Donald Watson, in 1944, used the term vegan for vegetarians not using dairy. Veganism became defined as “a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.”

H. Jay Dinshah, who began advocating veganism in America in 1957, explained why, using the principle of The Golden Rule. (Do unto others as you would have others do unto you.) Jay extended this rule to nonhuman animals. An inspiring leader, Jay associated veganism with ahimsa (nonharming) and developed ahimsa’s attribute of positive action or dynamic harmlessness—replace hurtful actions with kind and positive ones, also expressed as to do the most good and least harm.

Today, we celebrate Dynamic Harmlessness Day on Jay’s birthday, November 2nd, but we can practice it every day. Let’s bring awareness to the meaningful process of developing good alternatives to traditions and habits that cause harm to others.

Story continues on page 14.
On the evening of the “Blood Moon” Total Lunar Eclipse...

Moonglow Gala
Celebrating Compassionate Living

Sunday September 27 2015, 4 to 8pm
The Greenview Inn at Eastlyn Golf Course
4049 Italia Ave, Vineland NJ

South Jersey Harvest Cuisine
Hors d’Oeuvres Social  Gourmet Buffet Dinner  Dancing
Silent Auction  Music by BluHipp and Doc Lou Giunta

Reserve by Sept 9; thereafter phone for ticket availability.
See website, or phone, for menu and prices.
RSVP: AmericanVegan.org or 856-694-2887
AHIMSA
THE COMPASSIONATE WAY
Sanskrit for nonkilling, noninjuring, nonharming. AVS defines it as Dynamic Harmlessness for daily life:
ABSTINENCE from Animal Products
HARMLESSNESS with Reverence for Life
INTEGRITY of Thought, Word, and Deed
MASTERY over Oneself
SERVICE to Humanity, Nature, and Creation
ADVANCEMENT of Understanding and Truth

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Covers photos by Anne Dinshah. Front: Sammi Farb
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Interns Melody Jaros and Simon Kim.
Inside photos as credited or by AVS staff

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American Vegan 15—3, FALL 2015 3
I first “met” Jay Dinshah when I came across a copy of *Out of the Jungle* at a food cooperative in Madison, Wisconsin, in 1970. I had originally viewed ahimsa, long defined in the East as noninjury, as an esoteric, idealistic philosophy practiced mostly by yogis and saints. I was immediately inspired—and challenged—by Jay’s compassionate way as encapsulated in his pillars of ahimsa.

Through the artful yet simple use of language, Jay greatly increased the depth and breadth of ahimsa to the world. He also placed it in a holistic and practical, everyday context, calling it “dynamic harmlessness.” Although I had a good intellectual understanding of ahimsa, Jay was the first person I met who was aspiring to live ahimsa in his daily life. By his example, he created a blueprint for me to follow, showing me how I could lead a more compassionate life.

Through his books as well as by personal example, Jay taught me the basics of how to apply vegan principles in my diet and how to live a more compassionate lifestyle free of animal products. Yet he also inspired me to embark on my own journey towards ahimsa that is still to be completed.

Adopting a lifestyle that does the least amount of harm possible to other living beings, following a path of right livelihood, practicing enlightened consuming, recycling, helping others, saving energy, and supporting organizations that work for good are essential for achieving personal and planetary healing.

Yet at the same time, the “integrity of thought, word and deed” and the “mastery over oneself” pillars of ahimsa that Jay presented are perhaps more important and even more challenging. In my own life, I discovered that while I would often present a peaceful image to others, subtle yet unresolved issues of pride, jealousy, and anger lurked within. I saw that my vegan diet, cloth shoes, activism, and especially my scholarly knowledge of ahimsa often made me feel superior to others. I imposed my beliefs in an aggressive, self-righteous way.

Gurudev Chitrabhanu, founder of the Jain Meditation International Center, best expressed the essence of Jay’s legacy to the world shortly after his passing in 2000: “Jay Dinshah made innumerable people aware of violence and exploitation of animals and human beings and made them compassionate. What is not possible to do in five lifetimes for the average person, he accomplished in this one life.”

While people such as Jay may be destined to achieve great things during their lifetimes, I am convinced that our daily, simple, and often unrecognized thoughts and actions can create our own personal legacy. Every day we may have contact with between fifty and one hundred people, whether at school, work, shopping, or visiting with friends and family. This provides enormous opportunity for either promoting discord or peace.

Every one of our daily thoughts, words, and actions adds to the storehouse of human activities on our planet every single day. Through conscious awareness and the practice of compassion, we can help make a difference in the world.

Nathaniel Altman is the author of many books and articles about natural health, metaphysics, and nature. *Eating for Life* (1973) was one of the first vegetarian books AVS sold. Writing the anthology *Ahimsa: Dynamic Harmlessness* (1981) and *The Nonviolent Revolution* (1988) forced him to face personal issues honestly and transform negative currents into more positive ones. Nathaniel also used this writing process for developing his understanding that one doesn’t have to be perfect to make a difference in the world. He is an AVS life member. This editorial was excerpted from the book *Powerful Vegan Messages*.
Celebrate Vegetarian History Day

Rynn Berry (1945-2014) was a beloved vegan/vegetarian historian and a member of the AVS Speakers Bureau. AVS received a donation of the remaining stock of four Rynn Berry books.

Celebrate Vegetarian History Day on January 31 with reading and gifting Rynn’s work. His writings also make good discussions for book clubs. People following a compassionate, total-vegetarian lifestyle existed prior to the coining of the word “vegan” and notable vegetarians can be found throughout history. Books can be supplemented with four Rynn Berry videos available on American Vegan Society’s YouTube channel.

AVS received over 800 copies each of two favorites by Rynn and currently has over 500 copies. While supplies last, we are offering your choice of one FREE book with purchase of any two items (books, shirts, hats) purchased from AVS. Please remember to specify which book with your order.

Anyone who would like a case of either of these two books, such as for veg groups or book clubs, please contact AVS to order at extremely reasonable price (postage and handling).

FAMOUS VEGETARIANS & THEIR FAVORITE RECIPES: Lives & Lore from Buddha to the Beatles. Bits of lives of past/present notable vegetarians and something of what they ate. 1999, 239pp 6x9" $15.95  FREE with purchases.

HITLER: Neither Vegetarian Nor Animal Lover. Goebbels is famous for the quote that if you tell a lie often enough and strongly enough, it will be considered "truth" eventually. The lie of Hitler’s vegetarianism is laid to rest here—with authority. 2004, 90pp 5½x7½" $10.95  FREE with purchases.

Please also consider purchasing:

THE NEW VEGETARIANS. Interviews with notable vegetarians. 1993, 190pp 6x9" $10.95.


AVS members always receive 20% discount on all books.

UNITY Documentary Will Have a Big Impact

UNITY: Not the Same, But Equal explores the history of why humans kill each other and become desensitized to violence, and questions why we can’t seem to get along with each other. It guides the audience to understand how people have disassociated from the destruction of life through war examples. UNITY then extends the view further by making that same connection with the treatment and slaughter of animals.

Many vegans have seen a lot of film footage on animal abuse and slaughter, and may wonder why celebrate this new documentary; the answers are: Voices of 100 celebrities seamed together for the narration draws people to attend. Graphic images make important points that contrast with the serene scenes to keep people watching. This film is a tool that helps people connect with their innate compassion and the concept of reverence for life.

From Shaun Monson, the writer and director of Earthlings, this new movie, seven years in the making, united viewers for a single showing at theaters on August 12 2015 and made encore performances in some locations. UNITY will be available on iTunes the last week of October 2015 and will have subtitles available in 100 languages. DVD release to be announced.

Unitythemovement.com, Facebook.com/UnityFilmOfficial

Love American Vegan? You can now sign up for automatic renewal at AmericanVegan.org.

Have you planned donating to the longest-running national vegan nonprofit organization in America? Your monthly donation can now be easily set up through “Donations” at AmericanVegan.org.

Founded in 1960, AVS promotes, supports, and explores a compassionate, healthful, and sustainable lifestyle. AVS serves its members and provides public education programs.
Vegan Cuisine Month, February 2015, Denver CO: Seven Johnson & Wales University (JWU) culinary nutrition students, under the guidance of Chef Adam Sacks, created and built the World’s Heaviest Vegan Banana Split, a record submitted for Guinness World Records. The final weigh-in totaled 1,204 pounds—over a half ton of toppings and student-made vegan bean-based ice cream.

“This is what makes culinary nutrition students unique—they are able to take a traditional concept, modify it, and create something healthier without a sensory sacrifice,” said Chef Sacks. “Most importantly, this is something we wanted to share with the community.”

The Denver community was invited to take part and about 300 people arrived to help—from putting the cherries on top to tasting the finished 21-foot-long sundae. This end-of-term class project was part of JWU Denver’s vegetarian cuisine course, where curriculum is focused on the daily production and preparation of nutritionally balanced vegetarian diets within three classifications: vegan, lacto-, and lacto-ovo vegetarian.

Chef Sacks likes to explore vegan cuisine. “Vegan curriculum is most important to teach because it doesn’t use any animal products. Students are accustomed to relying on those animal products, and we provide the opportunity to learn a bounty of healthy, compassionate flavors that are just as tasty and satisfying.”

Students in the vegetarian cuisine course also learn a variety of cultural and global perspectives, as well as economics and health reasons that support the growing interest in learning to create vegan cuisine.

Chef Adam Sacks, MS, RD, CCC, CRC is a chef instructor and sports nutritionist at JWU, where he devotes his energy to inspiring the next generation of chefs to be conscientious stewards of their communities and planet. He is currently weighing the possibilities for the next record-setting outreach for Vegan Cuisine Month 2016. JWU.edu

Photo courtesy JWU.

Banana Split by the Numbers
(all components vegan)

- 738.25 pounds assorted made-from-scratch ice cream
- Flavors included: chocolate mole, coconut mojo, blueberry balsamic, sweet corn and jalapeño, Turkish coffee, pumpkin chai, strawberry basil, mango ginger, and piña colada.
- Approximately 137 pounds of cooked beans used to prepare the ice cream
- 202.4 pounds peeled bananas
- 262.29 pounds toppings: granola, blueberries, strawberries, assorted nuts, brownies, cookies, shredded coconut, cherries
- 32.8 pounds whipped cream
- 15.26 pounds chocolate letters JWU
**Chocolate Mole Vegan Ice Cream**

Yield: approx. 1 quart

2 cups black beans, cooked, cooled, drained (if using canned: drain, rinse well)
3 cups soy milk or rice milk (vanilla or chocolate)
1/3 cup cocoa powder (can add more if you are a self-proclaimed "chocoholic")
2 Tbsp peanut butter (optional, can use PB powder)
2 tsp chili powder (can vary depending on your own heat index)
1 tsp ancho or chipotle powder (can vary for your preference for these flavors or "smokiness")
variable amount of evaporated cane sugar (can be used to accommodate a sweet tooth)

Place all ingredients in blender and process until really, really, really smooth. Adjust seasonings and mix again until perfect. The flavors should be intense. If not, adjust! The flavor profile needs to be strong at room temp because when you freeze mixture the flavors will be dulled. You need to compensate for the cooling down of product.

Once happy, place contents in ice-cream maker and churn until creamy delicious. If you don’t have ice-cream maker, freeze mixture and process in food processor; the end result won’t be ice-cream, but more like a creamy slushy. Any way you make it, this will be a yummy complement to a Latin-inspired meal.

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Learn and assist with program services and communications: website, magazine, campaigns, events, publicity, marketing, press releases, social media, and emails.

**Ideal candidates** for AVS internships are vegan, have a bachelors degree, and possess a strong desire to do their part to improve the world. Applicants must be team-oriented and able to work autonomously as needed. This is a great opportunity to learn vegan history and create the future of this compassionate movement.

AVS headquarters is in Malaga NJ (greater Philadelphia area in the country, accessible to lakes and shore). Housing and meals provided. Hours are varied and may allow for part-time other employment. Internships have potential to develop into a salaried leadership role.

Please send resume and cover letter to: anne@americanvegan.org, or phone 856-694-2887 for more information.

Photo of Melody Jaros and Simon Kim by Anne Dinshah. Melody did a communications internship in August 2015. Simon is doing a six-month administrative internship with AVS as part of the Drexel University co-op program.
My Problem with the PALEO DIET

Michael Klaper, MD

With all the recent news about the Paleo diet, where carbohydrates and legumes are eschewed and virtually every meal centers around a piece of animal muscle—as if every Neanderthal had a mastodon in the freezer and spent all day munching mammoth meat—I decided to write about it.

My concerns regarding the adoption of the Paleo diet: What will that flesh-based eating style do to both our bodies and our planet? Healthwise, far from being a “natural,” health-promoting diet, the Paleo diet is risky from a number of standpoints and I fear it is setting its practitioners up for an epidemic of colon cancer, clogged arteries, heart attacks, strokes, and autoimmune disease.

Is the Paleo diet the way of our future (or even of our past)? In my opinion, it is neither a healthful nor sustainable diet for people or our planet. Here’s why:

Many people who adopt this meat-based eating style initially feel better and lose weight. They do so largely because the Paleo principles proscribe (condemn) the eating of dairy, oils, and refined carbohydrates that our ancient ancestors never ate—and with that, I am in full agreement! There is also a limit to how much fat our intestines can absorb, so much of the meat fat goes out in greasy stools.

Carbohydrates, the preferred fuels of the mammalian body, are generally on the Paleo enemies list, and, in fact, being in a state of ketosis from metabolizing fat (as opposed to carbohydrates) is viewed as a good thing. (I don’t believe it is, and I’ll tell you why in a moment.)

People who eat in this manner, and who like the taste of flesh in their mouth, are often enthusiastic supporters of this way of eating. Many initially get leaner and experience a lowering of cholesterol numbers, though many see their cholesterol numbers go up! They take these changes as validation of this “natural” way of eating.

I do not find it “natural” at all. Instead, I think it’s an invitation to serious disease and environmental destruction! Here’s some of what I find problematic with the Paleo approach to eating:

Did our caveman ancestors really eat a mostly meat diet? Although it’s a commonly held idea with a colorful image, it’s just not true. According to Nathaniel Dominy, associate professor of Anthropology at Dartmouth College, the overwhelming majority of calories that kept our ancestors alive in ancient times were from starches, in the form of roots, tubers, bulbs, corms, and wild grasses, and from oils in nuts and seeds—mostly gathered by the women of the tribes (bless ‘em!).

All plants make and store starches, and there is a reason that over the millions of years before humans appeared, our primate ancestors developed starch-digesting enzymes (amylases) in our saliva that begins digesting starches down to usable sugars right in our mouths. Our grinding teeth (not flesh-tearing fangs) and long digestive system are very efficient for processing starchy plant foods; our pancreas pours amylase-rich juice into the gut with every meal and amylases cascade off the walls of the small intestine into the food stream throughout its twenty-two-foot length.

Carbohydrates (sugars) are clean-burning fuels, leaving only carbon dioxide and water as wastes, easily excreted by the lungs and kidneys. But flesh is a “dirty” fuel, leaving urea, ketones, uric acid, and other metabolic burdens that can stress the liver and build up to disease-producing levels, resulting in gout, kidney stones, and other diseases.

Burning fat-heavy fuels places one in a state of ketosis, something sought after by Paleo promoters as a “good thing.” However, keeping one’s metabolism in a state of ketosis—an emergency state the body enters on the way to starvation—is NOT a good thing! It is a state of low-grade acidosis, and being ketotic day after day, week after week, that forces the body to constantly dispose of an acid load which can leach calcium from the bones and precipitate kidney stones.

Despite what the Paleo promoters push, we are not carnivorous apes. The Paleo diet would have us ghoulishly swallow chunks of flesh every five hours as part of our meat-based, “natural” diet. My goodness! Not even mountain lions eat flesh every five hours! No other primate eats flesh like this, and the health consequences can be severe.

If someone asked me how to cause a colon cancer, I’d say, “Easy. Pack the colon full of meat three times a day and let that rub against the colon wall for a few decades and see what happens.” The connection between red meat consumption and colon cancer has been evident for years.

An often-overlooked consequence of a flesh-based diet is that the food you eat determines the bacteria that live in your gut. If you eat sugar on a
continuous basis, you will summon up a population of sugar-eating bacteria and yeast in your gut. If you drop chunks of animal flesh down your gullet three times a day, you will summon up a population of bacteria such as clostridia and peptostreptococcus that love to eat carnitine, a major constituent of animal flesh.

“So what?” you ask. These gut bacteria turn the carnitine in meat into trimethylamine which your liver promptly oxidizes to trimethylamine oxide. This is a “molecule from hell” that drives cholesterol into the artery walls and promotes plaque formation in arteries throughout the body. That healthy-looking Paleo guy sweating in the gym is likely laying down plaque in his arteries with every steak he gobbles. People who eat a plant-based diet do not form trimethylamine, even if given a steak to eat, because they do not have the bacteria that eat carnitine.4

Elevated cholesterol levels may initially decrease on a Paleo diet due to weight loss and a lack of refined sugars, but before one interprets a falling total cholesterol level as a mark of improving health, remember: the question is NOT, “How high is your cholesterol level?” But, rather, “How healthy are your arteries?”

These folks may watch their total cholesterol go down, but the real question is: What’s really happening on the inside of their arteries? Those artery walls are likely being assaulted with atherogenic, oxidized cholesterol particles with every meal, setting off a cascade of events that leads to blood clots blocking arteries, heart attacks, stroke, and early death.

Beyond spawning artery plaques, the bacteria fostered by a flesh-based diet can also injure the gut lining and allow food proteins to leak into the bloodstream—triggering autoimmune disease from arthritis to allergies to eczema.5

Healthwise, far from being a “natural” health-promoting diet, I fear the Paleo diet is setting its practitioners up for an epidemic of colon cancer, clogged arteries, heart attacks, strokes, and autoimmune disease.

Ecologically, the Paleo approach is a completely elitist, nonsustainable, dietary pattern conceivable only because Western industrial meat production, driven by government subsidies, makes animal flesh grotesquely cheap.

Are the Paleo folks really proposing burgers and steaks three times a day for nine-billion people? It would take two more planets with Earth’s resources to provide such a prodigious amount of animal flesh for the entire human population, but the real problem is that it would destroy our planet’s ecosystems that are already teetering towards destruction under the pressure of industrialized meat production.

In my opinion, the so-called Paleo diet is a diet of destruction—destruction of billions of animals, leading to the destruction of the humans who eat them and, ultimately, to the destruction of our planet’s ecosystems upon which we all depend for life.

The Paleo philosophy has a colorful, macho, conquer-the-Earth image—to many, a lot sexier than gathering plants—but that’s about it. Is the Paleo diet the way of the future (or even of the past)? I don’t think it belongs in the twenty-first century for many reasons, and I urge you not to be seduced by the siren song of the Paleo promoters. Instead, there is solid evidence that a whole-food, plant-based diet—with far less death and destruction involved in its production and consumption—is the truly healing diet for people and our planet.6

Extensive references for this article are at DoctorKlaper.com.

Dr. Klaper serves on the staff of the True North Health Center in Santa Rosa CA, a nutritionally based medical clinic specializing in therapeutic fasting and health improvement through a whole-foods, plant-based diet. He is a member of the AVS Speakers Bureau.

American Vegan 15—3, FALL 2015
Being an ethical vegan means not only caring deeply about animals, but also adhering to the principles of ahimsa—living one’s life as humanely as possible. Sadly, because violence towards animals has been institutionalized, society is mostly desensitized to it. Most people are not thinking about the brutal conditions endured by animals who are factory farmed, held captive in small enclosures, or experimented on in labs—when they’re eating bacon and eggs, swimming with dolphins, or buying dish soap. It’s easy finding reasons to rail against nonvegans; the challenge is finding ways to amicably coexist with them.

The truth is, vegans are still in the minority, so unless you’re willing to exile yourself from society, finding ways to connect is vital. After all, if you’re going to make the world a better place for animals, the cooperation of nonvegans is essential. While you may be tempted to hold a cease-and-desist sign up every time you witness thoughtless acts of cruelty, there are times showing restraint is preferable. Anger, whether seething or erupting, turns people off and shuts them down, as does judging or humiliating them. Folks are much more likely to be receptive to your views if you approach them with respect and kindness.

Now let me be clear; I’m not advocating an end to vocal protests against animal abuses. Far from it. What I am suggesting is, whenever possible, finding positive ways to connect with the nonvegans you encounter, so they’ll want to engage with you. Also, when you’re overwhelmed with anger or frustration, seeking support from like-minded people and drawing on some healthy options to help you decompress can help.

One way to improve your relationships with nonvegans is to shift focus. When you shift your focus, you change your experience. Bring your attention to what is “redeemable” about these people. Are they thoughtful? Generous with their time or money? Available when needed? Do they have a talent, intellect, or personality, you admire? What do you have in common? A love of sports? Can you talk for hours about art or music? Is there a shared history? If you could shift your focus away from someone’s unenlightened attitude towards animals, what would you find that’s worthy of connection?

Another way to create better relationships with nonvegans is to lower your expectations. For most, changes in outlook and/or behavior are gradual. The majority of the world has never contemplated another way of living—an alternate way of considering animals. You’re up against ingrained traditions and mindsets, so try not to judge the pace of another’s journey.

Once connected, possibilities appear. By demonstrating your benevolence, your generosity of spirit, you’ll likely access it in others. While persuading everyone to immediately embrace veganism isn’t likely, creating an opening for discussion might be. That, in turn, could lead to some unlikely folks willing to help the cause: in money, goods, or time.

Granted, we still have a long way to go before the majority of the world develops a consciousness that appreciates and respects all animals. But each day, we have the opportunity to forge healthier and happier relationships with those around us, and that is the beginning of change.

April Lang, LCSW, is a vegan psychotherapist in private practice in New York City. AprilLang.com

The Vegan Kitchen
The first U.S. cookbook with the word vegan in the title (1965) by Freya Dinshah.
Purchase this timeless classic now while supplies last. Thirteenth edition (1995) is a treasure trove of great recipes.
Buy one for $9.95, get one free—perfect for your kitchen and a friend.
856-694-2887, AmericanVegan.org
A Recommendation for 2015 Dietary Guidelines for America: The Sustainable Plate

In an effort to promote sustainable eating patterns for optimal health, the Physicians Committee for Responsible Medicine (PCRM) offers a visual guide for plant-based eating patterns. A diet rich in vegetables, fruits, whole grains, and legumes is a scientifically proven approach to help prevent and manage our nation’s largest public-health threats: obesity, type 2 diabetes, heart disease, and certain forms of cancer. Additionally, we urge that water replace dairy as the drink of choice.

A diet higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in calories and animal-based foods, promotes personal health and is associated with less environmental impact than the current U.S. dietary patterns, according to the most recent Scientific Report of the USDA 2015 Dietary Guidelines Advisory Committee.

These healthy basics provide the good nutrition you need. Be sure to include a reliable source of vitamin B12, such as any common multiple vitamin or fortified foods. —PCRM

2015 Garden Party

Want to hear those speakers again? Or couldn’t make it to the 2015 Garden Party on May 24? Check out four videos on YouTube, American Vegan Society channel. Enjoy poems from MC Barata El, lectures “Dynamic Harmlessness for Today’s World” by Anne Dinshah, and “World’s Most Unlikely Vegan” by Vance Lehmkuhl. Laugh with the “How Veganism Started!?” skit from Vance, Barata, and Anne (photo).

The Garden Party is successful because of the efforts of over thirty volunteers who welcome people, make and serve food, sell books and shirts, clean and organize the grounds, and do much more. We would like to thank all our volunteers, especially Chef Christina Martin who headed the culinary team.

Generous food donations were received from:
Wildflower earthly vegan fare: Green Salad (WildflowerVegan.com)
Meliciousness: Carob Cake (Facebook.com/Meliciousness)
Miyoko’s Kitchen: Artisan Vegan Cheese (MiyokosKitchen.com)

I’d like to introduce you to “dynamic harmlessness,” a concept that can make a great difference in your life. This concept comes from ahimsa, a Sanskrit term that literally means nonharming. Until the twentieth century, ahimsa was considered mainly, if not entirely, in its negative, or “thou shalt not,” aspect. Mahatma Gandhi stressed the positive aspect of constructive loving action. Today we consider ahimsa in its fullest positive aspects as well as negative. Explained as “dynamic harmlessness” which means to go through life doing the least amount of harm, hurting, and killing, as possible; it is also doing the most amount of helping, assisting, and benefiting of others as possible. So you see that ahimsa has two sides to it, one negative and one positive, to be understood and practiced together, in balance. This can help us determine what we should not do, and what we should.

The concept of ahimsa does not mean that we should just retire to a cave in the mountains and do nothing, or sit on the curb and watch the world go by. On the contrary, Gandhi was a great karma-yogi, an enlightened soul who believed in active service and work to help relieve the suffering of the world. It must be service and work done in the right way through the methods of nonviolence and with patient understanding. Whatever we are to do, we must always use the powers of love and compassion, never the negative forces of hatred and selfishness. We can never really know ahimsa unless we are willing to face the truth about ourselves: our thoughts, our ways of acting and living, our habits, and our hopes. Gandhi called ahimsa “the only means for the realization of truth (satya).” So we cannot have the full truth about ourselves and about life if we do not attain an understanding and practice of ahimsa, nor can we have a full understanding and practice of ahimsa unless we know the truth about ourselves and about life. As we learn more and practice more of each truth, we attain a higher degree of truth about ourselves and about life.

“All right, so we resolve to learn the truth and to live by it. We will also try to be harmless. What’s so great or lofty about that?” This may be the first reaction.

Do you realize the vast implications of living up to truth? It means that we cannot color our dealings with others—our friends, family, business acquaintances, other races, other nations, people of other religions and beliefs—according to our own prejudices and then liberally sprinkle the same with a big dash of self-gain.

We have to step outside of ourselves and view any situation impartially, not merely from our viewpoint but also from the other person’s. If the judgment is left to us, we must exercise the fairness of King Solomon even if we fall a little short of his wisdom. Is this not fair to your mind? After all, in law, if one person sues another, neither litigant can sit in judgment, nor a relative, nor anyone with a stake in the outcome, nor anyone else who is prejudiced. Don’t you agree that is a wise and fair rule?

How is it that in the dealings of nations each side judges the other with the predictable consequences that each sees itself as one-hundred-percent right and the other wholly in the wrong, then proceeds to act as executioner and to gobble up the spoils of war? This would seem like a judge who is personally involved in a case, yet is sitting on the bench, trying and finding a defendant guilty, pronouncing sentence, carrying out the execution, and then confiscating the victim’s property for the judge’s personal use.

How is it that we humans declare ourselves the sole authority and arbiter of what is due all other creatures and what we may expect of them? These creatures
are considered lower in nature’s scale of life, but it is a scale created by humans. Is this not again a case of stark, ruthless use of brute force and power for self-gain at the unjust expense of other creatures?

How is it that we claim to be the highest type of creature, yet act in a barbaric manner that would shame any reasonably decent denizen of the jungle? Do we not make our civilized world a more terribly cruel and unjust place than any natural jungle?

It is easily demonstrated that some aggressive traits serve certain jungle animals well in their constant drama of survival. But we like to boast that we have become better than these beasts who act largely out of habit and instinct and mainly out of necessity. Some people think humans represent the one creature that has been endowed with a mental and moral capacity to plan and build a better world for future generations. We consciously think about and set about to improve our way of life. We weigh, judge, and choose one path or another in life and imagine long-range consequences, abstractions, and ideas.

Humanity is not the exclusive owner of personality and sensations. We are not the only creature with feelings and emotions, family ties, a sense of right and wrong, or thinking ability. We should always bear this in mind when we talk about “dumb animals,” many of whom have sensory development that puts us to shame.

If humanity does possess some capabilities in a higher degree, then it is our duty to use them for world betterment. How great the crime if instead we turn our capabilities to world domination and to looting and plundering of every creature who falls within our grasp.

Dominion over the Earth was never meant to imply the delivery of everything under the sun into greedy hands, to be despoiled, ruined, enslaved, slaughtered, or cast aside when we can no longer wring another penny’s profit from it. Even leaving aside any such thing as karmic law, it must be obvious that our human greed and selfishness have brought us perilously close to the brink of disaster and even extinction.

One way humans flirt with extinction is through warfare. We humans go our merry murderous way as if we were fooling around with bows and arrows and stone clubs instead of technologically advanced weapons that can obliterate life wholesale.

Another dismal possibility of self-wrought destruction is our much-trumpeted “conquest of nature.” This has many aspects such as denuding the land of forest and field cover, dousing it with toxic materials to create a bugless and perhaps eventually lifeless world, and habitually using poisons for everything from setting hair curls to killing weeds. What a pity we don’t put so much effort into learning our own inner nature and conquering our lower, selfish brute nature instead. And if we were to start on all the foolish things we thoughtlessly do to ourselves in the areas of health and food, we wouldn’t have enough pages to list them all.

Dr. Schweitzer said, “Whenever I injure any kind of life, I must be quite certain that it is necessary. I must never go beyond the unavoidable, not even in apparently insignificant things. That man is truly ethical who shatters no ice crystal as it sparkles in the sun, tears no leaf from a tree....” Others have spoken about “walking lightly upon the Earth,” to leave the “shallowest footprints possible” insofar as damage is concerned.

From the beginner’s standpoint, such advanced degrees of ahimsa may seem highly exaggerated or overly idealistic. But one must first learn the lessons in grade school before going to college. We are nothing if we do not have ideals and aspire to live up to them, however imperfectly as yet. It is said that practice makes perfect. Perhaps a whole lifetime may be insufficient to attain such a degree of perfection in harmlessness. That is all the more reason to at least get started on this path right now.

“Say It Again” features H. Jay Dinshah (1933-2000) who founded American Vegan Society in 1960 and served as president for forty years. He is the author of numerous books pioneering veganism, and coauthor of the book Powerful Vegan Messages with his daughter Anne. Jay and his wife Freya Dinshah were the first inductees in the Vegetarian Hall of Fame in 1993.

Continued from the front cover.

Books can help develop one’s understanding and recognition of dynamic harmlessness opportunities. In today’s world it is important that we continue to think about ways we can make the world a better place. Dynamic Harmlessness Day helps keep that idea at the forefront of our minds. Here are some of my favorite books that furthered my knowledge on the true meaning of dynamic harmlessness:

*Mohan-Mala: A Gandhian Rosary* is a very easy read compiled by R.K. Prabhu. It is filled with inspirational quotes from Gandhi for each day of the year. Some of Gandhi’s quotes in this book are different ways of expressing dynamic harmlessness, others discuss the big picture. For example, on February 10th “We must widen the circle of our love till it embraces the whole village; the village in its turn must take into its fold the district, the district the province and so on till the scope of our love becomes conterminous with the world.” Reading an inspirational quote every day is a great reminder of how to live the day with positive action.

*Powerful Vegan Messages* by H. Jay Dinshah and Anne Dinshah intermixes information about how to practice ahimsa with personal stories. Not only is it extremely informative, but this inspirational work delivers the message of dynamic harmlessness in a very engaging fashion. At the end of each chapter it gives easy tips for everyday people to practice dynamic harmlessness.

*Peace Pilgrim: Her Life and Work in Her Own Words* was compiled by some of her friends. This incredibly moving autobiography really opens hearts. Peace Pilgrim walked more than 25,000 miles throughout her life to bring awareness to peace. An underlying message through the entire book was doing the most good and least harm. As Peace Pilgrim herself said, “This is the way of peace: overcome evil with good, falsehood with truth, and hatred with love.”

*A Coloring Storybook about the Life and Teachings of Peace Pilgrim* by Gary D. Guthrie and Barbara Werner is in English and Spanish on each page of this delightful children’s book. It’s never too early to begin children thinking about doing good in the world. This book really exemplifies ways you can help others and create a more peaceful world. When responding to an angry child inquiring about how to deal with anger, she said “Run up and down that hill over there whenever you get angry, and if someone gets angry at you, look at them with love in your heart; it will show in your eyes and then watch them change the way you are changing.”

*Every day you have the power to make this world a better place. Beyond living a vegan lifestyle there are many ways you can celebrate dynamic harmlessness, and it all starts with educating yourself and your community.*

Sammi Farb is a high-school senior in Kansas and campaign manager for Dynamic Harmlessness Day. Like us on Facebook.com/DynamicHarmlessnessDay. Youth interested in being state campaign coordinators contact Sammi: dynamicharmlessness@outlook.com. Those under 18 may enter the contests to design the shirt or write an essay. Please check out the contest information at AmericanVegan.org/DHD.html, deadline October 15 2015.
Although a former bank may seem an odd choice of venue in which to dine, thirty-nine guests of the Vegetarian Society of South Jersey (VSSJ) did just that on April 6, 2015 in Vaulted Cuisine, the student-run restaurant of the Culinary Arts Center at Rowan College at Burlington County. Located in historic Mount Holly, NJ, Vaulted Cuisine’s namesake vault door is swung open to the staging area, adding a stunning visual dimension to the dining experience. VSSJ Vice President of Operations, Steve Fenster, was instrumental in the planning of the event. “With the success of AVS’s dinners at Carême’s,” says Steve, “I thought the relatively new RCBC Culinary Arts Center would be a good opportunity to enjoy a gourmet vegan meal, and provide the benefit for the students, as future chefs, to learn to prepare what a growing number of their customers will request.”

VSSJ worked with RCBC Events Coordinator Patty DeGeorge to create a delectable dining experience, while Program Director Chef Beth Dinice composed a vegan menu. Diners had a choice of five appetizers: carrot-curry soup with tarragon oil (photo 1); gazpacho; bibb and endive salad with tomato and green-apple dressing; wedge salad with pickled cucumbers, carrots, and white-balsamic vinaigrette; white-bean dip with homemade pita. Five entrées from which to select were: smoked portobello with quinoa and asparagus (photo 2); deep-fried tofu with soba noodles and vegetables; curried vegetables with basmati rice; barley risotto with black beans, cilantro, jalapeno, and lemon zest; three-bean chili with cornbread. A choice of three desserts completed the meal: fresh berries with mint, vanilla-simple syrup, and lemon zest (photo 3); coffee granita; cantaloupe soup with lime zest. Several menu items were gluten-free options.

As a thank you for all of their hard work in creating a truly delicious meal, VSSJ gifted each of the seventeen front- and back-of-house students, as well as the three instructors, a copy of Brook Katz’s New Favorites to help them further expand their vegan culinary horizons.

Such a great time was had by all that an autumnal dinner is in the planning stages. This was our first time hosting this type of negotiated event. We did it; you can too!

Heather Kristian became a vegetarian at fourteen, a vegan at twenty-one, and has served as Secretary for the VSSJ for four years. She has an MFA in Creative Writing from Arcadia University, and remains active in the Delaware Valley literary scene.

Check out VSSJ.com for information on future dinners, free lectures, potlucks, outreach, and other events. Connect with VSSJ: facebook.com/TheVSSJ, twitter.com/TheVSSJ, and phone 609-848-VEG1 (8341).
“Do we need to eat vegetables every day?” asks Patrecia Schwailik-Giunta, instructor of Healthy Cooking and Nutrition Classes for Kids. Enthusiastically, hands shoot up into the air. One student responds “YES, because we need the vitamins and minerals!” Then another exclaims, “Yes, because it helps our bodies!” And another adds, “Yes, because our bodies cannot make most vitamins!”

This is just the tip of the iceberg in this after-school club at the Rieck Avenue Elementary School in Millville, New Jersey. The fourth- and fifth-grade students are learning how to achieve a healthy lifestyle through vegan nutrition; and, it’s working! They are changing the way they eat, trying new foods, and asking their parents to make some changes at home.

Patrecia developed this kids’ program three years ago. Originally introduced as a pilot program, she started teaching it as a four-week series meeting once-a-week after school. The program was an immediate hit with the kids. It quickly morphed to an eight-week program. Now the class has become so popular that it runs for three ten-week cycles throughout the school year.

The classes are sponsored by the 21st Century Grant for afterschool programs. This program was funded by Congress and supports the creation of community learning centers that provide a broad array of enrichment activities and opportunities for students and their families during nonschool hours.

Each week, students are introduced to a different aspect of better eating that will lead them to a healthier lifestyle. They learn about the nutritional value of vegetables and fruits, as well as vegan eating habits. Every class includes: food facts and information, making better choices, reading recipes, and hands-on activities. These include charting and graphing the amount of vegetables and fruits the students are eating in relation to their less-healthy snacks. Other skills learned in the program include measuring, rolling, mixing, slicing, and combining ingredients.

Students also view clips of documentary videos which provide facts and information for making healthier choices, such as Fed Up and Got the Facts on Milk. As students learn new information, lively discussions follow as some of their old beliefs are challenged. Student feedback is regularly collected and used as a barometer of their learning such as after a lesson on sugar:

"I learned that too much sugar is bad for your stomach.” —Tyler
“I learned that sugar is bad for you if you eat too much. You can get really sick if you eat too much.” —Ester
“I learned in nutrition that the companies take out the fat in stuff and put in more sugar.” —Destiny

But the most fun part is enjoying the healthy masterpieces they have created. The students make and taste a variety of whole-food dishes each week as they are encouraged to eat more vegetables and fruits in an experiential, educational, stress-free, enjoyable class.

Each week, there is a specific topic and recipes. Students get to take home their recipes and other informational handouts from the topic to share with their families. “The goal is to make a home connection and spread the idea of healthy eating to the entire family,” says Patrecia.

Topics include: Why Should We Eat Fruit? Why Do We Eat Vegetables? The Worst and Best Foods for Kids; The Harmful Effects of Sugar; The Importance of Breakfast; The Top Ten Healthiest Vegetables; How Much Sugar Should We Eat? The Health Benefits of Eating a Salad; Bean, Bean the Good Protein.

The top dishes voted by the students this term were: 7. Lettuce Wraps, an alternative to using bread 6. No-Bake Oatmeal Cookies, no oven required 5. Bean and Pasta Dinner Stir-Fry, a healthy protein and meat alternative 4. Asteroid Treats, a sweet treat that’s good for you 3. Apple Sandwiches, a quick, tasty, fun lunch 2. Old Fashion Oatmeal, better than sugary breakfast cereal 1. Baked Zucchini Sticks, believe it or not, is most often the number one selection among the students.

Students with Zucchini Sticks, Photo by Patrecia Schwailik-Giunta
Physicians Committee for Responsible Medicine (PCRM) announces opening of the Barnard Medical Center (BMC) in November 2015. PCRM is branching out to help the Washington D.C. community. BMC will be one of the first clinics in the nation to address the country’s chronic health issues through nutrition and preventive medicine. Neal Barnard, MD, founder and president of PCRM and now founder and medical director of BMC, will work with physicians, nurse practitioners, and dietitians to help thousands of patients every year with weight loss, heart health, diabetes, cancer prevention, and childhood nutrition.

BMC will be located in the Friendship Heights neighborhood of Washington D.C. PCRM hired several new staff members, and a few positions are still open. Working with individuals one-on-one is a natural and exciting extension of PCRM’s work to change national nutrition policies on using diet for disease prevention.

PCRM dietitians, doctors, volunteers, and Food for Life instructors have worked together over the years on everything from nutrition classes to clinical research studies with ethical standards. Not only will PCRM continue to lobby on Capitol Hill and launch nutrition programs in school cafeterias, they will also help local individuals transform their lives.

Members of PCRM and people who receive their free online community newsletters will be notified when the scheduling of appointments begins.

—PCRM.org

Patrecia Schwailik-Giunta is an educator with more than twenty years experience; she works daily with special-needs children. In her afterschool “Healthy Cooking and Nutrition Classes for Kids” Patrecia regularly works with children and their parents educating them as to the positive effects and benefits of good nutritional choices. She is certified as a nutrition consultant, a graduate of Christina Pirello’s School of Natural Cooking and Integrative Health Studies and is an assistant to Pirello, an EFT-Advanced Practitioner, and Certified Clinical Aromatherapist. Her personal health journey to veganism began in 1992 when she was diagnosed with cervical cancer.

Zucchini Sticks with Tomato Dipping Sauce

Yield: 5-6 servings

4 medium zucchini
1 cup unsweetened almond milk
½ cup Italian-style breadcrumbs
½ cup Panco (Japanese-style breadcrumbs)
¼ teaspoon sea salt

Tomato sauce

Preheat oven to 400ºF. Cut zucchini into short spears. Place almond milk in small dish and whisk. Mix together breadcrumbs and salt and place in a separate dish. Dip zucchini spears into almond milk, then roll in breadcrumb mixture to coat. Place breaded spears in a baking dish or on a cookie sheet. Bake for 20 minutes. Move baking dish to top rack and broil for 5 minutes or until golden. Spoon tomato sauce into a small dish for dipping and serve.

Perhaps the best evaluation of the class is in the students’ own words.

“I like that we are learning to eat healthy” —Jaden
“I would recommend this class to my friends because it is fun, and you get to try new things.” —Tyler
“I learned that you need to eat fruits, vegetables, and no sugar.” —Daryl
“What I like that I have never ate before this class was zucchini.” —Trinity
“I like coming to nutrition class; I like to try all the new things.” —Sahnai
“I never have soda anymore since this class.” —Matthew
“I would recommend this class to my friends because it helps you help your body.” —Alex

Patrecia notes, “My goal is to give my students the tools to live a healthier lifestyle by making better nutritional choices. I am so proud of their willingness to try new foods, learn new information, and make changes in their personal lives.”

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Carême’s Earth-Friendly Dining

The Earth Celebration Dinner held on April 20 and 21 at the Academy of Culinary Arts utilized a menu composed of entirely environmentally friendly foods. Promotion of the event brought awareness to the fact that vegan cuisine comes directly from plants which benefits the Earth by not contributing to the animal agriculture on this planet which is responsible for 51 percent of the greenhouse gases.

Chef Educator Vincent Tedeschi and his culinary students delighted patrons’ palettes with five courses of divine creations, three shared here, plus one from his March dinner. Make them at home and/or come to the fall dinner.

**Carrot Ginger Soup**

Yield: 10 servings

- 2-3 Tbsp vegetable oil
- 1/8 cup diced onions
- 1 lb peeled carrots, roughly cut
- 1-3 Tbsp peeled ginger, minced
- 1/4 cup uncooked rice
- 1 Tbsp ground coriander
- 1 1/2 qt vegetable stock
- 1 cup unsweetened coconut water/milk
- Salt and white pepper, to taste

Heat oil in a sauce pot. Sweat onions, ginger, and carrots until onion is translucent.

Add rice and continue to cook while coating the rice with the oil in the pan. Add coriander to toast lightly.

Add stock, carrots, and coconut water, bring to a boil, reduce to a simmer, and continue to simmer until everything is soft enough to be pureéd.

With a blender (in 2 batches) or immersion blender, purée the soup until very smooth. Adjust the flavor and consistency as desired. Reheat if needed and serve garnished with toasted coconut and chopped cilantro. Enjoy!

**Buffalo Cauliflower Florettes**

Yield: approx. 18 pieces

- 1 cup almond milk, unsweetened
- 1 cup whole-wheat pastry flour
- 2 tsp garlic powder
- 1 head of cauliflower, cut into florette pieces
- 1 cup buffalo or hot sauce
- 2 Tbsp vegetable oil
- Sea salt and pepper

Preheat deep fryer oil to 325°F. In a bowl combine flour and garlic powder. Stir in almond milk to create a batter.

Roll the cauliflower in the batter and carefully place into deep fryer. Cook for 3-5 minutes or until light golden brown and cauliflower is cooked all the way through.

Pull the cauliflower out of the fryer and drain on paper towels. Season with salt and pepper.

Heat the hot sauce and oil, stir vigorously. Toss cauliflower with buffalo or hot sauce mixture. Serve with a grated salad.

**Fall 2015 Gourmet Dinners at Carême’s**

Hosted by American Vegan Society at
The Academy of Culinary Arts, Atlantic Cape Community College
5100 Black Horse Pike (Rt 322), Mays Landing NJ 08330

Choose to attend at 6:30pm on
**Monday November 9 or Tuesday November 10.**

Reservations will be taken in October at AmericanVegan.org or call 856-694-2887.
Eggplant Rollatini
Yield: 4 entrées

1 eggplant
1½ Tbsp extra-virgin olive oil
mixed herbs, chopped
salt and pepper, to taste

Cashew Cheese
2½ cups raw cashews, soaked
in water for at least 7 hours
2 tsp white miso
2 Tbsp rice vinegar
1-2 pinches raw sugar or
another natural sweetener
salt, to taste

Bean Caponata Stuffing
2 pounds white beans, cooked
or canned, and drained
3 onions, minced
4 stalks celery, minced
2 Tbsp red vinegar
1 tsp raw sugar or other natural
sweetener
1/3 cup toasted pine nuts
2 diced tomatoes
¼ cup capers, drained
parsley, chopped, to taste
salt and pepper, to taste

Slice eggplant lengthwise
into one-quarter-inch-thin slices.
Brush with oil, season with
salt, pepper, and herbs and
grill.

Put all cashew cheese
ingredients into a food
processor and process until the
texture is very thick and
creamy. Set aside.

For caponata, sauté celery
and onions until onions are
translucent. Stir in the beans,
deglaze with vinegar, and
remove from heat. Add all
other ingredients. Season to
taste.

Place and spread some
cashew cheese on the eggplant.
Add the caponata mixture in
the middle and roll up. Place
seam side down on a pan and
bake at 350°F for approx. 30
minutes.

Serve over couscous with a
marinara sauce and grated
vegetable garnishes. Enjoy!

Chocolate Bavarian Cake
Yield: 12 mini cakes or
one large 9-inch cake

Pecan Chocolate Crust
½ cup pecans
6 dates
½ cup cocoa powder
sea salt, pinch
1 tsp vanilla

Place all ingredients into a food
processor and pulse until combined.
Place the Pecan Chocolate Crust
into pans. Press down with fingers to
firmly place the crust into pan. Set
aside as you make your filling.

Chocolate Filling
2 cups cashew pieces or any other
nuts as desired (soaked in water for
at least 2 hours)
½ cup coconut oil, melted
½ cup maple syrup (or agave nectar)
or more to taste
½ cup almond milk or soy milk
2 tsp vanilla
¾ cup cocoa powder

Drain and place cashews into
blender with all other ingredients.
Puree to get a creamy-smooth
consistency, similar to pudding. May
need to adjust consistency with more
milk.

Pour chocolate filling into your
crust-prepped pans. Fill them to the
top. Set the chocolate cakes into the
freezer to set about four hours.
Thaw for 15–20 minutes prior to
serving. Serve with coconut whipped
cream, berries, and a berry sauce.

Follow us on
Twitter and Instagram!
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Facebook.com/AmericanVeganSociety
(not the impostor pages)
Sometimes we wonder: “I’m only one person, I don’t really have much influence on the world. Can I really affect animal suffering or climate change? Does what I do really make a difference?”

The truth is that we are always making a difference. If I drive an SUV that gets eight miles per gallon I am making a difference; if I drive a car that gets fifty-five mpg or an electric car I am making a difference. No matter what I choose, I will be making a difference—the only real question is, “What kind of a difference will I make?”

Our actions influence people in ways we may never know about. A student named Josh came up to me after a philosophy class in which we had just spent two weeks questioning our cultural assumptions about killing and eating animals. He told me of a recent experience in which he was going through the line in the college cafeteria and was intending to order the chicken stir fry. Before he placed his order, the student right in front of him in line ordered the tempeh stir fry. He said to himself “I’ve been questioning how we treat animals and I had been thinking about trying the tempeh stir fry—this guy’s having tempeh, I’m finally going to try it, too!” And he discovered that he liked it and that he really could eat vegan and be fine with it. The student in front of Josh in line had a profound impact on Josh, and yet that student will never know it. Josh never saw his face, doesn’t know his name—but his behavior changed Josh’s life (and also changed the world a little bit) for the better.

Whenever we do anything, our behavior has the potential to profoundly influence others. This happens in at least three ways. First, when someone sees me doing something I may be creating a possibility and choice for someone that had never occurred to them before: “Oh, look, one of my friends is putting homemade applesauce on his breakfast cereal instead of milk—what a great idea; I never thought of that.”

Secondly, every time I do something, I am making a nonverbal statement to the world (by the simple fact of doing what I am doing) that I think it is an acceptable or good thing to do. “Oh, Dale drives eighty mph on the freeway so he must think that’s okay.” In effect, that gives my “permission” to others to do the same thing, making it a little easier for them to make the same choice. This is what happened to Josh, except that in his case what he saw was a positive behavior.

And third, if I am out in the world “living my truth,” some people will notice and be curious enough to ask about it, providing an opening for a very useful conversation if we can both share what we know in a nonblaming way, and also listen respectfully to what the other person has to say.

The simple truth is that, whether we like it or not, we are all teachers all of the time. The example we set influences others. Everything we do is teaching something. Therefore, it is extremely important for us to become very conscious of this fact so that we can reflect on what we are doing and how we are doing it, and thus become as effective as possible in bringing about change in the larger world.

When leaving to take a trip, Gandhi was once asked if he had a message to leave for others. He replied, “My life is my message.” This is as true of each of us as it is of Gandhi: Our life is also our message to the world.

Dale Lugenbehl teaches philosophy and religion at Lane Community College in Eugene OR and is director of Ahimsa Acres Educational Center. AhimsaAcres.org

Philosophically Speaking
with Dale Lugenbehl
WE ARE ALL TEACHERS

The only way to stop climate change before it’s too late is to replace a lot of animal-based foods with better, vegan alternatives—by 2020.

The No More Bull project aims to inspire people to act on this. See ChompingClimateChange.org/NoMoreBull
Growing up, I was the one to whom neighbors brought orphaned birds and squirrels. One of my cats actually labored in my sleeping seven-year-old arms until I woke up. I considered myself an animal lover, yet my favorite foods were steak soup and barbequed ribs. But when my parents bought a hobby farm to raise their own hormone-free meat, I made the connection between the cows nursing their babies, and my favorite foods. I was twelve when I vowed to never again eat cows or pigs.

The years that took me from child to college graduate were filled with changing ideas about what was ethical to eat. As a biology student, I became indoctrinated into “survival of the fittest” as the basis for my dietary morality. Various jobs paid me to conduct research on rats, and feed live rodents and baby rabbits to snakes, but I never again ate mammals—they were simply too much like me. In order to drop them from my plate as a child, I had grossed myself out about eating them. That aesthetic stuck—even as I intermittently turned a blind eye to the fish and birds on my plate.

In 1990, not quite thirty, I settled into my first “real” job—a microbiologist with Merck & Co., Inc., and came face to face with the atrocities that my consumption of dairy and eggs were enabling. Posters on the walls of facilities touting the benefits of lab animal research as the savior of human lives seemed fraudulent. I knew first hand that nearly all of the lab animal research happening in my territory, the Midwest, was about developing and testing biologicals for use in animals, who would otherwise die from the overcrowding and torture that was typical of how humans raised them for food. It changed me forever.

The impression of animal advocates as misanthropic terrorists was actively perpetuated by the management of the facilities with whom I worked. So I was a closet vegan for the first couple of years, pretending to be a health nut motivated by my own father’s reversal of angina on a plant-based diet.

I had just given my two-weeks notice to Merck when Howard Lyman came through town with the Beyond Beef campaign. I felt incredibly brave to attend—fearing that if my presence there became known, I might never again be able to work in my field. His talk was liberating and inspiring.

After a year away from that industry, my sense of who I was changed enough that I became free of the golden handcuffs. Looking back I am fascinated by how “caught” I was.

But the images of the workers’ indifference to suffering they could have easily lessened, without any risk to themselves, lingered. It made me ponder how I might raise my future children so that they would never be someone who could turn a blind eye to injustice happening right in front of them. I thoroughly researched everything I could related to birth choices, childrearing, and facilitating physical and emotional health in order to give my own children the best odds of being healthy, happy, compassionate people. They are mostly grown now—but the philosophy with which they were raised is explained in my first book, Compassionate Souls: Raising the Next Generation to Change the World.

More than ever, I now believe that the single biggest thing any of us can do, to positively impact every major problem facing humanity, is to cultivate in ourselves and others an ethic of compassion that begins with veganism. Veganism, better than anything else, is foundational to preventing desensitization to injustice, which unfortunately is the root of all humanity’s problems, as each culture teaches its people specific injustices to ignore.

JoAnn Farb is the author of two books, Compassionate Souls: Raising the Next Generation to Change the World, and Get Off Gluten. She teaches cooking classes and nutrition education, offers one-day plant-based immersion retreats, and individualized coaching and healthy kitchen makeovers in Kansas.

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HELP AVS SPREAD THE VEGAN MESSAGE!

goodsearch.com, goodshop.com
amazonsmile.com
Select American Vegan Society as your charity.
AVS’ pilot project dining event on June 14 2015 at Micheal’s Mediterranean Cuisine was successful with a total of fifty people. Owner/Chef Michael DiDomenico veganized a meal of Bruschetta, Pasta Fagioli, Mediterranean Vegetable Medley with Quinoa (photo left below), Southwestern Shepherd’s Pie (photo right below), and complemented it with BerrySwirl Cheesecake from Wildflower earthly vegan fare. Michael’s vegan Bruschetta is always on the menu. His Pasta Fagioli is now going to be vegan—standard with vegetable stock instead of chicken stock. Michael, who previously said he “only makes meat dishes” will now make vegan food for anyone with an hour or two notice, and a few days notice for a specific request.

Some vegans might be disappointed not to see his incredible Shepherd’s Pie or Vegetable Medley listed on the regular menu. However, it is important to keep in mind he is running a business, for which he needs to be assured of continued interest before investing in a perpetual supply of “specialty items” that he has never stocked prior to our event. Thinking from his perspective: does he truly have fifty new customers or is veganism a one-night stand?

—Anne Dinshah

Which Hat Should Barata Wear Today?

With these new Vegan Generation³ caps, AVS Speaker Barata El looks great and sends a message. One size fits all, adjustable. Soft 100% cotton denim fabric.

Colors: blue, olive green, black, and light khaki; each with gold lettering Vegan Generation³ logo on front. $20 each with purchase of any book, or hat alone add $5 shipping. Get the latest in unisex vegan fashion!

Order yours today from AVS 856-694-2887 or AmericanVegan.org.
Malaga Lake is a beautiful lake, but it has litter—mostly old cans, broken glass, and fishing line. I asked Mom about this, and she offered to help me clean it up. Some people don’t pick up their dogs’ poo, and sometimes geese leave a mess too. I wanted to make it nicer for everyone.

Mom and I made a sign (“Please clean up after your dog. We play here too. Love, Your Neighbors”), laminated it, and nailed it on a post. We filled our water bottles and made hummus/squash sandwiches. We gathered shovels, a rake, a hammer, gloves, and a trash bag.

We shoveled up the poo. We spent two hours picking up the litter and tangled fishing line that could have hurt animals (besides the fish it was planned to hurt). Our big find was an old tire. Then we washed our hands and ate lunch looking at what we did.

The next day the part we did was still mostly clean. I picked up more fishing line and a new candy wrapper. My sign was gone; I found the post. Perhaps I put it too close to where people put boats into the lake.

The next week I put up a new sign (“Keep Malaga Beautiful.”), and picked up more litter. I wish I didn’t need a sign, but I want people to do good. Did they notice how much cleaner it is? It will take a lot more time to clean the whole lake area. Maybe people will help what I started. I’m beginning to talk with people. I can ask friends and neighbors! I’ll keep you “posted.”

If people hurt the beautiful lake in our town, how will I ever get them to love animals they don’t know and not hurt them? I’m only four. I’m not giving up. I will do more “dynamic harmlessness” projects. Will you? —Clint Dinshah

Clint’s Favorite Food Now on YouTube!

Our new Pumpkin Pie and Pie Crust videos are on the YouTube channel Kids! Teach Yourself to Cook just in time for fall holiday baking. Clint invited his cousin Josh Dinshah to star in the pie making. Director Emily Mingin (left), an AVS volunteer, edits the videos.

—Clint Dinshah
BioBots has a huge, potential breakthrough for animal rights and a possible end to using animals in testing. The technology is now being developed.

The BioBot 3D printer works with “visible light.” The cell solution, which contains living, growing cells as well as vasculature for nourishment, is extruded from the 3D printer in a similar fashion to how at-home fused filament fabrication (FFF) 3D printers work. However, different from your typical FFF 3D printer, once a biological material has been extruded, a light—or blue light—cures and hardens it. This occurs one layer at a time until the desired object is printed.

The objects printed can be living cell tissue or non-living scaffolds, and over a dozen different cell types have been used with these printers so far. The unique cartridge system that BioBots’ bioprinter uses, enables users to switch between the printing of different biological materials, almost as easily as a normal desktop printer can switch between colors.

BioBots is a company launched by Daniel Cabrera, a recent graduate of University of Pennsylvania’s (UPenn) Engineering School, and Ricardo Solorzano who was a staff research specialist in the Perelman School of Medicine at UPenn. They got together to create a 3D bioprinter capable of creating living tissues out of multiple human cell types.

I first met Danny at an AlligatorZone event at my local library, a program where parents, children, and youth meet and talk to local startup founders in a community gathering that celebrates entrepreneurship. I was curious about the future of 3D printing and how BioBots might offer an end to animal testing, even if that was not the only reason they developed the small but powerful printer.

**Interview with CEO Danny Cabrera**

Mia Carter (MC): How much of what you did was inspired by animal rights?

Danny Cabrera (DC): Although our work wasn’t directly inspired by animal rights, it’s inspired by the notion that animals are not good models for human beings. Through 3D bioprinting, we hope to reduce the number of animals used in research and guide the field towards better 3D-human-tissue-engineered models built out of human cells.

MC: Where do you see this product in the next few years; is this only just the beginning of what you guys are trying to accomplish?

DC: We are at the dawn of a biotechnological revolution. The BioBot 1 3D bioprinter is our first product; it’s enabling cutting-edge work by researchers who would have otherwise not had access to a 3D bioprinter. We are dedicated to building tools for this revolution, tools that are easy to use and add dimensions of complexity to the kinds of biological systems that humans can engineer.

MC: How would you expand this to mass-scale audiences? Are there bigger versions?

DC: The BioBot 1 is not a consumer product. Although I do believe that biotechnology will be democratized to the masses, it certainly isn’t there yet. Users need a lot of training and special equipment to do significant biological engineering. There are no larger versions yet, but we are constantly working on new products, so stay tuned.

MC: Does it use any media culture, animal product such as fetal bovine serum (FBS) which is common in this field? Or is there any other part of this that uses any animal-derived product?

DC: The device itself does not use any animal products; it’s mostly aluminum,
There’s a school of thought, sensitive and culturally aware, that celebrates body acceptance and regards fashionable beauty ideals with a critical eye. And yet—while shaming people for their shapes is unacceptable in any context—we can benefit from reclaiming our power over the other side of commercial forces: those tempting us with too many high-calorie foods of questionable nutritional value, ultimately putting undue stress on our joints and stealing from us the primate grace that is every human’s birthright.

Even the vegan’s processed foods may contain added sugar, dyes, salt, and too many (often unsustainably sourced) oils. Dr. Negrón returns our attention to the delights of the garden: greens and cauliflower, seasonal fruits, and squashes and root vegetables. These real foods fortify us against common diseases and help the liver detoxify our blood.

Most of us, regardless of income, could apply Dr. Negrón’s advice to shrink processed food to less than ten percent of our diets. Let’s become conversant in whole ingredients, develop good habits of keeping well, and plan and prepare meals in advance. New ways of making meals convenient save the hidden but high health costs of overly processed groceries. We’ll banish forever those mortifying discoveries of weary, wilted, no-longer-identifiable items lurking in fridges. Dr. Negrón’s practical timelines and tips support well-being, schedules, bank accounts, and cabinet space.

Written neither from a political advocacy perspective nor a foodie’s viewpoint, the book offers much basic knowledge to each. This is a doctor’s advice. Board certified in family medicine, Dr. Negrón teaches other health professionals the role of food in healing and disease prevention. My doctor, observing me reading Nourishing the Body and Recovering Health while awaiting my checkup, praised the author’s work, both medical and social. That in itself felt wonderfully healthful.

—Reviewed by Lee Hall, LLM, AVS Speaker

Book Review:

**Nourishing the Body and Recovering Health**
The Positive Science of Food
Ana M. Negrón, MD. 2015, 283pp 6x9” $24.95.

There’s a school of thought, sensitive and culturally aware, that celebrates body acceptance and regards fashionable beauty ideals with a critical eye. And yet—while shaming people for their shapes is unacceptable in any context—we can benefit from reclaiming our power over the other side of commercial forces: those tempting us with too many high-calorie foods of questionable nutritional value, ultimately putting undue stress on our joints and stealing from us the primate grace that is every human’s birthright.

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—Reviewed by Lee Hall, LLM, AVS Speaker
The word veganic merges vegan with organic. Like organic growing, veganic growing does not use any of the chemical fertilizers, pesticides, genetically engineered materials, sewage sludge, or irradiated materials that are used by conventional growers; and it emphasizes maintaining the health of the soil in order to grow healthy plants. However, veganic growing goes beyond organic growing in that it endeavors to minimize and/or eliminate harm to animals. As a way of explaining the important elements of veganic growing, I will look at it from three different levels. In actuality, these levels are not clearly separate, but the separation aids in the explanation.

The FIRST LEVEL involves the materials used in growing crops. Since veganic growers do not want to be part of any animal suffering, they do not use any materials that are derived from animals. Instead of using materials such as manure, blood meal, bone meal, feather meal, and fish emulsion, veganic growers use plant materials for fertilization. I use grass and hay mulch, plant-based compost, green manures (crops, such as buckwheat and clover, that are cultivated into the soil or left on the surface to provide nutrients for the food crops), crop residues, and comfrey tea (water from soaked comfrey plants) to nourish my crops.

When I first began to grow veganically, I called a local fertilizer manufacturer to inquire about the availability of fertilizer without any materials from animals that I could add to my potting mix. The salesperson actually seemed irate with me for even thinking about growing without manure and other materials from animals. So I blended my own potting soil using peat, perlite, vermiculite, and alfalfa meal. A few years later I found a local company that made potting soil out of coir (coconut husk), perlite, and other plant-sourced materials. After using that potting mix for a couple years, the company added a fertilizer blend to their potting mixes that contained blood meal and bone meal. Accordingly, I went back to blending my own mix, using what I thought was all-plant compost from the local town. This year I found out that the town collects kitchen waste and composts it with the yard waste, so there may be small amounts of animal foods in the compost. I use a large amount of this compost because I also apply it to my garden beds. I am questioning whether or not I should be a strict veganic grower and not use the compost, or be more flexible since the compost is still mostly plant
material. Ideally, I would make enough compost myself and not have to import compost. Therefore, one of my future goals involves developing a method for composting our copious weeds. I contemplate also transitioning to more of a permaculture system (creating gardens that follow the patterns of natural ecosystems) in which crops would eventually self-fertilize, thereby eliminating the need for applying compost.

The SECOND LEVEL of veganic growing flows naturally from veganism and ahimsa: veganic growers hold a clear intention to avoid or minimize harming animals in and around the garden. In my gardens and orchard I use fences, netting, hardware cloth, and floating row covers to exclude animals. I also grow a variety of flowers around the garden to attract beneficial insects. Additionally, I rotate crops and grow a diversity of crop species, helping to keep pest populations low enough that crop damage is generally minimal.

I disclose that I use diatomaceous earth (DE) to prevent slugs from decimating my young seedlings. The organic mulch creates the perfect environment for slugs and every year their population explodes. Before using DE I had an entire planting of lettuce totally eaten down to soil level overnight. Hence, in spite of my conflicted feelings about causing harm to slugs, I apply DE to most of my seedlings after transplanting or germination. I quit applying it when the plants are big enough to survive predation. I also take care to not harm nontarget species such as bees by never applying DE to plants when they are flowering and not applying it on a windy day.

Protecting the soil with its community of living creatures constitutes another important aspect of veganic gardening. Because any disturbance of the soil, such as tilling, will adversely affect the soil community, vegan growers minimize tillage. They also protect the soil from erosion and drying out by keeping the soil covered with plants and mulch. Since establishing my gardens, I have not done any rototilling in my main garden. I try to keep mulch on the beds most of the time, transplanting directly into the mulch with minimal soil disturbance. For direct-seeded crops, like carrots and beets, I clear away the mulch, loosen the soil with a shovel, plant the seeds, and then replace the mulch when the plants are big enough to not be buried.

The THIRD LEVEL of veganic growing has to do with the relationship the grower has with the animals and plants in the garden. I am aware of people who communicate with the spirits of animals and negotiate sharing of produce from the garden. Instead of waging war against the animals, the humans respect the animals and honor their need for food. Similarly, when people are in touch with the spirits of their plants, they find out specifically what the plants need for optimum growth and are then able to provide what is needed. While I am open to the possibility of this type of communion with plants and animals and also recognize its value for creating an ethos of ahimsa, as of yet I have not experienced it myself.

In closing, I will touch on an aspect of veganic gardening that is often forgotten: ahimsa includes compassion toward ourselves as well as toward animals. I can be very hard on myself for not being the “perfect” veganic gardener. This attitude leads to feelings of anxiety, deficiency, frustration, and a mental state that is not conducive to envisioning creative ways to enact ahimsa more fully in my growing practices. Therefore, in the spirit of ahimsa, I aim to accept my imperfections and remain open to discerning more compassionate ways of gardening veganically.

—Kelle Kersten

Veganic Gardening Resources:
Organic Vegan Network, VeganOrganic.net
Veganic Agriculture Network, GoVeganic.net
Veganic.com

Kelle Kersten has over twenty years experience as an organic farmer/gardener. She also was an organic farm and processor inspector for ten years. She lives and gardens veganically with her husband at their vegan homestead AhimsaVillage.org. She offers paid and work shares for friends to partake in the bounty of her gardens. Her other interests include humane education, children and youth, sustainable living/homesteading, animal rights, nonviolent communication, and environmental activism.

Photos by Kelle’s husband Bob.
Barata El (NJ) is a lifelong resident of South Jersey; he became vegan July 1, 1991. As a law enforcement officer in the NJ Department of Corrections for twenty-five years, he only met two other vegans in his line of work. Barata has a B.A. in theater arts from Rowan University. He married a beautiful native Jamaican woman in 1988 who is not vegan. They have four children and two grandchildren. Since age fourteen, Barata has been writing universal poetry—poems with which anyone from any culture can identify.

**Sample Talks:** How I Became a Vegan; Ahimsa and Societal Behavior; How Veganism Impacts the Environment and Sensibilities

**Contact:** 609-458-7185 barata@comcast.net

“I was introduced to AVS in 1980, and they have become like family to me. Veganism is more than a diet because of the philosophical connection with ahimsa. Connecting to that energy can change the direction of the entire world on all levels: political, economic, environmental, planetary, and more.”

Lee Hall, LLM (PA/NJ/DE) holds a Master of Laws in environmental law with a focus on climate change, and teaches at Widener University. Lee has appeared on Court TV, Gooseberry Productions’ Exploring Rights for Animals, Allegheny Front Environmental Radio, and It’s All About Food with Caryn Hartglass, and written for Growing Green International and American Vegan. A vegan since 1983, Lee’s books are On Their Own Terms about animals, freedom, and veganism and Capers in the Churchyard. Blog is Veganplace.wordpress.com.

**Sample Talks:** Are Sustainable, Humane Animal Products for Real? For Humanity and Everybody Else: Be Conversant on Climate Change; Beyond a Government-the-Hunter Paradigm; Objections to Veganism: Respond and Represent!

**Contact:** climatelaw@me.com

“The American Vegan Society Speakers Bureau is a valuable offering to the public, and I’m glad to contribute, raising consciousness about our planet and all who experience their lives on it.”

Ellen Jaffe Jones, CPT, CRC (FL) is a personal trainer and running coach, the author of Eat Vegan on $4 a Day, Kitchen Divided, and Paleo Vegan. She was seventh in the U.S. in her age group in the 1500 meter run in 2013 and first in Florida in 2015 in the 50, 100, 200, 400, 800 and 1500 meters, and has finished marathons, rare for someone with her sprint times. Ellen is a two-time, Emmy-winning investigative reporter. VegCoach.com

**Sample Talks:** Eat Vegan/Stay Fit on a Budget; Coping When Others Eat Differently; Vegan Fitness and Running; Crafting Effective Vegan Messages

**Contact:** 941-704-1025 ejones@vegcoach.com

“I appreciate the opportunity through such a long-standing, reputable organization as AVS to destroy vegan myths. I love to introduce people to the fun and deep meaning of remaining mission-consistent to core values of compassion and love for all animals. Future generations will ask, “What did you do to save the planet?”

Laura Theodore (NY/NJ) is a Taste-award-winning, public-television chef, and an award-winning recording artist. She hosts the Jazzy Vegetarian vegan cooking series on public television, and the podcast radio show, Jazzy Vegetarian Radio. Laura has authored cookbooks: Laura Theodore’s Vegan-Ease, Jazzy Vegetarian Classics, and Jazzy Vegetarian. She writes a weekly food column for Mother Earth Living and has been featured in The New York Times, VegNews, Family Circle, and Reader’s Digest. LauraTheodore.com JazzyVegetarian.com

**Sample Talks:** Why Vegan? (It’s Easier Than You Think!); Plant-Based and Loving It; Vegan Recipes for the Holidays; Cooking with a Rainbow of Colors; Living Vegan in an Omnivore’s World

**Contact:** laura@jazzyvegetarian.com

“AVS is the ultimate resource for anyone looking to embrace a vegan lifestyle. My passion in life is to support that compassionate way of life through speaking, sharing my recipes, writing cookbooks, broadcast cooking shows and music. Make the world a better place, one vegan recipe at a time!”
Laura Theodore, best known for her show *Jazzy Vegetarian* on PBS, is an award-winning public television personality, vegan chef, radio host, cookbook author, and recording artist. In her latest cookbook, *Vegan-Ease*, Theodore sets out on a “culinary mission to reinvent and redefine how to create and serve simple, tasty meals.” The recipes are designed to have ingredients that are easy to find and prepare, while also being easy on your wallet and the environment. As Theodore explains, “The easier it is to adopt a vegan lifestyle, the more people will choose it,” and equipped with this book, vegan cuisine has never been more accessible.

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The dishes themselves are delightful and whimsical; see “Sassy Seltzer with Raspberry” and “Avocado Salad Parfaits.” The food photography is stunning with its delectable display of soups, sides, desserts, mains, and more. The stress-free holiday recipes are especially festive and charming, and will definitely end up on my Thanksgiving table when November comes around. (The book will be released October 8 2015.)

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—Reviewed by Melody Jaros, AVS Intern

**POWERFUL VEGAN MESSAGES**

Donate to the project and/or order the book at AmericanVegan.org.

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2014, 352pp 6x9” $14.95. Available from AVS.

**VIDEOS** on the Powerful Vegan Messages YouTube channel.

**TALKS** See AmericanVegan.org for tour. To schedule: powerfulveganmessages@hotmail.com 856-694-2887

**CAMPAIGNS** Vegan Generation³ (p35) and Dynamic Harmlessness Day (p1) and at AmericanVegan.org.

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In addition to four new speakers on page 28: Rebecca Aslam, Steve Blake, Sherry Colb, Fran Costigan, Anne Dinshah, Freya Dinshah, Michael Dorf, JoAnn Farb, Brook Katz, Michael Klaper, Kevin “Storm” Klopfen, Vance Lehmkuhl, Linda Long, Dale Lugenbehl, Andy Mars, Vesanto Melina, Victoria Moran, John Morlino, John Pierre, Brenda Sanders, Kerrie Saunders, Miyoko Schinner, Rae Sikora, Will Tuttle, Mark Wendt, Mary Wendt

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CREATE A VEGAN WARDROBE
with Style!

Vegan fashion is pretty straightforward. The definition is nothing from another living being: wool, silk, leather, down, fur, feathers, pearls, or bones. Sounds easy, but many people think it’s complicated.

When I became vegan ten years ago, I quickly realized that it wasn’t enough just to keep animals off my plate. I had to look at all areas of my life and eliminate as much animal suffering and exploitation as possible. The scariest part for me, an image consultant, was to venture into my closet and assess what I had for clothes. Would I have to compromise my personal style to conform to my moral beliefs? While my rational mind was at ease and sure it was doable, my fearful mind had me wearing a burlap sack and uncomfortable plastic shoes.

Two big—but not insurmountable—roadblocks prevent adopting a vegan wardrobe. Let’s dispel these myths.

1. Vegan Fashion Sounds Limiting

Taking some familiar fabric options away, people assume, will make getting dressed that much harder and they back out before they ever get started. The truth is that vegan clothing is everywhere. Everyone already has a wide variety of “vegan” clothing in their closet simply by default. Cotton shirts, jersey dresses, jeans, most trench coats are popular wardrobe items and are generally made from fabrics that do not harm animals including cotton, linen, rayon, polyester, microfibers, tencel/lyocell, modal, and hemp.

Open your closet door and read a few tags. You are bound to be pleasantly surprised. That blouse that feels like silk may really be modal or microfiber polyester. The jacket that feels exactly like wool could be a fine acrylic.

Vegan options are available in every price point. I have shoes from Payless for $25 and a Stella McCartney handbag I found at a consignment store with an original price of nearly $1,000. I have a beautiful off-white Armani jacket from a consignment store that is made of cotton and acetate sitting right beside my fun green polyester jacket from J.C. Penney. Since part of your wardrobe is vegan by default, just imagine what you can create with intention.

2. Vegan Fashion Might Be Uncomfortable and Ugly

Many years ago, the wardrobe options for vegans were limited. Consequently, some people still equate it as uncomfortable and dreary-looking clothes: stiff plastic shoes, hideous heavy 1970s polyester, or styles designed solely for those who are young, super thin, and trendy. Times have changed.

Most polyester is now a finer grade of microfiber so it is softer and more flowing. In the past nine years, the faux-leather shoe industry has exploded. In December 2013, The Boston Globe ran an article entitled, “Vegan Leather, Faux Fur Are Hot Holiday Gifts.” Now you can easily shop at most stores to find vegan clothing and shoes.

The bottom line is that there is no reason to let self-imposed fashion limitations keep you from a compassionate wardrobe. Wear clothes with style and a clear conscience.

—Ginger Burr

After Photo: Annie McGonagle is wearing a cotton tank and a faux leather jacket from T.J. Maxx, dark wash ‘Little in the Middle’ jeans she got online, studded faux leather pumps from Nordstrom, and crystal necklaces from a local jeweler. Her outfit is vegan, stylish, and she feels empowered.

Ginger Burr conducts workshops, personal services, and Boston-area seminars for Total Image Consultants. She is the author of the book That’s So You: Create a Look You Love with Beauty, Style, and Grace.
Book Review:

**THE RESTORE-OUR-PLANET DIET:**
Food Choices, Our Environment, and Our Health
Patricia Tallman, PhD, 2015, 191pp 7”x10” $19.95

In less than 200 pages, this unique and valuable book provides an excellent analysis of the impact of choosing a whole-foods vegan diet on climate change, the environment, nutrition, weight loss, and personal health. Chapter One provides an overview of the environmental cost of meat and dairy consumption, and Chapter Two provides an analysis of the health impacts.

The remainder of the book—dealing with the veganization of various animal source foods—provides a fascinating and detailed breakdown of the specific benefits of changing what we eat. Chapter 3 is an analysis of the effects of replacing beef in various dishes. For example, replacing the beef in a typical sloppy-joe recipe with a plant-based alternative creates the following saving from each serving: 440 gallons of water, 9.7 pounds of manure, and saves as much greenhouse emissions as would be produced by driving a car 6.7 miles. At the same time, the vegan version of this recipe contains 25 percent fewer calories, 50 percent less fat, and also eliminates 8 grams of saturated fat and all 80 grams of the cholesterol contained in the original recipe. Additionally, the veganized dish provides essentially the same amount of protein and iron.

Chapters 4, 5, and 6 provide similar analyses for the veganization of pork, chicken, and dairy/egg dishes respectively. Each of the four chapters on veganization begins with a general overview of environmental and personal health impacts, and then moves on to an analysis of the benefits of replacing animal-source foods with vegan alternatives in specific recipes. After reading this book, you will be in an excellent position to refute the claims of others who say that “eating vegan doesn’t really help with climate change and damage to the environment.”

The second half of the book starts with the chapter “What Are Humans Designed to Eat,” and is followed by individual chapters containing recipes for vegetables, grains, soy, and baking. Well written and organized, Tallman’s book is highly recommended.

—Reviewed by Dale Lugenbehl, American Vegan Environmental Editor
World Vegan Day, an annual celebration, first occurred on November 1, 1994 to commemorate the 50th anniversary of The Vegan Society (UK) and use of the term vegan. Although the exact date was unknown, The Vegan Society was established in November of 1944 in London. The day was established by Louise Wallis, president and chair of The Vegan Society (UK), in 1994.

World Vegan Day and World Vegan Month (November), an opportunity to promote the benefits of vegan food and the vegan lifestyle. Donald Watson coined the term vegan, derived from the word vegetarian.

Each year there are a number of festivals and exhibitions celebrated around the world. In addition, there are many local events, talks, and cooking demonstrations organized by individuals. Many World Vegan Month celebrations around the world are listed at VeganSociety.com/whats-new/events.
American Vegan Society (AVS) promotes, supports, and explores a compassionate, healthful, and sustainable lifestyle. The diet is entirely plant-sourced, varied, and abundant. For ethical, health, environmental, and other reasons, we reject all animal products in food, clothing, and commodities. We also refuse to exploit animals for sport, entertainment, and experimentation.

AVS is guided by the doctrines of reverence for life and ahimsa. AVS provides community and friendship to those following and learning about this way of living.
NEW BOOKS

ANIMAL RIGHTS


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THE ALMOND MILK COOKBOOK: Over 100 Delicious Recipes—Alan Roettinger. 2015, 155pp 6x9” $12.95.


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RAINBOW FOOD FOR THE VEGAN PALATE!—Pramoda Chitrabhanu. Create compassionate versions of traditional Indian food. 2015, 252pp 6¼x9” $15.00

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HEALTH & NUTRITION

THE ABUNDANCE DIET: The 28-Day Plan to reinvent your health, lose weight, and discover the power of plant-based foods—Somer McCowan. 2015, 234pp 7¼x9” $21.95.

A GUIDE TO VEGAN NUTRITION—George Eisman, RD. This Vegan Cuisine Month honoree shares his knowledge in an easy-to-understand way. 2015, 159pp 8½x11” $18.00.

THE VEGAN ATHLETE: Maximizing Your Health & Fitness While Maintaining a Compassionate Lifestyle—Ben Greene and Brett Stewart. 2013, 128pp 7¼x9¼” $15.95.

ENVIRONMENT

WILL WE SURVIVE CLIMATE CHANGE? One Last Chance—Len Frenkel. 2015, 45pp 6x9” $10.95.

KIDS’ BOOK


VEGANISM


Books reviewed on pages 25, 29, & 31 are also available from AVS.

FREE SHIPPING by Media Mail within the U.S. Outside the U.S. inquire about shipping charges.

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Everyone can join the American Vegan Society campaign

Vegan Generation³
The 3 indicates the ripple effect of our actions.

Are you curious about veganism?
Be a VEGAN EXPLORER.
Learn about veganism from three sources of information; then be intuitive and try it.

Are you already vegan?
Be a VEGAN GUIDE.
Share your knowledge in at least three helpful welcoming ways with vegan-curious people in your community.

Select a way to declare yourself a VEGAN EXPLORER or VEGAN GUIDE
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- Wear the Vegan Generation³ T-shirt.*
- Read Powerful Vegan Messages book.*
- Tell your friends and anyone else who might be interested.

VEGAN EXPLORER
Proceed:
1. Select three major sources of information: vegan person, book, documentary, event, American Vegan magazine.*
2. Learn about your new options in healthy plant foods while eliminating animal products.
3. Decide on your goal number of days to try veganism. Pick any number of days; most people try a week, a month, or specific days of the week to get started. Enjoy this compassionate healthy journey; for help see “New Vegans” on website.*

Succeed:
- Tell us your success story.
- Will you become a Vegan Guide and further the ripple effect?

VEGAN GUIDE
Proceed:
Select three ideas that resonate with you and act upon them:
- Invite someone to a vegan meal at your house.
- Take a friend shopping for vegan groceries, clothing, toiletries, or other.
- Help prepare vegan food at a friend’s house.
- Loan your vegan books and videos.
- Give vegan gifts: food, books, toiletries, or AVS memberships.
- Invite people to a farm animal sanctuary.
- Take a friend to eat at a vegan restaurant.
- Invite someone to watch a documentary.

Succeed:
- Tell us your success stories.
- Will you apply to be an AVS Vegan Information Point?*

*See AmericanVegan.org for more information about VG³.

T-Shirts: Order your Vegan Generation³ T-shirts in purple, maroon, blue, or black from AmericanVegan.org. Hats now available too!

Song and video contests deadline extended to October 15 2015; details also on website.
AVS Interns Make a Difference
Melody Jaros and Simon Kim work together planning the Moonglow Gala. See page 7 for information about interning at AVS, and page 2 for Gala.