

October 30, 2008

Pierre Henderson-Niles  
University of Memphis  
Athletic Office Bldg.  
Memphis, TN 38152-3730

Dear Mr. Henderson-Niles:

On behalf of PETA's 2 million members and supporters worldwide, thousands of whom call Tennessee home, please accept my best wishes regarding your inspirational efforts to lose weight after your injury and become a major force for the Tigers. We applaud you on the weight that you've lost so far. As you probably know, losing those last 20 or so pounds can be the toughest, so I wanted to help by letting you know that the best and most proven way to lose unwanted weight and keep it off while improving your health and boosting performance is to go vegetarian. To get you started on the home stretch, I've included some delicious protein-packed vegan snacks, including jerky and power bars, along with a copy of our "Vegetarian Starter Kit," which is full of delicious recipes.

Top athletes are increasingly switching to meat-free fare. Carl Lewis (named "Olympian of the Century" by *Sports Illustrated*) says that the best year of his track career was when he went vegan. Ultimate Fighter Mac Danzig, NBA legend John Salley, 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. Plus, by going vegetarian, you'll save more than 100 animals a year from the horrors of the industrialized meat industry, such as mutilation without painkillers, crowded confinement in filthy cages or sheds, and violent slaughter.

In addition, overwhelming scientific evidence shows that vegetarians are far less likely to be overweight than meat-eaters and much more likely to be in better overall health. The American Dietetic Association—the nation's largest group of nutrition professionals—reviewed hundreds of studies and concluded that vegetarians have lower rates of obesity, heart disease, diabetes, and certain types of cancer than people who eat meat. A healthy vegetarian diet provides all the nutrients that we need to thrive without the saturated animal fats and cholesterol found in meat that cause weight gain and clogged arteries. While lots of grease might be required to tame Coach Calipari's hair, choking down greasy chicken and ribs just makes people fat and causes heart disease.

Please contact me if I can be of any assistance as you transition to a healthy, humane vegetarian diet. Best of luck to you and the Tigers this season.

Sincerely,

A handwritten signature in black ink, appearing to read "David J. ...", with a long horizontal flourish extending to the right.

Dan Shannon  
Director