouse gas emissions, more than all forms of transportation combined. Anyone who cares about climate change can make a difference three times a day by switching to plant-based eating. With the proliferation of tasty meat, egg, and dairy substitutes, it's no longer even a sacrifice.

W 9/18/19

Students in San Diego County prepare for region's largest high-school walkout on climate change to date

<https://www.sandiegouniontribune.com/news/environment/story/2019-09-17/students-in-san-diego-prepare-for-regions-largest-high-school-walkout-on-climate-change-to-date>

It's refreshing to see a resurgence of student activism, especially in an area that affects everyone. And it's encouraging to know that many are choosing to reduce their environmental footprints by switching to plant-based diets. Depending on the study cited, animal agriculture creates 14-51% of greenhouse gas emissions, more than all forms of transportation combined. With the rapid growth of delicious meat, egg, and dairy substitutes, it's not even a sacrifice.

- Reply from ronaldtjackson: It is easy to give up that which you already have given up, and then ask others to do the same. How about making a real sacrifice! How about giving up your car and only taking mass transit or walking where ever you need to go, how about vowing never to take anymore vacations or to donate a significant portion of your salary to the U.N for redistribution.

- Me: Hi Ronald. In 1997, after learning I didn't need animal products to be healthy, I became an overnight vegan. From 2000-2004, I gave up my car for environmental reasons. Then I bought a Prius that got ~50 miles/gallon. Although I retired in 2005 and drive fewer than 5000 miles/year, I would love to get an electric car. But my downtown condo association continues to debate whether or not to get charging stations, which can be prohibitively expensive in multifamily dwellings. All the electricity my wife and I consume is replenished from renewable sources through SDG&E's EcoChoice program. When we fly, I purchase carbon offsets to help fund programs that reduce greenhouse gases. While I don't contribute to the UN, I support dozens of environmental, human, and animal organizations. Best, Mike

Su 9/22/19

Life lessons from a career advocating and caring for animals

<https://www.sandiegouniontribune.com/lifestyle/people/story/2019-09-18/life-lessons-from-a-career-advocating-and-caring-for-animals>

Mark Goldstein's commitment to animals is praiseworthy. He must be vegan, right?

Su 10/20/19

Horse injured in race at Santa Anita; 34th to die at track

<https://www.sandiegouniontribune.com/news/nation-world/story/2019-10-19/horse-injured-in-race-at-santa-anita-34th-to-die-at-track>

The chief vet plans to review the necropsy report "to learn what, if anything, could have been [sic] to prevent the accident." It's a stretch to call this an "accident" when up to 2000 horses die each year on U.S. racetracks per <https://horseracingwrongs.com>. The only way to prevent "accidents" is to retire this unethical bloodsport.

W 10/23/19

Chefs cooking up new solutions for epidemic of food waste

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2019-10-22/chefs-cooking-up-new-solutions-for-epidemic-of-food-waste>

As it can take up to 16 lbs of edible plant material to produce 1 lb of meat, the most effective way to reduce food waste is to adopt a vegan diet.

Sa 10/26/19

Horse dies after training track incident at Santa Anita

<https://www.sandiegouniontribune.com/news/california/story/2019-10-25/horse-dies-after-training-track-incident-at-santa-anita>

Per <https://horseracingwrongs.com>, about 2000 horses die each year on U.S. racetracks alone. Horse deaths will end when horse racing ends.

M 10/28/19

Editorial: Climate change isn't changing us enough, California

<https://www.sandiegouniontribune.com/opinion/editorials/story/2019-10-25/climate-change-california-transit-smart-growth-wiener>

It will take decades for clean energy to completely replace fossil fuel. In the meantime, each person can reduce their carbon footprint immediately by transitioning to a plant-based diet. It takes huge amounts of land, water, and fuel to cycle edible grain through livestock, which account for 14-51% of global warming gases depending on the study cited.

Sa 11/2/19

Commentary: Is fish-free seafood next wave of change?

<https://www.sandiegouniontribune.com/opinion/story/2019-10-31/fish-free-seafood-sustainability>

- johneldon: My diet is mostly vegan, but one of my exceptions is salmon, for the Omega 3 fish oil. If I can get high quality Omega 3s from alt-fish, and if it does not suffer from the nutritional issues of some other highly processed fake meats, then I would at least try it. Overfishing is a problem, and polluted fish farms do not address it in a healthful manner. The Alaskan model of hatch-release-catch seems like a good compromise.

- My reply: John, have you considered taking omega-3 capsules? The only reason fish contain omega-3 is because they eat the algae that produce it. The same algae grown under sterile lab conditions produce omega-3 without the pollutants, like mercury & PCBs, that concentrate in fish flesh.

Su 11/3/19

15-1 long shot fatally injured in Breeders' Cup Classic

<https://www.sandiegouniontribune.com/sports/national/story/2019-11-02/vino-rosso-wins-breeders-cup-classic-marred-by-horse-injury>

- brucehiggins: Shut them down, they have become a slaughter house.

- My reply: Literally. Per <https://www.kansascity.com/opinion/opn-columns-blogs/syndicated-columnists/article210813239.html>, "Each year, 130,000 horses, 10,000 of them thoroughbreds, are transported to Mexico or Canada under abhorrent circumstances — crammed into trucks or trailers for more than 24 hours without food or water — to be slaughtered under often-brutal conditions."

M 11/4/19

Commercial Dungeness crab season likely delayed

<https://www.sandiegouniontribune.com/news/california/story/2019-11-02/commercial-dungeness-crab-season-likely-delayed>

As humans have no biological or nutritional need to consume crab—especially when it comes with a toxic warning--the best way to lower the risk of whales getting entangled in fishing lines is to not harvest crabs. Bottom line: Why hurt any animal if you don't have to?

M 11/4/19

Tragedy strikes Breeders' Cup at Santa Anita despite reform

<https://www.sandiegouniontribune.com/news/nation-world/story/2019-11-03/tragedy-strikes-breeders-cup-at-santa-anita-despite-reform>

Interesting how as soon as a horse goes down, the uncomfortably grisly aspects of dangling limbs and flailing legs are rapidly hidden behind screens. If the horse racing audience is too delicate to see the inevitable injuries and death, perhaps they shouldn't be contributing to this blood sport by participating in it.

- brucehiggins: 37 horses in less than a year, times 1,100 pounds per horse, gives 40,700 pounds of horse meat. They are not a race track, they are a meat processing plant.

- My reply: And that's just from one track! Per <https://horseracingwrongs.com>, ~2000 horses die each year on U.S. racetracks. And per www.kansascity.com/opinion/opn-columns-blogs/syndicated-columnists/article210813239.html, about 10,000 washed-out or underperforming thoroughbreds are shipped to Canadian and Mexican slaughterhouses, where it's legal to kill them for horseflesh.

Th 11/7/19

SeaWorld hires new CEO, its fourth in five years

<https://www.sandiegouniontribune.com/business/tourism/story/2019-11-07/seaworld-names-hotel-industry-executive-as-new-ceo>

Hopefully this new CEO recognizes that dozens of amusement parks thrive without warehousing animals. SeaWorld could achieve "hero" status by releasing captive animals to seaside sanctuaries while continuing its praiseworthy rescue and rehab mission. In fact, if it were to convert that portion of its activities into a non-profit sanctuary, I'd be one of the first in line to make a donation. And I'd be eager to bring my grandkids to the "new" animal-free park, further boosting its revenues.

Th 11/7/19

Spiny lobster season arrives at The Fish Market

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2019-11-07/spiny-lobster-season-arrives-at-the-fish-market>

A former scuba diver, I still harbor karmic guilt for systematically decimating a family of spiny lobsters I discovered living under an old concrete pier casing in Mission Bay about 35 years ago. Although they struggled mightily when I grabbed them, I was caught up in the "sport" of it and never considered the distress they felt, even as they kicked and seemingly screamed when I boiled them alive. The truth is, without butter, lobster flesh is rather tasteless, a "luxury" that anyone could live without. Although I've been vegan for over 20 years now, I'll never get over the pain I caused to the many sentient creatures who filled my plate and stomach.

Th 11/7/19

Orangutan granted human status settles into new Florida home

www.sandiegouniontribune.com/news/nation-world/story/2019-11-07/orangutan-granted-human-status-settles-into-new-florida-home

Granting legal personhood to non-humans sounds odd, but it's bound to become more common as humans reject speciesism, which is defined as "the assumption of human superiority leading to the exploitation of animals." In fact, most animals possess traits that exceed human abilities (flight, sight, smell, aptitude...). Every species is a member of its own kingdom with its own forms of communication, social structure, and will to live and avoid pain. As philosopher Jeremy Bentham wrote in the 1800s, "The question is not can they reason nor can they talk but can they suffer? Why should the law refuse its protection to any sensitive being?"

Th 11/7/19

Lobsterman hauls in a live deer 5 miles off Maine coast

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 101 of 156

<https://www.sandiegouniontribune.com/news/nation-world/story/2019-11-07/lobsterman-hauls-in-a-live-deer-5-miles-off-maine-coast>

Plaudits for going to such extraordinary lengths to save a deer. Shame for trapping equally-sentient lobsters. Humans have no biological or nutritional need for lobster flesh (or any animal product), which without butter is essentially tasteless. Rather than depend for their livings on an increasingly scarce, season-dependent animal, perhaps lobstermen can harvest edible seaweed year round instead.

Th 11/7/19

Fall racing season kicks off at Del Mar

<https://www.sandiegouniontribune.com/entertainment/story/2019-11-07/fall-racing-season-kicks-off-at-del-mar>

Fancy hats, food, and music will never disguise the suffering and death that horses are subjected to purely for human entertainment and greed. Horses are designed to roam free, not to have metal bits stuffed in their mouths and riders mounted on their backs.

F 11/8/19

Reporter's Notebook: Story about Navy mouse infestation on San Clemente Island results in deluge of pics

<https://www.sandiegouniontribune.com/news/military/story/2019-11-07/reporters-notebook-story-about-navy-mouse-infestation-on-san-clemente-island-results-in-deluge-of-pics>

Glue, poisons, and traps lead to slow, lingering, painful deaths. Contraceptive birth control is the humane option per <https://contraceptol.com>.

- May have been removed due to "promotional" link to contraceptol.

- Reposted 11/12/19: Glue, poisons, and traps lead to slow, lingering, painful deaths. Contraceptive birth control is the humane option.

F 11/8/19

Paul Baribault takes charge as the San Diego Zoo's first new leader in 34 years

<https://www.sandiegouniontribune.com/news/environment/story/2019-11-08/paul-baribault-zoo-ceo>

When zoos indeed become sanctuaries for animals who can't survive in the wild, they'll have my support. Currently, even the "best" zoos warehouse perfectly healthy, unendangered species for public entertainment and to round out their "collections." No matter how nice the enclosures, zoos are prisons that deny free-roaming animals the life and environment they were born for.

F 11/8/19

Del Mar faces scrutiny for fall horse racing meet after Breeders' Cup death at Santa Anita

<https://www.sandiegouniontribune.com/sports/horse-racing/story/2019-11-07/santa-anita-horse-deaths-del-mar-fall-meet-breeders-cup>

This summer, at least 4 horses died at Del Mar. Even if no horses die there this fall, the problem is bigger than one racetrack. Per <https://horseracingwrongs.com>, about 2000 horses die each year on U.S. racetracks, which does not include international deaths. And per www.kansascity.com/opinion/opn-columns-blogs/syndicated-columnists/article210813239.html, each year about 10,000 underperforming U.S. thoroughbreds are shipped to Canadian and Mexican slaughterhouses to satisfy the foreign market for horseflesh.

Su 11/10/19

Del Mar racetrack suffers first two racing fatalities of 2019 in span of 90 minutes

<https://www.sandiegouniontribune.com/sports/horse-racing/story/2019-11-10/del-mar-racing-fatality-horse-dies-euthanized>

If owners truly cared about their horses, they wouldn't race them. It's time for this "tradition" to pass into the dustbin of history.

T 11/12/19

Readers React: Is it time to end all horse racing in California?

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2019-11-12/is-it-time-to-end-all-horse-racing-in-california-utak>

And it's not just Del Mar or Santa Anita. According to <https://horseracingwrongs.com>, about 2000 horses die each year on U.S. racetracks. The bloodsport of horse racing needs to race into the sunset.

Th 11/14/19

Rakiraki founder launches San Diego's first vegan Japanese restaurant

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2019-11-14/rakiraki-founder-launches-san-diegos-first-vegan-japanese-restaurant>

Vegan eateries are exploding around the world, especially in meat-heavy cultures like the U.S., Europe, and South America. Per www.vegandiego.com, San Diego boasts nearly 30 all-vegan eateries with 45 active locations. The irony is that the vast majority of their clientele are not vegan. Most are looking for healthier alternatives or think of vegan as a distinct culinary specialty. Instead of "Let's have Chinese tonight," it's "Let's have Vegan tonight."

M 11/18/19

Riding crop debate should be hot topic at CHRB meeting

<https://www.sandiegouniontribune.com/sports/horse-racing/story/2019-11-17/riding-crop-whip-chrb-horse-racing-california>

A metal bit jerked to and fro chafing at sensitive gums and lips, an unwanted burden (rider) on a back never designed to carry one, being forced to run on another's whim backed up by a sharp "not...very painful" whipping to keep you in line. The true definition of humane: Would you want it done to yourself or a loved one? Horse racing is animal abuse.

T 11/19/19

Big study casts doubt on need for many heart procedures

<https://www.sandiegouniontribune.com/news/nation-world/story/2019-11-16/big-study-casts-doubt-on-need-for-many-heart-procedures>

Instead of debating between medicines and surgical procedures, why not prevent heart disease in the first place by following a whole-food, plant-based diet? It's the only diet that has been clinically proven to reverse artery blockage even in terminally-ill patients, per independent long-term studies by doctors Dean Ornish and Caldwell Esselstyn.

Sa 11/23/19

Turkey and gravy get West Coast treatment

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2019-11-19/turkey-and-gravy-get-west-coast-treatment>

Like all animals, turkeys are intelligent and social with their own language and will to live. None want to be food on a plate.

Sa 11/23/19

Can Jack in the Box survive in the cutthroat fast-food market?

<https://www.sandiegouniontribune.com/business/story/2019-11-23/jack-in-the-box-sees-same-store-sales-gains-but-can-they-continue-in-cutthroat-fast-food-market>

Perhaps Jack should follow the lead of nearly every other fast-food chain and offer a plant-based option. Just across from the Ocean Beach Jack-in-the-Box on the corner of Voltaire and Sunset Cliffs is a relatively new 100% plant-based chain called Plant Power Fast Food. The contrast is telling. While Jack is nearly empty, Plant Power is full. Ironically, the vast majority of Plant Power's clientele aren't even vegan. For the environment, animals, and health (relative to no fiber / high cholesterol animal products), plant-based eating is the future.

- ErikHanson: Pretty pitiful that they got beat by Burger King to the veggie burger. And pretty pitiful that they cut me off from their advance tasting program at age 50. As if my taste in food isn't more adventurous than the typical 30 year old. It's not like we are in the Midwest or something.
- H_Aliment: Actually all the fast food places touting their Veggie Burgers are following the lead of La Mesa's Faque Burger. Back in the 90s, located on La Mesa Blvd, this vegetarian fast food business had a 100% soy burger. A friend and I tried it, very good. Sadly they were ahead of their time, faded away. So lets give credit where credit is due. Burger King, the others, are playing catch up to the leader. Over 20 years later.

Sa 11/23/19

Del Mar hopes rain doesn't wash out its big turf finish

<https://www.sandiegouniontribune.com/sports/horse-racing/story/2019-11-22/del-mar-horse-racing-turf-stakes-weather-rain>

Meanwhile, the horses are hoping for rain.

- davidcrossley: And they will run in it, as they do in the wild.
- Me: To my knowledge, in inclement weather wild horses huddle in place with their heads down. In any case, it's a safe bet that no wild horses have metal bits in their mouths or riders on their backs forcing them to run against their will.
- davidcrossley: "It's a safe bet..." Lol
- davidcrossley: You want to rid the world of all the other domesticated horses as well?
- Me: Of course not. But like domesticated dogs and cats who wouldn't thrive in the wild, they should be given good homes and not be used for riding, hauling, or other human purposes.
- davidcrossley: LOL--how many do you actually think would be given good homes and NOT "used" for riding or other human purposes?
- Me: Sadly, I suspect you're right, David. Even worse, per www.kansascity.com/opinion/opn-columns-blogs/syndicated-columnists/article210813239.html, each year about 10,000 underperforming U.S. thoroughbreds are shipped to Canadian and Mexican slaughterhouses to satisfy the foreign market for horseflesh.
- davidcrossley: You don't care about the other 120,000 horses in the article--just the thoroughbreds?
- Me: Thanks for pointing that out, David. Here's the complete quote from www.kansascity.com/opinion/opn-columns-blogs/syndicated-columnists/article210813239.html: "Each year, 130,000 horses, 10,000 of them thoroughbreds, are transported to Mexico or Canada under abhorrent circumstances — crammed into trucks or trailers for more than 24 hours without food or water — to be slaughtered under often-brutal conditions."

Su 11/24/19

SeaWorld team frees whale tangled in 900 feet of fishing line

<https://www.sandiegouniontribune.com/news/environment/story/2019-11-23/seaworld-team-frees-whale-tangled-in-900-feet-of-fishing-line>

Kudos to SeaWorld for its rescue operations. Kudos to PETA and other animal-rights organizations for their efforts to get SeaWorld to release its imprisoned whales and sea life to the ocean if possible or sanctuaries if not. Thumbs down to fishing and nets. Humans have no biological need to consume fish flesh and do so at their own risk considering it's loaded with mercury, PCBs and other toxins. The benefits of omega-3 fatty acids are easily obtained from microalgae (that fish eat) grown in sterile lab conditions.

- Ed_Dillard: I consumed fish flesh last night and enjoyed it very much. Tonight I think I'll have dead cow and barbecue it with my charcoal grill. Yum.
- Me: Ed, I also used to enjoy animal flesh until I learned I didn't need it to be healthy, in fact, the opposite was true. So why hurt animals if you don't have to? What is your opinion of people in other parts of the world eating dog or horse flesh because they enjoy it?

Su 11/24/19

Can Point Loma captain capture millions again in world's richest sportfishing event?

<https://www.sandiegouniontribune.com/sports/outdoors/story/2019-11-24/bisbees-marlin-fishing-tournament-cabo-san-lucas-millions-evan-salvay-cory-grodske-wayne-tricia-bisbee>

Luring, hooking, and dragging these majestic animals from their natural environment is nothing short of legalized torture made more alluring by the prospect of financial reward. Most people would be aghast if a similar thing were done to dogs, cats, or even so-called "food" animals like cows, chickens, and pigs. Future generations will decry the barbarism that today's humans regularly inflict on animals who have their own lives, languages, and social universes.

Su 11/24/19

Back Story: World's Richest Fishing Tournament

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2019-11-24/bisbees-black-blue-marlin-fishing-tournament-cabo-san-lucas-mexico-evan-salvay-point-loma-millions>

Dragging majestic marlin from their natural environment is legalized torture. Would these "courageous" fishermen be willing to bait, hook, and kill dogs or cats if it weren't illegal and the reward were high enough? Future generations will shudder at the cruelty that today's humans so boastfully inflict on animals who want nothing more than to live their own lives.

Su 11/24/19

Horse racing again considers synthetic surfaces to stem safety concerns

<https://www.sandiegouniontribune.com/sports/horse-racing/story/2019-11-24/del-mar-synthetic-racetrack-horse-racing-safety-deaths>

Regardless of track surface, horses die. As reflected in their quotes in this article, those associated with this barbaric industry are more interested in their jobs and livelihood than their horses. If the sport were "kid racing" instead of horse racing, what would be the acceptable death rate?

T 11/26/19

Readers React: Children's Pool lesson: Don't mess with Mother Nature

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2019-11-25/childrens-pool-lesson-utak>

Indeed, seals and other wildlife are the original residents, long before humans appeared on the scene. It may take many years for the ocean to reclaim the artificial wall and restore the Children's Pool to its natural state. In the meantime, San Diego has 70 miles of coastline and numerous public swimming pools for today's children to enjoy. Let the seals be.

W 11/27/19

Stop! Washing your Thanksgiving turkey could spread germs

<https://www.sandiegouniontribune.com/news/nation-world/story/2019-11-27/stop-washing-your-thanksgiving-turkey-could-spread-germs>

Or you could eliminate the risk of poultry-borne infection altogether by having a plant-based Thanksgiving. As humans have no biological need for animal products, it is unethical to hurt a turkey or any other animal merely for tradition or culinary pleasure.

Sa 11/30/19

Can these foods lower your risk of getting Alzheimer's? It's complicated

<https://www.sandiegouniontribune.com/caregiver/news-for-caregivers/story/2019-11-22/the-truth-behind-alzheimers-disease-brain-health-and-nutrition>

Potentially loaded with mercury, PCBs, and other toxins, fish is not a health food. The beneficial omega-3s are easily obtained from microalgae (that fish eat) grown in sterile lab conditions and readily available in capsule form.

M 12/2/19

Column: It was a wonderful and offal Thanksgiving

<https://www.sandiegouniontribune.com/communities/north-county/story/2019-12-01/column-it-was-a-wonderful-and-offal-thanksgiving>

Is liver really the problem? Per Dying Traditions: The Truth about Thanksgiving Turkey: "The traditional way to serve the dead animal is to pack the turkey's body with stuffing—up the bird's disemboweled rectal cavity. The anus has been removed, but let's face it, it's still basically stuffing food up a dead animal's rectum." <https://freefromharm.org/animal-products-and-culture/thanksgiving-turkey>

T 12/10/19

PETA seeks shareholder vote to ban SeaWorld trainers from riding dolphins

https://www.sandiegouniontribune.com/business/story/2019-12-10/peta-eyes-shareholder-vote-to-forbid-seaworld-trainers-from-riding-dolphins-during-shows?utm_source=SDUT+News+Alerts&utm_campaign=eb689da36b-EMAIL_CAMPAIGN_2019_12_11_01_15&utm_medium=email&utm_term=0_d8e1c88c4e-eb689da36b-85953625

Kudos to SeaWorld for its rescue operations. Kudos to PETA for its efforts to get SeaWorld to release imprisoned whales and dolphins to the ocean if possible or sanctuaries if not. I certainly wouldn't want someone standing on my nose for a stupid circus trick that has nothing to do with natural behavior.

M 12/16/19

San Diego's best vegan restaurants

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/sd-et-dining-vegan-20180509-story.html>

For a list of all 100% vegan eateries in San Diego County, including days and hours of operation and menu and map links, visit www.vegandiego.com

T 12/24/19

Passionate but dwindling crowds mark the decline of Tijuana bullfights

www.sandiegouniontribune.com/news/border-baja-california/story/2019-12-23/passionate-fans-but-dwindling-crowds-at-tijuana-bullfights

Bullfighting may be the most blatant legalized form of animal cruelty, but the number of ways humans abuse other sentient beings is long and inglorious: racing, rodeos, fighting, circuses, zoos, testing, clothing, food.... Every species desires to live. None chooses to suffer and die at the hands of humans.

W 12/25/19

Lab-grown fish just got real. San Diego startup shows off first slaughter-free yellowtail

www.sandiegouniontribune.com/business/story/2019-12-25/lab-grown-fish-just-got-real-san-diego-startup-shows-off-first-slaughter-free-yellowtail

While lab-grown fish and other meats may be more environmentally benign, less likely to contain toxins or antibiotics, and more ethical than killing animals outright, they perpetuate the myth that animal products are necessary for human health. For some consumers, there might also be a yuck factor of "Frankenmeat" grown in a lab. But nothing is yuckier than animal flesh produced in bloody slaughterhouses and contaminated with tumors, pus, feces, bacteria, and viruses.

- ppwilliamson: amen!

- Ed Dillard: Oh brother. Give me a good steak anytime. Have you ever heard of the food chain.

- Me: Hi Ed. Humans have no biological need for animal products (meat, fish, egg, dairy), so why hurt an animal if you don't have to? Best, Mike

- johneldon: You won't be happy until everyone thinks the way you do. That's why I'm not a liberal.

- Me: John. I can't control or dictate what others do, in fact, I don't want that responsibility. My goal is to provide information that may steer people into a kinder, healthier, more environmentally-sustainable direction that makes the world better for everyone, including non-humans. I ate and enjoyed meat and other animal products for 44 years until reading on the web that I didn't need them to be healthy, in fact the opposite was true. With this new knowledge, I could no longer justify animals suffering and dying solely for my culinary pleasure, so I went vegan immediately. I immensely enjoy the lifestyle--it's been a culinary adventure--which I've easily maintained for 23 years. The only downside has been the social repercussions with family and friends, but even they are eating more plant-based these days. Mike

- johneldon: I mostly -- but not entirely -- agree with you. Although I have been mostly vegetarian for more than 40 years and mostly vegan for more than 10, I do eat some salmon for the Omega 3 fatty acids, and I do take vitamin B-12 supplements.

- Me: Hi John. Kudos on your mostly-humane diet! I've cut back on B-12 supplements, because my numbers were way high on my last blood test. I've been obviously getting plenty from the delicious B-12-fortified nutritional yeast I sprinkle on salad and microwaved popcorn on a daily basis. Fact: Even most meat eaters are low in B-12, especially the elderly. I avoid fish carnage and pollutants by getting beneficial omega-3s from ground flaxseed, walnuts, and microalgae capsules. Mike

W 12/25/19

Peanut butter adds flavor contrast to banana bread

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2019-12-24/peanut-butter-adds-flavor-contrast-to-banana-bread>

Ebuehi's vegan version of banana bread could be made much healthier by substituting the ½ cup of vegetable oil with an equal amount of apple sauce or silken tofu for moistness. A tablespoon of oil has 100 calories of nutrient-stripped fat that contributes to weight gain. And all oils, even much-touted olive oil, constrict arteries for several hours, which reduces blood flow and injures the inner endothelial linings making one more susceptible to coronary heart disease.

Th 12/26/19

West Coast fishery rebounds in rare conservation 'home run'

<https://www.sandiegouniontribune.com/news/california/story/2019-12-25/west-coast-fishery-rebounds-in-rare-conservation-home-run>

Humans have no biological need for fish, so the most sustainable practice is to let them be. Although they remain silent, fish feel pain, especially when rapidly hauled from depths that cause their bodies to expand while they slowly suffocate on ship decks awaiting gutting or freezing. Contrary to industry claims, fish is not a health food, especially when loaded with toxins like PCBs and mercury. The much-touted omega-3s fish absorb from eating sea algae is more safely obtained from microalgae grown in pristine lab conditions.

T 12/31/19

Fake frogs in school dissections eliminate gross-out-factor

<https://www.sandiegouniontribune.com/news/nation-world/story/2019-12-31/fake-frogs-in-school-dissections-eliminate-gross-out-factor>

Kudos to Syndaver and other companies for creating synthetic animals for dissection classes and to PETA for underwriting and promoting humane practices. When I took high school biology in the 1960s, we actually cut out the hearts of living frogs that our teacher had first "anesthetized" by placing them in a freezer. The objective was to place the removed heart in a saline solution and watch it start to beat. What a waste of so many lives. We could've watched a movie of the same thing with the loss of only one frog's life. What vital lesson did we learn? What practical application did it have? I don't think any of us went on to become surgeons. Today, nearly all medical schools

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 105 of 156

have ditched animals in favor of realistic synthetic human bodies, like SimMan, to learn anatomy and practice medical procedures, including surgery. Likewise, animals have no place in today's elementary or high school classes.

Th 1/2/20

Hunter 1, rattlesnake 0 after scary encounter in deer stand

<https://www.sandiegouniontribune.com/news/nation-world/story/2020-01-02/hunter-1-rattlesnake-0-after-scary-encounter-in-deer-stand>

Hunter 1, rattlesnake 0, ethics -1. The rattlesnake belonged in the woods. The hunter and his blind didn't.

Sa 1/4/20

West Coast fisheries took steps to protect whales, turtles in 2019

www.sandiegouniontribune.com/news/environment/story/2020-01-03/west-coast-sustainable-fisheries-protect-whales-turtles-coral-gardens

Efforts to reduce bycatch and preserve habitat are steps in the right direction, but the ultimate remedy would be to let sea creatures live their own lives. Humans have no need to consume fish, which laden with environmental toxins (mercury, PCB) and saturated fat (~30% in salmon) is definitely not a "health" food. Its beneficial omega-3 is more safely obtained from microalgae (which the fish eat) produced under sterile lab conditions. But like drugs, as long as demand continues, the fishing industry will continue to exploit the ocean environment. Farmed fish are hardly better, as they are often raised in their own waste and fed more small, ocean fish than they yield.

Sa 1/11/20

National City pet store to shut down to comply with judge's order

www.sandiegouniontribune.com/communities/south-county/national-city/story/2020-01-10/national-city-pet-store-to-close-to-follow-judges-order

With so many unwanted dogs, including purebreds, destined for euthanasia in shelters, it makes no sense to breed more.

F 1/24/20

Animal activists put San Diego Zoo Global on annual list of 'Ten Worst Zoos for Elephants'

<https://www.sandiegouniontribune.com/news/environment/story/2020-01-23/safari-park-elephants-worst-list>

Per the Zoo Global website: "We can apply the knowledge we gain studying the elephants at the San Diego Zoo and San Diego Zoo Safari Park to help sustain elephants in their native environments." This statement makes about as much sense as: "We can apply the knowledge we gain studying life-sentenced inmates at our penitentiaries to help sustain humans in their native environments." It makes much more sense to study and help elephants where they need it--in their native environments. There are two primary reasons that zoos condemn thousands of unendangered animals to life-long sentences. The first is a compulsion to build a "complete" collection. The second is that certain animals, like elephants as the article alludes, draw increased attendance and revenue.

- johneldon: In contrast, I view zoo animals as admittedly unwilling ambassadors for their respective species. Many Americans, including my own sons, care about wildlife, about habitat conservation, about species preservation, about plastics pollution, about global warming precisely because they visited zoos and aquariums as children. The San Diego Zoological society is actively engaged in public education (OK, edutainment, but who said education has to be -- or should be -- dry and boring or a money pit?) and in effective and vital species preservation, and my wife and I have proudly supported the organization for the four decades we have lived in San Diego County. The Safari Park and the Zoo are not Ringling Bros. or Barnum & Bailey.

- Me: Hi John. We've gone around on this before, and I'm glad your sons' experience with captive wild animals engendered a sense of awareness to their plight. Unfortunately, very few children from what I've read have equally worthy reactions. The subconscious message is that it's okay to imprison animals for human enjoyment. When zoos become sanctuaries for truly endangered species or rehab centers for injured animals rather than "collections," they'll have my support. Earlier this week I visited the Los Angeles Marine Mammal Care Center, a nonprofit supported by donations and grants, which rehabilitates injured seals and sea lions, educates the public, and allows kids and visitors a closeup look. A similar center I've visited exists in Laguna Beach. When SeaWorld and the San Diego Zoo emulate this model, I'll willingly contribute.

- ambermarnold: Hi Mike, I am also very familiar with the MMCC and have spent a lot of time there both as a visitor and on the other side of the fence helping out with the animals. You may have heard that they are struggling to remain open, due to financial reasons. Places that care for animals, sanctuaries, zoos etc must generate a huge amount of money to care for those they house. This is why zoos and aquariums have developed all sorts of educational (and money generating) activities such as zoo camps or after hours adult events. The element of "human enjoyment" almost always has a direct impact on the funding this is required for the care of captive animals. I will concede that there are some places where that is not the case, but the San Diego Zoo and Safari Park does this extremely well. Also, you should consider where animals go when places like the MMCC deem them to be non-releasable, most often because of human caused ailments. You can find many of these former rehab center critters living very long and healthy lives in top notch zoos and aquariums. If it weren't for zoos and aquariums, many more animals would be euthanized, as these facilities are not funded or equipped to be long term care facilities. NONE of the people who work directly with these rescued animals would rather see them euthanized than go to a well established zoo or aquarium. Here is a link to donate <https://marinemammalcarecenterlosangeles.com/donate/>

- Me: Hi Amber. Thanks for your thoughtful reply, your volunteer work with marine mammals, and your sharing the MMCC donate link. I concur that zoos and aquariums ought to serve as sanctuaries for animals who can't survive outside such facilities. However, the vast majority of captive animals are not endangered and could survive on their own if given the chance. Even domesticated farm animals, like cows and pigs, have been known to revert to natural behaviors when they escape to the wild. The vast sums of money that zoos and aquariums spend to acquire and house unendangered animals could be used for animals who truly need it. Regarding the necessity of providing "human enjoyment" to generate funds, there is a line item on my property tax bill that directly funds the San Diego Zoo. If the zoo

were to eliminate its collection of, and expensive enclosures for, unendangered animals, perhaps there would be enough from property taxes to support rescue, rehab, and sanctuary operations.

- Post from jonxnelson: If we listened to these people, we would never see an elephant unless we visited Asia or Africa. What a great loss this would be for our children - never to see these magnificent animals and never to relate to them.

- Me: Unfortunately, Jon, what children viewing zoo animals subconsciously learn is that it's okay to imprison magnificent animals for human enjoyment. While not everyone can afford to visit Asia or Africa, anyone with a TV can view these animals in their natural environment doing natural things rather than pacing back and forth in a miniscule enclosure. Elephants, for example, typically travel dozens of miles a day in the wild.

W 1/29/20

Beyond Meat tests plant-based fried chicken in KFC trial

<https://www.sandiegouniontribune.com/business/story/2020-01-29/la-fi-beyond-meat-kfc-fried-chicken-nuggets>

It's hard to argue that highly-processed, plant-based alternatives are much healthier than their animal-based alternatives. But on the plus side, plant foods contain high fiber and zero cholesterol whereas animal foods contain zero fiber and high cholesterol. Add to that the dramatically lower environmental impact of plant foods and the fact that no animals are hurt or killed, plant-based alternatives are a triple threat to wasteful animal agriculture.

- johneldon: All true. Personally, I am just fine with a black bean (or falafel, etc.) burger* that looks and tastes like a black bean (etc.) burger, but if Beyond Meat can win over some converts to reducing their consumption of animal-based foods, this is all to the good.

* Today's lunch: Engine 2 black bean burger in an Ezekiel 4:9 English muffin, all from Whole Foods.

- Me: Good lunch choices! When available, I also opt for black bean, mushroom, quinoa, or other whole-food veggie burgers.

W 1/29/20

Readers React: San Diego Zoo's record on elephants speaks for itself

www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2020-01-29/san-diego-zoos-record-on-elephants-speaks-for-itself-utak

Elephants are not currently an endangered species, so there is no need to house them in cramped facilities in order to entertain or educate humans. Although the Safari Park gives them more room to roam than the zoo, it's miniscule compared to the dozens of miles they'd traverse in the wild each day. If the goal is to save elephants, efforts should be focused on preserving their natural habitat.

- johneldon: We can and should have both habitat preservation and large format zoos. Captive animals are species ambassadors, the only up close contact most people will ever have with them. I know lots of people who care about the environment and about species preservation and habitat protection specifically because of positive experiences at zoos and aquariums. Do not underestimate the power of education (edutainment, yes, but still valuable) in swaying public opinion, in this case in a direction both you and I want. I remain a proud decades-long contributing supporter of the San Diego Zoological society.

- Me: I guess we'll continue to disagree about the ethics of imprisoning "species ambassadors" who could clearly survive on their own in the wild. It reminds me too much of the unenlightened past when "exotic" humans (blacks, natives, pygmies...) were taken from their families and paraded around for viewers to admire or gawk at. It seems to me that the small percentage of zoo/aquarium attendees transformed by live encounters with animals would have had the same reaction and appreciation after viewing a stunning wildlife documentary, especially if it detailed the plights of habitat destruction and what could be done about it.

- DSnyder: yea, lets do that, it will make the poachers of ivory's job so much easier without having to pay for a ticket and parking.

- Me: I agree that poaching is horrible and must be stopped, but it's driven by demand for ivory, which is hard to curb. Still, according to the following, wild elephants live three times as long on average, surviving to a median age of 56 years compared with 17 years for elephants living in captivity. <https://www.awf.org/news/elephants-live-longer-wild-study-shows>

Su 2/2/20

The elephant in the room: Are zoos suitable homes for the world's largest land mammals?

<https://www.sandiegouniontribune.com/news/environment/story/2020-02-02/elephant-deaths-zoos-captivity>

According to the following study, the answer to the question posed in the title of this article is a resounding no. "Wild elephants live three times as long on average, surviving to a median age of 56 years compared with 17 years for elephants living in captivity."

<https://www.awf.org/news/elephants-live-longer-wild-study-shows>

- idyllrest: This study was done in one protected area of Kenya. This is the same as looking at an isolated populations of humans, as Dan Buettner reported in a 2005 article in "National Geographic." To make an accurate comparison, which can be difficult as there is no way to "age" an elephant unless you know when it was born, requires years of study across their entire range. That has should that wild and managed elephants have similar average lifespans.

- Me: You make some good points. Incidentally, the study article also stated, "The findings were similar for Asian elephants kept in captivity to support the logging industry." The article goes on to state: "Through its Africa Heartland Program, AWF [African Wildlife Foundation] works to combine parks, private lands and community areas into large conservation landscapes that give elephants and other wildlife the room they need to thrive." This seems to be a more promising course of action than confining elephants in unnatural conditions.

Su 2/2/20

Back Story: Elephants in zoos

<https://www.sandiegouniontribune.com/news/environment/story/2020-02-02/back-story-elephants-zoos>

Wild elephants live three times as long on average, surviving to a median age of 56 years compared with 17 years for elephants living in captivity. <https://www.awf.org/news/elephants-live-longer-wild-study-shows>

Th 2/6/20

Oceanside's Plot restaurant aims to launch vegan, zero-waste dining movement

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2020-02-05/oceansides-plot-restaurant-aims-to-launch-vegan-zero-waste-dining-movement>

The Plot is a shining example of San Diego County's burgeoning vegan restaurant industry. For a complete list, visit www.vegandiego.com.

Th 2/6/20

PETA claims victory after SeaWorld says no to trainers riding atop dolphins

<https://www.sandiegouniontribune.com/business/tourism/story/2020-02-06/peta-claims-victory-after-seaworld-says-no-to-trainers-riding-atop-dolphins>

Regardless of the motivation—backlash from Blackfish, pressure from animal activists, an evolving sense of animal treatment—this is the right move for SeaWorld. Keep the new rides and revenues coming, but the next step is to release their healthy captive animals to the wild or sea sanctuaries while continuing to rescue, treat, and release those in need.

- Rusismith: Mike....Captive animals cannot be released into the wild, as many were born at SeaWorld and would not survive in the wild. Also, there are currently no "sea sanctuaries" in the world that serve animals that were formerly held or born in captivity. In addition, you can check out PETA and its hypocrisy here: www.petakillsanimals.com

- Me: Hi Rusismith. I agree that captive animals who couldn't survive in the wild should be cared for. But I've read cases where even domesticated farm animals, like cows and pigs, revert to their instinctual survival behaviors when they escape or are let loose to the wild. In any case, I don't think animals should continue to be bred in captivity to provide a future supply of exhibited animals. Numerous sanctuaries exist for land animals, but sea sanctuaries are a fairly-new concept with efforts underway to create them, for example: <https://whalesanctuaryproject.org/> Like you were, I am a PETA (and numerous other animal-rights organizations) supporter. But I don't slavishly follow any leader or organization, so I gave the petakillsanimals site a thorough reading. If some of the alleged actions are true, they're reprehensible. In search of rebuttals to the claims made, I found a mixed response at the fact-finding Snopes.com: What's True: PETA associates have been involved in some incidents involving the alleged theft and/or euthanization of family pets. What's False: PETA workers do not routinely lure pets away from families for the sole purpose of euthanizing the animals. <https://www.snopes.com/fact-check/peta-taking-pets> PETA's own response: "Every year, PETA releases a report showing how many animals were taken into our shelter and what became of them....In 2019, we assisted more than 26,000 animals in more than 250 cities." <https://investigations.peta.org/petas-rescue-team> Last year, my wife and I visited PETA headquarters in Norfolk, VA. Nearly every office employee had a rescued, adopted animal cuddled beside or beneath their desks. Bottom line: While some of PETA's tactics and rhetoric appear radical, if I were an oppressed animal, I would want a kickass organization like PETA fighting on my behalf!

W 2/19/20

Veg has the edge for Jamie Oliver

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2020-02-18/veg-has-the-edge-for-jamie-oliver>

It's encouraging to see an "unabashed meat lover" like Jamie Oliver promoting the benefits of plant-based eating. And since what people eat is often based on emotion, it helps that he states, "it's not about knocking your masculinity or taking something away because it's a fad." But if health, the planet, and animals (which he doesn't mention) are considerations, he could go one step further by eliminating all animal products from his recipes. Plant-based substitutes are readily available to replace butter, milk, cheese, and eggs, but most are highly processed so are best used as transitional ingredients on the way to a true whole-food, plant-based diet. Nearly any recipe can be made delicious and wholesome without either animal products or substitutes. For example, ground flax + water can replace eggs in a recipe, and cheeses can be made from nutritious nuts.

Th 2/20/20

At Serea, a leader in seafood sustainability preaches his gospel

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2020-02-20/sustainability-dining-story>

With "more than 90 percent of the world's fisheries either fully fished or overfished," the most rational form of sustainability is to leave all fish alone and let their populations rebound to feed the sea creatures who rely on them for sustenance. Touted as a health food, fish is anything but. Wild fish ingest pollutants like mercury and PCBs, and farmed fish, as the article points out, are often fed unwanted animal byproducts and antibiotics. The beneficial omega-3 fatty acids in fish flesh are more easily and safely obtained from microalgae, which contain the omega-3 that fish eat, produced in sterile lab conditions and sold in capsules.

Th 2/27/20

Rescued California sea lions now at Hawaii aquatic park

<https://www.sandiegouniontribune.com/news/california/story/2020-02-27/california-sea-lions-find-new-home-at-hawaiis-sea-life-park>

Glad to read the rescued seal lions will not be "circus performers." When SeaWorld and comparable facilities shift to a "sanctuary" model for animals who can no longer survive on their own, they'll have my support. This would also entail releasing their healthy captive animals to the wild. Or to sea sanctuaries like the one being built in Nova Scotia by The Whale Sanctuary Project for marine animals freed by Canada's recently passed "Ending the Captivity of Whales and Dolphins Act." <https://vegnews.com/2020/2/canada-plans-to-release-captive-whales-to-new-home-at-nova-scotia-sanctuary>

F 2/28/20

Aztecs basketball team tries to 'beet' altitude in Mountain West

<https://www.sandiegouniontribune.com/sports/aztecs/story/2020-02-28/sdsu-aztecs-basketball-beet-juice-nevada-altitude-mountain-west>

The science is in: How to Use Canned Beets to Improve Athletic Performance, Michael Greger M.D. FACLM, December 28th, 2017. <https://nutritionfacts.org/2017/12/28/how-to-use-canned-beets-to-improve-athletic-performance>

M 3/2/20

UC San Diego — a leader in climate research — under pressure to slash its greenhouse gases

www.sandiegouniontribune.com/news/environment/story/2020-03-02/ucsd-faculty-scold-the-university-over-its-climate-change-response

"Make vegetarian meals the default choice in campus dining rooms..." It's a sign of the times that this carbon-reducing recommendation is not one of the two controversial ones (make admin personally responsible for meeting emission targets; make UCSD withdraw all money from BofA). Depending on the study cited, animal agriculture contributes 14-51% of greenhouse gas emissions. Beef is the worst offender, but dairy is also detrimental—when their production falls after 2-4 years, so-called "spent" dairy cows are slaughtered for cheap burgers and pet food. Millennials get it and are switching to veg diets in droves.

- TRobinson wrote a lengthy comment about years of unfulfilled predictions of climate disaster.

- My reply: Hi TRobinson. I suspect predicting the effects of rising CO2 is like predicting the weather—more often than not, the forecasts are wrong. But I'm curious what you think of the Keeling Curve, mentioned in the article. When CO2 levels measured in ice core samples dating back some 600,000 years are combined with atmospheric readings taken since 1958, an unprecedented rise in CO2 levels has occurred since the industrial revolution.

- TRobinson replied with lengthy comment about the U.S. being blamed for everything while other countries pollute more. Expressed support of renewable energy but concluded: "But when someone tells me that if I don't recycle that plastic water bottle or drive a Prius or go vegan that I'm destroying "Mother Gaia", that's where you lose me."

- My reply: Thanks, TRobinson, for your equally respectful response. I suspect we can all learn more about these issues, and your statements led me to do a little web research. Turns out that the top 3 CO2 emitters are China at 29%, the USA at 16%, and India at 7%. Indeed, as you suspected, the U.S., after a sharp rise in 2018, reduced its emissions by 2.1% in 2019, so we're moving in the right direction. (Interestingly, one of most conservative states, Texas, produces the most wind power, currently supplying 20% of its grid.) But on a per-capita basis, the picture is quite different: USA 14.95 metric tons per person, China 6.57, India 1.57. I next tried a couple of personal carbon-emission calculators and was pleased to find that my Prius-driving, vegan, obsessive recycling, 100% renewable energy (via SDG&E's EcoChoice program) footprint of about 7 metric tons was less than half the American average but still above the European (6.4) and worldwide (5) averages. Just being vegan (1 metric ton related to \$50 in food purchases per week) had less than half the impact of a heavy meat eater (2.6 metric tons), so personal choices do add up.

W 3/18/20

Jalapeño spices up healthful meatloaf

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2020-03-17/jalapeno-spices-up-healthful-meatloaf>

For a truly healthy version, replace the beef and eggs (high cholesterol, zero fiber) with lentils and ground flaxseed (zero cholesterol, high fiber).

W 3/18/20

Column: Horse racing dominoes falling after Kentucky Derby postponement

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2020-03-17/kentucky-derby-postponed-sept-5-churchill-downs-preakness-travers-bob-baffert>

How ironic that coronavirus, which originated in animals exploited for food, may now be saving horses from premature death. Per <https://horseracingwrongs.com>, about 2000 horses die each year on U.S. racetracks. Per www.kansascity.com/opinion/opn-columns-blogs/syndicated-columnists/article210813239.html, about 10,000 underperforming thoroughbreds are shipped to Canadian and Mexican slaughterhouses for horseflesh.

Sa 4/11/20

Bare store shelves spark sudden homesteading trend

<https://www.sandiegouniontribune.com/business/story/2020-04-11/bare-store-shelves-spark-sudden-homesteading-trend>

Self-sufficiency is great, but unbeknownst to most people who buy backyard female "layer" chicks is what happens to the corresponding male chicks (about half of all births). Male chicks obviously don't lay eggs, but they also don't grow fast enough to be raised for meat. So they are either suffocated in plastic bags or ground up alive in macerators. Worldwide in 2018, roughly 7 billion day-old male chicks were culled. This is especially tragic as there is no human health requirement for egg consumption and plenty of downsides from consuming animal protein and cholesterol.

M 4/20/20

A zoo without visitors: Animal care goes on as vital revenue stream disappears

www.sandiegouniontribune.com/business/tourism/story/2020-04-19/a-zoo-without-visitors-animal-care-goes-on-as-revenue-stream-disappears

Although not mentioned in the article, San Diego County property tax bills include a line item for "SD Zoo Maintenance." According to the Zoological Society's 2018 financial report, "Tax revenue" amounted to over \$17 million. Therefore, all property owners are obliged to support zoo operations, even those who philosophically disagree with animals being warehoused for primarily entertainment purposes. Of course, it's not the animals' faults that they were taken from the wild or bred in captivity, so they must be cared for.

Sa 4/25/20

Column: Del Mar horse racing faces many questions amid coronavirus crisis

www.sandiegouniontribune.com/sports/sports-columnists/story/2020-04-20/del-mar-racetrack-opening-day-2020-coronavirus-horse-racing-revenue

"With no racing going on, you're going to lose those horses," Harper said. "Some will go to farms. Some, I don't even want to think where they'd go." Could it be the places Joe Harper doesn't want to think about are the Canadian and Mexican slaughterhouses that butcher 10,000 thoroughbreds for horseflesh each year? www.kansascity.com/opinion/opn-columns-blogs/syndicated-columnists/article210813239.html

Sa 4/25/20

Del Mar Race Track Authority's debt rating downgraded over attendance, coronavirus concerns

www.sandiegouniontribune.com/business/technology/story/2020-04-24/del-mar-race-track-authoritys-debt-rating-downgraded-over-attendance-coronavirus-concerns

Last year, in addition to the 2 horses lost while racing, 9 others died in training at Del Mar, which ironically deems itself "The Safest Track in North America." <https://horseracingwrongs.org/2019/12/01/3-year-old-killed-at-del-mar-11th-dead-racehorse-at-safest-track-in-north-america/>. As happened to animal circuses, the potent combination of increased financial loss and growing public awareness of animal cruelty will ultimately lead to the demise of horseracing. Gamblers have plenty to bet on that doesn't involve hurting animals.

- davidcrossley: HorseracingWrongs are nothing but a bunch of domestic terrorists. Do you have any pets? Have you ever had any pets?

- My reply: Hi David. Not sure why you brand the staff of horseracingwrongs as domestic terrorists for simply reporting racehorse mistreatment, injuries, and deaths. Although I'm vegan, I'm not a classic "animal lover." I just can't bring myself to hurt animals or pay someone else to do so for my dining or entertainment pleasure. If I were single, I wouldn't choose to have pets, but my wife of 30+ years has always sheltered rescues and strays who would suffer if left out in the wild, and I love them in my own way. Best, Mike

- davidcrossley: "We hold that no animal should be bred, domesticated, and used for human purposes." All one needs to do is search on the internet for the story involving: "Another non-profit exposed: Horseracing Wrongs". A fine organization, indeed.

- Me: Thanks, David, for referring me to the "Another non-profit exposed" article. I hadn't thoroughly explored Horseracing Wrongs and was intrigued to learn more about the man behind it, Patrick Battuello. But as so often happens when people of different perspectives read the same article, different conclusions are reached. I did not find the author's (Amy Hoffer, an avowed horseracing advocate) arguments convincing. On the other hand, I did find some of Battuello's responses to her queries a bit condescending--it's not the tone I would have taken. My other concern was the extent of Battuello's ownership participation in his family's 4th generation pizzeria. Although he introduced vegan options in 2002, it still serves animal products. If that's beyond his control, and I were him, I would sever my relationship with the business. But fundamentally, I agree with the assertion you quoted above that "no animal should be bred, domesticated, and used for human purposes." Each animal lives in its own universe with its own culture, intelligence, and forms of communication. I doubt that any human would want to be bred, manipulated, and controlled by a so-called "superior" race.

- davidcrossley: For as much as you have quoted HRW, I am shocked that you didn't know about Mr Battuello.

- Me: I agree he may not be perfect, but I admire his passion for revealing the brutality of the horse racing industry.

Th 4/30/20

Monkey strangled at Sorrento Valley research lab, USDA complaint alleges

www.sandiegouniontribune.com/news/watchdog/story/2020-04-30/monkey-strangled-at-sorrento-valley-research-lab-usda-complaint-alleges

In addition to the cruelty inherent in animal experimentation, it simply doesn't work. If drugs affect men and women differently, imagine how enormous the difference is between humans and other animals. According to the National Institute of Health, over 115 million animals are experimented on each year, yet 96 percent of drugs that pass animal tests fail to proceed to market. Fortunately, antiquated laws that insist on animal testing are gradually being supplanted by laws requiring tests on human cell models that produce quick and relevant results.

Su 5/3/20

Yogurt, almonds work magic on baked chicken

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2020-04-30/yogurt-almonds-work-magic-on-baked-chicken>

Eating chicken sounds so "normal." But no chick wants to be born without a nurturing mother, raised in miserably-crowded, suffocating conditions (free-range is a myth), and suffer leg and organ pain from abnormally fast inbred growth, only to have its throat slit while still chirping like a baby at ~6 weeks. Yet society, industry, and government have so brainwashed the population that they forsake their normal compassion for sentient beings in favor of their taste buds. Fortunately, in what appears to be a win-win (for chickens and humans), the big chains, like KFC, are introducing wildly popular plant-based chicken that fools even dedicated meat eaters.

Th 5/21/20

Opinion: The End of Meat Is Here, Jonathan Safran Foer

https://www.nytimes.com/2020/05/21/opinion/coronavirus-meat-vegetarianism.html?auth=link-dismiss-google1tap&campaign_id=9&emc=edit_nn_20200521&instance_id=18657&nl=the-morning®i_id=131564526&segment_id=28666&te=1&user_id=52276559bf5a2fac94057b3d6f287edd

I used to be a hunter, fisherman, and avid meat eater. In fact, if a meal didn't include meat, I felt unsatisfied. But 23 years ago, when I learned that I didn't need animal products to be healthy (as industry and government had assured me), I could no longer justify animals dying for my dining pleasure. I went vegan overnight, the best lifestyle choice I'd ever made. My only regret is that I didn't learn the truth decades earlier.

- Submitted to letters@nytimes.com as Letter to Editor (included "suffering and dying")

F 5/29/20

News Analysis: How did two horses that died at Del Mar end up at a rendering plant?

<https://www.sandiegouniontribune.com/sports/horse-racing/story/2020-05-29/del-mar-horse-racing-deaths-rendering-plant>

The carnage of the horse-racing industry goes far beyond racing/training deaths. According to www.kansascity.com/opinion/opn-columns-blogs/syndicated-columnists/article210813239.html, each year about 10,000 underperforming thoroughbreds are shipped to Canadian and Mexican slaughterhouses for horseflesh "...crammed into trucks or trailers for more than 24 hours without food or water — to be slaughtered under often-brutal conditions. Exhausted, terrified, dehydrated and hungry, these horses are usually shocked and bled-out. Sometimes, when the shock is incorrectly administered, as is often the case, horses are skinned and dismembered while still conscious, according to the Humane Society of the United States."

- DMerrit: I have seen the slaughter house videos of how they kill the horses there and still have nightmares. These animals can smell, and see the death before they endure it. Terrified they are driven into a chute, a man stands above repeatedly driving a knife into their spine to paralyze them where they are then hoisted by the hind legs and their necks cut to bleed them out, more often than not still alive as you can see in their eyes, but unable to move. This video should be shown to all Horse Racing "fans". This "sport" needs to go the way of Bullfighting. Animal torture, which includes confinement to a stall 22 hours a day, whipping at the point of exhaustion, and loading up with drugs is not something a civilized society should be endorsing.

- Me" I wholeheartedly agree DMerrit! I would hasten to add that slaughterhouse videos of so-called "food" animals (chickens, turkeys, pigs, cows) are just as horrendous.

Su 5/31/20

'Is pork essential?' A virus-plagued meat factory comes back to life

<https://www.sandiegouniontribune.com/news/nation-world/story/2020-05-29/coronavirus-pork-smithfield-south-dakota>

As millions of vibrant, healthy, plant-based eaters will attest, pork is not essential. Neither are the vast amounts of soy/grain pigs consume that could directly feed humans, nor the extraordinary amounts of waste they produce. No one wants to live next to a putrid manure lagoon, especially when it overflows in stormy weather. Livestock producers are gradually getting the message and retraining workers and retooling factories to process plants directly into meat substitutes that closely mimic actual flesh without the saturated fat, cholesterol, and diseases (swine flu) that sicken people and increase healthcare costs. Finally, it's well established that pigs have personalities and intelligence equal to or exceeding that of our canine companions. No animal wants to be food on a human's plate.

Su 5/31/20

Owner of dying puppy found dumped by San Marcos trashcan turns himself in

<https://www.sandiegouniontribune.com/news/public-safety/story/2020-05-29/owner-of-dying-puppy-found-dumped-by-san-marcos-trashcan-turns-himself-in>

Why are people outraged by cruelty to animals called "pets," yet oblivious to cruelty to animals called "food"? Pigs, cows, and chickens raised for human consumption suffer as much or more than this poor puppy. Most people concur that "killing for pleasure is wrong" yet turn a blind eye when it comes to the pleasure of their palettes.

Su 5/31/20

Column: Del Mar racetrack's transparency, openness facing critical test

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2020-05-30/del-mar-horse-racing-deaths-transparency-disposal-necropsies-harper-rubinstein>

Being "transparent" or not makes little difference to the 2000 or so horses who die each year racing/training in the U.S. alone. There is no way to prevent all deaths. As long as racing continues, horses will die.

Sa 6/6/20

Column: Reeling San Diego sportfishing industry needs to go back to work

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2020-06-05/san-diego-sportfishing-boats-fleet-financial-losses-coronavirus-shutdown-fishing>

Fishing is legalized torture. It's against the law to harm a dog or a cat and provokes howls of outrage when it occurs. So why is it acceptable to impale a fish in its sensitive mouth (its only way of interacting with its environment) with a sharp hook then drag it out of the water to suffocate? There is no biological need to eat fish--the beneficial omega-3 stored in their flesh from the algae they eat is more easily and safely obtained from lab-produced microalgae capsules. Fishing amounts to "killing for pleasure," which most people acknowledge is wrong. Catch & release is no better as the fish still experience shock and pain and many die after being released, all for the fleeting "thrill" of a tug on a fishing line. Perhaps if fish could scream, it would dampen the enthusiasm for hurting them.

- StevenLGoldblatt: Mike, I respect your opinions and most respectfully disagree. For thousands of years all civilizations have caught and eaten fish. Is your position that all people should stop eating fish? Mike, am I correct that you eat no fish or fish products? Mike, help me understand your position. Civilizations have been catching fish using hooks and nets since the beginning of recorded time. Is your position against sport fishing? Thank you for your response should you choose to respond.

- Me: Thank you, Steven, for your thoughtful comment. Yes, it is my position that all people should stop eating fish, as well as other animals and their secretions, and switch to sporting events that don't involve hurting other species. My position is a bit ironic because for decades, I was an avid meat eater, milk drinker, diver, and spearfisherman. Although I felt bad, for example, when my mis-aimed spear

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 111 of 156

winged a fish and it straggled away to die, I looked on my harvesting of sea life (fish, lobster, octopus, abalone, scallops...) as self-sufficiency in the best tradition of our human ancestors and thought of pole fishing with my young daughter as wholesome family fun. All my life, the animal industry and its government counterparts had led me to believe that I needed animal products to be healthy. But 23 years ago, when I (finally) learned that wasn't the case, in fact the opposite was true, I could no longer justify animals suffering and dying solely for my eating pleasure and became an "overnight" vegan. It was the best lifestyle decision I ever made. I only wish I had learned the truth a decade earlier. I still suffer karmic guilt from the animal lives I took over the years, particularly a family of lobsters living under a Mission Bay pier that I gradually decimated over a period of weeks. But going forward, my mission is to share what I've learned so that others might also choose to live kinder, healthier, more environmentally-friendly lives.

- StevenLGoldblatt: Mike, very well written, honest and humble. I no longer eat red meat or poultry. Honestly, for many reasons; the slaughter for my table no longer feels "right", the terrible impact to the environment the inhumane treatment in which so many are raised, and most important for my health. Interestingly, the greatest source of green house gases come from pork and cattle's natural gasses, i.e., farting: I admit my primary reason is for health. My cardiologist said my diet of fish from an early child until this day probably saved my life. Most of the men and a lot of the women in my family died from cardiovascular diseases. When I fish I quickly kill them, as a way of respecting their lives, just taking what I can eat for the next day or two. I release a lot of fish, especially the smaller ones. On long range trips I give away my cleaned, processed and vacuumed packed tuna and yellowtail to several firehouses. Interestingly, they will not be accepted by Mama's Kitchen, etc., as they must know it came from a reliable source. I thank you for your heartfelt reply. My conscience is not the great guide as it is for you; to which I salute.

- Me: Hi Steven. It's refreshing to exchange respectful comments with a "thinking" omnivore, and I'm glad you've steered away from red meat and poultry for humane, health, and environmental reasons. Some people get defensive about their dietary choices and can be abusive or snarky in their responses, e.g., "I love animals—they taste so good!" or "Yum, bacon!" I agree that if you're going to fish, it's better to kill them quickly vs. letting them slowly suffocate. But I'm curious what is in fish flesh that your cardiologist thinks saved your life. According to the Physicians Committee for Responsible Medicine, fish is far from healthy: <https://p.widencdn.net/zsvtil/Health-Concerns-About-Fish-Fact-Sheet>

- StevenLGoldblatt: Mike, I most strongly disagree agree with fish being unhealthy. I do not agree with Committee's report as it made no distinction between types of fat. Fish do not contain saturated fats the leading culprit of heart disease. Only wild fish contain Omega-3 fatty acids. Wild Salmon have the highest due to eating huge quantities of krill which give their flesh the distinctive pink color. Right behind salmon are northern caught sardines. Mike less than 4% of the physicians Committee for responsible health care are actually physicians. My daughter holds a Master's Degree in Medical Nutrition and is a Board Certified Registered Dietician. She and the entire RD community agree that fish caught in unpolluted waters are extremely beneficial. Furthermore, she could find no double blind Randomly controlled studies to support The Physicians Committee for Responsible Citizens hypothesis. What I found they are an animal rights group. Ok, I'm cool with that, but not their position that fish eating is inherently unhealthy. The Center For Consumer Freedom had a most damning summary of The Committee For Responsible Physicians. I respect your right to have your own opinion, just not your own set of facts. I agree that a vegetable diet is quite beneficial, as is eating fish. If this sounds harsh, it is, just as taking fish oil supplements have proven to have no benefits, yet are continually touted as beneficial. What is the CFRP on fish oil supplements? A double blind randomly controlled study in Germany involving 40,000 people over five years proved that fish oil supplements only benefit the fish oil supplement manufacturers. To get the proven benefits of omega-3 fatty acids eat fresh fish or whale blubber. The Indigenous People in the Northern Regions eat whale blubber. For years scientists could not understand why they had almost zero cardiovascular diseases yet they ate pure fat! Their research was the first to reveal huge amounts of omega-3 fatty acids in whale blubber. Whales consume tons of krill everyday. To close it is a pleasure to debate positions without harangues and politicizing this issue. I thank you for your civility.

- Me: Hi Steven. Your rebuttals prompted me to reach out to Dr. Neal Barnard, the founder of the Physicians Committee for Responsible Medicine (PCRM). He immediately replied with the following: No big need to defend PCRM, but feel free to note that the Center for Consumer Freedom is an industry group started with tobacco money and now fueled by food-industry funds, and its modus operandi is to shamelessly attack health advocates like PCRM, despite the fact that PCRM's NIH-funded research is carefully peer-reviewed and published in leading medical journals. BTW, if his daughter would want to study with us, our 5 full-time Registered Dietitians, all of whom are members of the Academy of Nutrition and Dietetics, would be glad to speak with her. She would enjoy it. When it comes to fish, check out USDA figures (<http://ndb.nal.usda.gov/ndb/foods>). A 100g serving of lean roast beef has 83mg of cholesterol and 3.4g of saturated ("bad") fat. The same-sized serving of chinook salmon is almost identical: it has 85mg of cholesterol and 3.2g of saturated fat. Switch to black beans, and you'll get no cholesterol at all and only 0.1g of saturated fat. There are indeed omega 3s in fish. But all fish fats are mixtures, including saturated fat, as well as cholesterol. When it comes to cardiovascular disease, a recent JAMA Network Open study showed significant atherosclerotic heart disease in centuries-old Inuit mummies. The romantic notion that people eat nothing but blubber and make out fine does not stand up well.

Downloaded file I didn't include in comment: file:///C:/Users/mikew/AppData/Local/Temp/Wann%202019%20Greenland%20heart%20disease.pdf

T 6/9/20

5 ways to boost your immune system

<https://www.sandiegouniontribune.com/caregiver/news-for-caregivers/story/2020-06-08/5-ways-to-boost-your-immune-system>

Generally good advice except for "healthy fats, found in foods such as fatty fish..." Despite nearly ubiquitous claims to the contrary, fish is not a health food. Much-touted salmon is 40% fat, most of which is unhealthy, saturated fat. The beneficial omega-3 fatty acid, which fish absorb from algae they eat, is more easily and safely obtained from lab-produced microalgae available in "no-fish-burp" capsules. In addition to the suffering imposed by being impaled on sharp hooks or dragged from the depths to slowly suffocate, fish contain toxins like mercury and PCBs, which then concentrate in human flesh.

T 7/7/20

More than 40,000 pounds of pork charred in big rig fire in Lakeside

<https://www.sandiegouniontribune.com/news/public-safety/story/2020-07-06/more-than-40-000-pounds-of-pork-charred-in-big-rig-fire>

"It's about lunch time..." Doubt that the fire chief would make the same flippant joke if this were a truckload of golden retriever puppies being shipped to a pet store. Pigs are actually smarter than dogs, but even if not, all cling to life and none wants to be food on a plate, despite some humans professed worship of bacon. As there is absolutely no nutritional need to consume animals, paying someone to slaughter them amounts to "killing for pleasure," which most people consider immoral.

Sa 7/11/20

Column: Pandemic empties grandstand for Del Mar racetrack opener like no other

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2020-07-10/del-mar-horse-racing-opener-2020-coronavirus-covid-no-fans>

Great that the fans are safe. Not so for the jockeys and horses. About 2000 U.S. racehorses die every year. Time to retire this antiquated bloodsport. Or create a virtual racetrack and virtual horses so that gamblers can still place their bets.

Th 7/30/20

Zoo officials apologize for display of African man in 1906

<https://www.sandiegouniontribune.com/news/nation-world/story/2020-07-30/zoo-officials-apologize-for-display-of-african-man-in-1906>

Future headline: "Zoo officials apologize for displays of non-human animals in 2020."

M 8/3/20

Appeals court: NOAA can't make rules for offshore fish farms

<https://www.sandiegouniontribune.com/news/nation-world/story/2020-08-03/appeals-court-noaa-cant-make-rules-for-offshore-fish-farms>

The legal wrangling over what constitutes "fishing" overlooks the fact that humans have zero biological need to consume fish and plenty of reasons to avoid it. The beneficial omega-3 in fish comes from the algae they consume and is more easily and safely obtained from lab-grown microalgae without the mercury, PCBs, and other toxins that concentrate in fish flesh.

M 8/24/20

SeaWorld San Diego set to reopen Friday on limited basis with Zoo Days

<https://www.sandiegouniontribune.com/business/story/2020-08-24/seaworld-san-diego-set-to-reopen-friday-on-limited-basis-with-zoo-days>

How ironic that SeaWorld profits from the exploitation of not only captive animals but the ones it BBQs and grills. Tough to say you "love" animals when you imprison some and skewer the rest.

W 8/26/20

Horchata so good, you won't even know it's vegan

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2020-08-26/homemade-horchata-with-less-sugar-but-all-the-flavor>

How refreshing to see more and more recipes ditching dairy! Cows produce milk not because they are cows but because they are mothers. They must be impregnated annually to keep production high, and all those baby growth hormones end up in milk that humans drink. Farmers dare not risk profits by letting calves nurse the fluid that nature intended for them, so they are whisked away from their mothers and killed immediately (bob veal) or crated and fed sugar water for a few months (veal). When milk production inevitably wanes after about 4 years, these overworked and distressed mothers are slaughtered for fast-food burgers and pet food. There is no kindness in dairy.

Th 8/27/20

Mexican chorizo with a twist

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2020-08-19/mexican-chorizo-with-a-twist>

"What makes chorizo 'chorizo' are the seasonings." In fact, animal flesh without vegetable and mineral seasonings is essentially tasteless. Many types of plant protein (texturized soy, jackfruit, mushrooms...) can be similarly seasoned and be just as satisfying and eminently healthier. Meat is loaded with cholesterol and contains zero fiber. Plants are loaded with fiber and contain zero cholesterol. Culinary traditions aside, if one agrees that killing for pleasure is immoral, there is no justification for paying someone to slaughter a sentient pig or chicken (who did not want to die) and go through the laborious processes of deboning, deskinning, and grinding their flesh while risking illness and death from lurking pathogens like trichinosis, salmonella, and campylobacter.

Th 9/3/20

Livestock ship carrying 42 crew, 5,800 cows sinks off Japan's coast

<https://www.sandiegouniontribune.com/news/nation-world/story/2020-09-03/livestock-ship-crew-sinks-off-japan-coast>

The loss of life is tragic, but for the world's insatiable appetite for meat, none of this had to happen. Besides the crew of 42, not one of the 5800 cows wanted to die either at sea or for food on someone's plate. There is no biological need to consume animal products, but as long as humans continue to do so, the result will be clogged arteries, heart attacks, stroke, and increased rates of cancer. Not to mention

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 113 of 156

the environmental destruction and waste of resources caused by recycling tons (16 pounds of grain yields 1 pound of meat) of directly edible grain through animals raised for food.

Sa 9/5/20

No payoff: Summer without fairs leaves farm kids heartbroken

<https://www.sandiegouniontribune.com/news/nation-world/story/2020-09-05/no-payoff-summer-without-fairs-leaves-farm-kids-heartbroken>

What's really sad and heartbreaking about brainwashing these kids to raise "livestock" is that they are bullied and berated for showing any sadness or anguish when their precious animals are sold and carted off to be slaughtered. Society would howl, and jail sentences would follow, if the same were done to dogs and cats raised for show. Humans have no biological need to eat animal products, whether they be from cow, pig, chicken, duck, horse, dog, or cat, which are all on the menu in one place or another.

Sa 9/5/20

Meat-free quinoa balls are a healthy alternative

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2020-09-03/meat-free-quinoa-balls-are-a-healthy-alternative>

Meat-free is good, but for maximum and cruelty-free health:

- * Ditch the oil—a tablespoon has 100 calories of pure fat that paralyzes arteries for hours.
- * Replace the Worcestershire sauce, which contains anchovies, with a vegan version or soy sauce.
- * Replace the animal cheese with blended cashew cheese.
- * Replace the egg with a tablespoon of ground flaxseed + 3 tablespoons of water.

W 9/16/20

Birch Aquarium opens with social distancing and sharks

<https://www.sandiegouniontribune.com/news/environment/story/2020-09-14/birch-aquarium-opens-with-social-distancing-and-sharks>

Why are some humans obsessed with removing life forms from their native environments and imprisoning them in tiny enclosures? Education is often used as justification, but even Birch Director of Education Megan Medley acknowledges that "The programs may also include some video recordings of marine animal behavior, she said, 'since we can't always ask animals to do what we want them to do online.' " Every animal is entitled to live its own life with its own kind in its natural home. Animals have amazing abilities. Humans are "superior" only in their ability to dominate other species.

Su 9/20/20

Open-ocean fish farm proposed off San Diego coast could be first in federal waters

<https://www.sandiegouniontribune.com/news/environment/story/2020-09-20/offshore-fishery>

Seems like a lot of hassle, money, and environmental risks for maybe 75 jobs. Humans have zero biological need for animal flesh or secretions of any kind. The beneficial omega-3 in fish comes from the algae they eat and is easily obtained from lab-grown microalgae without the mercury, PCBs, and other toxins concentrated in fish flesh.

- Johneldon: Even for those who are not vegan, there is a factual argument that most farmed animals are also sick animals, with too much fat and too little muscle, let alone antibiotics, toxins, and stress hormones. Those who favor eggs from free range chickens and milk from pasture-raised cattle are going to reject aquafarmed fish for the same reason. I am nearly vegan myself, but I admit to needing a few supplements, such as B-12 and zinc.

- Me: Agreed. In today's sanitized, sun-avoiding world, vitamin B-12 and D fortified foods and/or supplements are recommended for all diets, carnivore to vegan. Good plant-food sources of zinc include beans, nuts, and whole grains.

W 9/30/20

You won't miss the meat with these spicy peanut tofu tacos

www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2020-09-30/you-wont-miss-the-meat-with-these-spicy-peanut-tofu-tacos

I applaud the author for promoting meatless recipes, on occasion. It's a shame that her "love of a guy" didn't extend to a love of helpless animals when it came to her dietary flip-flops. Millions of healthy plant-based eaters attest to the fact that animal products are not necessary for human health. Meat, fish, egg, and dairy are loaded with cholesterol and contain zero fiber. In stark contrast, plant foods have zero cholesterol and are loaded with fiber. Per the Academy of Nutrition and Dietetics, appropriately planned vegan diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. In addition, vegans are at reduced risk of heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity.

F 10/16/20

Can San Diego's canned tuna giant, Bumble Bee, recover from bankruptcy and scandal?

<https://www.sandiegouniontribune.com/business/story/2020-10-16/can-san-diegos-canned-tuna-giant-bumble-bee-recover-from-bankruptcy-and-scandal>

With the abundance of truly healthy plant-based proteins, why risk one's health with tuna?

* Bumble Bee CEO Jan Tharpe: "It [tuna] is the cleanest, most natural protein you can get."

* EDF (Environmental Defense Fund): "Several species of tuna contain higher-than-average amounts of mercury, a highly toxic metal that can cause severe health effects."

* EPA (Environmental Protection Agency): Canned white tuna. Children under six can eat up to one 3-ounce portion a month; children from 6-12, two 4.5-ounce portions a month. Adults, including pregnant women, can safely eat this kind of tuna up to three times a month (women, 6-ounce portions; men, 8-ounce portions).

- majumper: Ever eat a pine cone? Have at it. Worship at the alter of the EPA.

- Me: Ha, not a pine cone, but pine nuts are good!

Su 10/18/20

Commentary: Here are five ways you can help combat climate change every day

<https://www.sandiegouniontribune.com/opinion/commentary/story/2020-10-16/climate-change-simple-solutions>

Kudos for this call to action! The biggest and quickest change individuals can make, starting with their next meal, is to switch to a plant-based diet. Depending on the study cited, livestock production is responsible for 18-51% of greenhouse gases (more than all modes of transportation combined) and uses up to 80% of edible grain and 50% of potable water.

A Loma Linda University study showed that vegans have the smallest carbon footprint, generating a 41.7 percent smaller volume of greenhouse gasses than meat-eaters and a 13.9 percent smaller volume than vegetarians.

F 10/30/20

Black Lives Matter movement pushed San Diego cookie-baker to No. 1

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2020-10-29/black-lives-matter-movement-pushed-san-diego-cookie-baker-to-no-1>

A win-win-win situation for Maya, her customers, and all the animals not hurt in the making of her vegan cookies, which of course contain no cow milk or butter. Most people either don't realize, or don't care, that newborn calves are stolen from their grieving mothers so that humans can have the milk for themselves. Most of these helpless calves become veal. Mother cows must be impregnated repeatedly to produce milk, but when their productivity wanes after only a few years, they are slaughtered for burgers and pet food. Cruelty all around.

F 10/30/20

Lobster season debuts amid changing seafood industry

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2020-10-28/lobster-season-debuts-amid-changing-seafood-industry>

Question: "People have to eat. If we don't fish, what are people going to eat?" said David Haworth of Haworth Fishing.

Answer: Plants

Humans have no biological need for fish or any animal product. My biggest regret before becoming vegan over 20 years ago was systematically capturing members of a lobster family living under a pier in Mission Bay. At the time, I reveled in feeding myself and friends such a delightful treat. Nowadays, I experience karmic guilt over what I did to these helpless creatures who didn't want to be boiled alive.

Sa 11/7/20

Make the best chicken enchiladas at home

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2020-11-06/make-the-best-chicken-enchiladas-at-home>

"It all starts with the chicken." Eating chicken may seem normal and benign, but most people don't realize that broiler chickens (as opposed to egg-laying hens) are slaughtered when they're a mere 6-weeks old, still tweeting like the baby chicks they are. Selective breeding and heavy doses of antibiotics create such rapid growth that many of these breast-heavy babies are barely able to stand before having their necks slit. Besides the inherent cruelty, freshly-slaughtered chicken flesh is soaked in blood-pressure inducing salt water to increase its weight and therefore sale price. And the seemingly fresh and wholesome chicken neatly packaged in stores is often contaminated with pathogens like salmonella and campylobacter. Hence the cautions against contaminating your kitchen and cutting surfaces with raw chicken juice. For those concerned with ethics and health, this and other recipes can be enjoyed with tasty plant-based chicken alternatives that are increasingly hard to distinguish from the real thing.

W 11/11/20

The Sorghum Solution?: The Salk Institute's plant-based research to battle climate change gets a boost

<https://www.sandiegouniontribune.com/business/story/2020-11-10/salk-institute-and-sempra>

Plant-based solutions are the answer on many levels. The irony is feeding the majority of carbon-sequestering plants to livestock instead of directly to humans. Depending on the study cited, the livestock industry accounts for 14-51% of fossil fuel emissions, more than all forms of transportation combined. It takes about 16 lbs of grain to produce 1 lb of meat. Instead of inefficiently recycling grain through livestock, which also consume vast amounts of potable water, a shift to plant-based diets is warranted.

Th 11/12/20

Vegan moussaka is an eggplant lover's delight

<https://www.sandiegouniontribune.com/confessions-of-a-foodie/story/2020-11-12/vegetarian-moussaka-is-an-eggplant-lovers-delight>

<https://www.maxlearning.net/HEALTH/VeganDietBlog.pdf> * Rev. April 22, 2024 * Page 115 of 156

Kudos to the author for this vegan recipe, which demonstrates that tasty and nutritious meals don't require animal products! When I first went vegan over 20 years ago, I reveled in the discovery that there were only a few types of meat that people ate compared to thousands of types of plants. Rather than feeling deprived, I embarked on a culinary adventure, eagerly seeking out new edible plants as well as plant-based meats and dairy products, which have grown exponentially in number and taste over the years. But about 6 years ago, I learned that "vegan" did not necessarily mean "healthy." So at home, I adopted a no-SOS (no refined Salt, Oil, or Sugar) diet. Oil in particular was a problem—it's pure fat, 100 calories per tablespoon, with little to no nutritional value. And a single high-fat meal paralyzes one's arteries for hours. But I couldn't imagine cooking without oil. Since then I've learned to dry roast vegetables and sauté them in water (the trick is to keep adding water as needed). Any loss of taste is more than made up by the addition of a delicious sauce. And it's so nice not to have oil residue coating my kitchen walls and surfaces!

W 11/18/20

WorldBeat founder Makeda 'Dread' honored with East Village mural

<https://www.sandiegouniontribune.com/communities/san-diego/story/2020-11-16/worldbeat-founder-makeda-dread-honored-with-east-village-mural>

Kudos to Makeda for her many accomplishments and contributions to the San Diego community! Reflecting evolving human-health and animal-ethics concerns, she converted the WorldBeat Café to a 100% vegan eatery earlier this year. You'll find its Covid operating days and hours listed in the VeganDiego Directory at www.vegandiego.com.

W 12/2/2020

UN calls on humanity to end 'war on nature,' go carbon-free

<https://www.sandiegouniontribune.com/news/california/story/2020-12-02/un-warmer-world-in-2020-busted-weather-records-hurt-people>

Kudos to the UN for taking leadership on this critical issue. Likewise to Biden, China, and many others for pledging to work towards net zero carbon emissions. But there's no need for us to wait for organizations and governments to fulfill their promises. We can each combat climate change immediately by switching to a plant-based diet. Depending on the study cited, the livestock industry accounts for 14-51% of fossil fuel emissions. Even at the lower number, that's more than all forms of transportation combined.

Sa 12/12/20

Three gardeners find purpose in growing their own produce during pandemic

<https://www.sandiegouniontribune.com/lifestyle/home-and-garden/story/2020-12-12/three-gardeners-find-purpose-in-growing-their-own-produce-during-pandemic>

As a long-time vegan and health advocate, I applaud any effort to grow and eat more fruits and veggies. In the suburbs, I had a 100-square foot garden and enjoyed planting all kinds of standard and exotic edible plants, then observing them grow. Artichoke plants looked so bizarre, they seemed to be from outer space! When my wife and I moved to a downtown highrise, I switched to container gardening, which is actually easier. Weeds are not an issue and soil preparation is as hard as opening up a new bag of potting soil. Since our diet is entirely plant-based, a rotating compost bin for discarded parts and skins provides a rich source of nutrients to replenish soil while reducing our waste stream. After our first season of growing tomatoes here, I've never had to buy another pack of seeds, as "volunteers" keep springing from the composted soil. And as the climate (unfortunately) continues to break temperature records, I've been able to harvest tomatoes year round.

W 12/16/20

Tamales for the vegans in your life are a tempting new tradition

www.sandiegouniontribune.com/confessions-of-a-foodie/story/2020-12-16/tamales-for-the-vegans-in-your-life-are-a-tempting-new-tradition

Kudos, Anita, for the vegan tamale recipe and your consideration for the vegans in your life! To make it even healthier, you might consider dry roasting the mushrooms (no need for oil), not blackening the peppers (char is worse on meat, but even on plants it's carcinogenic), and ditching the coconut oil (loaded with saturated fat). Oil is such a staple in cooking, it's hard to imagine cooking without it. But a good sauce more than makes up for any flavor added by oil. And having a kitchen free of oil mist and splatters is a plus. Oil is 100% fat with virtually no nutrients and a whopping 100 calories per tablespoon. Not only does oil contribute to weight gain, a single fat-laden meal paralyzes arteries for hours, eventually leading to arterial clogging and heart disease.

Su 12/20/20

San Diego Humane Society urged to stop releasing adoptable cats back onto streets

<https://www.sandiegouniontribune.com/news/watchdog/story/2020-12-20/san-diego-humane-society-urged-to-stop-releasing-adoptable-cats-back-onto-streets>

It only makes sense that "adoptable" cats should be made available for adoption to a loving home.

M 12/21/20

It's heartening to read so many comments from those concerned for released cats and the birds subsequently killed by them. As a long-time vegan, I would just ask these caring readers to also consider their own role in animal treatment in the form of the food they may choose to eat. Billions of equally-sentient mammals and birds suffer and die each year for no other reason than they "taste good." Humans have no biological need for animal products of any kind, as evidenced by the growing legions of healthy, vibrant, plant-based eaters.

W 12/23/20

Readers React: Glad to see addressing climate change will be a priority again

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2020-12-22/readers-react-glad-to-see-climate-change-a-priority-again>

For anyone concerned about climate change, there's an easy fix while waiting/hoping for government action—switch to a plant-based diet! Depending on the study cited, livestock production accounts for 14-51% of fossil fuel emissions. The larger percentage considers the entire cycle including growing then transporting feed, warehousing animals for weeks or months while they release loads of methane (a potent greenhouse gas), transporting animals to slaughterhouses then their dismembered bodies to supermarkets, and refrigerating body parts 24/7 to avoid spoilage. Nowadays, switching to a plant-based diet is a snap. Unlike the often bland, boring offerings of the past, today's wholesome plant-based foods boast tastes that rival animal products while providing a myriad of health benefits.

Su 12/27/20

Column: Climate change: Desperation is met by a glimmer of hope

<https://www.sandiegouniontribune.com/columnists/story/2020-12-27/column-climate-change-desperation-is-met-by-a-glimmer-of-hope>

It's nice to see politicians on both sides of the aisle acknowledge "We can have clean air without damaging our economy" and help "save our planet from the climate crisis." But while waiting for government action to catch up to these sentiments, each person concerned about the planet we're leaving to our kids and grandkids can do something about it right away: Switch to a plant-based diet. For instance, it takes 11 times more fossil fuel to produce one calorie of animal vs. plant protein. Per the Academy of Nutrition and Dietetics, well-planned vegan diets are healthful, nutritionally adequate, and appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and athletes.

-johneldon: I am about 95-99 percent (I do eat some fish) with you, Mike, but we do have to advise people regarding vitamin B-12, Omega-3 fatty acids, etc. I am glad you said "*well-planned* vegan diets." As one of my vegan friends was fond of saying, "Just because it's vegan, doesn't mean it's healthy. Have you ever seen a *meat* candy bar?"

-Me: Agreed, John! While a junk-food-vegan diet with zero cholesterol and more fiber is arguably better than a junk-food-animal diet with loads of cholesterol and less fiber, neither is healthy. B-12 is produced by bacteria in soil that humans and livestock used to ingest with their food in a less-sanitized world--nowadays, even animal feed must be supplemented with B12. The good news is we need very little for optimum health, and a small B-12 pill taken a few times a week will suffice. Good food sources include B12-fortified plant milks, breakfast cereals, and especially nutritional yeast (aka nooch), a delicious, cheesy powder and a vegan staple (sprinkle on popcorn, use to make vegan cheese...). Omega-3 is created by plants like flax seeds (which must first be ground in a blender to break the hard outer shell), walnuts, and especially microalgae, which fish eat. Unfortunately, fish flesh is often loaded with mercury and PCBs from polluted waters. And from an ethical standpoint, fish are intelligent, social creatures who feel pain and don't want to suffer and die to be food on a plate. The most concentrated, uncontaminated source of Omega-3 comes from microalgae raised in sterile lab conditions available in capsule form. We shouldn't forget the need for Vitamin-D supplementation or regular (short) sun exposure. Most people, vegan and omnivore, are Vitamin-D deficient.

W 12/30/20

COVID cluckers: Pandemic feeds demand for backyard chickens

<https://www.sandiegouniontribune.com/news/california/story/2020-12-29/covid-cluckers-pandemic-feeds-demand-for-backyard-chickens>

Five Reason Not To Have Backyard Chickens

1. Roughly half the "layer" chicks hatched by breeders (alone under lights rather than with their mothers) are male. Male layer chicks don't lay eggs and grow too slowly for the meat industry, so they are ground alive or suffocated upon birth. Sickly or weak female chicks are also left to die or destroyed.
2. Female chicks die in transit (without food or water) when mail is delayed, especially this past summer when mail service was arbitrarily slowed.
3. Jungle fowl typically lay 10-15 eggs per year. Domesticated hens have been bred to lay up to 300 eggs per year, which depletes vital nutrients, like the calcium lost in eggshells. Humane keepers of rescued hens feed their eggs and shells back to them.
4. When egg production wanes or hens fall ill, they are often let loose to fend for themselves or are abandoned at shelters.
5. Humans have no biological need for animal products. Eggs, especially, are loaded with cholesterol, which contributes to arterial clogging and heart disease.

M 1/4/21

Takeout lunch from @AlisChicken

<https://twitter.com/ToddGloria/status/1345850956819283969/photo/1>

- Todd Gloria @ToddGloria: Takeout lunch from @AlisChicken this afternoon. The chicken sandwich was so good. This small local business is co-located with Donut Star at University and Farimount in #CityHeights. Go check them out. #ShopLocalSD

- Cheryl Davis @shreecheryl 16h: Chickens are some of the most abused animals on the planet. If you truly care about animals, at a bare minimum please to not encourage people to eat them.

- Me: Agreed! Humans have no biological need to consume animal products of any kind. But most subscribe to the principle that "Killing for pleasure is wrong." Even KFC is experimenting with plant-based chicken that tastes like the real thing.

W 1/6/21

A soup to help reset months of stress-eating

<https://www.sandiegouniontribune.com/confessions-of-a-foodie/story/2021-01-06/a-soup-to-help-reset-months-of-stress-eating>

Sad to see so much animal cruelty in a bowl of soup, especially when there are delicious plant-based broths and sausages that compare in taste and texture. I just watched the movie Gunda, an unexpectedly fascinating montage of pigs, chickens, and cows on a quiet, country farm. No music, no narration, just the animals and surrounding sounds. In the final scene, when Gunda's half-grown piglets are carted off to be fattened for slaughter, it's heartbreaking to see this doting mother search fruitlessly for them. <https://www.imdb.com/title/tt11464016>

W 1/20/21

Quick, easy Mexican lentil stew packs surprising nutritional punch

www.sandiegouniontribune.com/confessions-of-a-foodie/story/2021-01-20/quick-easy-mexican-lentil-stew-packs-surprising-nutritional-punch

Kudos, Anita, for keeping this recipe cruelty free! Many years ago, on a tour of India, I fell in love with a dish called dal. It wasn't until I visited a market there that I learned dal are lentils (or similar split pulses), which come in a variety of colors. While I avoid commercially-made, plant-based meats (excess salt and oil), Soyrizo is nearly indistinguishable from chorizo. Although high in fat, it contains zero cholesterol.

W 1/20/21

The Dish: Swagyu chef expands new butcher shop brand to Poway

www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2021-01-19/the-dish-swagyu-chef-expands-new-butcher-shop-brand-to-poway

The "heavily marbled Australian wagyu rib-eye roast at Swagyu Chop shop" (Courtesy photo) came from the body of a sentient animal who yearned to live, not be food on someone's plate. The much-touted marbling is cholesterol-laden, artery-clogging fat. It may taste good going down, but there's a price to pay. As I age, more and more of my family and friends are experiencing strokes and heart disease, and belatedly vowing to eat healthier. Humans have absolutely no need for animal products of any kind, as millions of healthy, dynamic vegans can attest. As survival in modern societies is not in question, the only reason left to eat animals is pleasure, and isn't "killing for pleasure" wrong?

F 1/22/21

Opinion: My family has given up eating meat. Now I'm raising awareness about injustices toward animals.

<https://www.sandiegouniontribune.com/opinion/commentary/story/2021-01-21/opinion-eating-meat-kill-animals>

Kudos to the author for reducing her family's animal consumption. Puzzling how she acknowledges animal sentience yet admits to occasionally eating social-intelligent, pain-feeling fish. Stunning how her son had the insight and compassion to shun animal products at age 3. Of course, humans have absolutely no need for animal products, as millions of vibrant, healthy vegans attest. Survival in modern societies is not in question, so the only reason left to eat animals is pleasure. Yet most people would agree that "killing for pleasure" is wrong. The true definition of humane: Would you want it done to yourself or your loved ones or pets?

T 1/26/21

San Diego Zoo Safari Park gorillas close to full recovery from COVID-19

www.sandiegouniontribune.com/business/tourism/story/2021-01-25/san-diego-zoo-safari-park-gorillas-close-to-full-recovery-from-covid-19

So glad the Covid-19 infected gorillas seem to be okay. But why are they in a zoo in the first place? One could argue that they have cushy lives and humane treatment. But if it's so great, would you want it for yourself or a loved one? One could argue that these animals are ambassadors for their species, increasing zoo-goers appreciation for their wild counterparts. But a beautifully shot and narrated nature documentary does the same or even better—think David Attenborough. One could argue that the knowledge gained by medically studying captive gorillas can be applied to native gorillas. But it's well established that environment alters mental state and physiology. You won't find many depressed gorillas sitting morosely or pacing back and forth incessantly in the wild. One could argue that zoos preserve gorillas from extinction due to shrinking habitat. But it makes much more sense to preserve their habitats, which house millions of other vanishing species. Is there a single human being who would voluntarily agree to be confined, for life, to a cushy cell with outdoor access to act as an ambassador or medical subject for the benefit of their species? Given the overwhelming angst caused by pandemic restrictions, where one is still free to leave home, travel, and recreate nearly as much as before, I'd say not.

F 1/29/21

Opinion: Gorillas at the San Diego Zoo got COVID-19. Here's how we should protect them in the wild.

<https://www.sandiegouniontribune.com/opinion/commentary/story/2021-01-28/commentary-gorillas-san-diego-zoo-covid-19-wildlife>

The author writes, "The animal keepers at San Diego Zoo and San Diego Zoo Safari Park have done a great service to wildlife conservation by clarifying the human-to-gorilla coronavirus transmission." Hmm, it's more than a bit ironic that the gorillas at the San Diego Zoo Safari Park got Covid-19, but (so far) no gorillas in the wild have. The bigger question is, "Why are gorillas still in zoos?" As the author asserts, the knowledge gained by medically studying captive gorillas can be applied to native gorillas. But it's well established that environment alters mental state and physiology. Unlike zoo animals, you won't find many wild gorillas sitting glumly for hours on end or

pacing back and forth incessantly in the wild. Some say that zoos preserve gorillas from extinction due to shrinking habitat. But it makes much more sense to preserve their habitats (which also house millions of other vanishing species). As affirmed by this article, these efforts have been very successful with African gorillas. Some claim that these animals are ambassadors for their species, increasing zoo-goers appreciation for their wild counterparts. But a beautifully shot and narrated nature documentary does the same or even better—think David Attenborough. Some argue that captive gorillas have easy lives and humane treatment. But is there a single human being who would voluntarily agree to be confined, for life, to a cushy cell with outdoor access to act as a medical subject or ambassador for the benefit of their species? Given the overwhelming angst caused by pandemic restrictions, where one is still free to leave home, travel, and recreate nearly as much as before, I'd say not. Zoos are a relic of an unenlightened era where might made right and humans considered themselves superior to all other species. Zoos should systematically empty their enclosures and help these animals adjust to and enjoy the freedom to live in their natural habitats. Those few unable to survive in the wild should be retired to sanctuaries that will care for their needs.

F 1/29/21

Charges dropped against activist who exposed Iowa hog deaths

<https://www.sandiegouniontribune.com/news/california/story/2021-01-29/charges-dropped-against-activist-who-exposed-iowa-hog-deaths>

Charges against Iowa Select for brutally torturing and killing thousands of screaming pigs: None

Charges against heroic activist who exposed the dastardly deed and rescued a piglet: Trespassing, eavesdropping, burglary

Question: Will compassionate omnivores who see the injustice in this reconsider their needless consumption of animal products?

F 1/29/21

2 customers sue Subway, claiming tuna is 'anything but tuna'

<https://www.sandiegouniontribune.com/news/california/story/2021-01-29/2-customers-sue-subway-claiming-tuna-is-anything-but-tuna>

Given the mercury and other pollutants concentrated in tuna, maybe Subway is doing its customers a favor by using a non-tuna substitute.

W 2/3/21

Skip the wings and go for legs

<https://www.sandiegouniontribune.com/confessions-of-a-foodie/story/2021-02-03/skip-the-wings-and-go-for-legs>

Why is it acceptable to eat the dismembered limbs of some types of animals but not others? Would the photo at the top of this article seem as “delectable” if it were the legs of a poodle instead of a chicken? All animals feel pain and none wants to suffer and die solely for human culinary pleasure. Meat itself is essentially tasteless, which is why this and other recipes need “plenty of seasoning.” If humans were true carnivores, they'd prefer their meat served raw with feathers, skin, blood, bones, guts, and all. If the pathogens in chicken flesh don't kill you, the saturated fat and cholesterol, nearly as much as red meat, will do the trick. You can't make it “a little healthier.”

Su 2/14/21

Safari Park gorillas recover from coronavirus

<https://www.sandiegouniontribune.com/news/science/story/2021-02-13/gorillas-san-diego-zoo-covid>

Glad they're okay, but it's too bad the recovered gorillas must remain under “stay-at-home” orders for the rest of their lives. Gorillas, and all zoo animals, belong in the wild, or if unable to survive there, in sanctuaries.

- mhaider: I would consider the Zoo a sanctuary.

- Me: The difference is, healthy zoo gorillas can be reintroduced to the wild to increase historically dwindling populations, like the zoo did with condors, which I applauded.

Sa 2/20/21

Louisiana challenges California ban on alligator products

<https://www.sandiegouniontribune.com/news/california/story/2021-02-20/louisiana-challenges-california-ban-on-alligator-products>

How ironic, preserving alligators by killing them. Especially for nonessential products. No animal wants to be a wallet, belt, or shoe. Like mammals, alligators are excellent mothers and will fight to protect their young.

- jberg000003: It's not only not ironic, it's standard practice in conservation for any animal that is (now) overpopulating its environment. The fact that alligators were once endangered in times when proper conservation techniques were unknown, unpracticed, or ignored doesn't mean their population can therefore never again be open to responsible hunting. Anthropomorphism doesn't change any aspect of the need for responsible husbandry of this magnificent, uniquely US, large reptile -- the American alligator.

- Me: Killing to preserve may be “standard practice,” but would anyone recommend it for managing human overpopulation? A more humane approach would be to introduce medical birth control measures to wild populations.

M 3/1/21

San Diego's 'Tommy The Fishmonger' lands his own TV series

www.sandiegouniontribune.com/communities/san-diego/story/2021-03-01/san-diegos-tommy-the-fishmonger-lands-his-own-tv-series

Ardent fish eaters may not appreciate the analogy, but celebrating a fishmonger in America is equivalent to lauding a dogmonger in countries where canine is on the menu. Most Americans wouldn't flinch at discussions of whether salmon, swordfish, or bass is the tastiest but would be horrified if the choices were between poodle, retriever, or collie. Fish are intelligent, feel pain, and have social lives similar to mammals. They do not want to be food on a plate, especially since humans have absolutely no biological need for fish or animal products

<https://www.maxlearning.net/HEALth/VeganBlueBlog.pdf> * Rev. April 22, 2024 * Page 119 of 156

of any kind. The beneficial omega-3 in fish comes from the algae they eat and is easily obtained from lab-grown microalgae capsules without the mercury, PCBs, and other toxins concentrated in fish flesh.

Su 3/28/21

Column: Sacramento leans into sea level rise

<https://www.sandiegouniontribune.com/columnists/story/2021-03-28/column-sacramento-leans-into-sea-level-rise>

A huge contributor to climate change and sea-level rise is animal agriculture. Yet this often goes unmentioned by many environmental groups unwilling to alienate their animal-eating donor base. Depending on the study cited, raising animals for food emits 14-51% of fossil fuel emissions. Even the lower percentage exceeds all forms of transportation combined. There's no need to wait for the government to act. Each of us can reduce our carbon footprint immediately with the foods we choose to eat.

- majumper: "Ever eat a pine tree?" - Euell Theophilus Gibbons (1911-1975).

- Me: Ha, I'm old enough to remember the parody based on Gibbon's Grape Nuts food commercial: "Hi, I'm Euell Gibbons. This is a rock, Rocks are edible." Humor aside, it takes about 16 pounds of grain to produce 1 pound of beef. There's no reason, other than culinary pleasure, to cycle grain through an animal instead of feeding it directly to humans. Especially since most people believe that killing for pleasure is wrong.

W 3/31/21

Column: Del Mar sets standard for racetrack safety

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2021-03-30/del-mar-horse-racing-track-safety-safest-major-america>

Plaudits for death rates? Gold standard? According to <https://horseracingwrongs.org/killed-2020/> five racehorses died at Del Mar in 2020. And about 2000 horses die each year on U.S. racetracks. Why do so many Americans decry bullfighting as "barbaric" yet turn a blind eye to the barbarity of horseracing?

F 4/2/21

Judge rejects rule that let pork plants speed up production

<https://www.sandiegouniontribune.com/business/nation/story/2021-04-01/judge-rejects-rule-that-let-pork-plants-speed-up-production>

In addition to being hazardous for workers at any speed, factory farm slaughterhouses are perfect environments for zoonotic (animal-to-human) disease transmission. Whether it's bird flu, swine flu, or covid, pandemics would be nearly nonexistent but for the voracious demand for animal flesh. However, a better world for both humans and animals is possible as millions of vibrant, healthy plant-based enthusiasts can attest.

Sa 4/10/21

Climate proposal coming before Sempra Energy shareholders next month

<https://www.sandiegouniontribune.com/business/story/2021-04-09/sempra-shareholders-proposal>

Regarding global-warming emissions, I was surprised to read recently that if the millions of meat & dairy cattle in the world formed a nation, they'd rank third (behind China & the U.S.) due to all the inputs (deforestation, fertilizer, crops, slaughter, transportation, refrigeration) and outputs (waste, methane gas farts & burps) related to raising and getting them to market. But I'm already vegan, so I've decided to go a step further in reducing emissions by replacing my gas stovetop with an induction range. Not only will it boil water twice as fast, it's cool surface won't burn our grandsons' hands, and it won't emit unhealthy methane or deadly carbon monoxide gases into our home. To power it and all our other devices, we get electricity from SDG&E's 100% renewable energy EcoChoice program, which has actually lowered our monthly bills. Win-win! Also can't wait until our condo association installs electric chargers so we can replace our gas-sipping Prius with one of those snazzy new EVs!

T 4/20/21

Clock's running out on climate change. California says it's time for giant carbon vacuums

<https://www.sandiegouniontribune.com/news/politics/story/2021-04-19/biden-california-climate-change-carbon-vacuums>

Right on, JohnEldon! "Reforestation is cheaper and brings additional benefits." Currently, vast amounts of farmland are used to grow food to feed livestock. For example, it takes about 16 lbs of grain to produce 1 lb of beef. If that grain were fed directly to humans, most of that farmland could be converted to forest.

W 5/5/21

Chance to shoot bison at Grand Canyon draws 45k applicants

<https://www.sandiegouniontribune.com/news/california/story/2021-05-05/chance-to-shoot-bison-at-grand-canyon-draws-45k-applicants>

Barbaric! Civilized societies don't cull human overpopulations no matter how many resources they use. If the goal is to reduce the herd, feed or dart them with birth-control drugs. Bison predated humans and have every right to live.

Th 5/6/21

SeaWorld promotes interim CEO to lead company amid signs of improving performance at its parks

<https://www.sandiegouniontribune.com/business/story/2021-05-06/seaworld-promotes-interim-ceo-to-lead-company-amid-signs-of-improving-performance-at-its-parks>

How unfair and outrageous that while humans giddily emerge from minor covid restrictions, SeaWorld's animals remain in permanent, lifelong lockdown.

Th 5/13/21

Humane Society asks people not to use 'incredibly inhumane' glue traps

<https://www.sandiegouniontribune.com/news/public-safety/story/2021-05-12/project-wildlife-urges-the-public-to-refrain-from-using-glue-traps>

The true definition of humane is: "Would you want it done to yourself or a loved one?" A humane solution for unwanted household visitors is to live trap and release them outdoors. Live traps for household mice are about \$5 each on <http://amazon.com>. Be sure to plug up any points of entry so they can't return. Trap spiders and other crawlers beneath a widemouthed plastic container then slide a piece of paper (like a large postcard) beneath. Release them into your garden or outdoor plants. For flying critters, attach a fine-meshed net to a bent metal coat hanger, and use it like a butterfly net. For black ants, sprinkle baking soda to neutralize their chemical trails. They'll almost magically vanish within about an hour. Afterwards, you can sweep up the powder, leaving behind a residue that should minimize future incursions.

W 5/26/21

Tag, the Cox campaign bear, now subject of animal-rights lawsuit

<https://www.sandiegouniontribune.com/news/politics/story/2021-05-25/tag-the-cox-campaign-bear-now-subject-of-animal-rights-lawsuit>

Kudos to the Animal Protection and Rescue League for speaking out against the potential harm to Tag and bystanders. Hauling this bear around and displaying him as a publicity stunt is a throwback to the days when animals were exploited without repercussion. No one knows what might trigger an essentially wild animal, no matter how seemingly tame, to attack its handler.

F 5/28/21

San Diego's Big Bay Boom is back for the Fourth of July

<https://www.sandiegouniontribune.com/business/story/2021-05-26/san-diegos-big-bay-boom-is-back-for-the-fourth-of-july>

How does one balance the thrills of a loud, smoke-spewing, bombs-bursting-in-air "extravaganza" with PTSD-suffering military veterans, warzone refugees, and panic-stricken animals? You can't. A laser light show with synchronized music would provide all the excitement without the negative side effects.

F 5/28/21

Lawsuit tries to stop La Jolla Fourth of July fireworks

<https://www.sandiegouniontribune.com/news/story/2021-05-27/lawsuit-tries-to-stop-la-jolla-fourth-of-july-fireworks>

It's long past time to move on from antiquated fireworks shows with their PTSD-inducing shocks to military veterans and warzone refugees, panic-inducing effect on sensitive animal ears, and smoke and chemical pollution of San Diego skies and waters. A laser light show with synchronized music can provide all the thrills the public craves without the pernicious side effects.

T 6/8/21

Carbon dioxide levels hit all-time high even as pandemic slowed emissions, Scripps says

<https://www.sandiegouniontribune.com/news/environment/story/2021-06-07/carbon-dioxide-levels-high>

Unfortunately, new nuclear plants, carbon sequestration, and fusion are expensive, long-term solutions, if they ever materialize. But there's no need to wait. Given that livestock production, depending on study parameters, accounts for 14-51% of global warming emissions, individuals can dramatically cut carbon footprints with their very next plant-based meal.

W 6/16/21

The 'beating heart' of international nuclear fusion project ships out of San Diego area this week

<https://www.sandiegouniontribune.com/business/story/2021-06-15/the-beating-heart-of-international-nuclear-fusion-project-ships-out-of-san-diego-area-this-week>

Any moves away from fossil fuels are to be applauded, but commercial fusion power is decades away at best. In the meantime, individuals can immediately make dramatic reductions in their carbon footprints by switching to a delicious, healthy, plant-based diet. Shockingly, animal agriculture contributes more to climate change than all forms of transportation combined. For example, beef production emits 150 times more greenhouse gasses than soy production.

Th 7/1/21

Fireworks fizzle? California Coastal Commission says Fourth show should be moved away from La Jolla Cove

<https://www.sandiegouniontribune.com/news/environment/story/2021-07-01/fireworks-fizzle-california-coastal-commission-says-fourth-show-should-be-moved-away-from-la-jolla-cove>

Despite missing permit, La Jolla fireworks may shoot off from new location

<https://www.sandiegouniontribune.com/local/story/2021-07-01/fireworks-might-happen-in-la-jolla>

While I'm sure it's a thrill for (some) kids, I've never quite understood (some) adults' continued obsession with fireworks shows, especially after witnessing dozens and dozens of nearly-identical shows over the years. With our growing environmental awareness, it's long past time to move on from antiquated fireworks with their PTSD-inducing shocks to military veterans and warzone refugees, panic-inducing effect on sensitive animal ears, and smoke and chemical pollution of San Diego skies and waters. A laser light show with synchronized music can provide all the thrills without the obnoxious side effects.

Su 7/11/21

Del Mar next to join Bob Baffert in horse racing spotlight

www.sandiegouniontribune.com/sports/sports-columnists/story/2021-07-11/bob-baffert-del-mar-opener-medina-spirit-churchill-nyra-ban

It's hard to single out just one villain in a sport filled with exploitation of animals who don't want humans on their backs, bits in their mouths, or forced runs on dangerous tracks just to satisfy gamblers' lust. In December 2019, HorseRace Insider editor Mark Berner renounced his beloved sport: "The horseracing industry runs on a pack of lies, a bunch of swindles, hidden information, and many corrupt and illegal activities for the love of money, not for love of the horse. The game is rigged at every level, with rampant cheating its finest art form. I am done supporting a sport that kills its stars."

F 7/23/21

Column: Apocalypse, cow — our growing drought and the great L.A. cattle escape

<https://www.sandiegouniontribune.com/latino-life/story/2021-07-22/great-la-cattle-escape-california-drought>

Kudos to Farm Sanctuary for providing a forever home to the two surviving cows. Imagine the irony of meat eaters rooting for their escape while chowing down on burgers or steak. Without the demand for meat, cows would never have to endure a life of suffering much less need to escape. Drought-wise, half of all potable water is used to grow grain to feed, water, and process livestock. As millions of healthy, vibrant plant-based eaters can attest, humans have absolutely no biological need to consume animal products of any kind. Ethically, why hurt (eat) an animal if you don't have to? Even as children, we're taught that "killing for pleasure" is wrong.

W 7/28/21

Opinion: San Diego must consider these options to control its carbon footprint

www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2021-07-27/opinion-san-diego-must-consider-these-options-to-control-carbon

Electric buildings, trees, and bike use will eventually help, but starting with your next meal, you can dramatically reduce carbon by switching to a wholesome, healthy, plant-based diet. Because of meat addiction among most climate leaders and their followers, animal agriculture is rarely cited in calls for carbon reduction. Yet it contributes more to climate change than all planes, trains, and automobiles combined. Beef production emits 150 times more greenhouse gases than soy production. Yet the Amazon rainforest is being ripped down at a rate of 85 acres per minute to grow soy to feed cattle instead of humans. With the proliferation of delicious plant-based meat, milk, egg, and cheese alternatives, ditching animal products has never been easier. And if ethics are a concern, you'll no longer be paying to have animals killed merely for your eating pleasure. What are you waiting for?

T 8/10/21

Biden climate envoy demands global action after devastating U.N. climate change report

www.sandiegouniontribune.com/news/nation-world/story/2021-08-09/un-report-climate-change-global-warming-unprecedented-code-red

For readers who believe human-induced climate change is real and want to do something about it: "The lowest carbon footprint diets were vegan (mean = 1.0 kg CO₂-eq 1000 kcal-1), vegetarian (1.1), and pescatarian (1.9), and the highest footprints were omnivore (2.3), paleo (2.8) and keto (4.2)." Source: Current Developments in Nutrition (CDN) June 2019.

Sa 8/14/21

Chris Reed: Why drought should have California's almond, alfalfa farmers deeply worried

www.sandiegouniontribune.com/opinion/commentary/story/2021-08-13/california-drought-water-agriculture-almonds-alfalfa-water-intensive

As reported in the Los Angeles Times, it takes about 106 gallons of water to produce one ounce of beef compared to only 23 gallons for an ounce of almonds. Per the USDA, Americans on average eat 72 pounds of beef per year compared to a mere 2 pounds of almonds. Cows absorb oxygen and expel carbon dioxide and methane. Almond trees absorb carbon dioxide and expel oxygen.

- JohnEldon: Americans do not need to go vegan, but cutting back on beef consumption would pay major and near-immediate public health and environmental dividends. Low meat consumption is the common trait of local diets where people live the longest, such as Okinawa and various Mediterranean islands and communities.

- Me: The three pillars of veganism are health, environment, and ethics. Ethically, vegans believe that "killing for pleasure" is wrong--that no animal should suffer and die merely for one's culinary pleasure.

Sa 8/21/21

Amaya, a 6-year-old killer whale, dies suddenly at SeaWorld San Diego

<https://www.sandiegouniontribune.com/news/california/story/2021-08-20/killer-whale-dies-suddenly-at-seaworld-san-diego>

It's unbelievable that nearly 30 years after the movie "Free Willy" (1993) came out, orcas are still confined to concrete pools for their entire lives. In the wild, orcas swim an average of 40 miles a day. SeaWorld can rehabilitate its increasingly negative image by releasing captive animals to sea pens until they learn to thrive in the open sea while continuing its noteworthy rescue, rehab, and educational missions.

T 8/24/21

Lakeside prepares for annual rodeo, Western Days parade

<https://www.sandiegouniontribune.com/communities/east-county/story/2021-08-20/lakeside-prepares-for-rodeo-western-days>

American rodeos are the equivalent of Spanish bullfights. Neither "tradition" has a place in a world which increasingly recognizes that animals experience fear and pain and simply desire to live their lives unmolested by insensitive humans seeking vicarious thrills.

T 8/31/21

Fly-fishers are hooked by adventures along a Caribbean atoll

<https://www.sandiegouniontribune.com/lifestyle/travel/story/2021-08-29/fly-fishers-are-hooked-by-adventures-along-a-caribbean-atoll>

Fishing is legalized torture. Just because fish don't scream, as would a dog, cat, or human hooked through a sensitive lip, doesn't mean they don't feel pain and panic. Why else would they struggle to get away? Catch & release is no more humane than kill and eat. Released fish often don't recover from their injuries and are easy prey for other fish.

F 9/3/21

Opinion: Your Say: What are you doing personally to address the climate emergency?

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2021-09-02/opinion-your-say-what-are-you-doing-personally-to-address-the-climate-emergency>

Vegan, hybrid-electric vehicle, carbon offsets for flights, high-density housing within walking distance of amenities...

M 9/13/21

Fishermen ask Imperial Beach to lift pier restrictions, but city says they've improved public safety

<https://www.sandiegouniontribune.com/communities/south-county/story/2021-09-12/fishermen-ask-imperial-beach-to-lift-pier-restrictions-but-city-says-theyve-improved-public-safety>

Fishing is legalized torture. Just because fish don't scream doesn't mean they don't feel as much pain and fear as a dog or cat impaled through its sensitive lips and dragged into an environment where it slowly suffocates. Humans have no need to consume fish or animal flesh of any kind. If food security is an issue, one's time would be more productively spent earning extra money to buy healthy fruits and vegetables, or tending a garden, than spending hours on a pier with no guarantee of results as fish populations decline due to climate change and overfishing.

M 9/13/21

Report: Climate change could see 200 million move by 2050

<https://www.sandiegouniontribune.com/news/nation-world/story/2021-09-13/report-climate-change-could-move-200-million-people-by-2050>

If you care about climate change and its impact on your fellow human beings, you can make a difference with your very next meal.

Depending on the study cited, animal agriculture accounts for 14-51% of greenhouse gas emissions. As humans have zero need for animal products of any kind, the fastest way to reduce your carbon footprint is to adopt a delicious, plant-based diet.

- JohnEldon: I think we need to emphasize the soft sell. The average American can benefit in many ways simply by cutting back on meat consumption. Healthier planet, healthier people, reduced incidence of heart disease and other ailments, fatter wallets and thinner people. :)

- Me: Yes, even baby steps help! For me, the ethical component is paramount, surpassing both health and environmental concerns. After all, why hurt an animal if you don't have to?

T 9/14/21

World's smallest penguins to make big splash at Birch Aquarium

<https://www.sandiegouniontribune.com/local/story/2021-09-14/worlds-smallest-penguins-to-make-big-splash-at-san-diego-birch-aquarium>

It's sad to see that the Birch Aquarium has learned nothing from the controversy surrounding SeaWorld's imprisonment of far-ranging sea species. Penguins swim many miles per day in the open ocean, but Birch has confined these unfortunate birds to a barren, concrete bathtub. Gawking at captive animals may be "entertaining" for some humans, but even the most comfortable prison is a prison. It would be better if seaparks, aquariums, and zoos restricted their activities to rehabilitating and releasing injured animals or offering permanent housing to those who can no longer survive in the wild.

- Herb Spencer: I knew it was only a matter of time before - penguins notwithstanding - someone threw cold water on this welcome addition to SD's zoological scene. The birds will not be there just to entertain, but to educate those who flock to see them. Kudos to Birch for bringing them here.

- Hi Herb. I would argue that high-definition videos of penguins in their natural environment pursuing natural activities is much more educational than seeing a small band of birds in an unnatural environment exhibiting unnatural behaviors. A century ago, native peoples, deemed less than human, were paraded around and exhibited for "educational" purposes. Isn't it time for humanity to evolve beyond doing the same to animals who have as much right to be on this earth and live their own lives unmolested by us? Best, Mike

T 9/14/21

Eating too many eggs still a dietary risk, experts caution

<https://www.sandiegouniontribune.com/news/health/story/2021-09-14/eating-too-many-eggs-still-a-dietary-risk-experts-say>

Health risks aside, many people mistakenly believe that eating eggs does not harm chickens. In fact, the egg industry is more brutal than the meat industry. To an egg producer, male chickens are worthless, so they are separated at birth and tossed alive into grinders or suffocated in trash bags. Female chickens, even "free range" ones, are housed in crowded conditions, forced to lay eggs for a few years, then killed for pot pies or pet food when their productivity wanes. Humans have no biological need to eat eggs or any animal product. So why do so many animals continue to suffer?

F 9/17/21

Review: The Plot delivers plant-based, zero-waste cuisine with creativity and rich flavor

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2021-09-17/review-the-plot-delivers-plant-based-zero-waste-cuisine-with-creativity-and-rich-flavor>

Reflecting the burgeoning world-wide movement towards plant-based eating, San Diego boasts nearly 40 vegan eateries serving “guilt-free food that delivers guilty-pleasure satisfaction.” The VeganDiego directory lists the locations and operating hours of these eateries as well as web links to over 150 local vegan food services and product manufacturers: <http://www.vegandiego.com/>

M 9/27/21

Opinion: San Diego should be a role model on water conservation. Instead it's using more.

<https://www.sandiegouniontribune.com/opinion/editorials/story/2021-09-23/san-diego-increased-water-use-despite-newsom-call-for-conservation-during-drought>

Meat and dairy products comprise 47% of California's water footprint. All other agricultural products comprise 46% followed by direct household consumption at 4% and industrial products at 3%. A hundred billion gallons of water per year is being exported in the form of alfalfa from California to feed cattle in Asia and the Middle East. That's enough water to supply a million local families for a year. A single quarter-pound beef patty requires 660 gallons of water (to irrigate the grain, water the cow, process the meat...), enough for two months of daily showers. What can the average person do? Switch to a healthy, delicious plant-based diet.

F 10/8/21

Support rolls in for business owner who lost vegan food truck to fire

<https://www.sandiegouniontribune.com/news/public-safety/story/2021-10-07/community-rallies-pledges-thousands-to-support-chef-who-lost-vegan-food-truck-to-fire>

Kudos to this young, enterprising man for his determination to not let the haters win. Kudos to the community for its support.

F 10/8/21

Brushtail Possum gear

<https://zpacks.com/products/possumdown-gloves>

Can't believe Zpacks offers products that unnecessarily harm not one but two sentient creatures: possums and sheep. If you don't think cruelty is involved, do a little online research, especially with merino wool, mulesing, and the export trade. You can do better!

M 10/11/21

Overweight, obese people should get tested for diabetes starting at age 35

<https://www.sandiegouniontribune.com/news/health/story/2021-10-11/overweight-obese-people-should-get-tested-for-diabetes-starting-at-age-35>

- JohnEldon: All the more reason to wean ourselves off of the Standard American Diet and Sedentary American Lifestyle (SAD SAL).
- Me: Couldn't agree with you more, JohnEldon. The medical community has known how to reduce or eliminate diabetes for years. In a 2003 study funded by the NIH, the Physicians Committee for Responsible Medicine (PCRM) determined that a plant-based diet controlled blood sugar three times more effectively than a traditional diabetes diet. In 2017, a paper published in the Journal of the Academy of Nutrition and Dietetics asserted that people who adopt a vegan diet can reduce their risk of diabetes by 62%.
- RMacdonald2: Great point Mike. If you watch any television in the evening about 90% of prescription drug ads are for diabetes. Most MD's in the US have had little or no training in the areas of fitness and nutrition. Most people who allow themselves to get obese are the target market for these drugs. This phenomenon has made Big Pharma billions of dollars. Remember, Physicians are not trained to address preventive medicine. There is no money in that. I call it the difference between Proactive and Reactive medicine.

W 10/27/21

Opinion: The U.N. Climate Conference offers us all a chance to think globally, act locally

<https://www.sandiegouniontribune.com/community-voices-project/story/2021-10-25/opinion-climate-conference-glasgow>

Kudos to Clovis Honoré for his call for individual action! What seldom gets listed in climate change solutions is shifting to a plant-based diet. Depending on the study cited, the livestock industry is responsible for 14-51% of global warming gases, more than all forms of transportation combined. If one truly wants to be able to say to future generations “I did everything I could,” then it's incumbent to ditch meat, fish, dairy, and egg and switch to delicious, nutritious plant-based fare.

- Wyman E. Hack: The 51% figure is based on bad science where there is a lot of double dipping. It's really around 15%. Nonetheless, I agree that we need to eliminate carbon-intensive foods like beef and switch to plant-based meat substitutes. They aren't bad at all. However, the primary focus should be on energy use in transportation and electricity generation.

Sa 10/30/21

Column: 'There's a marmot in my pack'

<https://www.sandiegouniontribune.com/communities/north-county/story/2021-10-30/theres-a-marmot-in-my-pack>

All animals' lives matter to them. Why feed the cute marmot yet kill the beautiful fish?

- neil_proffitt: mike: "...I caught and released several dozen fish." Nowhere does Ernie Cowan say anything about killing beautiful fish.

- Me: Hi Neil. Catch & release is legalized torture, but fish don't scream like a hooked mammal or bird would, so it's considered benign. Besides undergoing needless fear and distress, it's estimated that 16 fish out of 100 die from the trauma induced by catch & release. Time for a more humane hobby. Mike

- neil_proffitt: mike: Your anthropomorphizing of fish - that is giving them human emotional characteristics i.e. fear and distress - does not hold water. No one really knows what's happening, emotion-wise, - other than its natural instinct to get away - when a fish is hooked on an angler's line. And please, don't ask me how I'd feel if I were hooked on a line. I'm quite sure I would be emotionally distraught. I don't think fish have that capability.

- Me: It's Official: Fish Feel Pain <https://www.smithsonianmag.com/science-nature/fish-feel-pain-180967764/>

- neil_proffitt: mike: Fish no doubt feel physical pain. But emotional pain like fear and distress is not something a fish suffers. Emotion is a human trait. When hooked a fish isn't thinking about its family like a human does when imminent death confronts them. Fish are incapable of emotions.

- Me: Not sure how you would know this. The linked article and others infer the existence of social lives even in primitive species.

- neil_proffitt: mike: Inferring is not the same as actually proving.

- Me: Neil, between us, we're going to make this one of the most commented on articles! :-)

Infer: deduce or conclude from evidence and reasoning.

Fish Have Feelings, Too: Fish have emotions, social needs, and intelligence

<https://www.pbs.org/wgbh/nova/article/fish-have-feelings-too/>

- neil_proffitt: mike: You know, Mike, fish eat us too. Do you suppose they are inflicted with "cognitive dissonance" since they are intelligent beings capable of emotions?

- Me: Let's start with the numbers. From what I could find on the web, humans kill over a trillion fish for food each year. In 2020, there were 57 shark attacks and 13 fatalities. Most shark attacks are cases of mistaken identity. When a shark bites a human and realizes it's not its preferred prey, I think it's fair to say it experiences "cognitive dissonance," which causes it to move on and not finish its "meal." Either way, I don't believe that fish are equivalent in every way to humans. Wild animals often do not have a choice in what they must eat to survive. Humans, at least in the richer countries, do. Bottom line: Why hurt an animal if you don't have to?

- neil_proffitt: mike: "...realizes it's not its preferred prey." That's just it Mike. A fish doesn't realize. From sharks to minnows a fish acts out of instinct. Fish don't know if they are hooked. They don't know they're biting a human. They don't take the time to figure such things out.

- Me: Hi Neil. The "animals only act on instinct" argument is very outdated. Regarding this particular issue: "new research suggests great white shark attacks on humans aren't on purpose but rather because the predator has terrible eyesight. It has long been thought that the reason sharks attack humans is because they mistake us as seals, which are one of the most common meals for sharks."

<https://www.usatoday.com/story/news/world/2021/11/01/baby-great-white-sharks-poor-vision-humans-seals/6234455001/>

Sa 10/30/21

Quick lesson on cured meats introduces salumi's many varieties

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2021-10-27/quick-lesson-on-cured-meats-introduces-salumis-many-varieties>

The World Health Organization has classified processed meats including ham, bacon, salami and frankfurts as a **Group 1 carcinogen**.

F 11/5/21

Column: Two days to savor and wager at Del Mar

Does "the fascination of horse racing" Jeffrey Nahill waxes so poetically about include deaths? Just yesterday at Del Mar, a horse died in warm-up training. Each year in the U.S. alone, around 2000 innocent creatures perish for this so-called "sport." To see the name, location, and cause of death for each horse, visit <https://horseracingwrongs.org>.

W 11/17/21

Oceanside harbor fishing pier reopens after repairs

<https://www.sandiegouniontribune.com/communities/north-county/oceanside/story/2021-11-17/oceanside-harbor-fishing-pier-reopens-after-repairs>

How unfortunate that so many thousands of dollars are spent on structures whose only purpose is to kill sentient creatures. If food is the justification, humans have absolutely no biological need for animal products of any kind, as millions of healthy, vibrant plant-based eaters can attest. If catch & release is the justification, it's nothing more than legalized torture. Besides undergoing needless fear and distress, it's estimated that 16 fish out of 100 die from the trauma induced by catch & release. Time for a new "sport."

Th 11/25/21

California dubs San Diego climate activist 'godmother' of 100% clean energy

<https://www.sandiegouniontribune.com/news/environment/story/2021-11-24/san-diego-climate-godmother>

Kudos to Capretz for leading the way to protecting future generations! Many of us will be long gone before the ravages of climate change really set in. But each of us can do our part for our grandkids by conserving energy and switching to a plant-based diet. Depending on the study cited, animal agriculture contributes 14-51% of greenhouse gas emissions, more than all forms of transportation combined.

- mhaider: Your entire post consists of throwing crap at the wall just to see what sticks. Your last statement is an out and out lie.

- Me: The 14% number (downgraded from 18%) came from a United Nations Food & Agriculture Organization report

<https://www.fao.org/3/a0701e/a0701e.pdf>. The 51% number has been debated and defended per

https://en.wikipedia.org/wiki/Livestock%27s_Long_Shadow. The most recent figure for transportation's share of emissions is 16.2% per

<https://ourworldindata.org/ghg-emissions-by-sector>. But whatever the numbers, feeding plants to animals who produce tons of methane emissions in their breath and manure is monumentally wasteful compared to feeding those plants directly to humans. Looking at it from the consumption side, the lowest carbon footprint diets were vegan (mean = 1.0), vegetarian (1.1), and pescatarian (1.9), and the highest

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 125 of 156

footprints were omnivore (2.3), paleo (2.8), and keto (4.2) https://academic.oup.com/cdn/article/3/Supplement_1/nzz047.P03-007-19/5517901

M 12/6/21

Derby winner Medina Spirit collapses, dies after a workout at Santa Anita

https://www.sandiegouniontribune.com/sports/national/story/2021-12-06/derby-winner-medina-spirit-collapses-dies-in-california?utm_id=43953&sfmc_id=1636329

If Medina Spirit was indeed “a member of our family who was loved by all,” I wouldn’t want to be a member of Baffert’s family. At least not a member who was forced to race in a primitive “sport” that has no place in modern society. The U.S. alone sacrifices around 2000 racehorses a year for owner/gambler greed according to <https://horseracingwrongs.org>.

F 12/10/21

Column: Using the ocean to feed cows could help slow climate change

<https://www.sandiegouniontribune.com/columnists/story/2021-12-10/column-using-the-ocean-to-feed-cows-could-help-slow-climate-change>

The rapid growth in plant-based dairy products (milk, cheese, yogurt, ice cream, etc. derived from nuts, soy, oat, coconut...) will go far to eliminate the methane, deforestation, and tons of manure associated with dairy production. Most people think that milking cows is benign. In fact, it’s hell for the animals. Cows must be regularly impregnated to make the milk designed for their offspring, who are forcibly taken away within 24 hours leaving their wailing mothers in anguish. Male calves are killed outright for “bob” veal or are chained and crated, fed sugar water, and killed after a few months for regular veal. Female calves are subjected to the same fate as their mothers, and once their production wanes after 2-4 years of tortured existence are carted to the slaughterhouse to be turned into cheap hamburger.

W 1/12/22

Opinion: Want to slow the climate crisis? Stop wasting food.

<https://www.sandiegouniontribune.com/opinion/commentary/story/2022-01-11/food-waste-climate-change>

Toth & Winters make valid points about food waste & methane production. What they didn’t mention was the tremendous waste caused by feeding plants to methane-producing livestock rather than directly to humans. On average, it takes 16 pounds of grain to create one pound of beef.

W 1/12/22

Opinion: Sea level rise will soon affect San Diego. We must act now.

<https://www.sandiegouniontribune.com/opinion/commentary/story/2022-01-10/changing-climate-emergency>

What’s almost never stated in calls for action to mitigate climate change is the single biggest thing an individual can do: Switch to a plant-based diet. Feeding tons of plants to methane-belching/farting livestock instead of directly to humans is a major contributor to greenhouse gas emissions.

W 1/12/22

Opinion: To fight climate change, we must redesign San Diego communities

<https://www.sandiegouniontribune.com/opinion/commentary/story/2022-01-10/regional-planning-climate-change>

While waiting/hoping for government action to fight climate change, each individual can do their part by switching to a plant-based diet. Livestock production is not only cruel to animals, it’s a major source of greenhouse gas emissions, roughly equivalent to the transportation sector. As millions of new, vibrant, plant-based eaters can attest, rather than feeling deprived of meat and animal secretions, they have embarked on a culinary adventure filled with wonderful new tastes and textures.

W 1/12/22

Governor outlines climate action spending in budget proposal

<https://www.sandiegouniontribune.com/news/politics/story/2022-01-12/state-budget-preview>

It’s going to be tough to mitigate climate change without addressing livestock production, which emits greenhouse gases on the same order as the transportation industry. Rather than subsidizing meat, egg, and dairy industries, governments would do well to educate their citizenry to the environmental and health benefits of plant-based eating.

Th 1/13/22

The heat stays on: Earth hits 6th warmest year on record

<https://www.sandiegouniontribune.com/news/california/story/2022-01-13/the-heat-stays-on-earth-hits-6th-warmest-year-on-record>

While waiting for government and industry to reduce greenhouse gas emissions, every individual can do their part with their very next meal. Switching to a plant-based diet reduces one’s carbon footprint magnitudes more than any other action, including driving an electric car.

F 1/14/22

The past seven years have been the hottest in recorded history, new data shows

<https://www.sandiegouniontribune.com/news/environment/story/2022-01-13/the-past-seven-years-have-been-the-hottest-in-recorded-history-new-data-shows>

In light of government and industry foot-dragging, individuals who care about the world we're leaving to our kids and grandkids can do their part by embracing plant-based eating. The livestock industry not only consumes food, land, and water better suited for direct use by humans, it emits greenhouse gases on par with all sectors of the transportation industry combined. Plant-based eating eliminates animal cruelty and environmental destruction while promoting health and longevity. The only downside is that you'll likely live long enough to see the most devastating effects of climate change.

W 1/26/22

California judge delays enforcement of part of new bacon law

<https://www.sandiegouniontribune.com/news/california/story/2022-01-25/california-judge-delays-enforcement-of-part-of-new-bacon-law>

The true definition of "humane treatment" for animals: Would you want it done to your pet? By many measures, pigs are more intelligent than dogs. Each has an individual personality and wants to live, not be meat on someone's plate. Furthermore, the World Health Organization classifies processed meats like ham & bacon as Group 1 carcinogens. Raising pigs for food hurts all concerned. The solution: plant-based eating.

- JohnEldon: You beat me to it, Mike. Pigs are also extremely close to human beings physiologically, making them unusually susceptible to the same diseases that afflict us. We also have emerging technology which will provide synthetic animal foods without raising or killing animals. I do include some fish, mostly salmon and sardines, in my otherwise vegan diet, but I am following the work of BlueNalu closely.

- Me: Good points, John. (I think you can safely call yourself a pescatarian.)

- mhaider: How do you feel about plant based "meat"?

- Me: I think it's a viable alternative for people who used to enjoy eating meat. Before I became vegan, a meal didn't feel complete without meat. But when I (finally) learned in 1997 that I didn't need to eat animal products to be healthy (in fact the opposite was true), I could no longer justify animals suffering and dying solely for my culinary pleasure. I became an "overnight" vegan and never missed meat, egg, or dairy. That said, most commercially-made plant-based meats are highly processed so best reserved for occasional treats. At home, I make my own whole-food, plant-based chicken, beef, sausage, and pepperoni. But when I dine out, it just has to be vegan.

M 1/31/22

Port wants to make Imperial Beach pier the best on the West Coast

<https://www.sandiegouniontribune.com/communities/south-county/story/2022-01-30/port-wants-to-make-imperial-beach-pier-the-best-on-the-west-coast>

Even when not infused with sewage, PCBs, and microplastics, fish is not a health food. The beneficial omega-3 fatty acids found in their flesh is more easily and safely obtained from microalgae (which fish eat) grown under sterile lab conditions and placed into capsules for human consumption.

Su 2/6/22

Chris Reed: In climate emergency, it's not just right-wingers who 'don't look up'

<https://www.sandiegouniontribune.com/opinion/commentary/story/2022-02-05/chris-reed-dont-look-up-global-warming-nuclear-power-hydropower>

Nuke & hydro take years to implement with significant downsides. Wind, solar, & battery take weeks to install with dramatically fewer negatives. In the meantime, we can all reduce our carbon footprints by gravitating towards plant-based eating.

T 2/8/22

Column: Black Lives Matter put Maya's Cookies in the spotlight, and owner Maya Madsen is making it count

<https://www.sandiegouniontribune.com/columnists/story/2022-02-08/column-black-lives-matter-put-mayas-cookies-in-the-spotlight-and-owner-maya-madsen-is-making-it-count>

Kudos to Maya for her cruelty-free cookies, proof that you don't need animal products to make decadently-scrumptious treats. Ditto for her hard work, entrepreneurial spirit, and contributions to the community.

W 2/16/22

Saved pollution credits may hinder California climate goals

<https://www.sandiegouniontribune.com/news/california/story/2022-02-15/saved-pollution-credits-may-hinder-california-climate-goals>

California's ambitious climate goals are noteworthy, but while waiting years for government programs to have an effect, every Californian can reduce their carbon footprint by transitioning to plant-based eating with their very next meal. The livestock industry contributes as much or more to greenhouse gases as the transportation sector. Not to mention the cruelty and suffering inflicted on sentient beings who don't want to be food on a plate. Humans have absolutely no biological need for meat, fish, egg, or dairy as millions of healthy, vibrant plant-based eaters can attest. Climate change aside, why hurt an animal if you don't have to?

W 2/16/22

Rising sea levels pose perilous threat to California coast as study raises new alarms

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 127 of 156

<https://www.sandiegouniontribune.com/news/california/story/2022-02-16/rising-sea-levels-pose-perilous-threat-to-california-coast-study-raises-new-alarms>

For years, Miami has experienced “blue sky” flooding with tidal waters overflowing its low-lying streets in the absence of rain. Is San Diego next? Instead of waiting for the government to do something about it, we can all reduce our carbon footprints by switching to plant-based diets. The livestock industry is a major contributor to greenhouse gas emissions, as much or more than all planes, trains, and automobiles combined. As millions of healthy, energetic plant-based eaters demonstrate, humans have no need for animal products, which they consume at their own peril with increased risk of obesity, heart disease, and diabetes. Flooding aside, most people would say that “killing for pleasure” is wrong, so why hurt an animal if you don’t have to?

- mecurtis: Maybe we can get all meat-eating animals to stop eating meat...

- Me: Hi mecurtis. I'm no longer religious, but in the book of Genesis, humans and animals did not eat meat. And the biblical ideal is ultimately for the lion to lay down with the lamb. But that's not the world we live in. Some animals must eat meat to survive. Humans have the choice to not only survive but thrive solely on plants with a few supplements like B12. Best, Mike

- mecurtis: I have a family member who is vegan and another who is pescatarian and I have no issues with their choices. Enjoy your plant-based diet if you want and I will enjoy all the beef, chicken, pork, lamb, duck, turkey, fish, bison and other meats you don't want!

- Me: Sadly, each of the animals you “enjoy” has a personality and as much desire to live as any dog, cat, or other pet you choose not to eat.

- mecurtis: From Genesis: And God said, let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. The first rule of economics is scarcity and, because of scarcity, the first biological lesson of history is that life is competition. It's a bummer that animals don't respect the personalities of other animals they eat like you do, or of the plants and insects they eat, for that matter. Are viruses alive? Don't viruses exhibit an innate desire or instinct to multiply and live?

- Me: **The original biblical ideal:** “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.” (Genesis 1:29-30, King James Version). Only after Adam and Eve's original sin did meat eating begin.

The future biblical ideal: “The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain,” says the LORD.” (Isaiah 65:25, New International Version)

As you allude, we indeed live in a world of competing life forms, but as I stated earlier, carnivorous animals don't have much choice in what they must eat to survive. Humans, at least those living in wealthier countries, do. My personal ethics guide me to do the least harm by eating as low on the food chain as possible, which means eating plants. Plants lack central nervous systems hence don't experience pain as we know it. On the other hand, every animal species is a member of its own kingdom with its own forms of communication, social structure, and will to live and avoid pain. As philosopher Jeremy Bentham wrote in 1789, “The question is not Can they reason? nor Can they talk? but Can they suffer?”

W 2/23/22

Cake even more heavenly with fresh eggs

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-02-23/cake-even-more-heavenly-with-fresh-eggs>

Egg lovers may wish it to be so, but there is no such thing as a “cruelty-free” egg. Even the backyard chicken industry is rife with death and suffering. Male layer chicks, which don't lay eggs and aren't bred to grow fast enough for meat, are ground up alive or suffocated in plastic trash bags at birth. Female chicks are shipped without food or water and can languish or die in transport. Spent hens, unless they are kept for 10-15 years as pets, are abandoned or killed. All for what? Taste. Numerous plant-based substitutes (aquafaba, flaxseeds, tofu, apple sauce, banana...) replicate the binding properties of eggs without the harm. Despite Egg Board-funded studies to the contrary, eggs are *not* a health food. In 2012, the Harvard Nurses' Health Study found that the daily consumption of the amount of cholesterol found in just a single egg appeared to cut a woman's life short as much as smoking 25,000 cigarettes—five cigarettes a day, for fifteen years. Following up on that research, a study in the journal *Atherosclerosis* found that just three eggs or more a week was associated with a significant increase in artery-clogging plaque buildup in people's carotid arteries, going to their brain—a strong predictor of stroke, heart attack, and death. <https://nutritionfacts.org/video/eggs-vs-cigarettes-in-atherosclerosis/>

T 3/1/22

Ex-girlfriend tosses man's dog off condo balcony in Florida

<https://www.sandiegouniontribune.com/news/nation-world/story/2022-03-01/ex-girlfriend-tosses-mans-dog-off-condo-balcony-in-florida>

How horrible that this woman's rage resulted in the death of an innocent animal. Temporary insanity perhaps? But what explains the slaughter of billions of equally-sentient creatures killed in the name of food by calm, sane meat eaters? As millions of happy, healthy, plant-based eaters demonstrate, humans have absolutely no biological need for animal products of any kind. The justification typically offered is that animals “taste good.” How ironic then, that most of these same animal eaters also believe that “killing for pleasure is wrong.”

W 3/2/22

Column: Everything must be on the table to survive climate change

<https://www.sandiegouniontribune.com/columnists/story/2022-03-02/figuring-out-how-to-live-with-climate-change>

“Everything must be on the table” includes plant-based foods. Multiple studies have shown that animal agriculture contributes at least as much to greenhouse gas emissions as all forms of transportation combined. Leveling carbon-absorbing rainforests to grow crops to feed billions of animals instead of people is environmental insanity. Even more so since humans have absolutely no biological need to consume animal products.

Th 3/3/22

Opinion: Is organic produce actually healthier, or just marketing hype? Let's take a look.

<https://www.sandiegouniontribune.com/opinion/commentary/story/2022-02-25/organic-fruits-vegetables-healthier>

Yes to more fruits and vegetables and vegan eating for one's personal health. But if you care about the health of poorly-paid field workers who have to apply conventional pesticides then pick and handle pesticide-laden crops, you'll buy organic whenever possible.

M 3/7/22

Chula Vista declares climate emergency

<https://www.sandiegouniontribune.com/communities/south-county/story/2022-03-06/chula-vista-declares-climate-emergency>

Kudos to composting and methane reduction! Here's what NOT to compost, according to Better Homes & Gardens: meat, fish, cheese, butter, milk, sour cream, yogurt. All the more reason to transition to plant-based eating.

F 3/11/22

Zoo's new 'Basecamp' exhibit opens; officials hope it is launch pad for conservation

<https://www.sandiegouniontribune.com/news/environment/story/2022-03-10/zoos-new-basecamp-exhibit-opens-officials-hope-it-is-launch-pad-for-conservation>

It's noble to want to help children develop empathy for animals. The irony is that kids are free to leave the zoo while the animals remain in permanent lockdown. A prison is a prison no matter how cushy. Better to teach kids empathy and conservation through nature hikes and vivid wildlife documentaries.

F 3/11/22

Brazil detects record Amazon deforestation in Jan. and Feb.

<https://www.sandiegouniontribune.com/news/nation-world/story/2022-03-11/brazil-detects-record-amazon-deforestation-in-jan-and-feb>

Growing crops to feed livestock is a major contributor to rainforest destruction. Those who care about the environment can help by switching to plant-based diets. Humans have absolutely no biological need for animal products of any kind. Plants supply all essential amino acids, algae and flaxseeds provide omega-3s, bacteria produce B12. The excuse that “animals taste good” runs counter to most people's belief that “killing for pleasure is wrong.” It's long past time for peoples' food choices to match their professed ethics.

Sa 3/26/22

How can San Diego County reach 'carbon neutral' before mid-century?

<https://www.sandiegouniontribune.com/news/politics/story/2022-03-26/decarbonization-plan>

The almost never-reported way to reach carbon neutrality is switching to plant-based eating. Likely because eating animals and their secretions is so popular coupled with news organizations' fear of alienating animal-product advertisers. However, there is no need for concerned individuals to wait for government action or industry innovations to reduce carbon outputs. It can happen with one's very next meal. Instead of cycling grain through livestock, which emit vast amounts of methane and manure, it could be fed directly to humans, reducing hunger and freeing acres of farmland for restoration to carbon-absorbing forests.

T 3/29/22

Fighting climate change isn't just a hobby for young people. It can be a career.

<https://www.sandiegouniontribune.com/community-voices-project/story/2022-03-28/environmental-jobs-conservation>

Kudos to young people who enter professions to combat climate change. Of course, anyone of any age can dramatically lower their carbon footprint by transitioning towards plant-based eating. And there's hope for future generations as Gen Z and Millennials are by far the most likely age groups to be vegan.

Sa 4/2/22

Feral pigs are biological time bombs.

<https://www.sandiegouniontribune.com/news/california/story/2022-04-02/feral-pigs-ravage-california-wildlands-suburbs-hunting>

Has anyone tried contraceptive baits or darting to reduce feral pig populations? Interesting how the article demonizes pigs who are here through no fault of their own. The animals most destructive to habitats, by far, are humans, including the humans who brought the non-native pigs here for sport or food in the first place.

W 4/13/22

California could shrink water use in cities by 30% or more, study finds

<https://www.sandiegouniontribune.com/news/california/story/2022-04-12/california-could-shrink-water-use-in-cities-by-30-or-more>

- SJohnson9: Didn't examine agriculture, which on average accounts for about 80% (usage). Well then that was a pretty big oversight. I get that we need water to grow food to eat. But we don't need to grow things like rice, tree nuts and alfalfa that all gets bundled up and shipped

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 129 of 156

overseas for big profits to the corporate owners of the farms. Let's have big Ag share in some of the pain of having to use less as well then we can talk about how cities can better adapt.

- Me: What's especially insidious is that the alfalfa goes to feed livestock overseas that are imported back to the U.S. for meat consumption. Very inefficient use of water when it could be used instead to grow plant-based foods that directly feed humans.

Th 5/5/22

Fox chews through fence, kills 25 flamingos at National Zoo

<https://www.sandiegouniontribune.com/news/nation-world/story/2022-05-05/fox-chews-through-fence-kills-25-flamingos-at-national-zoo>

The invading fox was only doing what came naturally to it. The real problem is the warehousing of animals for the sole purpose of entertaining zoogoers. Flamingos belong in the wild, wings intact. Frustrated by their inability to fly, birds with clipped wings can develop psychological and behavioral problems, such as feather-plucking. Per the zoo's director, this was "a heartbreaking loss...for everyone who cares about animals." If the zoo really cared about animals, it would limit its exhibits to animals who could not survive on their own in the wild and release the rest to their natural habitats.

T 5/31/22

US, Canadian regulators tie hepatitis cases to strawberries

<https://www.sandiegouniontribune.com/news/california/story/2022-05-30/us-canadian-regulators-tie-hepatitis-cases-to-strawberries>

What many people may not realize is that strawberries and other edibles are not the source of infectious diseases. In some cases it's an infected farmworker or packer who doesn't follow sanitary procedures after bathroom use. In other cases, it's contaminated run off from nearby infected farm animals or liquid fertilizer sprayed from their manure ponds. Yet in the headlines, it's the wholesome produce that gets the blame.

T 5/31/22

For the founder of San Diego nonprofit Healthy Day Partners, increasing equity in our food system is priority No. 1

<https://www.sandiegouniontribune.com/columnists/story/2022-05-29/for-the-founder-of-san-diego-nonprofit-healthy-day-partners-increasing-equity-in-our-food-system-is-priority-no-1>

Kudos to Mim Michelove and her colleagues for their efforts and progress towards food equity. In a world of rampant political polarization, it's reassuring to know that there are still people who retain good old-fashioned neighborly values of caring and sharing. Especially those who promote plant-based eating, which benefits personal health, preserves the environment, and avoids cruelty to animals.

W 6/1/22

Yes, you can make salmon on the stovetop without the smell

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-06-01/yes-you-can-make-salmon-on-the-stovetop-without-the-smell>

No matter how it's cooked, salmon is not a health food. According to Dr. Neal Barnard, founder of the Physicians Committee for Responsible Medicine: "Atlantic salmon is about 40% fat. Chinook salmon is over 50% fat. People who eat fish are heavier and have a higher risk of diabetes than people who avoid animal products. About 3/4s of the fat in fish is not omega-3. It's actually a mixture of other fats that pack a lot of calories. Wayne State University researchers found that women who regularly eat fish, even years before becoming pregnant, are more likely to have babies who are sluggish at birth and have developmental problems. Eating fish flesh under the misguided notion that it's a healthy option is like smoking low-tar cigarettes. Walnuts, flax and chia seeds, leafy greens, navy beans, soybeans, mangoes, berries, winter squash, seaweed, and other vegan options contain omega-3 fatty acids, along with fiber and antioxidants – but without the harmful heavy metals, carcinogens, and cholesterol found in fish flesh. Tests on farmed salmon purchased at US grocery stores show even more PCB contamination than in wild fish. Farmed salmon are dyed pink to look like their wild cousins. Scientists are now concerned that the artificial coloring can cause retinal damage."

- mhaider: I'm not disputing your post, but most (European) countries where salmon is a staple, don't have an obesity problem. I'm guessing the obesity you speak of comes from whatever else the people are eating. As an aside, Dr. Neal Barnard is a vegetarian and a leading proponent of a plant-based diet. His most recent book, 21- Day Weight Loss Kickstart, proposes a vegan diet for healthful nutrition and easy weight loss. Not exactly an unbiased source.

- My reply: Hi mhaider. You're probably right that Dr. Barnard's statement refers to studies of Americans (vs. Europeans) who eat fish. And as the founder of an organization that promotes plant-based eating to optimize health based on clinical studies, it's also likely that he's biased against harming fish and other animals for culinary pleasure. But per Charity Navigator, he does not benefit directly from this bias, drawing no salary at all from his organization, supporting himself solely on sales of his books. In contrast, the biased entity that profits from falsely promoting fish as a health food is the fishing industry.

- mhaider: One does not need to benefit directly from their bias to be biased. If you do benefit from your bias, it makes you a hypocrite. As an aside, I'm calling misinformation on this quote you made: "Atlantic salmon is about 40% fat. Chinook salmon is over 50% fat. In reality, Atlantic salmon is about 12% fat. Chinook salmon is about 13% fat. The truth and facts matter.

- My reply: Of course, everyone is biased towards their own viewpoint. But it seems you're saying that the fishing industry, which benefits from its bias, is hypocritical. I agree that truth and facts matter. The percent fat figures listed above are from an article that Dr. Barnard wrote--I will email him to see his source. Perhaps it reflects the differences between raw and cooked fish. A quick web search yielded a generic Salmon Nutrition Facts label showing 28% fat. https://www.nutritionvalue.org/Salmon_1028841_nutritional_value.html

- mhaider: Your example of the fishing industry is ridiculous. It's the medical community that pushes fish as a healthier alternative to red meat as being a better source of healthy fats and protein. I'll stand by my misinformation quote. Dr. Barnard won't be able to put enough

lipstick on that pig. Finally, you are either not very good at math, or reading nutritional values, or both. The 28% is the % of your total daily intake of fat in one serving. The % of fat in that serving is about 15%.

- My reply: You're right, the traditional medical community indeed promotes fish as a healthier "alternative to red meat." But my original post included several reasons why fish pales in comparison to plant-based sources of healthy fats and proteins. The beneficial omega-3s in fish flesh comes from the algae they eat. A purer source is more easily obtained from microalgae grown under sterile lab conditions and stored in capsules. I stand corrected on the 28% figure, which I mistakenly misread as the percentage of fat (vs. the % Daily Value): 22g of Total Fat divided by the 142g portion size is 15.49% fat. Thank you for pointing that out.

- Me: Hi mhaider. I received feedback from Dr. Barnard that more than justifies his numbers. There are 2 ways of reporting fat content. As you and I calculated (above), it can be reported by weight: fat grams / total grams. However, that percent is always low, because water content boosts the total grams. In contrast, what Dr. Barnard and other nutrition experts rely on is the percentage of calories from fat: fat calories / total calories. (Fat has 9 calories per gram.) Using figures from the National Agricultural Library database, I calculated the following for a serving of baked or broiled salmon: (9g fat x 9cal/g =) 81 fat calories / 184 total calories = 44% fat. Performing the same calculation for the Salmon nutrition label I referenced earlier at the nutritionvalue.org website: (22g fat x 9cal/g =) 198 fat calories / 329 total calories = 60% fat. This time I also noticed a "Calories by source" pie chart next to the nutrition label that indicated the serving was 63% fat and 37% protein. Regarding our earlier bias/hypocrisy discussion, the fish industry generally doesn't include the qualifier "healthier than red meat." For example, the tag line for the California Fish Grill is "Sustainable, Healthy & So Good." Coincidentally, I just came across an article on Plantish, an Israeli firm that has developed a fully-structured, plant-based, boneless salmon fillet, providing the benefits of real salmon without killing fish. Bottom line: Why hurt an animal if you don't have to?

- mhaider: Thank you for your reply. I'll give you some time to figure out the good doctors fallacies in his calculations.

M 6/6/22

State pays out more than \$4 million to settle lawsuit stemming from E.coli outbreak

<https://www.sandiegouniontribune.com/news/health/story/2022-06-05/fair-board-settles-2019-e-coli-lawsuit>

The only sure-fire way to prevent future E. coli outbreaks would be to eliminate the barbaric display of animals destined for the butcher's knife. Kids naturally are delighted by animals—if they only knew the truth.

- cnelson_madison: Except e-coli is commonly found in uncooked vegetables and lettuce. Probably more beneficial just to get rid of all the attorneys.

- My reply: E. coli bacteria is commonly found in the lower intestines of warm-blooded animals. Produce like vegetables and lettuce often gets the blame for outbreaks when the real culprit is livestock waste or inadequate sanitary practices by infected farm workers or food packers.

M 6/6/22

North County's historic Rancho Guejito making a name for itself with new meat brand

<https://www.sandiegouniontribune.com/communities/north-county/story/2022-06-05/north-countys-historic-rancho-quejito-making-a-name-for-itself-with-new-meat-brand>

A truly "happy cow" is one that is not raised only to have its head shot and throat slit for culinary pleasure. Cows naturally live about 15-20 years, yet they kill these youngsters at around 2 years. Humans have absolutely no biological need for animal products of any kind. What ever happened to the maxim "Killing for pleasure is wrong"?

Th 6/9/22

Fried Oreos, pig races, grandstand concerts: San Diego County Fair marks its return after three-year absence

<https://www.sandiegouniontribune.com/communities/north-county/del-mar/story/2022-06-08/expectations-high-as-san-diego-county-fair-marks-its-return-after-three-year-absence>

Regarding the "ever-popular Swifty Swine pig races," you'd think the fair organizers would take a clue from Ringling Bros. and other circuses: Animal acts are out. What's "fun" for human observers is terror for the pigs forced to participate.

Sa 6/11/22

Garden Mastery: San Diego's native bees, plants are linked for life

<https://www.sandiegouniontribune.com/lifestyle/home-and-garden/story/2022-06-11/native-bees-plants-are-linked-for-life>

What many honey lovers may not realize is that commercial honey bees (originally imported from Europe) compete for resources with native pollinators, which can displace and devastate indigenous populations. When the crowded commercial bees have their honey stolen (replaced by sugar water) and succumb to mites or hive collapse, there is a shortage of pollinators in general and consequently less produce and fruit for human consumption.

Su 6/19/22

It's been 3 years since deadly E.coli hit San Diego County Fair. What's being done to control infection risk?

<https://www.sandiegouniontribune.com/news/health/story/2022-06-18/its-been-3-years-since-deadly-e-coli-hit-san-diego-county-fair-whats-being-done-to-control-infection-risk>

Prime example of cognitive dissonance: "Loving" animals while loving to eat animals. E-coli, which resides in animal guts and feces, is only the most immediate payback. Cholesterol, saturated fats, and hormones in consumed animal flesh contribute to heart disease, diabetes, and cancer. Either way, animals, who have personalities and desires, who want to live and not be food on a plate, get their revenge.

M 7/4/22

Clarifying my views on "The Best Argument for Veganism"

<https://www.youtube.com/watch?v=usLzIqTyl8w>

A google search for "inuit grocery store images" shows some with shelves stocked full of imported fruits and veggies. And arctic greenhouses can apparently grow produce year round. So a better "necessary for survival" example might be Amazonian or remote island tribes. Yet even indigenous peoples survive primarily on plant foods (easier to acquire--they don't run away). Meat accounts for perhaps 10-15% of their diets.

Th 7/7/22

Be free! How 5 seals reacted when SeaWorld released them back into the ocean

<https://www.sandiegouniontribune.com/news/environment/story/2022-07-06/seaworld-releases-five-threatened-guadalupe-fur-seals-back-into-the-ocean>

Kudos to SeaWorld for its rescue, rehab, and release efforts. No doubt the permanently-captive animals they keep in concrete bathtubs for exhibition and profit would enjoy a similar measure of freedom.

Th 7/7/22

Runaway pets spooked by 4th of July fireworks, festivities waiting to be reclaimed

https://www.sandiegouniontribune.com/local/story/2022-07-07/runaway-pets-spooked-by-4th-of-july-fireworks-festivities-waiting-to-be-reclaimed?utm_id=60410&sfmc_id=1636329

Maybe next year San Diego can host fantastic drone shows instead of traditional fireworks.

- mecurtis reply: Concur.

Su 7/10/22

Opinion: Time to stop celebrating with fireworks that scare pets, harm wildlife and pollute the environment

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2022-07-09/opinion-time-to-stop-celebrating-with-fireworks-that-scare-pets-harm-wildlife-and-pollute-the-environment>

Agree with the sentiment, but "silent" fireworks aren't exactly silent, or clean. They produce less noise and typically smaller displays, but they continue to spew smoke and other pollutants. They're what you see between the large loud blasts and displays in today's shows. Fireworks have been mostly the same for generations and are a big yawn for many people, especially the near-nightly summer shows at Petco Park, The Shell, and SeaWorld. For something unique and infinitely customizable, with minimal noise and no pollution, search online for examples of "drone shows." They are fantastic!

Th 7/14/22

Opinion: Glad to have SeaWorld helping sea lions, seals get back into the wild

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2022-07-13/opinion-glad-to-have-seaworld-helping-sea-lions-seals-get-back-into-the-wild>

Kudos to SeaWorld for its rescue, rehab, and release efforts. No doubt the permanently-captive animals they keep in concrete bathtubs for exhibition and profit would enjoy a similar measure of freedom.

Th 7/14/22

Seared oyster mushrooms make vegan tacos taste meaty

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-07-13/seared-oyster-mushrooms-make-vegan-tacos-taste-meaty>

Another great example that you don't need meat for a hearty & tasty meal. For a healthier option, skip the oil and sauté the mushrooms in a hot frying pan, adding water as needed to prevent burning.

F 7/15/22

The Ethics of Diet

The best 2-minute summary of veganism ever: <https://www.youtube.com/watch?v=8UgEy83LcW0>

Published Nov 2, 2015. Views 34,478

Posted to Facebook: VeganDiego, San Diego Vegan Community, South County Vegans, East County Vegans, North County Vegans, San Diego Vegans

Sa 7/23/22

Stress the excitement of how fast we can move': How we can survive the climate crisis

<https://www.sandiegouniontribune.com/news/politics/story/2022-07-22/bill-mckibben-climate-change>

Often overlooked in these discussions is the dramatic contribution of animal agriculture to greenhouse gases. Depending on the study cited, it produces 14-51% of total emissions. Carbon-absorbing rainforests are being decimated to produce livestock feed that would be more efficiently used to feed humans directly. Fortunately, the growing trend towards plant-based eating for health and ethical reasons also benefits the environment.

Th 7/28/22

Popular vegan cookie company opens its second shop in San Diego

<https://www.sandiegouniontribune.com/business/story/2022-07-28/daily-mayas-cookies-opens-second-storefront-in-san-marcos>

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 132 of 156

Kudos to this creative, vegan entrepreneur and her growing success! Americans have been hoodwinked by taxpayer-subsidized animal-food industries to believe that egg and dairy products are essential components of baked goods and treats. Clearly, this is not the case.

F 7/29/22

Opinion: San Diego's composting plan has a few bugs in it

www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2022-07-27/opinion-san-diegos-composting-plan-has-a-few-bugs-in-it

Baking soda is a non-toxic remedy that repels ants and de-odorizes their chemical trails. Sprinkle it where you see ants, let it sit for a couple of hours until the ants are gone, then sweep it up. The residue should keep ants away for weeks.

Sa 7/30/22

Review: A tasting tour of North County's Vegan Food Pop-up

www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2022-07-29/a-tasting-tour-of-north-countys-vegan-food-popup

Kudos to Michelle May and her Vegan Food Pop-up vendors for making tasty cruelty-free food so readily available to curious omnivores! Sure, vendor-prepared and processed vegan food can be pricey, because it isn't subsidized by billions of taxpayer dollars that the government uses to prop up animal agriculture. But a home diet of greens, beans, grains, nuts, and seeds, especially when purchased in bulk and prepared from scratch, is relatively inexpensive--an even better bargain if it keeps you out of the hospital by dramatically reducing your chances of common lifestyle illnesses, like heart disease, obesity, diabetes, and cancer. Environmentally, vegans have the smallest carbon footprint, easily half that of a meat eater. Since the early 2000s, the number of vegans in the U.S. has increased 30-fold, especially among the younger generations. In 100 years, people will look back in horror that trillions of animals were slaughtered each year just because they "tasted good."

F 8/5/22

Opinion: New San Diego climate plan has much to like. But here's why it might be hard to pull off.

https://www.sandiegouniontribune.com/opinion/editorials/story/2022-08-04/new-san-diego-climate-action-plan-todd-gloria-climate-emergency?utm_id=63257&sfmc_id=1636329

While hoping that government will get its act together, everyone can reduce their carbon footprint by transitioning to a plant-based diet. A diet consisting of deliciously-prepared whole foods (greens, fruit, legumes, grains, nuts, seeds) is often cheaper than one consisting of nutritionally-deficient processed foods. Such a diet also extends longevity and reduces health care visits and costs.

Sa 8/6/22

Cheyenne Frontier Days: There was no shortage of memorable bronc rides, which was your favorite?

<https://fb.watch/eKgV8B12fz/>

So sad to see animals abused. That horse clearly is in distress from the flank strap cinched around its belly.

Sa 8/6/22

SeaWorld's 20-year-old killer whale Nakai has died following an infection

<https://www.sandiegouniontribune.com/business/story/2022-08-05/seaworld-killer-whale-nakai-died>

Confining ocean-roaming orcas to concrete swimming pools is the antithesis of humane. Dying "surrounded by members of the animal care and medical teams" was likely little comfort to Nakai, equivalent to a human dying surrounded by doctors and nurses rather than family members. Justifying Nakai's captivity by using him in hearing studies to "improve the health and survival of whales in the wild" would be like experimenting on non-consenting human prisoners to benefit the non-prison population. When will SeaWorld fess up and admit that the original intent of holding animals captive was for entertainment and profits? It's long past time for SeaWorld to establish sea sanctuaries and release animals who are capable of surviving on their own to them. Meanwhile, it could continue its worthy mission to rescue, rehab, and release distressed animals while educating the public about them.

Sa 8/6/22

San Diego's Cucina Urbana founder makes a culinary pivot: She will open a Jewish deli this month

<https://www.sandiegouniontribune.com/business/story/2022-08-06/san-diego-cucina-urbana-jewish-deli>

Bacon at a Jewish deli?! For a healthier, 100% humane dining experience, check out Ben & Esther's Vegan Jewish Deli and Bagel Shop in the SDSU/Rolando area or at its newly-opened location in Oceanside.

M 8/8/22

143 roosters euthanized after California cockfighting bust

<https://www.sandiegouniontribune.com/news/california/story/2022-08-08/143-birds-euthanized-after-cockfighting-bust-in-california>

Most people rightly decry cockfighting for entertainment as cruel. Yet most people eagerly consume chickens, treated no less humanely on factory farms, solely for culinary enjoyment. As millions of healthy plant-based eaters can attest, humans have absolutely no biological need for animal products of any kind.

M 8/8/22

Hearing delayed for vegan mom in starvation death of son

<https://www.sandiegouniontribune.com/news/nation-world/story/2022-08-08/vegan-florida-mom-faces-sentence-in-starvation-death-of-son>

This mother and her husband may have been well-meaning but misguided. They obviously didn't do right by their children. One problem is that modern food systems are so sanitized of the soil bacteria that produce vitamin B-12, vegans must obtain it from fortified foods or supplements. From a scientific perspective, it is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease.

M 8/15/22

To keep salmon succulent in a skillet, baste then sauce

<https://www.sandiegouniontribune.com/news/nation-world/story/2022-08-15/to-keep-salmon-succulent-in-a-skillet-baste-then-sauce>

No matter how it's prepared, fish is not a health food. Salmon is 40-60% fat by calories. And about 3/4s of that fat is not the beneficial omega-3 type, which is more easily and safely obtained from microalgae (that fish eat) capsules prepared under sterile lab conditions. Wayne State University researchers found that women who regularly eat fish, even years before becoming pregnant, are more likely to have babies who are sluggish at birth and have developmental problems. Eating fish under the erroneous notion that it's healthy is like smoking low-tar cigarettes. Nuts, seeds, greens, beans, berries, and many other plants contain omega-3 fatty acids along with fiber (fish has none) and antioxidants without the omnipresent heavy metals, carcinogens, and cholesterol found in fish flesh.

M 8/22/22

California pig welfare rule delays frustrate small farmers

<https://www.sandiegouniontribune.com/news/california/story/2022-08-21/california-pig-welfare-rule-delays-frustrate-small-farmers>

Most Americans are horrified that dogs are raised for food in certain Asian countries. Yet pigs are just as intelligent as dogs if not more so. They have personalities, can suffer, and definitely do not want to be food on a someone's plate. Replace "pig" with "dog" in this article and you'll see it's all about money, not humane treatment. Such is the addictive power of fatty, salty, processed, cholesterol-laden pig flesh (bacon is a Group 1 carcinogen per the World Health Organization), that it overrides the compassion scores of youngsters felt for Wilbur the pig in E.B. White's classic novel, *Charlotte's Web*. After playing Farmer Hoggett in the hit movie *Babe* (1995) about a sheep-herding pig, actor James Cromwell did the only rational thing: He became vegan.

Sa 8/27/22

One fish taco, hold the fish — San Diego business serves up award-winning plant-based taco

<https://www.sandiegouniontribune.com/business/story/2022-08-26/one-fish-taco-hold-the-fish-san-diego-business-serves-up-award-winning-plant-based-taco>

Kudos to these two nonvegans for caring enough about the future planet their kids will inherit to promote plant-based eating by creating award-winning alternatives to fish. According to the World Bank, "almost 90 percent of global marine fish stocks are now fully exploited or overfished."

Su 8/28/22

Vegan travel is on the upswing

<https://www.sandiegouniontribune.com/lifestyle/travel/story/2022-08-28/vegan-travel-its-not-fringe-anymore>

Vegan eateries and travel opportunities are skyrocketing! In 1997, when I (finally) learned that I didn't need animal products to be healthy, in fact the opposite was true, I thought, "Why are all these animals suffering and dying for my eating pleasure?" I'd always been taught that killing for pleasure was wrong, so I immediately went vegan. At the time, I don't believe there was a single 100% vegan eatery in San Diego. By 2014, we had about a dozen, and as I'd grown increasingly uncomfortable dining around others eating animals, I decided to patronize only these eateries. After 2 abruptly closed, I created the free VeganDiego Directory at www.vegandiego.com to promote the remaining ones. Eight years later, the directory includes 46 vegan eateries and nearly 600 additional vegan businesses and organizations! Regarding vegan travel opportunities, in 2018, I organized Vegan Kilimanjaro. For this multiday trek to the summit of Africa's highest peak, I didn't want to be crammed into a mess tent with omnivores chomping on animal body parts. So I recruited a team of 17 vegans ranging in age from 18 to 70 for a 6-day trek. The success rate for all 6-day treks was a meager 44%. Our team, powered solely by plants, achieved an impressive 82% success rate! In 2019, I organized Vegan Antarctica. A different group of 17 of us were given our own shipboard dining room and chef, and the food and expedition were fantastic! In 2020, it was Vegan Inca Trail, which was covid-delayed until April 2022. Our group of 12 (originally 16), successfully completed this iconic trail with relative ease. The food, prepared in a small tent on their laps by a few chefs and helpers, was superb, bordering on gourmet quality! Next February 2023, it's Vegan Uganda Gorillas, with 18 signed up, including a few pre-vegans who've agreed to bring and wear only vegan clothing, shoes, and gear and eat exclusively vegan during the trip. For my organizing and recruiting efforts, I neither seek nor receive any personal discount, perk, or compensation. I take pleasure in negotiating discounts/incentives for the entire team while ensuring that all meals, gear, and accommodations are 100% vegan. My goal is to have compatible travel companies and companions while demonstrating that a vegan lifestyle can be fun and adventurous!

- John Eldon reply: I am more like 98-99% than 100% vegan, but I applaud your efforts. My elder son was pleased to report that vegetarian options have been getting more and more common in European and Asian restaurants when he has been on business travel, so we are

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 134 of 156

making progress. I do not want to turn off potential "partial" allies by pushing for 100% veganism, but merely gently suggest that the planet and its inhabitants would be healthier with reduced reliance on meat and dairy. Question: What is your position regarding honey? I know some vegans now reject it. I put it in the same category as eggs and milk, in the sense that, though animal-derived, consuming it does not kill the animal (factory farming aside).

- Me: Hi John. I applaud you, your son, and anyone who has moved towards plant-based eating. Eating 100% vegan is not necessary for strictly health reasons, but it's a different story for ethical vegans, like me, who believe other lifeforms have a right to their own existence. I marvel, for example, at the complexity of insects: How could creatures so tiny move, much less fly? Consequently, I don't consume honey, which bees make to feed their young. It's estimated that a hive of bees must fly 55,000 miles and visit 2 million flowers to produce one pound of honey. It's not exactly fair for humans to steal that honey for profit and consumers' taste buds. In addition to countless bees being killed in the process, commercial beehives decimate native pollinators, and beekeepers in some states are authorized to kill bears that threaten their operations. Regarding non-factory-farmed eggs and milk, unless the chickens (who can live up to 10 years) or cows (who can live up to 20 years) are kept as pets or on sanctuaries once their production wanes, they are killed for meat. Cows especially suffer. They must be impregnated every year to keep producing milk, and their babies are taken away shortly after birth to prevent them from drinking up the profits.

Th 9/1/22

Hearty huevos great for dinner

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-08-31/hearty-huevos-great-for-dinner>

Even most vegetarians don't realize that eggs are one of the cruelest foods on earth. To start, each year in the U.S., hundreds of millions of economically-unprofitable male layer chicks, which aren't bred to grow as fast as their broiler-chick counterparts, are suffocated or ground up alive. Their female sisters then have their beaks seared off so they won't peck each other to death in their madness when confined and condemned to 2-3 years of enforced egg laying until their productivity wanes, after which they are killed for pot pies and pet food. No one gets out alive. Eggs themselves are anything but a health food. Yolks are artery-clogging cholesterol bombs and whites are pure animal protein, which, unlike plant protein, has many negative effects on the bones, kidneys, and liver.

Su 9/18/22

Newsom signs sweeping climate legislation

<https://www.sandiegouniontribune.com/news/california/story/2022-09-16/california-governor-signs-sweeping-climate-legislation>

Governmental policies to combat climate change are commendable, but they can take years to implement and are subject to political reversal. However, for anyone who believes humans are responsible for climate change and wants to leave a better world for future generations, there's no need to wait. They can effect positive change at their very next meal: Plant-based eaters easily have half the carbon (and water) footprints of meat-eating omnivores.

Sa 9/24/22

'Now or never': San Diego students march for climate action for third year

<https://www.sandiegouniontribune.com/news/education/story/2022-09-23/student-climate-strike>

Student protests are often at the forefront of societal change. Kudos to these students for wanting to protect their future and that of the planet. Calls for government/industry action are important, but so is taking responsibility for one's environmental choices. Hopefully many of these young demonstrators have adopted Greta Thunberg's admirable example of following a plant-based diet, dramatically lowering their carbon footprints while increasing personal health and longevity.

W 9/28/22

Vanilla ice cream experiment yields solid scoop with creamy sweetness and tang

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-09-28/vanilla-ice-cream-experiment-yields-a-solid-scoop>

Ice cream is great, but there's no need to hurt animals to make it. Milk produced by forcibly-impregnated cows (and goats) is stolen from the infants nature intended it for. Day-old babies are forcibly taken from their mothers, who bellow for hours and days in grief. Male calves are killed outright or confined and raised for a few months on cheap milk substitutes then have their throats slit for veal. Female calves are raised and impregnated to replace their mothers, who are killed for pet food and cheap burgers once their production wanes. The egg industry is equally cruel. Non-egg-laying male chicks are suffocated or ground alive at birth. Female chicks are confined and lead miserable lives until production wanes and they are slaughtered for chicken pot pies. Today's plant-based ice creams (made from soy, oats, coconut, rice, cashews...) rival animal-based ice creams in quality and taste. Ice cream is a pleasure, not a necessity. Most ethical humans agree that killing for pleasure is wrong, so why hurt animals if you don't have to?

W 9/28/22

Build a better ice cream sundae with these tips

www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-09-28/how-to-make-a-better-ice-cream-sundae-with-recipes-and-tips

Sundaes are even better when they're made with plant-based ice cream. Most people assume that cows and chickens aren't harmed in the production of milk and eggs. A web search for "What's wrong with milk?" and "What's wrong with eggs?" reveals the brutal truth.

T 10/4/22

California suffering through driest three years ever recorded, with no relief in sight

<https://www.sandiegouniontribune.com/news/california/story/2022-10-03/california-experiences-driest-three-years-ever-recorded>

Meanwhile, California exports of water-thirsty alfalfa have more than doubled over the past two decades—to feed cattle overseas! Including irrigating crops that cows eat, it takes about 1000 gallons of water to produce 1 gallon of milk and about 2000 gallons to produce 1 pound of beef. As humans have no biological need for milk or meat, this is a criminal waste of water that could be used to irrigate directly-edible crops. Industry apologists often fault almonds for excessive water use. But almond milk requires about half the water of cow's milk. Furthermore, almond orchards absorb carbon from the atmosphere while cows emit methane in their burps and farts. Soy and oat milk require about 1/10 the water but are slightly higher in carbon emissions and land use than almonds. In any case, plant-based eating yields huge water savings.

W 10/5/22

Bacon fat a flavorful fix for dry poultry burgers

www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-10-05/smash-chicken-bacon-burgers-with-jalapeno-for-a-spicy-kick

If the goal is to “cut back on beef because of health...concerns,” the solution is definitely *not* to fry chicken or turkey patties in bacon fat. Per the World Health Organization, bacon is a Group 1 carcinogen. For anyone with health and/or environmental concerns, a delicious whole-foods, plant-based diet is the way to go.

W 10/5/22

'Forever chemicals' in deer, fish challenge hunters, tourism

<https://www.sandiegouniontribune.com/news/california/story/2022-10-05/forever-chemicals-in-deer-fish-challenge-hunters-tourism>

Hard to imagine that “do not eat” warnings will deter many hunters, who likely ignore the warning labels on the tobacco products they smoke or chew. It will just take away one of the justifications—that they are grateful to the animal for providing sustenance—they use to excuse their barbaric lust for the hunt.

Th 11/10/22

Animals trafficked in Mexico on social media sites: report

<https://www.sandiegouniontribune.com/news/nation-world/story/2022-11-10/animals-trafficked-in-mexico-on-social-media-sites-report>

Decent people consider the trafficking of wild and endangered animals to be immoral and outrageous, and rightly so, particularly since so many animals die in transit. Ironically, the description of sloths where “Babies are taken from their mothers, often violently, and are then often malnourished, cramped in cages and physically abused” applies equally to factory-farmed babies (calves, chicks, piglets...) that the majority of decent people blithely consume on a regular basis.

F 11/18/22

How to beat rising costs when it comes to Thanksgiving

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-11-16/how-to-beat-rising-costs-when-it-comes-to-thanksgiving>

Every year, over 245 million turkeys are killed in the U.S. for Thanksgiving, Christmas and other “feasts.” Each one of these birds has a personality, not unlike a family pet. They don't deserve to be bred into existence only to be sacrificed at the altar of human taste buds.

- JohnEldon previous comment: Go vegetarian

-Me: Hi John. The biggest puzzle to me is how normally kind and compassionate people can continue to pay someone to kill innocent turkeys because they “taste good.” Twenty-five years ago, when I (finally) learned that I didn't need to consume animal products to be healthy, I transformed from an avid meat eater to an overnight vegan. I could no longer justify animals suffering and dying solely for my dietary pleasure. Instead of deprivation, a whole new culinary world opened up to me, and I never missed the meat, eggs, milk, cheese, or fish. In my excitement, I shared my new knowledge with family and friends, but alas, it mostly fell on deaf ears. In contrast, it's been very encouraging to see the tremendous growth of vegan eateries and products in the marketplace.

F 11/18/22

The Dish: North County's Vegan Food Popup expands to San Diego

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2022-11-18/the-dish-north-countys-vegan-food-popup-expands-to-san-diego>

Kudos to Michelle May for expanding vegan options throughout the county! With so many delicious plant-based options, no animal has to suffer or die solely for human culinary pleasure.

T 11/29/22

Eating fiber alters the microbiome. It may help in cancer fight, too.

<https://www.sandiegouniontribune.com/news/health/story/2022-11-29/eating-fiber-alters-the-microbiome-it-may-boost-cancer-treatment-too>

Meat, fish, egg, and dairy contain zero fiber and high cholesterol. Fruits, nuts, and vegetables contain zero cholesterol and are loaded with fiber. In addition to not wanting to hurt animals and the environment with your food choices, it's an easy decision to embrace a whole food, plant-based diet. Rather than deprivation, embarking on this journey can be a culinary adventure as you discover delicious foods you never even knew about or considered.

- JohnEldon reply: Thank you, Mike. I am not as dietarily strict/pure as you are, because I do eat small amounts of eggs, yogurt, and fish, but I am on board with your message. Now if we could just wean John Q. Public off of white flour and white sugar, that would at least be a start.

- Me: Agreed! For some reason, it's a hard sell. Once I realized I didn't need animal products to be healthy, I never looked back and never missed them. At home, I gradually transitioned off processed mock meats and vegan junk food to a strictly whole food, plant-based, no-SOS (no refined salt, oil, sugar) diet. Although when I dine out, it just has to be vegan. :-)

Sa 12/3/22

Turning a creative eye to fall, winter vegetable dishes

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-11-30/turning-a-creative-eye-to-fall-winter-vegetable-dishes>

More proof that switching to a plant-based diet can be a culinary adventure with corresponding benefits to health, animals, and the environment!

Th 12/8/22

Soup offers hearty sausage with veggie boost

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2022-12-07/this-brothy-vegetable-soup-with-sausage-is-a-warming-and-filling-bowl>

Best to keep the veggies and ditch the sausage. Processed meats such as bacon (from any animal), sausage (from any animal), and deli meat are considered to be class 1 carcinogens...the same as cigarettes.

Th 12/15/22

Drought emergency declared for all Southern California

<https://www.sandiegouniontribune.com/news/environment/story/2022-12-14/drought-emergency-declared-for-all-southern-california>

Half of all potable water is used to grow grain to feed, water, and process livestock. Annually, about a hundred billion gallons of California's precious water is exported in the form of alfalfa to feed cattle in Asia and the Middle East, enough to supply a million local families for a year. As the growing legion of healthy, vibrant plant-based eaters can attest, humans have absolutely no biological need to consume animal products of any kind.

- fonsipedrin reply: More from our persistent vegetarian/vegan. I, too, eat very little meat anymore, but the persistent drumbeat gets tiring.

- Me: Hi fonsipedrin. Actually, I've been vegan for 25 years and would have gone vegan a decade or more earlier if someone had posted about it somewhere. In 1997, I'd never even heard the word until I was searching online about the health aspects of vegetarianism. When I came across the word 'vegan' and learned I didn't need animal products to be healthy--in fact the opposite was true--I could no longer justify animals suffering and dying solely for my eating pleasure. I'm not an "animal lover" per se, I just don't like to hurt them. Sorry for the repetition, but my posts are meant for new readers, not veterans like yourself. Best, Mike

Su 12/25/22

Column: No escaping fishy Christmas tradition

<https://www.sandiegouniontribune.com/columnists/story/2022-12-25/column-no-escaping-fishy-christmas-tradition>

Although this is a humor column, Aunt Anna's fishy tradition is no joke to the animals whose lives she brutally terminates. While dismembering sea animals, since they don't scream, evokes little sympathy, they have as much will to live as any being. Science has demonstrated that fish feel pain, form relationships, and have emotions. And the intelligence and problem-solving prowess of octopi exceeds that of many mammals. In any case, as millions of healthy plant-based eaters can attest, humans have absolutely no biological need to consume animals or animal products of any kind. Which leaves no reason not to extend the "peace and love" message of the holiday season to all creatures.

F 12/30/22

Column: How alfalfa, cows and a Saudi-owned farming operation became villains of Western water woes

<https://www.sandiegouniontribune.com/columnists/story/2022-12-30/column-how-alfalfa-cows-and-a-saudi-owned-farming-operation-became-villains-of-western-water-woes>

Per statistica.com, in 2018 it took the following amount of water to produce 1 liter of milk worldwide:

* Cow's milk	628 liters
* Almond milk	371 liters
* Rice milk	270 liters
* Oat milk	48 liters
* Soy milk	28 liters

Cow's milk is so high because of all the water needed to grow crops cows eat in addition to their daily water needs. Almond milk is high because it takes water to keep the tree alive, not just produce almonds. In return, almond trees capture carbon from the environment. Soy milk uses the least water and most closely matches the nutritional profile of cow's milk, especially when fortified with calcium.

- Erik.Hanson reply: I'll bet that we use as much water for growing alfalfa for cows for meat for pet food than half the cities in the state use. Because we think is so nice to be able to take a dog to Target, unlike our ancestors. When I was a kid we had Guinea pigs and fed them off of green vegetables that they tossed out behind the supermarkets.

- Me: Agreed. In addition, unlike almond trees that capture carbon, cows emit tons of methane in their burps and farts. Regarding pet food, our dogs have always thrived on plant-based foods, either store bought or homemade with added supplements.

- JohnEldon reply: Dogs can eat a human diet; cats are obligate carnivores who can't. My wife and I have followed a mostly-vegan diet for decades, but the cat gets fish or poultry.

- Me: In early 2021, a peer-reviewed BMC Veterinary Research study concluded that vegan cats live just as long or longer than non-vegan cats and are less likely to suffer a range of adverse health consequences, including gastrointestinal and hepatic disease. There's even a Vegan Cats support group on Facebook. It's really a matter of nutrients, not meat vs. plants. For example, some naysayers claim that the synthetic taurine used in vegan cat food is not as effective as the real thing. But in truth, the natural taurine in meat is destroyed during processing, so manufacturers replace it with synthetic taurine.

M 1/2/23

How two gorillas are embracing the bachelor life at the San Diego Zoo Safari Park

<https://www.sandiegouniontribune.com/lifestyle/story/2023-01-02/bachelor-gorillas-moved-at-safari-park>

While the Safari Park may seem like an idyllic environment when compared to a typical zoo enclosure, a larger prison is still a prison. In the wild, a gorilla group typically needs about 16 square miles (4 miles per side) and travels up to a mile per day. In contrast, an acre is only about 200 feet per side, so the 3 acres allotted to this pair of gorillas doesn't really amount to much. At sanctuaries in Africa, orphaned or ill gorillas (if it's determined they can survive on their own) are rehabilitated and returned to the wild to live out their lives as nature intended. That is not the case for zoo gorillas, who will spend the rest of their lives in captivity, forever on exhibit to paying customers. Anyone who chafed under the limited restrictions of covid lockdown can certainly empathize.

Su 1/8/23

Woman dies after thrown from horse at Florida rodeo

<https://www.sandiegouniontribune.com/news/nation-world/story/2023-01-08/woman-dies-after-thrown-from-horse-at-florida-rodeo>

According to the World Health Organization, the U.S. professional rodeo circuit averages one or two deaths annually, with several more riders suffering serious spinal or brain injuries. Humans are willing participants in this cruel "sport," which is not the case for the horses, bulls, and calves who suffer broken ribs, backs, and legs, torn tails, punctured lungs, organ damage, ripped tendons, torn ligaments, snapped necks, and agonizing deaths.

F 1/13/23

Healthier beef stroganoff a cinch in an Instant Pot or slow cooker

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2023-01-11/instant-pot-beef-stroganoff-that-you-can-make-dairy-free-too>

The best way to make beef stroganoff "healthier" is to replace the beef with a delicious plant-based substitute. A 2019 article by Dr. Stanley Hazen of the Cleveland Clinic, a leader in the treatment of heart disease, states: "Regardless of the type of study, research consistently shows that the more red meat you eat, the higher your long-term risk of getting and dying from cardiovascular disease. There is a clear association. And it's been seen over and over in both men and women in various populations in various countries."

M 1/16/23

Creep Socks: Merino Performance Toe Socks

<https://www.facebook.com/Creeperssocks/videos/1255698101678404/>

Wool = Cruelty

<https://www.peta.org/.../personal-care.../whats-wrong-wool/>

When their wool production wanes, these gentle creatures are killed for meat. Environmentally, sheep are second only to cows in the global production of methane, soil erosion, and contaminated waterways.

- Frank Morel reply: Get real

- Me: Why hurt animals when you don't have to? A number of people have summited Mt Everest with all-synthetic socks and clothing. I did the same on Kilimanjaro.

- Frank Morel: Shearing sheep doesn't hurt them.

- Me: Per the article: Shearers are usually paid by the sheep, not by the hour, which encourages fast work without regard for the welfare of the animals. Sheep commonly suffer from injuries ranging from nicks to complete amputation of their udders, ears, penises, and other body parts. Says one eyewitness: "[T]he shearing shed must be one of the worst places in the world for cruelty to animals ... I have seen shearers punch sheep with their shears or their fists until the sheep's nose bled. I have seen sheep with half their faces shorn off ..."

M 1/16/23

Creep Socks: Merino Performance Toe Socks (different thread)

<https://www.facebook.com/Creeperssocks/videos/717826686534679/>

Wool = Cruelty

<https://www.peta.org/.../personal-care.../whats-wrong-wool/>

- Creep Socks reply: Our wool is responsible wool certified - a have a look at what the brand is using before assuming please as you really only make yourself look silly 😊

- Me: What happens to the sheep when their wool production declines and it's no longer profitable to keep them? Are they retired to live out their natural lives at sanctuaries? Or are they slaughtered for meat?

- Me: While I'm waiting for your reply to my previous question about the fate of "spent" sheep, please let me know if and how the responsible-wool-certified program mitigates environmental impacts. Sheep are second only to cows in the global production of methane, and the wool industry regularly erodes soil and contaminates waterways.

Th 1/19/23

Some tips for cooking fish with confidence

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2023-01-18/how-to-cook-fish-and-not-mess-it-up>

Despite being touted as a health food, a recent research headline stated: "Eating one fish from U.S. lakes or rivers likened to drinking month's worth of contaminated water." Mostly from toxic "forever chemicals" called PFAs used in items like non-stick pans, clothes, and food packaging. Not to be outdone, ocean fish are laced with their own set of toxic substances like PCBs and mercury. Which is why fish eaters, particularly pregnant women, are cautioned to limit fish intake as these chemicals can damage fetuses and build up in human flesh. For those who crave fish but care about their health, there are a growing number of plant-based seafood alternatives to satisfy one's taste buds.

F 1/20/23

When will San Diego's egg shortage be over?

<https://www.sandiegouniontribune.com/business/story/2023-01-19/when-will-san-diegos-egg-shortage-be-over>

Eggs = Cruelty In addition to mass killings of birds due to illnesses that can be spread to humans, all male layer chicks, economically worthless since they don't lay eggs, are ground up or suffocated at birth. Cage-free hens still never see the light of day, and, when their productivity wanes, are shipped to the slaughterhouse to make chicken nuggets and pot pies. Even backyard chickens come from factory hatcheries. The only way to eliminate these standard industry cruelties is to stop eating eggs and their byproducts.

Healthwise, cholesterol-loaded eggs are no bargain. Several delicious plant-based egg substitutes have hit the market, and there are at least half a dozen options for replacing eggs in baked goods, e.g., ground flaxseed in water.

- Peter Thorkelson reply: Generally agree -- got off the egg bandwagon due to the cruelty aspect. However, when we had our own hens in East County -- that came from a local breeder, not a factory hatchery -- I had no problem eating their eggs. I could personally guarantee they were happy and well cared for. So, now that we no longer have chickens, I no longer eat eggs -- or chickens for that matter. Ditto milk, cheese, cows, pigs, etc.

- Me: Kudos!

- Jackie_Rohr reply: Nope. Eggs = yummy yum yum

- Me: Hi Jackie. Most people believe that killing animals for pleasure is wrong, at least when it comes to dogs and cats. But very few extend that belief to chickens, cows, pigs, and fish whose flesh and/or byproducts give momentary pleasure to their taste buds. Or course, these animals have personalities, feel pain, and suffer like any other. I used to enjoy eating them all until I learned that I didn't need animal products to be healthy, in fact, the opposite was true. Best, Mike

Tu 1/24/23

Icebreaker: Just Dropped RealFleece

<https://www.facebook.com/icebreakerUS/videos/555125653331930>

Wool = Cruelty <https://www.peta.org/.../personal-care.../whats-wrong-wool>

- icebreaker reply: Hey Mike, Thanks for reaching out. Animal welfare is an issue which we care deeply about. And we're happy you do too. We're incredibly proud that icebreaker was one of the first companies in the world to ban mulesing and establish long-term contracts with merino wool growers based on a strong common interest in animal welfare. We know exactly where our fibers come from and ensure that growers uphold the strongest environmental and animal welfare practices. Today, our strict animal welfare programme stipulates our station partners must follow the 'Five Freedoms' of the flock to champion animal welfare. You can check out our full animal welfare policy in our latest Transparency Report here: <https://www.icebreaker.com/transparency.html> Thanks!

- Me: The Five Freedoms of Animal Welfare include freedom from pain, injury, or disease and freedom from fear and distress. What do your wool suppliers do when frightened sheep resist shearing? When wool production declines, are sheep retired to a sanctuary, or are they slaughtered for meat?

- icebreaker reply: Hey Mike, As mentioned, we're incredibly proud that icebreaker was one of the first companies in the world to establish long-term contracts with merino wool growers based on mutual concern for animal welfare. icebreaker merino sheep are protected under the 'Five Freedoms', including 'freedom from unnecessary pain or distress'. Shearers on icebreaker merino stations are highly trained to manage the sheep. They have special positions they hold the sheep in to keep them calm and enable rapid and as stress-free as possible wool harvesting. So you can rest easy they were as happy growing your icebreaker as you are wearing it. Thanks. (apparently deleted)

- Me: Of course, that's better than treating sheep roughly, but I'm not sure how stress free it is to be restrained against one's will, no matter how gently it's done. As to the question you didn't address: What happens to the sheep when their wool production declines and it's no longer profitable to keep them? (apparently deleted)

- Me (a week later): Since you haven't responded to my last query, here's the answer: When their wool production wanes, these gentle creatures are killed for meat. In addition, sheep are second only to cows in the global production of methane, soil erosion, and contaminated waterways. (apparently deleted)

Tu 1/24/23

Gordini: Doubling Down On Warmth

<https://www.facebook.com/GordiniUSA/videos/1326147078162255/>

Down = Cruelty

<https://www.petakids.com/save.../whats-so-bad-about-down/>

Struggling birds are often plucked so hard that their skin is torn open and the hurried workers sew up the wounds using needle and thread and no painkillers. Plucking may begin when the animals are just 10 weeks old and be repeated in six-week intervals until the birds are slaughtered for meat.

W 1/25/23

Shelling out too much for eggs? Use a substitute

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2023-01-25/egg-prices-are-soaring-heres-how-to-substitute-in-cooking-baking>

With so many viable and healthier substitutes, the "need" for eggs (and milk) in nearly every prepared food item is a ruse perpetrated by industry to sell more product and increase profits. Sadly, the egg and dairy industries are even crueller than the meat industry. Hens and cows are exploited and suffer for a few years until their production wanes, after which they are slaughtered for meat anyway.

F 1/27/23

Creepers Socks: Merino Performance Toe Socks

<https://fb.watch/io4v92R2th/>

Wool = Cruelty <https://www.peta.org/.../personal-care.../whats-wrong-wool>

- Creepers Socks Reply: Our wool is responsible wool certified - a have a look at what the brand is using before assuming please as you really only make yourself look silly.

- Me: What happens to the sheep when their wool production declines and it's no longer profitable to keep them? Are they retired to live out their natural lives at sanctuaries? Or are they slaughtered for meat?

- Me (a day later): While I'm waiting for your reply to my previous question about the fate of "spent" sheep, please let me know if and how the responsible-wool-certified program mitigates environmental impacts. Sheep are second only to cows in the global production of methane, and the wool industry regularly erodes soil and contaminates waterways.

F 1/27/23

Rumpl: Merino Softwool Blankets

<https://fb.watch/iqHWI-C7t4/>

Wool = Cruelty <https://www.peta.org/.../personal-care.../whats-wrong-wool>

- **John Reed** reply: did you post this from a smartphone? look into rare earth mineral mining

- Me: For modern electronics, rare earth metals are currently necessary, but efforts are underway to minimize or replace them. For modern clothing, wool and other animal fibers are far from necessary. Alternatives abound from seaweed to soybeans to recycled plastic bottles to hemp to a variety of synthetic fibers.

- John Reed reply: necessary is a viewpoint bruh. Id rather have natural fibers than have kids in the mines

- Me: Exploiting children is wrong. Exploiting animals is wrong. There's no reason you can't be against both.

- John Reed: im against seaweed cruelty

- **Kat Lansdowne** reply: there are sheep that need to be sheared or it IS cruelty because they don't shed naturally. Collecting wool is not cruel when done right.

- Me: Domesticated sheep were bred to overproduce wool, so yes, they need to be sheared. But when their wool production declines, rather than being gratefully retired to sanctuaries to live out their natural lives, they are slaughtered for meat.

- Me: In addition, sheep are second only to cows in the global production of methane, and the wool industry erodes soil and contaminates waterways. It's a dirty business any way you look at it, especially when so many excellent modern alternatives exist. People have successfully and comfortably summited Everest without wool or any animal product.

T 1/31/23

Community garden participants more likely to reap health boost

<https://www.sandiegouniontribune.com/news/health/story/2023-01-31/heres-how-gardening-can-improve-your-health>

If increasing fruit and vegetable intake by a little over 1 serving per day produced positive results, imagine the health benefits from going totally plant based.

W 2/1/23

Tracksmith: Built for Your Best

Wool = Cruelty <https://www.peta.org/.../personal-care.../whats-wrong-wool/> In addition, sheep are second only to cows in the global production of methane, and the wool industry erodes soil and contaminates waterways

F 2/3/23

Woolly.Clothing Co: Upgrade Your Tops

www.facebook.com/Woollyclothing/posts/pfbid02pUiZqmiBC58uP2pXHN12PyYdapzwsAyNpJA72cymuuxmA5YbL9W5AYc4VxRYLGMNI

Wool = Cruelty <https://www.peta.org/.../personal-care.../whats-wrong-wool/> When their wool production wanes, these gentle creatures are killed for meat. Environmentally, sheep are second only to cows in the global production of methane, soil erosion, and contaminated waterways.

M 2/6/23

San Diego secures \$3 million to help low-income families install efficient toilets, irrigation

<https://www.sandiegouniontribune.com/news/environment/story/2023-02-05/san-diego-secures-3-million-for-drought-relief-programs>

Installing low flow toilets can help save water and lower household water costs, but it pales in comparison to adopting a plant-based diet. For example, a single quarter-pound beef burger requires about 660 gallons of water to grow the grain, water the cow, and process the meat. Meanwhile, California exports a hundred billion gallons of water per year in the form of alfalfa to China to feed their livestock. Regarding cost savings, a quick web search highlights dramatic differences between the average price per pound of ground beef (\$4.80) or chicken breast (\$3.75), which shrink when cooked are loaded with cholesterol and have zero fiber, compared to dried beans (\$0.48), which triple in volume when cooked have zero cholesterol and are loaded with healthy fiber and phytonutrients.

M 2/20/23

Nui Organics: Merino 195

https://www.facebook.com/permalink.php?story_fbid=pfbid0yf8Ro7bGFhShgvKDQLWjRZ1ZhDo3Th6hYvieokaZeEH5zfzUaZrXyCsEg8acFazEI&id=100085923309709&comment_id=718361139760679&reply_comment_id=511454781142629¬if_id=1677023989515965¬if_t=comment_mention&ref=notif

Wool = Cruelty

<https://www.peta.org/.../personal-care.../whats-wrong-wool/>

And when their wool production wanes, these gentle creatures are killed for meat. Environmentally, sheep are second only to cows in the global production of methane, soil erosion, and contaminated waterways.

- **Logan Paul** reply: Oh yeah and plastic is better , lets all wear plastic it keeps our air and water clean , go choke on a veggie burger, seriously if you think pollution from plastic clothing industry, washing synthetic fibers down the drain is less environmentally significant than raising sheep for wool you are the PROBLEM with the world not wool, good lord Mike Weinberg use your brain. Yes . Lamb, healthy meat. Mmmn , kills less animals than the thousands of rodents, birds and insects killed while growing soy , who is cruel? Vegans

- Me: Unfortunately, 80% or more of food crops are used to feed livestock instead of providing nourishment directly to starving and food-insecure humans. Vegan diets require 75% less land than omnivorous diets, killing many fewer "rodents, birds, and insects."

- Logan Paul: Dude youre literally saying natural wool is bad and the normal clothes are good , cotton and synthetic fibers are far worse , youre drinking way too much koolaid

- Me: Given the enormous resources it takes to feed and raise animals, the assertion that "natural" fibers are more environmentally friendly is industry greenwashing. I agree that plastic pollution is a concern, but it can be minimized with reduce, reuse, and recycle practices and policies. It requires much less fossil fuel to create a synthetic jacket than an animal-fiber jacket, for example. And a synthetic, fossil-fuel-derived jacket can last for years, unlike the single-use fossil fuels used to drive one's car or cook or heat one's home.

- Logan Paul: okkay keep filling up the ocean with microplastic , and you're spouting straight ignorance there is no reuse in the textile industry 99% ends up in landfill or ocean and is one of the most environmentally polluting industries, Who's being greenwashed? And yeah nope wool is just a nice biproduct of the lamb industry , most of which graze on natural grasslands , in new zealand, and are sheared with electric clippers, by people with work visas Literally the lambs NEED to be sheared, they LOVE IT, as they are a domesticated breed that no longer stops growing wool when it is too long, there is no problem with wool in fact more people should switch to RENEWABLE /natural fabrics this is straight propaganda and youre doing the world a huge disservice by spreading it around

- Me: Per the linked article: Shearers are usually paid by the sheep, not by the hour, which encourages fast work without regard for the welfare of the animals. Sheep commonly suffer from injuries ranging from nicks to complete amputation of their udders, ears, penises, and other body parts. Says one eyewitness: "[T]he shearing shed must be one of the worst places in the world for cruelty to animals ... I have seen shearers punch sheep with their shears or their fists until the sheep's nose bled. I have seen sheep with half their faces shorn off ..."

Regarding plastic, only 7.4% of crude oil is used to make it. And only 1.5% is used to make synthetic fibers, a small fraction of what's needed to raise and feed sheep and other livestock until they are slaughtered.

- **Pam Wyant** reply: life is cruel. Responsible farmers and ranchers do what they can to minimize any cruelty to animals. Nothing beats wool for warmth and comfort in the outdoors, and the clothing can lead a long life. The very vast majority of these gentle creatures would never be alive at all if they weren't being bred for commercial purposes. It's not like most people would keep one as a big pet until it died of natural causes or there is room to have big roving wild herds that aren't cared for.

- Me: The true definition of "humane" treatment: Would you want it for yourself or a loved one? Being bred for a short life of confinement and exploitation is no privilege. No human needs wool for warmth. People have summited Everest with all-synthetic gear. I did so on Kilimanjaro.

- Pam Wyant: Good for you. Others do things differently and prefer natural materials over synthetics. We are all only here really for a short time. Sheep most generally are not confined, they are allowed to roam in pastures. We humans probably live a more confined life than they do, living in our little boxes we call homes. A short life spent in the sunshine and fresh air is better than no life at all as far as I am concerned.

- Me: I don't know of one human who would trade his/her life for that of a sheep. Humans have the choice of being confined or roaming free. Domesticated sheep don't. Better not to exist at all than to have your throat slit and be eaten long before your natural lifespan is up. Natural fibers belong on the animals who produce them, not the humans who steal them.

- Pam Wyant: The question wasn't about trading places with a sheep. You are perfect for PETA. (subsequently deleted).

- Me: Speciesism: the assumption of human superiority leading to the exploitation of animals.

- **Jacob Van Tuinen** reply: When's the last time you met a wild sheep? Could you communicate with it in it's native language and if so...what would it have me wear in the cold?

- Me: Not sure I understand your question regarding communicating with wild sheep, but unlike domesticated sheep that are bred to overproduce wool, wild sheep do not need to be sheared. To stay warm without hurting animals, there are numerous synthetic and plant-fiber blends of thermal underwear, technical clothes, and puffy vests and jackets. Given the enormous resources it takes to feed and raise animals, the assertion that "natural" fibers are more environmentally friendly is industry greenwashing. I agree with Logan Paul that plastic

pollution is a concern, but it can be minimized with reduce, reuse, and recycle practices and policies. It requires much less fossil fuel to create a synthetic jacket than an animal-fiber jacket, for example. And a synthetic, fossil-fuel-derived jacket can last for years, unlike the single-use fossil fuels used to drive one's car or cook or heat one's home.

- Jacob Van Tuinen: Have you kept sheep Mike Weinberg? Are you aware what happens to sheep when they get stuck in thorny brambles? I'm not buying what you're selling. Plastic recycling basically doesn't really happen. Plastic recycling basically just means they place a useless label on a product that helps ppl pretend they're recycling. I do like some synthetics blended with my wool.

- Me: The chance of sheep getting stuck in brambles is miniscule compared to the 100% chance that they'll be killed for meat or pet food when the quality of their wool declines. I agree that recycling of plastic can be improved. But only 7.4% of crude oil is used to make plastic, and a mere 1.5% is used to make synthetic fibers, a tiny fraction of what's used to raise and feed sheep and other livestock until they are slaughtered.

Th 2/23/23

Column: Third time is charmed as Breeders' Cup picks Del Mar for 2024

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2023-02-23/del-mar-breeders-cup-horse-racing-2024>

"Third time is charmed" for Del Mar and its profiteers, not so for its unwilling equine participants. Per <https://horseracingwrongs.com>, over 2000 horses (6 per day!) die each year on U.S. racetracks. And according to the National Thoroughbred Racing Association, approximately 75,000 thoroughbreds are slaughtered annually for human consumption in countries where horse flesh is on the menu. Horse racing, like bullfighting, has no place in a so-called "civilized" society.

F 2/24/23

Escondido trio open healthy food-and-lifestyle restaurant Fresh N Go

<https://www.sandiegouniontribune.com/entertainment/dining-and-drinking/story/2023-02-24/escondido-trio-open-healthy-food-and-lifestyle-restaurant-fresh-n-go>

For optimum health, minimal environmental impact, and no harm to animals, it's unfortunate that Fresh N Go isn't 100% vegan, like the excellent Phatties eatery mentioned in the article.

T 2/28/23

To live a longer life, try eating like a centenarian

<https://www.sandiegouniontribune.com/news/health/story/2023-02-28/want-to-live-a-longer-life-try-eating-like-a-centenarian>

From the variety of Blue Zone diets, it's apparent that consuming small amounts of animal products has little effect on lifespan. But as millions of healthy plant-based eaters demonstrate, humans have no biological need for animal products of any kind. Ethical eaters have the added psychological benefits of not directly contributing to animal suffering and death and dramatically lowering their environmental impact. For example, a vegan diet requires about 75% less land than an omnivorous diet.

T 2/28/23

Protein bars not a health food, some experts warn

<https://www.sandiegouniontribune.com/news/health/story/2023-02-28/protein-bars-not-a-health-food-some-experts-warn>

Due to persistent marketing, Americans are obsessed with protein. But as the article states: "You'd be hard-pressed to find an American who actually needs more protein...Most meat eaters get far more than the recommended daily dose..." On the other hand, the article includes the misnomer: "Protein bars might make sense for...a vegan who doesn't get enough protein from their diet." It's been well established by the medical community that a vegan getting enough calories also gets enough protein. The largest and strongest land animals—elephants, hippos, gorillas—get all the protein they need solely from plants. Surprisingly, human breast milk, which a baby consumes during its maximum growth phase, contains a mere 1% protein.

Sa 3/11/23

San Diego restaurants are selling their leftovers. Here's how you can snag a deal

<https://www.sandiegouniontribune.com/business/story/2023-03-10/turning-food-waste-into-money-this-app-is-helping-san-diego-county-businesses-do-just-that>

- Peter Thorkelson: Doesn't work for me -- I'm vegan and I don't want "surprise" mystery meat. Thanks anyway.

- Me: Ditto. It always surprises me when I see an ad for "fresh" meat, which generally consists of a decaying corpse that was killed days or weeks prior.

Sa 3/11/23

Oregon eyes mandate for climate change lessons in schools

<https://www.sandiegouniontribune.com/news/nation-world/story/2023-03-11/oregon-eyes-mandate-for-climate-change-lessons-in-schools>

"Adding climate change on top of reading, writing, math, science and social studies is 'a heavy lift that will end up coming down on the backs of teachers...' " Hmm, couldn't all those subjects be integrated into a climate change lesson? If such curriculums proliferate, hopefully they'll include lessons on the pernicious impacts of animal agriculture, which depending on the study cited produce 14-51% of greenhouse gases. Shifting to plant-based eating requires no government mandate or subsidy, just enlightened personal choice.

Su 3/26/23

Creepers Socks

https://www.facebook.com/Creeperssocks/posts/pfbid02De97M6LXx6zNzXb6d7iQR4ZD9aPB5kkMeYP4qth5CXUzC7rsVwZfSTcuFhgDca.rvl?comment_id=1258837455057770&reply_comment_id=201529095921540¬if_id=1679770445775836¬if_t=comment_mention&ref=notif

- Kathleen Granger: "synthetic gear" = toxic overload of micro plastic (aka: synthetic) particles in the entire environment, that are hurting every species of animal in existence.

Me: Unfortunately, anything humans do impacts the planet and animals. However, only 7.4% of crude oil is used for plastics production. And only 1.5% of crude oil is used to create synthetic fibers.

- Kathleen Granger: & that "only 7.4%... & 1.5%" has proven to be so pervasive in its toxicity it has infiltrated the environment at every level.

- Me: Environmental microplastics are indeed a problem, as are the remaining 90% of byproducts and emissions from our use of crude oil. Depending on the study cited, animal agriculture accounts for 14-51% of fossil fuel emissions, which includes raising the crops used to feed animals as well as processing, refrigeration, and transportation. Our planet would benefit by transitioning away from fossil fuels where possible and animal exploitation in all cases, including a shift to plant-based eating.

Tu 3/28/23

Ailing 46-year-old elephant euthanized at Oakland Zoo

<https://www.sandiegouniontribune.com/news/california/story/2023-03-27/ailing-46-year-old-elephant-euthanized-at-oakland-zoo>

The cushiest prison is still a prison—and a death sentence. In the wild, African elephants typically live 60 to 70 years. In captivity, they are usually dead before 40. The elephant in the article, Lisa, was about 2 years old when she first arrived at the Oakland Zoo, which means she spent 44 years confined in permanent lockdown. In contrast, wild elephants live in close family groups and can roam up to 30 miles a day. The solution: Rehabilitate and release captive animals who can survive on the own back to the wild, and convert zoos into nonprofit sanctuaries with ample room for animals who can't. Circuses no longer use animals for entertainment. It's time for zoos to make the same transition.

F 3/31/23

Drone light show planned for Fourth of July in Ocean Beach

<https://www.sandiegouniontribune.com/local/story/2023-03-29/drone-light-show-planned-for-fourth-of-july-in-ocean-beach>

Fantastic! Birds, dogs, and residents fed up with the noise, smoke, and pollution of tired, old fireworks displays can breathe a sigh of relief while enjoying a modern, spectacular drone light show.

M 4/3/23

GRIP6 U.S.

https://www.facebook.com/grip6.us/posts/pfbid0gSXv4UR56wXG2D97tuoJgSRCogpN7SaeqULD16Co1J2pCDwF3sj78QZLVPfwXxvCl?comment_id=739863730921422&reply_comment_id=609771817345463¬if_id=1680374043073452¬if_t=comment_mention&ref=notif

Wool = Cruelty

<https://www.peta.org/.../personal-care.../whats-wrong-wool/>

PETA has released 14 reports of 117 wool industry operations on 4 continents and found cruelty in every single one. When their wool production wanes, these gentle creatures are killed for meat.

- Dean Thomson reply: Of course PETA found cruelty. They see cruelty everywhere.

- Me: The true definition of humane treatment: Would you want it done to yourself or a loved one?

- Dean Thomson: Sure. I mean I'm not that hairy, but if someone to spin up some socks from my back hair they're welcome to it.

- Me: Per the article: "Shearers are usually paid by the sheep, not by the hour, which encourages fast work without regard for the welfare of the animals. Sheep commonly suffer from injuries ranging from nicks to complete amputation of their udders, ears, penises, and other body parts."

- Lamar Beachler: Shearing their wool is actually a relief to the sheep otherwise they can get maggots PETA is a curse to animals

- Dean Thomson: This is the PETA article? Forgive me if I don't bother to read it.

Most of what you're talking about is probably happening within a corporate environment. Corporations taint everything they touch.

- Rachael Johnson: PETA puts spies in these operations to get their information and 99% of the abuse they find is done by their own people. PETA = cruelty

- Me: Here's one link to PETA's undercover videos. Viewers can judge for themselves who's responsible for cruelty to

sheep: <https://investigations.peta.org/australia-sheep-abuse-wool/>

- Rachael Johnson: The undercover video of the undercover PETA person. It is not in the best interest of any farmer- individual or corporate - to damage their own stock.

- Me: Unfortunately, time is money and if an animal is damaged in the haste of production, it's cheaply replaced.

- Dan Halverson: Oh Please... Go Hug a Tiger would you... Please!

- Me: The irony is the more I post Wool = Cruelty messages, the more wool ads appear in my Facebook feed. I figured the advertisers would block me, which would be fine--I don't want to see their ads--but they haven't. And no matter how many wool advertisers I block, new ones keep appearing. So in retaliation, I keep posting.

- Dan Halverson: Well, its an automated process, so your retaliating against a computer. I'd give up.

T 4/18/23

Column: More signs of climate threat — and a bit of hope

<https://www.sandiegouniontribune.com/columnists/story/2023-04-16/column-more-signs-of-climate-threat-and-hope>

Nearly always absent from climate-change articles like this one is the fact that individuals need not wait for government action or large-scale mitigation measures to reduce global warming. A simple switch to plant-based eating, starting with one's very next meal, can have a substantial impact. Phasing out animal agriculture represents "our best and most immediate chance to reverse the trajectory of climate change," according to a new model developed by scientists from Stanford and the University of California, Berkeley. (Feb 2022)

F 4/21/23

Ramp up your meatloaf game

<https://www.sandiegouniontribune.com/confessions-of-a-foodie/story/2023-04-19/ramp-up-your-meatloaf-game>

With all the added veggies and seasonings, a lentil-based meatloaf is indistinguishable from a meat-based loaf. Unlike meat, which has zero fiber and high cholesterol, lentils are loaded with fiber with zero cholesterol. And no cow, pig, chicken, or turkey had to suffer and die to make it.

Sa 4/22/23

Opinion: This Earth Day, consider the balancing act that's needed to deal with the climate emergency

<https://www.sandiegouniontribune.com/opinion/editorials/story/2023-04-21/earth-day-climate-change-balancing-act-public-buy-in-cost>

No need to wait/hope for government action. Per a 2018 study at the University of Michigan, a plant-based burger uses 99% less water, 93% less land, 46% less energy, and results in 90% fewer greenhouse gas emissions than a meat-based burger....On average, Americans eat three hamburgers each week. If each person switched just one of these beef burgers to a plant-based burger for a year, it would be like taking 12 million cars off the road for an entire year.

- Arnie Randall reply: "On average, Americans eat three hamburgers each week." Bit of a stretch, just as it is with the rest of the opinion.

- Me: The Hidden Costs of Hamburgers, Science Aug 2, 2012 5:31 PM EDT: "On average, Americans eat three hamburgers a week.

That's a national total of nearly 50 billion burgers per year." <https://www.pbs.org/newshour/science/the-hidden-costs-of-hamburgers>

Su 4/23/23

San Diego EarthFest celebrates Earth Day with vegan food, animal rights

<https://www.sandiegouniontribune.com/news/environment/story/2023-04-22/san-diego-earthfest-celebrates-earth-day-with-vegan-food-animal-rights>

Kudos to the organizers, vendors, and participants for a truly Earth Friendly event!

M 4/24/23

Opinion: How are San Diegan's reducing their carbon footprints on Earth Day 2023?

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2023-04-22/opinion-how-are-san-diegans-reducing-their-carbon-footprints-on-earth-day-2023>

Personal action, on a cumulative basis, can have a tremendous impact. The number one way to reduce one's carbon footprint, more than getting solar panels, recycling, or driving an electric vehicle, is to switch to a plant-based diet. Depending on the study cited, animal agriculture is responsible for 14-51% of greenhouse gas emissions. One example: A McDonald's hamburger beef patty is responsible for 2.11kg of CO2, more than 17 times more than a comparable plant-based patty at 0.12kg of CO2.

- Wyman E. Hack reply: This recent study out of Stanford and UC Berkeley finds that phasing out animal agriculture over the next 15 years will have about as much impact on global warming and concomitant climate change as other means of emissions reductions "necessary to limit global warming to 2 degrees Celsius above preindustrial levels, which scientists say is the minimum threshold required to avert disastrous climate change." <https://earth.stanford.edu/news/could-going-vegan-help-reduce-greenhouse-gas-emissions>

Most of the positive impact of phasing out animal agriculture comes from negative emissions by converting land use for livestock to the previous natural landscapes. "As the methane and nitrous oxide emissions from livestock diminish, atmospheric levels of those potent greenhouse gases will actually drop dramatically within decades," Brown said. "And the CO2 that was released into the atmosphere when forests and wild prairies were replaced by feed crops and grazing lands can be converted back into biomass as livestock are phased out and the forests and prairies recover." Note, from article: "While the complete phase out of animal-based agriculture was projected to have the largest impact, 90 percent of the emission reductions could be achieved by only replacing ruminants such as cattle and sheep, according to the model." Disclaimer, from article: "Brown is also the founder and CEO of Impossible Foods, a company developing alternatives to animals in food production. Eisen is an advisor to the company. Both Brown and Eisen stand to benefit financially from the reduction of animal agriculture." Brown and Eisen are co-authors of the study.

T 4/25/23

PETA adds to reward for information on dog abandoned, left to die in Escondido

<https://www.sandiegouniontribune.com/news/public-safety/story/2023-04-24/peta-adds-to-reward-for-information-on-dog-abandoned-left-to-die-in-escondido>

- SunnyMitei comment: PETA euthanizes a ton of animals unnecessarily. Especially in Virginia... "While most shelters strive for a 90% rehoming rate, PETA is apparently proud of their 99% killing rate and callously boasts that the animals it rescues are 'better off dead.'"
- Me: Unlike selective-admission shelters (often misleadingly referred to as "no-kill" shelters), PETA operates what could be called a "shelter of last resort"—a safe place where no animal is turned away, ever. When impoverished families can't afford to pay a veterinarian to provide incurable, untreatable, elderly, or sick animals with an end to their suffering, PETA will help. When an aggressive, unsocialized dog has been left to starve on a chain, with a collar grown into his neck and his body racked with mange, we will prevent him from dying slowly and miserably in someone's backyard. As Virginia officials speaking about our shelter acknowledged to USA Today, "PETA will basically take anything that comes through the door, and other shelters won't do that."

<https://www.peta.org/features/peta-kills-animals-truth/>

- SunnyMitei: Consider the source.

- Me: A few years ago, my wife and I visited PETA headquarters in Norfolk VA. We were impressed that nearly every employee had a rescued & adopted dog or cat near their desk or wandering around the spacious 4-story office. These people truly care for animals, and not just pets, as they are also dedicated vegans who eat no animal products whatsoever.

Sa 5/6/23

Lentils are just waiting for their 'hummus moment'

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2023-05-03/lentils-are-just-waiting-for-their-hummus-moment>

As a vegan traveling through India years ago, I grew infatuated with a dish called 'dal.' I had no idea what it was other than plant-based. But upon visiting a supermarket, to my surprise, dal turned out to be lentils, which came in a variety of rainbow colors. Since then, I've used lentils + grains as the base for making veggie burgers as well as veggie meatloaf, which friends swear tastes like the real thing.

M 5/8/23

Column: Mage win in Kentucky Derby fails to erase week's uncomfortable truths

<https://www.sandiegouniontribune.com/sports/sports-columnists/story/2023-05-06/kentucky-derby-horse-deaths-scratches-suspension-mage>

Despite the pomp and pageantry surrounding it, horse racing is as brutal and ugly as bullfighting. Per <https://horseracingwrongs.com>, about 2000 horses die each year on U.S. racetracks, which does not include international deaths. In December 2019, HorseRace Insider editor Mark Berner renounced his beloved sport: "The horseracing industry runs on a pack of lies, a bunch of swindles, hidden information, and many corrupt and illegal activities for the love of money, not for love of the horse. The game is rigged at every level, with rampant cheating its finest art form. I am done supporting a sport that kills its stars." According to government records from 2001 to 2020, the United States sent 1,620,192 of its horses to Mexico and Canada for slaughter for human consumption.

W 5/10/23

Kids can play animal rescue in new attraction opening soon at SeaWorld

<https://www.sandiegouniontribune.com/business/story/2023-05-10/kids-can-play-animal-rescue-in-new-attraction-opening-soon-at-seaworld>

Highlighting rescue work seems like a move in the right direction. However, it may be corporate greenwashing (bluewashing?) to rehabilitate SeaWorld's reputation for capturing/breeding/displaying animals for life. The latest figures I could find were from a 2014 article: "SeaWorld's contributions to animal rescue and rehab only amount to .0006 percent of its profits. ZOW. Plus, some of that TEENY amount is actually spent to buy "rescued" animals that get used in SeaWorld shows, so it's even less altruistic. Furthermore, if SeaWorld didn't exist, plenty of other organizations — ones that actually care about marine life — would continue to rescue and rehabilitate orcas and dolphins." <https://grist.org/living/seaworld-only-spends-0-0006-percent-of-revenue-on-animal-rescue-and-rehabilitation/>

Sa 5/27/23

11 of the best San Diego bakeries and restaurants for vegan desserts

<https://www.sandiegouniontribune.com/guides/list/san-diego-vegan-desserts-bakeries-guide>

Via email to reporter: Hi Maura. I enjoyed your article, dated March 20, 2023, that I saw for the first time in today's San Diego Union Tribune. Each of the all-vegan businesses you included are listed in the VeganDiego directory, which I maintain at www.vegandiego.com. When you wrote that "All menu items at Elixir De La Lune are vegan..." I was eager to include them in the next directory update. But curiously, you tagged them as "Vegetarian" instead of vegan. So, I checked out their menu at <https://www.elixirdelalune.com/menu>, which they describe as "plant-based," and found several items that included honey, which as an animal product is by definition not vegan. I sent them a message suggesting they replace the honey with apple honey or an alternate sweetener so I can feature them in the directory. Kudos for being and staying vegan your entire life!

T 6/6/23

Want to improve your mental health? Eat your greens.

<https://www.sandiegouniontribune.com/news/health/story/2023-06-06/want-to-improve-your-mental-health-eat-your-greens>

In addition to the beneficial biological effects on their happiness, plant-based eaters reap the psychological rewards of dramatically reducing their environmental footprints while not contributing to the suffering and death of innocent farm animals.

W 6/7/23

San Diego County Fair returns Wednesday with outdoor theme and cash-free rules

<https://www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 145 of 156

https://www.sandiegouniontribune.com/entertainment/story/2023-06-06/san-diego-county-fair-returns-wednesday-with-outdoor-theme-and-cash-free-rules?utm_id=100254&sfmc_id=1636329

So sad to see 4H kids loving and caring for innocent animals destined for a life of exploitation, suffering, and eventual slaughter.

Sa 6/10/23

The best things to do this weekend in San Diego: June 8-11

<https://www.sandiegouniontribune.com/guides/story/2023-06-07/the-best-things-to-do-this-weekend-in-san-diego-june-8-11>

Thursday's Juxtaposition

* Blue Water Film Festival: World Oceans Day with sea- and water-related films, presumably dedicated to preserving sea life.

* Night Fishing at Santee Lakes: Dedicated to torturing (catch-and-release) and/or killing (for their flesh) sentient creatures who don't want to be food on a plate. Not the clean "family fun" it's cracked up to be.

Sa 6/17/23

A decade after outcry, SeaWorld launches orca-free park in UAE, its first venture outside the US

<https://www.sandiegouniontribune.com/business/nation/story/2023-06-15/a-decade-after-outcry-seaworld-launches-orca-free-park-in-uae-its-first-venture-outside-the-us>

I couldn't have said it better: "I wish they would focus more of their energy, expertise, and finances on taking a lead role in moving global policy and helping animals in the wild, rather than figuring out ways to keep them alive in captivity." John Jett, former orca trainer, SeaWorld Orlando.

Su 6/25/23

Biden spreads federal climate funds amid worsening signs of global warming

<https://www.sandiegouniontribune.com/columnists/story/2023-06-25/michael-smolens-biden-spreads-federal-climate-funds-amid-worsening-signs-of-global-warming>

Kudos to the bipartisanship that led to historic funding to tackle climate change! Of course, we as individuals need not wait for government action or large-scale mitigation measures to reduce global warming. A simple switch to plant-based eating, starting with one's very next meal, can have a substantial impact on the environment while enhancing personal health and eliminating the suffering and slaughter of sentient animals solely to satisfy taste buds or tradition. In fact, phasing out animal agriculture represents "our best and most immediate chance to reverse the trajectory of climate change," according to a February 2022 model developed by scientists from Stanford and the University of California, Berkeley.

- fonsipedrin reply: I'm largely a vegetarian now, but Mikey can be counted on to post the exact same paragraph every now and then. It's too bad meat is so darn tasty. The last sentence is very questionable, because it's one of those "experts/scientists say" things.

- Me: Hi fonsipedrin. Glad you've become vegetarian despite your missing meat. Prior to going vegan 26 years ago, I had to have meat with every meal to feel full (with the exception of cow's milk and cereal for breakfast). But once I learned I didn't need animal products to be healthy, I could no longer justify sentient creatures suffering and dying solely for my eating pleasure. Meat no longer appealed to me as I saw it as a rotting corpse that lingered in my intestine for days. However, when I crave a similar taste and texture, I indulge in a plant-based alternative, but only as a treat as many are quite processed, and I prefer whole foods. I'm so appreciative all those years ago that a newly-vegetarian friend took the time to share with me why he changed his diet. Also that a number of organizations had posted relevant information on the internet so I could learn how to make the transition in a healthy and sustainable way. My mission is to "pay it forward" to anyone who is open to new ideas. I apologize that you're exposed to my repeated messages—it seems that it's always the same people who inhabit the Comments section. Regarding me posting "the exact same paragraph," it's true my general message is consistent and there is some repetition, but it's never exactly the same. I try to tailor my comments to each article, and I keep a record of my postings. 😊

Best, Mike

- fonsipedrin: I do realize that your posts are not EXACTLY the same, but they resemble each other greatly, like fraternal twins. I do take liberties, at times, with creative writing flourishes. It's entertaining word play.

Su 7/16/23

Michael Smolens: Poll says San Diegans less concerned about extreme weather than rest of state

<https://www.sandiegouniontribune.com/columnists/story/2023-07-16/michael-smolens-poll-says-san-diegans-slightly-less-concerned-about-extreme-weather-than-rest-of-state>

Regardless of political persuasion or confidence in government action, an easy way to reduce one's carbon footprint is to transition to a plant-based, ideally vegan, diet. The benefits to the environment, personal health, and animal welfare are profound. For a rare conservative view on this issue, see "Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy" by Matthew Scully, former literary editor of the National Review and speechwriter for George W. Bush, Dick Cheney, Mike Pence, & Bob Dole among others. <https://www.amazon.com/Dominion-Power-Suffering-Animals-Mercy/dp/0312319738>

* Wyman E. Hack reply: Reducing or eliminating red meat in one's diet is a step in the right direction but it has a much smaller impact on reducing one's carbon footprint than buying an EV or getting rooftop solar panels installed.

* Me: Instead of either/or, why not both or all? There are varying statistics about which is better, but per a 2022 study by the Boston Consulting Group entitled "The Untapped Climate Opportunity in Alternative Proteins," each dollar investment in improving and scaling up the production of alternatives to meat and dairy resulted in seven times more emissions reductions compared to green buildings and 11 times more than zero-emission cars. <https://www.bcg.com/publications/2022/combating-climate-crisis-with-alternative-protein> But I'd counter that plant-based meats are typically highly-processed and loaded with salt and fat. So while they may match or replace meat cravings and serve as occasional treats, a healthier alternative would be deliciously-seasoned whole foods like beans, leafy greens, grains, and nuts.

Sa 7/22/23

What's up with all those billboards asking San Diegans to 'Eat Differently'?

<https://www.sandiegouniontribune.com/local/story/2023-07-22/san-diego-testing-ground-eat-differently-billboard-campaign>

Yay to "Eat Differently!" Healthwise, per the Academy of Nutrition and Dietetics, appropriately planned vegan diets are healthful and nutritionally adequate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. People who adopt a vegan diet can reduce their risk of diabetes by 62%, prostate cancer by 35%, heart disease by 29%, and other forms of cancer by 18%. Ethically, why hurt an animal if you don't have to? Most self-described "animal lovers" limit their love to dogs or cats while chowing down on equally-sentient creatures with personalities and emotions who don't want to be food on a plate. Most vegetarians don't realize that the egg and dairy industries are crueller than the meat industry: Egg-bearing chickens and milk-giving cows are confined and suffer for several years until their production wanes, then they are killed for meat anyway. Cows don't give milk because they are cows—they give milk because they are mothers. To continue producing milk, they must be impregnated yearly, and tragically, their calves are taken away within 24 hours so farmers can profit and humans can consume the milk. Environmentally, each dollar invested in improving and scaling up the production of alternatives to meat and dairy resulted in seven times more emissions reductions compared to green buildings and 11 times more than zero-emission cars. Vegans have the smallest carbon footprint, generating a 41.7 percent smaller volume of greenhouse gasses than meat-eaters and a 13.9 percent smaller volume than vegetarians.

- StefonPearson reply: Humans need to eat meat to be healthy! Incontrovertible fact. Can many people benefit from adding more vegetables to their diet? Absolutely! But switching to a vegan diet will fairly quickly lead to worse outcomes. "The human body, and its most energy-hungry organ, the brain, evolved a diet of mostly meat for nearly two million years. So it's no wonder that meat provides an abundance of essential vitamins and nutrients. Though plants also offer various nutrients, meat provides these nutrients in the forms that our bodies absorb and utilize the best—a concept called bioavailability. Among these bioavailable compounds, there are nutrients only found in meat." 10 Powerful Nutrients Found Only in Meat - Dr. Robert Kiltz (doctorkiltz.com)

- Me: Hi Stefon. The claims of Dr. Kiltz, a fertility doctor, not a nutritionist, appear to be anecdotal at best. Primitive cultures in the past (verified by archeological evidence) and even today get the bulk of their nutrition from plants, which don't run away like fleeing animals--even lions have only a 25% kill rate.

Per Healthline: "No controlled studies support claims that the carnivore diet can help eliminate health issues. It lacks beneficial nutrients, including fiber and plant compounds like antioxidants. It may be unsafe for some people. It's claimed to aid weight loss, mood issues, and blood sugar regulation, among other health issues. However, the diet is extremely restrictive and likely unhealthy in the long term. Plus, no research backs its purported benefits." <https://www.healthline.com/nutrition/carnivore-diet>

- Stefon: Nice try! There are dozens of references to the nutrients that are only found in meat. Vitamin B12 being the one that causes the quickest and most severe symptoms. It is well documented that there is no plant source of B12. And no one said that a carnivore diet is best. Humans are omnivores. A diet of meat and vegetables and fruits is optimal. Off to have my plant-based snack of Cheetos and Coke.

- Me: You make a good point! It's true that vegans, as well as many omnivores, require tiny amounts of supplemental B12 (in fortified foods or pill form), which is produced not by animals but by bacteria in the soil they ingest. Humans used to also get it from soil on the food they ate. Ironically, the relatively clean food fed to modern livestock must also be supplemented with B12. Other vital nutrients obtainable from non-meat sources include vitamin D from sun exposure (balanced by the risk of skin cancer) and/or plant-derived supplements, and omega-3, which exists naturally in some foods, like walnuts. Most people are unaware that the omega-3 in fish is produced by the microalgae they eat. A cleaner source, without all the toxins and pollutants in fish flesh, are microalgae capsules created under sterile lab conditions. The truth is, in the industrialized world, humans have absolutely no biological need for meat or animal product of any kind.

Su 7/23/23

Sick of hearing about record heat? Scientists say those numbers paint the story of a warming world

<https://www.sandiegouniontribune.com/news/california/story/2023-07-22/sick-of-hearing-about-record-heat-scientists-say-those-numbers-paint-the-story-of-a-warming-world>

It seems one can find a study to support any position. Per NOAA statistics reported by FoxWeather, in the United States over the last 30 years, heat killed far more Americans on average than flooding, tornadoes, hurricanes, lightning, or cold. In fact, cold was the lowest cause of mortality. <https://www.foxweather.com/extreme-weather/heat-deadliest-weather-united-states>. Regardless, the scientific consensus is that industrialization has led to more weather extremes. Rather than wait and hope for governments to take action, caring individuals can dramatically lower their carbon footprint with their very next meal by switching to a plant-based diet. Vegans have the smallest carbon footprint, generating a 41.7 percent smaller volume of greenhouse gasses than meat-eaters and a 13.9 percent smaller volume than vegetarians.

Su 7/23/23

CLIMATE GLIMPSE: Here's what you need to see and know today

<https://www.sandiegouniontribune.com/news/nation-world/story/2023-07-23/climate-glimpse-heres-what-you-need-to-see-and-know-today>

Hooray for the Inflation Reduction Act boosting America's transition to renewable energy! In addition to installing solar panels (or selecting 100% renewable options from one's energy provider) and/or purchasing an electric vehicle, concerned individuals can dramatically lower their carbon footprint by transitioning to a plant-based diet. In fact, vegans have the smallest carbon footprint, generating a 41.7 percent smaller volume of greenhouse gasses than meat-eaters and a 13.9 percent smaller volume than vegetarians.

T 7/25/23

A sweet paradox: Sugar feeds cancer, yet all cells need it for fuel

<https://www.sandiegouniontribune.com/news/health/story/2023-07-25/a-sweet-paradox-sugar-feeds-cancer-yet-all-cells-need-it-for-fuel>

Date sugar, which consists solely of dried, ground-up dates, provides sweetness wrapped in the benefits of a whole plant-based food: antioxidants, fiber, minerals. However, as it doesn't dissolve, it's best used by sprinkling on food or in baked goods. For liquid applications, maple syrup has more antioxidants and minerals than refined table sugar.

T 8/8/23

Beyond Meat revenue plummets in the second quarter due to flagging US demand

<https://www.sandiegouniontribune.com/news/california/story/2023-08-07/beyond-meat-revenue-plummets-in-the-second-quarter-due-to-flagging-us-demand>

With the vegan population being a small percentage of society, undoubtedly the majority of Beyond Meat's customers are omnivorous. To stay in business, they must offer full-flavor equivalents to the high fat and salt of mainstream meat products. But even allowing for near or identical calorie, sodium, and saturated fat counts, an animal burger is decidedly less healthy than a plant burger, as well as magnitudes more resource intensive and cruel. Animal burgers have zero fiber, high cholesterol, and potentially diseased flesh, fecal matter, and antibiotics. In sharp contrast, veggie burgers have loads of fiber, zero cholesterol, and are potentially full of beneficial phytochemicals.

F 8/11/23

Rabbits and guinea pigs and hamsters, oh my! Straining under record numbers of animals, San Diego Humane Society sends hundreds to Arizona

<https://www.sandiegouniontribune.com/local/story/2023-08-11/san-diego-humane-society-moves-300-animals-to-arizona-partner-amid-record-number-of-animals-in-care>

A primary cause of shelter overpopulation is the breeding and selling of pets. As the saying goes: "Adopt, don't shop." And don't adopt unless you're ready to commit to lifelong care.

Sa 8/12/23

'Reimagining' of elephant exhibit under way at San Diego Zoo Safari Park

<https://www.sandiegouniontribune.com/news/environment/story/2023-08-10/reimagining-of-elephant-exhibit-underway-at-san-diego-zoo-safari-park>

While the elephants at the Safari Park have more room than most captive elephants, including those pacing their enclosures at the San Diego Zoo, in the wild, elephants walk as far as 35 miles per day. Furthermore, wild elephants live three times as long on average, surviving to a median age of 56 years compared with 17 years for elephants living in captivity. <https://www.awf.org/news/elephants-live-longer-wild-study-shows>

T 8/15/23

Young environmental activists prevail in first-of-its-kind climate change trial in Montana

<https://www.sandiegouniontribune.com/news/nation-world/story/2023-08-14/judge-sides-with-young-activists-in-first-of-its-kind-climate-change-trial-in-montana>

Climate wise, one thing the younger generation has going for it is its members are more likely to embrace plant-based eating than older generations. Vegans in particular have the smallest carbon footprint, generating a 41.7 percent smaller volume of greenhouse gasses than meat-eaters and 13.9 percent less than vegetarians.

T 8/15/23

Young environmentalists won a landmark climate change ruling in Montana. Will it change anything?

<https://www.sandiegouniontribune.com/news/nation-world/story/2023-08-15/young-environmentalists-won-a-landmark-climate-change-ruling-in-montana-will-it-change-anything>

Putting governments and industry on notice to consider the climate change impacts of their decisions is a step in the right direction. But in addition, these young activists can dramatically lower their personal carbon footprints with their very next meal by switching to a plant-based diet. Depending on the study cited, animal agriculture is responsible for 14-51% of greenhouse gas emissions.

M 8/21/23

New approaches needed to resolve climate change debate

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 148 of 156

<https://www.sandiegouniontribune.com/a-path-forward/story/2023-08-20/new-approaches-needed-to-resolve-climate-change-debate>

If indeed "It's just like baseball, where base hits (and not home runs) win games," each person can make a "base hit" by switching to a plant-based diet, dramatically lowering their individual carbon footprint. No need to hope and wait for the "home run" of government/industry action, although those are important as well.

Sa 8/26/23

Bob Barker, dapper 'Price Is Right' and 'Truth or Consequences' host and animal advocate, dies at 99

<https://www.sandiegouniontribune.com/entertainment/national/story/2023-08-26/publicist-says-popular-game-show-host-bob-barker-has-died>

Shortly after it opened in 2010, my wife and I had the pleasure of visiting The Bob Barker Building, PETA's L.A. headquarters. He was a true friend of animals.

Sa 8/26/23

Opinion: Vegan billboard campaign around San Diego is good for animal cruelty awareness

<https://www.sandiegouniontribune.com/opinion/letters-to-the-editor/story/2023-08-25/opinion-vegan-billboard-campaign-san-diego-animal-cruelty-eat-differently>

- Ella Xiong's Letter to the Editor: Re "What's up with all those billboards asking San Diegans to 'Eat Differently?'" (July 22): I am happy to see a unique campaign challenging the status quo of animal welfare. San Diego holds a high standard of animal welfare but only for pets; I have had visits from the San Diego Humane Society for leaving my puppy on the patio whining for a few minutes, yet the officer kept quiet when I asked if the society patrolled animal factories for animal abuse. The torture that happens in slaughterhouses is overwhelming; those animals experience agonizing emotions way beyond that of a puppy in distress. Animal cruelty needs to be addressed for all animals.

I'm glad the campaign came to San Diego so more people will be aware. And for those who are unreceptive, I ask this: If you don't care about animals, care about preventing cancer, heart disease and zoonotic diseases. Vegan is better for you, animals and the planet.

- Me: Bravo to Ella Xiong for expressing a contrary opinion to society's normalization of animal cruelty. Whether it serves taste buds (meat, egg, dairy, fish...), fashion (leather, wool, silk...), or entertainment (horse races, cockfights, and formerly circuses), the blunt fact is that anyone who eats or uses animals and their products is guilty of animal abuse. They may not do the torturing and killing themselves, but they pay others to do it by creating demand for those products. Vegetarians aren't off the hook either, as egg and dairy industries are magnitudes crueller than meat industries. Layer chickens and dairy cows suffer for years until their productivity wanes, then they are killed for meat anyway. Bottom line: Vegans have ethics, omnivores have excuses.

- JohnEldon reply: I take a more moderate, fully-defensible view that all life involves compromises and tradeoffs. I gave up red meat as an undergrad and never looked back, and cut out chicken and turkey about 10 years later. I gradually cut back on dairy, but still include small amounts of yogurt and eggs in my diet, as well as a serving or two of fish per month. This makes me mostly vegan, but somewhat vegetarian and pescatarian. If Mike's animal cruelty arguments do not convince you to cut back on consumption of animal foods, there are compelling environmental and personal health arguments in favor of replacing the Standard American Diet (SAD) with a vegan or mostly-vegan diet. As one of my doctor friends often says, "More people are killed by cows than by any other animal." Worried about circulatory diseases? Cut back on dairy fat and meat -- your body will thank you. In the words of Bart Simpson, "Don't have a cow, man!" The dietary arguments against a purely vegan diet can be addressed through vitamin B-12 supplements and a rudimentary knowledge of protein complementarity. Closing thought: whether you are vegan, vegetarian, pescatarian, or omnivorous, cutting way back on refined sugar and flour will improve your health greatly.

- Me: Hi John. I applaud anyone who moves towards plant-based eating for any reason, as fewer animals suffer and die. And your health arguments are compelling. Per the Academy of Nutrition and Dietetics, well-planned vegan diets are healthful, nutritionally adequate, and appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and athletes. But I'd push back a little on the ethics of your "more moderate, fully-defensible" viewpoint. As the saying goes "Moderation in Everything," but most people wouldn't endorse being "moderately" cruel. Nature can indeed be cruel, but humans have something that animals don't: a choice. Making a few substitutions in your statement above demonstrates its ethical indefensibility in a society that irrationally values dogs, cats, and cute animals over other species: "[I] still include small amounts of dog yogurt and robin eggs in my diet, as well as a serving or two of cat per month."

- blakesley comment: The anthropological fact is that our Homo Sapiens ancestors evolved as omnivores. Animal protein was always an important source. Today vegans have the grocery store luxury of abstaining from meat or fish protein. But to assert or imply that eating animal protein is some form of cruelty is absurd.

- Me: Hi blakesley. I agree that humans evolved as omnivores. I happily ate meat, egg, and dairy for decades—a meal without them didn't feel complete. The transition came when I learned that I didn't need animal products to be healthy, in fact the opposite was true. I could actually be healthier eating only plant products with a few inexpensive supplements like vitamins B12 and D. Unlike primitive or non-industrialized humans, or other meat-eating animals, I had a choice. Most people agree that "killing for pleasure is wrong," and I could no longer justify animals suffering and dying solely for my culinary pleasure.

- blakesley reply: No one is killing animals for pleasure. It required dangerous and skillful hunting skills from our ancestors to survive and evolve. Today our agricultural corporations humanely kill animals to obtain sources of protein that we, as Homo Sapiens, still require for our daily diets. If you do not understand nutritional science, please step to the forum sidelines. In any case, you are very fortunate in America to afford a "vegan" corporate diet.

- Me: Regarding humane killing, slaughterhouse methods are brutal, not at all like gently euthanizing a pet who is terminally ill. Regarding nutritional science, per the Academy of Nutrition and Dietetics, well-planned vegan diets are healthful, nutritionally adequate, and appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and athletes.

Regarding affordability, plant-based substitutes can be more expensive than their animal-based counterparts, which are heavily subsidized by the government. But a simple, whole food diet of vegetables, grains, nuts, seeds, and legumes, especially when purchased in bulk and home-cooked, can be dramatically cheaper than the highly-processed foods that comprise much of the standard American diet.

- Another blakesley comment: Vegan activists share the same irrationality as activist PETA pet owners. All seem to have forgotten along life's cruel way that human beings are more important than food animals or luxury pet animals? Only the wealthy can espouse these extreme views. We have people in my neighborhood dumpster diving for left over expensive restaurant waste.

- Me: Speciesism is essentially racism towards other species. Humans are naturally speciesists, including me. If given only one choice, I would save a human baby over a puppy. But every animal has its own life, personality, and will to survive. They are not ours to use or abuse. Regarding wealth and extreme views, vegan activists run the gamut from minimum-wage workers to millionaires.

- Another blakesley comment: I would urge those wealthy folks who have paid for vegan billboards instead to donate their charity to our San Diego homeless who desperately need food and protein - whether vegan or not. Pure selfish hypocrisy among these vegan activists.

- Me: Kudos for your concern for homeless persons who experience hunger. In reality, most vegans extend their extraordinary compassion for animals to human animals as well. For those who want to help the homeless, I recommend donations be made to San Diego's Alpha Project or similar agencies.

- cnelson_madison comment: Why is it vegan's have to be so sanctimonious, holier than thou and obnoxious? (well , 99% of them) . They make a Southern Baptist preacher look like a wallflower. Do what ever you want , just keep it to yourself.

By the way , what are your shoes, belt & purse made out of ? Asking for an (animal) friend

- Me: Yes, being subjected to anyone pushing their beliefs on you is annoying. Clearly, the vast majority of people resist veganism. But more and more people are open to learning about it. My goal is to "convert the convertible" by paying forward the information that transformed me from an ardent omnivore to a dedicated vegan. It's true some new vegans continue to wear their nonvegan shoes, belts, and purses until they wear out, as it involves no new animal suffering. I chose to donate or give mine away.

- Steve Swynn comment: I have toured a major chicken slaughterhouse and can tell you they are killed in a quick, humane and cost effective way. No, they don't put them to sleep for \$1,000.00 a shot.

- Me: Hi Steve. Not sure what you witnessed, but this is a common description of the slaughter process: "Live-shackle slaughter involves hanging chickens upside down and clamping their legs into stirrups, which often results in broken bones. Using a conveyor belt, the chickens are plunged into a tub of electrified water designed to knock them out. However, many birds remain conscious as they are moved along to subsequent stages of the slaughter. After they are electrified, the chickens' throats are slit and their bodies are cast into a scalding bath designed to remove their feathers. Many are boiled alive." The true definition of "humane": Would you want it done to yourself or a loved one? In any case, it's anything but humane to kill a young, healthy animal when humans have absolutely no biological need to eat animals. Years before I became vegan, my uncle in Wisconsin invited me to visit his boutique slaughterhouse on "kill" day to witness how they processed cows and pigs. With the blood and screaming, it was like Dante's Inferno. But I looked at it as a necessary evil because I believed the industry/government/medical establishment propaganda that we needed to eat animal products to be healthy. The hour I learned the opposite was true, I became vegan.

- mhaider comment: I believe vegans are responsible for a large share of the alleged climate change. After all, they are eating the very thing that removes CO2 from the atmosphere.

- Me: I can't tell if you're serious or joking, but 80-90% of crops are fed to animals, particularly cattle, which in turn emit loads of methane, which is 25 times more potent than CO2. In fact, vegans generate a 41.7 percent smaller volume of greenhouse gasses than meat-eaters and 13.9 percent less than vegetarians.

- mhaider reply: You really need to get off the methane comparison. CH4 in the atmosphere measures at 1.8 ppm or, 0.00018% of greenhouse gases, CO2 in the atmosphere measures at 411ppm or 0.04% of green house gases, while water vapor makes up 36-85% of Green house gasses or roughly 600,000 ppm. To give you a visual representation of green house gasses, I give you this, Let's use 2500 white ping pong balls to represent all green house gasses. To represent CO2, remove one white ping pong ball and add in one red one. To represent CH4 toss in one BB. That is the representation of the green house gasses in our atmosphere. Water vapor is by FAR the most prevalent green house gas, but it can't be controlled, so let's go after those pesky amounts of CO2 and CH4. I hope this helps.

[Regarding] "vegans generate a 41.7 percent smaller volume of greenhouse gasses than meat-eaters and 13.9 percent less than vegetarians." The only way this happens is if vegans/vegetarians fart less and breath less.

- Me: As a retired teacher, I appreciate your vivid ping pong ball visualization. Unfortunately, the scientific consensus is that those relatively tiny but increasing amounts of CO2 and methane are the problem. Regarding your last comment on vegan farts and breaths, I once again can't tell if you're serious or joking. But I should have included that the vegan-vegetarian-meat-eater percentages are based on total carbon footprint, not individual emissions. 😊

M 9/4/23

Four ways to make grilling greener — and better for your health

<https://www.sandiegouniontribune.com/lifestyle/home-and-garden/story/2023-09-02/four-ways-to-make-grilling-greener-and-better-for-your-health>

If health is the goal, cooking over high heat and smoke forms carcinogenic compounds called Advanced Glycation End products (AGE) and Heterocyclic Amines (HCA). Animal foods that are high in fat and protein are generally AGE/HCA rich. In contrast, carbohydrate-rich foods such as vegetables, fruits, and whole grains contain relatively little AGE/HCA, even after cooking. High levels of these compounds are linked to inflammation, oxidative stress, Alzheimer's, diabetes, heart disease, and renal failure.

T 9/26/23

Becoming 'sort of' vegan could change the world

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 150 of 156

<https://www.sandiegouniontribune.com/news/health/story/2023-09-26/becoming-sort-of-vegan-could-change-the-world>

Any movement towards plant-based eating is a positive for one's health, animals, and the environment. However, if it weren't for social pressure and a fear of being different, I believe more people would embrace pure veganism. For anyone with any sense of compassion, it's much easier to eat a delicious plant-based substitute than to acknowledge that an innocent animal suffered and died solely for their culinary pleasure.

M 10/9/23

Opinion: Federal testing labs often kill animals. Taxpayers should be able to adopt them instead.

<https://www.sandiegouniontribune.com/opinion/commentary/story/2023-10-03/opinion-federal-testing-labs-animal-rights-pets-kill-taxpayer-adoption-violets-law>

Better yet, stop testing on animals in the first place. The Food and Drug Administration (FDA) has noted that 92 percent of all drugs that are shown to be safe and effective in animal tests fail in human trials because they don't work or are dangerous. And of the small percentage that are approved for human use, half are relabeled because of side effects that were not identified in animal tests. Human tissue- and cell-based research methods, cadavers, sophisticated high-fidelity human patient simulators and computational models are more reliable, more precise, less expensive, and more humane than animal experiments.

W 10/11/23

5 things you need to know about protein intake

<https://www.sandiegouniontribune.com/news/health/story/2023-10-10/5-things-to-know-about-protein-hint-youre-probably-getting-enough>

The self-serving meat, egg, and dairy industries have done an excellent job of misleading consumers that they need mass quantities of protein. But to my knowledge, no hospital has a "protein-deficiency" wing. Even the worst diet, assuming it contains adequate calories to support life, contains enough protein. It may come as shock to many, but human breast milk, which a baby consumes during its maximum growth phase, contains a mere 1% protein! The World Health Organization has determined that only 5% of calories need come from protein. Adults who think they need more than 10% have effectively been brainwashed by protein-promoting businesses and press. And as the article states, "...vegan athletes can easily meet protein needs on a plant-based diet." In fact, the largest and strongest land animals—elephants, hippos, gorillas—get all the protein they need solely from plants.

Sa 10/14/23

Hundreds of Humane Society pets ended up with men linked to a reptile breeder. Now animal advocates want accountability.

<https://www.sandiegouniontribune.com/local/story/2023-10-14/humane-society-pets-reptile-breeder-animal-advocates-want-accountability>

What may have happened to these innocent small animals is bad enough, but barely mentioned in the article was Petco Stadium, of all places, plans to host its first-ever rodeo in January! Granted, the Padres had a disappointing season, but surely there must be better ways to raise revenue and sell tickets that don't involve animal abuse. Rodeos torture normally docile farm animals with electric prods, straps, tie downs, and spurs. It's time for beautiful, enlightened San Diego to join other cities that have banned rodeos. After all, even circuses have seen the light on animal abuse and have transitioned to human-only performances.

M 10/23/23

County: Nine who tested positive for salmonella products consumed raw dairy products from Fresno farm

<https://www.sandiegouniontribune.com/news/health/story/2023-10-20/county-nine-who-tested-positive-for-salmonella-products-consumed-raw-dairy-products-from-fresno-farm>

Bacterial contamination (typically from animal or human feces) aside, milk is not a health food. Cow's milk, with 26% protein (% of solids), is designed to grow a baby calf into a 1000 lb steer in a year. Such rapid growth can lead to cancer in humans. In contrast, human breast milk, with just 7% protein solids, has all the protein an infant needs during its most rapid growth phase. Amazingly, humans are the only species that drinks milk after weaning and the only species that drinks the milk of other species. Dog milk, anyone? Ethically, dairy operations are huge consumers of water and inherently crueler than meat production. Dairy calves are taken from their distraught mothers within 24 hours so farmers can profit and humans can have the milk. Male calves are killed outright for veal, and female calves will be eventually impregnated (Surprise: cows must be pregnant to make milk!) to replace their moms who suffer for a few years until their production declines then are killed for meat anyway—no one gets out alive. Fortunately, delicious, nutritious plant-based milks (almond, oat, soy, pea, cashew...) are proliferating while traditional dairies are shutting down due to decreasing demand.

F 11/3/23

Plans for Petco Park rodeo draws animal rights complaints from local Democrats

<https://www.sandiegouniontribune.com/news/politics/story/2023-11-02/plans-for-petco-park-rodeo-draws-animal-rights-complaints-from-local-democrats>

I'm stunned that the City of San Diego has agreed to host (of all things in this day and age) a rodeo at Petco Park! Surely there must be other ways to raise revenue and sell tickets that don't involve animal abuse. Rodeos abuse normally docile farm animals with electric prods, straps, tie downs, and spurs. Promoters claim to care about animals, but would they treat human performers the same way? It's time for beautiful, enlightened San Diego to join the other cities that have banned rodeos. After all, even circuses have transitioned to human-only performances.

W 11/15/23

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 151 of 156

Le Bernardin chef explains how to poach fish like a pro

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2023-11-08/how-to-poach-fish-like-eric-riper>

Fish, no matter how it's prepared, is not a health food, especially for women planning on having children. Contaminants in fish flesh, like mercury, PCBs, and dioxins, can take decades to clear out of a one's system, which is why women who desire children are advised to avoid fish for FIVE(!) years before becoming pregnant to avoid passing on these contaminants to their children's brains.

M 11/20/23

Biden is spending his 81st birthday honoring White House tradition of pardoning Thanksgiving turkeys

<https://www.sandiegouniontribune.com/news/nation-world/story/2023-11-19/biden-is-spending-his-81st-birthday-honoring-white-house-tradition-of-pardoning-thanksgiving-turkeys>

These are the lucky two out of over 200 million! But why is it acceptable to eat turkeys but not dogs? Turkeys enjoy being snuggled and stroked just like companion animals. They will even purr as a sign of contentment. Ethics & compassion aside, turkey flesh, like all meat, has zero fiber but is laden with cholesterol and saturated fat. Most American turkeys are given antibiotics to reduce the risk of spreading salmonella, listeria, campylobacter, E. coli and other bacteria to humans. Yet drug-resistant strains of these bacteria are infecting people around the country. On a positive note, plant-based turkey alternatives have rapidly improved over the past few years. Why kill an animal, or have one killed, solely for your taste buds? Aren't we taught that killing for pleasure is wrong?

<https://sentientmedia.org/10-reasons-why-you-shouldnt-eat-turkey-this-thanksgiving/>

Su 12/3/23

Thousands of climate change activists hold boisterous protest march in Brussels with serious message

<https://www.sandiegouniontribune.com/news/nation-world/story/2023-12-03/thousands-of-climate-change-activists-hold-boisterous-protest-march-in-brussels-with-serious-message>

Marching to convince governments to reduce climate change can help. But political processes are slow. In the meantime, every individual can take action with their very next meal. Plant-based diets are magnitudes better for the environment (as well as health and animals) than their animal-based counterparts. Delicious vegan options exist for nearly every animal product. Why hurt animals, or pay someone else to do so, if you don't have to?

Wed 12/6/23

This equation could solve all your skimpy dinner salad problems

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2023-12-06/this-squash-salad-is-a-blueprint-for-a-full-meal-of-greens-and-more>

"You can omit the cheese to make the salad vegan." Good advice! About 80% of cow's milk protein is casein [KAA-seen], which is especially concentrated in cheese. When mice were fed 20% dairy protein, their cancer clusters skyrocketed. Not to mention the cruelty involved in removing newborn calves from their mothers so the milk can be appropriated to make cheese. (Cows don't make milk because they're cows but because they are mothers.) But if you crave cheese, dozens of commercial vegan cheeses are available, or you can make your own even healthier version from blended cashews and seasonings.

Fri 12/8/23

Summer's over but SeaWorld San Diego fireworks are returning. Here's how to watch the holiday shows

<https://www.sandiegouniontribune.com/business/story/2023-12-07/summers-over-but-seaworld-san-diego-fireworks-are-returning>

Up to 150 fireworks shows per year of smoke and noise that pollutes and disturbs neighbors, pets, and wildlife. Time to join the modern world with spectacular laser light and drone shows. The drone show at Ocean Beach last July 4 was fantastic and other worldly, the crowd was in awe. Can't wait to see more of the same!

Su 12/10/23

Michael Smolens: Good news on climate change is hard to find

<https://www.sandiegouniontribune.com/columnists/story/2023-12-10/michael-smolens-theres-little-upbeat-news-on-the-climate-change>

According to recent research from the University of Oxford, plant-based eaters account for 75 percent fewer greenhouse gas emissions than omnivores who eat more than 3.5 ounces of meat (the size of a deck of cards) a day.

Sa 12/16/23

At 51, Winston takes meds for his heart and creaky joints. But he's still gorilla troop boss at Safari Park.

<https://www.sandiegouniontribune.com/news/environment/story/2023-12-16/winston-geriatric-gorilla-safari-park-san-diego>

Two years of covid isolation was tough on many—and we were allowed to leave home at will. Imagine being confined to your house and yard since 1984 like Winston. Life-sentenced criminals can identify with long-term confinement, but zoo animals committed no crimes other than being born as animals. Some argue that zoo animals are ambassadors and increase appreciation among the general public for their respective species. True appreciation would result in these imprisoned animals being rehabilitated and released into their native environments. Those who can't survive in the wild should be cared for in sanctuaries, not confined and displayed for profit.

Su 12/17/23

Ferdinand, a beluga whale at SeaWorld San Diego, dies at about 53

<https://www.maxlearning.net/HEALth/VeganDiegoBlog.pdf> * Rev. April 22, 2024 * Page 152 of 156

<https://www.sandiegouniontribune.com/news/environment/story/2023-12-15/ferdinand-a-beluga-whale-at-seaworld-san-diego-dies-at-53>

According to Sea World, Ferdinand “had lived a very full life.” According to the World Wildlife Fund, belugas are “extremely sociable animals” that live in pods in the Arctic. Most humans chafed at 2 years of covid isolation, but they were able to leave home and socialize at will. Ferdinand was stolen from his pod and forced to live for decades in a relative bathtub compared to the open ocean. He certainly never volunteered to be an “ambassador” for his species.

- natureenerd reply: Saying that he lived a “full life” is like pissing on his grave. But what do you expect from SeaWorld?

M 12/18/23

Three orphaned mountain lion cubs find new home at Safari Park

<https://www.sandiegouniontribune.com/news/story/2023-12-15/three-orphaned-mountain-lion-cubs-find-new-home-at-safari-park>

If indeed these cubs can't be safely reintroduced into their native habitat (presumably because they don't have a mother to train them), kudos to the Safari Park for assuming their lifelong care. A further step in the right direction would be to rehab and release all the animals that can be safely reintroduced so they can live out their lives as nature intended. Too often, zoos acquire a variety of non-endangered species to fill out their “collection” for the gazing public and profits at great cost to the animals' natural instincts and wide-roaming behaviors.

Su 12/24/23

World Central Kitchen recipes: Feeding with culinary care

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2023-12-20/world-central-kitchen-recipes-feed-with-culinary-care>

Universal Meals makes it easy to offer delicious recipes that work for almost every type of diet, with recipes that are free of animal products, gluten-containing grains, nuts, alcohol, and other allergens to accommodate food preferences and common allergies. <https://www.pcrm.org/universalmeals>

Su 12/24/23

Pernil is holiday-friendly pork

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2023-12-20/pernil-is-holiday-friendly-pork>

"Pernil is a perfect dish." Not so for pigs (as intelligent as dogs with personalities to match) forced to suffer and die solely for human taste buds. And definitely not for health. Pork contains high amounts of saturated fat and omega-6 fatty acids that can cause fatty liver disease. Pork can carry parasites including the nodular worm, whipworm, lungworm, stomach worm, kidney worm, and roundworm. These parasites are difficult to kill even during cooking and can cause serious health issues.

T 12/26/23

A fast-food chain with a short menu and long lines is invading San Diego. It's not what you think.

<https://www.sandiegouniontribune.com/news/politics/story/2023-12-26/raising-canines-san-diego-expansion>

“Both chains also have reputations for serving quality food, which is somewhat unusual in the fast-food world.” If fried chicken is a “quality food” it's no wonder the American diet kills more people than cigarettes. Fried foods are a health nightmare as is, not to mention what's in the chicken. A certified, independent analytical testing laboratory in Chicago, Ill., testing for the presence of E. coli found that chicken products from every city and every grocery store chain tested positive for fecal contamination. Overall, 48 percent of chicken samples tested positive.

- JohnEldon reply: I can't think of any deep fat fried food that would qualify as a health food or quality food.

Thu Jan 11, 2024

Opinion: Padres-sponsored rodeo at Petco Park is pure animal cruelty. A boycott is in order.

<https://www.sandiegouniontribune.com/opinion/commentary/story/2024-01-09/opinion-padres-c5-rodeo-petco-park-animal-cruelty-boycott-san-diego>

The irony of a Park with Petco's name on it hosting a rodeo of all things is not lost on anyone who agrees that gratuitous exploitation of animals for profit is unethical. What an embarrassment to the City of San Diego for granting a permit for this event. Hopefully, with the pending lawsuit, it will be the last.

Thu Jan 11, 2024

A memorable rice-studded meatball gets vegan makeover

<https://www.sandiegouniontribune.com/lifestyle/food-and-cooking/story/2024-01-10/vegan-assyrian-meat-and-rice-balls-take-me-back-to-the-family-table>

Kudos for offering a vegan version of this dish! Nowadays, nearly all recipes can be veganized, retaining their traditional taste without harming animals.

Thu Jan 18, 2024

Rodeo at Petco Park prompts proposed citywide ban on such events

<https://www.sandiegouniontribune.com/news/politics/story/2024-01-18/petco-park-rodeo-prompted-proposed-citywide-ban-on-such-events?>

Applause to Kent Lee for proposing a rodeo ban! From what I've heard, the city council is unanimous or nearly unanimous in its support. It's disingenuous to suggest that rodeo cruelty is okay because other forms of cruelty (e.g., eating meat) are common. From the animals' viewpoint, none want to be abused for human entertainment or slaughtered for human taste buds.

- majumper reply: Stick to pine nuts.

- Me: Hi majumper. What are you trying to say?

- majumper: Just what I said. Do you eat animals?

- Me: You may not remember, but we've had this conversation before. I do not eat animals, in fact, I've been vegan for 27 years. For my first 44 years, I was an ardent meat, egg, and dairy consumer. But when I finally learned (contrary to industry/gov't propaganda) that I didn't need animal products to be healthy, I could no longer justify innocent animals suffering and dying solely for my dietary pleasure. Rather than feeling deprived, I've been on a culinary adventure that continues to this day. At 71 years of age, I'm full of energy, require no medicines, and continue to climb mountains.

- majumper: Good on you. Glad you are healthy.

- Me: Thanks, that's kind of you to say!

- cd2400 reply: "From the animals viewpoint..." Oh. My. Goodness. Dr. Doolittle has spoken.

- Me: In one sense, you're right, cd2400. No one can directly know what an animal is thinking. But all it takes is simple observation to confirm that animals strive to escape pain & injury. As examples, insects avoid being swatted, kicked dogs yelp, and broncos & bulls keep bucking until the painful flank strap is released.

Sa 1/27/24

Avian flu is devastating farms in California's 'Egg Basket' as outbreaks roil poultry industry

<https://www.sandiegouniontribune.com/news/california/story/2024-01-26/avian-flu-is-devastating-farms-in-californias-egg-basket-as-outbreaks-roil-poultry-industry>

What a waste of birds and resources for a non-essential food item! Healthwise, a study in the journal Atherosclerosis found that just three eggs or more a week was associated with a significant increase in plaque buildup in carotid arteries going to people's brains—a strong predictor of stroke, heart attack, and death. Ethically, male layer chicks, which don't lay eggs and aren't bred to grow fast enough for meat, are ground up alive or suffocated in plastic trash bags at birth. Their female counterparts have their beaks seared off so they won't peck each other to death when confined and condemned to a few years of enforced egg laying...until productivity wanes and they have their throats slit for pot pies and pet food. No one gets out alive!

Su 1/28/24

Bullfighting set to return to Mexico City amid legal battle between fans and animal rights defenders

<https://www.sandiegouniontribune.com/news/nation-world/story/2024-01-28/bullfighting-set-to-return-to-mexico-city-amid-legal-battle-between-fans-and-animal-rights-defenders>

Culture, entertainment, and economics are no excuse for animal abuse.

Th 2/1/24

SDUT: Comments on our website

<https://www.sandiegouniontribune.com/local/story/2024-01-31/comments-on-our-website>

San Diego Union Tribune discontinued their Comments feature.

Th 2/1/24

Return of bullfighting met by protests in Mexico City

https://www.threads.net/@cnn/post/C2scoL_vlEq

Neither culture, entertainment, or economics are excuses for animal abuse.

T 2/13/24

Pigs are one of the top ten smartest animals on earth

<https://www.threads.net/@animaljusticeproject/post/C3R8Kw5q2Z>

Agreed! Every animal species has its own forms of communication, social structure, and will to live and avoid pain. Philosopher Jeremy Bentham wrote in 1789, "The question is not Can they reason? nor Can they talk? but Can they suffer?" As millions of healthy, vibrant vegans demonstrate, humans have absolutely no biological need to eat animal products of any kind.

Th 2/22/24

A New Campaign to End SeaWorld's Fireworks

<https://obrag.org/2024/02/a-new-campaign-to-end-seaworlds-fireworks/comment-page-1/?unapproved=491273&moderation-hash=db149b9f5e1046c5e0cd91b95e5cbb6d#comment-491273>

As Ocean Beach demonstrated last 4th of July, drone shows are the future! The same old fireworks are boring in comparison. The highlight for me was a surfer shooting a blue tube of light with "Surfin' USA" playing on the awestruck crowd's phones in the background. With lighted drones, anything is possible. Instead of wasting money on fireworks, maybe SeaWorld could generate some of that back rent by finding sponsors for drone shows, which could display the sponsors' logos with a "Brought to you by" message spelled out in light.

Th 2/29/24

Sarah Moulds: Ex-teacher filmed 'slapping and kicking' Bruce Almighty horse found not guilty of animal cruelty

<https://www.threads.net/@protectthewild/post/CwXsthvqUs6>

A lesson was learned, as the article ends with Mould's quote: "I certainly will never strike a horse, discipline a horse, in that manner because my life has been torn to pieces as a result of that four-second decision." We can only hope this also applies when she's not on camera.

Th 2/29/24

H.R. 5023 PLANT Act

<https://www.congress.gov/bill/118th-congress/house-bill/5023/text>

<https://www.padilla.senate.gov/contact/>

<https://www.butler.senate.gov/share-your-opinion/>

<https://scottpeters.house.gov/email-me>

Issue/Topic: Agriculture

Subject: Yes on H.R. 5023 PLANT Act

Message: Please support the PLANT Act (Peas Legumes And Nuts Today) Act introduced by U.S. Representative Jim McGovern of Massachusetts. **H.R. 5023:** To expand opportunity for agricultural producers, increase consumer choice in food markets, and enhance American international competitiveness by establishing new programs for food innovation, and for other purposes. This act would help to ensure that the USDA establishes an Office of Plant-Based Foods, which would increase incentives for farmers producing ingredients for plant-based foods, and implement a new plant-based protein research program.

T 3/5/24

Culture, Tradition Don't Justify Animal Cruelty

<https://voiceofsandiego.org/2024/03/05/culture-tradition-dont-justify-animal-cruelty/?fbclid=IwAR0l1ddpW3aKiVt4bNYRO-BqjKANLj5AGb2mGCqdP38srB25NU3hXSA8JCM>

The irony of a Park with Petco's name on it hosting a rodeo of all things is not lost on anyone who agrees that the gratuitous exploitation of animals for profit is unethical. What an embarrassment to the City of San Diego for granting a permit for this event. Hopefully, with Bryan Pease's pending lawsuit and/or Kent Lee's pending ordinance, it will be the last rodeo in San Diego.

W 3/20/24

Convert the Convertible

https://www.threads.net/@seitan_inside/post/C2Cd-yrO_Ch

It's discouraging that most people who learn the ethical, health, and environmental downsides of consuming animal products fail to embrace veganism. But as millions of former omnivores demonstrate, some people do change, so keep on sharing your vegan story. It helps to think our objective is to "Convert the Convertible," which I believe used to be the motto of the Vegan Outreach organization.

W 3/20/24

2025 Dietary Guidelines For Americans

<https://switch4good.org/dietary-guidelines-for-americans-2025/>

Switch For Good: In 2020, our supporters made up nearly 25% of all comments submitted by the public and we got soy milk to be included in the guidelines as nutritionally equivalent to cow's milk. This time our goal is to get dairy removed as a separate category.

- Me; (modified suggested comment): Remove dairy as its own category and integrate it into the protein category. Fluid milk consumption is declining, many cultures do not consume dairy, and most of the global population is lactose intolerant.

Sa 4/13/24

Human protein requirements

https://www.threads.net/@vegan_strongfit/post/C5tj1-yrgpn

Agreed! For example, human protein needs are vastly overstated. The breast milk a baby consumes during its most rapid growth phase contains less than 1% protein by volume and only 7% protein by total solids. The remaining solids are 35% fat, 56% carbs, and 2% minerals. The World Health Organization places protein needs at just 5%. Why so little? When our cells die, their amino-acid components are recycled into new proteins, so we don't need to eat much new protein.

Th 4/18/24

Veganism is a justice movement

https://twitter.com/herbivore_club/status/1781004904925929857

Exactly, why hurt an animal if you don't have to? Or more likely, pay someone else to do the dirty work...

Th 4/18/24

Slaughterhouses

<https://twitter.com/JustOneVegan/status/1778581680980123877>

The unpleasant truth is that grocery stores and restaurants are sanitized extensions of the slaughterhouse. To quote Ralph Waldo Emerson: "You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity."

M 4/22/24

Perpetuating violence

<https://www.threads.net/@jordaneatsplants/post/C6Cn4vmpgbQ>

The sad truth is, no matter how kind and loving they are in general or how much they love their pets, omnivores are guilty of animal abuse. While most would likely never hurt or kill an animal directly, they willingly pay for others to do so for them.

M 4/22/24

Omnivorous excuses

<https://twitter.com/sibaburck/status/1779919076304810146>

Vegans have ethics. Omnivores have excuses.

M 4/22/24

Plant sentience

<https://twitter.com/Cdarl2/status/1779924717786350016>

It takes roughly 16 pounds of grain to produce one pound of beef. If you care about minimizing plant death, the ethical choice is to eat plants directly instead of recycling them through animals.