

Just Say
you heard
it through
the

Viva VINE

THE NEWSLETTER OF THE VIVA VEGIE SOCIETY
Edited by Pamela Teisler



Lecithin, a moist, yellow substance made from soybeans, works with, and in much the same way as flaxseed by functioning as an emulsifier. It is a healthy additive too, promoting the assimilation of fats and lowering cholesterol levels. (NOTE: use the granule form rather than liquid form for drinks such as nut milk.)

Carob powder is known to be a satisfactory substitute for chocolate without the caffeine. It provides some protein, phosphorus and calcium too.

Besides taste and nutrition, the best things about nut milks is

SUBSCRIBE TO THE VIVA VINE

For \$5/yr., (\$7, foreign) receive 5 bi-monthly issues (no Jul./Aug. issue) plus a complimentary copy of *101 Reasons Why I'm a Vegetarian* and your very own personal membership card to The VivaVegie Society.

Cash or check with your request should be sent to:
The VivaVegie Society, Prince St. Sta., P.O. Box 294,
New York, NY 10012

A Nut Milk Story

• • by Pamela Teisler • •

DO YOU EVER LOOK at your spices and extracts and lament that some of them surely must date back to your childhood? I did recently. But fortunately, I recently leafed through a copy of last winter's edition of *Vegetarian Gourmet* magazine. It's a good thing too, because inside was a very intriguing feature on nut milks, something you can make which uses so many of those long forgotten flavorings.

Nut milks have also given me the opportunity to use up that pound of carob powder I enthusiastically bought at the co-op, and flaxseed and lecithin too! My intentions were very good when I made those purchases, as I have again been reminded by the *Vegetarian Gourmet* article.

Flaxseed, for instance, contains linolenic acid, which is a nutrient missing from many modern (processed food) diets. Author Candia Lea Cole, who wrote the *Vegetarian Gourmet* article, tells us, "Signs of linolenic deficiency include dull skin, constipation, hypoglycemia, [high] cholesterol, cellulite and even heart disease." Flaxseed has been used by herbalists, beauticians, weavers and painters throughout history. But it is also very useful in the kitchen. It is an excellent binder for anyone who wants to avoid eggs and still bake. It also makes nut milks thick and creamy.

that they can be used in place of cow's milks. When we avoid cow's milk we help our health, save the environment, as well as lift a cruel burden off of our friends the cows.

A substitute for cow's milk

Jo Willard of Natural Hygiene Incorporated, Huntington, Conn., calls cow's milk "liquid meat," and rightly so. Milk has no fiber, carbohydrate, nor vitamin C, and has many other negative characteristics of meat. Milk is also naturally high in protein; and we now know that excessive protein in one's diet causes a depletion of calcium from the bones.

Many people, of course, think you must have dairy products in your diet to avoid calcium deficiencies. There are many plant sources for calcium, however, that are better than milk, such as broccoli, tofu, figs, corn bread and even wax beans and lemons. Nut milks have calcium, too, especially if they contain almonds, sunflower seeds or pumpkin seeds. These plant foods all come without the animal protein and the animal fat of milk.

When you drink cow's milk, you risk exposure to salmonella poisoning. In addition, many people suffer lactose (sugar from milk) intolerances as well as allergies to milk.

Most milk today comes from cows housed in massive sheds located outside of large metropolitan areas. Cows are routinely drugged with antibiotics and tranquilizers to counter the unhealthy

Calendar

• *Sun.'s, Nov. 21, Dec. 19, and Jan. 16 (or otherwise, the third Sunday of every month, barring last minute changes or other conflicts):* VEGAN SOCIETY OF QUEENS POTLUCK, 2:00 p.m., Flushing, Queens; call Hubert at 718/263-7160 for details. • *Tues., Nov. 23:* EARTHSAVE VEGAN POTLUCK, 6:30 p.m., Greenpeace offices, 462 B'way @ Grand St, 6th Fl; Call 212/978-4338 to confirm. • *Thurs., Dec. 23:* THE 2ND ANNUAL HOLIDAY VEGETARIAN POTLUCK/BASH, 6:30 p.m., Network for a Sustainable NY, 150 W. 28th St., Room 1501 in Manhattan. For more information, and to confirm, call Tony White, 718/797-4175.

Schedule to distribute *101 Reasons Why I'm a Vegetarian* in VivaVegie-style vegetarian street advocacy (call ahead, 212/966-2060, to confirm and to arrange meeting location):

• *Fri., Nov. 26:* FUR FREE FRIDAY 11 a.m., Columbus Circle. (Later in the evening is PETA's — People for the Ethical Treatment of Animals — ROCK AGAINST FUR. The VivaVegie Society will distribute *101 Reasons Why I'm a Vegetarian* at the door.) • *Sat., Dec. 18:* TARGET HOLIDAY SHOPPERS, 2 p.m. in the New York City subways, Times Square Station. (The VivaVegie Society frequently goes out with its street advocacy on short notice. Call to learn of unscheduled events. 212/966-2060.)

Continued on page 2

and maddening conditions of indoor confinement. They are also regularly fed growth hormones. Today's cows are cruelly and unnaturally milked dry up to 3 times a day. Our modern cow lives only one fifth of her natural lifespan due to the stress of excessive milking and calving. Her ultimate destiny is to become your hamburger.

The milk industry is also an integral part of the hideous veal trade. When you drink milk, or eat cheese, yogurt, butter or ice cream, you support this relationship.

As for the environmental impact of dairy farming, as with beef production (dairy's first cousin), the production of milk contributes inordinately to depletion of natural resources — water, wilderness areas, and fossil fuels. It pollutes our fresh water, and contributes to deforestation and topsoil erosion.

Enough of why... On to the how!

Now, save one, I'm not going to give recipes here. I believe that you should turn to the expert for that. Woodbridge Press of Santa Barbara, California has published *Not Milk ... Nut Milks!* by Candia Lea Cole ©1990; 128 pages; \$7.95.

What I am about to give here will suffice only for the creative cook who feels comfortable cooking and baking with nothing but some good general guidelines.

There are 8 basic parts to a nut milk

Keep in mind these eight general ingredients to making nut milks and, go ahead, be creative!

1) 1/3 cup to 1/2 cup **NUTS AND/OR SEEDS**, preferably raw (non-roasted), fresh, and refrigerated. A partial list of possibilities includes almonds, cashews, Brazil nuts, filberts, peanuts (technically a legume), pecans, pine nuts, pistachio nuts, walnuts, pumpkin seeds, sesame seeds and sunflower seeds. Use two or three in combination if desired. (HINT: *buy broken nuts; they are much cheaper.*)

2) 1 Tbsp. **FLAXSEED**

3) 1 tsp. **LECITHIN** granules

4) 4 cups **HEATED LIQUID** — watered down fruit juice or tap water (or as recommended by Ms. Cole, spring or filtered water)

(For the following four parts, use 2 or 3 ingredients in combination if desired.)

5) 3 Tbsp. (approximately) **SWEETENER**; a partial list includes brown-rice syrup, barley malt, molasses, and maple syrup

6) **FORTIFIERS** (optional); a partial list includes:

- slippery elm (1/2 tsp.) which is rich in enzymes that aid digestion,
- cocoa (1 tsp.),
- carob powder (2 Tbsp); carob is discussed above.

7) **FLAVORINGS** — spices (no more than a total of 1-1/2 tsp of ground spice) and/or extracts (no more than a total of 1-1/2 tsp. extract); a partial list includes nutmeg, cinnamon, cardamom powder, clove powder, allspice, anise powder, coriander, almond extract, lemon extract, caramel extract, vanilla extract, coconut extract and zests from citrus fruits which you can add sparingly to taste; (HINT: *For better flavor, buy spices, such as cloves, whole and grind to a powder in your coffee grinder just before use.*)

8) **FRUIT** — fresh or dried; a partial list includes: bananas,

apples, apricots, prunes, raisins, or dates, etc. (add to taste)

Now, "in the beginning" (and I hope you too see this as a religious experience), you blend the fruit you may plan to use in the **BLENDER** or food processor. Meanwhile, heat the liquid to simmer (do not to boil). Next, grind the nuts and/or seeds in a **COFFEE GRINDER** to a fine powder. Then grind the flaxseeds in the coffee grinder to a fine powder. Then add to the fruit in the blender the nut/seed powder, flaxseed powder, lecithin, sweetener (opt.), fortifier (opt.), flavoring(s), and then, the heated liquid. Blend everything to a puree consistency. (HINT: *if using liquid extract(s) or liquid sweetener(s), it is better to add these after heated liquid is mixed in.*)

There's only one thing left to do at this point, and that is, pour the glorious mixture through a fine strainer. (HINT: *I have found*

that a regular strainer will not work. You must purchase one that is truly fine; do not settle for one that does not fit this requirement. Also, purchase a larger one; the small ones are frustratingly slow.)

Now, you may want to enjoy your ambrosia right away, warm, or you may heat it up. You may also choose to enjoy it later chilled.

Nut milks generally keep up to 3 days in the refrigerator — that is if they last there that long.

And, as I promised — here is our one nut milk recipe from Candia Lea Cole's book, *Not Milk ... Nut Milk!*

Mellow Carob Cocoa Almond Milk

1/4 cup raw almonds

1/4 cup raw cashews

1 Tbsp. flaxseeds

1 tsp. lecithin granules

2 Tbsp. carob powder

1 tsp. cocoa powder

1/2 tsp. slippery elm powder (opt.)

2-1/2 Tbsp brown rice syrup*

1 tsp. vanilla extract

3-1/4 cups hot water

Follow the general instructions, above, on how to prepare nut milks for this recipe.

* I HAVE SUBSTITUTED A PLANT FOOD, HERE, RICE SYRUP, FOR MS. COLE'S HONEY.

This writer hopes to get a lot of feedback about this article on nut milks. Let us know your angle on the nut milk story. Do you recommend allowing the nuts or seeds to sprout overnight before grinding to make them more nutritious? Do you think New York City should have a **HOUSE OF NUT MILK/VEGETARIAN COMMUNITY CENTER**? Write in your comments for next issue!

The VivaVegie Society highly recommends that all of its members subscribe to *Vegetarian Gourmet* magazine. It is my answer to all the many, many people who can't seem to get enough recipes. The Winter edition I used for this article, alone, had a total of 110 recipes.

Subscriptions to *Vegetarian Gourmet* are \$9.95 for one year and \$17.95 to two years. (PA subscribers, one year, \$10.55; two years, \$19.03.) Add \$4.00 per year to Canadian and foreign postage. Contact **VEGETARIAN GOURMET** at P.O. Box 7641, Riverton, NJ 08077-7641.



A Celebration of World Vegetarian Day

The V-word didn't even scare 'em away.

In fact it was a *draw* as people lined up down the street knowing it might be a half hour wait to get in to the **Vegetarian Society of New York - sponsored World Vegetarian Day Festival**. Over 15 vegetarian-oriented schools, vendors, groups, and health professionals set up booths on October 1 to mark World Vegetarian Day at the Metropolitan Club on the upper east side of New York City. Over 500 people attended, brought in by some unexpected free local radio publicity.

Those who had booths included **Healthy Candle**, the restaurant, serving up a few of their specialties, and the **North American Vegetarian Society**, one of the premier vegetarian societies on the east coast. **Natural World** was there selling environmentally friendly household products and personal care items. **Maine Coast Sea Vegetables** offered free samples of delicious seaweed soup. **Vegetarian Society of NY**, the sponsor of the event, had its own booth from which T-shirts and literature were distributed. **Everything Natural**, the Carribean vegetarian

restaurant located in the Bronx, served up deliciously spicy mock meat dishes including "goat" ... ! **Environmental Travel** let people know about their travel packages designed with the vegetarian or vegan in mind. **Wow Bow Pet Foods** promoted their low-meat or no-meat pet foods and natural pet products. **Natural Gourmet Cookery School** and **Institute for Food and Health** promoted its wide array of professional cooking classes. Chiropractor **Dr. Christine Benner** was there to give postural analysis, and her associate gave free Trager body massages. **Whole Earth Bakery and Kitchen** sold their famous vegan baked goods. **Gulliver's Living and Learning Center** promoted its macrobiotic training center and publication *Macro News*. **The VivaVegie Society** distributed *101 Reasons Why I'm a Vegetarian* and other literature. **Alycia Lee**, MS, clinical nutritionist, and as President of the **New York Vegetarian Society**, coordinator of the event, promoted her **Nutrition and Natural Health Center**. She offered free nutritional counseling. A doctor at her booth offered free blood pressure screenings.

And **Emanuel Goldman** soothed our souls with his gentle playing of his portable electric piano.

grapevine

letters from readers

Dearest Pamela: Please, oh please, send me *101 Reasons Why I'm a Vegetarian*. Enclosed is a buck and SASE. If you could help me here in VEGETARIAN HELL (Northeast Tenn.) I'll be forever in your debt.
— A.W.C./Johnson City, Tenn.

(The following letter to the editor was sent to The Wall Street Journal (not to The VivaVine) in response to one of its editorials. The editorial had railed against The Humane Farming Association for its recent efforts to expose cruelty in the pig farming industry— as it goes the way of the chicken business toward mechanization. The tract turned out to be an ignorant and pathetic apology of today's factory farming which begged for a response. It got that response, and a simply elegant one at that, from Henry Spira — one of our pillars in today's animal rights movement. Send an SASE to The VivaVegie Society if you would like a copy of The WSJ editorial.)

"YOUR DINNER LED A HORRIBLE LIFE"

In sharing "some thoughts on pigs" ("Animal Farms," Review & Outlook, June 14), your readers can hardly be expected to understand the outright horror inflicted on animals in factory farms when you present the issue in terms that never get more vivid than "size and scale" ... "integration of processes" ... "boosting choices to consumers." Perhaps your writer has never had an opportunity see this perversion of nature firsthand.

In more realistic terms, "size and scale" means relegating animals to the status of machine parts. This translates into hun-

dreds upon hundreds of sows parked like so many cars in narrow steel crates in dark buildings the size of aircraft hangars; veal calves living out their lives in dark wooden crates so small they are unable to even turn around; egg-laying hens confined to an area smaller than half this page [a WSJ page]; animals so stressed that only a constant diet of drugs keep them alive until they are shipped or dragged to their slaughter.

You suggest that this institutionalized cruelty may be justifiable because it is cost-effective — but so is prison labor and child labor. Clearly, there's more to commerce than cost-effectiveness at any price.

Furthermore, there would be no need for the "tear-jerking ads" your writer derides if the media were providing readers with the facts about current practices in animal agriculture. But most of the consuming public hasn't a clue as to what kind of hell their dinner went through on the way to the table. Shouldn't our society be based on informed consent?

Beyond satisfying our addiction, meat has no demonstrable benefits. The consumption of meat is linked to cancer, heart disease and diabetes, and it

inflicts horrendous pain on the more than six billion animals eaten in this country each year.

At the very least, we should be able to agree that we need to encourage industry and government to develop, promote and implement systems that reduce farm animal suffering as long as people continue to eat them.

Henry Spira,, Coordinator, Animal Rights International

To order a copy of the newly-revised edition of *101 Reasons Why I'm a Vegetarian*, send \$1 and a stamped self addressed envelope to: The VivaVegie Society, Prince St. Sta., P.O. Box 294, New York, NY 10012. Obtain additional copies for 50¢ each (60¢ each, foreign or retail). And to pass out to all of your friends: \$20 for 50 copies (\$30, foreign or retail), and \$35 for 100 copies (\$50, foreign or retail). Checks should be made payable to The VivaVegie Society. Multiple copies, over 2, come postage free. **The VivaVine** welcomes letters, articles, manuscripts and graphics, for publication or reference. Deadline for submissions for next issue is December 10. **The VivaVine** always needs help at mailing time. Next issue mails after January 1.

VivaVeggie Society Kudos

Heartfelt thanks go out to the following for their enthusiastic support of VivaVeggie Society activities.

Advocacy First among all, a big thank you to Jesse Silverman, who has been on hand for nearly every street advocacy mission, including our heroic march in this year's Halloween Parade. We reached a lot of people out there with the *101 Reasons Why I'm a Vegetarian*. Unfortunately we did it in a freezing downpour. Rochelle Goldman endured the rain with us as well.

Mailing Those who helped with the mass mailing of *101 Reasons Why I'm a Vegetarian* to every U.S. Senator and Congressperson (see story below) include: the very swift and efficient mailer Duane Cornella, as well as Alex Fisher, Bryan

Dusini, Pat Mezzullo and Jesse Silverman. Also, thank you Jean Thaler and David Ben Ami for your generous donations toward the congressional/senatorial mailing.

Video Brent Butterworth is donating his video editing expertise in putting together video footage of the April 17 Madison Square Park **Beyond Beef Adopt-A-McDonald's Campaign** rally. Brent and Ashley Gilbert were the camera operators at the rally.

Footage from this year's VivaVeggie advocacy at the Easter Parade on 5th Avenue will also be incorporated into the Beyond Beef rally video. Special thanks to Linda Orfield for her camera work as well as for the use of her fine camcorder to do the job..

Future issues of *The VivaVine* will inform readers of how copies of the final edited video may be purchased.

So, what is The VivaVeggie Society?

The VivaVeggie Society takes vegetarian advocacy to the streets. VivaVeggie advocates confront Mr. and Ms. Pedestrian to get the facts out about their healthful, ethical and environmentally conscious vegetarian diet.

Advocates assemble where there is plenty of pedestrian traffic. They come equipped with brightly-colored T-shirts with vegetarian messages, and plenty of fact-filled information. Founder Pamela Teisler wears the outfit shown on the reverse side of this newsletter. The mission? To distribute, for donation, the flyer, *101 Reasons Why I'm a Vegetarian*, written by Pamela Teisler and inspired by John Robbins' book, **Diet for a New America**. The VivaVeggie Society has been, and will be in the future, involved with various projects such as **World Vegetarian Day** and the **Adopt-A-McDonald's** campaign. Donations can be sent to: The VivaVeggie Society, Prince St. Sta., P.O. Box 294, New York, NY 10012. Call 212/966-2060.

To obtain a copy of *101 Reasons Why I'm a Vegetarian*, send \$1 (plus self addressed stamped envelope) for one copy. Additional copies, after 2, come postage paid. Send 50¢ for each additional copy (60¢, foreign or retail); \$20 for 50 copies (\$30, foreign or retail); and \$35 for 100 copies (\$50, foreign or retail). Write c/o: The VivaVeggie Society, address, below.

VivaVeggie Society sends *101 Reasons Why I'm a Vegetarian* to every U.S. Senator and Congressperson

The VivaVine is late this issue due to the fact that The VivaVeggie Society was bogged down getting out a mass personalized mailing. Along with *101 Reason Why I'm a Vegetarian*, each of our 540 U.S. Senators and Congresspeople received detailed references topped off with a signed, laser generated personalized cover letter.

The VivaVine will be publishing responses from the representatives over the next several issues. Perhaps this project will grow into a full-fledged political pressure tactic. Or, at least, into a study of the attitudes of our elected officials. At worst, *VivaVine* readers should find the results interesting.

Postage, with the help of bulk rates for the congresspeople, came to \$94. The cost for envelopes and references came to \$43 and the laser printed cover letters cost \$31. And this does not include the cost for the flyer *101 Reasons...* Donations toward this project have come to \$62 so far.

Please be generous with your donations to help defray these costs. Send your check to The VivaVeggie Society today!

PHOTOCOPIED ON RECYCLED PAPER

The VivaVeggie Society
Prince St. Sta.
P.O. Box 294
New York, NY 10012
212/966-2060

Vegetarian Street Advocacy, Now Taking Root

• • by Pamela Teisler • •

"Well, Jesse, here we are, but I'm not sure I'm ready to start yet. Give me a minute to gear up for this, would ya?"

"Maybe we ought to go to another corner," Jesse said.

"No, this is fine," I replied. But I'm afraid he was right.

I had a problem getting up the energy (read: *nerve*) this time for some reason. I just didn't seem to like the scene here at what was the last of 6 concerts given by the Grateful Dead at The Garden. I perceived the people, not just the "dead heads" here at 8th Avenue and 33rd Street, as unfriendly. Everyone who walked by seemed to be in a rush to get where they were going. This was a crowd that was going to be either brutally indifferent, I thought, or quick with the "comments."

Finally I felt I could hesitate no more and pulled on my head stocking with the plastic fruit on the top. Then, on with my sandwich board.

I handed Jesse his headband with plastic fruit on it. (*There's a little unwritten rule; if you go out with The VivaVeggie Society, it behooves you to wear some trappings of the trade.*)

Soon our first person approaches, saying "I am a vegetarian."

"Good for you," I began sincerely. "I believe we need..." But off she walked.

As we know, I make it my business to instigate conversation about vegetarianism with what I call my vegetarian street advocacy. My sandwich board reads, "Ask me why I'm a vegetarian," and the plastic fruit on my hat? well, it attracts a lot of attention; there's no doubt about that.

My group, The VivaVeggie Society, has been out many times over the last 2 and a half years on the streets of New York City, educating, angering, delighting, and upsetting a lot of people about the facts of our society's meat centered diet. We have regularly been out on the streets of New York City for special events, or just at crowded intersections.

"So why *are* you a vegetarian?" I hear from a teenager before me. "Ah, my first victim," I thought.

"Well, I have my *101 Reasons Why I'm a Vegetarian* right here, which I wrote; my reasons fall into 3 main categories. One, I believe it is much better for my health; two, a vegetarian diet alleviates an enormous amount of stress to our environment; and three, the our society's meat centered diet supports an atrocious system of factory farming in our country."

"But how do you get your protein?" the teen inquired.

"Protein?" I say, as a curious man with a disheveled hat sheepishly walks up.

"The truth of the matter is," I continued, "people in this country get far too much protein, especially animal protein. There was a mammoth size epidemiological study that was done in China several years ago which proved that the optimal requirements for animal fat and protein are much lower than we previously thought. In fact it has been virtually proven that a diet primarily made up of plant food is the healthiest."

At this point the man with the disheveled hat chimes in, walking away as he is speaking, "but what about plants; don't you care about plants?"

The man walked away too fast to get his answer. Jesse, however, decided to respond to the query for the benefit of the four new people who had gathered around us. He explained, "first of all, there has been only one study that supposedly proved that plants have feelings. It was done in 1968 on only *seven* plants. No one else has been able to repeat this experiment. And the scientist who conducted it, is also unwilling to repeat his own experiment. Upon such flimsy findings the media seem to love

to speak about the feelings of plants. So we really have no evidence of plants being able to feel pain; and the fact of the matter is, if you really care about plants in this regard, you would definitely want to become a vegetarian, as it takes 16 pounds of grain to produce one pound of feedlot hamburger. It follows, therefore, that quite a bit of wheat would have to suffer quite a bit of agony on its way, via the cow or steer, to becoming a pound of meat. Next question..."

"But eating meat is natural; man has always eaten meat," said a new person who just joined us.

"One hundred and some years ago slavery was also considered natural," I responded, "but as people moved on in their understanding of things over time they learned a different perspective. Slavery today is thought to be barbaric. I predict that this is how future generations will perceive meat diets. People will become aware of all the really powerful information that I itemize in this document," at which point I held up a copy of my *101 Reasons Why I'm a Vegetarian*. "Vegetarianism will be the diet of the 21st century; there is simply no question about that. Our mother Earth just won't let us go on with this excessive meat centered diet. People will learn, despite what industry and consumerism tells us, that a meat centered diet is devastating, not only to human health but also to the world ecology. I might add that I do not think that man throughout history has been feasting on meat and/or dairy products three times a day, seven days a week as we do today. In fact, we in the west, in the U.S. in particular, are suffering these days from the diseases of the kings and queens of old — just look at the prevalence of heart disease and stroke, the gout, cancers and diabetes. These are all largely due to our excessive animal-based diets. As for mother nature not letting us go on this way, I would like to quote a man who is very involved with this issue, a Dr. Michael Klapper, who writes, 'The price tag on the supermarket chuck steak does not include the loss of irreplaceable topsoil; yet future generations will pay dearly.' The truth is, we are stealing from future generations every time we chose animal foods for our plate."

At this point a person wearing a large anti-fur button on his lapel walks up with a smile on his face. "And what about the animals?" he asks.

"There are no laws to protect animals used for food in this country," I expounded. "There is absolutely nothing to prevent a company from keeping a million hens row upon row in tiny cages in one facility, and some do. What kind of sanitation problems do you think this kind of intense confinement causes? But when you alone eat hundreds of chickens per year, you add a lot to the need for this kind of production."

"And the ethics of this issue? Do we as humans have any right to confine chickens or pigs or veal calves in tiny cages? Do we have any right to administer drugs to these animals, a necessity when confinement is so intense? Again, there are no laws to protect animals used for food in this country. You know the story of the veal calf that lives its entire miserable life in a shipping crate. These animals are not auto parts, although that is how they are treated. No matter how much you want to think otherwise, food animals are sentient beings who feel pain, become curious, and have individual personalities (ask anyone who has a chicken or a pig for a pet). These are creatures, who just like you and me desire to fulfill needs and natural instincts."

Most of my audience took their leave at this point, some first taking a moment to pick up a few sundry pieces of literature I had on hand. The guy with the anti-fur button, however, took a moment to purchase a copy of my *101 Reasons...* It was going to be a productive day after all.