

# Interview with Leah Comerford, artist and editor for The Abolitionist



Corey Wrenn, Roanoke Vegan Examiner  
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Leah Comerford, artist and editor for The Abolitionist  
Credits: Leah Comerford

In celebration of [World Vegan Month](#), I will be hosting a collection of interviews with vegan abolitionists from across the globe. I'm excited to have this opportunity to showcase vegan activists and give a face to our beautiful movement. Be sure to check back for regular installments throughout the month of November.

Today's featured vegan abolitionist is Leah Comerford of Fredericksburg, Virginia. Leah is an [artist](#) and an editor for [The Abolitionist](#).

### Leah, tell us a little about yourself...

I'm a new, old vegan, having discovered this cause 18 months ago at age 61. My art involves drawing gentle creatures (some human, most non-human), and over the past 12 years I found myself becoming more uncomfortable about eating animals. But I didn't think I could stop; I thought I was destined to be a meat eater and my lame excuses always won the day. Then I read *Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy* by Matthew Scully. That woke me up and I became a vegetarian immediately. "Veganism" was a vague concept for me, so I read *The Complete Idiot's Guide to Vegan Living* by Beverly Lynn Bennett. By the time I finished that volume, I was ready to become vegan. The following year and a half has been about reading and learning about previously unfamiliar concepts ([abolitionist approach](#), [welfarist](#), [new welfarist](#)) and trying to convince my friends and family that I haven't gone 'round the bend. Beyond approaching the topic every chance I get, my advocacy is still in its infancy. To do something for the cause, I help edit an online UK magazine ([The Abolitionist](#)) and look forward to the day when I feel competent to speak intelligently to groups about justice for other animals.

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**Location:** Fredericksburg, Virginia

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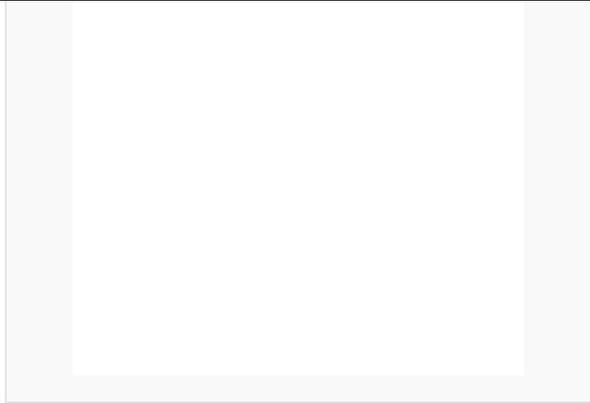
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## Corey Wrenn's Preferred Links

- [The Abolitionist Approach](#)
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### What do you think should be the focus of the non-human animal rights movement?

Justice and respect for all living beings is the ideal focus. Regardless of how various factions approach the problem, if we stand steady with a message of all beings' rights not to be owned or used—no exceptions, no excuses—we'll at least be on the ethical high road.

### What are some of the biggest obstacles to reaching our goals?

Humanity has not yet reached the point of valuing an individual life. Many of us barely value our own lives, let alone the lives of those in other families, cities and countries. So how are we to learn to value the life of a cow or chicken or cricket? It's possible that people will learn to value other animals \*before\* we extend the same respect to our own species, and that doing the one will lead to the other. (One can dream, can't one?!)

### What are your other interests and activities?

I love making art and reading novels with happy endings. The study of human nature has been a life-long pursuit, and there's certainly plenty of that to be had while advocating for other animals.

#### Suggested by the author:

- › [It's World Vegan Day...so where are the vegans?](#)
- › [Interview with Jordan Wyatt of INVSOC and Coexisting with Nonhuman Animals](#)
- › [Interview with Heidi Woodruff, abolitionist activist](#)
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By **Corey Wrenn**  
Roanoke Vegan Examiner

Corey Wrenn is a doctoral candidate in sociology currently researching the vegan movement. She is an abolitionist vegan

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