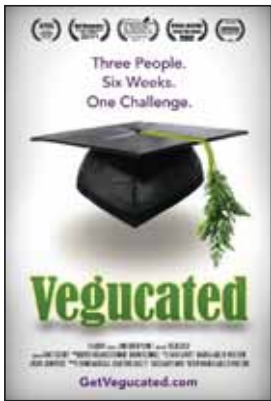


ter of Scott's musical life—she has been practicing for nearly 15 years—and the music on *Om Sweet Om* was created specifically to accompany yoga flow created by Jo Tastula for her *High Vibrations Yoga DVD*. The stunning landscape and Tastula's visionary approach to the poses deeply inspired Scott's collection of unexpected and traditional sounds, and features her not only singing, but playing piano, harmonium, guitars and dulcimer. Fellow L.A.-area musicians Suzanne Teng (world flutes), Tina Guo (cello), Greg Ellis (percussion), David Trasoff (sarode) and Nathan Barr (voice, cello, recorder) add their breathtaking artistry to the musical exploration of an inner landscape that is at once lush and spacious. This music is intended to heal, to open hearts, to connect to the Divine, to flow with the breath, and to journey to the center of the self. It's easy to see why Steven Spielberg featured Scott's voice in his film *Munich*, in which she performed a solo written specifically for her by John Williams. Other credits include featured vocalist and co-lyricist for *The Passion of the Christ*.

—Lloyd Barde

FILM



VEGUCATED Directed by Marisa Miller Wolfson

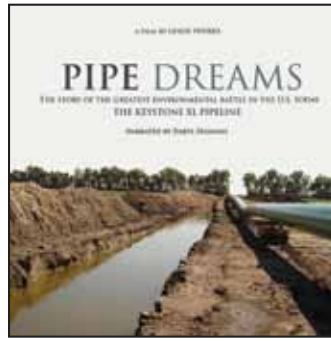
What happens when you get three committed carnivores to agree to eating—gulp!—vegan for six weeks? You turn a few lives upside down and open their eyes not only to a different way of eating but to a gruesome side of the meat industry. Writer/director Marisa Miller Wolfson uses a lighthearted approach to take viewers along on the journey. But she also manages to pack in a lot of solid informa-

tion on the benefits of both vegetarian and vegan diets.

The film follows the three would-be vegans: Brian, who considers bacon to be its own food group; Tesla, a college student whose diet excludes all veggies; and Ellen, a single mom who would rather perform her stand-up comedy act than cook. We see them struggle while they completely turn their diets (and lives) upside down. We watch them discover changes that benefit their health and the environment. What started as a quick romp—and maybe a way to drop a few pounds—turns into something more. Along the way, the trio discovers a very unpleasant side to the meat they are putting on their dinner tables, and the way animals are treated before and during slaughter. And an important note is necessary here: part of their vegucation involves some very graphic video of slaughterhouses, including a stealth visit to a local farmhouse. While none of it is gratuitous, it is still disturbing.

This film is a great starting point for anyone considering a change in eating and lifestyle, whether it's becoming vegetarian or taking the full plunge into veganism. It doesn't preach, but certainly provides plenty of food for thought.

—Jacquelin Sonderling



PIPE DREAMS Directed by Leslie Iwerks

Pipe Dreams is a short film (39 minutes) but it packs an enormous wallop. In it, filmmaker Leslie Iwerks examines the Keystone XL project, a proposed oil pipeline that would stretch from Canada to the Gulf Coast. At stake among other things is America's heart-

land—the wheat fields, cattle ranches and Ogallala Aquifer, the country's largest freshwater resource, critical not only for basic human needs, but also for ranching and farming.

This pipeline would carry tar oil, a sludge known as “dirty oil,” right across one of the nation's most environmentally sensitive areas. In a spill, dirty oil is much more difficult to clean than conventional crude, so a leak could potentially wipe out the food supply this region generates. The existing Keystone I project, its immediate predecessor, already has a besmirched record; in its first year of operation it's racked up a dozen spills. And while this dirty oil would be refined by U.S. companies and workers, the end product is not even intended for our use. Instead, it would continue on...to China and beyond. In essence, Iwerks contends, owner TransCanada Corporation would reap tremendous profits while the American Midwest would incur all the risk. The scheduled route crosses the world's largest freshwater aquifer, where a spill would be disastrous, as well as sensitive agricultural lands.

In interviews with Nebraska ranchers, we learn that TransCanada is using scare tactics and intimidation to acquire the necessary land easements to build. Yet the ranchers and farmers have only the vaguest idea of where exactly the pipeline will run. TransCanada declined to be interviewed for the film, which probably speaks loudest.

Keystone I received quick approval with almost no discussion during the administration of George W. Bush. This past November, after Nebraska lawmakers, environmental groups and the public voiced record opposition, Pres. Obama asked for more study and alternate routes, at which congressional GOPs demanded a response by mid-February. As press time, the president officially declined to decide until adequate studies can be completed. TransCanada is already mapping a new route.

—JS

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TV Worth Watching

INDEPENDENT LENS: The Black Power Mixtape 1967–1975

Premieres 2/9, 10 pm, PBS
(check local listings)

In the late 1960s and early '70s, Swedish television journalists came to America to document the burgeoning black power movement. This long-lost trove of film has been woven into a mosaic chronicling the movement's evolution: footage shot on the streets of Harlem, Brooklyn and Oakland; interviews with Black Power leaders including Stokely Carmichael, Angela Davis and Eldridge Cleaver; and contemporary audio interviews with leading African American artists, activists, musicians and scholars in an era of convulsive change.



FROZEN PLANET

Premieres 3/18, Discovery Channel

The award-winning team behind *Planet Earth* presents a high-definition natural history series in the epic *Frozen Planet*. Four years in the making, the series presents the beauty and power of nature in our earth's polar regions. Narrated by Alec Baldwin, the series reveals an astonishing world bursting with creatures, variety, color and spectacle.



NATURE: Ocean Giants

Premieres 2/22, 8 pm, PBS
(check local listings)

Whales and dolphins remain a constant source of fascination, but how much do we really know about them? Whales and dolphins, known as cetaceans, may appear to be totally alien to us, but with their mental ability, group communication and the recent discovery that dolphins have individual names, they are closer to us than we might imagine.



HER TAKE

Premieres March, Documentary Channel, 8–10pm

Every Saturday in March, the Documentary Channel celebrates a woman's perspective in *Her Take*, showcasing documentaries by female filmmakers. *Pink Skies* (3/3) is a documentary about women overcoming obstacles as athletes and as human beings. The film covers an extraordinary event, Jump for the Cause—181 women from 31 countries

created a world record all-women skydiving formation, while raising almost \$1 million for breast cancer research. *The Heretics* traces the inside story of the New York feminist art collective that produced *Heresies: A Feminist Publication on Art and Politics*. *Atomic Mom* is a feature-length doc about two women, both mothers, with very different experiences of the atom bomb. After decades of silence, a daughter's quest for truth leads to the exchange of an olive branch between an American scientist and a Hiroshima survivor.

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