

# Vegan —OUTREACH—

JUNE 1, 1999

Evolution through Education

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## Nature

Vegans like to believe that a vegan diet is the most natural diet. This is seen in the efforts to show that people used to be able to get vitamin B-12 without supplements. We are worried that if a vegan diet isn't seen as natural, then there is something wrong with it. I suggest that we will probably be more effective if we do not use strategies that appeal to eating what is "natural."

For one thing, some people oppose veganism because it is unnatural. They want to return to a more natural, hunter-gatherer lifestyle and see vegans as pushing for an unnatural society that exists without depending on animals. They have a point – a vegan diet, while being healthier than many other diets, probably differs from that of early humans, who apparently were primarily hunter-gatherers.

scientific methods do use animal products and one might need to use them during training. Yet a vegan, working to change science from within once finished with their education, could help countless animals. For example, some methods to detect bacterial infections use media that contain sheep's blood. Someone's goal could be to replace this blood with plant or synthetic products.

Another example is in building roads. Currently, it seems road planners don't even consider the lives of animals. With some ingenuity, we could save millions of animals from being hit by cars. It would probably take money, and transportation departments might oppose trying to help these animals. If animal activists were more involved in road construction, we would eventually be able to help devise and promote strategies

# perspective

## THOUGHTS ABOUT NATURE, PROGRESS, CAREERS, AND MONEY

by Jack Norris

## Progress

Given that few people are willing to turn back the clock, it is unlikely that we will convince society to abandon science and technology in favor of living simply. Our culture is wedded to the notion of "progress," but this is not necessarily bad. If we assimilate with society, we can make "progress" express our values.

## Careers

It is hard to find a job that does not have some connection to animal exploitation. The animal rights movement cannot provide jobs for everyone who wants to use their careers to help animals. Many careers might require the use of some animal products. So, how can we live up to our vegan ideals and still take part in society by having jobs? I would suggest that by pursuing careers in certain fields where animal products are used, we can actually help animals in the end.

For example, I am currently studying to be a Registered Dietitian. In my textbooks, it has been shown a number of times how some alternative methods of research have replaced methods using animals and have been more effective, safer, and less expensive. I see room for animal activists to get involved in continuing to improve technology to get past the point of using animals.

Many vegans shy away from getting into the sciences because they might have to do certain things that are animal-related. I don't mean vivisection or dissection, but many

that would make transportation less hazardous to animals.

We each have to decide where to draw the line. But if we keep ourselves out of science and other fields, these professions will continue to be dominated by people who do not share our values.

Knowing that I will be using my skills to help animals has been quite motivating. The first time I went to college, I tried to get by with doing as little schoolwork as possible. This time, I want to learn as much as possible in order to use that knowledge to help animals. It has made school much more interesting. I think other activists might also be motivated if they saw ways in which they could eventually use their skills to help animals.

## Money

Many activists view money and wealth as evil. As a source of power, money can be used to promote either evil or good. Just think how much better the animals would be if vegans had significant amounts of money. If each vegan had enough money to buy and distribute multiple copies of educational materials, the animals would greatly benefit. Someone who works a job that isn't directly promoting animal rights, but who can use their money to fund the resources needed by our movement, will be doing much to help the animals.

I am always asked the same question over and over again, "why?" Now when I am asked that question instead of either explaining myself and my reasonings or copping out and giving a non-descriptive "just because," I hand the asker a *Why Vegan* booklet. Not once has someone read that booklet and argued. It seems that when done reading they are almost ashamed of their ignorance of the topic and of their eating habits.

LJ, 4/22/99

I just wanted to let you know that you changed my life. I was astounded the first time I read your pamphlet. I had always been skeptical of vegetarianism. Frankly, I thought it was ridiculous – after all, we'd always eaten meat, right? But upon reading *Why Vegan*, I became a vegetarian, and soon after, a vegan. Several of my friends have since become vegan and we have recently started a club at our school for promoting veganism/animal liberation. *Why Vegan* is our primary literature.

BG, McMinnville, OR, 4/27/99

My husband and I became vegetarian when our daughter was born 4 years ago. We started to examine all aspects of our lives so we could answer her questions about why we live the way we do. When we thought about our diet, then got on the internet and learned about what really goes on in factory farms and the other environmental impacts of the "meat industry," we just knew we couldn't be part of that. We were ashamed that we were a part of it for so long through our ignorance of the facts.

You would not BELIEVE the difficulties we face, especially now that we live in Korea (the 7th circle of Hell in terms of animal abuse and vegetarian hostility). We do (me especially) feel very isolated, not only in Korea, but in the military environment as a whole. The part of your site that talked about the isolation and frustration you suffer when those around you cannot see what is apparent really struck a chord with me. Just knowing you are out there gives me the strength to keep on going, especially here, as the only vegetarians on the base.

D, KOREA, 2/12/99

Melissa Martin & Jack Norris tabling at The Dogwood Festival  
Atlanta, GA



# NOTES TO V.O. MEMBERS...

from Jack Norris & Matt Ball

## THOUGHTS on WHY VEGAN

We received quite a bit of feedback regarding the new "purple" version of *Why Vegan*. We are constantly re-evaluating *Why Vegan* so as to

make it the most effective piece of literature it can be, and we take into account the comments we get from our volunteers.

One common comment that we get is from activists who wish that *Why Vegan* listed more shocking and impressive "facts" (e.g., it takes 2,000 gallons of water to produce one pound of beef, or that 55 square feet of rainforest are cleared for one quarter-pound hamburger). Please be aware that in our ongoing research for *Why Vegan*, we are primarily interested in reporting the most accurate information possible. If you see a claim in *Diet For A New America* that is not in *Why Vegan*, it's probably because we've researched the subject and found that the claim is either outdated or not verifiable. We do peruse most of the vegan literature as it comes out.

Our goal is to produce a piece of literature that can be given to parents, teachers, ministers, doctors, etc., which they cannot dismiss as propaganda, lies, and exaggerations. We go to great lengths to make sure that anyone who honestly researches these issues will end up with the same facts. In making decisions about what is true, we do not just accept one study when ten studies say something to the contrary. We try to stick with the preponderance of the evidence.

There are those who argue that until society changes to socialism, communism, or anarchy, there is no way to achieve animal liberation. While we do face formidable challenges, we disagree that we must "smash society." There are examples of people in all political spectrums who abhor animal suffering and act accordingly. Some of the animals' better proponents in Congress have been Republicans. Our goal is to make veganism mainstream.

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A friend of mine gave me a *Why Vegan* pamphlet to read. I never knew how horribly animals were being treated. The next day, after serious thinking, I chose the vegan lifestyle. I have never felt better or happier since I took that step.

DR, 3/29/99

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I have requested copies of *Why Vegan* from you before. I got them, and spread them around my campus and at shows. From the 250 copies that I distributed in three months, I have reached many people. I know of 15 people that have become vegetarian because of it, and there are probably more I do not know about and even more that might take the step someday.

MM, SAGINAW, MI, 3/26/99

We outline ways to do this in our **new *Vegan Advocacy*** booklet (available in July), which includes our latest version of *Veganism: The Path to Animal Liberation*.

## NEW RESEARCH RESOURCES

Some activists may be interested in getting a copy of the book, ***Contemporary Issues in Animal***

***Agriculture*** by Peter Cheeke, PhD (Professor of Agriculture/Animal Sciences, Oregon State University, 1999).

*Contemporary Issues* is loaded with hundreds of references – many would be useful for students doing papers. And the book does a good job of giving background for numerous issues that vegans discuss.

As would be expected, Cheeke gives animal agriculture the benefit of the doubt on the more complex issues. One major criticism of Cheeke is his accuracy regarding animal agriculture's contribution to global warming. Also, Cheeke does not address the cruelty towards animals by workers in modern factory farms and slaughterhouses. At other times, Cheeke is refreshingly honest. He makes a number of comments worth passing along:

- ❖ When human population growth has stabilized, petroleum reserves have been depleted, and new processes developed for producing palatable meat substitutes from plant products, our descendants might look back a couple of hundred years from now and ask "how could they do that to animals?"
- ❖ In my opinion, if most urban meat-eaters were to visit an industrial broiler house, to see how the birds are raised, and could see the birds being "harvested" and then being "processed" in a poultry processing plant, they would not be impressed and some, perhaps many of them would swear off eating chicken and perhaps all meat.
- ❖ The well-demonstrated willingness of industrialized agriculture to sacrifice animal welfare for increased productivity suggests that the industry itself cannot be relied upon to adequately address these issues.
- ❖ The inefficiency of feeding high-quality foods to livestock and poultry is a major, and legitimate, criticism of modern animal production.

*Contemporary Issues* is not an easy read. It helps if you have some knowledge of biochemistry. But even if you do not, much can be learned from it. If you are someone who gives public presentations on the sustainability of animal agriculture, I particularly recommend this book to you.

The Union of Concerned Scientists' ***The Consumer's Guide to Effective Environmental Choices***, by Michael Brower, PhD, and Warren Leon, PhD, lets consumers know which of their decisions have the biggest impact on the environment. The book concerns itself with four categories of environmental impact which it says are the most related to consumer choices: global warming, air pollution, water pollution, and habitat alteration.

*The Consumer's Guide* comes to some interesting conclusions. The top three consumer activities are, in order of negative impact on the environment:

- 1 Cars and light trucks
- 2 Meat and poultry
- 3 Fruit, vegetables, and grains

Unfortunately, most of their analysis is based upon the percentage of damage each activity shares of the total environmental damage done by consumers. In other words, if almost no one ate meat, meat would not show up in their analysis, because it would not share much of the consumer impact on the environment.

*The Consumer's Guide* suggests cutting back on meat in favor of plant foods (particularly from local farms) or dairy. They stress eating organic plant foods for their less harmful environmental impact.

*The Consumer's Guide* points out that dairy production uses few animals, yet produces much more food than does meat production. The graphs make plant food production seem at least twice as bad as dairy production in three categories, and about four or more times as bad in the category of water usage. This is somewhat difficult to believe given that, according to the animal agriculture textbook, *Scientific Animal Production*, a lactating dairy cow must be fed grain concentrates, and the more milk a dairy cow produces the more grain concentrate she must be fed. This would lead me to believe that much, if not most, of the dairy products in the U.S. are a direct result of grain concentrates. So how can grains be worse for the environment than dairy?

In the back of *The Consumer's Guide* there is a chart of various foods broken down by impact according to each dollar spent by the consumer. I found this to be a more accurate analysis. In that chart, plant foods and dairy are about equal except that plants rank much higher in water usage. Once again, both do significantly better than meat.

Fish and other seafood did not enter their equation. They state that overfishing is having a large, negative impact on marine ecosystems and some species of fish.

I am writing the authors to see if they will give a further explanation of how dairy could make less of an impact on the environment than plant foods. Stay tuned.



SPEAK OUT, Allendale, NJ

If you've got photos of VO literature being distributed, please send us copies for the newsletter. Thank you!

## Quick Vegetarian Chili

- 1 block frozen and thawed tofu (squeeze water out)
- 1 onion
- 3 cloves of garlic
- 2 15-oz cans of kidney beans
- 2 15-oz cans of pinto beans
- 1/4 cup of soy sauce
- 2 tbsp peanut butter
- 1 6-oz can of tomato paste
- 1 tbsp salt
- 3 tbsp chili powder
- 1 1/2 tbsp cumin

Send along your favorite chili recipe!

1. Dice onion, mince garlic, cube tofu.
  2. Mix all ingredients in a large pot.
  3. Add enough water to cover ingredients.
  4. Bring to a simmer.
- Serve over pasta if desired.

## Vegan OUTREACH

**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*.

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## THANK YOU...

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Apple Natural Foods, Tina/Sugar  
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Enoch, Janet – START  
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Evans, Brian  
Evans, Phillip  
Evergreen, Animal Rights  
Fischlowitz-Roberts, Bernie  
Foster, Melinda  
Frechette, Dan  
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Friedrich, Bruce  
Fuller, Douglas

GA, Veg Society  
Galper, Claire  
Ganassi, Ellen  
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Gibson, Joan/Jim  
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Gordon, Marie  
Greico, Angie  
Gustafson, Lynn  
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Knox, Brenda  
Krajnc, Susan  
Kraut, Stephan  
Kunz, Jeff  
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Landers, April  
Lang, Rachel  
LaPadula, Jeff  
Laspina, Joseph  
Lauren, Jean  
Lauterwasser, Bill  
Leong, Sharon  
Lincoln, RF  
Loewen, Nancy  
Lucero, Phyllis  
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Niles, Madonna  
Norris, Todd  
Nygren, Mike  
Oliver, Gail & John  
Orling, Merry  
Orton, Jesse  
Overman, Chris  
Paluch, David  
Panos, "Goddess" L

Pederson, Matthew  
PeTA  
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Pickman, Todd  
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Place, James  
Providence, Jenny & Noah  
Pundole, Shehernavaz  
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Richman, Sheryl A  
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Runk, Bruce  
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Samfield, Emily  
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Schoen, Anna  
Schroepel, Freda  
Services, Shanti  
Sharps, James  
Shopa, Kathleen  
Siewers, Kay  
Silva, Stephen & Nancy  
Silvestre, Nathalie  
Slezin, Eden  
Smith, Paul & Campbell, Jill  
Somich, Matthew  
Sparks, Samuel  
Spears, Mary  
Stamler, Gordon  
Stewart, Lissa Jane  
Stewart, Susan  
Stickle, Kimberly J  
Stoyonoff, Mary  
Straight, Nathan Shane  
Students for Animal Liberation  
Swadey, Donald  
Szerby, John  
Ternes, Chris  
Thomas, Karen  
Thomas, Cathy  
Thomisee, Greg  
Thorpe, Vanda  
Torgerson, Adam  
Treacy, Carol RS  
Tyler, Fred J  
Ury, Guenn  
Valadez, Eloy  
Valentino, Jody  
Valles, Steven  
VAVA  
Wagner, Sue  
Walker, Rob  
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Weinstein, Mark  
Wible, Pamela  
Wilday, Debbie & David  
Williams, Charles  
Wooden Shoe, Eric  
Woods, Suné  
Wright, Randal  
Young/Huggins, Jason/Johanna  
Zale, Ana  
Zapala, Edward

I have been analyzing (and occasionally working with) many social progress groups here on campus, and have been even more reinforced in my belief in the efficacy of non-hostile, non-confrontational activism. I have really gone full circle in this regard: from two years ago – yelling at fur wearers, etc. I have now come to a place of respect for what I believe is the inevitable graduality of mass revolution among people. I rarely condemn extreme activists for their actions, since I know the feelings that can be generated, such as anger and futility. But I now think more than ever that a more patient, calculating approach is best for ensuring long-term change in society. The congenial non-exaggerated-backed-up-with-reasonable-facts-Spiraesque approach brings the most fruitful lasting results. Vegan Outreach has always represented such a perspective for me, and I have most assuredly been grateful for its presence in the movement. If anything can bring out compassion in a relatively thoughtful individual, it is Vegan Outreach.

JM, AUSTIN, TX, 2/2/99

Your viewpoints have changed the way I think. I often participate in demonstrations and protests, and I find it much more effective to communicate to people one-to-one than to scream "Boycott Macy's! Fur is Murder!"

AN, 3/10/99

I am really relieved to have read, in "On Being Vegan," that seeing families' and friends' actions as immoral is a common situation. It is comforting to know that it isn't just me going through this. Another point I appreciated was about moving society towards a less-suffering place, and that this requires working with other non-vegans. I had decided against my plans to live alone in the woods, realizing that I could do more to help.

IJ, 2/8/99

I find it difficult for others to truly understand our vision. "What about plants?" "Clams don't run away!" "What about your social life?" At times I am so shocked at their words that I lose my own vision. I even think that maybe my life would have been so much easier without this knowledge. But there are many more things which I've gained from this lifestyle as well. The essays and advice on the website have always been a great help to keep me strong. Since I know no vegans where I live, the words have given me lots of support!

NS, CHIABA, JAPAN, 3/16/99

Just wanted to let you know that your *Why Vegan* brochure was most effective in my family's immediate switch to total vegetarianism. I did not realize the horrible consequences of purchasing eggs and dairy products when I happened upon your pamphlet; now I know.

SP, VIA E-MAIL, 3/22/99

I have always eaten meat, but after reading the information that I found on your vegan website, I think that meat is disgusting! I can barely stand the sight of meat anymore! Please send me information – I want to educate my friends on everything I have learned, and get them to take a stand for animals, because they can't do it for themselves!

KT, ROCKFORD, MI, 4/4/99



**POSTER & DISPLAYS**

**NEW!**

You can now download a *Why Vegan* flyer from our website to print out and post around your campus (co-op, library, etc.). It's a great way to increase awareness of veganism, even while you're stuck in your dorm room doing Laplace transforms.



As can be seen in this picture, James Powell of Athens, GA had color enlargements made of some of the 4" x 6" pictures in *Vegan Outreach's* display

package. This was such a good idea that we too made enlargements for displays. You can now order these from the catalog.

Thanks for all the information. It changed my life. Now I know I can go out and start an organization.

MZ, LITTLE NECK, NY, 1/25/99

I went though all the sites I could find on veg-an living, for a paper in my college comp. class. This was definitely one of the best sites I visited. I had tears in my eyes after reading *Why Vegan*. The information was so strong that I could not ignore it. I no longer consume/use any animal products.

E, 4/26/99

I spent my day reading and crying over the many articles that I saw on your website. I will spread the information to everyone I can. Thank you for opening my eyes to the pain and suffering we allow to go on in this country so that we can feed ourselves.

JB, 4/29/99

I think the egg, dairy and meat industry are very happy to see the animal rights movement caught up in the "fur war"! I really hope we destroy the fur industry soon because we need to start to work long and hard at the hardest thing there is to do in animal rights, get people to change what they are eating.

JL, BELLE MEAD, NJ, 3/22/99

*Editor's note:*

*This is a great point. We do not foresee society changing in steps of totally abolishing fur. Then totally abolishing meat. Then milk. Rather, we see more and more people will stop buying fur, meat, eggs, and milk. As long as most people think it's okay to kill animals for food, it will be very hard to convince all of them to stop buying fur. In other words - don't wait until the fur industry is gone to start spreading veganism.*

I have been a vegetarian for 5 years, but never realized, or wanted to realize, how my dairy intake caused suffering to animals. After reading *Why Vegan* late one night after work as a waiter, I wept and wept. All I could say over and over again is "What are we doing, what are we doing!!!!!!?" I have felt a connection with the animals and the rest of the world ever since then that I have never known before. I have been a vegan now for only a short time, but once I have made that connection, I will never lose it again.

DT, 4/21/99

I have been a vegetarian for about seven years and have finally stepped (or jumped) into veganism in the past two weeks. I have had so many dark days of confusion and questioning as my understanding has been opened even more: not understanding how we can still be participating in practices that, when looked at closely, are gruesome and unfathomable. I have realized how few resources and support there are in our day-to-day lives for vegans. What a joy to find a resource that addresses directly so many of the concerns I have been plagued by in these past weeks. Knowing that educating oneself is often the only way out of a dark place, I have been making telephone calls to companies, researching the internet for connections, reading, and thinking, thinking, thinking. Such a resource as *Vegan Outreach* is a true gift.

TT, VIA E-MAIL, 3/31/99

**THE COOKIE WARS**

The **No Bakery** sent Vegan Outreach samples of their vegan *No Cookie* cookies and brownies. They are made without refined sugars or hydrogenated oils. Here are the results of the taste tests:

"Mmmm. It's good! It's gooder than good!"  
Ellen, 4-year-old, eating an oatmeal raisin *No Cookie*

"The brownies are real brownies, like you remember from childhood. Before this, I hadn't had a brownie in 20 years!"  
Anne, thirty-something

Other flavors include Chocolate Chip, Ginger Spice, and Peanut Butter. For ordering information (they do mail order): 800-830-5373, [www.nocookie.com](http://www.nocookie.com)

Next, **Allison's Cookies** also sent Vegan Outreach samples of their cookies and brownies. These are also made without refined sugars or hydrogenated oils, and offer wheat-free options. Flavors include Mint Chocolate Chip, Cinnamon Snickerdoodles, Lavender Lemon, and Cardamom Pecan. For more information: 206-567-5292, [www.allisoncookies.com](http://www.allisoncookies.com).

It is hard to recommend one over the other; the best advice is to look for them at your local stores.

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

- |                     |                     |                      |                     |                  |                   |                    |
|---------------------|---------------------|----------------------|---------------------|------------------|-------------------|--------------------|
| AK, Anchorage       | CA, Rosemead        | GA, Atlanta          | MD, Silver Spring   | NJ, Kindenwold   | OH, N Olmstead    | TX, Weatherford    |
| AK, Chugiak         | CA, San Diego       | GA, Marietta         | ME, Biddeford       | NJ, Mahwah       | OH, Oxford        | UT, Kayville       |
| AL, Birmingham      | CA, San Francisco   | GA, Warner Robins    | MI, Allen Park      | NJ, Manasquan    | OH, Parma Hts     | UT, Kearns         |
| AZ, Chandler        | CA, San Rafael      | HI, Haliwaa          | MI, Alma            | NJ, Montclair    | OH, Sandusky      | UT, Layton         |
| AZ, Flagstaff       | CA, Santa Cruz      | HI, Honolulu         | MI, Alpena          | NJ, Montville    | OH, Shaker Hts    | UT, Park City      |
| AZ, Paradise Valley | CA, Santa Rosa      | HI, Makawao          | MI, Ann Arbor       | NJ, Morganville  | OH, Springfield   | UT, S Jordan       |
| AZ, Phoenix         | CA, Sherman Oaks    | HI, Maui             | MI, Berrien Springs | NJ, Nechanic     | OR, Ashland       | UT, Salt Lake City |
| AZ, Prescott        | CA, Simi Valley     | IA, Davenport        | MI, Dearborn Hts    | NJ, Pine Brook   | OR, Bend          | UT, South Jordan   |
| AZ, Sierra Vista    | CA, Wildomar        | IL, Bloomington      | MI, Grosse Pointe   | NJ, Red Bank     | OR, Eugene        | UT, Taylorsville   |
| AZ, Tucson          | CO, Aurora          | IL, Chicago          | MI, Macomb Twp      | NJ, Roselle Park | OR, McMinnville   | UT, W Jordan       |
| AZ, Yarnell         | CO, Golden          | IL, Deerfield        | MI, Muskegon        | NJ, Somerville   | OR, Portland      | VA, Free Union     |
| CA, Antioch         | CO, Lakewood        | IL, Evanston         | MI, Plymouth        | NJ, Verona       | PA, Allentown     | VA, Norfolk        |
| CA, Apple Valley    | CO, Littleton       | IL, Galesburg        | MI, Rochester       | NJ, Watchung     | PA, Bartonsville  | VA, Williamsburg   |
| CA, Arcata          | CT, Canton          | IL, Hickory Hills    | MI, Saginaw         | NM, Albuquerque  | PA, Belle Vernon  | VA, Woodbridge     |
| CA, Brea            | CT, Canton Center   | IL, Lake Forest      | MI, Shelby Twp      | NM, Belen        | PA, Bethlehem     | VT, Middlebury     |
| CA, Camp Meeker     | CT, Clinton         | IL, Lombard          | MI, St Clair Shores | NV, Henderson    | PA, Boothwyn      | VT, Plymouth       |
| CA, Carmel          | CT, Durham          | IL, Peoria           | MI, Traverse City   | NV, Las Vegas    | PA, Chalfont      | VT, Rutland        |
| CA, Clovis          | CT, E Hartford      | IN, Indianapolis     | MI, Troy            | NV, Pahrump      | PA, Doylestown    | WA, Bellevue       |
| CA, Davis           | CT, Manchester      | IN, New Haven        | MI, Ypsilanti       | NY, Albany       | PA, Hatboro       | WA, Bellingham     |
| CA, El Cajon        | CT, New Haven       | IN, W Lafayette      | MN, Minneapolis     | NY, Albertson    | PA, Haverford     | WA, Bow            |
| CA, Exeter          | DC, Washington      | KS, Kansas City      | MT, St Ignatius     | NY, Binghamton   | PA, Hunker        | WA, Kirkland       |
| CA, Hawthorne       | FL, Cocoa Beach     | KS, Lawrence         | MO, Florissant      | NY, Brooklyn     | PA, Langhorne     | WA, Olympia        |
| CA, Irvine          | FL, Daytona Beach   | KS, Wichita          | MO, Maryland Hts    | NY, Glendale     | PA, Lewisburg     | WA, Pt Townsend    |
| CA, Isla Vista      | FL, Ft Meyers       | KY, Ft Thomas        | MO, Reeds Spring    | NY, Goshen       | PA, Moosic        | WA, Redmond        |
| CA, La Habra        | FL, Hudson          | LA, New Orleans      | MO, St Louis        | NY, Hammonsport  | PA, Nanticoke     | WA, Seattle        |
| CA, La Mesa         | FL, Key West        | MA, Andover          | NC, Carborro        | NY, Hauppauge    | PA, Norristown    | WI, Janesville     |
| CA, Laguna Hills    | FL, Lakewood        | MA, Boston           | NC, Chapel Hill     | NY, Ithaca       | PA, Patton        | WI, S Milwaukee    |
| CA, Long Beach      | FL, Leesburg        | MA, Brighton         | NC, Charlotte       | NY, Melville     | PA, Philadelphia  | WV, Buckhannon     |
| CA, Los Altos       | FL, Miami           | MA, Brookline        | NC, Greensboro      | NY, New Paltz    | PA, Pittsburgh    |                    |
| CA, Los Angeles     | FL, N Ft Myers      | MA, Dalton           | NC, Penrose         | NY, New York     | PA, Saylorburg    | PR, Trujillo Alto  |
| CA, Manhattan Bch   | FL, N Miami         | MA, Deerfield        | NC, Raleigh         | NY, Penfield     | PA, Shippensburg  | US Virgin Islands  |
| CA, Monterey        | FL, Ocala           | MA, East Boston      | NC, Wingate         | NY, Pittsford    | PA, Warren        |                    |
| CA, Mt Shasta       | FL, Palm Beach      | MA, Great Barrington | NC, Winston-Salem   | NY, Purchase     | PA, Wayne         | AB, Edmonton       |
| CA, N Hollywood     | FL, Panama City Bch | MA, Lenox            | NE, Omaha           | NY, Rochester    | PA, Waynesboro    | BC, Victoria       |
| CA, Nevada City     | FL, Pensacola       | MA, Nahant           | NH, Hanover         | NY, Rouses Point | RI, N Providence  | MB, Winnipeg       |
| CA, Northridge      | FL, Pt Orange       | MA, Somerville       | NH, Pittsford       | NY, Syracuse     | RI, Warwick       | MB, Big Cove       |
| CA, Novato          | FL, Sarasota        | MA, Williamstown     | NJ, Allendale       | NY, Tonawanda    | SC, Charleston    | NB, Fredericton    |
| CA, Ocean Beach     | FL, Seabring        | MD, Baltimore        | NJ, Belle Mead      | NY, Watkins Glen | TN, Gray          | ON, Bolton         |
| CA, Orange          | FL, Sebastian       | MD, Crofton          | NJ, Belmar          | OH, Akron        | TN, Kingsport     | ON, Guelph         |
| CA, Petaluma        | FL, Tallahassee     | MD, Jessup           | NJ, Bricktown       | OH, Avon Lake    | TX, Austin        | ON, Toronto        |
| CA, Redding         | FL, W Palm Beach    | MD, Reisterstown     | NJ, Eastampton      | OH, Centerville  | TX, Carrollton    | ON, Windsor        |
| CA, Redlands        | GA, Athens          | MD, Rockville        | NJ, Glassboro       | OH, Cincinnati   | TX, Dallas        |                    |
|                     |                     |                      |                     | OH, Cleveland    | TX, El Paso       |                    |
|                     |                     |                      |                     | OH, Columbus     | TX, Houston       | Argentina          |
|                     |                     |                      |                     | OH, Hilliard     | TX, Missouri City | Australia          |
|                     |                     |                      |                     | OH, Kent         | TX, San Antonio   | The Caribbean      |
|                     |                     |                      |                     | OH, Leetonia     | TX, Southlake     | Hong Kong          |
|                     |                     |                      |                     | OH, Mogadore     | TX, Sugar Land    | Italy              |
|                     |                     |                      |                     | OH, N Royalton   | TX, Tomball       | Japan              |
|                     |                     |                      |                     |                  |                   | Sweden             |

# Vegan —OUTREACH—

Evolution through Education

211 Indian Drive, Pittsburgh, PA 15238

FORWARDING & ADDRESS CORRECTION REQUESTED

I saw *Why Vegan* while visiting the Peace Abbey in Sherborn, MA. I picked up a copy for my son (21). I read it myself when I got home, and it has been with me ever since. It is, to say the least, a very persuasive little brochure. You've turned me. Your educational approach is right on target. I'm a firm believer in leading by example.

SS, CONCORD, MA, 3/7/99

I would like to tell you some stories about how *Why Vegan* has worked wonders in this small farming town. Already active in animal rights, *Why Vegan* has inspired me further, not only to carry the message to people I have close contact with, but to seek out others who might not otherwise have the opportunity to hear it. Before I received your pamphlets, my small town had 2 vegans and roughly 13 vegetarians. We now have 13 vegans, and over 30 vegetarians! Our lunch cafeteria now has a salad and fruit bar, and we get to have a *Why Vegan* table at lunch whenever the Future Farmers of America sets up theirs.

CL, WAYNESBORO, PA, 4/15/99

As a vegan, I would like to thank you for the wonderful pamphlet. It straightened me out (as an occasional cheater on dairy products). I gave it to every member of my family...look what my mom wrote: "so far after reading the vegan pamphlet, all I can eat is scallops and a few other things like that. It's been haunting me all weekend. Can't get those pictures out of my mind!"

E, BENNINGTON, VT, 3/1/99

## Home-Study Course in Vegetarian & Vegan Nutrition

by George Eisman, RD

sanctioned by VEGEDINE –  
The Association of Vegetarian  
Dietitians and Educators

3835 Route 414, Burdett, NY 14818  
phone/fax 607-546-4091

George Eisman is a co-founder of the Vegetarian Nutrition Practice Group of the American Dietetic Association and served as first editor of its newsletter, *Issues in Vegetarian Dietetics*.

Please write or call for details.

**F.Y.I.** The following excerpts appeared in *Time* magazine, 5/10/99, on page 73:

"**GENETICS:** Drumsticks, anyone? If you're partial to chicken legs, here's good news for you. Thanks to some clever genetic engineering, scientists at the Salk Institute in La Jolla, Calif., have come up with a way to grow birds with an extra pair of legs."

"**REPRODUCTION:** Last week Japanese scientists unveiled what may be the most painless way yet to clone a cow: they produced two healthy Holstein calves from their mother's milk...make it easier to clone high-milk-yielding 'supercows!'"

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

—HENRY DAVID THOREAU—



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