



The Compassionate Vegetarian

A Publication of CARE (Compassion for Animals—Respect for the Environment, Inc.)

Spring 2007

Vivisection and Vegans

It is startling to see these two title words in the same context, as they are as far apart as any opposites can be. What exactly is vivisection? It is the cutting of a living animal. In a broader sense, it means animal experimentation.

There are many ethical issues concerning this subject. Do humans have the right to cause intense suffering and death to hundreds of millions of animals worldwide each year to satisfy scientific curiosity, to “find a cure” (in many cases the disease could easily have been prevented), to assure continuing grants to universities, or to promote researchers’ celebrity within the scientific community?

As an ethical vegan, I find it abhorrent to use any of the above excuses to cause suffering to anyone. In the U.S., mice, rats, birds, fish, reptiles, and amphibians are given no protection whatsoever under the so-called Animal Welfare Act (with its watered-down version of “welfare” and its weak enforcement). So researchers are given free rein when experimenting on these animals who comprise over 90 percent of the “subjects” in their labs. And what is done to these sentient beings? They are cut, broken, burned, starved, crushed, gassed, poisoned, shocked, the list goes on—with nothing to protect them from all that suffering.

According to one popular religion, “Animals, like plants and inanimate things, are by nature destined for the common good of past, present, and future humanity.” (Yes, this is an actual quote!) That a religion would teach its members to treat those of other species with such disdain is pernicious. It serves only to turn justice into oppression, compassion into cruelty, and an end to animal suffering into an Eternal Treblinka. Such inanity leads people into believing that any oppression of other-than-humans is acceptable both in their society and to their God.

Aside from the fact that animal research is wrong, it is poor science, wastes precious resources, and is destructive to the environment. Moreover, its danger to humans is demonstrated by the fact that of all the experiments performed on animals, of those that reach the clinical studies, only 1 in 12 is put on the market, and of those, half are recalled because they cause extreme harm and even death to humans.

According to C. Ray Greek, M.D. (one of hundreds of doctors against vivisection), the advancement of science is a result, not of animal experimentation, but of clinical studies, in vitro research, epidemiology, autopsies, computer and mathematical models, technology,

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CARE CROSSROADS...

CARE’s holiday party was well attended and included a wide variety of delicious homemade vegan dishes. We thank hosts Denise and Harish for inviting us into their lovely home in Ardmore to celebrate the holidays vegan style.

We also thank Maryanne Appel for organizing a wonderful group dinner at Flavor by Thai Pepper in Wayne. Guests enjoyed delectable vegan dishes such as mock duck, vegan pad Thai, and tofu curry. The restaurant graciously prepared a special vegan menu just for our group.

We would also like to welcome two new Board members: Nicole Gaines and Susan Wu.

As the warmer weather approaches, CARE will continue meeting with local restaurateurs who offer foie gras, and if these meetings do not prove favorable, we will organize protests at their establishments. If you are interested in protesting with us, please call Marian at 610-399-0138.

UP ‘N COMING CARE EVENTS

All events are vegan. Vegan is defined as containing no meat, fish, fowl, or other animal products such as dairy, eggs, or honey. CARE potlucks are for CARE members and guests accompanying a member. CARE encourages the use of public transport and carpooling to events. SEPTA: 215-580-7800 or www.septa.com. For carpool info, please e-mail David Odell at hiobbuch@aol.com.

SPRING 2007

Annual General Membership Meeting

CARE’s annual membership meeting will be held sometime this Spring. Please look for a notice in the mail regarding the date, time, and location of the event. We hope to see you there!

SATURDAY, APRIL 21 Potluck Dinner

6pm Parkesburg, PA—Join other CARE members and guests for another fun potluck. RSVP to Lee at 610-857-2339.

SATURDAY, APRIL 21 Info Table at Philly’s Earth Day Fair

1-5pm Wissahickon Charter School, 4700 Wissahickon Ave., Philadelphia, PA—Help staff CARE’s table and educate the public on the effects of meat eating on the environment. To volunteer, call Sheryl at 215-242-0465.

SATURDAY, MAY 5 Info Table at Mt. Airy Day

11am-5pm Cliveden and Upsala Mansions, 6400 Germantown Ave., Philadelphia, PA—Spread the word of compassion at this annual community celebration. Call Sheryl at 215-242-0465 to volunteer (Rain date May 6).

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CARE

Compassion for Animals—
Respect for the Environment, Inc.
is an all-volunteer,
nonprofit 501(c)3 organization.

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Mission Statement

CARE is dedicated to promoting compassionate living through education and activism.



**CARE—saving animals
one meal at a time**

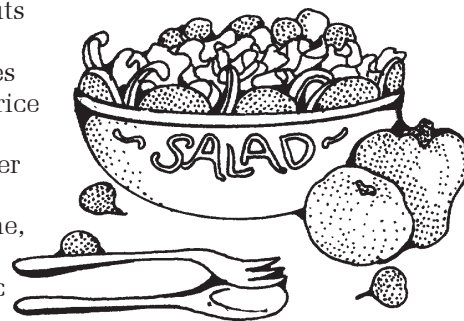


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Eating Well With Dr. Ana Negrón

“An abundance of whole foods in a great variety of greens and other colors every day.” This mantra was repeated several times by CARE member Ana Negrón, MD, a practitioner of family medicine, at the salad making workshop that she gave this past October. All of us would do well to heed—and act upon—these words of wisdom.

With her profound knowledge of good nutrition, Ana showed us how to make a complete meal—with a salad! The list of ingredients that could be included runs to dozens of leafy greens, colorful vegetables, solid and root vegetables, whole grains, beans, fruits, nuts and seeds. The following are just a few examples: bok choy and spinach, tomatoes and sprouts, carrots and broccoli, brown rice and quinoa, black beans and garbanzos, oranges and grapes, walnuts and sunflower seeds.



The salad dressing could include some, or even all, of the following: garlic, ginger, salt, pepper, lemon juice, balsamic vinegar, olive oil, mustard, maple syrup.

Ana combined extra-virgin olive oil, balsamic vinegar, Dijon mustard, and maple syrup for the dressing on the salad that we all participated in making. The gorgeous colors and the spicy aroma emanating from the huge bowl of our finished product were, in a word, tantalizing. Of course, tasting the end result was our biggest reward.

The class wound down very nicely with a simple but scrumptious dessert of cooked grains, maple syrup, and red grapes.

Everyone who attended the workshop, and worked together making the salad, chopping, slicing, and combining the ingredients, came away with a new appreciation and enthusiasm for healthful foods that not only please the palate, but comfort the soul as well. Thank you, Ana, for the generous sharing of your time and expertise. We are all the better for it.

In keeping with her belief that “food is medicine—we cannot afford to ignore its power,” Ana believes, and rightly so, that “the optimal diet for the modern person” is the one that was presented to us on that memorable evening last October.

Three days after this truly life-changing experience, I came across an article in the *Philadelphia Inquirer* with the heading (as if to underscore what Ana taught us): “Veggies keep brain younger, study says,” and the sub-heading: “Green, leafy foods appear to be the most beneficial...”

If any of our readers would like a copy of the newspaper article, as well as the complete listing of foods that Ana distributed at the workshop, please send your request to me at xoutfactoryfarms@verizon.net and I will be glad to send copies to you. Be sure to include your name and complete street address.

—by Maryanne Appel, CARE Member

Persistence Pays!

This is exemplified by the astounding results of a year-and-a-half-long campaign by the Philadelphia-based group, Hugs for Puppies, to rid the city of foie gras. An inherently cruel item served as an appetizer at some upscale restaurants, foie gras involves force-feeding ducks enormous amounts of grain through a metal pipe shoved down their throats three times a day to swell their livers ten times their normal size.

Protests at restaurants serving foie gras, and at the homes of the restaurant owners themselves, have resulted in 21 restaurants removing foie gras from their menus. Ten of these are owned by the renowned restaurateur Stephen Starr. A number of restaurants still serving foie gras, even if only occasionally, remain the unrelenting focus of these dedicated activists. The recalcitrant Deux Cheminees, along with Amada, will continue to be targeted by these dedicated activists, who are steadfast in their goal of a foie gras-free Philadelphia.

For more information on foie gras, visit www.GourmetCruelty.com.

EVENTS SPONSORED BY OTHER GROUPS

The Great American Meatout—On and around March 20

The Great American Meatout is the world's largest and oldest annual grassroots diet education campaign. Every spring, thousands of Meatout supporters educate their communities and ask their friends, families, and neighbors to pledge to kick the meat habit (at least for a day) and explore a wholesome, nonviolent diet of fruits, vegetables, and whole grains. Visit www.meatout.org for more information.

Farm Sanctuary's Animal Forum—Sunday, April 29

Farm Sanctuary will host their Animal Forum at the National Constitution Center in Philadelphia, PA. Find out how you can become an active participant in national efforts to protect farm animals from abuse at this one-day conference. Designed to raise awareness about current farm animal issues and campaigns, this unique event offers educational opportunities for activists of all experience levels. For registration information call (607) 583-2225 ext. 221 to make a reservation or visit <http://www.farmsanctuary.org>. All reservations are required by April 20. Registration fee includes a catered vegan lunch.

Picnic Lunch—Sunday, May 27, 12pm

American Vegan Society (AVS), 56 Dinshah Lane, Malaga, NJ
Stu Chaifetz will speak on Wildlife Issues in New Jersey. He is the author of numerous reports on hunting and wildlife, and has appeared on many television and radio debates on these matters. Currently he is the Director of the *Animal Protection PAC*, a new political organization designed to bring together people who love animals and forge them into a powerful political force. Dr. Barbara Ellicott, a speech pathologist and psychologist, will give a personal testimonial on how she has overcome illness and injury through exercise and diet. Call Freya at 856-694-2887 for info and to register by May 22.

My perspective of veganism was most affected by learning that the veal calf is a by-product of dairying, and that in essence there is a slice of veal in every glass of what I had thought was an innocuous white liquid—milk.

~Rynn Berry

UP 'N COMING CARE EVENTS (continued)

SUNDAY, MAY 6

Info Table at Chester County SPCA Walk for Paws

9am-3pm Brandywine Valley Association's Myric Conservation Center, 1760 Unionville-Wawaset Rd., West Chester—Come to walk your dog or to volunteer at CARE's table. Call Susan at 610-240-0283 for details.

SATURDAY, MAY 26

Dinner—Singapore Kosher Vegetarian Restaurant

6pm 1006 Race St. (between 10th & 11th Streets), Philadelphia, PA—Price of \$18 per person includes dinner served family style, hot tea, tax, and tip. RSVP to Maryanne at 610-497-8927.

SATURDAY, JUNE 23

Annual Veggie Fest

12-4pm Hoopes Park, West Chester, PA—Save the date and look for a flyer in the mail (Rain date June 30).

Please remember to **renew** your membership with CARE. We need your support! Thank you!

DELICIOUS DISCOVERIES

Do you often find yourself pressed for time and looking for a quick but delicious meal? Trader Joe's offers a large assortment of easy-to-prepare vegan food options. Some items conveniently have a green leaf on the label that says "vegan."



A tasty lunch option is Trader Joe's vegan pad Thai with tofu, which comes in a microwavable bowl. "Trader Ming's" noodle boxes come in three flavors: kung pao, pad Thai, and satay. All are vegan, incredibly delicious, and cost only \$1.99 per box. Is it still cold outside? Warm up with some of Trader Joe's organic split pea soup or lentil soup. The lentil soup is microwavable.

For dinner, top a baked potato with Trader Joe's organic vegetarian chili. This protein-packed meal will help you warm up in no time. Pasta night calls for Trader Joe's meatless meatballs, which are absolutely delicious.

"Trader Giotto's" roasted vegetable pizza is another tasty vegan option that can be ready in about 10 minutes. "Trader Jose's" mildly spiced vegetable burritos are my favorite. They heat up in the oven in about 20 minutes and are very flavorful and filling. New in Trader Joe's freezers are vegetable masala burgers with authentic Indian flavors. The vegetable masala burger can be served on a bun or without. Pair it with "Trader Joe-San's" vegetable fried rice for a satisfying meal.

(All food items listed in this column are vegan.)

—Susan Hopkins, Board Member

Join CARE

NEW

RENEW

Last Name _____ First Name _____

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City _____ State _____ Zip _____

Home Phone _____ E-mail _____ Date _____

Yes, I would like to join CARE in its efforts toward compassionate living.

All levels include: newsletter; invitation to annual meeting; discounts on CARE's t-shirts, books, and events

- Individual: \$20 Household: \$30 Supporter: \$50
 Sustainer: \$100 (includes a copy of award-winning book *The China Study* by T. Colin Campbell, PhD, and Thomas M. Campbell II)
 I do not wish to receive the complimentary book.
 I've also enclosed a contribution of \$_____ to help CARE in its work.
 Yes, I would like to volunteer. Please contact me.

Make checks payable to CARE.

Return to CARE, P.O. Box 847, West Chester, PA 19381.

CARE is a nonprofit 501(c)3 organization.

Macaroons

(Guaranteed to be the best you've ever tasted!)

- ½ cup organic Canola oil
- ¼ cup coconut milk
- ½ tsp. vanilla extract
- ½ cup organic whole wheat flour
- 1 cup all purpose organic white flour
- 1 cup organic powdered sugar
- 1 bag flaked coconut (11 oz. Angel Flake)
- ½ tsp. baking soda
- ¼ tsp. sea salt



Sift the flour into a large bowl (set aside). In another large bowl, mix oil, coconut milk, and vanilla extract. Fold in all of the dry ingredients (mix together first). Pressing gently, form the mixture into balls, about 1 Tbsp. size for each. (The consistency will be rather dry, but this is normal.) Place the formed balls 1" apart on a large nonstick cookie pan. Bake in preheated 350 degree oven for 15 minutes. (Check after 12 minutes as oven cooking times may vary.) Makes approximately 3 dozen cookies.

—from the kitchen of Maryanne Appel, CARE Member

CHECK YOUR MAILING LABEL

If your mailing label has the word "Join" on it, this is your last complimentary issue of *The Compassionate Vegetarian*. If it says "Renew" your membership has expired. Please use the form on Page 3 to join or renew. CARE needs your support.

Also, please let us know if your address has changed.

Thank you!



Vivisection and Vegans (continued)

tissue research using tissue from the targeted species, molecular biology and genetics, math, chemistry, and physics, among a plethora of other humane and responsible alternatives. This renowned doctor states: "We were finding, through scientific research, that extrapolating data from animals to humans is either *misleading*, *unnecessary*, *dangerous*, or all three." And Moneim A. Fadali, cardiothoracic surgeon, states that "...vivisection has to be stopped. There are lots of reasons for that. The most important is that it's simply misleading, and both the past and the present testify to that."

So, the dilemma for ethical vegans is: Is it "vegan" to use medications that have, as required by law, been tested

on animals? The answer is a resounding Yes! First of all, many experiments on animals are done after the fact, i.e., studying the results of a product in the human population and then "proving" those results in the lab. Second, unreliable results are obtained: (1) when a disease is artificially induced in an animal as opposed to one that occurs naturally in humans; (2) when doing research on animals stressed from the unnatural conditions found in labs; and (3) when attempting to extrapolate results from one species to another, e.g., even results from mice to rats have been found to differ, as have results from full-breed dogs to mixed breeds, and so on. So the

pharmaceuticals on the market today were not brought to us via the dubious route of animal experimentation. They are here in spite of it. And if we must take drugs that we consider necessary for our health, we should not feel guilty about doing so.

Of course, we should avoid using food items that were tested on animals, such as Splenda (almost 13 thousand animals were killed at the notorious Huntingdon Life Sciences in testing this product) or those from the chemical giant, Monsanto, as well as personal care and household products that use animal tests.

—by Maryanne Appel, CARE Member

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