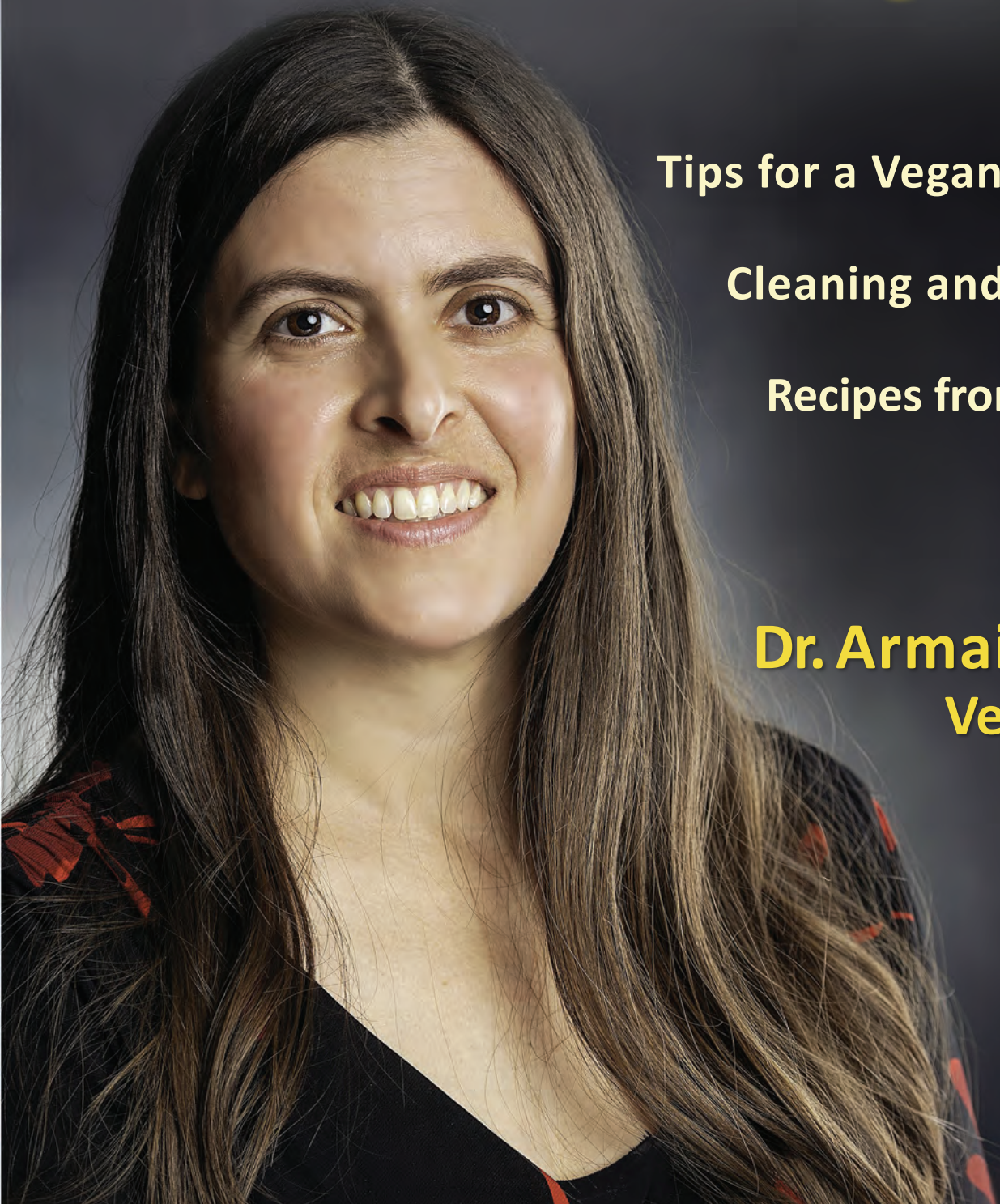




Summer 2023

AMERICAN

Vegan



Tips for a Vegan Lifestyle

Cleaning and Painting

Recipes from Chef AJ

Dr. Armaiti May
Vegan Vet



AMERICAN *Vegan* GARDEN PARTY

Sunday, May 28 2023

56 Dinshah Lane, Malaga NJ

Noon: Lunch with Live Music by Pete Glaze & Even Betta
AVS Bookstore open 11am–5pm



2pm: Afternoon Program

Includes short AVS membership meeting

ANTHONY DISSEN RDN
“Vegan Nutrition Made Easy”

SARINA FARB

“Veganism: Key to Solving Climate Change”

MC: **BARATA EL**



Register by May 25: AmericanVegan.org

Thereafter, please phone for availability: **856-694-2887**



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AMERICAN *Vegan*

Summer 2023

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Ahimsa lights the way!

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VEGANISM is 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.

VEGANS: (pronounced VEE-guns) eat from the plant kingdom: vegetables, fruits, legumes, grains, nuts and seeds. Vegans express nonviolence towards animals and the Earth. AVS promotes good health practices and harmonious living.

Individual medical advice is not given.

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Contents

American Vegan Garden Party	2
Hero in a Purple Plaid Shirt.....	4
Obituary: Jal J Dinshah.....	6
Follow American Vegan on Social Media	6
Ask Chef Ken	7
In the News.....	8
Obituaries: Cox, Shriver, Kalechofsky.....	9
Dr. Armaiti May, Vegan Vet.....	10
SoFlo Vegans.....	13
Four Tips for a Vegan Lifestyle	14
Donate to AVS and AVC.....	15
Recipes from Chef AJ	16
Jay Dinshah & Modern Vegan Movement	17
Cleaning & Painting.....	18
Earth News.....	20
Vegan Green House Cleaner.....	21
The Vegan Trademark.....	21
P-POD Conference	22
TAFA Conference	22
Hats, Shirts, & Bags!	23
AVS Speakers Bureau.....	24
New Books	25
AVS Membership	26
Philly Vegan Awards	27
A Vegan Hero	28

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Editorial:

Hero in a Purple Plaid Shirt

I'll never forget when Jal asked, "Young lady, why are you so nice to me? Why do you wash my feet?" I replied, choking back a tear, "It's an honor to do so. You have always been like a father to me." I was fortunate to grow up with American Vegan Society (AVS), my wonderful mom Freya, late dad and brother, and good office chores. Frequently when my parents were busy, I spent fun time with relatives who lived next door. Dad's brother Roshan and his wife Lois (who still volunteers at AVS) and their six kids let me pretend to be from a large family. Piling one more in the station wagon wasn't even noticeable on family outings or one more at the dinner table.

Living two houses in the other direction were Dad's brother Jal, his wife Ursula, and her kids. Ursula taught me to find joy in wildflowers, crafting, and cooking traditional German foods (now our roles are reversed, and she needs me more). Jal often wore purple shirts, especially plaid when working in his yard and forest, with a



smile hidden under his mustache and beard. Witticisms poured from Jal's lips, and he made the best vegan square chocolate chip spice cookies!

AVS founder H. Jay Dinshah (Dad) had vowed to work every day until all the slaughterhouses are closed. Roshan and Jal held regular full-time jobs while Jay's gainful employment was intermittent; his brothers helped support Jay and AVS financially, so Jay could devote time to promoting veganism. When the Indian Vegetarian Society awarded Jay the 1996 International Vegetarian of the Year award, Jal and Roshan traveled to India to accept the award for Jay.

Dad died in 2000 and left us with millions—millions of reasons to do good in the world and not a single penny. Jal donated enough money to support AVS that year.

Compiling the book *Powerful Vegan Messages* brought me a deep understanding of my father and his life mission—assembling his writings, adding my observations and thoughts, and collecting stories about my father from his friends. I was already a trustee of AVS; I began helping in the day-to-day activities, gradually reducing my rowing career as veganism took top billing. Editing each page bound me to the cause. Roshan's chapter in the book, explaining how he had gone vegan with Jay, was vital to my comprehension of why they chose the vegan way.

As funds from a small grant dwindled and struggling to pay bills clouded my writing ability, Jal surprised me with a check—a gift to get me through a couple months to finish the book. This was one gift of many—most were more meaningful than money because the greatest gift someone can give is their time.

The role of AVS vice president and managing editor for *American Vegan* magazine gave me the opportunity to work closely with Jal. He was a stickler for detailed accuracy and guided our final magazine edits. He was a master of closed and hyphenated compound words and insisted on format consistency.

Jal voiced his appreciation of me in ways Dad never had the chance to show. Jal loved me as a person, a daughter, a colleague, and even a supervisor.

Although I live in Western New York (working remotely), on alternate months I uproot myself and kids; we go live at AVS to physically help AVS and our elderly relatives. When Jal and Ursula

didn't admit to needing help, I didn't want to hurt their pride. So I asked if rescue rabbit Ollie could live with them on my months in NJ, and I'd be responsible for bunny care all the time. Jal replied that anyone eating vegan would be welcome in his house. Ollie gave me the excuse to come and go as needed to check on them and help. The bunny's name expanded to Oliver Jal and adopted a familiar birthday of December 13, much to Jal's amusement.

Sometimes Jal expressed confusion, voiced his status as "coping." He didn't understand why the plumber showed up at the door: Jal shoed him away, yet the pipes were leaking. Jal was a man who loved his peace and quiet in the house he built himself tucked into the woods. I always felt it was a magical house—it looks straight out of a fairy tale—but the magic was him.

When they needed more care—people stomping through his house—I asked his thoughts. Jal replied that he just didn't want to be alone, so I assured him I'd be there. His statement has guided my decisions as I became his power of attorney, medical proxy, caregiver coordinator, and then executor. Freya and I shared the main caregiving responsibilities. As making decisions became harder for Jal, his faith in me grew, and he expressed that he trusted me completely. I said and showed "I love you" as often as I wanted.

I was able to talk with Jal the day before he died, assure him all his bills were paid, cousin Wenona and I would be working on his taxes again that Friday, and express once more that he is loved. Jal acknowledged and thanked me.

It was my turn to watch the security camera (and call for local backup if needed) that morning. Jal sat in his favorite recliner chair, but he also sat with me at 5am. Without speaking, we discussed the trees he planted and his life well-lived at ninety-three. He accompanied my morning exercise, and we got the kids ready for school. Freya arrived; she adjusted the blanket on Jal and watched as he peacefully took his last breaths.

How different from Dad who collapsed on the cold hard concrete AVS office floor in the early hours of the morning and died alone waiting for Freya to find him. Jay had witnessed cows killed in a slaughterhouse; that fueled his purpose since he was twenty-three years old. Perhaps decades of Dad's internalizing the suffering of billions of animals manifested itself in the ultimate bonding with them in death—the cold hard concrete floor. I was talking with Dad the night before when he seemed fine, but at age thirty I hadn't learned how to express my feelings for him, nor did I have an urgent reason to explore them.

Now twenty-three years later (I chuckle at how Jal would notice I typed twenty-three in successive paragraphs and check my facts), via Jal, I have had the opportunity to appreciate my father as a person: the love, the sharing, the physical caring for someone, and the full duration of a happy life.

Readers deserve to know what goes on behind the scenes to bring you the work you see today. And today the vegan movement lost its unsung hero in a purple plaid shirt.

—Anne Dinshah, Managing Editor
January 25 2023

Anne took this photo (on preceding page) in 2020 on a lovely walk with Jal to Hickory Hill, one of Jal's favorite places on his property. You can't see his purple plaid shirt in the photo because like most true superheroes, it's hiding modestly under his outer garments.

Jal's Square Chocolate Chip Cookies

Yield: 144 small or 112 large cookies

Ingredients

8 cups whole-wheat flour (bread or pastry)
4 tsp cinnamon
1 tsp salt
1¼ tsp baking soda
1 tsp ground ginger (or 2 Tbsp freshly grated)
½ tsp allspice
¼ tsp nutmeg
¼ tsp cloves, optional
10 oz molasses, unsulphured (regular)
8 oz maple syrup
12 oz corn oil
12 oz water
20 oz raisins
12 oz dark chocolate chunks or chips
6 oz pecans or walnuts, chopped (optional)

Equipment

large mixing bowl
large strong mixing spoon
wet & dry measuring cups
measuring spoons set
two 14x16" sheet pans
table knife or pizza cutter
metal spatula

Mix dry ingredients. In separate bowl, mix wet ingredients. Combine mixtures; add chunky ingredients. Mix. Put a plastic bag on your hand so you can press/punch the batter, ¼" thick, onto well-oiled sheet pans. Bake 15-20 minutes at 350°F. Let cool a few minutes, but cut into squares before completely cool.

Obituary: Jal J. Dinshah

Jal J. Dinshah, 93, passed peacefully at home on January 25 2023. Born in Malaga NJ, December 13 1929, to Dinshah P. Ghadiali and Irene Grace (Hoger) Dinshah, the fourth of seven sons and a daughter, he retired in the late 1990s from Kontes Glass where he had worked for forty-one years. Over that time Jal held various positions, quickly rising to office manager where his sharp attention to detail and meticulous record-keeping skills were most useful.

An accomplished musician from a young age, Jal performed in a saxophone jazz quartet, as second alto sax, with his brothers Darius, Jay, and Noshervan. He also played French horn, violin, clarinet, organ, and piano. Throughout his life, classical music played in the background at home or in the car. For over five decades Jal was a devoted member of choral groups with whom he performed locally, nationally, and internationally.

Jal was a lifelong vegetarian, and vegan since 1963. He volunteered for the American Vegan Society, especially proofreading *American Vegan* magazine. Since 1966 and particularly in his retirement years, Jal helped Darius promote their father's color health system, Spectro-Chrome, with the nonprofit Dinshah Health Society.

Jal loved trees and spent weekends working in his woods, landscaping several acres. When he married (May 29 1967) he built Sylvhaven (completed in 1970), a home for himself, German wife Ursula, and her children. It is surrounded by his favorite

hickories and oaks with other native trees; the long driveway is bordered with dogwood, holly, rhododendron, and azalea.

An avid reader, Jal's library featured books on geography, nature, medicine, and religion. He began a lifetime subscription to *National Geographic* magazine in his 20s. Jal chronicled—with over 5000 photos—family history, growing landscapes, and travels in North America, Europe, and India.

Jal is survived by his wife of over 55 years, Ursula (Plotzki) Dinshah, age 92, adult children Michael and Connie, and grandchildren Alex, Eric, Ben, and Nardos, as well as brother Darius (95), and many nieces and nephews. A celebration of life is planned for summer 2023. Those interested in attending, please contact the family for details.



Photo: 1947 Jay and Jal on violin, Roshan on piano. The Dinshah brothers played music together and later helped each other with AVS.



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Ask Chef Ken

Welcome to Chef Ken Bergeron's new column. He answers your culinary questions and provides useful tips and tricks in the kitchen.

Chef Ken, what do you eat when cooking time is limited? —Thanks, Josie

Because of its quick preparation time, I eat oatmeal any time of the day. I vary the additions and seasonings, and it never gets boring.

Do the same with any quick-cooking cereal: cream of wheat/rice or even instant mashed potatoes. Leftover cooked grains work too. I like to make enough for at least a couple meals.

A friend inspired me with a similar idea to make a multi-grain base. Adding dry ingredients (such as raisins or dates) is quicker than chopping fresh produce, but fresh fruit and/or vegetables can be added to the pot while the base is cooking. Cutting the produce fine or grating it in will speed up cooking time. Or you can just enjoy them in their raw state. My version often starts with a grated and sautéed organic carrot.

Depending on the time needed to cook your added ingredients, you should add an additional ½-1 cup water to package directions for the hot cereal. This allows for absorption and evaporation.

A 1" carrot chunk takes 6-8 minutes to cook, while a grated carrot only takes a minute or so.

The oatmeal can be instant (quick) taking 1-2 minutes to cook, or rolled (old fashioned) oatmeal taking 5-6 minutes.

Enjoy it with one or more of the following:

- raisins, dates, prunes, or other dried fruit
- chopped walnuts or almonds, or for faster nutty flavor use peanut or almond butter
- apples, bananas, pears, berries, or coconut
- stevia, maple syrup, or sweetener of choice
- carrots, sweet potatoes, cherry tomatoes, spinach, or frozen peas
- spices: curry, cinnamon, or ginger

Increase protein with soy milk or cooked white beans (canned). If time allows, I start cooking small red or green lentils; as those soften, I add both the cereal and the fun!

So, add your favorites with unlimited possibilities.

Always in Good Taste, Ken

Send questions to chefkenbergeron@att.net

Ken Bergeron won the first gold medal for a vegan dish at the Culinary Olympics (1992) and wrote *Professional Vegetarian Cooking*. He is celebrated on February 14 during Vegan Cuisine Month for his contributions to the vegan movement.

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This durable vinyl *American Vegan* sticker (actual size: 6 3/4" x 3 3/4") with a high-gloss UV coating is perfect for you or a friend to decorate a bumper, refrigerator, computer, or notebook. Order at AmericanVegan.org, \$1 each with purchase of other items, or stickers only at 3 for \$3.



In the NEWS

MILK IS MILK: In February, following a sustained campaign by the U.S. dairy industry to clamp down on the use of the word "milk" on labels of plant-based products, the Food and Drug Administration (FDA) released draft guidance. Contrary to dairy-industry claims, the FDA noted its own focus-group research confirmed earlier surveys, finding no "consumer confusion" over the word "milk": "Consumers understand that plant-based milk alternatives are distinct products and choose to purchase plant-based milk alternatives because they are not [cow's] milk." The FDA then recommended that plant-based milks be permitted to use the word on labels. This was coupled in the draft guidance with a suggestion that nutrition info be included on the front label where a given drink would compare its nutrient profile to cow's milk. Many commenters, especially from the vegan sector, have expressed concerns over this portion of the proposed guidance as an undue burden on non-dairy milks. The FDA is set to finalize its guidance by the end of 2023.

COMMENT TO THE FDA FROM THE AMERICAN VEGAN SOCIETY:

While the term "milk" is commonly used for products from cows, it has always been used for plant-based products as well, such as coconut milk and soymilk. Furthermore, the first milks made in America were nut and seed milks, created by the Wabanaki and other tribes long before the arrival of Europeans. The American Vegan Society thus applauds the main thrust of the FDA draft guidance—that plant-based milks should be free to use the term "milk" on labels. However, the recommendation that nonanimal milks should carry labels comparing themselves on a nutrient-by-nutrient basis with cow-based milks is a bad idea whose only point is mollifying dairy producers. Cow's milk, designed for consumption by calves, should not be considered a standard for human nutrition.

Despite the FDA's officially remarking that "studies indicate that consumers understand that plant-based milk alternatives do not contain milk when shopping for various types of products labeled with the term 'milk,'" the proposal of this additional labeling furthers the fiction that consumers will not realize they are consuming a

product with a different set of ingredients. Such mandatory labeling also would be incredibly complicated for the FDA to regulate, while at the same time being completely unnecessary.

Our colleagues at the Vegetarian Resource Group (VRG) noted in an earlier public comment on this issue that "the Nutrition Facts and Ingredient list on food labels along with [existing] front-of-label information allows consumers to evaluate the nutritional characteristics of plant-based products." AVS joins with VRG in encouraging consumers "to seek out plant-based products that are fortified with nutrients such as calcium, vitamin D, and vitamin B12 if they rely on these products as a source of these nutrients," but stresses that "consumers are aware that there are nutritional differences between plant-based and animal-based products."

In fact, what consumers are kept the most in the dark about, and are thereby confused about, are the nutritional liabilities of dairy: that cow's milk is the most common childhood allergen; that it is very low in iron; that a majority of people of color are unable to digest lactose as adults; that all dairy beverages contain cholesterol, while no plant beverages do; that claims of dairy "building strong bones" have been proven false; that vitamin D is not a natural component but artificially added; and that milk consumption has been strongly tied to diseases such as breast cancer. If labels must specify information potentially impacting consumers' health, the transparency must logically go both ways. Therefore, the American Vegan Society calls on the FDA to formalize its ruling that there is no consumer confusion over the word "milk" on labels and permit the use of the word without tying this use to additional mandatory nutrition labeling—unless such detailed labeling is made mandatory for cow's milk as well.

Submitted April 23 2023.

For AVS sources and to read others' comments: www.regulations.gov/docket/FDA-2023-D-0451 Click tab "Browse all Comments" to find 567+ comments including from Physicians Committee for Responsible Medicine, Vegetarian Resource Group, EarthJustice, The Vegan Society (UK), Animal Legal Defense Fund, and many more including from the cow's milk industry and the plant milk industry, and individuals.

MEAT DEADLIER? U.S. deaths from E. coli related to meat consumption may be significantly higher than previous estimates, according to a study published in March in the journal *One Health*. DNA testing of animal meats and of animal eaters found that between 480,000 and 640,000 urinary tract infections per year could be linked to food-borne "zoonotic" (animal-derived) E. coli. This compares to the known death rate from E. coli of around 40,000 individuals per year. Lance B. Price, GWU professor of environmental and occupational health, noted that "the concept of foodborne E. coli causing urinary tract infections seems strange — that is, until you recognize that raw meat is often riddled with the E. coli strains that cause these infections."

ANIMAL-FREE RINGLING: The Ringling Brothers and Barnum & Bailey circus, once the scourge of animal activists for its refusal to free the tigers and elephants around which it built its visual brand, went out of business in 2017. In late 2022, though, the company announced its upcoming return to cities across the U.S.—but this time with no animal acts, according to reporting by the *Associated Press*.

DAIRY-FREE IKEA? Ikea, the international furniture-and-housewares chain, released its Sustainability Report for fiscal year 2022 detailing several initiatives the company plans to implement by 2030. One of the company's stated goals is to "remove or replace dairy in our range" in order "to further reduce the climate impact of our food ingredients." In the meantime, Ikea said it is continuing to "work toward the goal that 50% of main meals offered in our restaurants will be plant-based by 2025."

MUSHROOMING MUSCLES: A study published in *The Journal of Nutrition* in February found that a "non-animal-derived diet" high in mushroom protein is able to build and repair muscle in athletes just as capably as animal protein. Researchers at the University of Exeter found that "vegan diets facilitate comparable increases in muscle fiber size, muscle volume, whole body lean mass, and muscle strength" throughout a 10-week period and concluded that "a carefully designed vegan diet is capable of supporting optimal skeletal muscle adaptive responses to resistance training."

4-H IN HARSH SPOTLIGHT: An outside reaction by Shasta County (CA) officials led to a goat-killing story being heard and seen around the world. A 9-year-old girl had agreed to raise a baby goat named Cedar as part of a 4-H program that was to end with the animal's slaughter. But over time the girl saw Cedar as a person and begged for his

Obituaries



Mahwah NJ: Lorene M. Cox
February 20 2023, age 82

Lorene's life was filled with compassionate service to her family, friends, church, and community. After attending the 1975 XXIII World Vegetarian Congress, she suggested a welcome orientation presentation would improve the experience at subsequent annual Vegetarian/Vegan Summer-fests—and stepped into the role. Later, she took on the job of supervising, equipping, and supporting the cooking demos. She was a familiar face at American Vegan Garden Parties, providing patés and serving appetizers.

Akron OH: Nellie Saiom Shriver
January 12 2023, age 80

In the early 1970s, Nellie gained renown for challenging the Oscar Mayer and Star-Kist companies for their "happy" weiner/tuna product advertising. She publicly debated and thumped the president of the National Livestock and Meat Board. Nellie was media contact for the 1975 World Vegetarian Congress hosted by the North American Vegetarian Society in Orono Maine. She brought in major TV networks and national newspapers to cover the event and was a big part of its success and the subsequent stimulation of vegetarian and animal rights activism.

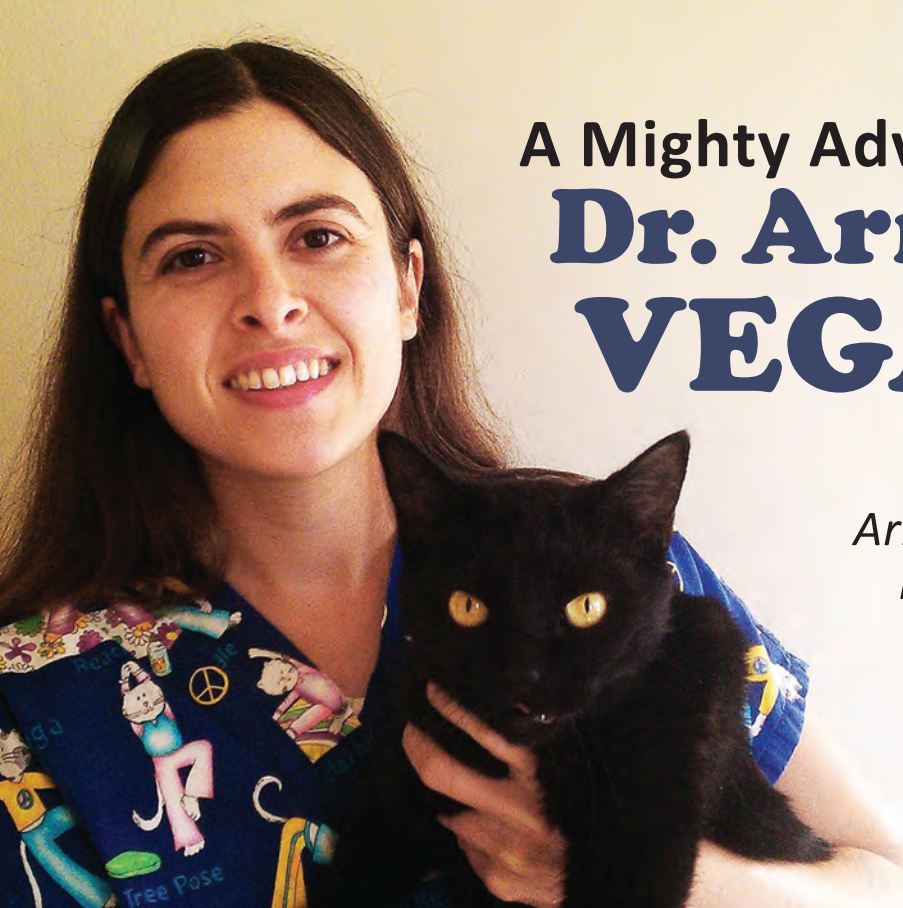


Marblehead MA: Dr. Roberta Kalechofsky
April 5 2022, age 90



Roberta was a feminist, author, and independent publisher (Micah Books) who focused on animal rights and vegetarianism within the Jewish Community. She and husband Robert (died December 2020) tabled at animal advocacy conferences where they were seen taking brisk morning walks. Roberta's insights and interpretations fascinated us: "The land of milk and honey" referred to a land of plenty where healthy women produce abundant milk for their infants, and "honey" comes from date palms.

life to be spared. Instead, the goat was seized by the Shasta County Sheriff's Office after officers acquired a search warrant and drove more than 500 miles to assure the animal was killed. While the little girl was heartbroken, the heavy-handed response made the story "go viral," with many national commentators now scrutinizing 4-H livestock programs for kids. Some have called this "indoctrination" into a violent culture.



A Mighty Advocate for Animals **Dr. Armaiti May** **VEGAN VET**

Carolyn J. Githens

Armaiti (Are-mighty) May, DVM helps the animals not only in her veterinary practice but as an advocate who spreads awareness about compassion for ALL living creatures.

Dr. May had a natural kinship with animals from a young age, and it seems she was destined to be an advocate for the voiceless. She was raised primarily vegetarian because her grandfather had witnessed a pig being slaughtered in Malaysia on his way from India to America and as a result, he vowed never again to eat land animals. May grew up in the Zoroastrian faith, the oldest monotheistic religion. One of its tenets is to show compassion and respect for animals: Each year an entire month is devoted to animal welfare in which believers are called on to eat only vegetarian food.

Dynamic Volunteer During College Years

As May grew older, she began to think she could be an advocate for animals as a veterinarian. While at college she read *Diet for a New America* by John Robbins. She was appalled by the cruelty of the egg and dairy industries depicted in the book, realized she didn't want to support that, and became vegan and an animal activist.

Vet school was very rigorous. Besides the intense studying, the environment didn't respect people with animal-rights affinities. In

a recent interview with Victoria Moran, May related that the day before she started vet school at University of California, Davis, she put stickers on her locker (such as "Love Animals—Don't Eat Them," "Protect Farm Animals," etc.) After six weeks, she was called into the dean's office because the stickers were considered "offensive." She was ostracized. She was quite surprised that her classmates weren't more sympathetic toward farm animals who were referred to as "food" animals throughout the vet school curriculum. She became determined to bring attention to the predicament of these animals. Over time, some of her classmates became her friends, but there was strong peer pressure to go along with the status quo.¹

May volunteered at a student-run vet clinic that provides free veterinary care to pets* of homeless people. She gained further experience performing spay and neuter surgeries for underserved communities in the U.S. (Native American reservations) and overseas (Guatemala and Nicaragua).

During vet school, May helped coordinate an alternative surgery "wet lab" training experience for fellow vet students, using

“If America’s dogs and cats were their own country, their meat consumption would rank fifth in the world...” —Market Watch

ethically sourced animal cadavers from a willed-body donation program² as a humane alternative to the school’s terminal surgeries. U.C. Davis’s live terminal surgeries in the small-animal surgery curriculum were subsequently replaced with a surgery rotation in which needed surgeries were performed by senior students with faculty supervision on animals whose guardians couldn’t afford the regular fees. She was one of the primary people organizing this in the latter stages. May says, “This was a win-win since the animals were benefiting, and the students were getting experience.”

The House Call Vet

Dr. May’s Veterinary House Calls serves the West Los Angeles CA and Quad Cities AZ areas (Chino Valley, Prescott, Prescott Valley, & Dewey-Humboldt). House calls are a great option because they are less stressful for the companion animal and convenient for people. Most services can be performed on a mobile visit. May gives a complete examination and consultation, including bloodwork when needed, routine procedures, and medical analysis of conditions such as diabetes, arthritis, and hypothyroidism. She also offers virtual and phone consultations, especially helpful to those who live a long distance away and would like a second opinion.

May thinks outside the box, always looking for the safest and most effective options. Along with conventional treatments, she offers alternative therapies such as acupuncture, Chinese herbs, homeopathy, essential oils, and when appropriate encourages titer blood testing to avoid overvaccination (titersforpets.org).

Nutrition

As a vegan herself, May chooses to feed her animals vegan food, and they are thriving.

Most of her clients are not there yet. Their animals may have allergies (hot spots) which are often due to toxins found in their meat-based food. Beef and chicken are the top two allergens: Chicken has arsenic—a Group 1

carcinogen.³ High quantities of mercury and neurotoxins are in seafood, especially tuna. May recommends trying a 50% meat and 50% vegan diet as an improvement for animals currently on a high-meat diet.

She tries to get a sense of her clients’ overall interest in better nutrition for their companion animals and encourages them in that direction. Including at least some plant foods is recommended for general health maintenance and overcoming obesity.

In addition to improving a pet’s health decreasing meat-based food for them is beneficial for ecological, and of course, humane reasons. Pets* eat an estimated one-quarter of all the meat consumed in the U.S. If America’s dogs and cats were their own country, their meat consumption would rank fifth in the world behind only Russia, Brazil, the United States, and China.⁴ May says, “Dogs eat so much more than cats, so it’s much more effective for them to be vegan.” The statistics are staggering: Feeding a large dog vegan food for 10 years could save up to 3,650 animal lives.⁵ Dogs are omnivorous so they more readily accept a vegan diet.



Buddy

Since cats are naturally carnivores, for them to adapt to a vegan diet it is necessary to supplement their food with synthetic forms of nutrients—such as taurine, which is found naturally occurring only in animal foods. Depending on the pH of the cat’s urine, it may also be necessary to use a urine acidifier in their food and properly monitor them with pH strips to avoid urinary crystals—especially for male cats because they can develop a urethral obstruction (blockage) which can be life threatening. Ensuring plenty of water to dilute urine and avoiding dry kibble is also helpful, but blockages can occur with meat-based diets too.

Continued on p12

Dr. Armaiti May VEGAN VET

Continued from p11

With overweight cats at least some plant-based food is recommended. If the cat is older, it might be harder to change their diet—but not impossible with flavor enhancers such as nutritional yeast, baby food puréed peas, and crumbled nori.

When considering a vegan diet for a companion animal, options include Nature's Recipe, V Dog, Halo, Evolution, Benevo, Amicat, and Wild Earth. Recipes can be found at CompassionCircle.com and in the books *Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats* (4th edition), and the newly released book *Plant-Powered Dog* (see p25 for book details).

Animal Activism/Outreach

A 2014 recipient of The Henry Spira Grassroots Animal Activist Award at the Animal Rights National Conference, May spreads the animal rights message in the community by leafleting combined with video footage, presenting documentary screenings with Q&A sessions, and speaking at events and on podcasts.

For the last six years, May has been volunteering every month to help homeless people's companion animals in Los Angeles with Angel Hanz for the Homeless (angelhanz.org). She says, "The need is tremendous, and there never seems to be enough help to meet that need. But those who are able to get help are so grateful. The animals in their lives are often their only family."

May is the founder and president of the Veterinary Association for the Protection of Animals (VAPA), an animal rights organization which raises awareness about the benefits of veganism and encourages veterinary schools to adopt humane surgical teaching methods (VapaVets.org). One such school is Western University which has a



Dr. May's vegan cats
Maiti and Angelica

reverence for life philosophy—no harmful or terminal use of animals in their curriculum. The university has a program that gives people the opportunity to donate deceased animals to veterinary education at the university.

May wants to inspire vet students to be humane: "Nowadays, it is possible to obtain a veterinary education without harming or killing animals, and especially so at certain schools. More and more veterinary schools are using humane education methods to teach their students."

Contact Dr. May at 310-614-3530 or VeganVet.net for a mobile visit or virtual/phone consult. Her website includes podcasts, information on veganism, and advice/resources for vet students.

Photos p10-12 courtesy of Dr. May.

*In the animal rights movement, "companion animal" is now a preferred term instead of "pet."

Carol Githens has rescued and raised four vegan cats over the past 35 years; each lived for 16 to 17 years. Since she herself could not justify rescuing some animals and feeding them meat from others, Carol used recipes formulated by James Peden, pioneer of using synthetic supplements to provide essential nutrients for carnivorous cats. (Since then, prepared vegan formula cat foods have become available.) Carol found a sympathetic vet locally and called Dr Armaiti May for additional advice about any health questions that arose.

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4. [marketwatch.com/story/americas-163-million-cats-and-dogs-are-responsible-for-30-of-the-environmental-impact-of-meat-consumption-2017-08-03](https://www.marketwatch.com/story/americas-163-million-cats-and-dogs-are-responsible-for-30-of-the-environmental-impact-of-meat-consumption-2017-08-03)
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"Nowadays, it is possible to obtain your veterinary education without harming or killing animals." —Armaiti May, DVM

SoFlo vegans

South Florida: a Global Hotspot for Veganism

Sean Russell founded SoFlo Vegans in 2017. Since then, it has produced LIVE events, books, magazines, podcasts, and social media content. Their mission is to build economically viable and sustainable vegan communities.



When Russell went vegan in 2013, he saw potential in supporting the growing vegan movement in South Florida. He utilizes over 26 years of research and development in community building and media production to provide residents and visitors with a snapshot of the vegan lifestyle in the tri-county area.

In 2022, Sean released his first book, *Pre-Vegans*, to provide nonvegans (pre-vegans) with inspirational stories and tips to help start their journey. The book is paired with online content that provides video versions of some of the stories in the book, with new videos uploaded each month. Vegans featured include PETA co-founder Ingrid Newkirk, Torre Washington, Earthling Ed, Dr. Michael Klaper, Robert Cheeke, and John Lewis aka Badassvegan.

SoFlo Vegans' continued success is tied to the recently launched Vegans Explore—which creates visibility for vegan communities around the world. Russell spent most of 2022

SoFlo Vegan advocates Tatiana Toruño, Elisa Reyes, Sean Russell, Oyuki Rogert, and another member of the team, greet pre-vegans at lifestyle enhancing events. Photo courtesy of Lesaruss Media

traveling worldwide, making connections with various community organizations to lay the groundwork for this program. Following the trip, he took a few months to focus on ensuring SoFlo Vegans was in the best possible position to support the fresh initiative and then go forward, again. Now they are gearing up for an exciting next chapter as they work on hosting monthly vegan networking events called SoFlo Vegans Unite, and other collaborative attractions.

Russell's ultimate goal is to create a platform that champions every business and organization embracing the vegan movement!

To see the enthusiasm SoFlo Vegans is generating, visit soflovegans.com or download their mobile app by searching for SoFlo Vegans in Apple or Android stores.

FOUR TIPS For a Vegan Lifestyle

Anthony Dissen, EdD, MPH, MA, RDN, CPH



The world is more aware of, accepting of, and excited about vegan and plant-based ways of eating than ever before! Social media has allowed more people from all areas and walks of life to connect and share resources, information, personal stories, and motivations than most of us would have ever thought possible. New food companies and technologies have allowed for the creation of food products and ingredients that are delicious and accepted by vegans and nonvegans alike. And there are countless healthcare providers, political representatives, educators, researchers, activists, and business leaders who have made vegan living and eating a cornerstone of their personal and professional lives.

This is something to recognize and celebrate! And yet, even with this rise in popularity, awareness, and acceptance, many people find adopting a vegan way of living fraught with difficulties. Unfortunately, much of this fear seems to be coming from the healthcare world. There are many voices within this field that advocate for the adoption of a vegan or plant-based diet to promote better personal health, reduce risk of chronic disease, and improve the health of the planet as a whole. And while many of these voices are undoubtedly sharing their message from a place of wanting to do good, too often the narrative being shared is one saturated with anxiety, restrictions, and sometimes even harmful recommendations.

To help eliminate this fear, please use this guide to help you along your own vegan journey!

1. Avoid the Restriction Trap

One of the most concerning messages being shared among vegans and plant-based people is to cut out a great number of foods. These can include oils, salt, sugar, certain processed foods, plant-based milks, meat substitutes, and gluten-containing foods, and can also include messages related to fasting, restricting calories, and even skipping entire meals all together. Much of this is based on the notion of dietary patterns being related to certain chronic diseases. And while the foods we eat can absolutely play a powerful role in our health, very often these messages of restriction are based in fear, diet culture, and disordered-eating messages that can end up harming a person's health as opposed to helping. Remember, a vegan way of eating is based in reducing and avoiding the exploitation of animals. It is not a guarantee of better health or of disease reversal, and if restrictions lead someone to feel weak, frustrated, and unhappy, they are much less likely to continue to follow a vegan lifestyle. If you follow a vegan lifestyle, or are interested in doing so, do not come to it with a long list of foods or ingredients that you cannot eat. Focus on all of the amazing vegan-friendly foods that exist in the world and celebrate how delicious and nourishing these foods can be.

2. Supplements Can Be Good

Too often people avoid supplements because they have been told that supplements are harmful or not necessary for vegans—or that vegan foods will always provide all necessary nutrients as long as someone is eating “perfectly” enough. Dietary supplements have their place, and

some can be completely necessary for a vegan diet, such as vitamin B-12. Taking dietary supplements doesn't mean you are doing something incorrectly! Other important dietary supplements to consider when following a vegan way of eating include vitamin D, calcium, EPA and DHA omega-3 fatty acids, and sometimes iron and iodine. Speak to a qualified Registered Dietitian Nutritionist to determine which supplements you may wish to consider or may need to stay healthy.

3. Focus On Your Joy

What about following a vegan lifestyle makes you joyful? What about it makes you happy, fulfilled, and excited? Let these be your guiding forces! It is unfortunate how much fighting and argument takes place within the vegan community, especially in online settings, and this can rob the joy and happiness that should ideally form the foundation of a vegan life. Avoid those spaces and those voices that are steeped in anger and an "all or nothing" way of thinking. Find friends, resources, communities, and educators who are showing how to thrive while following a vegan lifestyle with a spirit of pleasure and support.

4. You Cannot Do Vegan Wrong

A vegan way of living and eating is, first and foremost, about reducing harm in the world. Reducing the harm done to animals, the harm to the environment that results from animal-based agriculture, and the harm to humans that results from animal exploitation and environmental harm. Any amount of effort that helps to reduce these harms is worthy of praise! No one person is more or less vegan than another. All of us do our best each day, and we all have different ways of living as vegan as we can. Do not exhaust yourself or stress yourself out trying to be the perfect vegan, and do not diminish your own good works by comparing yourself to others. This isn't a competition, and no medals or trophies are given. Find those opportunities each day, some big and some small, to approach life from a vegan mindset. Nothing more is needed.

So please free yourself from unnecessary fears or worries when it comes to a vegan way of living, eating, and flourishing. A vegan way of life is about promoting good and reducing harm, and that includes reducing the harm that we can inflict upon ourselves through burdening ourselves with guilt, anxiety, and worry. Take advantage of the resources and supports that exist, and reclaim and celebrate your joy!

Dr. Anthony Disen is a Registered Dietitian Nutritionist, Public Health Educator, and Health Researcher who currently works as a Tenured Instructor of Health Science at Stockton University in the School of Health Sciences. Anthony's scholarly work focuses in evidence-based nutrition, narrative-based medicine, mindfulness and contemplative practices, and community and public health education. Anthony has been following a plant-based diet for the past 20 years and provides workshops and programs pertaining to evidence-based approaches to plant-based nutrition for both healthcare professionals and members of the community. He is also on the American Vegan Speakers Bureau.

Anthony will be a speaker at the American Vegan Garden Party—see p2.

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Recipes from Chef AJ

10th Anniversary Edition:
UNPROCESSED
Revitalize Your Health
with Whole Foods



Quinoa Salad with Currants, Pistachios, and Pomegranate

Try red quinoa for a colorful change of pace.

- 1 (16-oz) box quinoa, cooked and cooled
- 1 cup lime, plus zest if using fresh fruit
- 2 oz finely chopped scallions
- 2 oz finely chopped Italian parsley
- 2 oz finely chopped mint
- 2 cups dried currants
- 8 oz raw pistachios
- 1 cup pomegranate seeds

Prepare the quinoa according to package directions. Place in a large bowl; allow to cool.

Juice and zest the limes if using fresh limes. Pour over the quinoa. Add the remaining ingredients and mix well. Chill.



Mint Chocolate Mousse Torte

Filling

- 16 oz pitted dates, soaked in 2 cups unsweetened nondairy milk
- 1 Tbsp alcohol-free vanilla extract, or 1 tsp vanilla powder
- 1 to 2 tsp peppermint extract
- ½ cup cocoa powder or carob powder
- 12 oz walnuts
- ½ cup unsweetened shredded coconut

Crust

- 2 cups raw walnuts
- ¼ cup cocoa powder or carob powder
- 2 cups pitted dates
- 1 Tbsp alcohol-free vanilla, or 1 tsp vanilla powder
- 1 tsp peppermint extract
- ½ cup cacao nibs, for garnish

To make filling, process soaked dates with vanilla and peppermint extract in food processor fitted with the “S” blade until very smooth. Add cocoa powder and process again until smooth, then place entire mixture in bowl.

In same processor bowl, process 12 oz of walnuts until like nut butter. Add coconut and process. Add date mixture; combine ingredients by hand until completely incorporated.

To make crust, process 2 cups of walnuts with cocoa in food processor. Do not overprocess or you will have nut butter. Add 2 cups dates, a few at a time, until the mixture holds together and you can easily roll it into a ball. Add vanilla and peppermint extracts and process again briefly.

Press crust into 8- or 9-inch springform pan. Spread filling over top, garnish with cacao nibs, and freeze until solid.

Food photos: Hannah Kaminsky; Chef AJ: Gor Gevorkyan
Book details on page 25.

Part 4 of a series by Freya Dinshah

Jay Dinshah & the Modern Vegan Movement CALIFORNIA 1962 - 1964



H. Jay Dinshah (1933–2000) is regarded as the father of the modern vegan movement in the United States. In 1960 he founded the American Vegan Society which published a widely read magazine (Ahimsa) and influential books. A dynamic speaker, Jay lectured across the United States and around the world. He was the force behind landmark conferences.

Jay Dinshah was called a “crank,” to which he replied, “You need a crank to get things going!”

His employment—in hardware, as a jewelry store manager, oil distribution company bookkeeper, auto mechanic, proofreader, and salesman, etc.—was intermittent, and incidental to his mission of teaching people to live without killing or enslaving animals for food, for clothing, or for other reasons.

Jay had founded American Vegan Society (AVS) in 1960 in New Jersey. Summer 1962 through spring 1964 was spent in California with Freya and his brother Roshan.

At that time, the prevailing professional and popular view was that meat and eggs were the best sources of protein, cow’s milk for calcium. But not everyone was of that opinion.

Among the people who influenced AVS, and would impact nutritional science, were Seventh-day Adventists in the Health Ministry who spoke at AVS 3rd annual convention (Los

Angeles, March 1963). Loma Linda University professor of medicine Dr. Mervyn Hardinge (1914-2010) observed how deserts had been created by the overgrazing of animals, and that (compared to vegetable foods) milk returns only 15% of the nourishment, eggs only 7%, and beef only 4%. Hardinge founded the Loma Linda School of Public Health (1967) and did important research on nutrition and longevity—establishing the validity and advantages of vegan eating*.

The Soybean Cookbook by nutritionist Dorothea Van Gundy Jones was published in 1963. Preventive medicine specialist Dr. J. A. Scharffenberg advised not using any meat, eggs, fish, or animal milk products. His observations would appear in *Problems with Meat* (1979).

Dr. Herbert M. Shelton (1895-1985) declared meat, eggs, and milk to be second-hand foods. At the American Natural Hygiene Society convention in San Diego July 1963, he and others promoted use of plant-based food, exercise, rest, and fasting as tools for healthy living.

What Jay was teaching from an ethical and compassionate viewpoint also made sense from a nutrition and health-improvement standpoint. How fortuitous!

To be continued...

Freya Dinshah is currently AVS president and *American Vegan* editor.

*Although Jay and Roshan went vegan in 1957, their brother Jal was convinced to go vegan at this convention in 1963.

Photo at left top: Freya at Kalmia St, San Diego CA
Left bottom: Freya & Jay (ages 21 & 29), and Freya’s mom Grace Smith from England.



Cleaning & Painting

Aline Dürr



Aline Dürr, founder and director of Vegan Interior Design, is an award-winning interior architect, thought leader, coach, and author of the book *Vegan Interior Design*. Her design services, the educational platform with online courses, and her book can be accessed through veganinteriordesign.com.

Aline's book is also available from AVS at americanvegan.org.

The term 'spring clean' has long moved to a more general meaning and can really be done at any time of the year. While some associate it with cleaning out the wardrobe, others relate it to doing a deep clean, rearranging the house, or preparing their garden for a new season.

As an interior architect who loves the balance between minimalism and the right amount of personal touches, my idea of freshening up a space includes a good look through all cupboards and wardrobes to purge them of unnecessary items, a thorough deep clean of the house inside and out, as well as some color changes to ring in a new season. For vegans, the choice of products for all of the above may seem slightly reduced, but the feeling once the place is sparkling without the use of any animal products is just unbeatable.

Everything that goes onto any surfaces at home should be organic, cruelty-free, and vegan. Organic because all products release fumes that you and your family breathe in, and you do not want any nasty chemicals near you; cruelty-free and vegan for obvious reasons. While it is widely known that many cleaning products contain chemicals that have been tested on animals, I am often asked what makes a cleaning product not vegan. There are many hidden animal ingredients lurking in conventional household cleaners and PETA has put together an extensive list of them on their website which is worth a read¹. Some of the most common nonvegan ingredients in cleaning products are tallow, beeswax, glycerin (if not specifically plant-derived), lecithin, lanolin, and animal hair bristles in cleaning brushes and paintbrushes.

Looking out for a cruelty-free and vegan stamp is the first step to avoid all of the above. But even if a product is vegan, it may still contain a list of unhealthy chemicals. "Most of the ingredients used in conventional cleaning products will not only expose your family to potentially toxic and known carcinogens, they also have the capacity





to mutate bacteria so they become resistant and potentially more dangerous,” says Nicole Bjilma, healthy home expert and author of *Healthy Home Healthy Family* (2018). Ingredients that definitely need to be avoided at all cost are: phthalates, perchloroethylene (PERC), phosphates, urea, triclosan, formaldehyde, ammo-

nia, sodium and potassium hydroxide, chlorine, and bleach. Each of them can cause serious adverse health effects such as skin rashes, extreme headaches, asthma, ADHD, or damages to liver, kidneys, lungs, and reproductive system, just to name a few. So it really is important to keep them far away from the home.

The best alternatives to conventional cleaning products are, of course, the ones made from common household staples such as castile soaps, baking soda, white vinegar, lemon, essential oils, or cornstarch. It may seem daunting and just not as effective as shop-bought products, but there are so many great recipes out there worth trying such as the “150 Super-Easy Herbal Formulas” from Karyn Siegel-Maier’s book *The Naturally Clean Home*.

To take things a step further and freshen up the overall feel and energy of the house, one simple way is painting some or all walls in a new color. This can make all the difference for a fresh start to a new season.

Most people would not even think twice when buying wall paint and focus on picking the right color rather than suspecting animal ingredients hidden in it. More often than not though, wall paint is not vegan. Standard wall paints traditionally include beeswax as a binder, ox gall as a wetting agent, casein

(primary protein in milk), or shellac (resin secreted from the female lac bug). In addition to the animal-derived ingredients, paints are often also tested on animals which can include testing the paint on their skin, forced ingestion, or inhalation.

Vegan paints, on top of being free from all animal cruelty, come with big health benefits as they are generally less toxic with a lower concentration of volatile organic compounds (VOCs), using plant-based solvents and zero VOC colorants. In building biology, the study of the holistic relationships between humans and their built environment, rooms and walls are referred to as our ‘third skin’ which reflects how closely we are connected to our built environment. If we think of our walls as our third skin, it is definitely worth considering what we put on them. Water-based paints like the ones by Graphenstone, for example, are not only toxin- and microplastic-free but have CO2 absorbing properties which improve indoor air quality.²

Whatever you choose to do to freshen up your home for summer, make a habit of avoiding long ingredient lists with unpronounceable names!

References:

1 PETA ‘Animal-Derived Ingredients List’: peta.org/living/food/animal-ingredients-list/

2 Graphenstone: graphenstone.com/graphenstone-global-healthy-environments.html

Photos—p18 left: Olena Sergienko, Unsplash; bottom-Daiga Ellaby, Unsplash

p19 top: Sarah Crowley, design by Apartment Therapy; bottom-Graphenstone



IPCC CAVES TO MEAT INDUSTRY, MISSES THE VEGAN BOAT

On March 20, the United Nations Intergovernmental Panel on Climate Change (IPCC) released its sixth Synthesis Report.¹ Some of the Report's headline statements are summarized below:

- Our collective lifestyle marked by high overall consumption, and high use of energy and land, as well as conversion of land from forest or habitat to agriculture or urban/suburban uses is driving climate change, and emissions continue to increase.
- Temperatures have already increased 1.1 °C (2°F) compared to the last half of the 19th century.
- If emissions trends continue, that will likely preclude the possibility of limiting the increase to the original target of 1.5°C (2.7°F) by the year 2100. Whether the increase can be limited to even 2°C (3.6°F) is uncertain.
- Some future consequences are likely irreversible. However, the extent of change could be modified with deep, fast, and sustained reductions in the causes outlined above.

Although the report's headline statements mention concerns about fossil-fuel-related emissions, no mention is made of emissions related to agriculture, farming, dietary patterns, protein sources, or livestock. Meat industries in Brazil and Argentina—among the top meat-consuming countries²—lobbied to moderate any reference to meat as a problem. IPCC authors agreed to eliminate any recommendations for reduced meat intake or adoption of plant-based or vegan diets.

IPCC authors had been prepared to recommend plant-based³ diets, citing a potential 50% reduction in emissions (versus a standard western diet).³ But the Brazilian and Argentinian meat industries convinced the authors to change the primary text language to “balanced and sustainable healthy diets.” Specifically, “balanced diets refer to diets that feature plant-based foods, such as those based on coarse grains, legumes, fruits and vegetables, nuts and seeds, and animal-sourced food produced in resilient, sustainable, and low-GHG emission systems.”⁴ The industries also apparently attempted to ensure omission of any content defining a sustainable diet. They'd previously blocked any mention of necessary policy changes, such as a meat tax.⁵

THE BLOB STRIKES AGAIN!

Huge floating masses of sargassum, a brown seaweed, have suddenly bloomed in the Atlantic Ocean far beyond historical levels and are beginning to collect on Florida and Caribbean beaches. The largest floating mass is over 5,000 miles long, stretching from Africa to Mexico's Yucatan, and has acquired its own name: the Great Atlantic Sargassum Belt. While the seaweed itself poses no immediate threat to humans, it can accumulate as much as five feet high, and when it rots, it releases a lot of stinky hydrogen sulfide gas (aka that “rotten egg” smell) as well as methane, a potent greenhouse gas. On beaches, it's also affecting the ability of turtles to navigate the sand to lay eggs, and thus might affect their populations.

Under normal circumstances, sargassum provides essential food and shelter for numerous fish, bird, and invertebrate species. However, the sargassum seems to be blooming in such huge quantities due to changes in ocean circulation, and perhaps most especially, due to changes in Amazon land-use patterns that delivered increased nutrients to the Atlantic—in other words, deforestation for cattle pasture and feed crop production. As mentioned above, Brazil is one of the top five beef-consuming nations, and under their previous president, Amazon destruction accelerated substantially. The sargassum can be collected, but efficient land disposal remains problematic due to the sheer volume.⁶

1 United Nations Intergovernmental Panel on Climate Change. (2023). AR6 Synthesis Report: Climate Change 2023. <https://www.ipcc.ch/report/sixth-assessment-report-cycle/>

2 McCarthy, N. (2020). The Countries That Eat the Most Meat. Statista. <https://www.statista.com/chart/3707/the-countries-that-eat-the-most-meat/>

3 Almendral, A. (2023). The meat industry blocked the IPCC's attempt to recommend a plant-based diet. <https://qz.com/ipcc-report-on-climate-change-meat-industry-1850261179>

4 IPCC. 2023

5 Carter, L., & Dowler, C. (2021). Leaked documents reveal the fossil fuel and meat producing countries lobbying against climate action. <https://unearthed.greenpeace.org/2021/10/21/leaked-climate-lobbying-ipcc-glasgow/>

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VEGAN GREEN House Cleaner

Carolyn J. Githens

Steve Faris established his house-cleaning service in 2001 when he was laid off after 30 years in the printing business. The printing industry was very competitive and stressful, so starting a cleaning business sounded good to him: He could be his own boss while getting exercise.

Faris uses cleaners that are eco-friendly, safe for his health, and vegan (no animal ingredients). If you are not sure about a product, look on the label for a declaration by the company or third-party certifications. Try doublecheckvegan.com or the application isitvegan.net.

Bon Ami, is a product long-favored by vegans. Faris finds it handy for many jobs such as getting marks off refrigerator doors and flooring (used with a wet cloth). He adds it to other cleaning products to increase effectiveness and for the removal of toilet rings. For extra-tough toilet stains, he uses a special pumice stone that will remove most rings and not scratch the porcelain.

Besides using commercial products such as Faris' favorite Seventh Generation™ and Sun & Earth®, another option is homemade cleaning solutions.



Photo courtesy of Andrea Dillon

Steve at 72 years old

When dealing with clogged drains, Faris uses vinegar and baking soda. For cleaning mirrors, a vinegar and water solution will work well, but he warns, “It will ruin marble floors.”

Faris is slowing down his business now, and his customers aren't happy about that—making it hard for him to retire.



The Vegan Trademark

As of June 2021, American Vegan Society is the registered agent for the Vegan Trademark in the United States. The Vegan Trademark has been helping people identify that a product is free from animal ingredients since 1990. Registration with the trademark gives brands the confidence to shout about their vegan credentials.

Certification Facts

- Over 94% of vegans look for independent vegan verification.
- 77% (of all consumers) believe third-party certification for vegan products is important.
Source: Attest surveys completed online for The Vegan Society of 1000 UK and 1000 USA Adults, February 2021
- 80% of our current Trademark Holders chose us because of Brand Awareness & Consumer Confidence.
Source: According to SurveyMonkey completed online for the Vegan Trademark by current Trademark Holders
- We have over 65,000 products registered, with over 1,500 businesses across more than 75 countries.

Would you like to apply for The Vegan Trademark for your company's products?

Contact: Trademark@AmericanVegan.org

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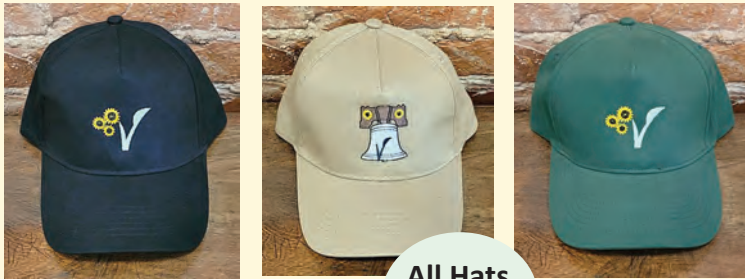
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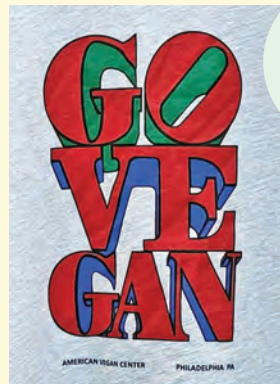


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Four Added to American Vegan Speakers Bureau



Saurabh Dalal
(DC/NY)
Environment
Ethical Investing

Saurabh Dalal is an engineering consultant and physicist who is passionate in promoting a vegan lifestyle and ahimsa (nonviolence) as compelling solutions to many global issues. Saurabh is a lifelong vegetarian and vegan since 1991 for ethical reasons. He volunteers for many groups, has been a board member/board advisor for numerous like-minded organizations, has been active in the Jain community internationally, and is an avid ethical investor for decades. He explores ways of integrating sound science into related areas of his activism.

Sample Talks: Investing with Vegan Values; The Vegan Imperative to Reverse Our Ecological Crises; Ahimsa & the Spirit of Jainism

Contact: saurabh@vsdc.org



Sharonda
Harris-Bunton (NJ)
Cooking

Sharonda is a General Advisor for AVS. She is the owner/chef of Vegans Are Us restaurants in Vineland and Atlantic City NJ.

Sharonda has a BA in sociology and is a certified nutritionist, personal trainer, and certified instructor to teach strength training, Tabata HIIT training, bootcamp, and kickboxing. She is also an actress and model. Sharonda devotes herself to the preservation of humanity, animal welfare, and universal harmony.

Sample Talk: Plant Foods Have the Power to Heal the Mind, Body, and Spirit

Contact: vegansareusnj@gmail.com
website: vegansareusnj.com

Dr. Stasia
Kahn-Richter (IL)
Health



Dr. Kahn is an internal medicine physician who works in private practice at Rush University as a primary care provider. She is interested in giving back to the community by giving presentations on healthy lifestyles.

Sample Talks: Inspiration for Healthy Living; Lessons to Share from 34 Years of Medical Practice; Understanding Family Lifestyle Choices that Impact Health; Obesity and Chronic Medical Conditions are Preventable; Gardening for Health; Anti-inflammatory and Brain-Preserving Foods; Good Carbs/Bad Carbs.

Contact: stasiakahn@gmail.com

Joanne Kong (VA)
Environment & Animals



Dr. Kong has spoken throughout the U.S. and her advocacy activities have been recognized around the world. She is the author of the book, *If You've Ever Loved an Animal, Go Vegan*. Kong has a TEDx talk, "The Power of Plant-Based Eating" on YouTube. vegansmakeadifference.com

Sample Talks: The Future of Food: Sustainable and Compassionate; If You've Ever Loved an Animal, Go Vegan; The Act of Courageous Compassion That Can Heal Our World; Why Veganism is More Important Than Ever; The Social Damage of Factory Farms.

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804-519-8182

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An educational event is held each year. The next one is May 28 2023 at AVS Headquarters in Malaga NJ. The annual membership meeting will be held at this time & includes election of trustees from and by advanced members (current members who are vegan and practice ahimsa).



& Cheesesteak Contest

Emcee: Vance Lehmkuhl

Friday June 30 7:00pm

Awards & Food Tasting

Friends Center 1501 Cherry St Philadelphia

Tix: \$30 adult, \$15 student, \$50 supporter
(**\$5 higher at the door**)

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AmericanVegan.org
June 15-23



*Greater Philly residents vote. Everyone is welcome to attend.

American Vegan

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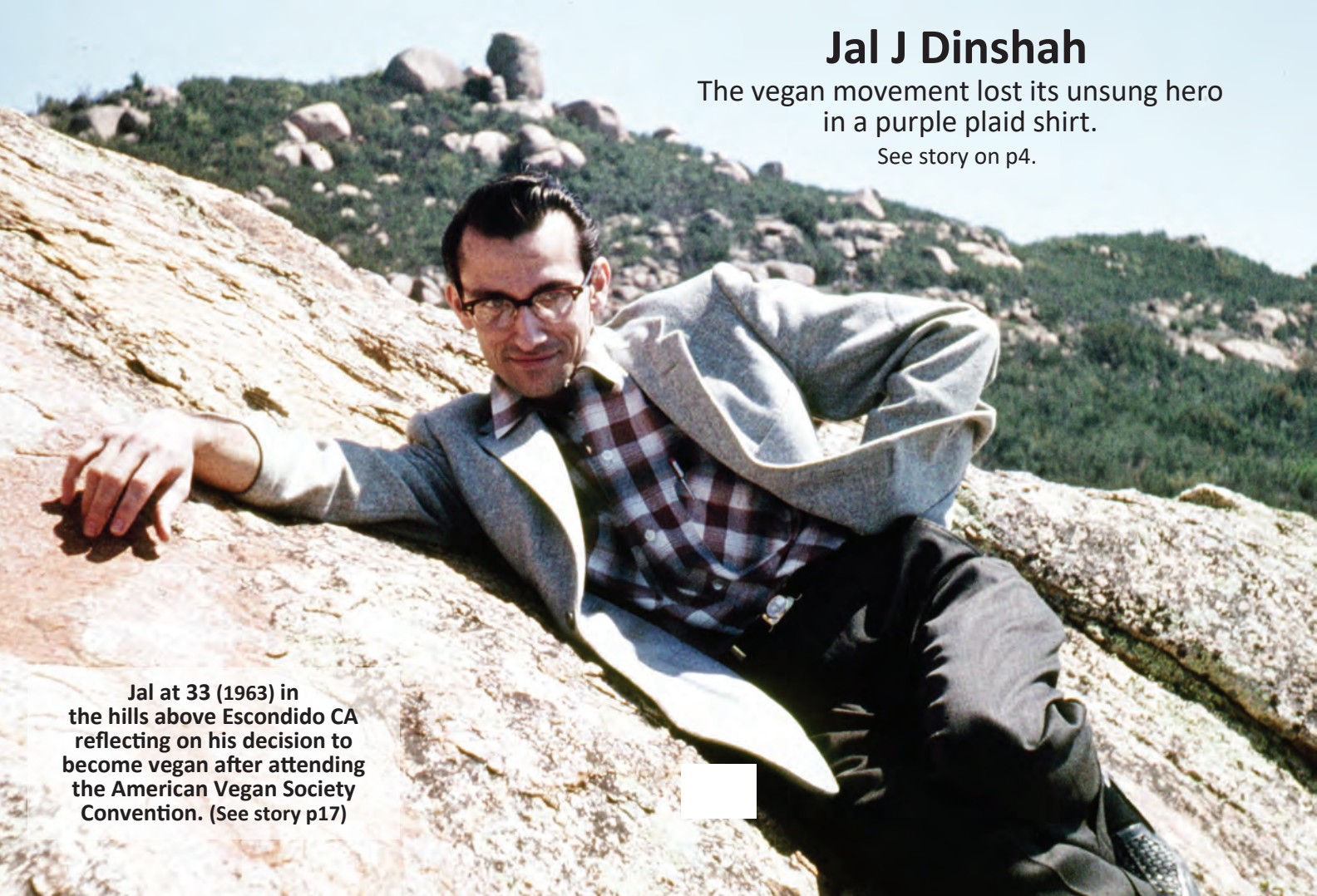
DATED MATERIAL

A Vegan Hero

Jal J Dinshah

The vegan movement lost its unsung hero
in a purple plaid shirt.

See story on p4.



Jal at 33 (1963) in
the hills above Escondido CA
reflecting on his decision to
become vegan after attending
the American Vegan Society
Convention. (See story p17)