



**What You'll Find
At the Vegetarian
Center of NYC**
A GUIDE TO RESOURCES • 2002



The Vegetarian Center is the brightest jewel in VivaVegie's education and outreach crown.

The VivaVegie Society has a solid history of service to the vegetarian community. Since 1991 it has distributed tens of thousands of copies of its hallmark publication, "101 Reasons Why I'm a Vegetarian" by Pamela Rice. It has continuously published its journal, *The VivaVine*, for over 10 years. It has been tireless in its dedication to creative and effective vegetarian street outreach. Hundreds of people, and perhaps thousands, have adopted the vegetarian lifestyle because of the efforts of the group.

VivaVegie's proudest accomplishment, however, has been the opening of its Vegetarian Center. Here is a place that focuses on projecting the vegetarian point of view as its primary mission. VivaVegie needs your support for the maintenance of the current center as well as for its dream of a street-level center, which would have the important advantage of visibility.

Misconceptions abound about vegetarianism. Until every person on Earth understands the real costs of meat and no one sees vegetarianism as a deprived lifestyle, there will be a need for vegetarian centers everywhere.

The Vegetarian Center needs your support. The staff of VivaVegie reminds each vegetarian that every 4 hours McDonald's Corp. opens a store somewhere in the world. Certainly, the great city of New York deserves at least one place where vegetarians can count on finding an advocate.



We're wired. The center is equipped with two Macintosh computers, one printer, one scanner, and one writable CD-ROM drive. Faxes can be received if you call ahead. The center is also hooked up to the Internet for surfing the Web, sending and receiving e-mail, and uploading to the VivaVegie Web site.

<http://www.vivavegie.org>

If you're a vegetarian, we've got the answers!

The Vegetarian Center of NYC is a unique clearinghouse for information. On a daily basis, it receives numerous phone calls and walk-in visits from inquisitive people interested in the vegetarian lifestyle. People are always grateful for what the center has to offer them, usually free of charge.

This place is here for you.

Today we vegetarians have a place to call home—a facility that is there strictly on our behalf. In the long run, the center will grow into whatever the vegetarian community of New York City decides it should be. VivaVegie has laid a foundation. The challenge for us as a community is to come together and build this center into a place vegetarians can be proud of, one that represents a large, active, and influential constituency.

The Vegetarian Center...

- hosts lectures, video screenings, workshops, and discussion groups;
- offers a referral service for restaurants, stores, vegan products, and vegetarian organizations;
- houses an archive of books, pamphlets, magazines, menus, and cataloged news reports of interest to vegetarians;
- functions as a meeting place for groups and research room for students and journalists;
- serves as a drop-in space for passers-by to pick up a restaurant guide or other vegetarian information;
- offers pro-vegetarian T-shirts and lapel buttons;
- is a place for visitors to speak one-on-one with a real, live vegetarian!

THE VEGETARIAN CENTER OF NYC

121 E. 27th St., Suite 704

646-424-9595

pamela@vivavegie.org ■ www.vivavegie.org

OFFICE HOURS ARE GENERALLY

4:00 P.M. to 7:00 P.M., Monday–Friday. • Always call ahead.

MAILING ADDRESS:

The VivaVegie Society
P.O. Box 294, Prince Street Station
New York, NY 10012-0005
Information line: 212-871-9304

Dear Veggie Center enthusiast: Until every town and city has its own public vegetarian center, please consider supporting the only one in the nation in existence at the moment: VivaVegie's Vegetarian Center of New York City.

It takes enormous amounts of time and money to keep this symbol of vegetarian solidarity running.

Sure, the Center can always use volunteer help—keeping its resources properly categorized and cataloged. But financial support is also vital to the Center's operations. And of course, VivaVegie is 501(c)3, which means that your donations are tax-deductible.

—Pamela Rice, FOUNDER



Pamela Rice & Penelo Pea Pod (Murray Schechter) • Photo by Susan Egan
The Vegetarian Center stands as a monument to the vegetarian lifestyle, a testament to all who hold its tenets dear. Just by being in existence, this shrine to conscientious and cruelty-free living regularly gains coverage from the media—attention that our perspective might otherwise not enjoy. The above photo was published in *Time Out New York* in June 2001. That publication, as well as the *New York Post*, 1010 WINS Radio, WNYC Radio, WNBC's "Extra," Metro TV, and others, has visited our Center to hear the vegetarian point of view. As long as the general public—and even vegetarians themselves—have one more thing to learn about vegetarianism, our doors must remain open! Join us. Support us. Lend a hand with this 21st-century cause.



I want to contribute to the Vegetarian Center of New York City.

Enclosed find \$ _____.

- Friend: \$25-\$199
 Sponsor: \$200-\$499
 Major Contributor: \$500-\$1,999
 Benefactor: \$2,000 and up
 for VivaVegie's Vegetarian Center of New York City.
 Please use my gift specifically to produce copies of this guide.

Date: _____ Name: _____ Organization: _____

Title: _____ Address: _____

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Phone number: _____

The VivaVegie Society is a nonprofit, 501(c)3, charitable organization. Donations are tax-deductible. VivaVegie will issue receipts for contributions over \$15.
Mailing address: The VivaVegie Society, P.O. Box 294, Prince Street Station, New York, NY 10012-0005. • For more information, call 646-424-9595.

The Book Collection at the Veggie Center

FAR FROM COMPLETE, THIS LIBRARY OF VEGETARIAN SOURCES SHOWS THE BREADTH OF OUR CULTURE.

- Adams, Carol J., *Living Among Meat Eaters: The Vegetarian's Survival Handbook*, Three Rivers Press, 2001.
- Adams, Carol J., *The Sexual Politics of Meat*, Continuum International Publishing Group, 1990.
- Arlin, Stephen (with Fouad Dini and David Wolfe), *Nature's First Law: The Raw-Food Diet*, Maul Brothers Publishing, 1997.
- Barker, Rodney, *And the Waters Turned to Blood*, Simon & Schuster, 1997.
- Barnard, Neal, M.D., *The Best in the World*, Physicians Committee for Responsible Medicine, 1998. Fast, healthful recipes from exclusive and out-of-the-way restaurants.
- Barnard, Neal, M.D., *Food for Life*, Three Rivers Press, 1993.
- Barnard, Neal, M.D., *Foods That Fight Pain*, Three Rivers Press, 1998.
- Barnard, Neal, M.D., *The Power of Your Plate*, Book Publishing Company, 1990. (The 1995 edition is also available.)
- Berkoff, Nancy, R.D., *Vegan Meals for One or Two*, The Vegetarian Resource Group, 2001.
- Berry, Rynn, *Famous Vegetarians and Their Favorite Recipes*, Pythagorean Publishers, 1995. The author is a New Yorker.
- Berry, Rynn, *Food for the Gods: Vegetarianism and The World's Religions*, Pythagorean Publishers, 1998.
- Berry, Rynn, *Why Hitler Was Not a Vegetarian*, Pythagorean Publishers, 1999.
- Boyd, Billy Ray, *For the Vegetarian in You*, Taterhill Press, 1987.
- Braunstein, Mark Mathew, *Radical Vegetarianism*, Panacea Press, 1993.
- Breier, Davida Gypsy, *Vegan and Vegetarian FAQ: Answers to Your Frequently Asked Questions*, The Vegetarian Resource Group, 2001. Includes a nutrition section by Reed Mangels, Ph.D., R.D.
- Brody, Jane E., *The New York Times Book of Health*, Random House, 1997.
- Brower, Michael, Ph.D. (with Warren Michael, Ph.D.), *The Consumer's Guide to Effective Environmental Choices*, Three Rivers Press, 1999.
- Brown, Arthur (with S. Barbara Holmes), *Good and Cheap Vegetarian Dining in New York*, City & Company, 1994.
- Butts, Lauren, *OK, So Now You're a Vegetarian*, Broadway Books, 2000.
- Calbom, Cherie, M.S., *The Juice Lady's Guide to Juicing for Health*, Avery Publishing Group, 1999.
- Carper, Jean, *Jean Carper's Total Nutrition Guide*, Bantam Books, 1987.
- Cerquetti, Giorgio, *The Vegetarian Revolution: Commentary and Cookbook*, Torchlight Publishing Inc., 1997.
- Civic, Jed and Susan, *The Vegetarian Traveler*, Larson Publications, 1997.
- Coats, C. David, *Old MacDonald's Factory Farm: The Myth of the Traditional Farm and the Shocking Truth About Animal Suffering in Today's Agribusiness*, Continuum Publishing, 1989.
- Coe, Sue, *Dead Meat*, Four Walls Eight Windows, 1995.
- Cohen, Robert, *Milk A-Z*, Argus Publishing, 2001.
- Cohen, Robert, *Milk: The Deadly Poison*, Argus Publishing, 1998.
- Cook, Robin, *Toxin*, The Berkeley Publishing Group, 1998. A suspense novel about *E. coli* contamination.
- Cooking with PETA: Great Vegan Recipes for a Compassionate Kitchen*, People for the Ethical Treatment of Animals, 1997.
- Davis, Brenda, R.D. (with Vesanto Melina, M.S., R.D.), *Becoming Vegan*, Book Publishing Company, 2000.
- Davis, Karen, Ph.D., *Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri*, Book Publishing Company, 1993.
- Davis, Karen, Ph.D., *Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry*, Book Publishing Company, 1996.
- Della Croce, Julia, *Italy: The Vegetarian Table*, Chronicle Books, 1994.
- Donahue, Debra L., *The Western Range Revisited: Removing Livestock from Public Lands to Conserve Native Biodiversity*, University of Oklahoma Press, 1999.
- Eisman, George L., *The Most Noble Diet: Food Selection and Ethics*, Diet-Ethics, 1994. Foreword by Michael Klaper, M.D.
- Eisnitz, Gail A., *Slaughterhouse: The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry*, Prometheus Books, 1997.
- Fifty Simple Things You Can Do to Save the Earth*, Earthworks Press, 1989.
- Fox, Nicols, *Spoiled: The Dangerous Truth About a Food Chain Gone Haywire*, Basic Books, 1997.
- Fuhrman, Joel, M.D., *Discover the Health Equation*, published by the author, 1999.
- Fuhrman, Joel, M.D., *Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease*, St. Martin's Griffin, 1995.
- Haynes, Linda, *The Vegetarian Lunchbasket*, New World Library, 1999.
- Hutto, Joe, *Illumination in the Flatwoods*, Lyons Press, 1995. The diary of a man who had a brood of wild turkeys imprint on him.
- Jacobs, Lynn, *Waste of the West: Public Lands Ranching*, published by the author, 1991.



Here we have a good crop of vegetarians enjoying VivaVeggie's monthly Rap 'n' Wrap at the Veggie Center—a time when vegetarians can shoot the breeze and sort things out from our own perspective.

- Kalechofsky, Roberta, Ph.D., *Vegetarian Judaism: A Guide for Everyone*, Micah, 1998.
- Kirchner, Bharti, *Vegetarian Burgers*, Harper Perennial, 1996.
- Klaper, Michael, M.D., *Pregnancy, Children and the Vegan Diet*, Gentle World Inc., 1997.
- Klavan, Ellen, *The Vegetarian Factfinder*, illustrations by Adrienne Hartman, The Little Bookroom, 1996.
- Kowalski, Gary, *The Souls of Animals*, Stillpoint Publishing, 1991.
- Lappé, Frances Moore, *Diet for a Small Planet*, Ballantine Books, 1991. The book that started a revolution in the way Americans eat.
- Linzey, Andrew, *Christianity and the Rights of Animals*, Crossroad, 1987.
- Lyman, Howard F., *Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat*, Scribner, 1998.
- Marcus, Erik, *Vegan: The New Ethics of Eating*, McBooks Press, 1998.
- Martin, Jeanne Marie, *Vegan Delights*, Harbour Publishing, 1994.
- Mason, Jim, *An Unnatural Order: Why We Are Destroying the Planet and Each Other*, Continuum Publishing Company, 1997.
- Mason, Jim (with Peter Singer), *Animal Factories*, revised and updated, Harmony Books, 1990.
- McDougall, John A., M.D., *The McDougall Program: 12 Days to Dynamic Health*, Plume, 1990.
- McMenamin, Michael (with Walter McNamara), *Milking the Public: Political Scandals of the Dairy Lobby from LBJ to Jimmy Carter*, Nelson-Hall Inc., 1980.
- Melina, Vesanto, R.D. (with Brenda Davis, R.D., and Victoria Harrison, R.D.), *Becoming Vegetarian: A Complete Guide to Adopting a Healthy Vegetarian Diet*, Book Publishing Company, 1995.
- Messina, Mark, Ph.D. (with Virginia Messina, R.D.), *The Simple Soybean and Your Health*, Avery, 1994.
- Newkirk, Ingrid, *Save The Animals! 101 Easy Things You Can Do*, Warner Books, 1991.
- Null, Gary, *The Vegetarian Handbook: Eating Right for Total Health*, St. Martin's Press, 1987.
- Ornish, Dean, M.D., *Eat More, Weigh Less*, Harper Collins, 1993.
- Parachin, Victor, *365 Good Reasons to Be a Vegetarian*, Avery Publishing Group, 1998.
- Reinhardt, Mark Warren, *The Perfectly Contented Meat-Eater's Guide to Vegetarianism*, Continuum, 1998.
- Rhodes, Richard, *Deadly Feasts: Tracking the Secrets of a Terrifying New Plague*, Simon & Schuster, 1997.
- Rifkin, Jeremy, *Beyond Beef: The Rise and Fall of the Cattle Culture*, Dutton, 1992.
- Robbins, John, *Diet For a New America*, Stillpoint Publishing, 1987. This is a pillar in vegetarian literature.
- Robbins, John, *The Food Revolution: How Your Diet Can Help Save Your Life and the World*, Conari Press, 2001.
- Robbins, John, *May All Be Fed: Diet for a New World*, William Morrow and Company Inc., 1992.
- Rowe, Martin (editor), *The Way of Compassion: Survival Strategies for a World in Crisis*, Stealth Technologies Inc., 1999.
- Sass, Lorna J., *Great Vegetarian Cooking Under Pressure*, William Morrow and Company Inc., 1994.
- Sass, Lorna J., *Recipes from an Ecological Kitchen*, William Morrow and Company Inc., 1992.
- Schlosser, Eric, *Fast Food Nation: The Dark Side of the All-American Meal*, Houghton Mifflin, 2001.
- Schwartz, Richard H., Ph.D., *Judaism and Vegetarianism*, Lantern Books, 2001.
- Seaborn, Ron, *The Children's Health Food Book*, Life Line Inc., 1995.
- Sequoia, Anna, *67 Ways to Save The Animals*, Harper Collins, 1991.
- Shurtleff, William (with Akiko Aoyagi), *The Book of Miso*, Ballantine Books, 1991.
- Shurtleff, William (with Akiko Aoyagi), *The Book of Tofu*, Ballantine Books, 1993.
- Sinclair, Upton, *The Jungle*, New American Library, 1905.
- Singer, Peter, *Animal Liberation* (new revised edition), Avon Books, 1990.
- Singer, Peter, *Ethics Into Action: Henry Spira and the Animal Rights Movement*, Rowman & Littlefield, 1998.
- Smith, Scott S., *The Soul of Your Pet: Evidence for the Survival of Animals After Death*, Holmes Publishing Group, 1998.
- Solomon, Jay, *150 Vegan Favorites*, Prima Publishing, 1998.
- Sowing Seeds Workbook: A Humane Education Primer*, Center for Compassionate Living, 1999.
- Stepaniak, Joanne, *The Uncheese Cookbook*, Book Publishing Company, 1994.
- Stepaniak, Joanne, *The Vegan Sourcebook*, Lowell House Extension Press, 1998.
- Stepaniak, Joanne, *Vegan Vittles*, Book Publishing Company, 1996. Nutrition section by Suzanne Havala, M.S., R.D.
- Strategies for Activists from the Campaign Files of Henry Spira*, Animal Rights International, 1996. A compilation of deeds and works of Henry Spira.
- Vaclavik, Charles P., *The Vegetarianism of Jesus Christ*, Kaweah, 1986.
- Von Kreisler, Kristin, *The Compassion of Animals: True Stories of Animal Courage and Kindness*, Prima, 1997.
- Wade, Nicholas (editor), *The Science Times Book of Fish*, The Lyons Press, 1997.
- Wasserman, Debra, *The Lowfat Jewish Vegetarian Cookbook*, The Vegetarian Resource Group, 1994.
- Wasserman, Debra, Ph.D., *Simply Vegan*, The Vegetarian Resource Group, 1999. Nutrition section by Reed Mangels, Ph.D., R.D.
- Wasserman, Debra, Ph.D. (with Reed Mangels, R.D.), *Vegan Handbook*, The Vegetarian Resource Group, 1996.
- Weitzel, Annemarie (editor), *Vegetarian Visitor: Where to Stay and Eat in Britain*, Jon Carpenter, 1998.
- Wheatley, Georgia, *Vegetarian Resource Directory: A Guide to Information for a Vegetarian Lifestyle*, Book Publishing Company, 1996.
- Wolfe, David, *The Sunfood Diet Success System*, Maul Brothers Publishing, 1999.
- Wolfson, David J., *Beyond the Law: Agribusiness and the Systemic Abuse of Animals Raised for Food or Food Production*, Farm Sanctuary Inc., 1999.
- Wolfson, David J., *McLibel*, Animal Law, 1999.
- Yntema, Sharon, *Vegetarian Baby*, McBooks Press, 1991.
- Yntema, Sharon, *Vegetarian Children*, The Little Bookroom, 1995.
- Zepezaur, Mark (with Arthur Naiman), *Take the Rich Off Welfare*, Odonian Press, 1996.

The Video Collection at the Veggie Center

FROM BABE TO BILL MOYERS TO CRACKERS (THE CRIME-FIGHTING CHICKEN), IMAGES TELL A TALE.

"Advances in Medical Education," PETA (People for the Ethical Treatment of Animals), 1997.

"American Agenda," John Macinzie, ABC News, May 9, 1996. Macinzie speaks with Robert Vogel, M.D., at the University of Maryland about his study showing that a high-fat McDonald's meal can kill on the spot, even if one's health signs are good. The story was featured on the same day as the launch of McDonald's Arch Deluxe.

"American Writers Series: Upton Sinclair," C-SPAN, Aug. 5, 2001. A biographical discussion of the man who wrote *The Jungle*, the early-20th-century book that was written to shed light on social-justice issues but did more to change meat-handling laws in slaughterhouses.

"The Animals Film," PETA (People for the Ethical Treatment of Animals). 1981 documentary featuring early crusaders.

"The Awful Truth," Michael Moore, Bravo, 1999. Exposé of Buckeye Egg Farm via Crackers the Corporate Crime-Fighting Chicken.

Babe, Universal City Studios Inc., 1995. A pig escapes the dinner table by learning the skills of a sheepdog.

"Big Chicken," Mike Wallace, CBS: "60 Minutes," Dec. 19, 1999. Wallace goes to the Delmarva Peninsula to uncover the dismal conditions for workers in the chicken industry there. Reverend Jim Lewis is interviewed along the road.

"Bill Moyers Reports: Earth on the Edge," Bill Moyers, PBS, June 19, 2001. Moyers uncovers environmentally unsustainable human activities and offers alternatives to the destruction. Midwestern feed-grain agriculture and world fishing are part of the examination.

Bovine growth hormone: 12 minutes of news broadcasts, Jeremy Rifkin, Pure Food Campaign, 1993. Features citizens wary of the genetically engineered hormone for cows, which boosts outputs in an economic environment already flush with milk.

Chicken Run, DreamWorks Home Entertainment, 2000. Animated chickens escape from a factory farm. By the creators of *Wallace and Gromit*. Mel Gibson's voice as Rocky.

"Classroom Cutups: A Look at Dissection," PETA (People for the Ethical Treatment of Animals), Drew Carolan & Assoc., Nov. 21, 1996. With Alicia Silverstone.



"Mad Cow Disease: Past, Present and Future," Michael Greger, M.D., gives a lecture at the Vegetarian Center of New York City. Videographer Joe Friendly taped the presentation and donated the videocassette to the Veggie Center.

"A Cow at My Table," Jennifer Abbott, Flying Eye Productions, 1998. A feature documentary about animals, meat, and culture. "Idiosyncratic and refreshingly unpredictable....May become one of the most persuasive videos of the coming decade."—Animal People

"The Danger on Our Plates," Bill Kurtis, A&E: "Investigative Reports," April 23, 2001. Five thousand people a year die of food poisoning in the United States. This investigation focuses on this emerging epidemic, traced to both meat and meat production.

"Diet for a New America: Your Health, Your Planet," John Robbins, KCET Video, 1991. How your food choices affect your health, your happiness, and the future of life on earth. A companion to the Pulitzer Prize-winning book by the same name.

"Dietary Risk Factors in Cancer," Michael Klaper, M.D., Ahimsa Video, American Vegan Society, 1989. The vegetarian answer to cancer.

"A Diet for All Reasons," Michael Klaper, M.D., Nutrition Services, 1992. Packed with information on meat's links to ill health.

"A Different Story," Jeannie Moos, CNN, July 4, 1996. Moos covers the Nathan's hot-dog-eating contest at Coney Island. Pamela Rice and the VivaVeggie Society are shown calling out the ingredients in a hot dog.

"The Down Side of Livestock Marketing," Farm Sanctuary, 1990. Video exposé on downer livestock.

Doctor Dolittle, Twentieth Century Fox Film Corp. and Apjac Productions Inc., 1967. Rex Harrison as the vet who talks to animals, in a musical adaptation of Hugh Lofting's stories. Songs include "The Vegetarian" and "Like Animals."

Farm Sanctuary Gala, The Plaza Hotel (New York), Sunday, May 20, 2001. With appearances by Mary Tyler Moore, Linda Blair, and other celebrity champions of animal rights.

Other resources at the Vegetarian Center

- menus, mostly for the New York City area, filed by neighborhood or geographic region.
- promotional material from companies that market vegetarian or cruelty-free products
- a cork board with flyers notifying visitors of timely events
- an electronic database of visitors—with digital images
- CD-ROM files packed with vegetarian-related resource material from vegetarian listservs and news Web sites
- flyers and pro-vegetarian literature for vegetarian outreach
- scrapbooks and photo albums that chronicle the history of the VivaVeggie Society
- a VCR to view videos on the premises

- "Foods for Cancer Prevention and Survival," Neal D. Barnard, M.D., Physicians Committee for Responsible Medicine, 1999. How a vegetarian diet can reduce your risk for these deadly diseases.
- "Health & Humanity," PETA (People for the Ethical Treatment of Animals), 1988.
- "Health Week," PBS, Nov. 18, 2000, Neal Barnard, M.D., T. Colin Campbell, M.D., Walter Willett, M.D., and others speak out on the health risks of milk.
- "Hemp for Victory," U.S. Department of Agriculture, 1942. The USDA promoted hemp as an important part of the World War II war effort. After the film was produced, the government suppressed it and even denied that it was ever made. Parts of *Refer Madness* are also on this tape.
- "Is Our Food Fit to Eat?," CBS: "48 Hours," 1994. An hour-long program that covers *E. coli* O157:H7, pesticides, and chicken pathogens.
- "John Robbins: Celebration 1994," Cell Tech, 1994. John Robbins eloquently addresses a blue-green-algae conference.
- "Lethal Medicine," The Nature of Wellness, 1997. A documentary that demolishes the pseudoscientific claims

- of the animal research industry.
- "Mad Cow Disease: Past, Present, and Future," Michael Greger, M.D.; Joe Friendly, videographer; Feb. 25, 2001. Lecture at the Vegetarian Center of New York City.
- "The Making of a Turkey," Farm Sanctuary, mid 1990s(?). Facts of turkey production.
- "McLibel: Two Worlds Collide," One-Off Productions, 1997. The inside story of the single father and the part-time bar worker who took on McDonald's Corp.
- "Medical Detectives: Outbreak," The Learning Channel/Medstar, 1996. Midwest communities were victims of an outbreak of thyroid toxicosis. Contaminated meat had come from a LaVerne, Minnesota, IBP plant that slipped the diseased thyroid glands into hamburger.
- "The Natural Health Show," Mary Mucci, Metro TV, Aug. 25, 2001, New York City. Pamela Rice is interviewed.
- "The Natural History of the Chicken," PBS, July 25, 2001. A popular documentary in which factory farming of hens is briefly noted.
- "No Shmaltz!"; Roland (Ruvn) Millman, producer; 1997. Lerer Shifra and Hy Wolfe prepare recipes from *The Lowfat Jewish Vegetarian Cookbook* by Debra Wasserman. Lots of fun and laughs. "Like your bubby would cook but...without the shmaltz!"

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Obtain VivaVeggie's guide to either New York City or New Jersey, free! Simply send an SASE to our post-office box (see page 2), and indicate which guide you would like.




Stop 'em in their tracks with the 2001 edition of "101 Reasons Why I'm a Vegetarian" (one-third new and improved)! This is our popular 16-page "mighty convincer," which documents the ills of meat and the virtues of veggies (by Pamela Rice)—over 100,000 in circulation. It is available in single copies and in bulk. An order form appears on page 11.



- "On the Inside: Crab Fishing," Discovery Channel, Dec. 20, 1999. Crab fishing on the Bering Sea, an extremely dangerous but potentially lucrative job. Workers can make up to \$50,000 in 2 months, but death is always a possibility.
- The Perfect Storm*, a Baltimore Spring Creek Pictures Production/Warner Bros. Pictures, 2000. Fishermen take risks to harvest swordfish and perish at sea. With George Clooney.
- "RPM2Night" (an auto-racing news program), ESPN, May 25, 2001. A news feature about why Indy 500 race winners traditionally drink milk after the race.
- "Shell Game?" Stone Phillips, "Dateline NBC," April 18, 1998. An extensive hidden-camera investigation of Buckeye Egg Farms rewashing eggs. Later it was discovered that the USDA allows rewashing up to 30 days after initial packing.
- "Solutions to Weight Problems," Michael Klapner, M.D., Ahimsa Video #10, American Vegan Society, 1989. The vegetarian solution to being overweight.
- "To Love or Kill: Man vs. Animal," Anthony Thomas, HBO Original Programming/America Undercover Series, 1996. This landmark documentary focuses on the extremes of humans' relationship to other animals.
- "Truth or Dairy," The Vegan Society of the United Kingdom, under license by the American Vegan Society, 1994. A star-studded exposé of meat.
- "Understanding the Health Equation," Joel Fuhrman, M.D., Amwell Health Center. Dr. Fuhrman explains the only way to safe weight loss.
- The Witness*, Tribe of Heart, 2000. A poignant profile of Eddie Lama, a Brooklyn construction contractor who became an impassioned animal activist.

The Periodical Collection at the Veggie Center

REGARDLESS OF YOUR REGION OR PARTICULAR POINT OF VIEW, YOU'RE COVERED HERE.

Action Line, Friends of Animals, Darien, CT.
AGScene, Compassion in World Farming, Hampshire, England.
Ahimsa, The American Vegan Society, Malaga, NJ.
Animal People: News for People Who Care About Animals, Clinton, WA.
The Animals Agenda: Helping People Help Animals, Baltimore, MD.
Animal Times, People for the Ethical Treatment of Animals, Norfolk, VA.
Bay Area Vegetarian, Vegetarian Foundation, Stanford, CA.
Campaign for Food Safety, Organic Consumers Association, Little Marais, IN.
Canada EarthSave, Vancouver, BC, Canada.
Central Pennsylvania Vegetarian News & Views, State College, PA.
EarthSave Long Island, EarthSave Long Island, Huntington, NY.
EarthSave Magazine, EarthSave, Santa Cruz, CA.
EarthSave News, EarthSave Hudson Valley, Hudson Valley, NY.
Ecofeminist Journal, Feminists for Animal Rights, Tucson, AZ.
Farm Animal Voice: Better Lives for Animals and Us, Compassion in World Farming, Hampshire, England.
The FARM Report, Farm Animal Reform Movement, Bethesda, MD.
The FFECP Newsletter, Factory Farming Economic Conversion Project, Durham, NC.
The Fund for Animals, New York, NY.
Gene Watch: Monitoring The Social Impact of Biotechnology, Council for Responsible Genetics, Cambridge, MA.
Good Medicine, Physicians Committee for Responsible Medicine, Washington, DC.
The Grapevine, Triangle Vegetarian Society, Chapel Hill, NC.
Gulliver's Institute for Integrative Nutrition (newsletter), New York, NY.
How on Earth!, Listen... Unlimited, Oxford, PA.
The Humane Activist: The Grassroots Agenda of The Humane Society of the United States, HSUS, Washington, DC.
The Humane Farming Association, HFA, San Rafael, CA.
The Humane Scorecard, The Humane Society of the United States and the Fund for Animals, Silver Spring, MD.
IVU News, International Vegetarian Union, Cheshire, U.K.
Jewish Vegetarian Newsletter, Federalsburg, Maryland, Jewish Vegetarians of North America.
JMIC Newsletter, Jain Meditation International Center, New York, NY.



Penelo Pea Pod is VivaVeggie's outreach queen supreme—or do you call her the grande dame of vegetableland? Here she is at Rockefeller Center causing a sensation during the December 2001 shopping season. Copies of “101 Reasons Why I'm a Vegetarian” were going like hotcakes.

Life-Giving Choices: For Humans, For the Planet, For the Animals, Vegetarian Society of El Paso, El Paso, TX.
Nature's First Law: The World's Greatest Catalog! Nature's First Law, San Diego, CA: books, videos, audiotapes, juicers, and bulk foods promoting the raw diet.
A New Leaf, The Black Vegetarian Society of Georgia, Atlanta, GA.
NJARA Activator, New Jersey Animal Rights Alliance, Englishtown, NJ.
Nutrition Action Health Letter, Center for Science in the Public Interest, Washington, DC.
OrganicView, Organic Consumers Association, Little Marais, MN.
Plant-Based Nutrition, Institute for Plant-Based Nutrition, Bala Cynwyd, PA.
Poultry Press, United Poultry Concerns, promoting the compassionate and respectful treatment of domestic fowl, Machipongo, VA.
Safe Food News, Food & Water, Northfield, VT.

Safe Tables Our Priority (S.T.O.P.), Chicago, IL: advocates for safe food, especially when it comes to meat.
Sanctuary News, Farm Sanctuary, Watkins Glen, NY.
Satya: Vegetarianism, Environmentalism, Animal Advocacy, & Social Justice, Stealth Technologies, Brooklyn, NY.
Vegan Outreach: Evolution through Education, Vegan Outreach, Pittsburgh, PA.
Vegetarian Advocate, Rochester Area Vegetarian Society, Rochester, NY.
Vegetarian Baby and Toddler, Tuolumne, CA.
Vegetarian Gourmet, Chitra Publications, Montrose, PA (out of print).
Vegetarian Grapevine, Vegetarians of Sonoma Valley, Santa Rosa, CA.
Vegetarian Journal, The Vegetarian Resource Group, Baltimore, MD.
Vegetarian Life, EGW Publishing Co., Concord, CA.
Vegetarian Times, Sabot Publishing Inc., Stamford, CT.
Vegetarian Union of North America, North Ferrisburg, VT.
Vegetarian Viewpoints, Mid-Hudson Vegetarian Society, Kingston, NY.
Vegetarian Voice, North American Vegetarian Society, Dolgeville, NY.
Veggie Singles News, Brooklyn, NY (out of print).

Veg•News, The Vegan News Network, Santa Cruz, CA; up-to-date information on a cruelty-free and healthy lifestyle.
Viva! Life, Atlanta, GA (main offices in Brighton, U.K.).
VSDC News, Vegetarian Society of the District of Columbia, Washington, DC.

Index of file-folder subjects housed at the Vegetarian Center

GREAT FOR JOURNALISTS AND RESEARCHERS—OR JUST FOR READING AND LEARNING!

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|---|---|---|---|
| <ul style="list-style-type: none"> Activism Animal rights Animals and the law Beef/Meat Biosecurity Biotech <ul style="list-style-type: none"> Bovine growth hormone Cloning GMOs, animals GMOs, crops Monsanto BSE: mad cow disease Buckeye Egg Farm Cartoons Children and vegetarianism China Study, the Companies, various Concentration in the meat industry Consumer issues Contamination <ul style="list-style-type: none"> Antibiotics on the farm/Antibiotic resistance Antidotes to filth (technical fixes to fight bacteria) Bil Mar and Thorn Apple outbreaks Campylobacter Dioxin <i>E. coli</i> O157:H7 Eggs: <i>Salmonella enteritidis</i> Fish (mercury, PCBs) HACCP (Hazard Analysis Critical Control Points) Hudson recall International conflicts regarding Kitchen safety Lawsuits Listeria Outbreaks Poultry: Fecal soup Recalls <ul style="list-style-type: none"> Case by case USDA recall authority Regulation, government policy Salmonella Trace-back (DNA testing pinpoints bacteria source) Vegetables contaminated by meat production Vibrio Corporate welfare Dead animals (environmental hazard from "catastrophic mortalities") Diseases of farmed animals Drugs used on animals (particularly hormones and their | <ul style="list-style-type: none"> international ramifications) Economic support of the meat industry by the government Animal Damage Control ("Wildlife Services") Bailouts Building complexes Charity meat ("food" assistance) Conservation programs Disaster relief Export programs/Trade <ul style="list-style-type: none"> Credit guarantees Economic Enhancement Program Fighting trade barriers International "carnivore conflicts" Market Access Program Food safety programs Health subsidies Local government projects Low-interest loans Milk subsidies 1996 farm legislation (overhaul of Depression-era support) Off the hook (exemptions from legislation) Price supports Promotions Purchases Ranching subsidies Research Tax-credit relief Environment/Pollution in general Exotic animals: ostrich, alligator, bush meat, etc. Factory farming Farmers' issues Feed Fish/Marine life <ul style="list-style-type: none"> Accidents, fishermen Aquaculture (fish farming) By-catch Canada, issues with Ecological disruption Extinction Fishermen's issues (incl. licensing) Fish meal Illegal fishing International business in International conflicts Overfishing Refuges/No-fishing zones Regulation Sport fishing Subsidies Tackle/Gear | <ul style="list-style-type: none"> Threatened <ul style="list-style-type: none"> Abalone Crabs Deep-sea fish Ground fish Herring Lobster Northeast U.S., fish of Oyster Perch Salmon Seahorses Sharks Shrimp Sturgeon (caviar) Swordfish Trout Tuna Turbot Whales Foie gras Food irradiation Genetics of farmed animals Government in general Grain/Hunger Grassroots actions in local communities (vegetarianism not part of focus) Grilling of meat as a cause of air pollution Groups, vegetarian Health as it relates to vegetarianism Alternative/vegetarian view Disease <ul style="list-style-type: none"> Cancer <ul style="list-style-type: none"> Breast Colon Prostate Conditions: Allergies, heartburn, migraines, diverticulosis, etc. Diabetes Heart disease High blood pressure Obesity <ul style="list-style-type: none"> Protein diets Standard American diet Osteoporosis Stroke Food and nutrition <ul style="list-style-type: none"> Cholesterol Dairy: Effects on health Fat Mediterranean diet Nutrients, studies of Official (ADA, etc.) viewpoint regarding diet Pro-vegetarian viewpoint Supplements Hogs Hog glut of 1998-99 | <ul style="list-style-type: none"> Industry in-fighting Industry views Influenza (flu virus) and its connection to animal agriculture Labor issues Lawsuits/crimes involving people in meat and dairy industries Live markets Manure Marketing schemes of the meat industry McDonald's McLibel trial Milk/Dairy Natural hygiene (raw diet) New York-area issues Odor Organic agriculture "Outlook" on the meat industry: Statistics from the USDA Pet food Pfiesteria Plants: The argument that plants have feelings Pop culture/Vegetarian celebrities Poultry/Eggs Publications Ranching Raw-food diet (see Natural hygiene) Recipes/Food Religion and vegetarianism School lunch program Science: High tech in farmed animal foods Sheep/Lamb Slaughter/Downed animals Slaughterhouse by-products/Rendering (see also Pet food) Sludge as pollutant (by-product from the slaughterhouse) Soy Sprouts Thanksgiving Trade <ul style="list-style-type: none"> Fast Track Globalization in general NAFTA, GATT Transport of animals Travel for vegetarians USDA USDA: Farm legislation Veal Veganism Vegan Jeopardy Vegetables/Plant-based foods Vegetarian Art Show (1995) Vegetarianism Water Web sites World Vegetarian Day Xenotransplantation |
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The VivaVine: The Vegetarian-Issues Magazine

BACK-ISSUE ARTICLE LOG • FULL INVENTORY HOUSED AT THE VEGGIE CENTER

Following is just a small sampling of the articles in VivaVeggie's own incisive magazine, *The VivaVine*. Not itemized, though also available, are the early issues from January 1992 to December 1993.

- Jan/Feb 1994
 - Vegetarian advocacy takes root
 - An update on the mailing of the "101" to the U.S. Senate and House of Representatives
- Mar/Apr 1994
 - How do you take your poison—in your chicken or in your beef?
 - Is your food cruel?
- May/June 1994
 - Pamela Rice on antidotes to slaughterhouse filth
 - A report from Earthlands, an activists' retreat
- Sept/Oct 1994
 - Robert Greene's 13 reasons to stop eating dairy
 - Chicken wings and blue cheese: A veg-epiphany
- Nov/Dec 1994
 - Fecal fried chicken: Changes in inspection rules
 - UPC raises consciousness, championing Humane Methods of Slaughter Act for chickens
 - VivaVeggie featured on cable TV's New York 1
- Jan/Feb 1995
 - Ranchers push their weight around out West
 - Fecal contaminants, more in kitchen than bathroom
 - Jean Thaler writes on life with Bobby Bird
 - Big Apple Veg'ns' Awards Banquet: The winners
- Mar/Apr 1995
 - Joan Zacharias on doing time on the poultry processing line
 - Future of hog futures, and what does it foretell?
- May/June 1995
 - Pamela Rice on the export of the American diet
 - Interview with UPC president Karen Davis
 - McSkeletons being brought out of McD's closet
- Sept/Oct 1995
 - Feces fiasco: 25 million gallons of spilled manure
 - Taking a bite out of a hot-dog-eating contest
 - The Vegetarian Art Show: A report from the scene
- Nov/Dec 1995
 - Fish in peril: The little-known crisis of overfishing
 - Karen Davis on a rescue that attracted the media
 - Henry Spira on that 25-million-gallon manure spill
- Jan/Feb 1996
 - Mia MacDonald review: NYC's Candle Cafe
 - The dirt on farmers: Handling hogs
 - The Animal Welfare Act acts to deceive
- Sept/Oct 1996
 - Pamela Rice on the total absence of vegetarian issues in the 1996 election
 - VivaVeggie diary of outreach actions
 - Our guide to Internet resources
- Nov/Dec 1996
 - Grain shortages: Meat eaters, the driving force

- VivaVeggie walks San Gennero ("Feast") gauntlet
 - Food Not Bombs for a grassroots transformation
 - Dave Horn on milk: It does a body bad!
 - The dirt on farmers: Dead-pig disposal
- Jan/Feb 1997
 - Meat economics: Industries' cruel commingle
 - A report on B12 from a nutrition expert
 - VVS launches regular feature: Vegetarian News
 - The dirt on farmers: Branding methods
- Mar/Apr 1997
 - Manure madness sweeps the nation
 - Live-poultry-market protest: Slaughterside report
 - Easter Parade: Penelo Pea Pod makes her debut
 - Poetry from Allen Ginsberg: Vomitorium burp
- May/June 1997
 - The world of the renderer: Slurry on down
 - Money squawks: One company, 15M hens
 - Shark: Newest victim of beast-eating man
 - Pfiesteria: Bulldozing dead fish from beaches
 - Richard Schwartz on Karen Davis's chicken exposé
- Sept/Oct 1997
 - The McLibel verdict: McD's "culpable" for cruelty
 - Carnivore conflicts around the world
 - Alex Press updates us on animals and the law
 - Extinct is forever: Industry on dole imperils fish
 - Roundup Ready: The neutron bomb of herbicides
 - DASH Diet study: Garbage in, garbage out
 - Salmonella solution: Don't worry, be filthy
- Nov/Dec 1997
 - Pamela Rice on the folly of "biosecurity"
 - Hudson Foods recalls 25M lbs. of beef
 - Scott Lustig on the reality behind "free-range"
 - Fecal cuisine: Pass the poultry poop, please
 - Food police: Watch what you say about meat
 - Veggie Nuggets: A new feature debuts
 - Grapevine: Discomfort seeing fish on a hook
 - News: Red meat linked to cancer, experts say
- Jan/Feb 1998
 - Alex Press on the eco-destruction of ranching
 - Scott Lustig on foie gras: The ugly truth
 - Alan Rice on pandemics-and-meat connection
 - Farm runoff: Government creates buffer zones
 - Take heart: Time to ditch hydrogenated oils
 - The waste/hunger/poverty syndrome of meat
- May/June 1998
 - How not to heal a heart, by Alex Press
 - Richard Schwartz reviews *Slaughterhouse*, by Gail Eisnitz
 - Chinese bureaucrats haunted by chicken slaughter
 - Cruelty to animals: It doesn't always end there



- Sept/Oct 1998
 - Marine life on the edge of wholesale extinction
 - Laws for animals: "Comparison-shop" by country
 - Meat subsidies: Separation of meat and state, now
 - Antibiotics on the farm: A growing menace
 - Mega-mortalities: 7M chickens broiled alive
- Nov/Dec 1998
 - Meatmonger bailout: Taxpayers bilked to the hilt
 - How to make a turkey by artificial insemination
 - Vegan education: Kids can love healthful foods
 - Manure marauders ride over gov't regulators
 - Prairie dogs vs. ranchers: Kill 'em, then save 'em
 - Scrumptious recipes for a vegan Thanksgiving
- Jan/Feb 1999
 - Meat indicted: The latest on diet and cancer
 - Pamela Rice defines the "vegetarian acid test"
 - Edmund Klein on loving animals for their own sake
 - Hog glut: Pamela Rice on the subsidies that fuel it
 - News: The ruthless efficiency of ocean dragging
 - Meat inspection: Costly, no guarantee of safety
- Mar/Apr 1999
 - Pamela Rice on the foreign trade in meat
 - The USDA institutes Pork Crisis Task Force
 - Antidotes to filth: Tech fixes at the slaughterhouse
 - Alex Press on animals in the courts—an update
 - From VivaVegie's test kitchen: Teff pancakes
 - Listeria, I presume: Now we're cooking cold cuts?
- May/June 1999
 - VivaVegie opens the vegetarian center of NYC
 - Milk dispute: Where do vegans fit in? Nowhere
 - PulseNet: DNA testing gets meat firms in trouble
 - Pig virus: Malaysian soldiers exterminate 1M
 - Bronson Alcott: A glimpse at vegetarian heritage
- Sept/Oct 1999
 - Pamela Rice on the advent of IBP boxed beef
 - News: EU widens battery cage
 - Vegetarian roots: NYC hosts veg-fest, circa 1853
 - Union of Concerned Scientists' meat bombshell
- Nov/Dec 1999
 - FAQs about the VivaVegie Society/Veg Center
 - Hurricane Floyd dumps on "Pork Central," NC
 - Immobile animals: The industry calls them downers
 - Pet-food slumgullion: Fluffy, Fido, time for din-din
- Jan/Feb 2000
 - Veggie Econ 101: Billion-dollar meat subsidies
 - Fight fat with fiber: The skinny on obesity
 - How beefmongers target youth for big bucks
 - Dioxin for dinner: Fleshing out meat connection
- Mar/Apr 2000
 - Fishing to extinction: Part I of a 2-part story
 - Decision 2000: Bush, McCain face vegetarians
 - Dietary guidelines: USDA buckles to industry
 - Taxpayers fleeced, milked for millions
- Jun/July 2000
 - Manure hits the fan: The scoop on nutrient runoff

- Accidental microbes: Disaster waiting to happen
 - Johnny Appleseed: A guy with a fruity mission
- Sept/Oct 2000
 - Doctors Barnard, Fuhrman debunk flawed fiber study
 - War on the high seas: Mia MacDonald on illegal fishing
 - Big chicken to replace human catchers with rubber fingers
 - Animals dismembered alive at IBP, videotapes reveal
 - Pamela Rice on meat inspection absurdities
- Nov/Dec 2000
 - Glen Boisseau Becker on today's emerging livestock diseases
 - Getting real: Scott Lustig on the ugly side of veal
 - Rescued, then rendered: Tornado traps a million hens
 - USDA ratchets up the farm relief to a record \$28 billion
- Jan/Feb 2001
 - Reef madness: Coral habitats eaten to extinction
 - Crazy humans in the EU: Europeans freak at cow menace
 - Americans surveyed express horror at battery cages
 - Meat-eating mothers have more dioxin in their breast milk
- Apr/May 2001
 - Prion panic: Pamela Rice on mad cow disease
 - Vitamin B-12 shuffle: Time for meat eaters to be defensive
 - Open letter to Hillary Clinton to end meat subsidies
 - Grazing the issue: Mike Hudak on public lands ranching
- Jul/Aug 2001
 - Experts say high protein diets will dull the brain
 - Hoof-and-mouth disease: It's what's for dinner
 - NYC-area meat mongers hauled in for numerous violations
- Fall 2001
 - Senator Robert Bird is an angel for American livestock
 - IBP chutzpa: The truth about live butchering in Wallula
 - Cattlemen snivel for \$12.2 billion to clean up manure pits
 - Pamela Rice on intimate and personal reasons to go veg
 - Salicylic acid: Aspirin's active ingredient in vegetarians

We're on their mailing list!

A FILE DRAWER IS DESIGNATED TO THESE VEG HEROS:

- | | |
|--|---|
| <p><i>The following is a partial list.</i></p> <ul style="list-style-type: none"> American Vegan Association Culture and Animals Foundation EarthSave New York* EarthSave, various chapters F.A.R.M. Farm Sanctuary Friends of Animals Humane Education Committee, United Federation of Teachers* Humane Farming Association North American Vegetarian Society | <ul style="list-style-type: none"> NYC Vegetarians* People for the Ethical Treatment of Animals Physicians Committee for Responsible Medicine Toronto Vegetarian Society United Poultry Concerns Vegan Action Vegan Outreach Vegetarian Resource Group Vegetarian Union of North America Vegetarian Vision* Whole Foods Project* <p>* Indicates a local group.</p> |
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A GUIDE TO RESOURCES • 2002

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VivaVeggie Society
P.O. Box 294
Prince Street Station
New York, NY 10012-0005

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volunteer efforts of the
following people in the
compilation of this guide:*

COPY EDITING BY
Glen Boisseau Becker

DATA INPUT BY
April Luca
and Roy Vanegas

To:

Empty rounded rectangular box for recipient information.