## THIS JUST IN ~



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The New Year's promise of a fresh start is even more of an incentive to get *Vegucated*. The documentary, by food-activist-with-a-sense-of-humor Marisa Miller Wolfson, follows three New Yorkers—a single mom, a college student, and a bachelor with a habit of eating out—as they take up the challenge to eat animal-free for six weeks. Far from dry or dull, given the sobering data packed into its 75-minute running time, *Vegucated* shows how change comes with every choice we make in the rough and tumble of daily life. A visit to a farm animal sanctuary marks a high point of this engaging film. *Learn more at getvegucated.com*.

HOW TO CUT YOUR MILK CALORIES IN HALF.



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