

February 14, 2008

Roger Clemens  
c/o Hendricks Sports Management LP

1 page via fax: 281-350-7010

Dear Roger,

We at PETA couldn't help but notice that you looked completely clueless when a congressperson (somewhat randomly) asked you at your hearing yesterday if you are a vegan. So I thought I'd take the liberty of explaining to you what a vegan is, why more and more Americans (including top athletes) are going vegan, and why you should too.

A vegan is someone who chooses not to eat foods that contain animal flesh, eggs, or dairy. Why would someone do that? Check out [Meat.org](http://Meat.org) and you'll understand why. Other people are ditching animal products because vegans are less prone to heart disease, cancer, diabetes, and obesity than meat-eaters. Still others (and here's where you come in) don't want their blood loaded with the nasty growth-promoting drugs that are pumped into unfortunate chickens, pigs and cows—and usually end up in meat.

While you might be more worried at the moment about who your cellmate might be, we think that you should consider—right away—how to get drugs out of your system once and for all and choose a meat-free diet. Loads of star athletes have done it. Carl Lewis (named Olympian of the Century by *Sports Illustrated*) says that the best year of his track career was when he went vegan. And Ultimate Fighter Mac Danzig, Salim Stoudamire of the Atlanta Hawks, and Kansas City Chiefs star Tony Gonzalez all say that their games got huge boosts when they cut meat, eggs, and dairy products out of their diets.

Switching to a vegan diet might be a change that you and Debbie want to embark on together. If she looks half as good as Alicia Silverstone does after going vegan (check out Alicia's naked vegetarian-testimonial video at [PETA.org](http://PETA.org)), I'm sure that Debbie will be a big hit at her next *Sports Illustrated* swimsuit photo shoot (no growth hormones necessary).

Best wishes,



Dan Shannon  
Assistant Director

P.S. To help you and Debbie get started with this exciting change, we are separately sending you a gift basket of vegan goodies—complete with chocolate bars, cookies, jerky, and a PETA "Vegetarian Starter Kit."



**PETA**

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