

# VEGETARIAN DAY - OCT 1



"My refusing to eat flesh occasioned an inconveniency, and I was frequently chided for my singularity, but, with this lighter repast, I made the greater progress, for greater clearness of head and quicker comprehension."

-- Benjamin Franklin

[BetterWorldHeroes.com](http://BetterWorldHeroes.com)

## Be A Hero For A Better World

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