Coconut Pineapple Bread

2 cups flour
1 tsp baking powder
1 tsp baking soda
1 tsp salt
2 Tbsp sugar
1 tsp vanilla extract
1 tsp rum extract
1 tsp coconut cream

Grease a 9x5-inch loaf pan.

In a large bowl, sift together the flour, baking powder, baking soda, and salt.

Add the sugar, milk, pineapple and juice, and the flour mixture, all just combined. Add more flour, if needed. The dough should be sticky but not too thick.

Fold in the nuts and the coconut.

Pour into the prepared pan and bake for 1 hour.

Makes 8 to 10 servings

Try serving this with citrus marmalade or a little bit of coconut cream.

Coconut Pineapple Bread

Winterwacht | Cooghligh and Sean MacCath-Moran

"Winterwacht" is not only the German word for "winter night" but also the name of an extraordinarily compassionate cat. "Whenever we are upset," says Cooghligh, "he comes to curl up in our laps, and pats our faces." "Winter" shows her human companions’ commitment, too, following them around the house to sit or sleep with them.

Winter was found by her way to the PETA offices in the middle of an October investment a few years ago. She was extremely thin and weak. She was also quite active and covered with burns. Cooghligh’s first fear was that she would smell like the house, but after her first few days of recovery, she showed a much better disposition.

Winter is a small, black cat and has been a perfect addition to the family. She has a sweet nature, loves to sit on my lap, and has brought so much happiness and comfort to our lives. She's truly a blessing.

Ingrid's message

PETA's Gift & Estate Planning Club

Animal Tests: Protecting Profits, Harming Human Health

In this issue, we are pleased to introduce you to PETA's scientists, whose work directly affects hundreds of thousands of animals who are the victims of political dialogue that goes something like this:

Environmental and Health Advocacy Organizations: "Chemicals are polluting our air, soil, water and food, causing numerous health problems."

Members of Congress: "OK, then let's strengthen chemical safety regulations."

Chemical Companies: "No. We'll retest everything that we already know to be toxic—instead of banning or restricting these substances, we'll just have them tested."

PETA Scientists: "But you don't protect people by testing on animals. Remember those tobacco tests in which animals were forced to inhale tobacco smoke? Because these animals didn't get cancer—even though the link between tobacco use and cancer in humans was already clear—"the government put off regulating tobacco for decades. Chemical companies protect their profits by continuing to support animal tests."

This sad sequence of events replays itself year after year, but with the support of Augustus Club members like you, we are successfully fighting this David vs. Goliath battle. I hope that you'll enjoy reading about the exciting progress that PETA’s scientists have made in behalf of animals.

Winter isn't always perfect and has earned herself the nickname "Gray Head of Badness," but just about every time her human companions hear a sad noise in the next room, Winter peaks her head around the corner hopefully to see her friends. The MacCath-Morans say that they can’t imagine how anyone could have abandoned Winter or refused her friendship, "but we feel fortunate that she is a part of our lives."

Snowshine, Tezzra, Dawn, and Moonshadow | Irma Lasco

Over the past 13 years, Irma Lasco has shared her home with 27 different adopted rats. Currently her family consists of four spayed females—Starshine, Tezzra, Dawn, and Moonshadow. They have a room all to themselves, filled at least five hours a day, and they eat fruits, vegetables, grains, and the occasional cookie.

If you would like to have your name printed, please state this in your letter or note. Otherwise, to protect your privacy we will not print your name. Thank you.
Regulatory Testing: The Driving Force Behind the Vivisection Industry

products to be tested for toxins, chemicals, or substances that are forced to ingest or inhale are tested on animals. Such substances, such as genetic components and mercury Animals used in these tests suffer extreme pain before they are killed, dissected, and thrown away like garbage.

All the more upsetting is the fact that many tests could easily be replaced with more sophisticated, accurate, and less expensive non-animal alternatives. The use of donated human blood, cell, and tissue cultures, cultured human skin that is grown from human donor cadavers, eyes from eye banks, and other human-relevant methods are all viable alternatives to animal testing. But the late 1990s, most animal protection groups avoided targeting this area of animal testing because few had the scientific expertise to deal with the myriad ramifications of the federal regulations. Ending the use of animals in regulatory testing seemed as daunting a task as toppling the Berlin Wall.

But when Jessica Sandler joined PETA in 1999, the first brick was laid. Before coming to PETA, Jessica worked as a specialist in biological and chemical hazards for the federal Occupational Safety and Health Administration and the U.S. Geological Survey. Because of her master's degree in environmental health science, each time the EPA posts a new draft, PETA's scientists immediately seek to dismantle it. PETA's scientists have four modes of attack:

- The first is to search chemical databases to see if data already exist on the specific effects that the tests are supposed to measure. You may be asking, "Isn't that an obvious first step that the chemical companies should have already taken themselves?" Yes. It is. But horrendously, many companies prefer to simply conduct new tests rather than take the time and effort to research whether or not the chemicals have been tested in the past—even if it means making animals suffer.

- If we find that existing data on the chemical or similar chemicals provide all the measurements that the EPA requires, we pressure the chemical company to withdraw the plan. We have succeeded in getting dozens of test plans withdrawn this way, sparing tens of thousands of animals from undergoing painful procedures. In the event that existing data on a chemical are insufficient, PETA's scientific second mode of attack is to identify non-animal test methods that can produce the same information. Again, you may ask, "Why would the chemical companies do that themselves?" Because they know that the government prefers animal tests. And why does the government prefer animal tests? Pure inertia. Using animals has been the reflexive default method of toxicity testing for more than 80 years.

- For more information about our work against animal testing and what you can do to help stop it, please visit our Web site.

Ending the use of animals in regulatory testing seemed as daunting a task as toppling the Berlin Wall.

Our work in the EU has also resulted in some wonderful victories, including a decision by EU officials to use non-animal methods to screen pharmaceuticals before they are sold, sparing tens of thousands of mice from excruciating deaths. But the tremendous obstacles that we face in the U.S., why we are taking on EU regulations as well. Because if a U.S. chemical manufacturer wants to sell its products overseas, it must abide by overseas regulations, and vice versa. Therefore, in order to minimize tests that tortur...