



Sweet Pea Bakery's vegan and gluten-free cupcakes. The bakery on Southeast Stark offers a Sunday vegan brunch 9 a.m.-noon and fresh doughnuts on Saturdays.

challenges of living a vegan lifestyle. "As gay people, we know that all oppressions and injustices are linked," explain Storla and Schaibly, Portland residents since 2002.

"Slavery was once justified as being biblically based. Some religious groups still justify their unequal treatment of women and their persecution of LGBT people on that basis, but more and more, people of faith as well as folks who are spiritual or non-religious but moral and aware do not think like that. One day, our current exploitation of animals and ruination of the natural world will seem just as wrong."

The couple blames a fundamentally American mindset—one that is not sustainable and "guilty" of more consumption than the rest of the world: "There would be enough food, corn and grains for instance, if we didn't use so much to raise animals to eat," they say.

"Some people have cut back on meat and eat only seafood, but the oceans are becoming overfished. It isn't enough to

talk the talk or even to write a check. We need to walk the walk by eating the diet!"

Storla and Schaibly are adamant their veganism is in the best interest of all living things. "Obesity, high blood pressure and diabetes are the result of eating a high fat diet full of animal products. A plant-based diet is healthier. There is resistance of bacteria to antibiotics, and now a connection has been made to the antibiotics administered to healthy animals preventively.

"The antibiotics get into us," they continue. "That's why people go vegan! It's for the health of the planet, the animals, and ourselves!"

Like Corlette, the couple agrees that being vegan doesn't end at the dinner table—and that it's much easier in Portland than it was a handful of years ago. They give props to Herbivore (1211 S.E. Stark St., 503-281-TOFU, www.herbivoreclothing.com) for its vegan garb, and Northwest VEG (www.nwveg.org) for its social gatherings, outreach and education efforts. Various affinity groups sponsor potluck parties and dine outs, along with Soy Boys, a gay men's vegetarian group that meets monthly (veggieguys@aol.com).

Among Storla's and Schaibly's favorite "all-vegetarian" restaurants: Portobello Vegan Trattoria (2001 S.E. 11th Ave., 503-754-5993, www.portobellopdx.com), Papa G's Vegan Organic Deli (2314 S.E. Division St., 503-235-0244, www.papapags.com), and Blossoming Lotus, 925 N.W. Davis St., 503-228-0048, www.blpdx.com).

As for the perceived cost of going vegan, they believe the decision isn't as spendy as some would think—and is an invaluable choice in the long run.

"Beans are cheaper than prime rib, and hummus is cheaper than foie gras! Maybe your health will be better, saving you money at the doctor's office and at the pharmacy. Many of us already buy organic foods, so what expenses might be higher if a person leaves meat and fish for tofu, Tempeh and Seitan?" the couple asks.

"But not participating in animal abuse and environmental degradation? That is priceless." JO

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