

I wish I could concisely tell you how profoundly changed I am

by *Veganism as the Path to Animal Liberation*. I kept saying, "This is right on target." It's immensely important for all of us to learn from the mistakes of others because too many animals die while we try to learn only from our own. I wish newer activists would learn from my mistakes.

Given that we can only change ourselves and not others, not the world, focusing on

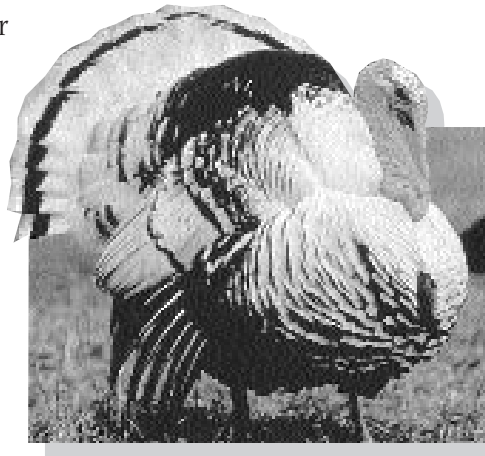
veganism is the most peaceful, profound, animal-oriented interaction we can have. *Veganism as the Path to Animal Liberation* has made me look differently I am conscious of exuding peacefulness, good health, and genuine compassion. I am more fully human.

For the first time since I became an activist two years ago, I feel peaceful. I live in New York City, the belly of the beast of the fur trade. How much rage I felt! I felt sick, actually. I hated humans. I felt a deep loathing for my future – how can I live in the same city with these people and remain sane?

And now I feel peace. Teaching cannot happen when we work from a place of hate. Every single day, we affect how people regard vegans. We influence people constantly.

The article also helped me not to feel overwhelmed by all the animal abuse. I know that focusing on veganism is the most effective...the only way to achieve animal liberation.

Name Withheld on Request, 9/28/98



Vegan Outreach is doing great work, and *Why Vegan* is a masterpiece. Your information will be most useful at our upcoming Conference on Peace.

PJ, SRI LANKA, 9/15/98

The other day, I came across your pamphlet *Why Vegan* and I was very moved by it. Not many other kids in Copenhagen feel the same way I do. This is where I would like to try and change, and in doing so, I think your pamphlet could be a great help. I would very much like to give some to the non-vegan people I know who seem interested. I often find it difficult to answer questions from people who know absolutely nothing about even vegetarianism. Your pamphlet will help, making it easier for the inevitable "why vegan" discussion.

WJ, DENMARK, 10/9/98

Thank you for the Vegan Outreach newsletter. I enjoy (if that's the right word) reading it and the sense of community it brings me is very important, as being a vegan in my area is a lonely business. I was disappointed to read in the September issue that so many people were upset about the article *Veganism as the Path to Animal Liberation*. I agreed in total with every word. In fact, it actually brought a tear to my eyes as I did not think anyone else thought the same way as myself. It felt like a load had been lifted from my shoulders.

MH, ENGLAND, 9/15/98

I have now received the booklets and I will do what I can to spread veganism in Norway. I read your philosophy *Veganism as the Path to Animal Liberation*, and I agree. Most people in Norway don't like animal rights organizations because of their actions. And your point that helping people to go vegan is a far more efficient than protesting outside a slaughterhouse is brilliant.

FA, NORWAY, 8/13/98

I would never have thought that one booklet could have such an impact. The first time I read *Why Vegan*, I was moved to tears. I became vegan soon after. I think a lot more people would become vegan if they were informed about the issues. This is why my friend and I would like to start leafleting.

SM, WINNIPEG, MB, 9/3/98



MARY LOU RANDOUR, PhD
Psychologists for the
Ethical Treatment of Animals

What Every Student Should Know. Every student in high school, undergraduate, or graduate school should know about the Student Rights Option (SRO). SRO refers to a student's right to decline to participate in activities that use, harm, or destroy animals as part of course instruction. Students may object to the use of animals on the basis of personal, moral, ethical, or religious convictions. SRO also makes faculty responsible for providing students with appropriate alternative learning opportunities without penalty. SRO means that students have a choice.

Millions of animals are used for educational purposes in high schools, colleges, and universities (one reliable number is that 5.7 million animals a year are used in education). Either before or after these animals are used, most are killed. Animals used in education are obtained in a variety of ways:

from animal shelters, breeders, biological supply houses, slaughterhouses, and class B dealers from random sources – which can include stolen companion animals, as well as animals stolen from the wild. Removing animals from the wild upsets the balance of nature. For example, populations of frogs, one of the most commonly used animals in education, have been declining seriously in recent years.

There are a number of attractive alternatives to using animals in education which have proven educational and cost-effective: computer programs; 3-D models; stereoscopic slide-based auto-instructional units; and videotapes. Students score better or just as well using these alternatives – which do not have to be replaced, as do animals. In other words, there is no valid reason not to have student choice. Student choice addresses animal suffering and death; values life; protects the environment; saves money; enhances learning; and answers ethical concerns.

The Problem. Many students still do not realize they have SRO available to them. This exposes them to difficult choices, pitting their ethics against their education. And it exposes millions of animals to continued suffering and death.

The Solution. We believe that many students would choose alternatives if they knew they had the choice. We need your help in getting the word out. Written material, curriculum, and speakers are available to help students implement SRO at their schools. Call Psychologists for the Ethical Treatment of Animals at 301-963-4751, or e-mail us at MaryLouR@aol.com. Also, use I-CAAN, the International Campus Animal Advocacy Network (recently launched by HSUS) to link, via e-mail, student animal advocates across the world. We hope to hear from you!

After reading through your *Why Vegan*, it is obvious what the only choice is.

AS, CANTON, CT, 9/12/98

Thank you for helping me clear my conscious and showing me that a vegan diet is very possible, as well as healthy.

KC, McLEAN, VA, 8/27/98

Your web site is a gift. It gives me hope.

KH, PHILADELPHIA, PA, 9/12/98

Vegans Never Say 'Cheese'

If you have internet access, you may want to check out the above titled article on the ABCNEWS.COM – health & living pages.

Go to url:

www.abcnews.com/sections/living/dailynews/vegans1124.html

LCI Long Distance & Action for Animals MasterCard Programs

We would like to thank everyone who has signed up for these programs.

Due to various changes in both companies, new applicants are not being accepted.

If you already have service with one or both, your service and the subsequent donation to Vegan Outreach will continue unchanged.

Why Vegan? DISTRIBUTION UPDATE

In addition to many VEGAN STARTER PACKS, since the last newsletter, multiple copies of WHY VEGAN have been requested from:

- AK, Anchorage
- AK, Fairbanks
- AL, Birmingham
- AL, Mountainbrook
- AZ, Prescott
- AZ, Tucson
- CA, Anaheim
- CA, Berkeley
- CA, Boyes Hot Springs
- CA, Calistoga
- CA, Camp Meeker
- CA, Capistrano Beach
- CA, Carmel
- CA, Carmichael
- CA, Carson
- CA, Citrus Heights
- CA, Desert Hot Springs
- CA, Diamond Bar
- CA, El Cajon
- CA, Fair Oaks
- CA, Irvine
- CA, Los Alamitos
- CA, Los Angeles
- CA, Mill Valley
- CA, Millbrae
- CA, Moreno Valley
- CA, Mt Shasta
- CA, Mountain View
- CA, Nevada City
- CA, Novato
- CA, Oxnard
- CA, Santa Ana
- CA, Santa Barbara
- CA, Santa Cruz
- CA, Santa Rosa
- CA, Selma
- CA, Visalia
- CA, West Hills
- CA, Westlake Village
- CO, Denver
- CO, Lakewood
- CT, Canton
- CT, E Hartford
- CT, Hartford
- CT, New Haven
- CT, Southbury
- CT, Wallingford
- FL, Altamonte Springs
- FL, Belleview
- FL, Boca Raton
- FL, Cocoa Beach
- FL, Crystal River
- FL, Daytona Beach
- FL, Ft Lauderdale
- FL, Ft Myers
- FL, Gainesville
- FL, Hollywood
- FL, Lakeland
- FL, Lauderhill
- FL, Ocala
- FL, Palm Harbor
- FL, Sarasota
- FL, Sebastian
- FL, St Petersburg
- FL, Sunset
- FL, Tallahassee
- FL, Tampa

- GA, Atlanta
- GA, Chamblee
- GA, Conyers
- GA, Duluth
- GA, Ellenwood
- GA, Hamilton
- GA, Lawrenceville
- GA, Marietta
- GA, Morrow
- GA, Rex
- HI, Hawaii
- IA, Ames
- IA, Iowa City
- IL, Aurora
- IL, Champaign
- IL, Chicago
- IL, Country Club Hills
- IL, Deerfield
- IL, Joliet
- IL, Normal
- IL, Palatine
- IL, Rockford
- IN, Bloomington
- IN, Indianapolis
- MA, Amherst
- MA, Boston
- MA, E Boston
- MA, Great Barrington
- MA, Greenfield
- MA, Matick
- MA, Montague
- MA, Plymouth
- MD, Baltimore
- MD, Gaithersburg
- MD, Maryland
- MD, Silver Spring
- ME, Bar Harbor
- ME, Ellsworth
- MI, Ann Arbor
- MI, Clarkston
- MI, Clawson
- MI, Marquette
- MI, Minden City
- MI, Portage
- MI, Roseville
- MI, Taylor
- MN, Bemidji
- MO, Labadis
- MO, Springfield
- MO, St Charles
- MO, St Louis
- MT, Dillon
- NC, Fayetteville
- NC, Ft Bragg
- NC, Greensboro
- NC, Highpoint
- NC, Mt Airy
- NC, Raleigh
- NH, Portsmouth
- NJ, Brick
- NJ, Dumont
- NJ, E Brunswick
- NJ, Mahwah
- NJ, Maple Shade
- NJ, Mt Freedom
- NJ, Red Bank
- NJ, Toms River
- NM, Alamogordo
- NM, Albuquerque
- NV, Elko
- NV, Las Vegas
- NY, Albany
- NY, Ardsley
- NY, Binghamton
- NY, Brentwood
- NY, Brooklyn
- NY, Clifton Springs
- NY, Forest Hills
- NY, Fredonia
- NY, Fresh Meadows
- NY, Hicksville
- NY, Highland Mills
- NY, Ithaca
- NY, Jamaica
- NY, Middletown
- NY, New York
- NY, Oswego
- NY, Purchase
- NY, Rush
- NY, Staten Island
- NY, Woodside
- OH, Dayton
- OH, Springfield
- OR, Albany
- OR, Ashland
- OR, Eugene
- OR, Medford
- OR, Portland
- PA, Belle Vernon
- PA, Bensalem
- PA, Bulger
- PA, Erie
- PA, Gaines
- PA, Greensburg
- PA, Haverford
- PA, Levittown
- PA, New Castle
- PA, Norristown
- PA, Philadelphia
- PA, Pittsburgh
- PA, Rockwood
- PA, State College
- PA, Swissvale
- PA, Warren
- SC, Charleston
- SC, Elgin
- TN, Bluff City
- TX, Arlington
- TX, Austin
- TX, Dallas
- TX, Denton
- TX, Eules
- TX, Houston
- TX, Plano
- TX, San Antonio
- UT, Logan
- UT, Park City
- UT, Salt Lake City
- UT, W Jordan
- VA, Alexandria
- VA, Blacksburg
- VA, Charlottesville
- VA, Falls Church
- VA, McLean
- VA, Norfolk
- VA, Oakton
- VA, Richmond
- VA, Vienna
- VT, Burlington
- VT, Middlebury
- VT, Milton
- VT, Plymouth
- WA, Bellingham
- WA, Bremerton
- WA, Burton
- WA, Deer Park
- WA, Langley
- WA, Mt Vernon
- WA, Pullman
- WA, Seattle
- WI, Franklin
- WI, Greendale
- WI, Madison
- WI, Wauwatosa
- PR, Trujillo Alto
- AB, Calgary
- AB, Edmonton
- BC, Aldergrove
- BC, Burnaby
- BC, New Westminster
- BC, Prince George
- BC, Vancouver
- MB, Winnipeg
- ON, London
- ON, St Catherines
- SK, Yorkton
- Australia, Bedford
- Australia, Waterman
- Austria, Vienna
- Denmark
- England, Staining
- Ireland, Dublin
- Japan
- Norway

ORDERING WHY VEGANS

September set a new distribution record, with well over 50,000 copies of *Why Vegan* being sent around the world, with October not far behind (over 800 booklets were handed out at one AIDS Walk alone). By the time you read this, Vegan Outreach will have distributed over a half a million copies of *Why Vegan*. Clearly, distribution is rapidly accelerating, and is still limited only by the resources available for printing and shipping.

We are now working on updating *Why Vegan* and trying to raise funds for the next printing. If we are able to raise enough money, we will be able to have a large enough print run to keep the per-piece cost down – under \$0.10 each, not including shipping (see below). Your donation helps us print, and subsequently distribute, more copies of *Why Vegan*.

Shipping is the largest variable cost involved in the distribution of *Why Vegan*. Postage for our new *Vegan Starter Pack* (print cost of less than \$0.25), which includes a copy of *Why Vegan*, is \$1.01. Sending out 10 copies of *Why Vegan* costs \$2.62; up to 30 copies can be sent in the \$3.00 flat rate mailing package. One hundred copies sent first class is \$5.00 – 6.00. All of the booklets sent from Vegan Outreach were already shipped from the printer to us, while 250 copies can be sent via UPS (no P.O. boxes) right from the printer to you for ~\$6.00. Please keep this in mind when ordering copies.

As we reach the half-million milestone, we want to again thank all those who have been supporting the printing and distribution of *Why Vegan*.



VEGAN STARTER PACK

Enclosed, you will find our new *Vegan Starter Pack*, designed by hardworking member Lauren Panos. We hope you agree that this is the perfect follow-up/complement to *Why Vegan*. Please send us your comments and/or any suggestions you may have for the next printing of our *Vegan Starter Pack*.

MEMBERSHIP PURGE

The September 1st newsletter brought with it over \$100 worth of forwarding and return postage fees. Because of this, we will be undertaking a very large purge of our membership list. Please be sure to contact us with any address change that is coming up. Also, if we haven't heard from you in a while, please contact us if you would like to remain on our mailing list.

T-SHIRTS

Our supplier of shirts – Ecosport – has been having inventory problems. The shirts we do have are now a mix of recycled and unbleached organic cotton; the prices may be a bit higher to reflect our increased costs. For the short-sleeved t-shirts, we are now moving to a shirt that incorporates recycled plastic bottles – you have to feel it to believe it!

Thank you for your patience. (See page 4 for ordering information.)

I'm starting an animal rights group at my school in Carmel, CA. *Why Vegan* really had a big effect on me when I picked one up a year or so back, and it was a big motivation for me to go vegan. Now that I'm trying to educate others about veganism, I immediately thought of *Why Vegan*.

I can't even describe how grateful I am for what you guys are doing. In the end, the thoughtful discussion provoked by pamphlets like *Why Vegan* will have a lot more meaningful impact than freeing a few animals from a lab or shutting down a fur store. Thank you for helping me become a more compassionate person.

AC, 9/21/98

I am an Intelligence Analyst at Ft. Bragg, NC, and am happy to inform you that the US Army now provides vegetarian field rations to its vegetarian soldiers. I have been successful in converting four soldiers into vegetarians this year, and would be greatly appreciative if you would send more copies of *Why Vegan* to further my efforts.

JB, 9/18/98

I stopped buying animal products since I read your brochure. I am committed to being active and looking at our society through new eyes.

CF, MADISON, WI, 9/28/98

All I can say is I am now a vegetarian from what I have just read and have seen on your web pages.

RL, 9/27/98

I distributed 40 copies of *Why Vegan* to students at my school, and I've received 20 phone calls asking for more information about the process of changing [to a vegan diet]. People are very appreciative of *Why Vegan*.

DM, SEATTLE, WA 8/31/98

Q&A

The people who make up Vegan Outreach often receive many questions about their diet and lifestyle. Over the years, many fascinating and insightful answers have been developed to deal with these queries. To help everyone have access to this accumulated knowledge, Vegan Outreach is putting together a Q&A database on our recently redone website (www.veganoutreach.org – note the new address and update your bookmarks). Please submit your Questions, with or without Answers. Thank you.

QUESTION:

ANSWER:



GREAT HOLIDAY
GIFT IDEAS...

CATALOG

...THAT SUPPORT
VEG*ANISM!!



BOOKS, ETC.

	PRICE	QUANTITY	TOTAL
VEGAN: THE NEW ETHICS OF EATING, E Marcus	\$10.		
THE VEGETARIAN WAY, Messina, V, RD, MPH & M, PhD	\$21.		
VEGAN NUTRITION: PURE & SIMPLE, M Klaper, MD	\$10.		
MOST NOBLE DIET, G Eisman, RD, M Ball, & A Green	\$ 5.		
UNCHEESE COOKBOOK, J Stepaniak	\$11.		
VEGAN VITTLES, J Stepaniak	\$11.		
TABLE FOR TWO, J Stepaniak	\$12.		
BATTERED BIRDS, CRATED HERDS, Farm Sanctuary	\$ 4.		
4" by 6" pictures for factory farm display (set of 15)	\$ 5.		
Booklet display rack	(donation)		
VEGAN STARTER PACK	(donation)		
HUMANE SLAUGHTER videotape, one hour tabling edition	\$12.		

SHIRTS

unbleached, natural color — front: *For Life, Go Vegan* / back: *Vegan Outreach* — please specify size

T-shirts — <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	\$12.		
Long-sleeve t-shirts — <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	\$16.		
Sweatshirts — <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	\$25.		

PA residents add 7% sales tax to merchandise		
Shipping		\$ 3.
SUPPORT FOR PRINTING, DISTRIBUTION, & OUTREACH		
TOTAL		

***YES! I would like to have more copies
of WHY VEGAN distributed!***

I have enclosed a tax-deductible donation of:

\$20 \$35 \$50 \$100 Other: \$ _____

NAME _____

ADDRESS _____

PHONE (OPTIONAL) _____

Send to: Vegan Outreach · 211 Indian Drive · Pittsburgh, PA 15238

I got a *Why Vegan* booklet a couple months ago at a show. The band Humble Beginnings was passing them out. At first, I got a kick out of the fact that there were these punk guys promoting animal rights. But a few weeks later, I opened up the booklet and began reading. It was incredible. I, like so many others, was so blinded to what goes on at these farms. It moved me into a complete life change. That's right - no more meat or dairy products.

I think you are right to emphasize the way chickens and dairy cows are mistreated. I had never been fond of red meat, but I loved chicken and dairy and saw no problem with them.

I am definitely spreading my newly discovered knowledge to others. Once you read this booklet from cover to cover, I can see no reason why you wouldn't be convinced that going vegan is the only way to make a statement and stop the violence. That's why I'm requesting more copies of *Why Vegan*.

MM, VIENNA, VA, 8/25/98

The article *Tips for Promoting Veg*anism* really helped with a recent conversation I had with a friend. Just last week we were on the phone and he started asking me questions about being vegan.

The conversation quickly turned into more of an argument, although I was doing my best to keep very calm, and answer all of his inane questions honestly. One of the main questions he kept asking, in a variety of scenarios, was if I had the choice to save the life of a person or a dog, which would I choose. The fact that I didn't just automatically choose the human was unfathomable to him. I tried to express it in terms that would make sense to him - if it were a complete stranger or my own dog, I would choose my dog. (But not because the dog is an animal, simply because the dog means more to me than a stranger.) He told me that I was a horrible person for that.

It ended with him hanging up on me. It is very frustrating, because he is the one that initiated the conversation, and he is actually a business partner of sorts. So I am afraid now that our business relationship may be over, or at least, severely affected. After reading the article, it made me realize that I could have avoided all of this if I had just stated from the beginning that all I want to accomplish by my vegan lifestyle is to prevent suffering of any kind. Then how could he accuse me of being a horrible person?

I don't know if this relationship is salvageable, but at least I will better be able to handle these situations in the future. Of course I will try to turn it around, by giving him a copy of *Why Vegan*, and stating my position in a more compassionate light.

LP, LYNNWOOD, WA, 9/1/98

VEG INFORMATION

At Vegan Outreach, we try to carry some of the best information beyond what we have compiled in *Why Vegan* and our *Vegan Starter Pack*. This includes everything from *The Vegetarian Way* for nutritional information, and *Vegan: The New Ethics of Eating* for a more in-depth discussion of the reasons for veganism; to *Vegan Vittles* for recipes and cooking information, and *Animal Liberation* for philosophy.

But there is a seemingly infinite amount of other information available beyond this. Since we have limited resources, duplicating efforts is a terrible waste of our time and money.

To attempt to combat this, Vegan Outreach is a partner with **Vegetarian Central** (www.vegetariancentral.org), trying to compile the best collection of internet material available. Stop by the site and submit your favorite links!

Some of the best info resources include:

- **The Vegetarian Resource Group**
PO Box 1463, Baltimore, MD 21203
410-366-8343
< vrq@vrq.org > / www.vrq.org
Website is a huge database of information; publishers of *The Vegetarian Journal*.
- **PCRM (Physician's Committee for Responsible Medicine)**
5100 Wisconsin Avenue, Suite 404
Washington, DC 20016 / 202-686-2210
< pcrm@pcrm.org > / www.pcrm.org
A tremendous source of research information; publishers of *Good Medicine*.
- **The Vegetarian Awareness Network**
1-800-EAT-VEGE
Veganet will answer your questions and give you information on your area.
- **Ask Joanne!**
www.vegsource.com/joanne/qa.htm
An internet forum where vegans can ask questions and receive personal replies.

TRAVELLING

A common question we receive is where to eat when traveling to a certain area. Our best advice is to contact **VegSource** (www.vegsource.org). Being internet-based with a vast network, their travel advice is more current than any printed guide. Specify your destination and anything else, and VegSource will search their extensive database for places and reviews.

More than just a database, VegSource is an on-line community, with any number of discussion forums and bulletin boards. You can also ask questions of the experts whose sites are hosted by VegSource: Dr. Harris, Dr. Klapar, Dr. Campbell, Dr. Heidrich, Howard Lyman, Erik Marcus, Gail Davis, Ron Pickarski, Joanne Stepaniak, Vitalita, Taste of Health, Earthsave, Biospirituality, PCRM, Intl Veg Union, Farm Sanctuary, and Mad Cowboy. This site alone is reason enough to buy an iMac (*Steve Jobs, head of Apple Computer, is a vegan*) and get on-line!

PRINCIPLE & PURPOSE

Vegan Outreach's philosophy is that each sentient animal has a right to his or her body and life.

To that end, Vegan Outreach promotes the lifestyle of veganism – living so as to contribute to as little animal exploitation and death as possible.

Compassionate people will end their support of animal exploitation once they are informed of the suffering a non-vegan lifestyle causes.

Vegan Outreach focuses on preaching to the convertible with our booklet on veganism,

WHY VEGAN.

VEGAN OUTREACH AUDIT

Fiscal Year:	July 1, 1997 – June 30, 1998
Beginning net assets:	\$ 631.
Total revenue:	70,693.
Program services:	42,814.
Accounts payable:	554.
Administration & Fundraising:	9,006.
Total expenses:	52,374.
Inventory, Equipment, & Investments:	7,128.
Receivables:	6,407.
Prepaid expenses:	10,775.
Total assets:	20,058.
Ending cash balance:	< 4,252. >
Administrative & Fundraising % of Revenue:	11.5%

For a copy of Vegan Outreach's full annual report, send a self-addressed, stamped envelope.

Thank You

A big thank you to Carol Thompson, CPA, for once again donating her services.

Anderlik, Barbara C
Animal Advocates,
San Diego
Anonymous
Archer, Val
Arden, Aura
Armstrong, Chris
Bader, Norm
Bailey, Jake
Banholzer, Norbert
Barnett, Carol & Ted
Barnett, David
Barrett, Paula Bates
Barziza, Scot
Bellacomo, Josephine
Belton, Jean
Berger, Anna M
Bertolani, Bill
Bogardus, Karen
Bohr, Ron
Bow St Candle & Mug,
Gary
Bowers, Reed
Bright, John
Bryan, Mark
Caires, Paula
Campbell, Jill
Charnis, Jonathan
Chermely, Dorothy
Chesrow, Robert J
Clift, Michelle
Cole, Rachel
Coons, Derek
Coyne, Karen
Crupi, Kevin M
DeAngelo,
Harry & Linda
Diener, Erich
Dipietro, Nicoletta
Dossola, Jose
Durand, Mat
Earll, Jerry M
Espinosa, Joe

Evans, Robyn
Evans-Magdalene,
Bonnie
Farb, JoAnne & Joe
Fischlowitz-Roberts,
Bernie
Fisher, Richard
Forman Lomp,
Ritalynn
Fowler, Carol
Foy, Mark
Freer, Allen
Friedman, Joyce
Friedrich, Bruce
Fuller, Douglas
Gaither, Helayne
Gale, Lynn
Gang, Elliot
Gates, Barbara
Gerland, Diana
Giesbrecht, Wes
Gluckman, Lynn
Goodwin, Jason
Graham, Sarah
Greico, Angie
Grodin, Marcia
Hargreaves, Kathryn
Harkins, Kevin
Harris, Jackie
Harris, William
Harvest Deli,
Pam Gueldner
Havlin, Katie
Heinsohn, Kathy
Hobbs, Jimmy
Hoffmann, Christa
Hogan, A R
Hollowell, Jean
Homola, Jeffrey
Howard, Doreen
Hrabrwy, Sandy
Inglis, Charlene & Les
Jackelow, Jackie

Janicki, Joyce
K, Zena
Kaplan, Daniel
Keefer, Kristine
Kelner, Marian
Kennedy, Mike
Kimber, Evelyn
Kinnear-Williams,
Barbara
Korajczyk, Ron
Kristina Schaeffer, Kelly
Kurtz, Barbara
LaFantasie, Florence
Lang, Rachel
Lauren, Jean
Leas, Linda
Leek, Elizabeth
Leong, Sharon
Lesko, Bonnie
Lightfoot, Vicky
Lornini, Markels
Los Angeles, Animal
Defense League
Malnar, Malissa
Markland, Dana
Matlak, Denise
McDonald, Yvette
McDowell, Sarah
McMullins, Rhodna
Menkit
Merana, Melissa
Miller, Joseph T
Mitchell, Yonne
Morton, Carole
Murray, Phil
New Mexico,
Animal Protection
Newman, Char
Niles, Madonna
Orcutt, Pamela
Papy, Robert
Patrick, Eugene
Plenge, Laurie

Post, Lynn
Randall, Aaron
Rayshich,
Helen & Steve
Requa, James
Richards, Amie
Ripish, Paul
Roberts, Deyd
Roberts, Peg
Shettle, Andrea
Shopa, Kathleen
Sioma, Nick
Sklavounos, Rebeca
Smalley, Lance
Smith, Paul
Soloway, Gail
Spirito, Dorothy
Spittler, Margaret
Stagno, Barbara
Stamler, Gordon
Straus-Bowers, Erika
Swartz, Annett
The Ultimate Life,
Sam Gerard
Thorliss, Debra
Trepashko, Walter
Tyler, Fred J
Vallier, Jan
Werpetinski, Erica
West, Dave
West, Jamie
Wilday,
Debbie & David
Wilkinson, E M
Willenbrock, Mildred
Williams, M
Wulling, Mrs E G
Youzwak, Jayson
Zale, Ana
Zinowski, Marion

Vegan —OUTREACH—

Evolution through Education

211 Indian Drive, Pittsburgh, PA 15238

FORWARDING & ADDRESS CORRECTION REQUESTED



Tired of reading labels,
researching ingredients,
and/or supporting
non-vegan companies?

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phone 301-652-3181
fax 301-652-0442

<http://www.pangeaveg.com>
< pangeaveg@aol.com >

7829 Woodmont Avenue
Bethesda, MD 20814

Real Estate Transactions Can Benefit VEGAN OUTREACH

If you, or anyone you know, will be buying or selling real estate anywhere in the country, Vegan Outreach can greatly benefit.

To receive a fax on demand or hear a voice message to find out how, call Lynn Post toll-free: 1-888-316-8765 & use fax/voice on demand box #06

*For every ten people
clipping at the branches
of evil, you are lucky
to find one hacking
at the roots.*

HENRY DAVID THOREAU

I took a trip to my local political bookstore. Stacked outside were copies of *Why Vegan*. I picked up a few and took them home. On the train ride home, I sat, reading this pamphlet and began to cry. For the entire hour and a half ride, I read the pamphlet over and again. It dawned on me then that although I had some vague notions of the principles of veganism, I had chosen to ignore the role I had been playing in animal suffering. I didn't eat gelatin, or wear leather, but I downed a liter or two of milk each day, still believing it to be healthy.

I am so grateful to your organization for producing such a comprehensive source of information and for making it so accessible. When people ask about the pamphlet, and I say that it is what truly convinced me to become vegan, they often take another look or become more interested. Although I regret being ignorant for so long, I am glad that there are sources like yours out there that encompass the whole spectrum of reasons for becoming vegan.

JG, BURNABY, BC, 9/29/98

I read *Why Vegan* and my husband and I immediately became vegan. We both feel much better and have a whole new attitude toward life! We have also converted a friend.

JL, MT. AIRY, NC, 9/30/98