THE EPHEMERA PROJECT: THE EARLY YEARS ▪ BOOK # 20 of 20

VivaVegie Society

New York City ▪ circa 1991–2002

e·phem·er·a ▪ noun ▪ plural noun: ephemera

Things that exist or are used or enjoyed for only a short time. Items of collectible memorabilia, typically written or printed ones, that were originally expected to have only short-term usefulness or effect.

Collected and bound in 2014

VivaVegie Society was a pioneer of vegan advocacy. It was founded and coordinated by Pamela Teisler Rice in 1991 after she adopted the vegan lifestyle. Ms. Rice's epiphany was the result of a vegan conference and later of reading the explosive exposé by John Robbins *Diet for a New America*. In the beginning almost all VivaVegie activities surrounded Pamela's "veggie flyer": "101 Reasons Why I'm a Vegetarian." Out she would go with her cohorts to distribute it on the streets of New York City for free. She would get the attention of passersby by wearing a sandwich board that read: "Ask me Why I'm a Vegetarian." On

her head would be a stretchy black stocking cap packed with colorful plastic fruit. Street outreach, indeed, continues to this day. But perhaps more significant has been the many other activities Ms. Rice and the VivaVegie Society have engaged in over the decades since, particularly once the group obtained non-profit 501(c)3 status in 1997. A short list would include (1) providing a vegetarian center in New York City, open consistently since 1999 to the present day (2014), (2) publishing 50 issues of *The VivaVine*, a top quality magazine that tackled hard news topics indicting the meat industry (3) producing many updated and improved and exhaustive editions of "101 Reasons Why I'm a Vegetarian," and perhaps most impressively of all, (4) organizing the annual Veggie Pride Parade followed by a festive rally/expo in Union Square Park (NYC) with dozens of speakers on two stages, exhibitors, free food, and entertainment. This ephemera marks a distinct moment in time before the Internet took hold and people no longer communicated using paper. If you look close, you'll see a compassionate human spirit bursting out. Enjoy the inspiration.

I am subscribing to
vivavine for a year

thankyou

Angela A...

P.S. I was unaware
of all the cruelty involved
in meat Processing and
Dairy. 101 Reasons
informed me well i aied
will Help me to let
others know the truth

thankyou

CANDLE CAFE

REST AU RANT

JUICE BAR

DEL IV

VEGETARIAN COOKING

~~$70~~

Hi!

Veglie

Child!

B&J

From:
Bart Potenza
Candle Cafe

ALTERNATIVE

ALTERNATIVE BOOKS AND VIDEO

ASTONISHING BOOKS & REPORTS. Triple Your Intelligence Bk.$4.95. How To Retire Without Money Rep.$6.95 ESP Sex Pickup Secrets.$3.95. AIDS (Suppressed facts-treatments)$6.95.Immortality (Hidden facts)$9. Crystal Power (Exotic Uses)$7.95.Chemical Majic(Tricks) $8.95. Suppressed Incredible Inventions Bk. $9.95 Make Diamonds Or Gems R.$9.95 ea. Survive The Coming Crash R. $4.95. Strength Of Samson Secrets Report.$6. Who Runs World R. $8. Strange Aliens Rep. $8.95 Heart Attack Defense R. $4.95.Radiation Dangers R.$8.95 Run Cars On Hydrogen.$8. You Are Praying To Satan R.$4 Rejuvinate As It Runs Electrick Car Plans.$8.95(Works) Anti Gravity Earth Grid Report.$15.Weather Control.$9. Total Self Defense Bk(Uses mind power secrets) $19.95 Brainwashing R.$9.95.Strange Moon Ruins.$6.Pedal Power. (Bikes-Cars)$3.95.Please add $2.50 pstg & handling.....

VHS VIDEOS.$6 rentals ($20 deposit) Triple Your Intelligence. Who Really Runs The World. Secret Teaching of Jesus. S.T.of Bible. Coming U.S. Cataclysms. Find Your Soul Mate. Wealth Secrets. UFO History #1-2 or 3. Strange Creatures. Strange Beings. South American Mysteries. 1001 Nights As True History. Hidden Defense Secrets. Amazing Memory Secrets. Levitation Secrets. Who Really Runs The World & Why. Strange Western Phenomena. & More. ...Send for our INCREDIBLE INQUIRY CATOLOG.Only $1.00 (Refundable on 1st order) Add $2.50 per order. Deduct 5% for P.O. M.O. Stick this flyer up if you don't order now.We don't update. Send to: Incredible Inquiry or Fry's Box 76-2207 Garden Valley, ID 83622 USA.....Thanks..fry

LEARN ABOUT THE MYSTERIOUS

LEARN SECRET SPIRITUAL METHODS BEYOND BELIEF

Catalog $1

Fry's Incredible Inquirys
Box 76-2207
Garden Valley, ID 83622

Incredible Inquirys
Village Circle
Garden Valley, ID 83622
USA

Please send

Sample issue Vivazine

100 Reasons

2.00

ad in Small Pub CO-op Tabloid

[redacted]

Jiminy Peak
The Mountain Resort

HANCOCK, MA 01237

FAX 738-5515

Re:
Would you please
send detailed
References For
101 Reasons why I'm
A vegetarian.

Thx Do

COMMITTED TO OLD NEW ENGLAND EXCELLENCE

I would like to purchase
101 reasons why I'm a vegetarian
Thankyou
~~Anna P~~

Anna P
[redacted] Penn Road
Wynnewood PA
19096

$2. Check

EA # AF7637979

Lic. # 128006

WILLIAM JOH **M.D.**

._ 7TH AVE.
BROOKLYN, NY 11217

Tel: 245 - 2

Name ..... Age .....

Address .....

BELOW MUST APPEAR GREEN Date .....

℞

Please send me a copy of The Easy Guide to Veganism.

M.D.

10004268-IM01

THIS PRESCRIPTION WILL BE FILLED GENERICALLY
UNLESS PRESCRIBER WRITES "d.a.w." IN THE BOX BELOW

☐ Label

Refill_____times

Dispense as Written

☐ PRN

☐ NR

American Red Cross urges you to Use caution with your prescription drugs.

Dear Patient,

Follow Directions: Medication is most effective when Physicians' directions are properly followed. If you suffer any adverse side effects, consult your Physician or Pharmacist immediatly.

Do Not Change the Prescription Package or it's Contents: The label on your package has vital information concerning the prescribed medication.

Do Not Share Your Prescription Drugs and Do Not Take Medication Prescribed for Someone Else.

Be Careful: Certain medications can cause adverse effects especially when combined with other drugs or alcohol. Ask your Physician or Pharmacist for information about this.

Keep All Medications Safely out of reach of Children.

In Case of Doubt: Consult your Physician or Pharmacist.

Dear Pharmacist,

- These forge-resistant security scripts have been specially produced to help protect you and your doctors' liability and professional welfare.

- **An original script MUST appear green.**

- **A copied script will show Rx Security through the patient/Physician information.**

- For more information please write to:

National Rx Security Inc.
1200 N. Federal Hwy. Suite 200
Boca Raton, Florida 33432

PETA

Ms [illegible]sandra [illegible]
PO [illegible]x 1
Coral Gables FL 33114

VivaVegie:

Please send me your 101 Reasons for being a Vegetarian and information about your activities and newsletter.

Thank you!

Viv
Prin
P.O.
New

100124000

No money need.

Please can you send to me a copy of "101 reasons why I'm a Vegetarian."

Thank you for your attention,

Charles F.

Dear Alex,
Thank you for the
Copy of Vivo Legie News.
You must be very
proud of your
magazine. I enjoyed
the graphics, "easy to
read" layout and
the informative

[illegible] had to [illegible]
"drop out" of my vegetarian
club because of a new
work schedule - so your
magazine will help me
still fell "connected".
P.S. - Do you know why
the National Alliance for
Animals isn't having the
conference? Did the group
go bankrupt? Thanks
Ta[illegible] @ nowdogs.AOL.com

101 Reasons Why It's a Vegetarian

SPECIAL PRICES, JUST FOR YOU !

ALL ORDERS IN U.S. DOLLARS. The first copy is $2.

Additional copies: 50¢ each.

50 copies: $20. • 100 copies: $35.

Delivered postage-paid. • Make checks payable to VivaVegie Society.

Name: CRAIG C Date 9/2/03

Address: Augusta National Dr. S.

City: Salem State: OR Zip: 97302

FOREIGN ORDERS: Add 25% to cover postage; max. quantity: 100 copies.

ENCLOSED FIND (U.S.)$_____ . **HEREWITH, ALSO,** is a tax-deductible donation to support the work of the VivaVegie Society: (U.S.)$_____

Order on-line with PayPal: http://www.vivavegie.org/ *

VivaVegie Society, P.O. Box 294, New York, NY 10012-0005

VIVAVEGIE SOCIETY IS A 501(C)3, NONPROFIT ORGANIZATION.

*** Credit-card orders through PayPal also give you these special rates.**

Judy K. K .

Please send a detailed list of references regarding "101 reasons why I'm a vegetarian" to:

Mrs. Judy K. K.
Grape
Houston, Texas 77096

$15. Check

Become a card carrying member of The VivaVegie Society!

You've just read *101 Reasons Why I'm a Vegetarian*. So, why not indulge the "veg-evangelist" in you? Become a member of The VivaVegie Society and receive: a membership card, one copy of *101 Reasons Why I'm a Vegetarian*, and five issues of the society's newsletter *The VivaVine*. Membership is $15 per year.

(Yes, I) / (No, I do not) want to become a card carrying member of The VivaVegie Society.

Please send me 20 (copy / copies) of *101 Reasons Why I'm a Vegetarian*.

MY FIRST COPY IS $1 + FIRST CLASS STAMP

• Add'l copies are 50¢ each 20 x .50 = 1

~~• 50 copies are $20~~ • 100 copies are $35

(ENCLOSING POSTAGE FOR ADDITIONAL COPIES IS APPRECIATED)

Name: Chrstopher K [redacted]

Address: [redacted] 1 Hawkshead J Terr.

City: Silver Spring State: MD Zip: 20904

Phone: (___) ___ Date: 4/20/97

Herewith, also, is a donation to The VivaVegie Society for $ 5. TOTAL enclosed: $ 15.

CHECKS PAYABLE TO THE VIVAVEGIE SOCIETY

Please send a copy

of

101 Reasons ~~Why to Be~~ in

a Vegetarian

to

Patricia H

[redacted] Mt. Vernon St

Orlando FL 32803

Thanks!

W.A.
DELENE RD.
RYDAL, PA 19046

PHILADELPHIA PA 191
PM

DO SOMETHING
WILD:
COLLECT STAMPS

4-10,-'93

Gentlemen:

Please send me
a copy of the revised
"101 Reasons Why
I Am a Vegetarian."
Many thanks.

Truly yours,

erie Society
erry St. - #17
rk, NY, 10012

FAX
APR 19 1993

1.00 + SASE, cash

It's the Responsible Way

ANU[illegible] IAN
[illegible] GARRISON AVE
JERSEY CITY NJ 07306

NEWARK NJ AA 071
PM
29 DEC
1992

2¢
USA

Viva Vegie Society
Prince St. station
P.O. Box 294
New York, NY 10012

Michelle Gi
[illegible] N. East 5[illegible]
Anaheim, CA 92805

Please send me 101 reasons...

agriculture. ✦ Pamela Teisler of the VivaVegie Society promotes vegetarianism in New York City with a sandwich board reading, "Ask Me Why I'm A Vegetarian," passing out copies of her flyer, *101 Reasons Why I'm A Vegetarian*. For details, send SASE to the VivaVegie Society, 234 Mulberry St., #17, New York, NY 10012. ◀

ociety (SASE only)
lberry St. #17
ork, N.Y. 10012

rec'd
3/1/93
AA

Attn: Pamela Teisler

[redacted] H

[redacted]. MAIN ST

HAYWARD, CA
94541

OAK [illegible] PM
12 NOV
1996

VIVAVEGIE SOCIETY

P. O. BOX 794

[redacted]

[illegible]12

Hi –

JUST RECEIVED MY FIRST COPY OF THE VIVA VINE. THANKS!

DIDN'T GET MY 101 REASONS I'm PROUD TO BE A VEG! CARD COMING SOON, I HOPE?

THANK YOU

Bob G –

BOB G[redacted]
2[redacted]6 MAIN ST.
HAYWARD, CA 9454[illegible]

Viva Vegie Society,

Enclosing a check for $1.00

Please send me a brochure, = "101 Reasons

"

Why I'm a Vegetarian".

JOANA B.

BIRD SONG PL.

EL CAJON, CALIF. 92021

Please send a copy of
"101 Reasons to be a Vegetarian"
to: Elizabeth Erin G
[redacted] Grosvenor Rd.
Short Hills, NJ 07078
Enclosed please find a check
for $2. Thank You!!

Phone:

Please send me
your "101 Reasons
Why I'm A Vegetarian"

DAVID B.

... Lawndale Court

Norcross GA 30093

VT

Enclosed is a check
for $2.00.

VV8

NSASE

PAID
JUN 8 1993

~~etc~~ $2. check

Dear Pamela,

enclosed in $2.00 U.S. cash,
I'm sorry for the delay or
problem it may have caused.
will be joining the Viravegie
society in the future (cash
flow problems prevent me
from joining now) and hope
to correspond with you
again

Check originally sent could not be cashed

Sincerely
Wendy B.

P.S. Yes I received my "100 Reasons" and enjoyed it very much

MAIL
APR 24 1993
$2.00

Notes

9-3-98

#3 - check

Please send (1) copy of the 1998 edition of "101 Reasons Why I'm a Vegetarian" to:

Therese O=
[redacted] N. BEECH DALY ROAD
DEARBORN HTS., MI
48127

Enclosed is a check for $3.00. Thank you.

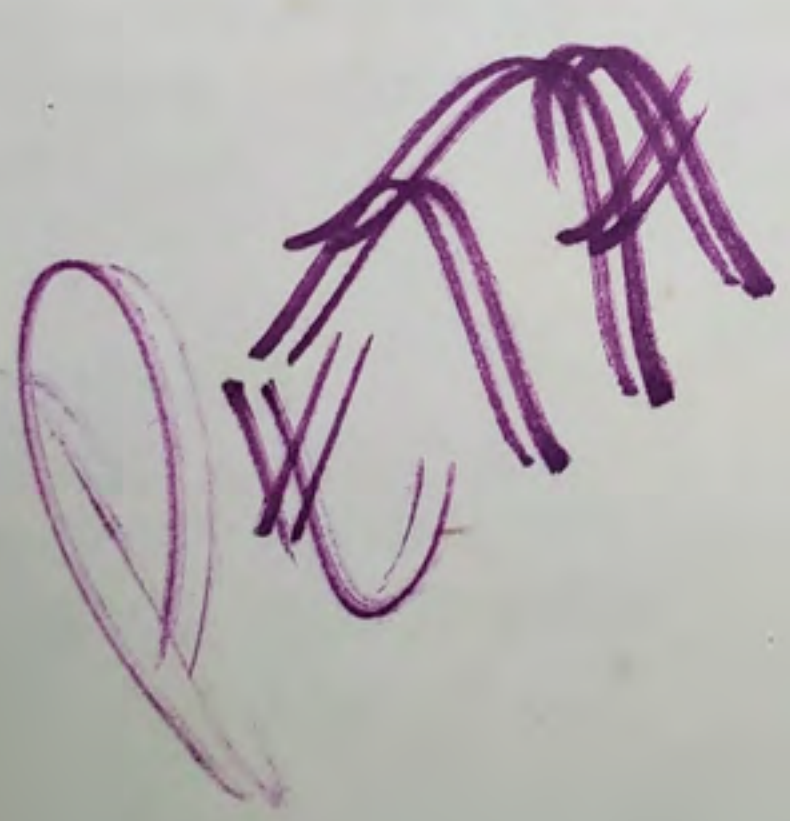
*PS - Please also send (1) copy of the 1996 edition.

Thank you. Therese B.

JAI
CENTER GATE ESTATE
ELEUTHERA CT.
SARASOTA, FL 34233-

APR 22 1993

No Money / SASE



Viva Vegie S
Prince Street
P.O. BOX 294
New York, N

Hello Pamela, My name is Ari P[illegible]a, i'm a 20-ear-old muslim vegetarian. It's interesting to read your "101 reasons why i'm a vegetarian" but unfortunately i don't have any internet access to read t on-line. I have to rent about $1 per 2 hours. I'm an Indonesian Vegan Society member/activist and i really need a copy of your piece of witing ..if you don't mind. Since US dollars are extremely expensive here...I cannot afford to buy overseas. I want you to understand. Thanx a million. This is my address:

ARI P[illegible]
JL.MEKARSARI NO.[illegible]
CIBADUYUT, BANDUNG
WEST JAVA, INDONESIA

Sent #1.55

THE VLUA VEGIE SOCIETY
PRICE STREET, STA
PO BOX 294
NEW YORK NY 10012

POSTCODE

Please mail me your
"detailed references" material
which was offered on the
back page of the
1996 Edition
of
101 Reasons why....

Thank You

[signature]

Dear Pamela

Sorry to be so long in answering your note of 5/8 wherein you asked if you could use my recent letter in the next issue of the VivaVine. Yes, feel free to use it.

We have been on vacation and just returned. While in New Orleans we had lunch three times in a delightful vegetarian cafe, Old Dog New Trick Cafe. The food was absolutely delicious. If we had that restaurant in Bend, Oregon, we would eat there daily! Enclosed is one of their menus. They are in the process of opening a second cafe. The one we visited is in the French Quarter with inside and outside tables. The place was packed each time we were there, although it is a small restaurant.

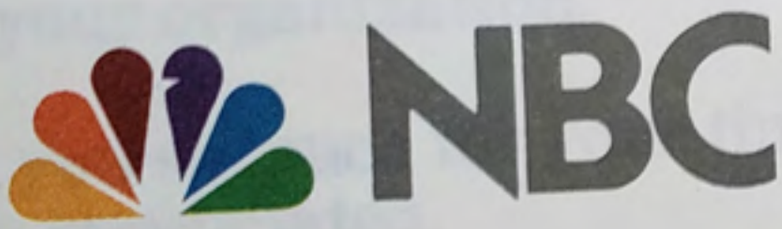
Keep up your wonderful work at VivaVegie Society. If I lived in New York, I would be a volunteer. We look forward to every issue of VivaVine.

Sincerely,

Joyce L

National Broadcasting Company, Inc.

30 Rockefeller Plaza
New York, NY 10112



Viva Veg
P.O. Box
Prince St
New York

10012-0002

To whom it may concern,

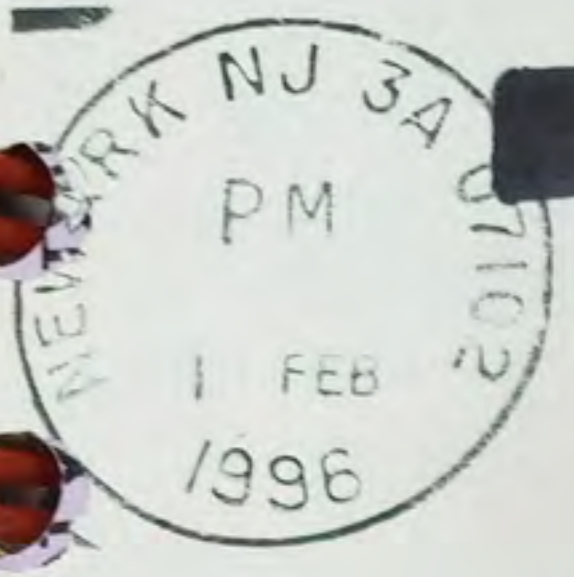
I found your name and address in "The Animals' Agenda" and I was hoping you could help me.

Two of my best friends have birthdays coming up and they are both interested in learning more about animal rights. I decided that information was the best gift for them. I would be so grateful if you could send me two copies of information about your organization.

Thank you so much for your time and cooperation. Both are greatly appreciated.

Peace, love, and animal liberation,
Heather R
[redacted] Dogwood Road
Randall, MN 56475
USA

(I do not have regular Internet access so this would be very helpful.)


NEWARK NJ 3A
PM
1 FEB
1996
07102

LOVE
32 USA

PLEASE!
DON'T EAT
THE
ANIMALS

VISITOR / CALLER to Veg. Ctr. of NYC DATE: 12/8/02

(CIRCLE ONE)

NAME BRYAN Li... COMPANY SELF Employed

ADDRESS 33RD ST. APT 2R

CITY ASTORIA (Queens ~~NOT~~ STATE: N.Y. ZIP: 11105

PHONE #S 718 8[illegible] (HM) (WK)

E-MAIL BEEPER:

WHERE DID YOU HEAR ABOUT THE CENTER ?

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ? AND not to Reflect Any/BODIES or Anything's Freedom. the RIGHT FOR NATURE to take its Course

PAYMENT RECEIVED FOR MEMBERSHIP ($15/yr.) ..... ☐

CASH / CHECK ? / (CIRCLE ONE)

ARE YOU INTERESTED IN VOLUNTEERING ? When I have time ..... ☐

Sure !

VISITOR / CALLER to Veg. Ctr. of NYC

DATE: 11/30/99

(CIRCLE ONE)

NAME David S [redacted] COMPANY _____

ADDRESS [redacted] Bagley Ave. N.

CITY Seattle STATE: WA ZIP: 98103

PHONE #S 20 [redacted] 290 (HM) 4 [redacted] 01 (WK)

E-MAIL _____ BEEPER: _____

WHERE DID YOU HEAR ABOUT THE CENTER ?

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ?

PAYMENT RECEIVED FOR MEMBERSHIP ($15/yr.) ..... ☐

CASH / CHECK ? / (CIRCLE ONE)

ARE YOU INTERESTED IN VOLUNTEERING ? ..... ☐

VivaVegie Society volunteer form DATE: May 10, 199

NAME GORDON BI.

ADDRESS 31 STREET

CITY ASTORIA, QUEENS STATE: N.Y. ZIP: 11105

PHONE #S (71 '0 (WK) (HM)

VOLUNTEER INTERESTS:

- **Volunteer party nights (mailings, filing, clerical work)** ..... ☒
- **Promotion/Advertising sales of *The VivaVine*** ..... ☒
- **Distribution/mailing of *The VivaVine*** ..... ☒
- **Street outreach (tabling at street fairs)** ..... ☒
- **Special-event outreach (Easter Parade, Nathan's demo, etc.)** ..... ☒
- **Editorial work on *The VivaVine*** ..... ☒
- **Pro bono professional services (law, accounting)** ..... ☐

—Contact Vegetarian Center of NYC / (212) 414-9100

VISITOR / CALLER to Veg. Ctr. NYC DATE: 1/9/99

NAME Anthony A[illegible] COMPANY

ADDRESS [illegible] Mountainview Ave.

CITY Staten Island STATE: N.Y. ZIP: 10314

PHONE #S (WK) (71[illegible] (HM)

E-MAIL BEEPER:

WHERE DID YOU HEAR ABOUT THE CENTER ?

Waldon's Pond Broadcast on WBAI

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ?

Everything in general

PAYMENT RECEIVED FOR MEMBERSHIP ($15/YR.) ..... ☐

CASH / CHECK ? / (CIRCLE ONE)

YES

VISITOR / CALLER to Veg. Ctr. of NYC DATE: _____

(CIRCLE ONE)

NAME Jason D. _____ COMPANY _____

ADDRESS _____ Naples Terrace

CITY Bronx STATE: NY ZIP: 10463

PHONE #S 718 91 → (HM) 212 ? (WK)

E-MAIL _____ BEEPER: _____

WHERE DID YOU HEAR ABOUT THE CENTER ? Sent

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ? per April S.

PAYMENT RECEIVED FOR MEMBERSHIP ($15/yr.) ..... ☐

CASH / CHECK ? / (CIRCLE ONE)

ARE YOU INTERESTED IN VOLUNTEERING ? ..... ☑

VISITOR / CALLER to Veg. Ctr. of NYC DATE: [illegible]
(CIRCLE ONE)

NAME JAMEL A. F[illegible] COMPANY

ADDRESS [illegible] 128TH STREET

CITY S. OZONE PARK, QNS STATE: NY ZIP: 11420

PHONE #S (718) [illegible] (HM) (WK)

E-MAIL BEEPER: (CELL) 917 [illegible] 7

WHERE DID YOU HEAR ABOUT THE CENTER ?
VILLAGE VOICE

TRS

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ?
THE SPIRITUAL ASPECT.

PAYMENT RECEIVED FOR MEMBERSHIP ($15/yr.) ..... ☑
CASH / CHECK ? / (CIRCLE ONE)

ARE YOU INTERESTED IN VOLUNTEERING ? ..... ☑

Tori
Sullivan
Hoffman
Chang
Glen
Lancaster
Kuechler
Pell
Carratino
Bellacom

Sullivan
Karuna
Vogel
Stamm
Kaar
Refio

Journaling Card

NOTES FROM THE DESK OF PAMELA RICE

DATE: 2016

Sara later became co-owner
of a successful vegan shoe
co. called Moo-Shoes

VISITOR / CALLER to Veg. Ctr. of NYC

DATE: 10/12/99

(CIRCLE ONE)

NAME Sara K... COMPANY

ADDRESS E. 29th

CITY NYC STATE: NY ZIP: 10016

PHONE #S 212 7 (HM) (WK)

E-MAIL BEEPER:

WHERE DID YOU HEAR ABOUT THE CENTER ?

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ?

doing School paper: Judaism & Vegetarianism

PAYMENT RECEIVED FOR MEMBERSHIP ($15/yr.) ..... ☐

CASH / CHECK ? / (CIRCLE ONE)

ARE YOU INTERESTED IN VOLUNTEERING ? ..... yes ..... ☐

SENT

VISITOR / CALLER to Veg. Ctr. of NYC DATE: 9/15/99

(CIRCLE ONE)

NAME Tammy K. COMPANY

ADDRESS East 71st St. Apt 9D

CITY NY STATE: NY ZIP: 10021

PHONE #S (212 7 (HM) (WK)

E-MAIL BEEPER:

WHERE DID YOU HEAR ABOUT THE CENTER ? Through BAV-

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ?

Called to find out about the film tonight.

PAYMENT RECEIVED FOR MEMBERSHIP ($15/yr.) ..... ☐

CASH / CHECK ? / (CIRCLE ONE)

* Bought T-shirt-

ARE YOU INTERESTED IN VOLUNTEERING ? ..... yes ..... ☑

Wants a copy of "Slaughterhouse" book. Diane

VISITOR / CALLER to Veg. Ctr. NYC DATE: 9/8/99

NAME John M: i COMPANY

ADDRESS 3 34th St, #1B

CITY Astoria STATE: NY ZIP: 11106-

PHONE #S (WK) (HM)

E-MAIL BEEPER:

WHERE DID YOU HEAR ABOUT THE CENTER ?

✓ VivaVine #36 @ Angelica Kitchen

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ?

taking fish out of diet

PAYMENT RECEIVED FOR MEMBERSHIP ($15/YR.) ..... ☐

Will send in for membership CASH / CHECK ? / (CIRCLE ONE)

VISITOR / CALLER to Veg. Ctr. of NYC DATE: [illegible]/10/00
(CIRCLE ONE)

NAME STEVE W. COMPANY

ADDRESS [illegible] ELIZABETH STREET

CITY S. I. STATE: N.Y ZIP: 10310

PHONE #S 718-[illegible]7 (HM) (WK)

E-MAIL BIK[illegible]@AOL.COM BEEPER:

WHERE DID YOU HEAR ABOUT THE CENTER ? WBAI

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ?

HEALTH, Enviroment

PAYMENT RECEIVED FOR MEMBERSHIP ($15/yr.) ..... ☑

CASH / CHECK ? / (CIRCLE ONE)

ARE YOU INTERESTED IN VOLUNTEERING ? ..... ☑

[illegible] doesn't want to :

VISITOR / CALLER to Veg. Ctr. of NYC DATE: 1/13/99
(CIRCLE ONE)

NAME Fred B^^^^N → (woman) COMPANY

ADDRESS * didn't want to leave her address → said that she will stop by the center sometime.

CITY STATE: ZIP:

PHONE #S (718 [redacted] 1 (HM) (WK)

E-MAIL BEEPER:

WHERE DID YOU HEAR ABOUT THE CENTER ?
Integral Yoga - saw magazine -

WHAT IS YOUR SPECIAL INTEREST IN VEGETARIANISM ?
She said: "There's a special place in heaven for Pamela Rice and other vegetarians"

PAYMENT RECEIVED FOR MEMBERSHIP ($15/yr.) ..... ☐

CASH / CHECK ? / (CIRCLE ONE)

→ Recovering from a heart attack - trying to be vegan -

ARE YOU INTERESTED IN VOLUNTEERING ? ..... ☐

→ Her doctor told her she needs to eat eggs (& bee pollen) → she doesn't want to!!

- Diane

March 18, 1992

Dear Pamela,

As per our conversation, I want to thank you in advance for sending my daughter (Pamela D...) your flyer.

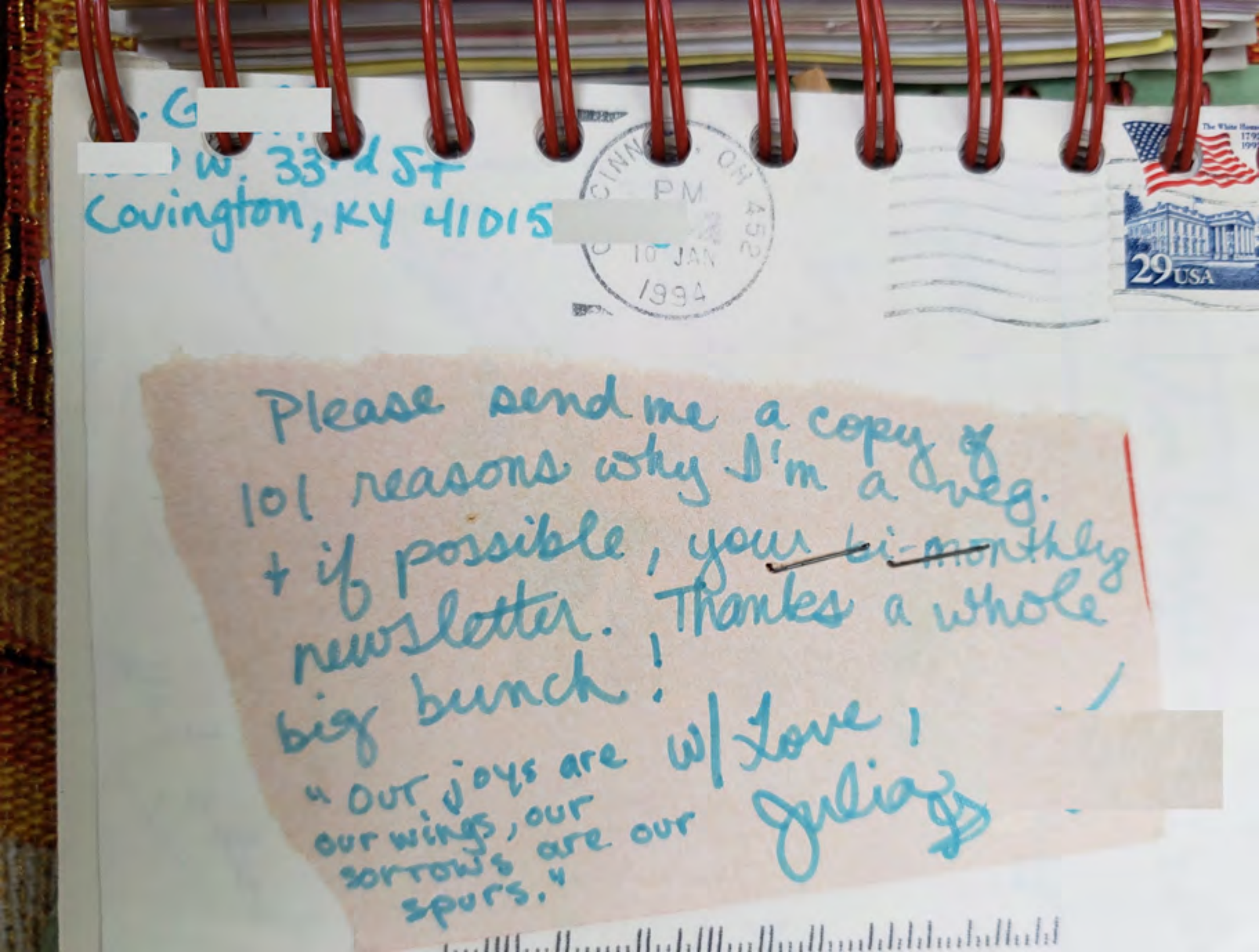
I just want to enclose just a thought ($1.00). I wish I could sent more for a donation.

Thanked,

Mrs. D[redacted]

[redacted] West Meriden Rd.

Seyosset, NY 11791


W. 33rd St
Covington, KY 41015
CINN OH 452
PM
10 JAN
1994
29 USA
Please send me a copy of
101 reasons why I'm a Veg.
+ if possible, your ~~bi-monthly~~
newsletter. Thanks a whole
big bunch!
"Our joys are our wings, our sorrows are our spurs."
w/ love!
Julia

Dear Pam :

Dear Viva Veggie :

$35 !

Mary K.

your flyers are always a big hit. Keep up the great work !

4

Best, Mary K

100 copies, "101 Reasons" sent ahead

7-3-79

Dear Vegan friends,

Please send me a copy of your "101 Reasons why I'm a Vegetarian" and any other literature you have about your organization. I'd like to get involved! Thanks.

2.00 Check

Sincerely,
Linda J.

P.S. - I caught your article in Sheet News.

Aug. 15, 1999

Dear Pamela,

Here's $2 for your booklet 101 Reasons Why I'm a Vegetarian.

I'm looking for vegan recipes for bear claws (with coconut-almond filling) and snack pies (as opposed to pan), which an emph-

asis on taste not

et me know

know of any.

-s. $2.- cash

ames

Dawson

Valley, CA

95470

encl: DK Zine & record list

JND PUBLISHING
P.O. Box 613
Redwood Valley, CA 95470

©1998 NATIONAL WILDLIFE FEDERATION

IRENA [redacted] S (became vegetarian in 1962 - Vegan in 1978)
[redacted] BERESFORD AVE
TORONTO, ONT. CANADA
M6[redacted]
TEL. (416 [redacted] 78

Joel S. D[redacted]
[redacted] Sussex Ave
Richmond Hill, ON
Canada L4[redacted]

I have been a vegelarian since Sept. 1962 and almost a vegan. I have now been a complete vegan for many years. The Seventh-Day Adventist Church that I am a member of promotes a vegan diet. →

Oct 7th 9/14-16

Jm

Ellen G. White wrote about the benefit of a vegetarian diet over 100 years ago.

PLEASE SEND ME A COPY OF
"101 REASONS WHY I'M A VEGETARIAN"

THANK YOU

JANET D. M.
, TINGLEY AVE
Pgh PA 15202.

PAID
JUN 17 1993

$2.

TSASE

Check

VVS VT

MOUNTAIN GORILLA

Please send "101 reasons why I'm a vegetarian"
rec'd 2/22/93
VT

Thanks,
Amanda

THE HUMANE SOCIETY OF THE UNITED STATES
Amanda I
Shavano Pl.
St George, UT
84770-

$2.- cash

please send "101 reasons why I am a Vegetarian" by Pamela Teisler to:

Jim Mc

BOHNSACK LN

COTTAGE GROVE, WI

53527.

Thank you.

My bank did
not ~~re~~ accept
your check. Could
you send U.S.
dollars, drawn
a bank that is
indicated on check,
please?

Thank you,
Pamela
1/20/94

As mentioned in Vegetarian Times,
please send me a copy of
Teisler's "101 Reasons"....
Enclosed is a SASE and $1.00

Thank You
SANDRA L.
Wilmington, De.

1-26-93

Dear Sirs,

Please send me 3 "101 reasons why I'm a vegetarian".

I have included $3.00

$3.00, check

Thank you,

VT

rec'd 2/2/93 Darrel H

Mail to:

DARREL H[redacted] L

[redacted] E. Huntsville Rd.

Fayetteville AR 72701

Karen Po
Warrior Lane
Reno, NV 89524

RENO NV 895
PM
14 APR
1993

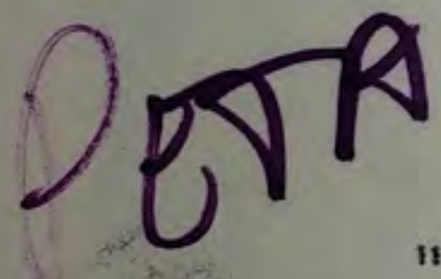
29
USA
Wood Duck

PAID
APR 22 1993
check 1.00

+SASE

PETA

Viva Vegie Society
Prince St. Station
P.O. Box 294
New York, NY 10012



Pamela -
Another BASE is enclosed for
mother (or Reasons. The last one
you gave me was cut somehow
as well as your note (so ~~some~~ Some
writing is missing.) I also
enclosed some stickers you
might enjoy putting on your
outgoing mail! I ordered them
from a mailing address label
company and requested the
message you listed instead of
an address. They did it as problem
2 or more sets ordered $4.95 each.

Michelle

Michelle R
PO Box 1
Hoboken NJ 07030-1107
FARMINGDALE 07727

I[illegible]hela [illegible]sler:

I have been a vegetarian and I would like to recieve more information about the helpful and harmful effects of this choice. I would like to also know what kinds of foods I need to eat in order to keep a balanced diet or any suppliments that I would have to eat. Please send this information to:

William S[illegible]
[illegible]) Chicago Ave. Rm. 1034
Evanston, Il 60201
tel. (70[illegible]

Thank you very much.

Pamela - (for $21.00 11/3/92
Great job! Order ~~Order~~ 50 copies + 4 ref.
Enclosed is a check for 50
Copies & some references -
Keep up your wonderful
work. I'm starting to rewrite J & Veg. in
a Q & A form & your "101 Reasons" should
be very helpful - Best wishes,
Richard

P922 2549

ML5A

RICHARD
WARWICK AVE
STATEN ISLAND NY 10314-

STATEN ISLAND NY
PM
SEP
1996

Ferryb 00s
32 USA

Pamela Teisler-Rice

Pamela-

Congratulations & best wishes
re the new edition of
"101 Reasons..." -

Richard

Do not fold

Name

Michelle K

Street

P.O. BOX

Hoboken NJ 07030

p Code

12-1

P. WMS

NORTH JERSEY, NJ 073
PM
30 NOV
1991

[redacted]

RESPECT ANIMALS
DON'T EAT THEM

Pamela Telsler
The Viva Vegie Society
234 Mulberry St. #17
New York, NY 10012

Se

[redacted]

Do not fold

Dear Friends, April 6/97

Please send me how ever many = $20 CAN. copies of "101 Reasons why I'm a Vegetarian".

Thank you so much.

Best regards.

Andrew [illegible]
McKinnon St
Parksville, B.C. V9
CANADA.
604 [illegible] 6.

$20 Canadian cash

5.20
8.80

To Viva Vegie,

I am interested in a vegetarian diet - Could you send me more information on it.

Thank You

PAULINE G.
--- FERN DR
MIDVALE, UT 84047

Please send me
a copy of
"101 Reasons Why
I'm a Vegetarian"

I've enclosed
$1.00 + a SASE.
Thank You.

Mr. & Mrs. Anthony C. C
Norristown Rd.
Warminster, PA 18974

NO
Dollar

M[illegible]Mrs. A[illegible]y C. C[illegible]
Norristown Rd.
Warminster, PA 18974

SOUTHEASTERN PA 19
PM
14 JAN
1993

The Viva Vegie Society
234 Mulberry St. #17
New York, NY.
10012

Dear Pamela,

I'm sending 75.00 for my 101 Reasons pledge & membership dues.

If there is time, wrel you add my husbands name on the listing.

$75.00 Thanks.

Marge F

add:

Keith F

I'm interested in keeping up-to-date with information about the mountain gorillas of Rwanda.

the Digit Fund

1988, The Digit Fund, Inc.

Name _____

Address _____

_____

_____

_____

-- Inverness Drive East
Englewood, Colorado 80112 USA

GO
VEGAN
Vegetarian

Viva Vegie Society
P.O. Box 294
Prince Street Station
New York, N.Y. 10012

Dearest Pamela:

TERRA VERDE
WOOSTER ST
NEW YORK CITY 10012
212-9[illegible]
540

$80
Check

7/11/98

Terra Verde ran an
amazing eco store in
Soho / NYC in the 1990's
It went out of business

note – 2016

Dearest Pamela:

Notes

3/13/95

Please send 3 copies of "101 Reasons Why I'm a Vegetarian". I enclose $2 money order. Thank you!

Loretta C.

[redacted] Devon St.

No. Arlington, N.J.

07031

Dearest Pamela:

Please ON Please send me "101
Reasons WHY I'm a Vegetarian."

Pamela.....
I am a vegetarian . I ran across your website by accident on the web. I would like more information on your organization. you can mail it to my snail mail address below. (i have no printer).

Also Sedona, is a big community with over half the community being vegetarian & being into the enviromental issues etc....It would be wonderful if your organization could hold an event here in Sedona, AZ in the very near future. looking very forward to hearing from you.

LENETTE E
Riantree Rd
Sedona, AZ. 86351
52 3

yours very truly,

Lenette E

MEMO

To Whom It May Concern:

Please send a copy of "The Easy Guide to Veganism."

— Stacey Ma

6.24

Address △

[redacted] main st, 2ff

White Plains NY 10601.

10 日

日	月	火	水	木	金	土
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2,–Rosh Hashanah 11,–Yom Kippur 13,–Columbus day 31,–Halloween

1997

To dear Pamela, and
your dear husband, Alan,
and your staff.

Season's Greetings

with all good wishes

for the New Year

Happy Holidays,
Pamela!
(Still striving to be
a pure vegetarian.)
Best Wishes for
the New Year.
Warmly,
John M [redacted]
(member)

R[illegible]

[redacted], MAIN ST

HAYWARD, CA 9454[illegible]

OAKLAND CA 946 C
PM
09 APR
1999

new donation

$50.
Veg Ctr.
Check
rec'd 4/14/99

PAMELA —

A DONATION

FOR THE

VEG CENTER

FUND. BDB

SOCI

294

ST STE

NY 10

BOOKS, MUSIC & MORE
amazon.com

Sincerely,

To: <pamela@vivavegie.org>
Date: Wednesday, August 1, 2001 4:40 PM
Subject: Re: Article submission

Dear Pamela,

Thank you for your reply and consideration. You can send back issues of the VivaVine to...

Monique G
NE 115 Street, #2
Miami, FL 33181

Let me see the style that you are referring to, and then we can talk about future health articles or being a health-page editor.

Sincerely,
Monique

Jan. 10, 1999

Dear Pamela,

This is to cover my website,

www.triroc.com/ed

[redacted]

through Jan 23, 2000.

all the best.

Ed L.

ety

on
012

70.
Check 10/25/00

NEW YORK
PM
100
29
7020 $(
1648 M

attn: SAM

Health King
65 Nassau St.
New York, NY 10038

10038+4513

CANDLE CAFE

REST AU RANT — JUICE BAR

DEL IV ERY — TAKE OUT

VEGETARIAN COOKING

1307 THIRD AVENUE NEW Y

Payment 2d | three 12/2001

$ 350

check

BLESS YOU

FOR

YOUR GOOD

WORK!

"KISS A COW"

NEW YC

CANDLE CAFE

REST AU RANT — JUICE BAR

DEL IV ERY — TAKE OUT

VEGETARIAN COOKING

1307 THIRD AVENUE NEW YO

$175.

12/12/00

Check

HAPPY HAPPY HOLIDAY SEASON!

B & J

N.Y.C., N.Y. 10012

REST AU RANT
DEL IV ERY
JUICE BAR
TAKE OUT
VEGETARIAN COOKING

1307

Hi!

GOT YOUR

VEGGIES!

B & O

Louis P. [redacted]
[redacted] W. 140th St. #
New York, NY 1003

VIVA VEGIE SOCIETY

P.O. BOX 294
PRINCE STREET S
NEW YORK,

e active than ever

Our guide to veganism

Send an SASE to our post-office box (see page 4) to receive a free copy of VivaVegie's "The Easy Guide to Veganism." It's the perfect directory of veg and veg-friendly restaurants and health-food stores in New York City.

10012+0003

4/10/2008

To whom it may concern

Please send a copy of the reasons of vegetarian to the above check

Excuse this a check

Sincerely

Jeri W

8 October 2001

Hello -

Could you please mail me three copies of the 2001 edidition of 101 Reasons why I'm a vegetarian?

My address is:

W. Plum St.
Ft. Collins, CO 80521

$3. check

97 .03

I am very impressed with the informative, easy-to-understand and comprehensive format of the booklet.

Enclosed is a check for $3
$2 for first copy, .50¢ additional 2)

Thank you very much!

Alison B[redacted]

Leslie F. E"

[redacted] Teton Rd.

Phila, PA 19154

Check

$100.—

contrib

AVS talk (5/26/02)

CANDLE CAFE

REST AU RANT — JUICE BAR

DEL IV ERY — TAKE OUT

VEGETARIAN COOKING

1307 TH

THANKS AGAIN
FOR BRINGING
MR\MS PEAPOD
AROUND!
DO IT AGAIN!

GIE S
X 29
T. ST.
NY 4, N.Y. 16

Pa[illegible]ela,
Thank[illegible]
for the vegetarian
info!
-Lynne

Choreography by Lynne Wells

Atmoshperic Conditions

April 15th
HATCH
131 West 24th Street
8:00pm
Performed by: Stephanie Tack, Anne Kochanski, and Lynne Wells
Music by Northern Machine

Reservations: 212-69

Beneath the Surface, an evening of dance, poetry and music that explores the human spirit.

June 16th, 17th and 18th
Gene Frankel Theater
24 Bond Street

Original music by Michael Arenella, William Norman and James Sasser
Additional choreography by Leda Meredith

Performances at 8:00pm Friday and Saturday, Sunday at 7:00pm

Reservations: 718-83

VVS,
Please send me one of your very fine "Liberty and Justice for all" shirts. Send a Small. I have enclosed the 1/2 price of $6.00 + 3.50 S+H

Liana Wilks-Dupoise
40 East St.
Bristol, VT
[redacted] 05443

GREETINGS!
LIANA

CANDLE CAFE

REST AU RANT — JUICE BAR

DEL IV ERY — TAKE OUT

VEGETARIAN COOKING

1307 THIRD AV

$70.-
cash
for 200
copies

Hi!
Do you speak
VEGANESE?

10/28

Dear Viva Vegie -
Saw info on internet. Please send 2 copies of "101 Reasons Why I'm a Vegetarian" to:

Diane De [illegible]
[illegible]

A ....s
.. Waterside
New York, NY 2016

NEW YORK, NY 100
PM
2 JUL
1992

USA 19

Pamela Teisler
234 Mulberry St.
New York, NY 10012

© US 1991

22 Nov 1994

Catherine Bucquet, RPA

Please send your
101 Reasons List

Many Thanks

#PP185 The Drawing Board®, Dallas, Texas 75266-0429
© Wheeler Group Inc., 1988

Name: Arlena A.

Addre Waterside Plaza - 13B

New York, NY 10010

Telephone number:

Pledge amount: $20.00

If applicable, the following is how I would like my name to appear on the next edition of "101 Reasons Why I'm a Vegetarian":

x Arlena A.

☑ I have pledged $20 or more, but I do not want my name to appear on the flyer

22 Nov. 1994

Please send more info. on your group to:

Beth Bi
Animal Rights Lobbying
Network
P.O. Box 4
Foster City, CA 94404

Thank you!

(I saw it mentioned in the Bunny Huggers' Gazette.)

09.24.1994.

HOTEL
INTER·CONTINENTAL
ZAGREB

Dear Ms Teisler,

Please send me a copy of your "101 Reasons Why I'm Vegetarian" I'll appreciate it greatly.

Thank you Malvina K.

Kršnjavoga) Zagreb, Croatia Tel: ((11 Fax: (041) 44 44 31

Sheraton Inn

Jan 6, 9

Pam

Please send me a copy of your pamphlet, "101 Reasons why I'm a Vegetarian". Also send me the Viva Vessie Society newsletter, "the Viva Vine". I'm really interested in Vegetarian lifestyles. Thank you for your time. Enclosed is a dollar and a SASE. Thanks!

Mary K.

Address on back.

ITT Sheraton

FOR RESERVATIONS DIAL **800-325-3535** IN U.S.A. AND CANADA

Mary Kr[redacted]

[redacted] Cleveland Ave. N.W. #2

Canton, Ohio 44709-[redacted]

Pamela,

I think your flyer
of Reasons Why I'm a Vegan
is great & I would like
more information on how
I can get one...

Thanks

RD/S

Viva Vegie Society,

I have enclosed $2.

Please send me a copy of

"101 Reasons why I'm a Vegetarian"

- Thank you

$2. cas

Laura Mc
O'Brian
Milan, MI 48160

I would like a copy of "101 Reasons why I'm a vegetarian." I found the information on your Website and was thrilled. I have been a lacto-ovo vegetarian for 15 years + am thinking of going Vegan. Your literature will be helpful as I'm sure I'll be bombarded w/ questions about why I would do such a thing! I'm sure you can relate. Thanks so much!

M[illegible]imoni[illegible]s Pr[illegible]
P.O. Box [illegible]
Rochester, NY 14602[illegible]
(71[illegible]25

#50.-
101 Re

VWAVE01-

PRINCE

PO BOX

NEW YORK

10012+0003

11/[illegible]/99

I would like a copy of Pamela Rice's 101 Reasons Why I'm a Vegetarian as soon as possible. Enclosed is a money order for $2 for the cost of the booklet.

Thank you. Please RUSH to:

Mr. David M[illegible]

P.O. Box [illegible]

Ashland, Ky. 41105-[illegible]

$2.00 check

Enjoy the free fridge magnet enclosed as my gift to you!

Pamela, ☺ Hi!

Enclosed please find; a

$125.00 check for:

$50.00 for Frank M Ad

$50.00 for Roni St.'s Ad

$25.00 for Frank Me - Membership/Dues/?

$125.-

P/S: Roni may want to change the wording of her ad, it's a birthday gift from me to her, so please work w/ her.

Love,

Frank

To whom it may concern,

I would like to receive your booklet, "101 Reasons why I am a Vegetarian." Enclosed find a stamp and one dollor. In addition, I am interested in any other free information, catalogs, etc. regarding vegetarianism and healthy living. Thank you!

Eric R.

Sent

July 24, 1992

Dear Pamela

Enclosed is a small donation to assist you in your efforts to promote vegetarianism.

On yesterday's Dr. Dean's show, a point was made about how constipation and breast cancer go together. Low fiber diets were cited as the reason for the constipation.

I remember my gynecologist saying that eating meat causes constipation. That was more than 20 years ago.

Keep up your good work.

Sincerely,

Arlena A[redacted]

Jillouise B

70 81

P.O. Box

Alexandria, VA

22303

$30.

sand board

$1.-
cash
+SASE
rec'd 2/19/93

2/15/93

Please send a sund press release, for

copy of your

"101 Reasons Why I'm A Vegetarian."

Thank you.

ANIMAL RIGHTS ACTION LEAGUE
P.O. BOX 1323
SARATOGA SPRINGS, NY 12866

icy S
Remsen Ave
Brooklyn, NY 1123

Viva Veggie
P.O. Box 20
Prince St.

Why do we call some animals pets and others dinner?

"Animals are my friends, and I don't eat my friends."

George Bernard Shaw

Fir[redacted] An[redacted]ric[redacted]urc[redacted]

West Mulberry Street

Normal, Illinois 61761

The
Priv
P.O.
Ne

american baptist churches USA

AIR
MANAGEMENT
TECHNOLOGIES, INC.

P.O. BOX [redacted] SYRACUSE, NEW YORK 13220

The Vivo The
Prince P.O.
P.O. Prin
N.Y. New

POLLUTION ENGINEERS & C[illegible]

HANGAWI

12 e. 32nd street

new york, ny 10016

한기와

NEW

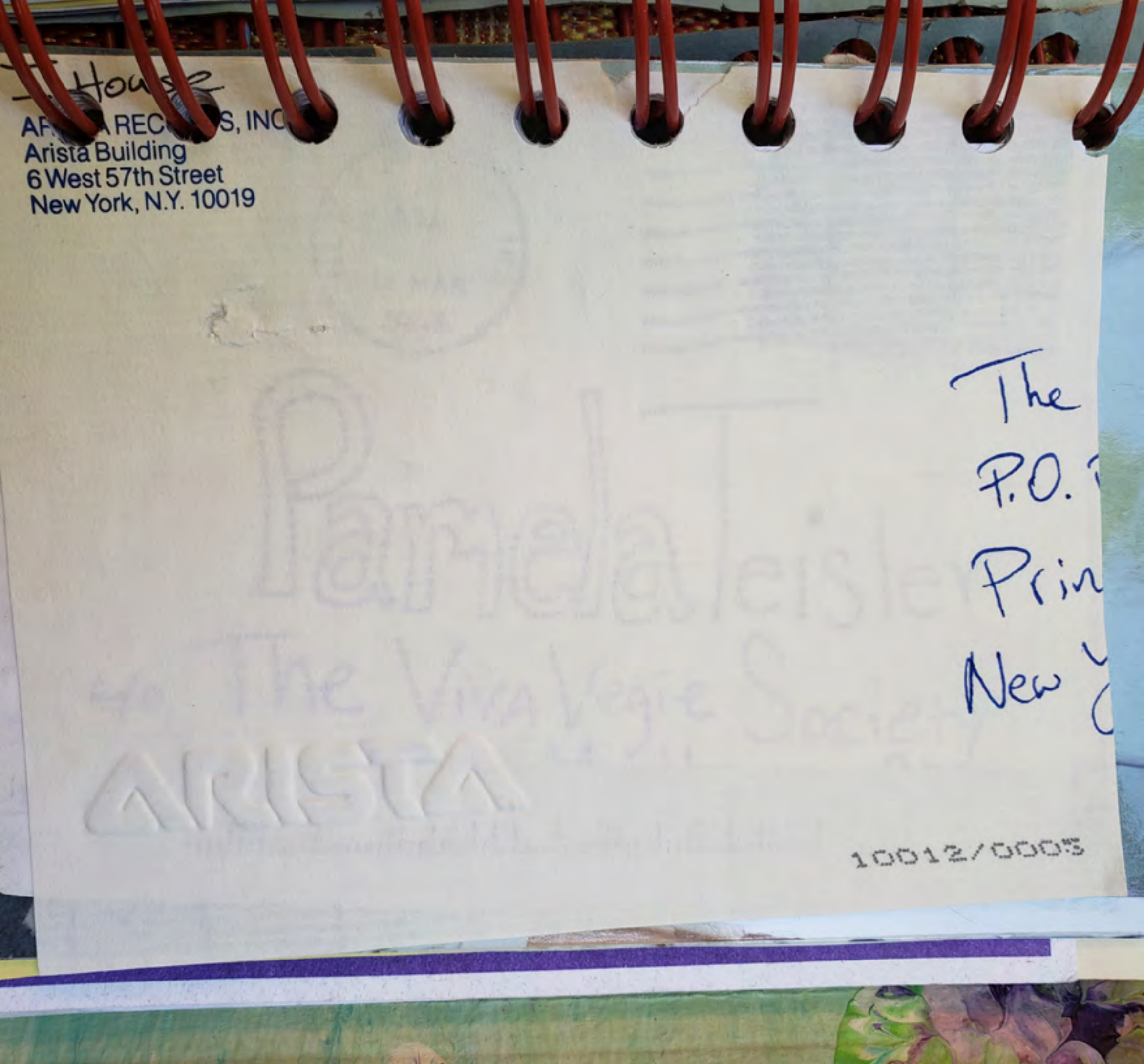
Viva Va

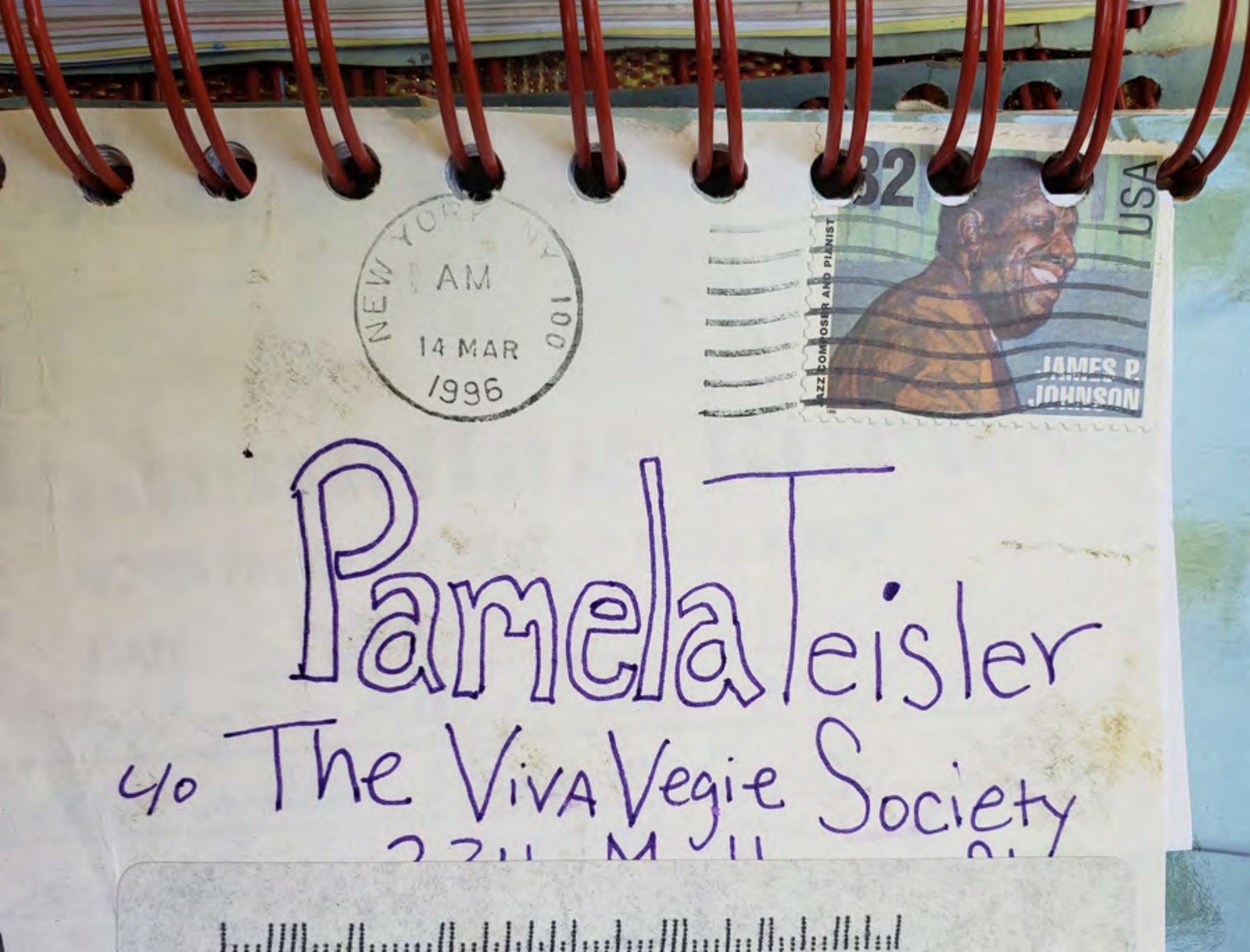
P O B

Prince

New Yo

10012/00


House
AR A REC S, INC
Arista Building
6 West 57th Street
New York, N.Y. 10019
The
P.O.
Prin
New
ARISTA
10012/0005

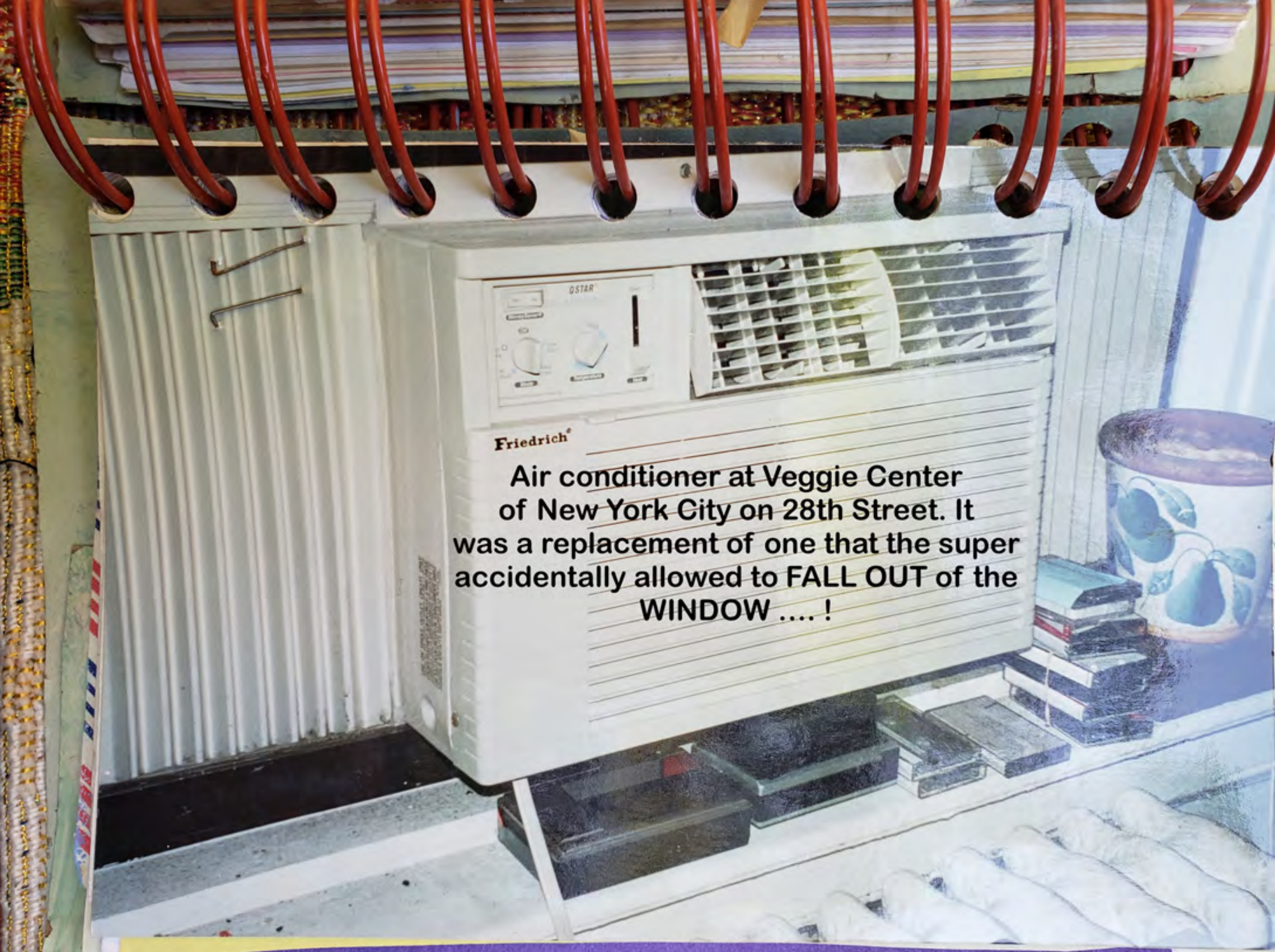

NEW YORK NY
AM
14 MAR
1996
100
32
USA
JAZZ COMPOSER AND PIANIST
JAMES P.
JOHNSON
Pamela Teisler
c/o The Viva Vegie Society

Journaling Card

NOTES FROM THE DESK OF PAMELA RICE

DATE: 2016

This chair was put on sale when Veggie Center moved from 28th St to reside at the Union Sq. address. I vaguely recall that a set of these was ultimately sold to Jean Wales - head of Big Apple Vegetarians.

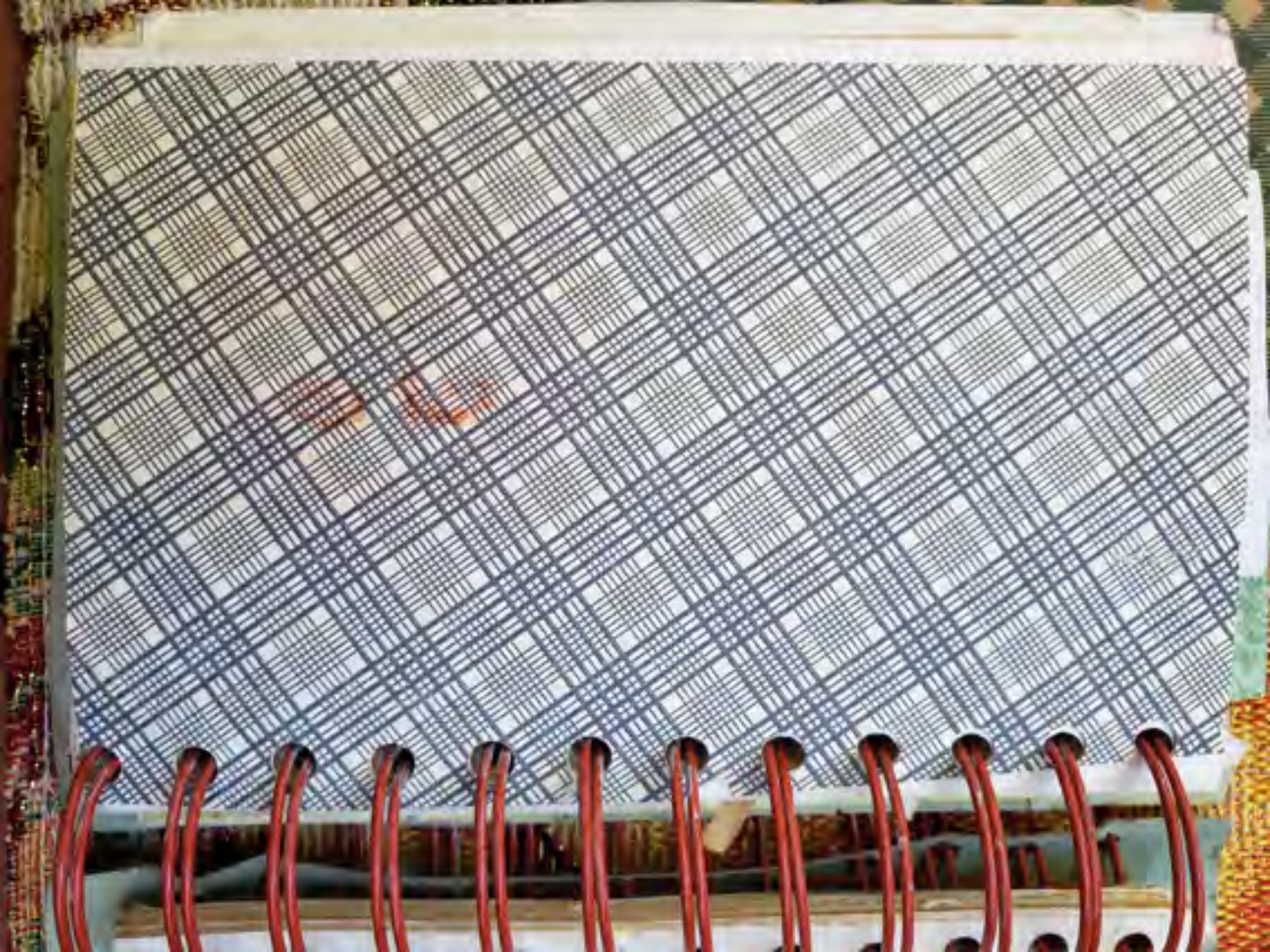


Air conditioner at Veggie Center of New York City on 28th Street. It was a replacement of one that the super accidentally allowed to FALL OUT of the WINDOW .... !

South Edinburgh Ave.
Los Angeles CALIF.
90048.

1994

The Vir
Prince
P.O. Box
N.Y.



[redacted] MAIN ST
HAYWARD, CA
94541

OAKLAND CA 940
PM
5 MAR
1998

USA

VIVA VEGIE SOCIETY
P.O. BOX 294
PRINCE STREET STATION

Please send,
"101 reasons why
I'm a veg."

NASCAR

WNJC 1360

NEW JERSEY COUNTRY RADIO & PAUL HARVEY

PO Box 5500, Deptford, NJ 08096

No Ma

2 [illegible] Ros
Scarsdale, NY 10583

$150.

insertion order
5 issues
VivaVine

The (
Princ
Po
Ny

1001240003

Mr Jason L M
) Winton Terrace E
Fort Worth TX 76109-

PETA

Hello friends!

Here's my renewal for the VivaVegie society. Stay positive and keep up the good work!

YEA VV!

Thoughtfully,
Jason M

Dear friends!

IVE ENCLOSED a donation of $40.00 to HELP you SPREAD THE VEGGIE MESSAGE.

STAY POSITIVE AND KEEP SENSE OF HUMOR!

YOUR FRIEND,

JASON M[redacted]

[redacted] WINTON TER. E.

FORT WORTH, TX

76109

REVOLT

SANTA ANA, CA 927
PM
20 APR
1988

Vegie Souety
ox 294
ice St. Station
NY 10012

10012/0005

704

WEST 079 1A
29 DEC
1997

Pam Teslier
234 Mulberry St.
New York N.Y. 10012

4iC

10012/5717

Feminists for Animal Rights

PLEASE NOTE

ANIMAL RIGHTS IS A FEMINIST ISSUE

We have an exchange subscription with you and we have moved. Please make a record of our new address.

Thank You!

FAR
P.O. Box 8
Tucson, AZ 85738
S.

2

D! The Viva Vine
Vivavegie Society
P.O. Box 294
Prince St. Station
New York, NY

5

Dear "Vivavegie Society":

I would like the following items/information:

1) A copy of the flyer: "101 Reasons WHY I'M A Vegetarian"

2) Does this flyer come in a <u>POSTER FORMAT</u>?
If so, I would like one.

3) A detailed list of references re: vegetarianism.

4) Any other available resources. I teach weekly Holistic Health classes.

THX, Mr. T[redacted]
POB [redacted] STAFFORD TX 77497 (713) 6[redacted]

reimbursed

~~[illegible]~~ order not received in time

Become a card carrying member of The VivaVegie Society!

You've just read *101 Reasons Why I'm a Vegetarian*. So, why not indulge the "veg-evangelist" in you? Become a member of The VivaVegie Society and receive: a membership card, one copy of *101 Reasons Why I'm a Vegetarian*, and five issues of the society's newsletter *The VivaVine*. Membership is $15 per year.

(Yes, I) / (No, I do not) want to become a card carrying member of The VivaVegie Society.

Please send me 50 (copy / copies) of *101 Reasons Why I'm a Vegetarian*.

MY FIRST COPY IS $1 + FIRST CLASS STAMP

• Add'l copies are 50¢ each

• 50 copies are $20 • 100 copies are $35

(ENCLOSING POSTAGE FOR ADDITIONAL COPIES IS APPRECIATED)

Jennifer M. La
Warren St. Apt. 2
Pittston PA 18643

Phone: (717) [illegible] 2 Date: May 29, 1997

Herewith, also, is a donation to The VivaVegie Society for $ 5. TOTAL enclosed: $ 25.

CHECKS PAYABLE TO THE VIVAVEGIE SOCIETY

P.S. — I would like to be a member but I already get so many newsletters + I am a Vegan currently But have little time to read more. thank you I will →

Try to Spread the
info around and
create more awareness
about the Vegetarian
way of life.

thanks,
Jennifer [redacted]

PETA

cash

$1.00

PAID

APR 10 1993

SASE

PETA

Eric H:

. Rose Ave. #7

Venice, Calif. 90291

Viva Vegie Society

Prince Street Station

P.O. Box 294

New York NY 10012

I WANT A LIST OF
REFERENCES TO 101 REASONS
I'M A VEGETARIAN. THANKS

1-25-94

Dear Pamela,

Thank you for your note; and I am pleased that you plan to reprint my letter in the next Viva Vine. Feel free to use my complete name.

Thank you,

Cynthia Ne

PLEASE SEND ME 20 COPIES OF "101
REASONS WHY I'M A VEGETARIAN."

PAID
OCT 30 1993

$11.50

20 copies

BECKY RC
RRS BOX
MANKATO MN 56001

Check NSASE

THANKS!

6-22-92

Dear Pamela,

$10.- (Viva Vegie)

Enclosed is a modest donation. Please send me information/material how to obtain more copies of "101 Reasons Why I am a Vegetarian". It is a terrific pamphlet which I have distributed to many people.

Thank You -
Ilana K

P.S. I like the blue paper and the type of print!

Dear Marlenn

This is your last issue of *The VivaVine.*

Avoid any interuption in your subscription and support The VivaVegie Society.

Renew your subscription now!

$20.-
check
deposited

send card/101
Atra 101's

Heard from another NAVS member:

I saw your classified in Vegetarian Times several months in a row and decided to invest a couple bucks supporting your group and adding to my collection of vegetarian materials.

Enclosed is $2 for my copy of "101 Reasons Why I'm A Vegetarian".

$2.00 cash

VI rec'd 3/1/93

Thanks Very Much,
Ralph (Bob) Stein
2/23/93

FROM THE DESK OF

ARTUR E. S[illegible]

Please send me one "101 Reasons why I'm a Vegetarian".

Thanks.

Sincerely,

A. E. S[illegible]

$2.00 check rec'd 1/22/93

no SASE

VT

Artur E. St
P. O. Box 7
Gainesville, FL 32605

PLEASE SEND ME
A COPY OF "101
REASONS WHY I'M A
VEGETARIAN". THE
ARTICLE I READ ABOUT
YOUR SOCIETY DID NOT
MENTION IF THERE WAS
A CHARGE FOR THIS COPY.
IF SO PLEASE NOTIFY
ME AND I WILL SEND THE
FEE. THANK YOU
JIM W[redacted]

OVER →

JIM W

1ST AV S

MPLS MN 55409

Dear Friends,

Please send us, "ASK ME & WHY I'M A VEGETARIAN." (The up-dated version)

THANK YOU!

USA 29

[redacted]
[redacted] East 183rd Street
Bronx, N.Y. 10451

BRONX NY 104
PM
12 JAN
1993

INCLUDE YOUR
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BETTER SERVICE

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check #418
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renewal memb. '93
SENT 10 copies
of current
flyer

Pamela Teisler
Vege-Viva Soc.
234 Mulberry St #17
New York, N.Y.
10012

Please send

vegetarian info.

Charlotte

Friday

Hello all –

Sorry I can't give more –

currently starting a consulting business and have little to spare. Great parade. Thanks for all you do to send a ⊕ ~~pos~~ message!

Best –

Betsy To

$10.00 check

MEM-09 ©House-Mouse Designs, Inc.

In sudden disgust, the three lionesses realized they had killed a tofudebeest — one of the Serengeti's obnoxious health antelopes.

Hi. [illegible] a[illegible] e[illegible]llen[illegible]
this'll never reach — my
address is ancient! Anyway,
if you're still out there
publishing, I'd like to do
a zine exchange with you.
(I'm vegetarian.) Been putting
out a publication called
THE TREE-HUGGER for a year
now, — Decent reviews.
Let me know what's up,
I'll send you Jan. issue
if you're still publ. + are
interested. Sincerely,
— Wayne Pac[illegible]
HC [illegible], BOX [illegible] / MYRTLE
POINT, OR. 97458

The Viva Vine
(Pamela Teisler)
The Viva Vegie Society
234 Mulberry St.
#17
~~[illegible]~~
New York, N.Y. 10012

Become a card-carrying member of the VivaVegie Society!

You've just read "101 Reasons Why I'm a Vegetarian." So why not indulge the "veg-evangelist" in you? Become a member of the VivaVegie Society and receive: a membership card, one copy of "101 Reasons Why I'm a Vegetarian" and five issues of the society's journal *The VivaVine*. Membership is $15 per year.

Yes, I / (No, I do not) want to become a card-carrying member of the VivaVegie Society

Please send me 50 (copy / copies) of
"101 Reasons Why I'm a Vegetarian."
My first copy is [US]$2, postage paid.

- Add'l copies are 50¢ each
- 50 copies are $20 • 100 copies are $35

Name: David Si

Address: Waterhouse Rd.

City: Oakland State: CA Zip: 94602

Phone: (510 4 Date: 4/18/98

Herewith, also, is a tax-deductible donation to the VivaVegie Society, Inc. for $ 65. TOTAL enclosed: $100.

CHECKS PAYABLE TO THE VIVAVEGIE SOCIETY, INC.
VivaVegie Society is a 501(c)3, nonprofit, charitable organization.

BRIGHT IDEAS!

Hi!

I would to obtain a copy of the references of "101 Reasons Why I'm a Vegetarian".

Hopefully it will be OK to send 50¢ Stamp instead of real 50¢.

Thanks!!

ok

A jackhammer pistol punches a hole through the cranium of a six-month-old calf. A metal rod is rammed into the hole and forced through the calf's brain and spinal column, stopping it's kicking. A chain winches the calf to the ceiling, where its throat is slit. Still beating, the heart helps flush blood from the body. Head, hooves and hide removed, the carcass is trucked to wholesalers and the fat to processing plants (where it becomes lipstick and shaving cream). The calf's SKIN is boiled in water, leaving a gritty residue that is filtered, dried and ground into a fine powdered gelatin. At the *Atlantic Gelatin Company* near Boston, the powder is mixed with sugar, adipic acid, fumaric acid, disodium phosphate, sodium citrate, red dye number 40 and artificial flavoring... and called **Jell-O®**. Two million boxes of the dessert are sold every day worldwide. Prepared and properly stored in the refrigerator, **Jell-O®** stays fresh for up to three days.

--- ***Nick Spezio***

[redacted]eth W[redacted]
[redacted] South End Avenue
Apartment 14C
New York, NY 10280

PAMELA

I NEED MORE COPIES OF
101 REASONS.

THANKS,

SETH

Please send
detailed references
for "101 "Reasons Why I am a
Vegetarian" and info
on ordering more for
our local grassroots
groups

Patricia Fu

10/12/92

Please send me a
copy of "101 Reasons why
I'm a vegetarian".
thank you.
Lani W.

Sent flyer stating cost
10/16/92

Mr & Mrs Greg W
Lincoln Dr
Concord CA
94521-

Enclosed find
$2 Please send me
101 Reasons Why I'm
a Vegetarian

Thank you,
Mrs. L. S. El
Oakdale, Ave. #20
El Cajon, Ca.
92021

PAID
JUL 29 1993

VT $2.00
V9 cash NSASC

SIGN ME UP AND

PLEASE SEND ME 50 COPIES
OF "101 REASONS WHY
I'M A VEGATARIAN".

SAM SHA

[redacted] N. CONGRESS AVE.
127
WPB FL 33409
West Palm
Beach

Become a card-carrying member of the VivaVegie Society!

You've just read "101 Reasons Why I'm a Vegetarian." So why not indulge the "veg-evangelist" in you? Become a member of the VivaVegie Society and receive: a membership card, one copy of "101 Reasons Why I'm a Vegetarian" and four issues of the society's journal *The VivaVine*. Membership is $15 per year.

(Yes, I) / (No, I do not) want to become a card-carrying member of the VivaVegie Society

Please send me 100 (copy / copies) of "101 Reasons Why I'm a Vegetarian."

My first copy is [US]$2, postage paid.

Add'l copies: 50¢ each • 50 copies: $20 • 100 copies: $35

Special rates for international orders: Go to: *www.vivavegie.org*.

Name: Hongawi

Address: 12E 32nd St

City: New York State: NY Zip: 10016.

Phone: (212) 2 77 Date: _____

Herewith, also, is a tax-deductible donation to the VivaVegie Society, Inc. for $ 30. Total enclosed: $ 120.00.

CHECKS PAYABLE TO THE VIVAVEGIE SOCIETY, INC.

VivaVegie Society is a 501(c)3, nonprofit, charitable organization.

E. 245

NY, NY 10010

8 NOV
2002

VivaVegie Socie
P.O. Box 294
Prince St. Static
New York, NY 10

#75.
ad
Moo Shop

10012+0008

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1

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PUBLICATION

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ADDRESS

P.O. Box 291
CITY

New York NY 10012
STATE ZIP CODE

August 31, 1993

Katherine K
W. 4th St.
Duluth, MN 55806

The Vivavegie Society
Prince St. Station
P.O. Box 294
New York, NY 10012

Dear Viravegie Society:

Please send me "101 Reasons Why I'm A Vegetarian."
Money is enclosed. Thank you.

Sincerely,
Katherine E. K

TDK

TDK ELECTRONICS CORP.

? Harbor Park Drive, Port Washington, NY 11050-4

7/7/95

Viva Vegle Society
Prince St. Station
PO Box 294
New York, NY 10012

Please send literature etc.
re: vegetarianism.

25¢ + envelope enclosed.

B. Taubleb

Credit Dept.
TDK Electronics
[redacted] Harbor Park Dr.
Port Washington, NY 11050

HHC [redacted] MI Bde
CMR [redacted] Box
APO AE 09157

29 USA

ARMY POSTAL SERVICE
22 SEP 1992
09178
APO

Via Air Mail

THE Viva Vergie Society
234 Mulberry St. Apt. 17
New York, NY 10021

718-

v. 179th St
Bronx NY 10453
May 27, 1999

Please send "the
Easy Guide to Veganism.
I am seriously thinking
about becoming a vegatarian.

Thank you

P. [illegible]

Become a card-carrying member of the VivaVegie Society!

You've just read "101 Reasons Why I'm a Vegetarian." So why not indulge the "veg-evangelist" in you? Become a member of the VivaVegie Society and receive: a membership card, one copy of "101 Reasons Why I'm a Vegetarian" and four issues of the society's journal *The VivaVine*. Membership is $15 per year.

(Yes, I) / (No, I do not) want to become a card-carrying member of the VivaVegie Society

Please send me 300 **(copy / copies) of "101 Reasons Why I'm a Vegetarian."**

My first copy is [US]$2, postage paid.

Add'l copies: 50¢ each • 50 copies: $20 • 100 copies: $35

Special rates for international orders: Go to: *www.vivavegie.org*.

Name: Hangawi Restaurant

Address: 12 E 32nd St

City: New York State: NY Zip: 10016.

Phone: (212) _____ Date: May 102

Herewith, also, is a tax-deductible donation to the VivaVegie Society, Inc. for $ 100.00 **Total enclosed: $** 205.00.

CHECKS PAYABLE TO THE VIVAVEGIE SOCIETY, INC.

VivaVegie Society is a 501(c)3, nonprofit, charitable organization.

Restoration Project 2001

The Bowery Mission

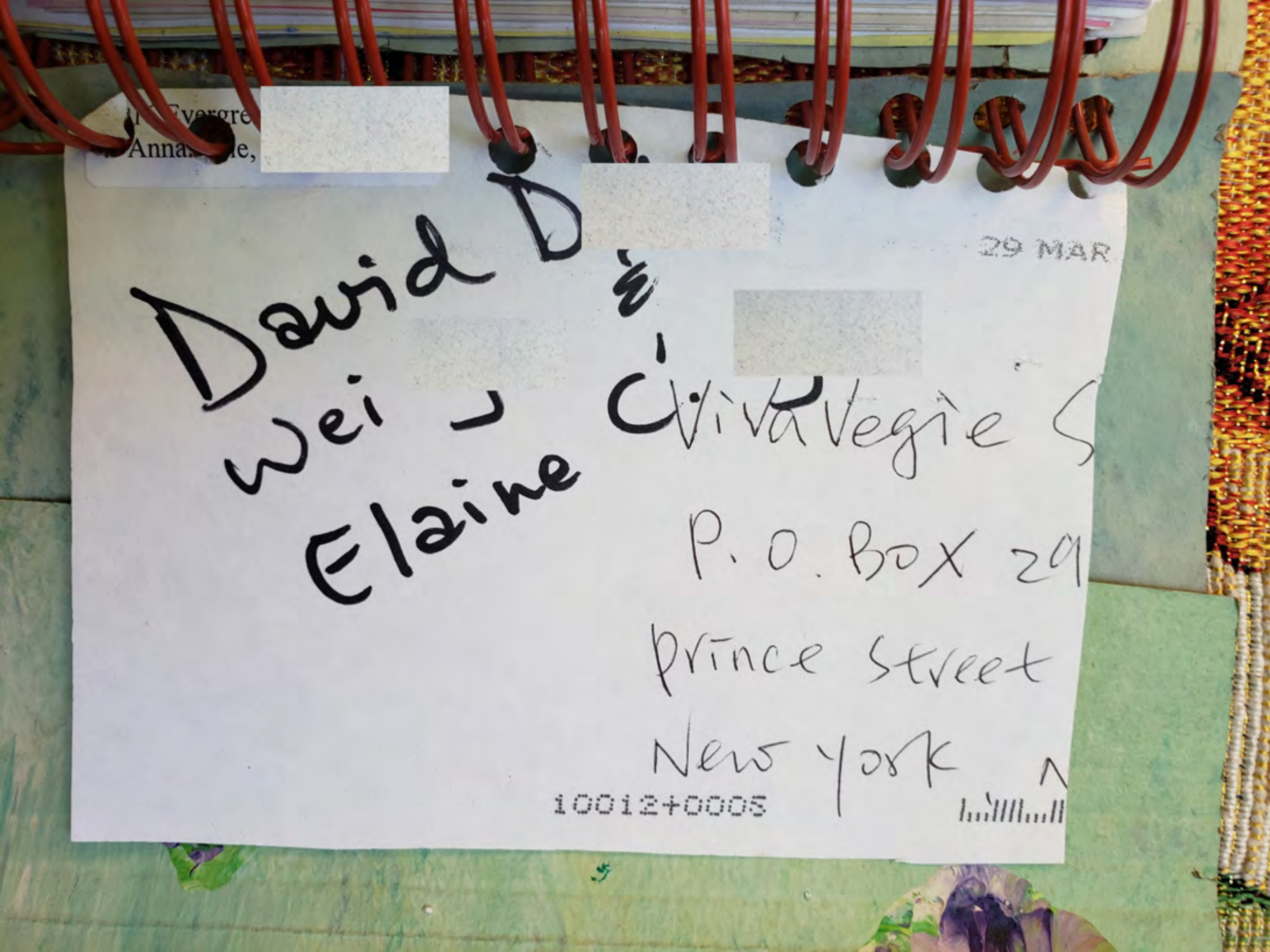
Administrative Headquarters
132 Madison Avenue
New York, NY 10016

Mary B
West Moshoh Pk
apt. 8F-B
Bronx NY
10468-

The Viva Veg
Prince Street
P.O.Box 294
New York, N

2

10012+0005 05


Evergre
Anna le,
29 MAR
David D
Wei
Elaine
Vivavegie S
P.O. Box 29
Prince Street
New York
10012+0005

MY HEART IS MOVED BY ALL I CANNOT SAVE:
SO MUCH HAS BEEN DESTROYED
I HAVE TO CAST MY LOT WITH THOSE
WHO AGE AFTER AGE PERSEVERELY
WITH NO EXTRAORDINARY POWER
RECONSTITUTE THE WORLD

Adrienne Rich (The Dream of a Common Language)

DEAR ABBY: Your letter about having to put away an old and feeble dog reminded me of what we just went through with Beau, who was put to sleep at 16.

Perhaps the enclosed will help those who may have to go through the same experience.

SANDY TEARSE,
MINNEAPOLIS

IN MEMORY OF BEAU

Treat me kindly, my beloved friend, for no heart in all the world is more grateful for kindness than the loving heart of me.

Do not break my spirit with a stick, for though I might lick your hand between the blows, your patience and understanding will more quickly teach me the things you would have me learn.

Speak to me often, for your voice is the world's sweetest music, as you must know by the fierce wagging of my tail when your footstep falls upon my waiting ear.

Please take me inside when it is cold and wet, for I am a domesticated animal, no longer accustomed to bitter elements. I ask no greater glory than the privilege of sitting at your feet beside the hearth.

Keep my pan filled with fresh water, for I can't tell you when I'm thirsty.

Feed me clean food that I may stay well, to romp and play and do your bidding, to walk by your side, and stand ready, willing and able to protect you with my life.

And, my friend, when I am very old, and I no longer enjoy good health, hearing and sight, do not make heroic efforts to keep me going. I am not having any fun. Please see that my trusting life is taken gently. I shall leave this earth knowing with the last breath I draw that my fate was always safest in your hands.

FOR HUNDREDS OF THOUSANDS OF YEARS
THE STEW IN THE POT
HAS BREWED HATRED AND RESENTMENT
THAT IS DIFFICULT TO STOP.
IF YOU WISH TO KNOW WHY THERE ARE
DISASTERS
OF ARMIES AND WEAPONS IN THE WORLD
LISTEN TO THE PITEOUS CRIES
FROM THE SLAUGHTERHOUSE AT MIDNIGHT!
An ancient Chinese verse

"The vegetarian philosophy is not perfect. Its practice may leave something ethical to be desired. Vegetarianism is, in fact, not a philosophy but an aspect of a more perfect way of life. It is a relatively small step in a beneficial direction; a step which, if not taken, can nullify other efforts, for it is doubtful if any worthwhile system can be worked on a basis of cruelty and ruthless exploitation. In the last analysis we must be judged by what we do and not by what we believe. We are as we behave-- with a very small margin of credit for our unmanifested vision of how we might behave if we could take the trouble."

Geoffrey L. Rudd
Editorial, *The British Vegetarian*

Once Upon a Time. . .

Although tofu is something new to Americans, it's been a staple of the Chinese diet for centuries, and as such, it's been given a special place in Chinese literature and folktales. According to *National Geographic* magazine, in Chinese literature a person who sells bean curd (tofu) is always poor with a good heart. A girl who is beautiful but poor *is a doufu-xishi*— "a bean-curd beauty." And when a man takes a woman for granted, he is said to be "just eating her tofu."

Mutual of Omaha Covers Lifestyle Program

Dr. Dean Ornish's heart disease reversal program has become the first non-surgical, non-pharmaceutical therapy for heart disease to qualify for insurance reimbursement. Mutual of Omaha has agreed to reimburse patients who follow the program's low-fat vegetarian diet, exercise, smoking cessation, and stress management techniques which have been shown to reverse atherosclerosis in 82 percent of patients. The program is much more effective than the American Heart Association diet, which includes cholesterol and fat from chicken, fish, and other meats and has little effect on heart disease. Dr. Ornish's program costs about $3,500 per year; conventional heart surgery costs about ten times that

ASK CARLA

Q **Employees in a nearby supermarket heard a chirping from above the false ceiling in the produce section. They found a sparrow there, stuck to a glue trap. Removing her broke her wing, pulled out tail feathers and bruised her chest. The wildlife rescuer to whom I took her could not rehydrate her because her bill and mouth were coated in glue. She died.**

Can you imagine the agony of a mouse or any animal caught in one of these horrors?

A Those who manufacture, sell, or use glue traps, knowing the misery they cause, should be jailed for extreme cruelty to animals. One teenager opened a kitchen drawer and to her horror found a frantic mother mouse mired and having her babies in the glue. A woman found a screaming kitten in a rat gluetrap. A boy found, discarded in a dumpster, three mice writhing and squeaking on gluetraps.

We've heard of irate humanitarians peeling off the bar code stickers from the shelves under glue traps. The merchant's scanner never knows what it misses. Often months pass before someone realizes an item was never reordered; sometimes nobody ever figures it out. On sales records these items show up as poor sellers, making reorders even less likely.

I can't recommend this tactic, but I do urge shoppers to keep the pressure on manufacturers and merchants by letters, phone calls, meeting the store managers, and even by check-out counter confrontations, picketing, and protest demos.

IDEAS ?

reason? Nor Can they *talk?* but, *Can they suffer?*'

In this passage Bentham points to the capacity for suffering as the vital characteristic that gives a being the right to equal consideration. The capacity for suffering—or more strictly, for suffering and/or enjoyment or happiness—is not just another characteristic like the capacity for language or higher mathematics. Bentham is not saying that those who try to mark "the insuperable line" that determines whether the interests of a being should be considered happened to have chosen the wrong characteristic. By saying that we must consider the

---

Pain is pain, whether it be inflicted on man or on beast; and the creature who suffers it, whether man or beast, being sensible to the misery of it, whilst it lasts, suffers evil . . . (T)he white man . . . can have no right, by virtue of his color, to enslave and tyrannize over a black man . . . For the same reason, a man can have no natural right to abuse and torment a beast.

Dr. Humphrey Primatt

---

interests of all beings with the capacity for suffering or enjoyment, Bentham does not arbitrarily exclude from consideration any interests at all—as those who draw the line with reference to the possession of reason or language do. The capacity for suffering and enjoyment is *a prerequisite for having interests at all*, a condition that must be satisfied before we can speak of interests in a meaningful way. It would be nonsense to say that it was not in the interests of a stone to be kicked along the road by a schoolboy. A stone does not have interests because it cannot suffer. Nothing that we can do to it could possibly make any difference to its welfare. The capacity for suffering and enjoyment is, however, not only necessary, but also sufficient for us to say that a being has interests—at an absolute minimum, an interest in not suffering. Mice, for example, do have an interest in not being kicked along the road, because they will suffer if they are.

THE FAMILY OF ALL ANIMALS

We need another wiser and perhaps a more mystical concept of animals.

WE PATRONIZE THEM FOR THEIR INCOMPLETENESS, FOR THEIR TRAGIC FATE OF HAVING TAKEN FORM SO FAR BELOW OURSELVES. Therein,

WE ERR.

For the animal shall not be measured by man. In a world older and more complete than ours, they move finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear.

THEY ARE NOT UNDERLINGS; THEY ARE OTHER NATIONS, CAUGHT WITH OURSELVES IN THE NET OF LIFE AND TIME, FELLOW PRISONERS OF THE SPLENDOR AND TRAVAIL OF THE EARTH.

· Henry Beston, essay - ...Autumn, Ocean and Birds"

submitted by:

National Animal Rights
Central Florida Chapter
P O Box 3663
DeLand, FL #32723-3663

2-17-85

Pam:

As promised, here are a handful of jewels for your newsletter.

You may already have some?

We've got loads of these. I live to collect & use them profusely on envelopes & other stationery & places.

Next time you mention me, please remember that I not only love animals — I respect them above all! + that.

Adele

→

THERE IS AN ALTERNATE TO EVERY SINGLE ANIMAL PRODUCT IN EXISTENCE. FIND THEM USE THEM

From Washington

One animal or plant species may become extinct every hour by the end of the century, the Worldwatch Institute believes.

"Should this biological massacre take place, evolution will no doubt continue, but in a grossly distorted manner," reports Eric Eckholm.

All species are doomed to extinction, Eckholm said, but man—through worldwide development, killing of animals for food and profit, and use of toxic chemicals such as pesticides and industrial wastes—will accelerate the extinction of plants and animals.

The result, he added, will be a more hostile environment for man.

"We might as well eat the flesh of men as the flesh of <u>other</u> animals."

Diogenes
Greek Philosopher

SALT can take the place of household products which are tested on animals and also ecologically destructive. 4 tbls. added to the laundry takes out perspiration odors; if dissolved in ammonia, it can be rubbed on grease spots; for rust stains, rub with salt and lemon juice after washing, then let dry in the sun; for furniture marks fromhot dishes, make a paste of salt and salad oil and let stand for an hour or two.

It is really quite miraculous that we can live even more effective lives if we live and let animals live, as well.

Alex Szogyi

If you think you are beaten, you are.
If you think you dare not, you don't.
If you'd like to win, but you think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost.
For out of the world we find success
Begins with a person's will.
It is all in the state of mind.
If you think you're outclassed, you are.
You've got to think high to rise.
You've got to be sure of yourself
Before you can ever win a prize.
Life's battles don't always go
To the stronger or faster,
But sooner or later the man who wins
Is the one who thinks he can.
There's no skill in easy sailing
When the skies are clear and blue,
And there is no joy in merely doing things
That anyone can do.
But there is great satisfaction
That is mighty sweet to take
When you reach a destination

That you thought you couldn't make.

ANONYMOUS

Ms. Adela Pisarevsky
400 W. 43rd Ave. #41p
New York, NY 10036

FEWER KIDS WOULD FIND
THE CIRCUSES FUN IF
THEY KNEW HOW LITTLE FU
IT IS FOR THE ANIMALS!

BIG PROFITS IN ILL HEALTH

There are now 53 chapters of the American Cancer Society, even the name suggests that we are a society of a desease. Even the telephone number of the ACS promotes 1-800-4-CANCER. We are not a society of prevention of illness or one that takes responsibility for its own health, let someone else do it for us. It's much easier to buy and pop a drug, for a hopeful quick fix even if that drug has side effects and is harmful and unnatural for our bodies. Add to this our stressful life styles and poor eating habits, is it any wonder then that the profiteers have us like puppets on a string?

"When are you going to have another becoming-extinct sale?"

"We just adore animals, too."

M. Beddow Bayly
(Member Royal College of Surgeons, England)

Vivisection is founded on the selfish principle that might is right, that the end justifies the means and that material benefit should take precedence of moral obligation; it appeals to the base instincts of fear and cowardice, and excuses any cruelty on the tyrant's plea of necessity. Before the bar of justice, vivisection stands condemned on three main counts: cruelty to animals, uselessness to man and obstruction on the path of real knowledge.

Congressman Torricelli gave a speech on how to get your Congressperson to co-sponsor and support legislation you want.

The Congressman's advice, in effect, was to pester the life out of your representative. Write, phone, and, if possible, visit his or her office. Bring others with you, if you can, to show more support. Keep up the pressure, and encourage as many others as you can to do the same until the Congressperson becomes inundated with letters and phone calls. Congressman Torricelli reminded us that the other side works very hard to stop legislation that would benefit animals, and we must work just as hard, or even harder, if we want these bills to pass.

TO MEAT-EATERS, WE OWE NO APOLOGY!

I DON'T THINK IT'S A CRIME TO BE A VEGETARIAN! THE COMMANDMENT "THOU SHALT NOT KILL" (EXODUS XX, 13) IS A GENERAL PRINCIPLE WHICH DOES NOT SPECIFY HUMAN BEINGS OR OTHER CREATURES. FORTY YEARS AGO I DECIDED MY BODY SHOULD HENCEFORTH BE A "TEMPLE FOR A SOUL" INSTEAD OF A PORTABLE CEMETERY FOR DEAD CREATURES. I HAVE BEEN A VEGETARIAN EVER SINCE.

Rabbi Aryeh Ben-Shemer

MEDICINE IS A COLLECTION OF
UNCERTAIN PRESCRIPTIONS, THE
RESULTS OF WHICH, TAKEN
COLLECTIVELY, ARE MORE FATAL THAN
USEFUL TO MANKIND.

Napoleon Bonaparte

POOR ANIMALS! HOW JEALOUSLY THEY GUARD THEIR INNOCENT BODIES... THAT WHICH TO US IS MERELY AN EVENING'S MEAL, BUT TO THEM IS LIFE ITSELF.

(T. Casey Brennan)

AT LAST YEAR'S BROOKINGS INSTITUTION SEMINAR IT WAS QUITE OBVIOUS THAT ROY'S FEELING ABOUT GOVERNMENT WAS WIDESPREAD. ONE PARTICIPANT FROM MONTANA SAID: "I HAVE NOT TALKED TO ANYONE OUT WEST WHO DOES NOT THINK CONGRESS IS MADE UP OF CROOKS AND THE GOVERNMENT OF IDIOTS."

(Modern Maturity Mag.)

THE REDUCTION OF THE EARTH TO AN OBJECT SIMPLY FOR HUMAN'S POSSESSION AND USE IS UNTHINKABLE IN MOST TRADITIONAL CULTURES... THE EARTH BELONGS TO ITSELF AND TO ALL THE COMPONENT MEMBERS OF THE COMMUNITY.
Thomas Berry's "The Viable Human"

IN THE NEXT TEN TO FIFTEEN YEARS, ONE OF THE THINGS YOU'RE BOUND TO HEAR IS THAT ANIMAL PROTEIN IS ONE OF THE MOST TOXIC NUTRIENTS OF ALL THAT CAN BE CONSIDERED.
Dr. T. Colin Campbell, Nutritional Biochemist
Cornell University

ACCUSE NOT NATURE! SHE HATH DONE HER PART; DO THOU BUT THINE!

(Milton, Paradise Lost)

THE CIVIL ABOLITIONIST EXPLAINS HOW ANIMAL EXPERIMENTS HURT RATHER THAN HELP HUMANS.
FOR SAMPLE COPY SEND SASE
TO: BOX 26, SWAIN, NY 14884

SIX BILLION LIVING BEINGS ARE RAISED, TORTURED AND MURDERED <u>FOR HUMAN FOOD EACH YEAR</u> IN THE UNITED STATES ALONE!!!

"To a man whose mind is free, there is something more intolerable in the suffering of animals than in the suffering of men. For with the latter, it is at least admitted that suffering is evil and that the man who causes it is a criminal. But thousands of animals are uselessly butchered every day without a shadow of remorse. If any man were to refer to it, he would be thought ridiculous. And that is the unpardonable crime. That alone is the justification of all that men may suffer. It cries vengeance upon all the human race. If God exists and tolerates it, it cries vengeance upon God. If there exists a good God, then even the most humble of living things must be saved. If God is good only to the strong if there is no justice for the weak and lowly, for the poor creatures who are offered up as a sacrifice to humanity, then there is no such thing as goodness, no such thing as justice...." -Romain Rolland