

## Join Us!

Join the flock of compassionate people who support our work to help animals by becoming a member of the New Hampshire Animal Rights League.

Membership is **\$20/year** (just **\$10/year** for students, juniors, and seniors) or \$200 for a Lifetime Membership for you and one other.

[nhanimalrights.org/become-a-member](http://nhanimalrights.org/become-a-member)

## Stay in Touch!

Whether or not you become a member, there are lots of ways to stay in touch and take action for animals:

- Join our mailing list to get news, action alerts, and information about upcoming events.
- Meet up with us at events and demonstrations.
- Write letters to the editor and comment whenever you learn of injustice to animals.
- Follow us on social media and share our posts.

 [facebook.com/NHARL603](https://facebook.com/NHARL603)

 [instagram.com/nhanimalrightsleague](https://instagram.com/nhanimalrightsleague)

 [twitter.com/NHARL603](https://twitter.com/NHARL603)

## What You Can Do

Many of the harms inflicted on animals involve complicated systems over which we have no direct control. But we *do* have control over what goes in our mouths, what we wear, and which products and services we purchase. With that in mind, here are some ways you can start helping animals right now:

- ☐ **Align your diet with your values.**  
If you love animals, don't eat them.
- ☐ **Dress compassionately.** Choose vegan leather, vegan wool, down alternatives, and other synthetic or plant-based fabrics and materials.
- ☐ **Skip the zoo, rodeo, marine park, etc.**  
Don't support businesses that keep animals captive for profit or entertainment. To see animals, visit a shelter or farm sanctuary.
- ☐ **Adopt or rescue animals—never buy.**  
The world is full of homeless companion animals, so don't support those who profit from bringing new ones into the world.
- ☐ **Shop cruelty free.** Avoid products that may have been tested on animals (look for the cruelty-free logos).



[nhanimalrights.org](http://nhanimalrights.org)

NEW HAMPSHIRE ANIMAL RIGHTS LEAGUE, INC.  
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## New Hampshire Animal Rights League



*Working for the fair treatment of  
all animals, in New Hampshire  
and beyond, since 1977*

## Who We Are

New Hampshire Animal Rights League (NHARL) works for the fair treatment of all animals, in New Hampshire and beyond. We are an all-volunteer organization, working on behalf of animals since 1977.

*NHARL is a non-profit, public charity registered with the State of New Hampshire. We are a tax-exempt 501(c)(3) humane organization.*

## What We Do

Through public education and demonstrations, we spread the message that all animals should be free from exploitation, cruelty, neglect, and abuse. Our actions for animals include:

- Distributing free "No Hunting" signs.
- Mobilizing citizens in support of legislation to protect animals.
- Awarding grants for peaceful co-existence with beavers.
- Promoting a vegan lifestyle.



## Fighting for All Animals

### Wild Animals Did You Know...

Coyotes are highly intelligent, social creatures, as well as devoted parents. In New Hampshire, coyotes can be legally hunted 365 days a year, including the months when they are raising their young. Coyotes are also the victims of "killing contests."



### Farmed Animals Did You Know...

Cows have strong maternal instincts, hens communicate with their chicks before they hatch, and pigs can easily learn their names and come when called. Although farmed animals are typically seen as different from dogs and cats, they are just as capable of feeling pain, grief, and joy.



### Aquatic Animals Did You Know...

Fish are intelligent, emotional beings who are capable of feeling pain. In New Hampshire, nearly a million fish are raised artificially in crowded tanks every year, then dumped into lakes and rivers, disrupting the ecology, just so people who buy fishing licenses will have something to catch.



### Companion Animals Did You Know...

In New Hampshire, there's no law against leaving a dog chained outside 24/7. There's also no law preventing pet stores from selling puppies, despite proof that most of these dogs come from out-of-state puppy mills.



### Lab Animals Did You Know...

Rats are social animals who require companionship and enjoy tummy rubs. In research, rats are treated as disposable objects and denied even the meager protections afforded to other lab animals under the Animal Welfare Act.



### Captive Animals Did You Know...

In the wild, orcas typically swim up to 100 miles a day and stay with their extended families for life. An orca named Lolita has been held captive for more than 50 years, at one time by the same company that owns Story Land in New Hampshire.

