

FOR IMMEDIATE RELEASE

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Path to Freedom Presents a Screening of *Processed People*

On November 22, Path to Freedom – Urban Homestead will host a vegetarian potluck followed by a screening of the documentary *Processed People*.

This event will be held 6:00-9:00 PM at 626 Cypress Ave. in Pasadena. Cost is \$10 - \$15. Space is limited so reservations are necessary. To reserve, please call (626) 844-4586 or register online at <http://urbanhomestead.org/event/film-and-food-11-22-09>

About the Film:

The statistics are terrifying.

Two hundred million Americans are overweight and 100 million are obese. More than 75 million Americans have high blood pressure. 24 million people are diabetic. Heart disease remains the No. 1 cause of death for men and women, followed by stroke and obesity-related cancers. Obesity is about to overtake tobacco as the No. 1 cause of preventable deaths in the United States.

60% of bankruptcies are caused by what has become known as “medical debt.”

Fast food, fast medicine, fast news and fast lives have turned many Americans into a sick, uninformed, indebted, “processed” people.

Processed People (2009; 40 min.) features insightful interviews from nine preeminent health and environmental experts/advocates. They discuss how and why Americans got into this mess, and what we can do to break the “processed people” cycle.

About the Potluck:

For the vegetarian potluck, attendees are encouraged to contribute food produced within a 100-mile radius of their homes (Santa Barbara to San Diego). If that’s not possible, then strive to purchase organic foods grown within the closest distance.

About Path to Freedom:

Sponsoring organization Path to Freedom is a family-operated, viable urban homestead project established by Jules Dervaes in 2001 to promote a simpler and more fulfilling lifestyle and to sow a “homegrown revolution” against the corporate powers that control the food supply.

Since the mid-1980s, members of the Dervaes family have steadily worked at transforming their ordinary city lot in Pasadena into a thriving organic micro farm that supplies them with food all year round. The family also runs a successful home business providing their surplus produce to local restaurants. Through their adventures in growing and preserving their own food, installing a solar power system, home-brewing biodiesel for fuel, raising backyard farm animals, and learning back-to-basics skills, these modern-day pioneers have revived the old-fashioned spirit of self-reliance and resourcefulness. Since 2001, their website, www.PathtoFreedom.com, and worldwide media coverage of their project have inspired millions to take steps towards a sustainable future and have generated a 21st century urban homestead movement.

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