American Vegan

Winter 2019/2020



Is It Easy to Be Vegan?

Vegan Cuisine Month

Philly Vegan Awards

Burgers!

New Signs at AVS!

American Vegan Society received a generous donation for new signs.

A sign at Dinshah Lane and N West Boulevard, Malaga New Jersey, lets people know we are here (photo on right). A variety of window signs direct people where they want to go or where they are (some shown below).

Shop at the world's largest brick-n-mortar vegan bookstore (call ahead 856-694-2887), try on your new vegan shirts in person, and/or attend an upcoming event.

We're so much easier to find!









Vegan Summerfest announces dates: **July 1-5 2020!**

University of Pittsburgh at Johnstown PA
The VEGAN LEARNING VACATION that will change your life!

Details coming in late January: https://summerfest.navs-online.org

AMERICAN Vegan

Winter 2019-2020

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Ahimsa lights the way!

Editor: Freya Dinshah (NJ)

Managing Editor: Anne Dinshah (NY)

Associate Editor: Elliot Walsh (MA)

News Editor: Vance Lehmkuhl (PA)

Graphics Manager/Assistant Editor: Carolyn Githens (NJ)

Environmental Editor: Dale Lugenbehl (OR)

Nutrition Advisors: Rebecca Aslam RD (MA), Anthony Dissen RD (NJ), Mark Rifkin RD (MD)

Assistant Editors: Theresa Anderson (NJ), Ashton Hicks (NY), Yuyao Huang (RI), Jiwon Joung (MI)

Proofreaders: Clint M.H. Dinshah (NY), Jal J. Dinshah (NJ), Lois Dinshah (NJ)

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.

Knowledge and opinions in *American Vegan* represent views of the individual authors, not necessarily those of AVS or *American Vegan*.

Confidentiality: AVS' membership list is never rented or given out for commercial use or solicitations.

Advertising: We accept limited paid advertising of educational nature.

Articles are welcomed for possible publication.

Contact us at info@americanvegan.org.

Contents

New Signs at AVS 2
60th Anniversary 4
Comments from Our Readers 4
Election of Trustees 5
Editorial: Bypassing Beef 5
Are Burgers Possibly Good? 6
Freya's Bean Burgers 9
Veggie Burger History Lesson 10
It's Never Been Easier to Be Vegan 12
Vegan Generation[3] 13
It's Not Easy for Everyone to Go Vegan 14
Documentary: Code Blue 16
Dinners at Carême's 17
Philly Vegan Awards 18
Winners of Philly Vegan Awards 20
Do Fun Things: Eat a LUHV Burger 21
Regenerative Grazing 22
T-shirts 23
I Became Vegan: Dr. Michael Klaper 24
Honoring Alfoncie B. Austin 25
Vegan Cuisine Month 26
Winterim Vegan Education Class 27
American Vegan Speakers Bureau 28
Marian Walker 30
Assorted AVS Info 32
AVS Membership/Subscription 33
Other Species as Our Teachers 34
American Vegan Garden Party 35

Front cover photo of the Beyond "brisket burger" at Philadium, a neighborhood bar in South Philadelphia, by Anne Dinshah

Back cover photo by Robert Stolpe

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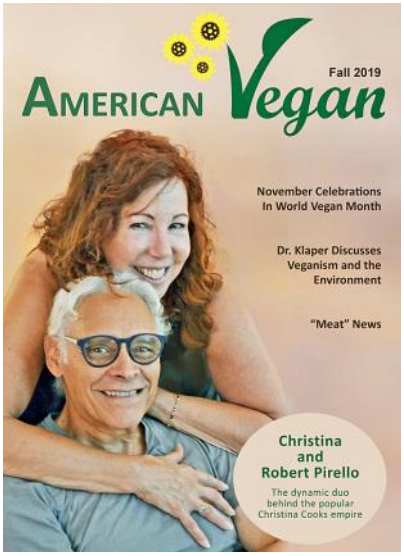
2020 Marks the 60th ANNIVERSARY of American Vegan Society!

In February 1960, H. Jay Dinshah founded AVS, and for 60 years this organization has worked to raise vegan awareness, helping to make 'vegan' a household word in the United States.

Vegan-promoting events by AVS include American Vegan Garden Party, Harvest Gala, Philly Vegan Awards, Carême's Dinners, Vegan Cuisine Month, and Dynamic Harmlessness Day. AVS publishes *American Vegan* magazine and offers vegan books and merchandise for sale.

The mission of AVS is to serve as a leading source of accurate vegan information for those inquiring about the lifestyle, whether in person or via media channels, and to provide positive, helpful encouragement to anyone transitioning to vegan. AVS' goal is to increase public knowledge and understanding of veganism while celebrating the vision of the founder. With its 60-year track record, AVS supplies valuable perspective on current trends along with historical context and a foundation of hope for the future. **Celebrate 2020 with AVS!**

Comments from Our Readers



Robert & Christina Pirello, 2019

We received many compliments on the fall cover photo. Here's the scoop: We wrapped up the planned photoshoot on Christina's story, usual shots of her with food. She was giving us a tour of some of her art.

Christina mentioned, "If the house were burning, I'd save Robert and that one photo." Robert was suffering with a cast on his leg, so we didn't want to impose, but Anne said, "Hey, just for fun, can I shoot you in that pose? Don't get up." It was the last photo taken that day. We hadn't planned it, fixed the lighting, or anything.

Robert and Christina looked so natural together it was the perfect cover, casual like your next-door neighbors. And it perfectly highlights Robert's inspirational and manager role which most people don't realize is half responsible for Christina's highly visible success.



Photo by Bruce Jankowski

Robert & Christina Pirello, 1985

Really delicious recipes. What a beautiful, interesting, informative magazine. Inspiring too!
— M.S., Charlottesville VA

We love the fall magazine. What a beautiful cover. My boyfriend and I had good discussions about the magazine including a lively debate on whether the cover color is taupe.
—M.P., Malaga NJ

I was pleased to receive my latest edition of *American Vegan*. The latest edition really summed up the ahimsa way of life. ...you seem to have the ability to educate people to spread the message of peace on earth to peoples of good will.
— Anonymous

Keep up the good work.
— A.T., Vineland NJ



Annual Membership Meeting
Sunday May 24 2020, 3:00pm

Election of Trustees

There will be three vacancies (out of five elected positions) on AVS Council of Trustees: One is a 2-year term; two are 3-year terms. Trustees are elected from among the Advanced Membership, and by direct vote of Advanced Members (see definition below) present at the meeting.

The Council of Trustees is the supreme governing body of the American Vegan Society, responsible for setting forth the long-term goals and activities, and general operating policies. Council appoints officers to the Executive Committee which is the administrative body of the Society responsible for day-to-day activities and programs. Council reviews financial records and reports submitted to it by treasurer, president, and project committees.

Advanced Members must have followed a vegan lifestyle for at least one year regarding food, clothing and other matters as practical, and practice dynamic harmlessness (living by the principle of ahimsa). Application form can be requested from AVS.

Trustee Candidates should support the society's objectives and mission, be able to communicate well and consider issues thoughtfully. Council meetings are generally in person twice a year with option to attend via Skype or phone. Additional communications are by email and phone as needed.

AVS is looking for a broad base of skills, experience, and diversity among Council members.

Candidates must be Advanced Members of the American Vegan Society, with annual dues currently paid. Nominations are made by the Executive Committee or by petition of any three Advanced Members to the Executive Committee by April 24 2020. Candidates should submit a personal profile listing relevant qualifications, experience, and hopes for the society.

Contact Freya at AVS 856-694-2887 for further information.

Editorial:

Bypassing Beef



In Summer 2015 (*American Vegan* cover story), we were impressed by Beyond Meat CEO Ethan Brown's grand ambition and determination for his vegan company founded on ethical values. He continues to display brilliance in reaching people who are not vegan (yet) in new ways, from selling his products in the meat case at supermarkets to meeting the demands at a variety of restaurants, fine or fast.

Now that Impossible* has entered the market, even in little towns, giant signs proclaim, "Impossible is here!" Across the U.S., many people who never thought of going vegan are raving about the new plant-made burgers because they pass the taste test and cook like regular burgers. Most importantly it is cutting America's meat consumption in noticeable ways. This is great news because it opens doors and dialogues.

American Vegan Society is delighted that these burgers are now widely available. Now that you can get Impossible or Beyond burgers at a drive-thru, it makes not eating animals an easier choice.

We welcome burgers driving mainstream America towards more compassionate foods. These new burgers have caught on like wildfire; early veggie burgers didn't. There's a growing urgency for Americans to try new things. Is it enlightenment on climate change? Or did the neighbor's heart attack steer people to the no-cholesterol option? The demand for these burgers is exploding; let's celebrate progress.

Vegans can go out to eat at many more places and not just have fries and/or salad! We remember the old days when we had to plan to take a sandwich or cooler on every trip. Few wanted to be vegan when it was so difficult!

The burger dialogue on the street is positive, despite the twaddle often occurring in the media. What will your conversations contain? We hope this magazine issue helps you with burger issues.

—Anne Dinshah, Managing Editor

*Although made from vegan ingredients, in bringing their meat-like burgers to market, Impossible Foods uses genetically engineered heme (tested on rats for unquestionable FDA safety) and soybeans (for sufficient supply to meet surging demand). While this is not a problem for most consumers; it does present dilemmas for many vegans including Impossible CEO and Founder Pat Brown. impossiblefoods.com/announcements/the-agonizing-dilemma-of-animal-testing/

Are Burgers POSSIBLY GOOD?

Vance Lehmkuhl



Do critiques of the healthfulness of 'bleeding' plant burgers miss the point?

If you swap a fast-food beef burger for a fast-food plant burger like Beyond or Impossible, are you "trading up"—getting something more healthful?

Not necessarily, was the answer proclaimed by many articles this past summer. The top ten of these, appearing in *CNN*, *HuffPost*, *NBC News*, *Washington Post* and other prominent outlets went into great detail to arrive at a throw-up-your-hands conclusion: Don't bother switching.

We don't have space to detail here all the spinning and unsubstantiated claims—for example, that vegetarian and vegan diets are "protein-scarce"—so instead, we'll focus on this "trading up" question. Seeing what these articles do, and do not, contain shows that the "not necessarily" answer has been unfortunately rigged.

First, a quick overview: All ten pieces note that these new items are not the same as old-school hippie-friendly veggie burgers, acknowledged as healthier than meat. Many writers stress the number of ingredients in the new entries, often neglecting to mention how unhealthful a "one-ingredient" burger is.

As a direct comparison, most focus on comparing the Impossible Whopper (IW) to Burger King's regular Whopper (RW), so let's start there. Half of these articles mention that the saturated fat per "serving" (a fully dressed burger with bun) in the IW (11g) is close to that in the RW (12g). Critics of the IW tend to focus on its higher sodium content, ignoring that the difference is relatively minor, on par with other quantified nutrients (calories, total fat, saturated fat, cholesterol, and fiber) in which the IW happens to come out slightly ahead of RW. Based on these slight variations, at first glance, the burgers are nutritionally similar.

But the similarity ends there, we're told, because the IW is processed; in fact, more processed than the ground-beef burger. This is a health liability of frankly unknown quantifiability, though IW critics are not hesitant to jump to an accusatory conclusion. "It doesn't look promising" for the plant-based side, warned the *Huffpost*, while Canada's *National Post* blared "it might be more harmful than good."

Photo p6: Impossible Burger at Ellicottville Brewing Company —West in Fredonia NY by Anne Dinshah.

In order to reach this conclusion, some facts have been ignored. For instance, while the RW contains 1.5g of trans fat, the IW has zero. Trans fats bring all the risks of saturated fats, and then some added risks that saturated fat does not. Their unhealthfulness is so notorious that they're now omitted from many products, but can't be eradicated from meat, where they occur naturally. So while the "sat fat" content of IW is one thing, the RW adds trans fats to that for even greater risk to your heart—easily matching, and likely exceeding, the assumed dangers of "highly processed" food. Oddly, zero out of ten writers mentioned the trans-fat numbers.

At this point, we might still charitably call the IW/RW comparison a wash. But let's not forget that most ground beef contains fecal matter, which—if not cooked enough to kill the E. coli (or if it cross contaminates, say, buns or lettuce)—will sicken normal adults and can kill young children and the elderly. That's a health risk worth noting, yet "E. coli" and "foodborne illness" are mentioned by none of the writers.

Another problem is antibiotic-resistant "superbugs" in meat, along with animal farming's documented generation of antibiotic-resistant bacteria. As 80% of all antibiotics are used in farmed animals, meat's role in potentially rendering medically important drugs useless in perpetuity is a major health downside not factored in.

Still more: Red meat (ground beef) is strongly associated with cancer risk in hundreds of studies. Officially, it's a class-2 carcinogen—it "probably" causes cancer. Beef consumption is also strongly correlated with heart disease, America's number-one killer—seems like a pretty significant "healthiness" factor.

But no: Out of these 10 pieces, only two even mentioned heart disease, and it's in passing. Only four mentioned red meat and cancer, and two of these expended much more attention on a less definite "processed foods" cancer connection. One writer expounded on the latter while completely ignoring red meat's cancer liability. Likewise, diabetes was only mentioned once as a known meat problem (again in passing) while two other writers cite it only as a possible effect of processed-food consumption. The risk of growth hormones and sex hormones in beef was unconsidered throughout.

Are Burgers Possibly Good?

Continued from p7



Cartoon: Vance Lehmkuhl

Mark Rifkin, a registered dietitian with a master's degree, observes: "Yes, the sodium and saturated-fat content of the Impossible Whopper could be improved. But then again, it's not trying to be a black-bean burger. It's trying to replace the regular Whopper, and thus its nutrition numbers are deliberately similar."

Relying solely upon critics' nutrition analysis provides a limited picture at best. As Rifkin noted in correspondence, because animal products are higher up the food chain than any plant food, they contain high concentrations of agricultural chemicals and persistent organic pollutants (POPs), such as PCBs and dioxins from industrial emissions. With each step up the chain (plant to animal is one step, animal 1 to animal 2 is a second step, etc.), pollutant concentrations are biomagnified by a factor of about ten.

Thus, omnivorous humans may wind up with about 100 times the concentration of a given POP of the original plant. The routine disposal of slaughterhouse waste, dead pets, and food service waste fats in livestock feed may even push these concentrations drastically higher. So, eating lower on the food chain is likely to limit intakes of nearly all POPs.[1] "While the Impossible Whopper and related products are not 'healthy' per se," Rifkin says, "they are lower on the food chain, and thus are distinctly healthier than beef —by definition."

But there's still more: Polyaromatic hydrocarbons (PAHs) and heterocyclic amines (HCAs) are carcinogenic compounds formed when animal flesh is cooked at high heat, especially over open-wood flames.[2] Rifkin notes that "while PAHs may also form in some plant foods," he says, "concentrations are generally higher in meats, and HCAs have not been found in any substantial amounts in plant foods. BK cooks all its burgers on open-wood flames, although they will prepare the IW in a microwave upon request"—yet another "healthfulness" distinction unmentioned in this set of articles.

Let's get real: The benefits plant foods offer versus animal-based foods are so strong that the media-darling "processed" factor is far outweighed. Any plant-based item that replaces an animal item one-for-one is going to be either a little bit, or a lot, healthier than its nonvegan counterpart. In the case of burgers, our mouths may find the taste of the vegan options indistinguishable from the original ones. But it is trading up, no matter how many "objective" meat-eating journalists try to persuade you otherwise.

Vance Lehmkuhl is *American Vegan* News Editor.

Sources

1 Walker P, et al. Public health implications of meat production and consumption. Public Health Nutr. 2005 Jun; 8(4):348-56. https://www.ncbi.nlm.nih.gov/pubmed/15975179

"All About Cooking & Carcinogens," by Ryan Andrews, RDN at https://www.precisionnutrition.com/all-about-cooking-carcinogens

2 "Chemicals in Meat Cooked at High Temperatures and Cancer Risk," from National Cancer Institute at https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cooked-meats-fact-sheet

10 articles evaluated for this story:

* "Burger King has a Meatless 'Impossible' Whopper. Is it Healthier than the Original?" by Samantha Cassetty, RD; *NBC News*, 4/8/19
* "Think that "Bleeding" Vegan Burger is Super Healthy? Think Again" by Jillian Kramer; *Yahoo! Cooking Light*, 5/7/19
* "The Promise and Problem of Fake Meat" by Emily Atkin; *New Republic*, 6/7/19
* "Burger Wars: Is a plant-based patty always better for you than beef?" by Leslie Young; *Global News*, Canada, 6/30/19
* "Are Beyond Meat And Impossible Burgers Better For You? Nutritionists Weigh In." by Erica Sweeney; *HuffPost*, 7/10/19
* "Vegan Beyond Meat burgers are just ultra-processed patties that can be bad for our health" by Bianca Bharti; *National Post*, Canada, 8/7/19
* "They might be better for the planet, but are plant-based burgers good for you?" by Lisa Drayer; *CNN*, 8/9/19
* "Whole Foods CEO on plant-based meat boom: Good for the environment but not for your health" by Jade Scipioni; *CNBC*, 8/21/19
* "Is Beyond Meat Healthy? Nutritionists say yes, on occasion" by Aria Bendix; *Business Insider*, 8/26/19
* "Is it really possible that plant-based foods such as the Impossible Whopper are healthful?" by Cara Rosenbloom; *Washington Post*, 9/9/19

FREYA'S BEAN BURGERS

Yield: 24 burgers

This recipe is labor intensive, but the outstanding results are worth the effort.
Try it when you have time to play in the kitchen!
These burgers are healthy, gluten-free, and freeze well. Freya usually makes a double recipe.

Bean Burgers

1 lb pinto beans, dry
6 or 7 cups water (Add more hot water as needed to keep beans covered while cooking.)
2 Tbsp ground-seed mix: caraway, celery, fennel, fenugreek
4 tsp ground cumin
2 Tbsp mixed dried herbs
4 garlic cloves, optional
1 each carrot, beet, onion—cooked with beans, or baked for richer flavor

Cook beans in a covered pot until very soft (2 to 3 hours). Put beans into a strainer over a pot to drain, reserving cooking liquid to cook grains. Mash well-drained beans.
(Note: Burgers are firmer if beans NOT presoaked)

1 cup steel-cut oats
2 cups bean liquid/water

Cook slowly in covered pot 30 minutes, until done.

1 cup millet
1 cup pineapple juice
2 cups bean liquid/water

Cook slowly in covered pot for about 20 minutes, until done. Add both pots of grains to beans; mix and mash.

3 Tbsp apple sauce
¼ cup shoyu soy sauce (omit for soy-free)
2 Tbsp sesame tahini
½ cup minced fresh sage
2 Tbsp dried tarragon
¼ cup lemon juice

Add to the bean pot and mix well. Leave overnight to cool and set. Measure with half-cup scoop onto oiled baking sheet; press and shape with fork.

Bake at 375°F for 40 minutes, switching racks at 20 minutes.

Mushroom-Onion Gravy

1 Tbsp oil
1 Tbsp soy sauce
2 cups sliced onions
2 cups sliced mushrooms
1 Tbsp starch (arrowroot, corn, potato starch, etc.)

Heat the oil and soy sauce in a pot.* When hot, add onions, then mushrooms. Cover the pot. Cook at medium, then low heat. The onions and mushrooms will release, and cook in, their juices.

When mushrooms and onions are tender, using a fine strainer, sprinkle in starch; stir, and turn off heat. Gravy will thicken more on standing.

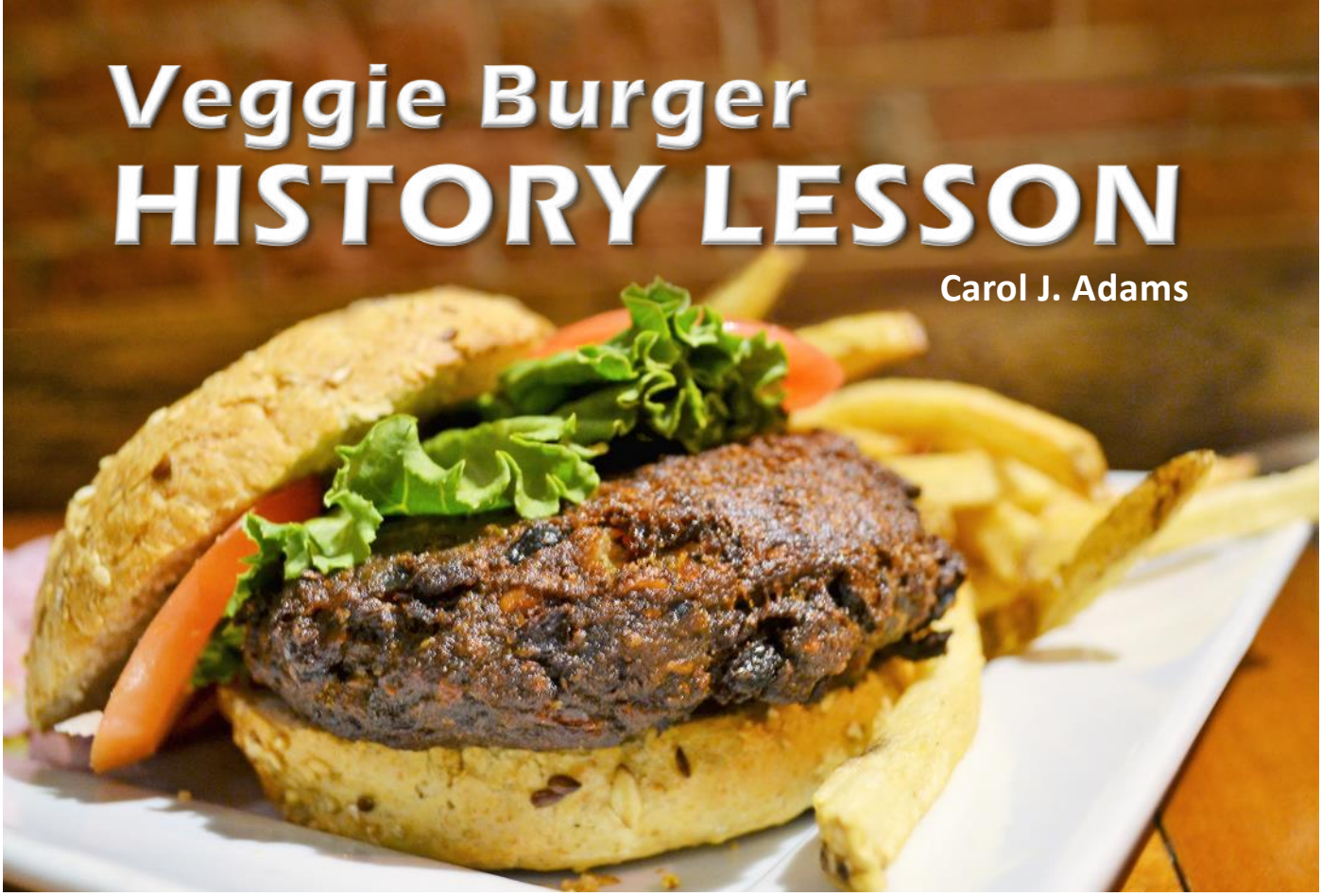
*Using an appropriate-sized pot, rather than a frying pan, minimizes the amount of oil needed.

Freya Dinshah wrote the first cookbook in the U.S. with the word vegan in the title, *The Vegan Kitchen* (1965), a treasure trove of recipes.



Veggie Burger HISTORY LESSON

Carol J. Adams



Like the hamburger, the veggie burger has conflicting origin stories. A 2014 *Smithsonian* article traced the meatless burger only as far as 1982, crediting a British inventor of a boxed veggie burger. Conservative U.S. talk-radio host Rush Limbaugh (Who knew he was even interested?) credits the multinational food corporation Archer Daniels Midland in that same decade for creation of the veggie burger. These assertions prompted longtime vegetarians to scratch their heads; they remembered eating veggie burgers before that date.

Movie buffs might also have shown surprise at the placing of the veggie burger's origin to the 1980s. The 1955 Billy Wilder film *The Seven Year Itch* includes a scene in a vegetarian restaurant with a soyabean hamburger:

"Miss, may I have the check please?"

"Well now, let's see, you had the #7 Special: the Soyabean Hamburger with french-fried soybean, soybean sherbet, and peppermint tea."

One U.S. woman probably did more to catalyze the culinary development of the meatless burger than any other person. In the mid-nineteenth century, Ellen Gould White, founder of Seventh-Day Adventism, had a vision that the Lord desired they "come out against intemperance of every kind" and this intemperance included flesh eating. Her vision and subsequent writings created the first large-scale market for vegetarian products in the United States. To this day, about 50 percent of Seventh-Day Adventists are vegetarian.

By the 1890s, food inventors like John Harvey Kellogg and C. W. Post—and later institutions including Battle Creek, Loma Linda, Madison Foods, and Worthington Foods—focused on creating meatless alternatives. They were pioneers in developing meat analogs, cooking with seitan, and use of nonmeat protein sources like nuts and soybeans.

As with the hamburger, the first sighting of a veggie burger-like product in the United States is in the late nineteenth century. In 1896 the Battle Creek Sanitarium Bakery introduced a canned product, "Nuttose," whose main ingredient was peanuts. It was "the first commercial meat alternative in the Western world." It could be sliced into patties, fried, and served. Shortly after, Ella Eaton Kellogg provided a recipe for "Gluten Patties" in her 1904 *Healthful Cookery: A collection of choice recipes for preparing foods, with special reference to health*.

A largely invisible community with a largely invisible economy cultivated a meatless burger during the same decades that the hamburger

emerged, and in the same places. Toward the end of the Depression, the Seventh-Day Adventists launched a "Soy-Burger." It came from Madison Foods of Tennessee in 1937 and was renamed the Zoyburger two years later. In 1938, Loma Linda brought out a Gluten Burger (with soy flour).

On March 29, 1943, the Office of Price Administration established meat rationing. Meat rationing introduced "meatless days" when no animal flesh could be served by restaurants, rationing stamps for the purchase of meat, and many creative attempts to deal with animal flesh shortages. Not only were there "Meatless Tuesdays" but also soya flour was allowed to be added to hamburger meat.

White Castle explored serving meatless hamburger sandwiches. Because of the more than forty years of food experimentation by Seventh-Day Adventists, White Castle found several choices from which to select. White Castle's Benny Benfer started exploring these alternatives even before rationing began and discovered a wide array of choices. He found that many major food producers were already marketing meatless sandwich patties, with John Harvey Kellogg's Battle Creek Foods offering the largest selection. Battle Creek offered two nonmeat patties, one made from yeast and vegetable juices and the other from wheat, peanuts, and salt.



The most abundant option was the soy burger offered by numerous companies. Loma Linda Foods offered "Vegelona"—a mixture of soybeans, tomatoes, onions, and peanuts—and "Proteena"—a concoction of soy, tomato juice, and yeast extract.

During the Second World War, soybean production doubled. *The New York Times* described a "ten-cent soy burger" that could replace the hamburger on meatless days. It also covered the appearance of "a mixture of soy grits, flour, dehydrated onions and other seasonings under the trade name Beanburger." *The Los Angeles Times* followed two months later with their own coverage, referring to the bean burger as "meatless meat," the earliest English language document so far known that uses that coinage. The following year, as the war ended, Special Foods of Worthington, Ohio launched the Choplet-Burger, "a soy-based product sold in 30-ounce cans with a hamburger-like texture that could be shaped into patties and fried." Mildred Lager's 1945 *The Useful Soybean: A Plus Factor in Modern Living* included a recipe for "Vegetized Ground Soys" (ground soybeans, vegetable broth, tomato sauce, soy sauce, minced onion) from which you could make "soy burgers."

Several aspects of the 1960s helped to create an expanding market for the veggie burger, including the environmental movement, awareness of world hunger, and the anti-war movement. The popularizing of yoga during the 1960s also helped. In 1962, Richard Hittleman in his *Be Young with Yoga* included the yogic case against flesh eating (while warning his readers they will be seen as food "faddists" or "crackpots"). *The Yoga Cook Book* by Edna Thompson, published in 1959 offered Hittleman's readers and other yoga followers a recipe for soy burgers. The home of the campus Free Speech Movement also helped popularize the veggie burger. A sandwich stand near the campus of the University of California, Berkeley offered the "Village Soyburger" in 1967.

Twenty years after *The Seven Year Itch* presented the soy burger as abnormal, the very mainstream newspapers, the *Christian Science Monitor* and *Wall Street Journal*, offered recipes for soy burgers and articles on bean burgers.

The *Smithsonian* missed the veggie burger's beginnings by about eighty years. They missed other developments, too, such as the appearance of the Vital burger, the Sizzle burger, the Love burger, all the DIY burgers, other box mixes, the Seventh-Day Adventists, the Second World War innovations, and restaurants' individual burgers.

Though much of its history is submerged, the veggie burger evolved side by side with the hamburger throughout the twentieth century.

Carol J. Adams is a feminist-vegan advocate, activist, independent scholar, and author of numerous books including *The Sexual Politics of Meat.*

Extract reprinted with permission ©*Burger: Object Lessons* by Carol J. Adams, 2018, 192pp, $14.95. Bloomsbury Academic, an imprint of Bloomsbury Publishing Inc. Carol notes she is indebted to the SoyInfo Center's online database *History of Meat Alternatives* compiled by William Shurtleff and Akiko Aoyagi. Photo p10: a bean burger at EBC West, Fredonia NY by Anne Dinshah.

It's Never Been Easier to Be Vegan!

Freya Dinshah

These days, people newly interested in veganism and longtime vegans find it easier to obtain what they want when doing the weekly food shopping.



They are dancing down the aisles. Much of what was previously available in specialty health- and natural-food stores has moved into supermarkets, even pharmacies and convenience stores. And new products are being introduced.



As a result, vegan food is going mainstream. Without making a 100% commitment, many are choosing vegan meals, and making vegan days. This is a trend that can benefit individuals, the nation's health-care system, and maintain the earth's resources.

The basic grains, beans, fruits, vegetables, nuts and seeds have always been there, but not the variety we see now: foods suiting ethnic preferences are exploding in the marketplace. Fifty years ago, most U.S. residents would have to travel to California or Florida to taste an avocado or experience a mango. Tofu was previously only found in big-city Chinatown districts; it is now in the 'burbs and small rural towns. New kinds of potatoes and mushrooms have appeared. An abundance of greens arrived for cooking and salads. Kiwi fruit and jicama lead a parade of new produce to try.

Rice competes with buckwheat, millet, and quinoa. Wheat flour vies with flours made from amaranth, sorghum, corn, beans, almonds, and coconuts. Peanut butter shares shelf space with butters made from tree nuts and seeds.

Canned foods include many varieties of soup where twenty years ago there were about two.

The most helpful options are in the refrigerated aisle: Soymilk, nutmilk, and grainmilk are great for vegans and those allergic to cowmilk. Vegan dairy—yogurt, ice cream, and cheeses—enable folk to make familiar dishes in new ways. Hummus is now a staple.

Amongst frozen foods: Burgers, entrees, and holiday roasts emulate traditional American fare. Specialty items such as nutritional yeast and vegan nutrition shakes are popular.

Vegans were known for careful scanning of ingredient labels. Now many items carry a vegan seal, and shelf labels declare vegan products.

Vegan eating is not a sacrifice; vegans eat a bigger variety than most nonvegan people. Explore the aisles and start dancing!



Freya Dinshah is president of American Vegan Society and editor of *American Vegan* magazine. She is a lifelong vegetarian and has been vegan since 1960.

Photos: Freya dances at a supermarket.

Vegan Generation^3

Everyone can join!

The 3 indicates the ripple effect of our actions.

ARE You Curious about Veganism?



Vegan Explorers learn from 3 sources:

Attend events: vegfests, films, lectures
Read: books, websites, magazines
Eat new foods at potlucks, restaurants, home

AmericanVegan.org has the info you need to succeed.

Already Vegan?

Further the ripple effect of your actions.

Promote veganism in your town or at a VegFest! Request VG^3 postcards from AVS; available in packs of 250.

Vegan Guides welcome Vegan-Curious with 3 HUGs:

Host events: dinners, shopping trips, movie nights
Urge (invite) people to: try vegan food, learn, and explore vegan issues
Give: books, info, and/or dinner reservations to vegan-curious;
donate time and/or money to vegan organizations

People of every age are joining the Vegan Generation^3.





It's Not Easy for Everyone to Go Vegan

lauren Ornelas

I am sure you've heard people say that it's easy for everyone to go vegan. Well, vegans really need to stop saying that.

Given the tremendous suffering of nonhuman animals, it is understandable why we would want to encourage people to go vegan and make it seem as if veganism is very easy. However, this is not always the case. By saying going vegan is easy—as a general statement—we sound misinformed and privileged.



The lack of access to healthy foods is incredibly real for many Black, Indigenous, and Brown people in the U.S. and some outside of the U.S.

Food apartheid makes the availability of fruits and vegetables difficult, if nonexistent, for many. In addition to this, quite a few of the fruits and veggies that are culturally relevant to many are not always available. This does not even include plant milks or "meat" alternatives. What makes this worse is that many in these communities are what Food Empowerment Project (F.E.P.) calls "lactose normal": We are not lactose intolerant for not digesting the milk of another species but actually lactose normal. We recognize that colonization is what brought cow and goat milk to many of our ancestral lands.

The fact is that liquor stores and convenience stores are where many in these communities have to buy their groceries. And in these businesses, you rarely, if ever, find plant milks. If produce might be found for sale, it is often rotten and not offered in large quantities. Indeed, a lot of it is not even priced, which means those who are behind the counter can charge whatever they want to charge instead of there being a fixed price. Also, the dates on the canned fruits and vegetables on the shelves are often expired.

You might be thinking that these people could grow their own vegetables. **Well, unfortunately, in most of these communities there aren't many gardens for them to grow their own food, and many live in places that do not have yards. Some don't even have kitchens.**

Those who have cars can spend a lot of time driving to various stores to buy what they need, but many are "time poor" and "cash poor." They work more than one job to help keep a roof over their heads. Those who wait hours to take buses are sometimes limited by how many bags they can bring on the bus with them—some buses only allow two!

Unfortunately, even corporations that are literally in the business of providing food, such as Albertsons



(also doing business under various names, including Safeway, Vons, Randalls, and Acme), are preventing these same communities from having grocery stores. Albertsons, at times, will move a few miles from their current location and place a restrictive deed or noncompete clause that prevents another grocery store from moving into their former location. When they did this in a community we are currently working in, it lasted for fifteen years! Of course, grocery stores are not the only solution, but they should not be part of the problem.

Photos: Two solutions we see to the issue of lack of access of healthy foods: worker-owned cooperatives and people growing their own food. Photos courtesy of F.E.P.

As part of our work, we conduct focus groups, and we have found that the biggest barrier for people accessing healthy foods is the cost. **As a vegan organization that also works on farm worker justice issues, we do not want food costs to go down.** This is why F.E.P. encourages everyone to support and fight for living wages. There needs to be equity, and this will help.

Vegans claiming that people can eat rice and beans every day in order to be vegan is not realistic or compassionate. **When we say that it isn't easy for everyone to go vegan, we don't mean they can't get vegan ice cream.** We are talking about basic fruits and vegetables that people need to be healthy.

It really is time we have the same compassion and empathy for human animals that we have for nonhuman animals.

What You Can Do

- Be honest about the issue. It isn't easy for everyone, and that's okay. Know your audience.
- Advocate for equity. Support living wages for every worker. The more access to healthy foods the better it is for people and the environment, and yes, for nonhuman animals too.
- Support worker-owned cooperatives where the money doesn't go to a corporation but stays in the community.
- Sign F.E.P. petition to get the Albertsons company to change their corrupt policy: https://www.thepetitionsite.com/126/103/102/safeway-neighborhoods-need-healthy-foods/



lauren Ornelas is the founder and executive director at Food Empowerment Project (foodispower.org). She is a member of the AVS Speakers Bureau; contact lauren: 707-779-8004 info@foodispower.org.

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Found a typo in this issue?

American Vegan magazine has an opening for an assistant editor. This is a great opportunity for a remote volunteer 2-10 hr/mo. English, communications, or journalism students often enjoy this practical experience.

VEGFESTS

Did you know there were more than 150 VegFests in the U.S. in 2019? How many will be in 2020? VegFests feature vegan speakers, products, and organizations. Find those near you at **AmericanVegan.org/vegfests/**

Want to put on a VegFest?
Compassionate Action for Animals hosts the Twin Cities VegFest and offers a step-by-step guide at **vegfest.exploreveg.org**

Documentary:



Lifestyle Medicine uses whole-food, plant-predominant dietary lifestyle, regular exercise, restorative sleep, stress management, and social connection as the primary treatment for and prevention of disease and pain. Unfortunately, it's a somewhat radical idea in the U.S. where most doctors aren't taught nutrition and where prescriptions are the go-to treatment.

Code Blue: Redefining the Practice of Medicine

is a documentary that explores lifestyle medicine and plant-based diets. The story follows physician **Dr. Saray Stancic** as she reflects upon her journey from a multiple sclerosis diagnosis to wellness.

American Vegan Associate Editor Elliot Walsh had the pleasure of speaking with ***Code Blue*** Executive Producer Dilip Barman.

EW: What's a good first step people can take to embrace lifestyle medicine?

DB: There is a strong preponderance of evidence that eating more plants is very beneficial. Aim for a whole-food plant-based diet and watch the fats (a good goal is 10% calories from fat).

Don't forget to stay active! Dr. Stancic says in the film that a good first step is simply to "eat more plants; move more."

Find a local vegetarian or vegan society and try out their events. See if there is a local plant-based cooking class. Enjoy sites like pcrm.org, nutritionfacts.org, and vrg.org.

EW: How can people find a lifestyle medicine practitioner?

DB: There are two good websites that list plant-based practitioners: **plantbaseddocs.com** and **plantbaseddoctors.org**. The Academy of Nutrition and Dietetics also has a Vegetarian Nutrition Dietetics Practice Group.





If you come up empty, then research any ailments on the extensive nutritionfacts.org and share the printed transcript of Michael Greger's evidence with your healthcare provider.

Many doctors are joining the American College of Lifestyle Medicine; you can ask if your provider is interested.

EW: What's the hardest adjustment people have when switching to plant-based diets?

DB: Many people say they need help with shopping, food preparation, and eating out. In terms of eating out, luckily more and more restaurants are quite accommodating.

Some people struggle with cravings for animal products. Our taste buds change every 21 days,



so we encourage people to wait at least three weeks, and then see if the cravings have gone away.

EW: What do you have to say to people who say they "cannot" be on a plant-based diet because of both medical and/or social reasons?

DB: Always follow what your doctor suggests. But don't be afraid to ask questions or look up other providers who have training in diet and nutrition as well.

Generally, there are so many benefits to vegan eating that any move to eat plant-based (even if not all the time) has profound benefits.

EW: The film touched on accessibility for minorities, people of color, low-income families, etc. What are some ways to make lifestyle medicine more accessible?

DB: Lifestyle medicine can be the most powerful for those who previously had access to modern expensive healthcare options. Lifestyle medicine may prevent the need for painful and costly procedures.

We need to fix insurance models to focus on outcome instead of service. This will drive down out-of-pocket costs and improve outcomes.

Food stamp programs need to change to incentivize stores to carry fruits, vegetables, whole grains, and legumes. This would fight against food deserts.

EW: Where can doctors go to get more information on lifestyle medicine?

DB: Books are excellent resources. Try those by Brenda Davis, Neal Barnard, T. Colin Campbell, Joel Fuhrman, Michael Greger, Joel Kahn, Dean Ornish, and more.

NutritionFacts.org is also an excellent resource. There are also great conferences aimed at practitioners like PCRM's International Conference on Nutrition in Medicine, Plant-Based Prevention of Disease (P-POD), Plantrician Project, and ACLM's Lifestyle Medicine Conference.

codebluedoc.com



Photos - p16 left: Dr. Michael Greger discussing nutrition with Dr. Saray Stancic; right: plant-based cooking class; p17 left: tasting the food at class; right: Dr. Neal Barnard with Dr. Stancic. Photos: Courtesy of Code Blue

Dinners at Carême's

Academy of Culinary Arts
Mays Landing NJ

February date TBA, 6:30pm

Student-chefs prepare a gourmet vegan meal under the direction of chef-educators.

Reservations: AmericanVegan.org
856-694-2887





This second biennial event celebrated the best of Philly's ever-growing, nationally renowned vegan food scene.

Thanks to all who came to the Philly Vegan Awards, either as nominees, food-sampling venues, or vegan-awards enthusiasts. November 1st was a night to remember!

The evening kicked off with vegan food tables featuring a wide variety of tasty offerings from: Atiya Ola's Spirit First Foods, Batter & Crumbs Bakery and Café, Conscious Cultures Creamery, Crust Vegan Bakery, The Fairview, Go Vegan Philly, LUHV Vegan Deli, Soy Café, and Vegan Chef Lenka Catering. After an hour of tasting and socializing we moved into the Friends Center's big meeting room.









Photos— top left: Meagan Benz co-owner of Crust with her friend Aly; right: Vegan Chef Lenka and Robin Broughton-Smith; bottom left: Sabur Malik-Kahn from Atiya Ola's; center: Alice Leung from Soy Café.

Vance Lehmkuhl was our entertaining emcee for the evening.

The official mayoral proclamation of Philly Vegan Day was read by WHYY's Jennifer Lynn, who also joined Eleni Vlachos, Richard Rogers, and Christina Pirello as awards presenters. (Weavers Way donated vegan goodies as thanks to our presenters.) Christina Pirello also autographed copies of *American Vegan* magazine.

The Philly Vegan Awards will return in November 2021.









Photos— top: Vance Lehmkuhl and Jennifer Lynn; middle, l to r: Robert Pirello, Christina Pirello, Eric Russo, Marianne Russo; platter of cannoli donated by Batter & Crumbs; bottom: audience waiting to hear names of winners announced.
Winners of the awards are listed on p20.

Winners of Philly Vegan Awards

The balloted winners chosen by Greater Philadelphia area voters:

* Best New Vegan Restaurant: **Go Vegan Philly**
* Tastiest "Healthy" Item: **Tomo Sushi and Ramen**
* Best Vegan Entrée at Nonvegan Venue: **Memphis Taproom – Roasted Mushroom Gyro**
* Best Breakfast Treats: **Dottie's Donuts**
* Biggest Increase in Vegan Options: **Bourbon and Branch**
* Best Midnight Snack: **Triangle Tavern**
* Best House-Made Burger: **LUHV Vegan Deli** (see p21)
* Best Philly-Made Vegan Cheese: **Conscious Cultures Creamery**
* Outstanding Vegan Campaign or Event: **Philly Vegan Restaurant Week**



The life of veg-food pioneer **Alfoncie Austin** was celebrated in a slideshow presentation. (see p25)

The Best Instagrammer award was a tie between **Jen Collins** and **Christine Scalfo**. Each of these Instagrammers won dinner for two at The Greyhound Cafe.



Last year's lifetime achiever, Rich Landau, contributed a video clip to announce the Future of Food 2019 recognizing advances in vegan food from the new generation of Philly vegan chef/creators which went to **Stephen Babaki** of **Conscious Cultures Creamery**.

Additionally, **The Nile Café** was honored as the longest-running vegan restaurant in Philadelphia.





Photos - top: Jessica Thomas, Skylar Thomas, Trina Brown-Rouse, Charmaine Quarles, and Kemarie Hendrix of Go Vegan Philly; left: Rich Landau, chef/co-owner of Vedge; right middle: Stephen Babaki of Conscious Cultures Creamery; right bottom: Michelle Joseph, co-owner of The Nile Café.

Back cover photo of winners - Front row: Drew Peterson, Tomo Sushi & Ramen; Charmaine Quarles & Shaun Thomas, Go Vegan Philly; and Stephen Babaki. Back row: Nicole Koedyker & LJ Steinig, Philly Vegan Restaurant Week; Michelle Joseph, The Nile Café; Silvia Lucci, LUHV Vegan Deli; Jen Collins, Instagrammer; Facundo Lucci, LUHV; & host Vance Lehmkuhl. All photos p18-20 & back cover by Robert Stolpe.

DO FUN THINGS: Eat a LUHV Burger

Clint M. H. Dinshah



I learned about this "luhvly" burger at Philly Vegan Awards; it won Best House-Made Burger! I had helped the people from LUHV Vegan Deli bring in samples. I knew I had to go eat one. Reading Terminal Market is a big, big place with many stalls of meat (from animals) for sale.

One is different; it has meat from plants! It does not have any animal meat. Co-owner Facundo Lucci served me a burger, and here's his interview. Nine questions because I'm nine.

CD: How and where do you make your burger?

FL: With lots of LUHV! My father, Daniel Lucci, makes the burger dough in small batches by hand at our factory in Hatboro PA. Then, some of the dough goes through our patty machine. From there they can be frozen, packaged, and distributed to all the awesome supermarkets stocking it. The rest of the dough is used to make veggie burgers at our storefronts like our famous Black Bean Burger at LUHV Vegan Deli which comes with smoked gouda, mushrooms, and spinach.



CD: Why/ what inspired it?

FL: My dad has been cooking his whole life. When he went vegan, our whole family changed. We became so much more in touch with our emotions, and a whole lot of love came out of it. We wanted to share our happiness and love with everyone, so we started LUHV as a family.

CD: Are you vegan?

FL: Absolutely, 100%, never going back!

CD: What is the goal of the deli?



FL: To make vegan food more accessible to people who may be afraid to go vegan. By serving familiar items, people feel less intimidated to start eating more plants.

CD: What are the basic ingredients of your burger?

FL: Our Black Bean Burger is made of black beans, plantains, roasted poblano pepper, sweet plantains, peppers, onions, corn masa, and spices.

CD: Do you like the burger?

FL: I love the burger and everything Dad makes.

CD: Do you ever put mustard or hot sauce on your burgers?

FL: I love mustard. So yes! And Sriracha!

CD: If you have companion animals, do you feed them the burger?

FL: I think the burger may be too sweet or spicy for Bandi, the rescue dog who lives with my family. But it would be cool if someone were to come up with awesome dog friendly veggie burgers.

CD: What else do you want readers to know?

FL: I am so grateful for all the love and support we receive daily. It's a pleasure to go into work every day knowing how much good we do. We can't wait to show you what's next. And, we LUHV you all!

Clint M. H. Dinshah is a lifelong vegan and is enjoying his new role as a proofreader for *American Vegan* magazine.

Photos: Facundo Lucci, Richard Rogers, Silvia Lucci, by Robert Stolpe. Clint and LUHV burger by Anne Dinshah.

"Animals don't want us to eat them; they want to DO FUN THINGS! If we eat them, they will be dead, and then they can't do fun things." —Clint at age 3 (now age 9)

Regenerative Grazing
A Climate-Change Solution?
Mike Hudak



"Regenerative Agriculture" is a phrase seen and heard increasingly from animal-grazing advocates, often in countering arguments to end or drastically cut grazing. Its very words are positive and life-affirming, and the typical definition of the phrase "regenerative agriculture" is similarly positive.

It's usually presented as a system of farming principles and practices that increase biodiversity, enrich soils, improve watersheds, and enhance ecosystem services. What's not to like? The laudable goal is to capture carbon in soil and aboveground biomass, thereby reversing current greenhouse-gas (GHG) trends, a positive effect everyone can agree with.

But underpinning these practices and their life-enhancing objective lurks not only the exploitation of domesticated animals, with the promise of increased yield for producers, but also some unexamined factors that undercut the positive spin of the phrase.

I examined one research article touting the use of cattle to increase the absorption rate and content of carbon in soil from decades-long cropland converted to pasture in the U.S. state of Georgia—that article being "Soil-profile Organic Carbon and Total Nitrogen during 12 Years of Pasture Management in the Southern Piedmont USA" by A.J. Franzluebbers and J.A. Stuedemann ("F&S"), *Agriculture, Ecosystems and Environment* 129 (2009), pp. 28–36. Although not recent, the article is apt for critique because the authors at least demonstrated the integrity to provide data and other information sufficient to allow a reader to perform calculations of one's own.

F&S had good news: Their low-grazing pressure protocol concentrating soil organic carbon at a faster rate than unharvested pasture and in a superior way. But that's not the whole story, because F&S did not consider the GHG impacts of the methane expelled by cattle. Adding the omitted methane emissions back into the equation and balancing them against the soil-sequestered carbon yields a different answer: The overall net effect for GHGs in the area F&S specified would annually produce GHG pollution equivalent to that of 54 coal-fired power plants over 20 years (Source: Greenhouse Gases Equivalencies Calculator, https://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator).

Perhaps predictably, agricultural journals covering the F&S study ignored the omission of methane's contribution and called on ranchers to "bring on the cattle," since the F&S protocol would soil-sequester carbon "and cut greenhouse gases." With their singular focus these magazine journalists wrote as if veganic agriculture didn't even exist. Of course, veganic agriculture doesn't fund those journals—animal agribusiness does.

The short version of all this is that "regenerative agriculture" is no magic bullet and fails to do a better job of "cutting greenhouse gases" than leaving pasture alone. Even without considering other negative effects of animal agriculture on ecosystems, water, air quality, human health, and animal lives, limiting our scope completely to the focus in the F&S report, the planetary liability of regenerative grazing is clear.

For readers interested in the longer version, which gets into the exact numbers and reasoning behind this assertion, check out all the data here: https://youtu.be/f_XT8NXcosY. An even fuller treatment is found in my online essay: "Claims that Livestock Grazing Enhances Soil Sequestration of Atmospheric Carbon are Outweighed by Methane Emissions from Enteric Fermentation: A Closer Look at Franzluebbers and Stuedemann (2009)" at http://mikehudak.com/Articles/index.html.

Mike Hudak is a new member of American Vegan Speakers Bureau. See his bio p29. Photo: Hudak

Spread the Compassionate Message!

AVS T-Shirt Image
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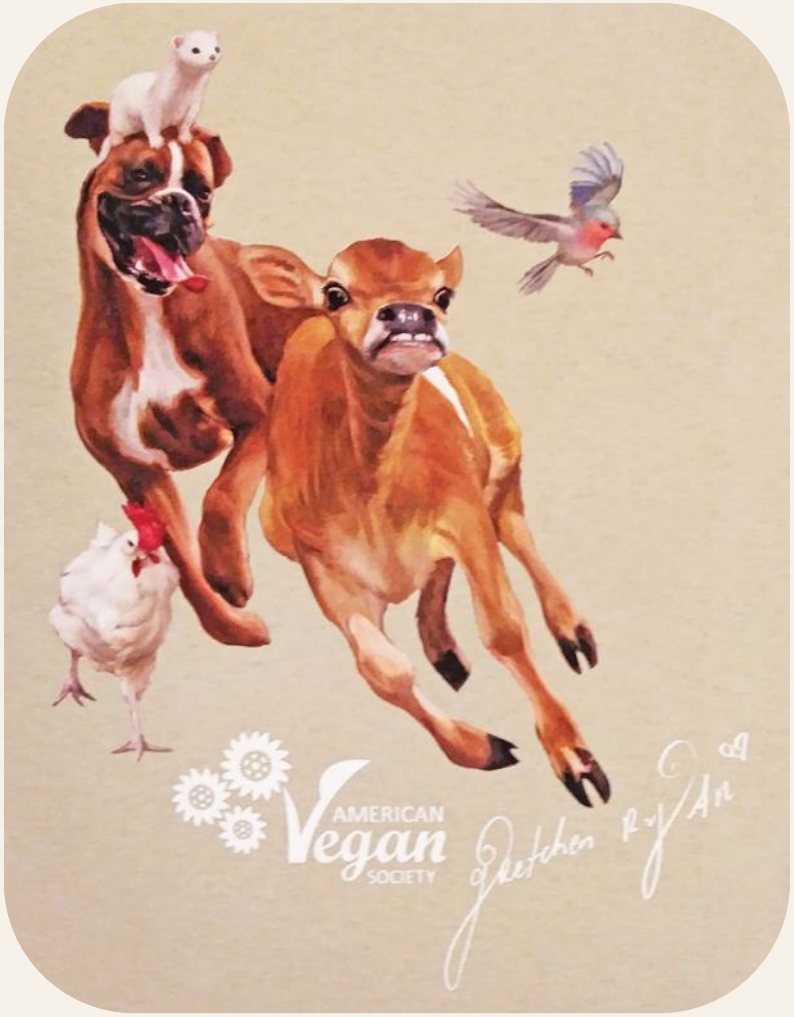
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Vegan Generation^3 (photo p13) **and American Vegan** (above)
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I Became Vegan…

From Two Undeniable Forces

Dr. Michael Klaper

I became vegan in 1981, and at that time there were two forces that became undeniable in my awareness.

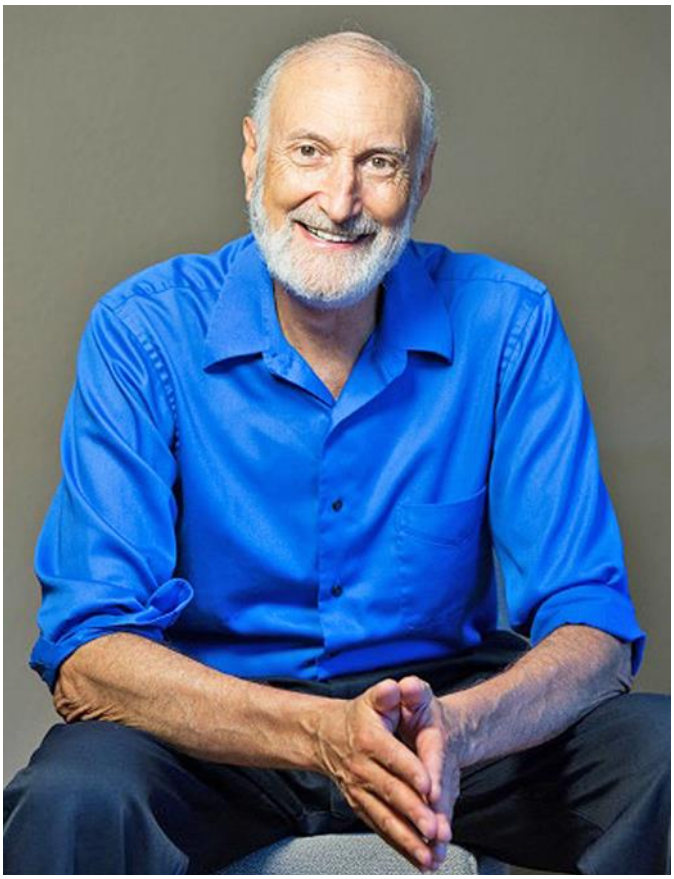
I was doing a residency in anesthesiology in Vancouver, and I was on the cardiovascular anesthesia service. Day after day, I was putting people to sleep and watching surgeons open patients' arteries and pull this yellow, slithery material out of their arteries (called atherosclerosis) which was clogging their blood flow and leading to heart attacks and strokes.

One day a surgeon pulled a yellow, particularly slithery piece of fatty material out of the artery wall, and I thought to myself, "My! That stuff looks like chicken fat." And the little voice on my shoulder said, "…the reason why that looks like chicken fat, Doctor, is that it *is* chicken fat!" And cow fat and pig fat and the fat of other slow animals this man had been eating.

My dad was already showing signs of clogged arteries and there were by now studies in the medical journals saying that a plant-based diet can reverse this artery clogging. So, I was already getting the message from my work in the operating room to stop eating animals.

Now, during my last year of medical school, I spent my Saturday nights in the trauma unit at Cook County Hospital in Chicago. Every Saturday night I saw the worst of what humans inflict on each other, violence in every imaginable form, and I would leave there every Sunday morning shaking to my core. I vowed to at least get the violence out of my own life. So I started reading about Gandhi's approach to life, about the Indian saints, and about the life of nonviolence. It sounded good to me and I decided to adopt such a lifestyle.

One night in Vancouver I was out to dinner with a friend and was pontificating to him about living a nonviolent life while I was finishing off a porterhouse steak at the local Keg and Cleaver. He looked at me with great compassion and said, "That's all very nice, Michael, but if you really want to get the violence out of your life, you might start with that piece of meat on your plate. For in satisfying the desire for the taste of flesh in your mouth, you are paying for the death of that animal—and for the next one in line at the slaughterhouse."



As soon as he said that, all the old rationales came into my mind: "The animal's already dead." "That's what they're raised for." Before the words could pass my lips, the little voice on my shoulder said, "You know, he's right. He's right."

And when I went up to pay for the steak dinner, I felt complicit in a violent act. I knew my meat-eating days were coming to an end.

Finally, after I stopped eating animal flesh, a few weeks later I saw pictures of the lampshades made of the skins of the Jews. I had been raised in a Jewish household after World War II, so, the images of all those horrors were sharp in my mind.

I looked down at my leather shoes and my leather belt, and they started looking ghoulish to me and cadaverous. I knew I didn't want to wear them on my body. I went to the back of the house and dug a hole. I put my leather shoes, and my leather belt, and my leather wallet into the hole. I filled up the hole, stepped back, and I apologized to the animals. When you don't know, you don't know—but once you know, you know. I bought my hemp wallet and my non-leather shoes and that was the end of my journey. Or so I thought.

A couple weeks later, I was mentioning to a friend of mine about the evolution I had gone through, and she said, "Oh, you've become a vegan." I had never heard the word, but I said, "Okay, I guess I am!" I liked the sound of the word as soon as I heard it.

That was the process. The messages were just undeniable. It is said that "once you look behind the curtain you can't pretend you don't know what's behind the curtain; you've seen it." The curtain had been pulled back for me, and there is no going back at this point because the animals are always looking. If I care about their existence, if I care about love and my own integrity, I have to report back to them, too. All life is precious.

As told to Lin Silvan, cofounder of Eugene Veg Education Network (EVEN). Reprinted with permission from the exclusive interview available in its entirety on the EugeneVeg.org website.

Dr. Klaper will be speaking at the American Vegan Garden Party, May 24 2020 in Malaga NJ (see p35).

Photo courtesy Dr. Klaper.

Honoring Alfoncie B. Austin: A Philly Veg Pioneer

Vance Lehmkuhl



At Philly Vegan Awards, the recently departed Alfoncie B. Austin (1924-2019) was honored for a lifetime of service advancing vegan cuisine, chiefly for her pioneering work in the venue she founded, Basic 4 Vegetarian Snack Bar. Alfoncie, originally not vegetarian, married into the Seventh-Day Adventist (SDA) church and began "vegetarianizing" her already formidable cuisine as she worked in SDA service-oriented venues, including the short-lived vegetarian restaurant Manna Hut around 1980.

Alfoncie launched Basic 4 at Reading Terminal Market (RTM) in 1981 risking her own money on the venture. This was the first African-American-owned business in the RTM, where it flourished for thirty-one years. She chose the name to emphasize her balance of great flavors with nutrition, reconceiving the old "4 Food Groups" as all-vegetarian. Over the decades, the menu items gradually evolved from vegan-friendly to vegan as Alfoncie kept developing and perfecting her food. The carrot tuna, veggie bologna, corned beef, and especially the sweet-potato pies, became legendary.

Basic 4 is the earliest attested Philadelphia venue to have a vegan cheesesteak as a permanent menu item, and Alfoncie was a guest of honor at the 2016 Best Vegan Cheesesteak in Philly finals event. The sandwich was originally developed as a vegetarian offering for a 1992 visit by the Clinton/Gore campaign at which Alfoncie was a key food provider. By the time the newly elected mayor, John Street, did a photo-op in front of Basic 4 with the sandwich, it was vegan, as Alfoncie had finally found a way to do vegan cheese she found tasty enough to use.

In this and other ways, Alfoncie B. Austin was a true Philly veg pioneer who made a huge impact on the local community as well as the thousands of visitors from around the world who she introduced to animal-free eating.

CELEBRATE

Vegan Cuisine Month

A celebration during the month of February

"The range and stature of vegan cuisine has advanced tremendously through the years by the efforts of many people who must be honored. Let's celebrate their accomplishments." —Freya Dinshah, AVS President

For Everyone Everywhere!
Vegan Cuisine Month is a time to praise those who have brought vegan food into esteem, a time to share its bounty, and a time to help fulfill its promise.

We invite people to try vegan food—creating awareness of the proliferation of options. Restaurants, diners, schools, religious groups, workplaces, service clubs, and social groups are encouraged to get involved.



The Inspiration for Vegan Cuisine Month: Freya Dinshah is the least likely person to seek any sort of recognition. However, she wrote *The Vegan Kitchen* (1965), the first cookbook in the U.S. to use the word vegan in the title and explain the ethics of veganism. Freya is often referred to as the mother of the vegan movement in America but prefers not to be honored; she tips her hat to many heroes, the #VeganCuisineMonth honorees.

Do you know on what day Christina Pirello is celebrated?
AmericanVegan.org has the answer, plus the entire list of honorees for the month of February.

Learn the History of Vegan Cuisine. Try delicious recipes from sages.

Celebrate Vegan Cuisine! Hashtag your vegan food photos #VeganCuisineMonth. Ask for vegan cuisine at restaurants. Attend events.

Influence Future Food Options. Get involved! Do something easy such as encourage your local pizza parlor to offer vegan pizza, request vegan items be put on restaurant menus, promote new vegan items when they appear, host a tasting of commercial product samples. Plan a special activity with your local vegan group!

Resources abound at https://americanvegan.org/vegan-cuisine-month/: our vegan catering guide, tips for negotiating with restaurants, recipe suggestions, and more. For large events, contact American Vegan Society for advice.

Visit AmericanVegan.org for more inspiration.

Winterim Vegan Education!

Vegan Class Popular with Students

Sarina Farb



I teach chemistry and environmental science at a high school in Kansas City MO that emphasizes social justice and sustainability as part of its mission. This past year, the school decided to test out a special "interim week" during the winter school break.

During this week, teachers were encouraged to develop interactive and engaging classes on topics that they were interested in, while students were encouraged to take classes that wouldn't normally fit into their rigorous academic schedules. As someone who cares deeply about creating a just and sustainable world for all beings, I was thrilled with this opportunity to bring my passion and knowledge about veganism to the school community.

I developed a course called The What, Whys, and Hows of Veganism. I didn't really know what to expect, but I was pleasantly surprised when nearly forty students signed up to take the class!

I began the class having students fill out a notecard indicating where they ranked on a scale of 1-10 on how likely they were to ever live vegan and also write what they were most interested in learning. Almost none of the students were vegan to begin with, and most just seemed interested in trying vegan food. After gathering the notecards, we began with a simple group discussion about how we view animals in society.

Many of the theoretical questions I posed brought up the typical responses that vegans often hear such as "But what about protein?" and "Animals eat other animals." This was a great way to set the foundation for the class and a segue into the rest of the material we would later cover.

Each day had a mix of lecture, discussion, videos, and interactive activities including cooking demos. Every day had a different topic focus. Day one was the environment, day two was nutrition, and day three was animals/ethics. During class, I had a constant array of snacks available to students and provided a full vegan lunch for them.

On the last day, we wrapped up the course with a fun taste test of different vegan milks and ice creams. Then students filled out a final notecard once again indicating how likely they were to go vegan. On average, most students seemed to move up 3-4 points on the "likely to go vegan" scale from the beginning to the end of the class, with a few students even going from 1 to a 10!

Sarina Farb is offering the class again during this "winterim." She has a BA in biochemistry with a concentration in policy studies, and she is passionate about bringing holistic critical thinking and ethics into science curricula. She has published essays about growing up vegan and dealing with "pushback," created YouTube videos, and founded grassroots vegan groups. Look for Sarina on American Vegan Speakers Bureau at AmericanVegan.org.

bornvegan.org, youtube.com/bornvegan
Contact: bornvegan@outlook.com

Photo of Sarina by James LaVeck

AMERICAN Vegan SOCIETY

Speakers Bureau

Seven new speakers added!

Please contact the speakers directly for more information and scheduling for your next vegfest or other event.*



Hope Bohanec (CA)
Animal Activism

Hope has been active in animal protection and environmental activism for over twenty-five years and published the book *The Ultimate Betrayal: Is There Happy Meat?* She serves as Projects Manager for United Poultry Concerns and is also Executive Director of Compassionate Living, a California-based vegan advocacy organization. Hope is the primary organizer for UPC's annual Conscious Eating Conference at UC Berkeley as well as the Sonoma County VegFest and the Berkeley Earth Day.

Sample Talks: The Humane Hoax: Labels and Lies; Sentience in the Sea: The Emotional Lives of Fish; Chickens: Exploitation of the Innocent; Eco-Eating: A Cool Diet for a Hot Planet; Vegan Living Made Easy (and Joyful!)

Contact: 707-540-1760
hope@socoveg.org



Anthony Dissen, MPH, MA, RDN (NJ)
Nutrition/Lifestyle Medicine

Anthony is a registered dietitian nutritionist, focusing on plant-based nutrition and lifestyle medicine. He works as a professor at Stockton University in the School of Health Sciences, and teaches courses on human nutrition, therapeutic nutrition, community and public health nutrition, health communication, health literacy, and the medical humanities. In addition, Anthony provides presentations and workshops on nutrition, health, and wellness for a number of different nonprofit organizations throughout NJ.

Sample Talks: Vegan Diets as Evidence-Based Practice; Lifestyle Medicine & the Future of Health Care; Debunking the Top Myths in Nutrition; Plant-Based Diets & Men's Health; Health Information Literacy: How to Spot Bad Science

Contact: 856-371-8916
AnthonyDissenRD@gmail.com



Photo: Jo-Anne McArthur

Mary Finelli (MD)
Fish Expertise

Mary is president and founder of Fish Feel, and she chairs the Save the Cownose Rays Coalition. She is a longtime animal rights activist with a BS in Animal Science and has worked with various animal protection organizations, primarily focusing on farmed animals. She was the producer of *Farmed Animal Watch,* a weekly online news digest sponsored by numerous animal protection organizations. Mary also co-wrote a chapter of *In Defense of Animals: The Second Wave* and has assisted with research for several books.

Sample Talks: Leave Fish Off Your Dish: Health Hazards of Fish Consumption; Fishes: Why They Deserve Our Respect and Compassion; Fishing & Fish Farming: Earth's Aquatic Apocalypse

Contact: 301-625-9321
Info@FishFeel.org



Brooke Goldner, MD (CA)
Plant-Based Healing

Dr. Goldner is a board-certified medical doctor and the author of three best-selling books. She is a regular contributor to the T. Colin Campbell Center for Nutrition Studies and is featured in the *Journal of Disease Reversal* reversing lupus in herself, as well as multiple case studies in reversing end-stage lupus nephritis (kidney failure) with her hyper-nourishing nutrition protocol. Brooke is the founder of VeganMedicalDoctor.com, GoodbyeLupus.com and creator of the Hyper-nourishing Protocol for Lupus Recovery.

Sample Talks: Reversing Autoimmune Disease with Supermarket Foods; Reversing Chronic Disease with Supermarket Foods; How I Became Lupus Free (& You Can Get Healthy Too); How to Overcome Self Sabotage & Addiction to Unhealthy Eating; Healthy or Unhealthy? The Truth About Fats

Contact: 562-715-7123
DrG@GoodbyeLupus.com



Clare Mann (Australia)
Psychology

Clare is a vegan psychologist, existential psychotherapist, author, and communications trainer. She runs a private vegan psychology practice in Sydney, as well as works with vegans all over the world via Skype/Facetime. She is the author of numerous books. Clare co-founded the Vegan Voices smartphone app and is co-contributor to the Sydney Vegan Club 30-Day Vegan Challenge. As an animal rights campaigner, she provides skills training to help vegans and animal advocates communicate effectively, and animal protection organizations collaborate for increased effectiveness.

Sample Talks: Vystopia: Turning the Anguish of Being Vegan into Powerful Action for Change; Myths of Choice; Thriving as a Vegan: Mental Health and Communication; What to Say When You Don't Know Everything about Veganism

Contact: info@communicate31.com



Mike Hudak, PhD (NY)
Environment

Mike gives presentations throughout the U.S., educating the public about the production of beef and the environmental harms of ranching. He wrote a book related to these topics and produced a companion series of videos. Mike has been involved in the introduction of legislation in the U.S. House of Representatives, and he has also led a successful campaign within the Sierra Club to strengthen its position against the raising of cattle on public lands.

Sample Talks: How Cattle Ranching Harms Plants and Animals in the American West; The Politics of Public Lands Cattle Ranching in the U.S.; How Cattle Ranching in the American West Harms Avian Species; The Mythology of Cattle Ranching in the American West; An Exposé of Cattle-Based Regenerative Agriculture

Contact: mike.hudak@gmail.com



Linda Voorhis, MVLCE (AZ)
Cooking/Lifestyle Coach

Linda is a Main Street Vegan Academy graduate, and founder of Veganification® and Verde Valley Vegans Meetup group. She earned her Certificate for Plant-Based Nutrition from the Center Studies at Cornell University. She loves to transform non-veg recipes into sumptuous vegan versions for vegans and omnivores alike. Linda offers culinary demos and writes a twice-monthly blog and quarterly e-newsletter.

Sample Talks: Veganifying Your Nonvegan Recipes; Working with Local Restaurants to Add a Vegan Menu; Preparing Vegan Meals in an Omnivore Family; Vegan Meals Made Easy with Bulk Cooking; Writing a Vegan Blog; Plant-Based Eating with a Limited Budget; Setting up Your Vegan Kitchen: Equipment and Having a Well-Stocked Vegan Pantry and Fridge

Contact: 973-769-5828
LindaVoorhis@Veganification.com

*AVS honors the speakers for their ability to deliver a great vegan speech and their expertise on a specific topic. The knowledge, actions, and opinions expressed by the speakers represent individual views, not necessarily those of AVS.



Marian Walker

A Champion of Social Fairness
Vegetarian for Nine Decades
Vegan Forty-Five Years & Counting

Lee Hall with Gloria Walker Burger



Marian Walker celebrated her ninety-eighth birthday at SuTao Vegan Café in Malvern PA in December 2019! Partygoers heard a beautiful bio of Marian from her youngest daughter and caregiver, Gloria Walker Burger, while feasting on the Chinese buffet.

The near century that makes up Marian's life stands as a model in multilayered ways.

Resisting Violence, Aged 9

Marian decided not to eat pigs at age nine. The trauma of seeing one killed on an uncle's farm made this a decision to live by. Later, Marian made connections to the exploitation present in all animal products. This led the child vegetarian to become an adult vegan.

Neither were popular choices in those days, but Marian had been brought up with nonviolent values and applied these values to the dining table.

Marian the Vegan

Gloria recalls Marian saying, "I was curious and wanted to become vegan. But cheese was difficult and addictive." When Marian went vegan in 1974, after going without cheese for a while, she wished she had gone vegan earlier.



Marian's huge garden included fruit trees, blueberry bushes, raspberry bushes, and a grape arbor. She had two acres of land, so she always had fresh vegetables from the garden. Marian canned tomato sauce, applesauce, pears, and often sixty quarts of tomato juice at a time.

Marian's favorite breakfast is an open-faced sandwich on whole-wheat bread, with peanut butter, dill pickles, and two vegetables such as onion-tomato or cucumber-lettuce. She makes it for herself every day and rarely substitutes it with oatmeal. Often breakfast includes good fresh fruits.

Champion of Fairness Intersecting Advocacy

Marian was a member of the Quaker community that became centrally active in desegregating Chester County, Pennsylvania.

In the midst of race-based segregation, this group of fair-minded people bought up houses that Black people had been excluded from buying. Then, Quakers resold them, with affordable terms, to Black families. One Quaker family would settle in the spot where the other homes were sold to their new owners. This method offered both affirmative diversity and solidarity for these newly formed communities.

Marian found other opportunities to create a fairer county, too. Observing that there was a Chester County YMCA but not a YWCA, Marian started the first (now main) branch of the YWCA in West Chester, so that women would be offered safety and opportunities.

The YWCA had its start as a U.S. movement to support young women who had moved from rural communities to find work in the cities. The YWCA provided safe housing for women.

Marian and Her Family

Marian counted among her friends Edythe Scott Bagley, sister of Coretta Scott King, arts and education advocate and the steward of the Rev. Dr. Martin Luther King Jr.'s (MLK) legacy.

Photos - top left: Marian at 4 with her mother and baby sister Mary; right: recent; bottom: senior at East Lampeter H.S. Photo top right by Michael Zager; the other photos courtesy Gloria Burger.

Marian's husband, Charlie Walker, worked with MLK and was on the dais when MLK gave the "I Have a Dream" speech. Charlie and MLK wholeheartedly agreed they wanted to make sure that the civil rights movement was nonviolent. Charlie was with MLK when MLK's house was bombed, and MLK spoke with the people and told them not to retaliate.

Charlie trained people in nonviolence. His nonviolence books are still being used today.

Charlie received the Jamnalal Bajaj Award, an Indian international award for promoting Gandhian values, community service, and social development, in 1991. The award is given annually to the person who is behaving the most like Gandhi outside of India. Marian and Charlie were flown to India for a month and were treated like superstars. Due to Charlie's health issues, Marian was the one who gave the acceptance speech. She always rises to the occasion, especially if it means a lot to her, and even though she is shy and retiring!



Charlie & Marian as newlyweds, photo courtesy Gloria Burger

Gloria's sister, Brenda Walker Beadenkopf, wrote the book *A Quaker Behind the Dream: Charlie Walker and the Civil Rights Movement*. MLK's sister-in-law Edythe said Charlie was a man behind the dream—thus the title.

Charlie never wanted accolades, just to get the work done. Marian helped Charlie arrange speakers and logistics for many things in the civil rights movement.

Marian did many marches, especially at The White House. Marian was happy behind the scenes, being one of the crowd. "I'm very proud of both my parents," says Gloria.

Marian and Charlie raised six children, but often Charlie was away, working to save the world. Sometimes their kids traveled with them; the kids went to the picket lines.



Charlie in middle as award is handed to Marian. Photo courtesy of the Jamnalal Bajaj Foundation.

Gloria explained how the Walker children learned to help their parents train others in nonviolence, such as for sit-ins. "The police came to a restaurant and told Black people, 'You can't sit there because it's for Whites only.' When they try to remove you, you can't struggle, but play dead, become limp, and don't help them. Whites would sit next to or in front of the Black people to keep them from being moved or arrested."

Marian raised the kids on unprocessed vegetarian foods even though Charlie was not at all vegetarian and he only cooked on weekends.

The Veggie-Q Peaceful Picnic in the Park!

Marian went on to cofound CARE (Compassion for Animals—Respect for the Environment) in West Chester. Marian insisted that people could still go out to their local parks in the summertime and enjoy the delights of a BBQ without sacrificing any animals. The concept of the Veggie-Q, first held by CARE in 1991, became what might have been the first-ever U.S. annual vegan festival! The central element was a large cooking grill. A good time and Marian's famous vegan potato salad was had by all.

The Veggie-Q was later renamed the CARE VeggieFest, and finally dubbed the Chester County Vegan Festival. It went on for twenty-seven years, playing its part in the vegan movement in a noncommercial and community-based way, inspiring similar events throughout the U.S.

Continued p32

Marian Walker continued from p31

Everyone's Friend

Everyone could count on Marian. You could call her at three in the morning and say, "My car broke down. Can you come get me?" And Marian always would. This was before Uber.

Someone who hadn't seen her in three years needed a ride to the airport (his ride fell through), and she picked him up, at age 91. They got to catch up on news.

Marian was also a friend to the Earth. When the PNC regional bank provided funds for fossil fuel companies engaged in mountaintop removal practices, Marian encouraged members of CARE to join the protest.

Words from the Wise

At ninety-eight, Marian credits veganism for her remarkable longevity, mobility, and good cheer.

Marian loves to attend the American Vegan Garden Party (see p 35). "I'm so glad you've founded and cultivated a vegan movement. When I was a young person, we didn't have one. Now we do!"

Lee Hall is a member of the American Vegan Speakers Bureau, vegan since 1983, longtime CARE board member and admirer of Marian.

Gloria Walker Burger was a professional pool player. She has won the national and world 8-ball championships and 9-ball championships. Next time that you see a billiards rule book, which comes with every table sold, "Gloria Walker" is listed in the back. She calls herself the only "shooting Quaker."

Donations

One-time, monthly, or annual giving can be set up at AmericanVegan.org. Donations can also be made by phone with credit card, or mail a check. Please remember AVS in preparing your will and making bequests.

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AMERICAN Vegan SOCIETY

An educational event is held each year. The next one is May 24 2020 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).

Other Species as Our Teachers

Dale Lugenbehl

I teach college philosophy classes and took many classes as a college student. However, some of my best teachers have been animals that were not members of my own species. Other species have profound lessons to teach us. In many eastern and Native American spiritual traditions there is a strong emphasis on learning to open to each moment and truly be present, right here and right now, to the wonder of life. The following is a little story about two of my special teachers who happened to be dogs.



I live somewhat out in the country. Up the hill from me are my neighbors, Dusty and Lynda. When they have taken trips, they have asked me to take care of their two Labrador dogs, Mandy and Molly. I enjoyed taking them out for exercise at least once a day, usually to the mailbox which was a round trip of about a mile. For that walk, the gravel country road was fenced on both sides, so it limited their options for running off. We went every day, first thing in the morning, and when we got back, I fed them. Not much to learn here, or so it would seem. Here's how things went.

I would arrive in the morning, and Mandy and Molly would be standing behind the chain-link gate, jumping three feet into the air over and over again, like two pistons going up and down in a two-cylinder engine. If they could talk, it would have gone something like this… "Dale is here! Holy moly! We're going to the mailbox!!!! This is the BEST thing that could possibly be happening!!! I can hardly believe it!!! We're going to the mailbox!!!! Isn't life great?!!!" I opened the gate, and they came roaring out and plunged into a shallow pond in front of the house and then tore off down the hill. Once in a while, they came running back to check in with me and say "Howdy."

Now imagine the same scene, but Mandy and Molly no longer have dog minds, they have typical human minds. It would go more like this: They notice me coming and shuffle over to the gate. "Look, here comes Dale again. Oh, man, he wants to take us to the stinking mailbox AGAIN! We went to the mailbox yesterday, and the day before that, and the day before that. We're sick of it! Forget it, Dale!! We're not going! Going to the mailbox again is just SO boring. YOU go to the mailbox; we'll just lay around here and maybe something REALLY exciting will come along later."

We can learn a lot from dogs, and in fact, from all species with whom we share this Earth. Each time Mandy and Molly go to the mailbox it is completely new and fresh. They get to experience the joy of running, of smelling smells, seeing sights, being with others they like—and simply experiencing the joy of being alive. "Look, here's a puddle, I can smell this funky water and then get a drink. Oh, look, there's something moving in that bush—let's go see what it is!" Their enthusiasm for the small things of life is truly inspiring. Every moment is fresh and new and full of possibilities. This is what Zen calls beginner's mind.

It's not what life gives us that makes us happy, it is how we respond to what life brings our way.

Dale Lugenbehl is *American Vegan* Environmental Editor.

Photo courtesy of Dreamstime.com

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See story inside p18.