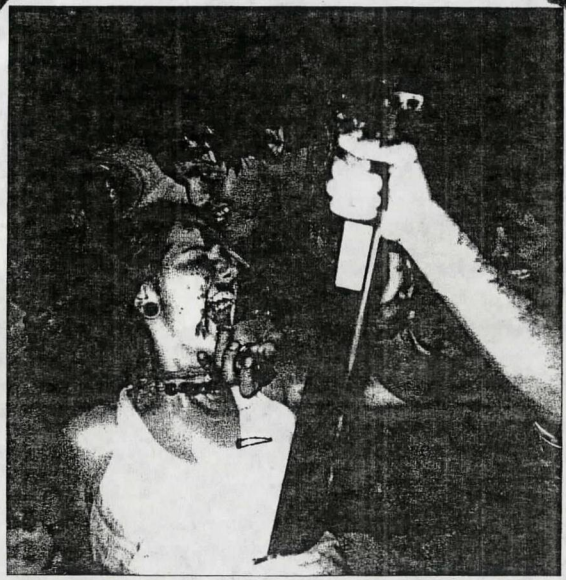


ANIMAL LIBERATION \* HUMAN EVOLUTION \* VEGAN REVOLUTION



# Eat Your Own Race

MARCH 06 ISSUE 1



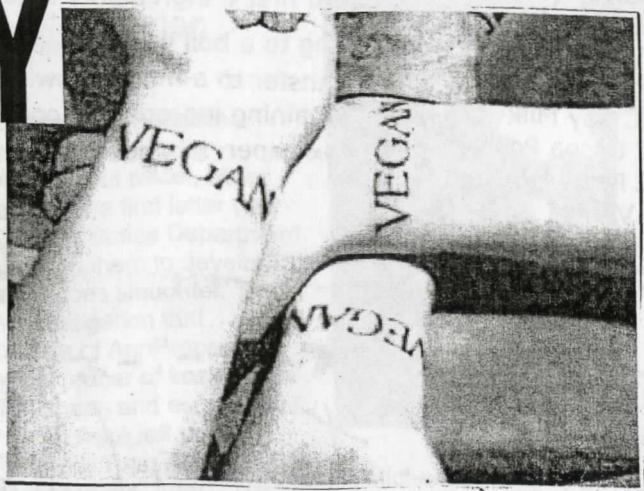
VEGETARIAN  
essentially  
plant based

# THE MONSTERS





# Why



Being Vegan is not only an alternative eating choice, but also a healthier, more environmentally friendly lifestyle. Vegans do not consume any Animals or animal derived foods such as milk, eggs, honey, gelatin...etc - There is a vegan substitute for just about everything.

I decided to stop consuming animals in november of 2003 during a period of self analysis.

The main question at hand was "why?"

Everything i associated my life with i questioned, whether it be a

relationship or eating habit. Eventually i decided to cut all animal products out of my diet and became vegan. I now live a less

stressful, happier life due to mental focus and proper diet.

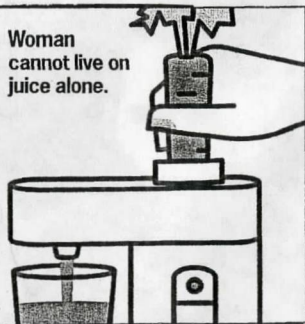
Always remember to question your actions and evolve.

## COCONUT HAYSTACKS

-1C Brown Sugar  
-1C White Sugar  
-1/2C Vegan Margarine  
-1/2C Soy Milk  
1/2C Cocoa Powder  
1/3C Peanut Butter  
2tsp Vanilla  
3C Rice Cereal  
2C Coconut

add first 6 ingrediants together and  
bring to a boil while mixing for 6minutes.  
transfer to a mixing bowl and add  
remaining ingrediants. cool, drop onto  
wax paper by spoonfulls and refridgerate.

Woman  
cannot live on  
juice alone.



Where to Eat

## NECTAR WAY CAFÉ

ALL NATURAL CAFÉ & JUICE BAR

USING THE FINEST ALL NATURAL INGREDIENTS  
& ORGANIC AS AVAILABLE

Located at 1802 N. Univ. Dr. - In the Mercedes Plaza  
Phone: 954-423-3751 Fax: 954-423-3752

When I first got here I  
ordered a peanut butter and  
bannana smoothie with soy.  
It was good, but a little  
chocolate soy milk would  
have made it alot more Amazing.

I'm not one for anything that  
tastes like eggs, but their vegan  
Breakfast wrap was outstanding  
and very very fulling.  
more Bang for your  
Buck. Definitely worth  
a visit.

go  
Fly  
A  
kite

# Delicious



## PPAW Takes on Washington D.C...twice!

Recently, PPAW founder and President Michael DiMartino fired off a letter to Washington D.C., not once, but twice!, all for the betterment of animals. The first letter was written to the USDA [United States Department of Agriculture] pleading with them to develop explicit guidelines for religious slaughter. This coming after a PETA investigation that documented video footage of AgriProcessors Inc, the world's largest producer of kosher meat, ripping out the tracheas and esophagi of fully conscious cattle, who were left to stand minutes after being tortured. This, all of course is against the animal welfare act. After receiving the letter and the video footage was released, the USDA dispatched investigators, forced immediate changes, and opened a criminal investigation. DiMartino says, "After watching the video first hand, I now know what cruelty is, this is wrong, hopefully, soon justice will be served and this company can get the punishment it deserves." The USDA is calling the actions of AgriProcessors Inc. "egregious violations".

The second letter was written to The Honorable Gale Norton, Secretary of the interior at the Dept. of the Interior in Washington D.C. The letter was written after PPAW learned of the killings due to traps in U.S. National Parks. These are the same traps that are illegal in 88 countries! No, these traps weren't caused by furriers but by the NPS [National Park Service] for the "express" purpose of catching abandoned dogs! PPAW is still anxiously awaiting the results of their trapping terror. Be sure to keep up with these

stories as PPAW and Eat Your Own Race work hand in hand in delivering these stories to you.

For more information on how you can help, visit:  
[www.BanParkTrapping.com](http://www.BanParkTrapping.com)



Michael DiMartino



People for the  
Protection of  
Animal  
Welfare

In the words of a convicted A.L.F. activist:

"When you see the pictures of a masked liberator, stop asking who's behind the mask and look in the mirror."



Gatherings of the Minuteman Project, a group of white racist vigilantes who hunt human beings on the border, are increasingly being protected and secured by the state. And opposition to these groups is being met with vicious and swift attack from the police and the law. This is the reality in post-9/11 America, where attacks on immigrants are justified in the name of "keeping America safe from terrorism, and where dissent and opposition are treated as threats and are met with vicious attacks.

On October 15, 2005, the racist vigilante group the Minutemen held a conference in Arlington Heights, a suburb of Chicago. The Minutemen are groups of vigilantes who patrol the border, hunting the immigrants who are forced to cross in increasingly dangerous conditions. They attract racists and militia types: White Revolution and White Civil Rights gush over the Minutemen and encourage their members to join its patrols. They brag on their blogs about the "hunting" they are about to do, and they pose, grinning, with their rifles as they prepare for "patrol."

The Minutemen are a growing group, with chapters not only in all of the border states but in places as far away as Maryland and Vermont. They are politically well connected: they have been praised by California Governor Arnold Schwarzenegger for doing a "fine job". In February 2006, they held a rally on the White House lawn, an event which received national media coverage.

They are protected by the authorities and have solid support from the government. Rep. John Culbertson of Texas has introduced bills asking for financial support and legal recognition for their patrol work. Minuteman Project Jim Gilchrist was nearly elected to Congress from the state of California in 2005.

Protesting the Minutemen on October 15 was a group of activists from a broad ideological spectrum: anarchists, communists, immigrants' rights activists, curious high school students, immigrants from countries all over the world. The Minutemen chose to hold their October 15 conference at the Christian Liberty Academy, a far-right Christian fundamentalist school devoted to, among other things, "fighting socialism [and] godless Communism". The school uses textbooks such as this civics book, which contains quotes like this one: "All governments are ordained by God, but none compare to government by God, theocracy."

On the morning of the 15<sup>th</sup>, as the Minutemen gathered to discuss their agenda for hunting immigrants within all of the 50 states – not just along the border. (Since that conference, their project in the Chicago area have included pickets at Home Depot outlets and anti-immigrant demonstrations in areas where large numbers of immigrants live.) A group of activists linked arms and formed a symbolic "human chain" on the sidewalk in front of one of the building's five or six entrances, and chanted slogans against the Minutemen and in favor of immigrant rights. The police responded directly to a request from the Minutemen and attempted to haul the activists away from the building; they then called in a team from the Northern Illinois Police Alarm System, consisting of police dogs, riot cops, and police from over 50 cities. Five people were arrested and charged with resisting arrest and battery on a police officer: Eric Zenke, Kara Norlander, Rehana Khan, Cynthia Gómez, and Marco Quiraz-Rojas. All were charged with between two to four counts of Class A misdemeanors – which could equal between two and four years in jail.

The authorities have since shown every intention of punishing these activists. On a December 1 court date, three were arrested and sent to Cook County Jail for a minor violation of their bail terms. On February 14, at a minor evidentiary hearing, the state's attorney attempted to force the case to go to trial that very afternoon – which would have left the defendants with no time to prepare a case, track down witnesses, or gather evidence.

This case comes in the context of an increasingly virulent anti-immigrant climate. In December 2005 a bill known as the Sensenbrenner bill passed the House of Representatives. Among this bill's provisions, such as imposing 700 more miles of fences along the border, was a section which would make it a felony for anyone to aid or assist undocumented immigrants. If this passes the Senate it would mean millions of teachers, health workers, and activists would become felons for giving aid or education or even a drink of water or a ride to the hospital.



Increasingly racist rhetoric is considered acceptable in the public arena-- mainstream commentators like CNN's Lou Dobbs liken immigrants to an "invasion" and warn that their increasing birth rate will destroy the "fabric of America". And the Minutemen are openly calling immigrants a threat to America's national identity, in statements like this one from their web site, warning of the "threat" posed by immigrants: "Future generations will inherit a tangle of rancorous, unassimilated, squabbling cultures with no common bond to hold them together, and a certain guarantee of the death of this nation as a harmonious 'melting pot.' The result: political, economic and social mayhem." Minutemen Project co-found Chris Simcox said this in a speech to the California Coalition on Immigration Reform: "Take heed of our weapons because we're going to defend our borders by any means necessary."

But it is by no means limited to this: Immigrants are called a threat to national security and the war on immigrants is likened to the so-called "war on terror." Another indispensable part of the "war on terror" is the suppression and criminalization of any dissent -- and the likening of dissent with treason. From the PATRIOT Act to Bush's illegal spying revelations in January 2006, the government is openly bragging it has the right to spy on any group it deems a threat to "national security". The Minutemen themselves have likened their opposition to terrorists: in October 2005, Chris Simcox accused anti-Minutemen activists of being "domestic terrorists", and despite the fact that he had no proof, the Associated Press repeated his claim and gave it national exposure.

The activists have now embarked on a determined campaign to defeat their charges -- and to expose the fact that the state protects racists and vigilantes, and attacks those who oppose them. They go to court in Rolling Meadows, a suburb of Chicago, on March 24.



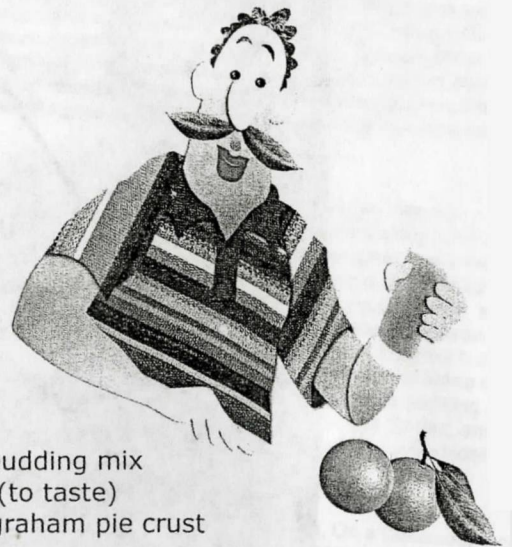
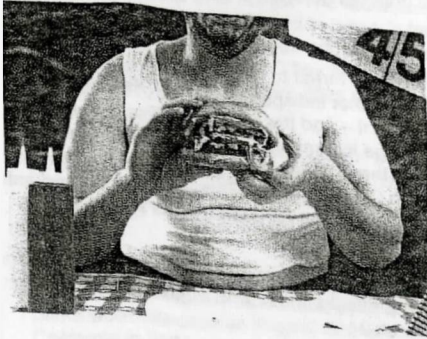
For more information, and to join in their legal defense campaign, contact them at [Antiminutemen5@yahoo.com](mailto:Antiminutemen5@yahoo.com)

- for more info on anit-minutemen party's and rallys for the activists please go to

<http://www.eatyourownrace.com>

UP TO 33 PERCENT OF TEENS ARE OBESE. ONLY 2 PERCENT OF VEGANS ARE OBESE.

MORE THAN 70 PERCENT OF ANTIBIOTICS USED IN THE U.S. ARE USED ON ANIMALS IN FACTORY FARMS—ANTIBIOTICS KEEP THEM ALIVE AND GROWING THROUGH CONDITIONS THAT WOULD OTHERWISE KILL THEM.



#### KEY LIME PIE

- 1 pkg Mori-Nu silken firm tofu
- 8 oz soy cream cheese
- 1/2 cup key lime juice
- 2 teaspoon grated lime rind
- 2 pkgs Mori-Nu Mates vanilla pudding mix
- 1 tablespoon liquid sweetener (to taste)
- 1 prepared 9" or so pastry or graham pie crust

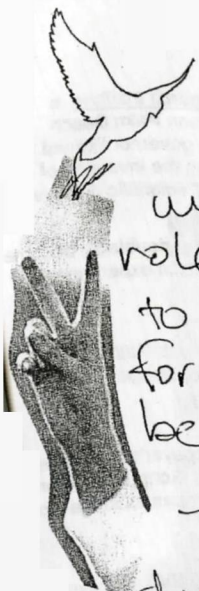
Drain any excess water from the tofu.

Blend tofu and lime juice in a processor until creamy

Add the rest of the ingredients, and blend

Pour the mixture into the crust and chill 2-3 hours or until firm.







we fit into a generalized  
role in life and we are only  
to follow ourselves and  
forget our role only to  
be a true revolutionary

I become what I am  
due to the attitude to  
the world around me  
and the attitude I  
take toward myself -  
transcend into what  
we want to create  
the world as -

life is not determinism  
we take in life as our  
attitude takes in life -

let the bad build  
the good take the  
good for the good -



urged to  
list ties  
to firms

# The Scripps Research Institute

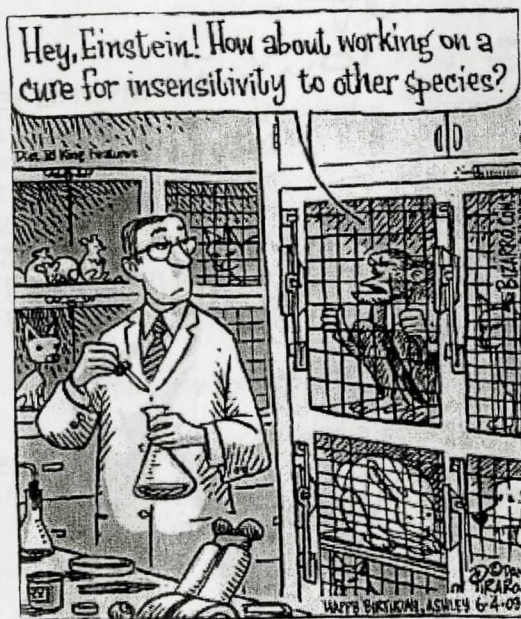
In October 2003, Florida Governor Jeb Bush announced that The Scripps Research Institute, a private biomedical research organization based in La Jolla, California, had chosen Palm Beach County as the location for its new East Coast facility. In his announcement, the governor likened the arrival of Scripps to the coming to Florida of Walt Disney World, NASA and even the invention of air conditioning! Bush promised that Scripps will result in new jobs and "life-saving" scientific discoveries.

If the plans for Scripps Research Institute Florida go ahead unchallenged, it will undoubtedly become one of the largest animal research facilities in Florida, using thousands of animals in experiments each year.

The State of Florida has pledged \$310 million of public money to support the project; Palm Beach County has committed an additional \$200+ million. The state and local government's open wallet approach to luring Scripps may be the largest corporate subsidy in Florida history.

It is doubtful that the financial benefits from Scripps' arrival will ever equal the taxpayer's "investment." Instead, the public's money will likely benefit for-profit pharmaceutical companies. Scripps' directors and scientists have links with some of the largest biotech and pharmaceutical companies in the world including Novartis, Genentech and IVAX.

In fact, the agreement between Scripps and the State of Florida (signed January 2004) specifies that, "...all discoveries, inventions and other technology developed by Scripps as a result, either directly or indirectly, of its Scripps Florida operations or its Scripps Florida employees shall be owned exclusively by Scripps . . . Nothing contained in this Agreement shall in any way limit or restrict the right of Scripps to commercialize or license its discoveries, inventions and other technology" (Operating and Funding Agreement, Section 3.4).



END RESEARCH ON  
CHIMPANZEES  
AT SCRIPPS!





## Mecca Farms

Mecca Farms is a 2,000-acre former orange grove in western Palm Beach County that Scripps originally chose as the site for its facility. The property is part of a sensitive rural ecosystem close to the Everglades, on the edge of a federally protected natural area (J.W. Corbett wildlife preserve). The area is important in providing water for the county's drinking supply. It is home to white-tailed deer, otters, coyotes, bobcat, alligators, endangered wood storks, cranes, herons and migratory birds.

**"Gov. Bush and real-estate profiteers masquerading as business leaders backed the remote Mecca Farms location, which was selected in secret." -*Palm Beach Post* editorial, May 20, 2005**

Construction began in September 2005, but in November a federal judge ruled against Palm Beach County in a lawsuit filed by environmental organizations, and construction was halted on Mecca Farms.

As Scripps looks for a new location for its permanent facility, Scripps employees are working in temporary labs on the Jupiter, Florida campus of Florida Atlantic University.

# don't forget...

MARCH

2

First Thursday, Every month 630pm  
Kentucky Fried Chicken

3061 W Sunrise Blvd Fort Lauderdale, FL

[www.kentuckyfriedcruelty.com](http://www.kentuckyfriedcruelty.com)

4

ARFF Crasher Miami Metro Zoo Fundraiser 6pm

Miami Metro Zoo 12400 SW 152 St Miami, FL

[www.arff.org](http://www.arff.org) → click on Events Calendar

4

Walk For the Animals 8am Esplanade Park, downtown F.L.

[www.walk4theanimals.com](http://www.walk4theanimals.com) SW 2nd street

5

Vegan Raw Food Cooking Class 2pm w/ Tracey Fleming

Glaser Organic Farms 19100 SW 137th Ave Miami FL 33177

305-238-7747 [www.glaserorganicfarms.com](http://www.glaserorganicfarms.com)

18/19

Real Lobster Headquarters 5900 Lake Ellender Dr  
Orlando FL 32809 12pm

[www.harpseals.org](http://www.harpseals.org) [www.protectseals.org](http://www.protectseals.org)

20

Great American meat out

[www.meatout.org](http://www.meatout.org)

28

Raw Foods recipe demonstration/lecture with

Paul Nison, Raw Foods Chef 7pm

Whole Foods 7720 Peters Road Plantation FL 33324

954 236-0600

TBA

Grand Reopening of Sublime!

[www.sublimevege.com](http://www.sublimevege.com)



## Join the fight against Canadian Seafood

Activists from both **PPAW [People for the Protection of Animal Welfare]** along with **EYOR [Eat Your Own Race]** are joining up for an overnight vigil and protest at the Red Lobster headquarters in Orlando for the slaughtered seals on Saturday and Sunday March 18th and 19th. We will start the demonstration in Orlando at 12:00pm. The demonstrators will be out there due to the fact that this year, more than 350,000 baby harp seals will be bludgeoned to death on the ice flows of Canada: As one veterinary panel concluded, 42% of the baby seals killed and skinned for their fur were likely skinned alive. Campaigns from organizations such as **PETA [People for the Ethical Treatment of Animals]**, **HSUS [Humane Society of the United States]**, and **HarpSeals.org** have raised awareness of this unnecessary cruelty. Red Lobster has been the target of a world wide Canadian seafood boycott because, Red Lobster is the worlds largest seafood company and it's purchasing power is so great and powerful that if Red Lobster dropped Canadian Seafood, Canada would have no other choice but to end this cruel seal hunt for good. Red Lobster sits idly while seal after seal is tortured. Companies such as *Whole Foods*, *Legal Seafoods*, and *Down East Seafoods* have backed this boycott and are encouraging companies like Red Lobster to do the same.

ou can help!

WE are asking that you call, write, or email Red Lobster and express to them your amount anger and disgust that they are aware of this cruel hunt and are doing nothing about it. Ask Red Lobster to join the Canadian seafood boycott and end the seal hunt for good.

Red Lobster/Darden Group

Mr. E. Lee, Chair and Clarence Otis Jr., CEO

1000 Lake Ellenor Dr.

Orlando FL, 32809

407-245-4000

1-800-LOBSTER (1-800-562-7837)

Email comments by visiting [www.RedLobster.com/contactus.asp](http://www.RedLobster.com/contactus.asp)

For more information go to:

[www.protectseals.org](http://www.protectseals.org)

[www.harpseals.org](http://www.harpseals.org)



## THE COLONEL GETS A VISIT FROM THE CANNIBALS

article and photography by Lantz Arroyo

On February 2<sup>nd</sup>, 2006, **EAT YOUR OWN RACE** magazine and the **ARFF** (Animal Rights Foundation of Florida) organized and sponsored a protest against fast food chain, Kentucky Fried Chicken. Staged at one of the more popular KFC restaurants in Ft. Lauderdale, a good number of people were on site for the event. Having never been to a real protest, I wasn't sure what to expect. Were the police going to be there? Was I going to be arrested? Would there be any belligerence coming from people who loved to devour fried carcass? Would anyone even care? Time would tell.

Armed with my camera, I went with a couple of good friends to the protest, hoping that the dim lighting wouldn't spoil my attempt to capture the action. What I saw was a small but strong group of protesters with their signs standing on the sidewalk, politely sharing their message with the cars driving by. Sure, there were a few people hanging outside of the windows proclaiming their undying love for fried chicken. But what surprised me is how many people actually took pamphlets from the protesters and listened to what they had to say. Two young black males, in spite of all the stereotypes yelled out of a car window that they would come protest with us, and several minutes later, they lived up to their word and stood alongside all of us, fighting for the lives of the chickens.

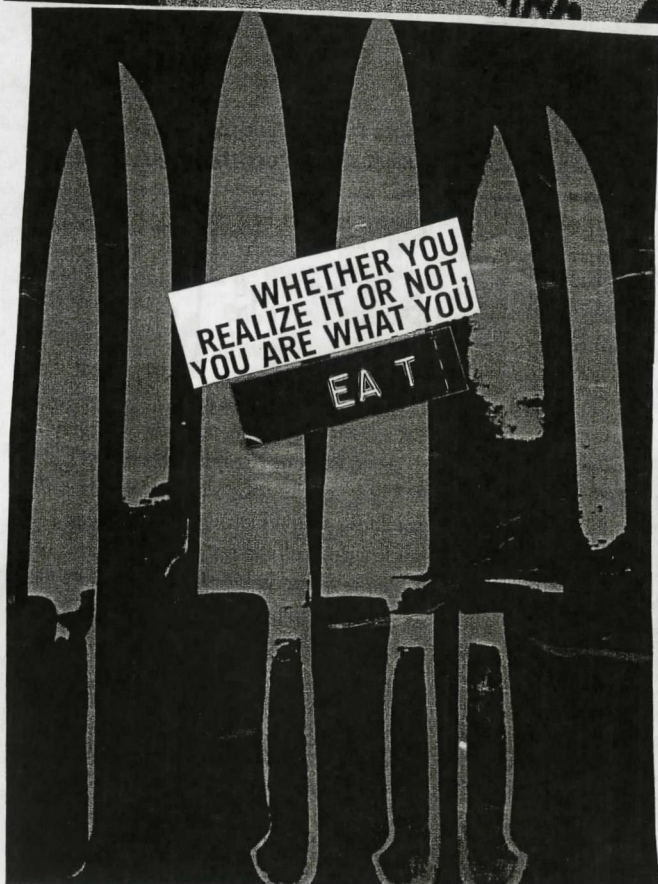
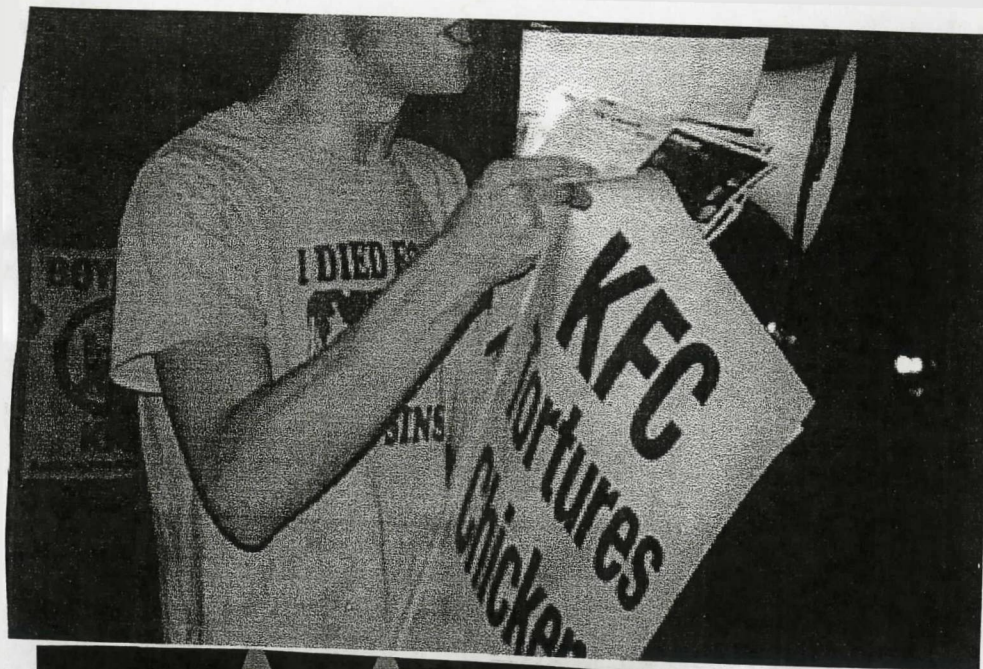
Over 850 million chickens are raised and slaughtered for KFC each year. According to <http://www.kentuckyfriedcruelty.com>, each bird is kept in a space about the size of a sheet of paper. They are subject to nau: eating kinds of abuse, including but not limited to being boiled alive to remove their feathers, having their beaks ripped off, and being pumped with hormones to make them unnaturally fat. This is the food that millions of Americans - who, incidentally, are also unnaturally fat - are consuming.

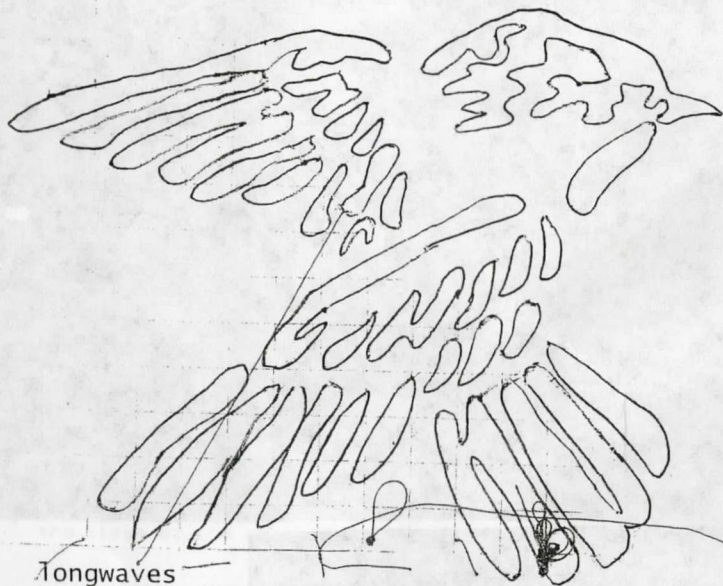
The images I captured at the event, honestly, were not that great due to the lighting conditions. But what I witnessed was something greater and larger than any camera could ever capture - unity. Standing there watching and being apart of American youth standing up for what they believe in and sharing their message was a sight for the eyes to behold. And it wasn't just youth; I talked to an activist couple who were probably in their late 50s or early 60s who had been vegan for over thirty years, and their sign was the biggest and most graphic of them all. The police showed no interest (they were down the street) and the protesters were one

**KENTUCKYFRIEDCRUELTY.COM**

People need to understand that as long as you care and as long as you fight, change can happen. You can't start a revolution overnight, but the more people that are dedicated to the cause, the quicker we can break out of this rut we're in as a country and as a race. We're in a dark time right now, but if you listen to good music, you know that there is a light, and it never goes out. The time is now - fight the good fight against the fascists and the murderers. Care for your body and soul and treat them like the beautiful jewels they are. Raise your fist and call for action. And for God's sake, eat your own race.

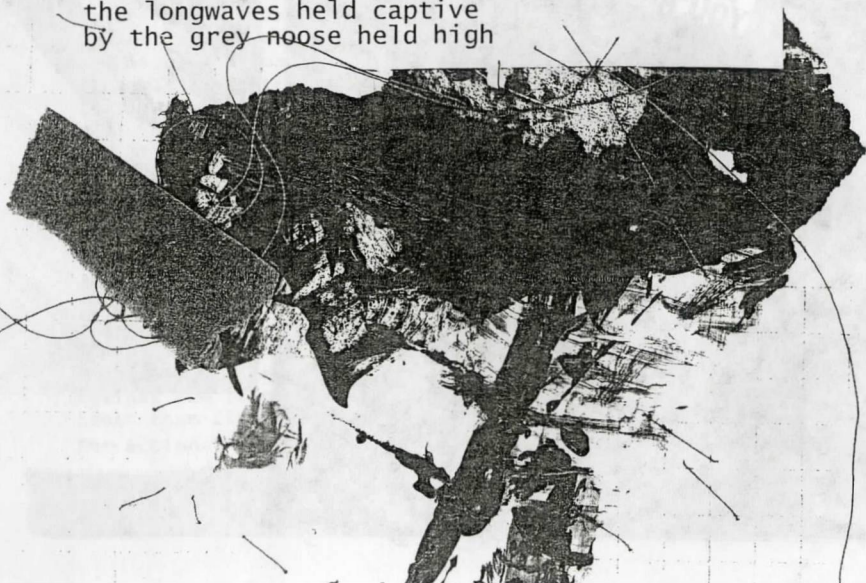






Longwaves  
by daniel alexander staton

tattered papers glide on,  
folded by the weighty world and passing cars  
tree limbs wave me goodbye  
as their breeze steals my breath and sigh  
yet my sealed lips and starving lungs  
are deafened by defeat  
exhaust fumes choke any semblance of hope  
and ringing ears lull me to sleep  
clouds hang heavy upon blue skies  
the longwaves held captive  
by the grey noose held high





I'll have the cruelly-tortured-for-its  
entire-life-kept-alive-with-drugs-  
slaughtered-inhumanely-processed  
unsanitarilly-and-cooked-at-very-  
high-temperatures-to-kill-the-  
salmonella sandwich.

Fries with  
that?



## Animals

*My thoughts on the recent postings of a boy in New Jersey who was arrested for kicking his dog and leaving him in a portable toilet:*

ASPCA officers have seen a good portion of occurrences involving *institutions* violating animal welfare laws as well as companion animal cruelty cases. However, the amount of actual suffering and killing involving the latter group of cases is dwarfed by even just one of the institutions that exist to abuse animals (i.e. factory farming, fur, experiments, entertainment). The amount of animals killed for food each year worldwide is estimated at approximately 45 billion; on factory farms in the United States alone, this number is still around 10 billion. The number of animals used in testing or experiments is tough to calculate, but is probably somewhere around 1% of that - 100 million. The fur industry kills upwards of 30 million animals every year. The amount of companion animals beaten, starved, or even buried by the guardians or others involved each year is probably only in the hundreds; I could only imagine it being as high as two thousand.

Still enforcement officers might spend a limited amount of their time investigating institutions such as farms and labs, and the bulk of their work on domestic abuses of companion animals, which are more enforceable and easier to convict. It is easy to understand that any multi-million dollar company that violates laws in its labs will defend themselves pretty well. This situation has created an unrepresentative amount of articles in the mainstream media about kids or adults abusing companion animals.

Meanwhile, there is abhorrent and widespread cruelty on the scale of genocides happening literally every second of every day in institutions that the news reporters don't report on. Most cruelty in institutions that torture animals is perfectly legally. Animal labs and farms subject billions of animals to a lifetime of isolation in tiny cages or on concrete. Experimenters can conduct any experiment on an animal that their perverted little hearts desire. These can and do include sleep deprivation, sewing kittens eyes shut, and forcing animals to run on treadmills for dozens of hours.

However, a boy in New Jersey recently was arrested for kicking a "companion" dog that was then left in a portable toilet alive, but seriously injured. Simply because it was reported on, many animal advocates recommended that I spend my letter-writing time and stamp-money asking the judges of crimes like this for harsh sentences. Many organizations are actually spending thousands of your dollars lobbying legislatures to increase the punishments for these offenders. As animal rights activists, should we continue to advocate for "special rights" for dogs and cats who have guardians/owners who take care of them? Wouldn't the general public be more supportive of animal rights legislation if it was just as legal to burn a dog in a university lab as it were to burn someone else's pet?

If institutionalized cruelty makes up *literally* 99.99998% of the cruelty and suffering of animals today, we should spend our limited time and efforts fighting on each front (legislative, enforcement, protesting, or direct action) to make an impact that would have an affect on an industry-wide scale, not for isolated incidents like that of the kid in this article who abused an animal.

The kid was dumped by his girlfriend and interrogated by cops. He probably lost friends, was yelled at, punished, and disrespected by his parents by his entire family, ridiculed in school and given the evil eye elsewhere in his town. I think he deserves all this, and because of it I'm sure it has caused him to re-think what he did and he now regrets it. There is no way he currently benefits from abusing animals, and this was probably an isolated incident. Kicking dogs is not addicting, and thus he probably will not commit a similar act in the future. Wouldn't we save more lives, reduce more suffering to work on better things? There is a genocide happening to animals every second and yet we are dwelling on things of the past either out of revenge or by using the equivocal accusation that punishment reduces abuse.



being very regretful, he now faces three to five years in prison as well as \$15,000 in fines. There is now no use bothering or annoying him through myspace messaging him, and no use making him more of a violent person by making him live isolated from compassionate human beings in society. Surrounding him with love and compassion might be a better way for him to get help than by locking him in a prison, surrounding him with crooks, sex offenders, and gang members. Studies show prison terms make people become more criminal and more violent and can cause irreversible damage to ones psyche. Perish the thought that if he were put in prison and came out as a worse person. The goal of our society should be to make him a BETTER person.

Advocating for longer prison terms for 17 year old kids who have broken the law and abused companion animals is speciesist and also using the same type of knee-jerk reactionary logic that those who say animal rights activists who break the law should serve long prison terms. The same counterproductive illogical reaction holds true with burglars, gang members, and sex offenders. Those who go to prison for their crimes usually commit more of these crimes. Burglars, after losing everything from being sent to jail, will make a desperate attempt to regain by burglarizing or stealing. Gangs are proliferating throughout prison, and rapists are not corrected by spending time locked up in a place where they will put others at risk for abuse. The spread of HIV throughout prison also has the inessential effect of spreading HIV to the incarcerated population. All criminals become more violent and prone to strike upon release.

If you really want to change one's current violent nature, which is what "correctional institutions" are supposedly doing for society, you're going to need to take another course - one that the prison system does not provide. It's the same thing with drugs - and we actually have a very effective alternative to prison and its called rehab. If speciesist animal companion groups are so interested in stopping the small amount of cruelty cases towards pets, they would lobby to set up a national rehab program for those who abuse companion animals. Despite facing five years in prison for abusing pet animals, even for minors, every year I hear of more and more cases of people's pets being abused or tortured. Clearly this means the approach of many animal advocates is simply wrong.

Those of us who believe in animal rights should fight for those who are not protected simply because they are not pets. I have no problem with those who wish to work on the legislative front for animal rights, because to be successful we will always need people in the streets and on the phones, as well as in the state capitol building. But let's always remember that our main goal is to reduce the overall amount of suffering in the world - not to be egotistical, reactionary, or unstrategic. Animal abuse and the unnecessary torturing and killing of 1000 animals every second by the human race is nothing short of being declared a war, and no war can be won without careful strategy and accomplishable, yet profoundly significant and far-reaching goals.

- Vegan Matt - IL



Thank you Matty for all of your  
support and informative articles - EYOR -



For all your little needs contact us  
at [eatyourownrace@gmail.com](mailto:eatyourownrace@gmail.com) or  
visit [http://www.myspace.com/  
eatyourownrace](http://www.myspace.com/eatyourownrace)

It's weird only in the  
moments you can  
convince yourself, that  
the thoughts in your  
head can save the  
world