



# ARC NEWS

## The Big Move Issue

Fall 2008

*A publication of the Animal Rights Coalition to promote a compassionate world*

### Movin' On Up (and Over)

by Charlotte Cozzetto

After 20 years in the Uptown area of Minneapolis, ARC has moved to "veg central": the Seward neighborhood in southeast Minneapolis.

You'll find us at 2615 E. Franklin Ave. We're thrilled to be sharing storefront space with fast & furless vegan emporium whose philosophy is: "We believe respecting animals and the environment by not wearing products harmful to them is the very essence of 'fashionable'."

In addition to all the great cruelty-free products for sale, the storefront features a reading area with comfy chairs and current animal rights literature and magazines, and a revolving gallery of work by local animal-friendly artists. We're excited to join the vibrant and diverse Seward neighborhood and we hope you'll come down and check us out.



**Thumper, who oversees the daily goings on at the storefront, is a little pooped from all the activity at the grand opening**



**A standing room only crowd enjoys the dessert buffet at the ARC storefront grand opening celebration**

Thanks to everyone who helped make the grand opening such a success! Special thanks go out to all the donors to the silent auction who helped us raise over \$1,000 to benefit Chicken Run Rescue and Red Lake Rosie's Rescue. Thanks also to Peace Coffee who provided their great java, musician Matt Larson on guitar and banjo, Karen Howey for her delicious fruit pizzas and artful arrangement of the dessert buffet, and Preston Palmer who photographed the event.

Lots of new and exciting things are happening with ARC, and we hope this newsletter will bring you up to date on all of ARC's programs, campaigns, and volunteer opportunities. If you haven't been around ARC lately, you've been missing out! 🐾

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## ARC in Action Meetings

ARC in Action meetings are held on the second Saturday of the month from 10:00 to 11:00 a.m. at the ARC office at 2615 E. Franklin Ave. in Minneapolis. Everyone is welcome – you don't have to be a member to attend. These meetings are a great way to learn more about what ARC does and how to get involved.

## ARC Speaker Series Presents: Will Potter

Will Potter will make a stop in Minneapolis in 2009 as part of the ARC Speaker Series. Potter is an award-winning independent journalist based in Washington, D.C., who focuses on how lawmakers and corporations have labeled animal rights and environmental advocates as “eco- terrorists.” He is the creator of *GreenIsTheNewRed.com*, where he blogs about the Green Scare and history repeating itself.

Potter has testified before the U.S. Congress on his reporting and has written for publications including: *The Chicago Tribune*, *The Dallas Morning News*, *Legal Affairs*, *The Chronicle of Higher Education*, *In These Times*, *The Washington City Paper*, *Z*, and *Counterpunch*. Watch your mailbox for more details.

## ARC Online

ARC website: [www.animalrightscoalition.com](http://www.animalrightscoalition.com)

Circle of Compassion (ARC's blog): [www.circleofcompassion.typepad.com](http://www.circleofcompassion.typepad.com)

ARC on MySpace: [www.myspace.com/animalrightscoalition](http://www.myspace.com/animalrightscoalition)

ARC email address: [animalrightscoalition@msn.com](mailto:animalrightscoalition@msn.com)

## THE ANIMAL RIGHTS COALITION



The Animal Rights Coalition (ARC) is a Twin Cities-based non-profit organization dedicated to ending the suffering, abuse, and exploitation of non-human animals through information, education, and advocacy.

ARC is the oldest and most successful animal rights organization in Minnesota, with over a quarter century of helping animals. We advance our goals through community outreach, strategic campaigns and investigations, media outreach, and person-to-person contact, as we strive to fundamentally change how society views and treats all sentient beings.

### ARC News

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#### Board of Directors

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## In Honor and In Memory of

Thank you to all those who remembered a special person or animal with a donation to the Animal Rights Coalition. This is a wonderful way to honor someone special and help animals at the same time.

### In Memory of:

Madonna Schwartz who passed away March 13, 2008, from Mike & Mary Pat King, Joe Schwartz, and Larry & MaryAnn Bonniwell. Her love of all of God's creatures was very strong.

Ira Schwartz from Stefanie Schwartz

Joseph F. Godava from Richard Myslajek

### In Honor of:

John Thomasberg's Birthday from Dick Ostby

## Meet Dallas Rising: ARC's New Program Director

by Colleen Timmer

Chances are if you're involved in the Twin Cities' animal rights and rescue communities, you recognize the face of this dedicated and hard-working woman. Dallas Rising is the new Program Director for ARC, and we're thrilled to have her with us! "It's more than a job to me," Dallas said. "It's a calling."

Dallas went vegetarian in the 4th grade, after she made the connection that eating animals meant they were being killed. By 15, she had dropped the cheese and dairy products, and become a vegan. In high school, she started an animal rights group that worked to get veggie burgers in the lunchroom and vivisection out of the classroom.

Dallas has been active in many local and national animal groups, and in addition to ARC she currently volunteers for the companion animal group, Small Dog Rescue, as well as Friends of Kevin Kjoonaas.

### Abolition vs. Welfare

A big part of Dallas' decision to work for ARC was her belief in abolitionism, rather than animal welfarism. As an abolitionist, Dallas felt it vitally important to work for an abolitionist organization like ARC.

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**"I would rather march forward toward total liberation, no matter how slowly, than to perpetuate the myth that any animal products can be produced in a humane way. They cannot. Period."**

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"I am of the belief that it is critical that we not compromise our values as animal rights advocates in the name of a short term 'victory' for the animals. Running campaigns based on getting universities or restaurants to go cage-free, for example, is a hot trend in our movement right now. But in the end, I think it is wrong to give the impression that cage-free eggs or meat labeled 'free range,' are okay to purchase and eat."

"Whether directly or indirectly, any promotion or endorsement of this 'happy meat' is not only a betrayal to the animals (who are still kept in horrible conditions, transported in the same way that other farmed animals are, and slaughtered as all farmed animals are), but also to consumers who are concerned about the way farmed animals are treated. We cheat both parties when we stop short of advocating for anything other than abolition."



**Dallas with her husband, Brandon, and their dog, Max**

In that vein, one of the first projects Dallas took on for ARC was developing "The Humane Farming Myth," a brochure that educates the public about what misleading labels like "cage-free" and "free-range" actually mean. Read more about this brochure on p. 4 of this newsletter.



**Warren, the other member of Dallas' family, getting ready to march in the Pride Parade wearing his ARC "Ban Pound Seizure" dog tee**

Dallas hopes to make it as easy as possible for people to get involved in animal issues, be active, and feel satisfied with their involvement. She intends to focus much of her work with ARC on educating and involving young people. She believes that if young people are given the opportunity and education to make the connection that eating animals means killing them, they will make the choice not to eat them. "I think kids are naturally compassionate."

Dallas understands the challenges when it comes to educating people about compassion toward animals. But she also has great hope. "If you think about who you really want to be, most people don't want to be contributing to cruelty." 🐾

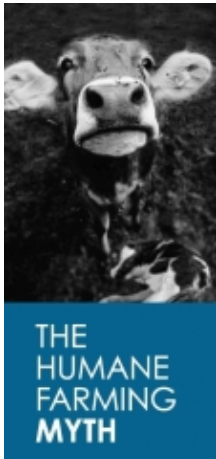
# Challenging the Myth of Humane Animal Products

by Dallas Rising

As the media pay increased attention to the abuses commonly occurring in large-scale, industrial animal farming operations, compassionate consumers are increasingly seeking alternatives. Labels such as “Cage Free,” “Free Range,” “Humanely Certified,” and “Grass Fed,” suggest that those who are willing to pay a higher price can enjoy eggs, dairy, and meat from small-scale “humane” farms that treat animals with compassion and respect.

## But is the public being misled?

ARC's new brochure “The Humane Farming Myth” answers this question. Developed in cooperation with James LaVeck of Tribe of Heart and producer of the film *Peaceable Kingdom: The Journey Home*; Eric Prescott, author of the blog [ananimalfriendlylife.com](http://ananimalfriendlylife.com); and Harold Brown, Director of FarmKind, this brochure is a compelling resource to share with family and friends.



Preview the brochure on the ARC website at [animalrightscoalition.com](http://animalrightscoalition.com) and then contact ARC for copies to share with others.

Also visit the new web resource [HumaneMyth.org](http://HumaneMyth.org) created by an international coalition of individuals and grassroots organizations, including, among others, Tribe of Heart and all seven subjects of the film *Peaceable Kingdom: The Journey Home*.

*Brochure photo of Jubilee courtesy of Kindred Spirits Sanctuary.*

## Jubilee's story

Jubilee's mother died giving birth to her and she was due to be killed because of the costs associated with rehabilitating an orphaned calf.

Someone noticed Jubilee and contacted Kindred Spirits Sanctuary, who welcomed the small calf and finished bottle raising her. Jubilee now romps happily in the sun at Kindred Spirits. 🐾



# The Humane Myth at May Day

by Colleen Timmer

ARC took the message about the humane farming myth to this year's May Day Parade and festival in Powderhorn Park in Minneapolis.

Marchers in the ARC contingent in the parade carried the posters shown below. Note that the eggs from the hen pictured on the right were labeled as “free range” in the co-op in Minneapolis where they were sold.



*Photo of rescued “free-range” hen courtesy of Chicken Run Rescue.*



We had a tremendous number of people visit our booth at the May Day festival and pick up copies of “The Humane Farming Myth” brochure and people were surprised and interested in the information in the brochure. Thanks to everyone who supported or visited ARC at the parade and festival! 🐾

## ARC's Compassionate Kids: Teaching Respect for Animals through Compassion-based Education

by Charlotte Cozzetto

Ears perk up, eyes widen, and imaginations spark when Amy Leo Barankovich brings ARC's Compassionate Kids workshops to local community events. These workshops teach young children about the many wonderful creatures with whom we share the planet through fun, interactive activities using visual art, dramatics, stories, music, and movement.

Through creativity, imagination and fun, the workshops introduce children to compassionate, accurate views of animals and the environment. Among other things they learn why lions and tigers prefer to stay in the wild and why that little bumblebee is better off not being squished.



### Compassionate Kids at Animals & You Day

Coming up, Compassionate Kids will be at the Northland Bioneers Conference in November. The conference will be held at Wiley Hall on the West Bank of the University of Minnesota.

We've just produced a new brochure promoting Compassionate Kids (brochure cover shown at right) and we hope you'll request copies of the brochure to give to teachers you know as well as community organizations in which you're active.

To schedule a presentation or for more information contact Amy at Compassionate Kids at 612-722-3370. Here's what some participants are saying about Compassionate Kids workshops.

*"The Compassionate Kids program at People Camp was so well received that my heart still feels it - there was a little girl who really let one of the assistants 'have it' because she thought he was going to kill a spider...she even told him 'we're in Compassionate Kids...we don't kill spiders'".*

*"I've never seen the three boys I was working with more concentrated on reading together." "I thought the instruction and activities were awesome."*

Most recently, Amy presented Compassionate Kids programs at Project for Pride in Living's Afterschool Program, International Peace Day in the Park, People's Camp (sponsored by Friends for a Non-violent World), ARC's Animals & You Day, an educational event for children held in cooperation with Pet Haven, and ARC's booth at the Education Minnesota Professional Conference at RiverCentre in St. Paul.



## Report from AR2008

by Dallas Rising

**T**ravel! Adventure! Three-dollar vegan grilled cheese sandwiches! I loved going to AR2008, the national animal rights conference in Washington, D.C. hosted by FARM (Farm Animal Rights Movement).

This summer marked my third conference, and my first attending as a representative for ARC. I got to geek out on all kinds of animal liberation shop talk and rub elbows with some of my favorite activists (like Eric Prescott – author of *An Animal Friendly Life* blog and co-founder of the Boston Vegan Association). I was privileged to share speaking panels with patrice jones (author of *Aftershock*), Alex Hershafit (founder of FARM), Matt Ball (Vegan Outreach co-founder), Peter Young (former animal liberation prisoner), Camille Hankins (founder of Win Animal Rights), and Robert Cheeke (Vegan Fitness and Bodybuilding).

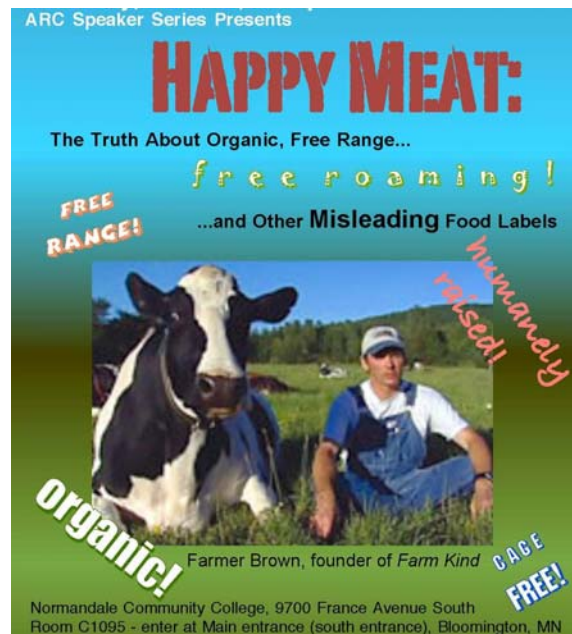


**Dallas is pictured with Cornelius the rooster, a lovely gentleman who captured her heart**

I made it my personal mission to get ARC's "Humane Farming Myth" brochure into the hands of as many conference attendees as I could. The response was phenomenal! There are still few groups focusing on this aspect of animal rights and activists were thrilled to see a brochure that addresses one of the biggest challenges facing our movement to date: the "humane" farming epidemic and the myth that animals can be produced and consumed in a humane way.

While it wasn't part of the actual conference, I swung by Poplar Spring Animal Sanctuary in Maryland and made friends with Cornelius the rooster, among others.

I'm back from the conference with lots of new ideas, connections, and energy to continue ARC's innovative campaigns for animals here in Minnesota. Feel free to contact me to find out how you can get involved! 🐾



### ARC SPEAKER SERIES: HAROLD BROWN

ARC continues to bring in nationally recognized speakers to reach a larger audience with the animal rights message. Earlier this year, Harold Brown, founder of FarmKind, gave an absorbing presentation at Normandale Community College in which he discussed the impact of animal agriculture on the environment and our health.

### A Special Tribute to S. Allen Mackler, Jr.

The Animal Rights Coalition would like to make a special remembrance of the late S. Allen Mackler, Jr., a magnanimous benefactor to animal causes, who died on December 29, 2005, at age 62. He enjoyed music and art and was a voracious reader. Quirky and witty, Allen held a special fondness for cats and often named those he rescued after all things Sherlockian, as he was a huge fan of Sherlock Holmes and an avid collector of Sherlockiana.

Allen was a compassionate and kindhearted soul and supported many animal-related causes. Allen left a very generous legacy for ARC's work, and we pledge to honor his commitment to the animals by continuing to steadfastly uphold our mission, working to end animal suffering and exploitation as we strive to fundamentally change how society views and treats all sentient beings.

## Working to Ban Pound Seizure

by Heidi Greger, Ph.D.

**Pound seizure is the sale or release of unclaimed dogs and cats from publicly funded pounds and shelters to laboratories for experimentation.** Only three states in the U.S. – Minnesota, Oklahoma, and Utah – still legally require that pounds and shelters turn over unclaimed animals for experimentation if requested by a registered research facility.

- Difficult as it is to imagine, healthy dogs and cats who once lived in someone’s home (much like your own) are confined to laboratory cages where they will be killed after being used in painful and sometimes long-term experiments. Animals who were much loved companions suffer the double blow of confinement to a cage and the loss of their human family. Families experience the anguish of knowing that a lost animal may have been killed in a painful experiment. In communities with pound seizure, people often choose to abandon animals they cannot keep rather than send them to a laboratory via the local shelter, thus adding to the problem of homeless, stray animals. In Los Angeles, after the repeal of pound seizure, the number of animals brought into shelters increased steadily.



- Ironically, the original intent of the Minnesota pound seizure law was pet safety, as animals were being stolen and sold to research in the 1940’s prior to the law being passed. Lawmakers believed that if they could provide a legal source of animals, the dog and catnapping rings operating at the time would be forced out of business. Today, however, the U.S. Department of Agriculture has a system in place for laboratories to legally obtain animals, making pound seizure totally unnecessary!
- The National Animal Control Association (NACA) opposes pound seizure because such laws “hinder the efforts of progressive animal shelters to promote animal welfare in a collective atmosphere of public trust.” The Minneapolis and St. Paul pounds have chosen not to comply with the pound seizure law for this same reason.



Lost or homeless animals should either be put up for adoption or humanely euthanized, not released to laboratories. Pounds and shelters exist to spare animals from pain and misery, not deliver them to it. **It’s a matter of trust. And pound seizure is the ultimate betrayal.** 🐾

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### What You Can Do

ARC is working hard to bring the issue of pound seizure to the attention of Minnesota citizens and lawmakers. Here’s what you can do to help bring an end to this practice:

- Tell your friends and family about pound seizure – most Minnesotans aren’t even aware this law exists. Encourage everyone to contact their state legislators to express their disgust with this law.
- If you take your dog to the dog park, tell people there too. When the weather is cold, you can keep your dog warm in one of our “Ban Pound Seizure” tees shown on p. 3 of this newsletter.
- Sign up for ARC’s e-newsletter to receive updates on our pound seizure campaign. Find signup information on the back cover of this newsletter.
- Protect your pet with an ID tag which says your pet may not be turned over to a research facility. By state law, if your pet is lost and turned over to a pound, pounds must honor such tags.



“Ban Pound Seizure” dog tees and pet ID tags are available through ARC. Stop by our office or order by calling 612-822-6161 and we’ll mail as many as you need directly to you. All proceeds go toward our campaign to ban pound seizure in Minnesota.

## Rhymes with Vegan!

by Colleen Timmer

What rhymes with vegan? Meagan, of course! ARC is proud to be the sponsor of a newly-created vegan cooking show called, “*Rhymes with Vegan*,” which is hosted by local Minneapolis chef, Meagan Holtgrewe. The show will feature home-style and hearty vegan recipes. The slogan for *Rhymes with Vegan* is “**grubbin. Food.**” meaning the recipes will be the simple comfort foods we all grew up with (shepherd’s pie, stew, chili, burgers, stroganoff, chicken salad, etc.), but Meagan will show you how to make them vegan!

Filming of the pilot episode wrapped up in early September, and a premiere party for the show will be held in late October or early November. Information about the premiere will be posted on [www.rhymeswithvegan.com](http://www.rhymeswithvegan.com) and the ARC website.



**Tofu / seitan kabobs with spicy chipotle BBQ sauce from the pilot episode**

So why *Rhymes with Vegan*? “I love cooking and cook a lot for friends,” said Meagan. When a good friend mentioned how limited the options were for vegan cooking shows, the light bulb went on.

Meagan became a vegetarian when she was 17, but has since become a vegan. In that process, she realized how little people know about vegan cooking. “They think it’s complicated and it’s really quite simple.”

As a child, Meagan spent a lot of time in the kitchen with her mom. “I learned all my mom’s recipes and tricks. As an adult, I’ve taken those same recipes and made them my own, made them vegan.”

One of the most important things Meagan hopes to accomplish is to dispel myths about vegan eating. “I don’t want to tell people why they should eat this or that. I want to break down the barriers that lead people to believe that as a vegan you are being deprived. In reality it’s absolutely not true. It opens up your palate to so many more flavors because meat is no longer the center of your meal.”



**Filming the pilot episode**

In addition to *Rhymes with Vegan*, as part of her partnership with ARC, Meagan will be at the upcoming Healthy Life Expo (January 30-31) at the Convention Center in Minneapolis to promote the show, provide information about vegan cooking, and pass out samples of some of her delicious food! Meagan and ARC have also partnered to create a *Rhymes with Vegan* cookbook, which we hope to have available next year.

Following its premiere, *Rhymes with Vegan* will be seen online by visiting [www.rhymeswithvegan.com](http://www.rhymeswithvegan.com) or the ARC website. Filming has already begun on the next episode, and new episodes will be aired monthly.

“We live in an age of food television, it’s everywhere! But on most shows, vegetarian food is rarely an option, and vegan cooking is completely unheard of. I hope to fill that gap. What sets my show apart is that I am giving it as much love and heart as I can.”

To give you a taste of what’s in store for viewers, here’s a yummy recipe from the pilot episode.

### “Sour Cream” and Chive Mashed White Potatoes

6 white potatoes – peeled	1 bunch of chives
1-cup soy cream	1 pinch of garlic powder
1-cup soy sour cream	Kosher salt
2 tbsp vegan butter	Pepper

Peel and cube the potatoes and put them into water. Add a pinch of salt and bring them to a boil. Boil for approximately 10 minutes. They are ready when you can break them apart easily with a fork.

Drain the water and add the vegan butter, soy cream, salt, pepper and garlic powder. Mash the potatoes for 1 minute; then add the soy sour cream and mash until a golden yellow color.

Chop the chives up and add them to the potatoes; gently fold in the chives. 🌿



## VegKins, Cuddle Coats, and Vegan Barbecues

by Colleen Timmer

As we mentioned earlier in this newsletter, lots of exciting things are happening at ARC. Our new Program Director, Dallas Rising, continues to amaze us with her innovative and creative ideas for promoting compassionate living and providing opportunities for people to get active in their own lives. Here are some of the new programs that are in full swing:

### VegKins

Calling all Tofu Tots! Come and play with other veggie kids while your parents hang out and talk about grown-up stuff. VegKins is a social group for families raising young vegetarian or vegan children. The group is mostly made up of parents with children up to five years old, but parents of older kids and parents-to-be are welcome. The group meets monthly and parents can talk while kids play together. Contact Dallas at the ARC office to get on the VegKins e-mail list.



### Cuddle Coats

Donate old furs to ARC's Cuddle Coats program! Tax-deductible for you, donated furs offer comfort for orphaned animals while they prepare for life in the wild. This program is in partnership with Wildlife Rehabilitation & Release. Coats can be dropped off in the donation box in the ARC office or mailed to us. Any type of fur can be donated, including coats, trims, muffs, and fur-lined gloves.



### Vegan Barbecue Kits

A smashing success this summer and sure to be back for next summer's barbecue season, our Vegan Barbecue Kits help you host a vegan barbecue and have the most fun promoting veganism you'll have all year! ARC teamed up with the makers of Tofurky, Tofutti, Amy's veggie burgers, Veganaise, Yves veggie dogs, and Whole Soy & Co. to support you in sharing great vegan food with the omnivores in your life. Our barbecue host kit includes 10 stylish **postcard invitations** to send to your guests:



The kit also includes:

- A **suggested menu** list to help you plan your event
- **FREE Veggie Burgers** from Amy's Kitchen and vouchers for **FREE Tofurky Brats** for your BBQ
- **Coupons** from Turtle Island, Yves, Whole Soy & Co., and Follow Your Heart **for you and all of your guests**
- Information about veganism/animal issues to share with guests

Our goal is to support you in giving your friends and family a tasty, relaxed introduction to compassionate eating. 🐾

## Reaching Out to the Community

by Charlotte Cozzetto

**ARC** has been very busy spreading the word about compassionate living. We've had booths (and in some cases tents!) at all sorts of community events:

- Twin Cities Pet Expo
- Living Green Expo
- May Day Festival and Parade
- GLBT Pride Festival and Parade
- International Peace Day in the Park
- Linden Hills Woofstock
- DoggiePalooza
- Twin Cities Book Festival
- Education Minnesota Professional Conference

New this year, we plan to be at the Northland Bioneers Conference in November and the Healthy Life Expo in January.



### Here's the ARC contingent marching in the Pride Parade with their "Ban Pound Seizure" banners

We also hosted appearances by many noted authors and activists: pattrice jones (*Aftershock: Confronting Trauma in a Violent World: A Guide for Activists and Their Allies*), Gene Bauer (*Farm Sanctuary: Changing Minds About Animals and Food*), Hillary Rettig (*The Lifelong Activist: How to Change the World Without Losing Your Way*), Karen Dawn (*Thanking the Monkey: Rethinking the Way We Treat Animals*) and Peter Young (former animal liberation prisoner).

We're always looking for people to help at events like these. Contact Dallas at the ARC office to find out how you can get involved! It's, fun, easy, not a huge time commitment, and is a great way to meet other people who care about animals. 🐾

## Have You Heard?

### Tidbits We Just Couldn't Resist Sharing

For the second year in a row, ARC donated subscriptions to *KIND (Kids In Nature's Defense) News* to Red Lake Rosie's Rescue and public schools on the Red Lake Reservation in northwestern Minnesota. We also donated copies of *It's Raining Cats and Cats!*, the first children's book to show, vividly and humorously, the importance of spaying and neutering companion animals.

ARC was at the top of the list for Volunteer Opportunities in the *CityPages* annual college guide. If you're a student looking for ways to help animals, we have lots of interesting volunteer and internship opportunities available. Email Dallas Rising, our Program Director, at [dallas@animalrightscoalition.com](mailto:dallas@animalrightscoalition.com) or give her a call at 612-822-6161 to explore the many ways you can help animals.

**Lavender Magazine (9/12 edition)** published ARC's Letter to the Editor written by Board Member Heidi Greger about myths about animal activists in response to an 8/15 *Lavender* article.

**CityPages (8/20 edition)** quoted ARC President Charlotte Cozzetto in the story entitled, "Minnesota's largest shelter killed more than 14,000 animals last year. How many were unnecessary?" by reporter Beth Walton.

**CityPages (5/21 edition)** published ARC's Letter to the Editor written by Program Director Dallas Rising about "humane" meat, dairy, and eggs in response to an article entitled, "The best way to help animals may be to eat them."

Are you ever amazed by the people who say they've quit eating meat, but are still ok with eating seafood? From ethical eating to disposable pets, fish are often ignored when it comes to compassionate living. We want to help children understand that fish should be free to swim and just plain be fish, so we've created this cute little sticker. Stop by ARC to pick up some stickers for your kids!



## Do Your Holiday Shopping at ARC!

by Dallas Rising

Indulge your inner shop-a-holic and help the animals at the same time! ARC has lots of animal-friendly items that make great gifts.

**Clothes** - We have some of the hottest vegan wear this side of the Mississippi. Motive Company's tees, belts, and hoodies will have fashion forward people wanting to eat cruelty-free just so they can wear 'em, too.

**Books** - We have tons of cookbooks, children's books, and some of the best picks for activist strategy, animal liberation philosophy, and veg parenting available.

**Buttons and Bumper Stickers** - An affordable and colorful way to spread the word about animal liberation. And, did you know that bumper stickers aren't just for cars anymore? Stick them on water bottles, school folders, and notebooks, laptops, skateboards... even canoes!

**Greeting Cards** - Priced low and super cute.

**Vegan Dog Treats** - You asked for them, you got them. Your dogs (and billions of farmed animals) will thank you.

**Ban Pound Seizure Gear** - Dog tees, bandannas, ID tags - spread the word, support this campaign, and protect your furry family members.

Stop in and look around. We have a limited number of organic catnip toys, key chains, and DVDs available, as well as closeouts on past season's tees and sweatshirts. And, there are rumors of new items coming in 2009.... 🐦



## Animal Rights Coalition Invites You To Join Us



For Our Annual Holiday Open House

*Sunday, December 07, 2008  
from 1pm - 5pm*

Enjoy a sampling of delicious vegan treats, browse for animal-friendly holiday gifts, and be prepared to bid for some amazing items at our silent auction. All proceeds help fund our ongoing campaigns to end animal abuse and suffering.

612.822.6161

www.animalrightscoalition.com  
2615 E. Franklin Ave. • Minneapolis, MN 55406

## BECOME AN ARC MEMBER!

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

New members will receive a free one-year subscription to **VegNews** magazine, which is chock full of up-to-date information on living a compassionate and healthy life.

Your membership dues are tax deductible. Send your check or money order payable to: Animal Rights Coalition, Inc., 2615 E. Franklin Ave., Minneapolis, MN 55406. Thank you!

- \$15 Basic Annual Membership
- \$50 Patron Membership
- \$100 Benefactor Membership
- \$1000 Lifetime Membership
- \_\_\_\_\_ Other Donation



Animal Rights Coalition, Inc.  
2615 E. Franklin Ave.  
Minneapolis, MN 55406

stamp

ADDRESS SERVICE REQUESTED

*For over 25 years ARC has been dedicated to ending the suffering, abuse, and exploitation of non-human animals through information, education, and advocacy.*

Have you signed up to receive ARC's monthly e-newsletter yet? It's a quick and easy way to stay updated on all of ARC's campaigns and upcoming events. To read the first issue online and sign up for the mailing list, go to the ARC website at [www.animalrightscoalition.com](http://www.animalrightscoalition.com)



**Animal Rights Coalition**  
*Over Two Decades of Advocating for Animals in Minnesota*

**NO BONES ABOUT IT**  
**I GAVE TO ARC**  
[www.animalrightscoalition.com](http://www.animalrightscoalition.com)

**Welcome to the Animal Rights Coalition's monthly e-newsletter!** Lots of new and exciting things are happening with ARC, and we hope this e-newsletter will provide an easy way to keep you updated on all ARC's upcoming events, campaigns, and volunteer opportunities. Read on to find out what we're up to right now! If you haven't been around ARC lately, you've been missing out!

**Movin' On Up (and Over)!**  
After 20 years in the Uptown area of Minneapolis, ARC has moved to "veg central": the Seward neighborhood in southeast Minneapolis.

You'll find us at 2615 E. Franklin Ave. We're thrilled to be sharing storefront space with fast & furless vegan emporium whose philosophy is: "We believe respecting animals and the environment by not wearing products harmful to them is the very essence of fashionable!"

**ARC's New Storefront Hours**  
Tues-Sat 10a-7p  
Sun, Mon closed  
**Phone**

Chances are if you're involved in the Twin Cities' animal rights and animal rescue communities you recognize the dedicated and hard-working face of Dallas Rising, ARC's new Program Director. As an abolitionist, Dallas felt it vitally important to work for an abolitionist organization like ARC. In that vein, one of the first projects Dallas spearheaded for ARC was development of