

Healthy & Humane OBSERVER

* INAUGURAL EDITION *

CONTRIBUTING TO THE BETTERMENT OF THE PLANET AND ALL THOSE WHO SHARE IT

Volume 1 • Issue 1

March 2013

Happy to be healthy and humane

by **Gia Campola**

Welcome, readers, to the inaugural edition of The Healthy and Humane Observer. We are the newest member of the established, successful Observer family of publications. Look for our free editions at many of your favorite vendors, restaurants, libraries and various other locations throughout Northeast Ohio. Our web site is: www.healthyandhumaneobserver.com. Also visit and "like" our Facebook page <http://www.facebook.com/HealthyAndHumaneObserver?ref=ts&fref=ts>.

The Healthy and Humane Observer will be dedicated to promoting a healthier, more compassionate way of living through our diet and lifestyle choices. We will also be promoting the meaning of the true vegan: one who rejects the notion of animals as a com-

modity, embraces compassion and peace in the treatment of all beings, and chooses to live a healthy, cruelty-free lifestyle.

We will provide information relevant to our way of living. We will promote restaurants, groups, businesses, and activities that reflect our lifestyles - places and events we feel our readers would like to patronize.

Along with promoting a healthier more humane lifestyle, we are very pleased that we will be able to act as a forum for our many, dedicated, hardworking animal advocacy groups here in Cleveland and the surrounding areas. There are many individuals who have combined their knowledge and skills to form some very influential advocacy groups for our education.

We will also assist the many rescue, foster, shelter, and placement organiza-

tions that are located throughout Northeast Ohio. The dedicated volunteers of these groups, daily, save the lives of dozens of homeless, abused and neglected animals, and are in desperate need of support and assistance.

Like all Observer projects, The Healthy and Humane Observer belongs to us, to our community of readers. It is our paper, dedicated to our shared interests. All readers are encouraged to submit their articles, notices, information, questions, issues, etc., to healthyandhumaneobserver@gmail.com.

This paper is free, and will remain free, but in order to publish we do need partnership. Please contact us to advertise your group, product or business. Without partners we can not continue to "get the word out" on the topics so "near and dear" to us all.

I would personally like to thank all of my amazing friends who so conscientiously submitted material. Thank you, also, to Rachelle Farren for always having her camera, and for being so generous with photos! We would like to express our sympathy to Annette



Peace. Ahimsa. Namaste.

Fisher and family over their recent loss, and to also thank Annette for suggesting we "link" with one of the country's best sanctuaries - Happy Trails! Deep and sincere appreciation is extended to Harold Brown, Ruby Roth, Lee Hall, Gail Eisnitz, Jonathan Balcombe, and Philip McCluskey for their wonderful submissions. I am extremely moved by their decision to support this project, and more than honored to include their work in this first edition of Healthy and Humane.

Peace,

Gia Campola

With purpose

by **Philip McCluskey**

In 2006 I switched to a 100% raw vegan lifestyle. Besides a dramatic weight loss, one of the things I discovered birthing in me was a desire to actually LIVE, to really live—like I never had before. I decided to take ideas that had only been in my mind or on paper and create a reality that would line up with them or would enable them to happen in sync. I really let loose here too: I included the girlfriend I always dreamed

of, the freedom of traveling around the world and exploring, new friends, new business partners, family, love, life. My goal was to live with as much freedom and love that my heart could handle.

But, where to start?

Trusting in the Universe has been a wonderful learning process. Learning that I manifest the world around me was originally a new concept for me, and I have gained so much from it:

I came to find that living life everyday with the attitude of having "The Most Amazing Day Ever" presented more than I could ever hope or dream for. I decided not to put my future in a box anymore but rather to be completely open to whatever was to come.

Here are a few tools I found that helped me along the way:

1. Affirmations. Most people have a terrible day because subconsciously they don't feel they deserve anything good in life, usually due to a lack of self-love.

You can reverse that by affirming you love yourself daily.

2. Creating Your Day. Create your day by writing down exactly how you want your day to go. It's quite simple and should take less than five or 10 minutes. Don't be skimpy on the details either. Don't limit yourself!

3. Visualization. Spend 30 minutes once a week (or more frequently) and picture your future the way you want it to be. You get to direct your own movie and be the star!

I have been picturing myself as a trim muscular guy for pretty much my entire life. After losing over 215 lbs. from a maximum weight of 400 lbs., I would say I manifested that dream or visualization. It may have taken a little longer than expected, but I'm still learning.

Accepting ourselves, accepting change, being in the moment, and creat-

ing with our words, thoughts and intentions is how we shift and transform our bodies, our lives and even our future. We have been taught to look outside ourselves for the answers. We run from guru to guru, from the hottest yoga teacher in India to the latest retreat in Mauritius, always looking, always seeking. Is anything wrong with any of this? Of course not. Just remember the hidden treasure is in an earthen vessel, which is you. You have everything you need inside you already. Yup, everything!

You are empowered to affirm, create and visualize your life to be whatever your heart desires. You always have been.

My friend, Philip McCluskey is an author, motivational speaker, weight loss coach, and health coach. I hope this motivational piece helps you improve your life as he did his!

Please visit his web site at <http://www.philipmccluskey.com/>



Philip - before and after - Go Vegan!



by **Tofu Cat**

Upon entering through the doors of Emperor's Palace, you will immediately be transported to another place and time. With the opulent walls of gold and crystal chandeliers and intricate carved doors, you truly will feel like you are dining in a palace.

The friendly staff includes a woman named Christine who's been vegan for 30 years, so you can be sure that the selec-

tions you order are prepared properly. The executive chef from mainland China was a former chef for Chinese central government leaders and his culinary skills show.

The restaurants' slogan: 100% healthy food, fresh, light, less oil, less salt, no MSG.

They can accommodate up to 200, can host events in separate rooms, are available to cater events and also offer delivery within a 5 mile area.

EMPEROR'S PALACE

2136 Rockwell Ave, Cleveland Ohio
www.Emperorspalacecle.webs.com
Mon-Fri 11 a.m.-10 p.m.
Sat-Sun 10 a.m.- 11 p.m.
(216) 861-9999

1-5 paw scale

Service: 🐾 🐾 🐾 🐾 🐾

Selections: 🐾 🐾 🐾 🐾 🐾

Ambiance: 🐾 🐾 🐾 🐾 🐾

Presentation: 🐾 🐾 🐾 🐾 🐾

Value: 🐾 🐾 🐾 🐾 🐾

Now, about the food: It is refreshing to see some healthy options not normally available at an Asian restaurant. Your entrée can include a healthy rice mixture of brown, red, and black rice. Organic items are used when available. The numerous vegan selections include many appetizers, dumplings, dim sum, and creative dishes expertly prepared. The selections I tried were freshly prepared and the portions were large.

Some of my vegan favorites include Basil Tofu, Veggie General Tso's "Chicken", and Curry Bean Curd Skin. I want to go back to try all the other selections. Emperor's Palace will definitely be seeing a lot of this cat.

Take a tip from Tofu Cat; plan a trip to Emperor's Palace, and it may become your new favorite restaurant too. All lunch and entree items are very reasonably priced and affordable - a great value!

Tofu Cat is an experienced animal activist, artist, and vegan food aficionado known locally and nationally in the Vegan world as a promoter of all things vegan. Tofu Cat's art promotes compassion for all, and can be seen at www.VeggieGems.com. Paintings, drawings, murals, t-shirt designs, and companion animal portraits are available.

INSIDE COVER

Healthy & Humane OBSERVER

The Healthy and Humane Observer is an informative, educational publication for vegans, vegetarians, those who believe the rights of all animals are undeniable, health advocates, peace advocates and environmentalists. It will also be a communication forum for rescue, shelter, and placement groups. Additionally, The Healthy and Humane Observer will be a venue that will allow like minded individuals to connect in many, diverse ways. The aware, compassionate, and conscientious population in North East Ohio is expanding rapidly, and is setting precedents and examples we hope to uphold thus aiding in the betterment of the planet and all who share it.

The Healthy & Humane Observer
650 E. 185th street
Cleveland, OH 44119

Copyright 2013—Collinwood Publishing Inc. All rights reserved. Any reproduction is forbidden without written permission.

PUBLISHER
John Copic
healthyandhumaneobserver@gmail.com

EDITORIAL IN CHIEF
Gia Campola
(440) 213-6342
healthyandhumaneobserver@gmail.com
gcampola@yahoo.com

ADVERTISING
John Copic, (216) 531-6790

WRITERS: Jonathan Balcombe, Barbara Benander, Harold Brown, Gia Campola, Sean Caszatt, Tofu Cat, Julie Costell, Gail Eisnitz, Rachelle Farren, Angela Ferritto, Annette Fisher, Zach Friedhof, Lee Hall, Ellie Israel, Jesse J. Jacoby, Rachel Jewel, Jen Kaden, Jill Kirsch, Sirrus Lawson, Donna Liebenauer, Philip McCluskey, Jack McMillan, Lauren Napoli, Ruby Roth, Mike Shiplett, Azucena (Suzeli) Sierra, Anya Todd

The views and opinions expressed in this publication are those of each writer, and not those of the publisher, editor or any other entity.

To submit a story to the Healthy & Humane Observer, go to www.healthyandhumaneobserver.com, click on Member Center, sign in, click on Submit Story, and start writing. Next deadline: March 25, 2013.

You can mail your stories to the Healthy & Humane Observer office at 650 E. 185th Street, Cleveland, OH 44119.



Cleveland Vegan Catering offers nutritious and energizing food without the use of animal products. Cleveland Vegan, a catering and delivery service, offers you the best of both worlds — a health conscious and environmentally kind way of nourishing its customers with the use of locally grown and organic ingredients.

Cleveland Vegan Catering
ClevelandVegan@gmail.com
216.288.2443

Sweeties for chained dogs

by **Rachelle Farren & Rachel Jewel**

On one particular, chilly, Saturday afternoon a small group of vegan friends gathered together inside the warm and inviting vegan eatery, Ms. Julie's Kitchen in South Akron, where no one is a stranger and everyone is family. The nature of this gathering was three-fold. Not only were these friends gathering together to exchange delicious homemade pre-Valentine Day vegan goodies and bask in the glow of each other's company, but, most importantly, they gathered together to create handmade Valentine cards. Now, these cards filled with messages of love, compassion, artful embellishments and drawings were not for their loved ones but, rather, for those individuals who keep their 4-legged, furry kids chained up outdoors.

The event, the "1st Annual Be A Sweetie For Chained Dogs," was spearheaded by Rachelle Farren. Rachelle, a long-time Dogs Deserve Better (DDB) Valentine campaign supporter, says that "over sixty beautiful Valentine masterpieces were hand created," and that "the success of this event would not have been possible without all of the wonderful people who took time out of their busy schedules to help lend

chained dogs a much needed voice." All of the handmade Valentines created at this event were mailed to the Dogs Deserve Better national organization. Once in the hands of DDB they where then mailed, along with DDB's educational outreach material, to individuals who have chained dogs. This is DDB's "11th Annual Have A Heart For Chained Dogs" campaign.

Rachelle was happy to report that, "Dogs Deserve Better delivered a staggering 19,893 valentines during their 2013 campaign." These Valentines were sent in by individuals and groups on the behalf of chained dogs nationwide." Ohio ranks as the third highest state for the number of dogs kept chained. A total of 1,561 Valentines were distributed to residents within the state of Ohio. At the close of the campaign, Dogs Deserve Better reported several success stories where the Valentines touched the hearts of some of the dogs human caretakers, resulting in the dogs being freed from their chains.

To learn more about the mission of Dogs Deserve Better and how you can help year round, check out their website at www.dogsdeservebetter.org for more information.



Valentine Sweeties!

RESTAURANT OF THE MONTH

In appreciation for beginning "Meatless Mondays" this month's featured restaurant is Barrio in Tremont!

Barrio Tremont
806 Literary Road,
Tremont
tel: (216) 999-7714

Check out their Facebook page at Barrio in Tremont:
<http://www.facebook.com/Barrio.tremont?ref=ts&fref=ts>

Must Read



by **Jack McMillan, Jen Kaden & Gia Campola**

This list has been very conscientiously created and is in no particular order. The list will be presented in segments to allow for author's submissions.

Second Nature: The Inner Lives of Animals

by Jonathan Balcombe

Pleasurable Kingdom

by Jonathan Balcombe

Slaughterhouse

by Gail Eisnitz

The China Study

by TC Campbell

The World Peace Diet

by Will Tuttle

Rain Without Thunder

by Gary Francione

The Animal Rights Debate: Abolition or Regulation

by Gary Francione

Animals as Persons: Essays on the Abolition of Animal Exploitation

by Gary Francione

On Their Own Terms

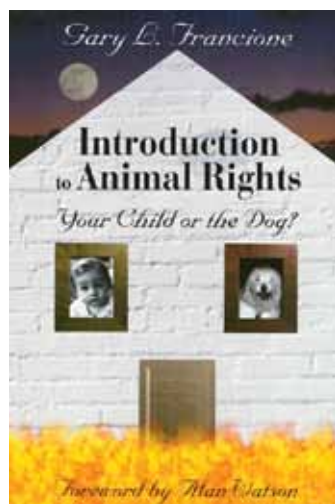
by Lee Hall

Capers in the Churchyard

by Lee Hall

Vegan is Love

by Ruby Roth



Gary Francione

DIALOGUE

Capital addition to Capital University

by **Azucena (Suzeli) Sierra and Sirrus Lawson.**

Capital for Animal Liberation is a recently added group to Capital University. It is an animal rights group combined of vegans, vegetarians, and animal lovers alike. The group was started by me, Azucena (Suzeli) Sierra and Sirrus Lawson.

We are people willing to speak up for those who have no voice. Our group is an example that more people are starting to make the connection that animals do have feelings just like we do!

What I want to achieve is to open people's eyes about animal cruelty in all forms; entertainment, food, clothing, testing, etc. We hope to reach out to as many people as possible in order to hopefully change a mind for the better. Our upcoming projects include: Glass Walls exhibit which is an interactive inflatable "barn". It simulates the confinement of factory farmed animals. While within the "barn" a video on factory farming is shown. This will be available at Capital University on April 25th from 10am-3 pm and it will be open to the public. The other project we wish to organize is a protest against the Ringling Bros' circus. We hope to reveal the sadness and suffering of animals used in entertainment. Our first meeting will be held March 6th. I am very proud of the young members willing to take on the challenge of protecting and defending our animals.

Capital University is located in Bexley, Ohio, and we hope to join forces with them in some of their endeavors, namely their Ringling Brothers demonstrations. We wish them the best of luck with their innovative "challenge", and are excited to hear of the results!



Capital University; Bexley, Ohio

Putting humane back into humane

by **Harold Brown**

I would like to thank Ms. Campola for asking me to contribute to her new publication. It is an honor to be of service. I would like to build on a theme that this publication is named for, Healthy and Humane.

During my personal journey from animal farmer to vegan activist working for justice for all I have developed a pretty thorough understanding of plant based nutrition. It was a matter of survival. I suffered from heart disease and had had a heart attack when I was 18. Therefore, I find it amazing that most people know more about their favorite sports team, than they know about what they put in their mouth every day. Take a look around folks, as a nation we are a pretty sorry lot health wise.

I will address the concept and perception of humane. The concept of humane is something that I have been amazed to watch morph over time. I grew up on a cattle farm in south central Michigan and back when I was young the word humane was not used in the discussion about farm animals. All those years ago we, and the college textbooks, spoke about animal husbandry. Husbandry and welfare, which is conjoined at the hip with humane these days, dealt with the breeding, raising, and treatment of farm animals. As the Green Revolution took hold and changed the face of agriculture in America these ideas and practices of husbandry went away. You would be hard pressed to find a textbook in any animal science curriculum that uses the word. Husbandry held not only a real meaning but also almost a sacred meaning. In Webster's New World Dictionary husbandry is defined as; noun. careful, thrifty management... farming. Husbandry was not just about animals but also plants. It had a deeper meaning for many farmers in that it was part and parcel of stewardship. Yet today the word has gone out of style...by design. Animal husbandry was replaced

in academia by animal sciences/life sciences. Since there was a need to keep a connection to the deeper feeling of husbandry the buzzword became welfare.

The word welfare has a broader meaning, yet it is also problematic if we look at it. Again according to Webster's welfare is defined as; noun, condition of health, happiness, prosperity, etc; well-being. It also has meaning in the social and political arenas that could be generally understood as: in the best interest of.

Now we come to the word humane. Webster's defines it as; adjective. kind, tender, merciful, etc. This word is applied to all sorts of societies, organizations, corporations, non-profits, and in the academic endeavors of land-grant colleges.

I can tell you that farm kids who raise livestock and are involved in 4H can raise a cow, sheep, pig, or chicken with kindness, tenderness, and even real love, but when do we ever show them mercy? They all die. Even free living animals are subject

to being the scapegoats of the animal industry, regardless of scale, animal agriculture pushes aside anyone who is a perceived impediment to profit. Those involved in animal use know that they have a problem, and have had for some time. That problem is that we now have a populace of consumers that are a generation to a generation and a half removed from agriculture. Most people live in urban areas and the only connection to non-humans is their companion animals. The animal industry has the task of altering the public perception of what they do to accommodate the consuming publics anthropomorphizing of farm animals vis-à-vis their companion animals. Ad campaigns are altering the reality of animal production to make it palatable with consumers. Join this with legislative campaigns to make animal agriculture more "humane" thereby letting the public speak with their vote creating a psychological mechanism to assuage their conscience concerning the

animals they eat and it is a slam-dunk. In the end all parties involved with making animal production that has less suffering wins, and everyone goes home with more money in their pockets.

I have spent quite a bit of time talking about the words we use. I feel and know that language is important. It is how we communicate and one of the ways that we understand the world. George Orwell understood this well, as he wrote.

"But if thought corrupts language, language can also corrupt thought. A bad usage can spread by tradition and imitation even among people who should and do know better. This invasion of one's mind by ready-made phrases can only be prevented if one is constantly on guard against them, and every such phrase anaesthetizes a portion of one's brain." Anaesthetizing is the work of advertizing and public relations agencies. We must be vigilant in the misuse of language when it compromises our values, principles, and more importantly when it creates an injustice to those who cannot advocate for themselves.

The answer is to trust our hearts and have faith in our moral compass. For some this, as it did for me, require emotional courage and moral imagination. That is to say that we must have the emotional courage to be totally honest with ourselves. We may feel the need to speak truth to power, but until we speak the truth to ourselves we are of little use to the world. Moral imagination is needed to include all things into our sphere of compassion, empathy, and love. Not just people but also non-humans, the planet and even the cosmos. We each have the power to change the world. The day of looking to huge corporations and organizations for leaders to take the oppressed out of the dark is gone. By the power of one, of each one of us, we can change the world.

Trust your heart.

Harold Brown is one of Cleveland's all time favorite vegans - never too busy to lend his knowledge to lectures, events, screenings. His compassion and decency are overwhelming. I am very grateful for his support of this publication. Harold is know for many achievements, but best known for his role in Tribe of Heart's, Peaceable Kingdom.

<http://www.peaceablekingdomfilm.org/>
Please view further works by Harold at his site; <http://www.farmkind.org/>

Love

FOR OUR COMMUNITY

At Whole Foods Market, we are for love. Love of our community, schools, neighbors, and friends in need. Love for now and for all of the generations to come.

27249 CHAGRIN BLVD.,
WOODMERE, OH 44122 • 216.464.9403

13998 CEDAR RD.,
UNIVERSITY HEIGHTS, OH 44118 • 216.371.5320

LIVING

Raising a vegan baby



A beautiful vegan baby and mom; inside and out!

by Lauren Napoli

I am often asked, as a new mom of a 7 month old, “Will you raise your child to eat like you?” My answer of course is YES, without hesitation. Not only will I raise my daughter to eat like me, but also to live like me. This not only includes a healthy, vegan diet, but also entails not using animals for any exploitative purposes. I am raising my child to have a deep respect for all animals and for the planet we share. Imagine how much less pollution and waste our world would have if each parent followed this concept. Many people are completely floored by the idea of not giving a child meat and dairy products. They are unaware of the horrific mistreatment of farmed animals, the environmental impact created by the farming industry, and poor health associated with the western diet. Some health concerns we are facing in America right now include:

- By age 12, many of our children have developed the beginning stages of hardening of the arteries.
- 1 in 3 children are obese.
- More than 25% of our children take prescription drugs on a regular basis.
- The American Academy of Pediatrics recommends that children as young as eight can be treated with cholesterol lowering statin drugs.

Here is a recent quote that stuck with me:

“This may be the first generation of children to have a shorter life expectancy than their parents”
- David Katz, M.D.

When looking at these statistics, I feel very confident regarding my decision to raise a vegan baby. My daughter will co-exist with the animals she so loves, and respect her planet and all those upon it. I am raising a vegan child - now how about you?

Encouraging green potential in children

by Ruby Roth

Recycling, reusable bags, vegan food. Cruelty-free cosmetics, fair-trade products, holistic healing. Did your parents or grandparents engage in any of these practices? Perhaps, like me, your mom was a vegetarian long before you were born. But for most of us, these concepts were born of unprecedented environmental and health issues. Yet here we are, a global community of concerned individuals sharing a lexicon of relatively new conscious and eco-friendly practices. It happened in less than a generation.

As the green movement grows, more parents want to include their children—the next generation—in issues and decisions relevant to the family’s diet and lifestyle. But the topics that need explaining have also changed in less than a generation. They’ve become ever more complicated than recycling, flipping off light switches, and turning off the tap while we brush. Today, we’re trying to disentangle our lives from big agriculture, big pharmaceuticals, chemical pervasiveness—hoping, meanwhile, to reverse an arguably irreversible ecological crisis. In our generation, we have learned so much that the question is usually not about what to tell kids, but when and how. The great news is that kids are capable of much more than society gives them credit for. This idea is key as we encourage green potential in the next generation. We tend to shelter kids from the “adult” world, catering to a concept of childhood that seeks to protect the fragility that we imagine children inherently possess. But kids are more competent and sturdy than we think. I’ve been told repeatedly by surprised parents that their children reacted with curiosity—not fear—when they learned about complex, difficult issues like factory farming. Kids learn when we teach them!

The path to a greener and more compassionate future lies in actively engaging children. I believe this is more about adults’ willingness to share than it is about kids’ abilities to learn. In my experience, when you provide children the information they need to make educated choices, they choose wisely. Together, we can look at the forces that



Ruby IS vegan love!

shape our thinking, from McDonald’s commercials to the normalization of meat and dairy in school textbooks.

We can involve kids in the everyday choices we make about food, clothing, products, and entertainment. Discussing the motives behind picking cruelty-free shampoo, preparing a meatless meal, using homeopathic medicines, shopping at local farmer’s markets, even purchasing a birthday gift for a friend (you can “adopt” an elephant in his or her name!)—these are great opportunities to normalize green habits and fulfill the potential we have as a society to revolutionize the status quo. Kids like to feel empowered—in the kitchen learning about the power of a superfood, at the store on a mission for biodegradable soap, in the garden planting seeds. When you speak frankly to children about problems and solutions (disease and wellness, pollution and clean-up, pesticides and organics), they feel like they’re being let in on a secret and they pay attention. Children feel empowered when we say, “I have something important to share with you and I want your opinion.” In turn, they learn to form values on their own. But they can’t make choices if they don’t know there are any.

If you shy away from a subject your kids should be aware of, try diving in instead. It’s great fun! Kids’ insights and ideas are astounding. Just focus on information that will be useful to your child. The facts you share shouldn’t be solely negative but constructive. Your child needs to be able to do something with their new knowledge. If you discuss the abuse of circus animals, you

might calmly and frankly say, “I just learned that circus trainers often hit the animals with hooks. I’m not sure what to do about it. What do you think?” Listen for good ideas and offer other solutions: signing online petitions; boycotting a class trip to the circus; or volunteering at a sanctuary instead. The most important lesson is that we don’t have to fear anything we have the power to change.

I was recently asked, “My children understand why our family is vegan, but how do I explain why other people eat animals?” Any answer that speaks the truth is appropriate. For example, “Not everyone knows that eating animals hurts animals. And some don’t care.” It’s the truth! If that perturbs your child, you might suggest that they do something to change it by sharing what they know, like writing school reports, holding a bake sale fundraiser for a sanctuary, or sharing a vegan recipe with their classroom.

By meaningful inclusion, we can begin encouraging children to do what they are actually capable of, psychologically, spiritually, and physically. This kind of education lasts a lifetime. If we’ve come so far in our own generation, imagine what the next will do. Ruby Roth is a Los Angeles-based activist, artist, writer, and former teacher whose children’s books have received international attention for their sensitive yet frank advocacy of a vegan diet and lifestyle. She is the author of That’s Why We Don’t Eat Animals and Vegan Is Love (North Atlantic Books). Learn more at www.VeganIsLove.com, and I am very grateful for this thoughtful submission.



Compassionate Cuisine
Voted Best Veggie Burger
140 Public Square 216.263.1111



Unique gifts for babies
toddlers and moms.



View my handmade items
or request a custom order
www.etsy.com/shop/tillietulip

FORUM

SAVE

by Barbara Benander

SAVE (Student Advocates for a Vegetarian Ethic) is a student organization at Cleveland State University, and has been an active CSU student organization for years. One of the main goals of SAVE is to inform and educate people about the horrific cruelty inherent in the meat industry and factory farming. SAVE also helps to inform people as to the harmful effects of a meat-based diet on the human body, while presenting healthy choices for nutrition. SAVE-sponsored events at CSU include its annual free Veg. Thanksgiving Feast, open to all, offering a free bounteous array of delicious vegan food, live music, speaker, and raffle. SAVE also hosts an annual Spring Veg. Fest, with free vegan food and a speaker. In addition, SAVE tables several times during each semester, distributing free informative literature



S.A.V.E. at Cleveland State University

about the benefits of a meat-free diet. SAVE also plans to show one or two entertaining and informative movies this Spring. If you would like to learn more about SAVE, feel free to contact SAVE’s Faculty Advisor at CSU, Dr. Barbara Benander at b.benander@csuohio.edu. Also, please visit our FB page for updated information: <http://www.facebook.com/saveatcsu?ref=ts&fref=ts>

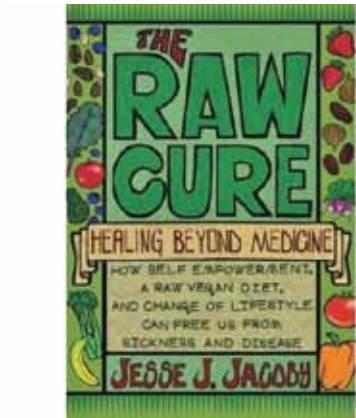
The protein myth

by Jesse Jacoby

We have known for decades that most plant-based fats are healthy, while fats from animal products are harmful. Meat, dairy, and eggs do contain proteins, however this is not the protein we want as humans. This is bad protein. We want protein from edible plant matter. The first thing that many of us need to realize is that we need amino acids, not foreign animal proteins, to form proteins.

Protein is important. What is more important though is realizing that we do not need more than thirty-five to forty grams of protein a day in our diet. The World Health Organization released a statement that suggests we not consume more than 4.5 percent of our daily caloric intake from protein. This comes out to an average of about twenty-three grams of protein per day for someone consuming around two-thousand calories a day. According to an entry in the Journal of Clinical Nutrition, our total calories from protein should not exceed 2.5 percent. This would only equal about thirteen grams a day.

When people discover that I do not eat meat, dairy, or eggs, they often ask, “Where do you get your protein?” Most of the time, they follow this question by asking, “How do you keep all of that muscle on if you don’t eat meat?” As much as I want to laugh at the questions they ask, I acknowledge the fact that we live in a society where myths are created and false information is spewed for the sole purpose of marketing products that range from meat. As children, many of us were raised with the idea that milk will strengthen our bones, and that meat will make us stronger and help us to grow bigger. Nothing could be further from the truth. Children believe what they see, what they hear, and what they are told. When this idea is embedded in their minds throughout their childhood, they carry the misinformation with them through their lives. We need to stop this from happening to more generations, and to reverse this pattern



The Raw Cure - Healing Beyond Medicine by Jesse J. Jacoby (excerpt)

of misinformation by teaching true, plant-based nutrition. The best food in the world will make us more intelligent. Complete protein sources do not just make us stronger or bigger, they improve our ability to utilize our intellect. The brain runs on carbohydrates and consists of neurons that communicate by way of neurotransmitters and electrical currents. We need complete protein and the quality mineral, essential fatty acid, and enzyme sources of raw plants for these systems to run and produce serotonin, dopamine, and adrenaline.

Dr. T. Colin Campbell explains in The China Study that, “Foreign proteins from livestock nourish cancer cells more than they nourish our bodies.” The protein from milk, meat, or eggs, therefore, is not a good source of protein.

“What protein consistently and strongly promoted cancer? Casein, which makes up eighty-seven percent of cow’s milk protein, promoted all stages of the cancer process. What type of protein did not promote cancer, even at high levels of intake? The safe proteins were from plants.” – Dr. T. Colin Campbell, The China Study

This is an excerpt from my friend, Jesse’s first book, The Raw Cure - Healing Beyond Medicine which is a study into the alternatives to traditional Western medicine and researches various cures of or reversal of diseases by eating a whole food/plant based diet, as well as maintaining good health and vibrancy through a raw food diet. Jesse will be speaking at the Nashville VegFest in July.

The lives of sparrows

by Jonathan Balcombe

Ever since my parents started taking me on visits to London Zoo when I was three, I’ve been drawn to animals. There was never any question for me that they are other beings with conscious, feeling lives. For this reason, commonly seen animals that we may regard as ordinary are no less engaging than are the rarer, more “charismatic” species.

House sparrows are commonplace in the United States, and Washington, D.C. is no exception. They lurk in my neighborhood, chirping from eaves, taking shelter beneath cars, and holding noisy palavers inside cedar trees. Squadrons of these weaver finches arc over my town-home roof and settle in a spray on my generous neighbor’s thistle-feeders, where they nibble daintily at seeds or loiter nearby for the next available spot. They are anonymous, largely ignored by people.

As successful commensals with humans, House sparrows are cosmopolitan. You are as likely to see these clever opportunists in a Mumbai bazaar as on a European street corner. In Australia they have learned to open supermarket doors by fluttering in front of the sensors. You may notice them among the rafters of food malls; it’s quite possible some individuals are spending their entire wild existence under a roof.

An anecdote serves to illustrate the acute awareness of house sparrow. I was birdwatching from the deck behind my house when a Cooper’s hawk zoomed past. These sleek raptors are stealth bombers and they are adept at snatching birds unawares at backyard feeders. At the moment the hawk passed, four house sparrows were at the neighbor’s thistle feeder. All four froze in position, perhaps feeling safer inside the metal grate that provided a three-inch zone to keep squirrels out. Mrs. Hawk landed high in a tree about 40 feet away. There she stayed for 15 minutes, looking about, occasionally preening. For all that time, none of the four sparrows moved a feather. In tens of cumulative hours watching sparrows, I had never seen one stay still for a minute, let alone fifteen minutes. When the hawk finally flew away over the townhouse rooftops, within 20 seconds the sparrows began to make small, tentative movements, and within two minutes they were back to their normal animated state.

For a great literary foray into the unique personality and character of a house sparrow, I strongly recommend Providence of a Sparrow: Lessons from a Life Gone to the Birds. The author, a Seattle-based electrical technician (and gifted writer) named Chris Chester, discovered a newborn house sparrow while tending his garden. The naked hatchling, resembling “a testicle with a beak,” had fallen from an overhead nest. Chester and his wife successfully reared the chick, who became the pioneer of a small menagerie of rescued birds during the course of his 8 years. Chester developed an especially close relationship with “B,” who would perch on Chester’s left shoulder and sleep in the crook of his neck. One of his favorite games was Hit the Cap. Chester would place a bottle-lid over the opening in his hand, which enclosed B. B would suddenly lunge through the opening, knocking the cap into the air with his stout bill.



Jonathan Balcombe and friend

Occasionally, B would achieve a double play, hitting the cap a second time as it descended from its first flight. He also loved to play fetch, unless he wasn’t in the mood. Chester showed a wide range of emotions, from frisky to irritable. He soon grew tired of fetching the same colored cap and Chester had to seek out unusual bottled products to sustain B’s interest.

Sooner or later we must come to the uplifting—if sobering—realization that all house sparrows are unique individuals. Like B, each has a biography. Their seeming uniformity is only a function of our unfamiliarity. If we pause to observe, the more their visages resolve into distinct personalities.

I remember finding a female house sparrow lying prostrate on the platform as I stepped from a commuter train on my way to a concert. She had probably flown into the nearby rain shelter’s window. Hoping she was just stunned, I picked her up. Alas, she was quite dead. I stroked the soft feathers on her neck and head, noted the robustness of her pink beak, and admired the perfect symmetry of her tail feathers before depositing her beneath some ground ivy, where ants, flies and other members of nature’s recycling crew might perform their services undisturbed.

Later, as I sat in the concert hall immersed in the dolorous strains of Bach’s Mass in B Minor, my thoughts returned to the little grey/brown bird. How old was she and what sort of personality did she have? Who were her friends? How did it feel when she took her first flight? What adventures did she have, what flashes of fear and bursts of exhilaration? I hope she had a good life. She and her kind have enriched mine greatly.

Jonathan Balcombe, is Department Chair for Animal Studies with Humane Society University. His books include, Pleasurable Kingdom, Second Nature, and The Exultant Ark



YOUR HEALTH

No nonsense nutrition from Anya

by Anya Todd

People often ask me what are my favorite 'superfoods' or nutritional supplements because they "saw something on Dr. Oz." As a registered dietitian, these are fair questions. My simple reply is that I do not recommend any particular superfood because the addition of one single nutrient-rich food is not going to dramatically alter your nutrition status. You can eat kale by the bushel, but it does not compensate for the cheese-burgers you are regularly consuming.

Nutritional supplements will also typically throw me into a fit of eye rolling. Note that I am not referring to actual vitamin & mineral supplements, which I do think can be useful. I am talking about those supplements which make claims that sound too good to be true – and we all know what our mamas said about things like that. Within a day or two, my local grocer sells out of every shipment of green coffee bean extract, which is touted for its weight loss capabilities despite the science to support it. And often, these are consumers who have yet to change their consumption of what is known as the Standard American Diet, which is an eating pattern excessive in sugar, salt and saturated fat. Their grocery carts are overflowing with processed foods while without one fruit, vegetable, legume or whole grain in sight. Have they considered that their money could be better spent speaking to a trained health professional specializing in whole food, plant-based nutrition, like myself, rather than on an overpriced bottle of pills?

I suppose I cannot blame people for their lack of understanding about basic nutrition. Our government, which issues dietary recommendations for the public, is deeply influenced by lobbyists for food and drug manufacturers as well as for trade organizations (Coca Cola, Pfizer, and the American Egg



Anya Todd

Board). Our health professionals receive little (if any!) nutrition education as part of their curriculum in school. This is upsetting when many people look to their physicians for guidance. Even my fellow dietitians, who are trained to be nutrition experts, fall prey to biased education material created by food lobbyists. Our food manufacturers are often deceptive in their product marketing & health claims, which only add to consumer confusion. Our media caters to health trends and buzzwords without regard to whether or not what they report is based on sound science.

Unfortunately, I cannot wave a wand and make the government, lobbyists, food manufacturers and the media have your best interests in mind. What I can do is make people aware they need to be their own advocates when it comes to their health, and when they have questions, seek out reputable sources. I have spent more than a decade sorting through nutrition information and trying to convey it to the masses. At the end of the day, my message remains simple: No superfood or a bottle of supplements can replace a whole foods, plant-based diet.

Anya Todd RD, LD is a registered dietitian specializing in vegan nutrition and is a resident of Cleveland Heights. For more information about Anya and the services she offers, please visit www.anyatodd.com

Ms. Julie's Kitchen

by Julie Costell

Ms. Julie's Kitchen endeavors to educate, enlighten, and encourage Akron to adopt healthy eating practices, compassionate living and responsible local economic development around local foods.



Ms. Julie!

Ms Julie's Kitchen gives the Akron Area homemade vegan foods, which are made with locally grown organic produce and grains. Ms Julie does not use meat or dairy in any of her products and recipes; giving people on special diets, those with allergies, and those who choose a Vegan or "clean diet" a delicious alternative to prepared foods.

Ms Julie's Kitchen provides outreach programs which include cooking classes, a monthly movie night, community garden talks, cornerstore cooking demonstrations, and an urban farm where she grows her own produce and creates jobs for our community.

Contact: Call for daily specials and menu items (330) 819- 3834

Events: Akron Peace Project Movie Nights, Countryside Conservancy Farmer's Markets, Cooking Classes, and Local Conventions, Festivals and more.

Visit our FB page for location, hours, events, cuisine: <http://www.facebook.com/pages/Ms-Julies-Kitchen/369998630016>

Tips from a tennis pro

by Mike Shiplett

Mike Shiplett is a USTA 4.0 tennis player and a fitness enthusiast. He is very dedicated to his healthy choice of a lifestyle, and always ready to discuss and answer questions with anyone interested. Just one look at Mike, and you will see his plan is working!

Tennis. The sport of a lifetime. Do you play? I do. It's an incredible activity that will keep one's physique young and fit. The health benefits of playing tennis are immeasurable. It can certainly add a smile to your face and a competitive fire in your drive to hit that cute, little, yellow ball as radically as you can. Health benefits from tennis, or any physical exercise, activity or sport, require a solid base of nutrition for success. It is important to have a smart food plan with a variety of options, which in turn will brighten your day and energize your body for that all important sporting endeavor. Proteins, carbs, fats, it's all important for anyone.

Breakfast is essential. You can't skip. Do not even say, "no" to me! Your body was at rest while you slept, and now it needs morning fuel. Do not tell me you just want coffee and you will have a smart lunch. Breakfast fuels your day. Clean carbs like oatmeal are an awesome option. Toss some fresh blueberries onto your oatmeal, and prepare yourself for the party. You will never look at sugars or sweeteners again.

Apples, oranges, pears, or fruits of any kind make for a great snack. Variety is the key. Make it fun and try new things. Have that exotic fruit you were staring at in the supermarket that only grows in Hawaii. Try something different that you might not dare to have considered two months ago. Don't be afraid of a mysterious taste of what might be considered an unattractive looking fruit or vegetable! It might turn out to be one of the most fantastic flavors you will encounter. Your brain will thank you!

Keep it fresh and your body will reward you. Leafy greens and vegetables are so satisfying and rewarding once you open your mind to the individual flavors that each one owns. Tomatoes come with their own bursting flavors - why bury that taste away in a fat laced dressing? I tend to have a salad most nights with some combination of spinach, tomatoes, onions, cucumbers, alfalfa sprouts, shredded carrots, Italian parsley, a sprinkle of mixed nuts (careful

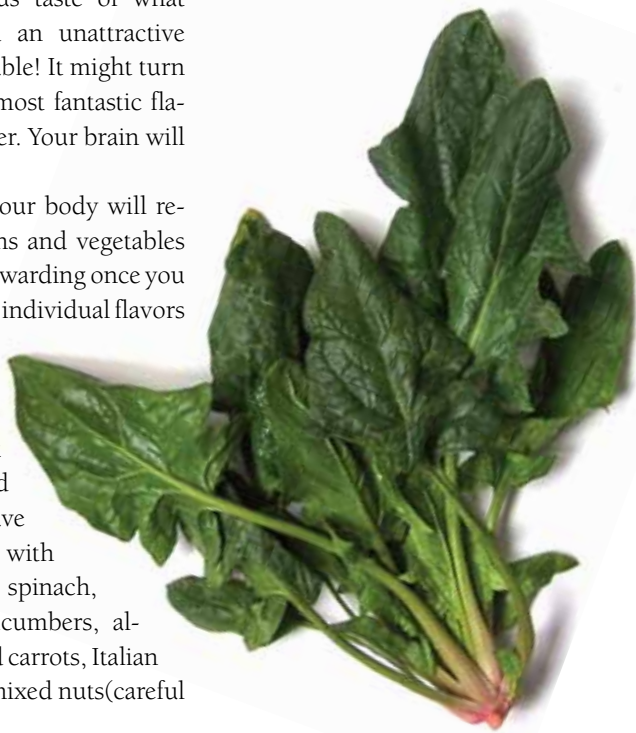
- nuts are high in fat), and maybe a few raisins. Sprinkle on some ground flax seed and I am a kid in a candy store! Tempeh and beans make for a flavorful addition for almost anything - salads, brown rice, pasta. Read labels as there are many pastas containing egg and cheese - rice pasta is a delicious substitute.

Hydrate! Drink Water. You need it. Do not tell me you don't like water. Your body is made of water. You must have it to stay alive. Stop complaining and enjoy the source of life! Drink up.

I adhere to 5-7 small meals a day while balancing my carbs, proteins, and fats. I've been a tennis player and a fitness guy since 1997. My health and well being is important, and so is yours! Get on board and change your life in 2013. Go green, go leafy, get healthy! And play tennis!"



Mike Shiplett is from Rittman, Ohio, and is a true fitness ambassador.



YOUR AD HERE

Please help support this very important project
Call Gia at 440.213.6342
for our very reasonable ad rates

FORUM

Thoughts on Slaughterhouse

by Gail Eislitz

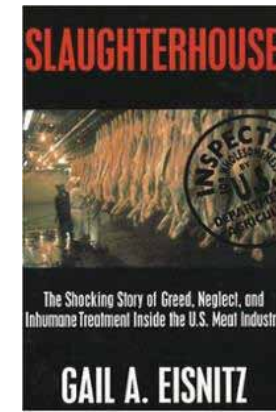
People often ask me why I wrote SLAUGHTERHOUSE. The answer is I had no choice. The slaughter-bound animals had no voice, and I had no choice.

When I received a complaint from a US Department of Agriculture employee that cows at a Florida slaughterhouse were having their heads skinned while they were still fully conscious, I knew I had to drop everything and investigate. According to the federal Humane Slaughter Act, farm animals are supposed to be stunned into unconsciousness before they are butchered. What was happening at the Florida plant? Production line speeds were so fast that the stun operator was unable to render the cows unconscious before they were butchered.

I decided to investigate other slaughterhouses across the country and I interviewed workers and federal meat inspectors who spent more than three million hours on plant kill floors. I observed the slaughter process in many plants. I quickly learned that the federal Humane Slaughter Act was going altogether unenforced by the USDA.

In the last few decades, thousands of mid-sized packing plants have been forced out of business by a handful of large, high-speed operations, each with capacity to kill millions of animals a year. As a result, production line speeds have skyrocketed. Individual workers in high-speed plants now kill as many as 1,100 large animals an hour—or one animal every three seconds. One plant I visited in North Carolina kills 180,000 hogs a week. Today, because a minute of downtime can spell a loss of hundreds of dollars, workers resort to brutality to keep the production line running smoothly in order to keep their jobs. In short, the employees I talked to admitted to routinely strangling, beating, scalding, skinning, and dismembering fully conscious animals in order to keep that production line moving.

But back to my decision to write SLAUGHTERHOUSE: I had no choice but to write the SLAUGHTERHOUSE because network television repeatedly and dispassionately refused to speak out for the voiceless victims inside packing plants. After months of sharing my evi-



Slaughterhouse by Gail Eislitz

dence with PrimeTime and 20/20, I was inevitably discouraged when executive producers declared the story "too disgusting" for television viewers to digest. 60 Minutes and Dateline producers went into the field with me to interview workers on camera; their executive producers killed the story on the grounds that viewers might "change the channel." Knowing that thousands of hogs were being boiled alive in scalding tanks and thousands of conscious cows were being skinned and dismembered, I felt the weight of the world crushing me. It was literally more than I could bear.

Frustrated and discouraged by the networks, and with the weight of the animals on my shoulders, I decided to write SLAUGHTERHOUSE. But I didn't want to write a simple account of grisly packing plant violations, but rather I wanted to tell the story of my harrowing investigation. I wanted to take readers along on the rollercoaster with me, introducing them to the characters I met along the way – the workers who became alcoholics and spouse abusers from laboring under such sadistic conditions, the conscientious meat inspectors, the corrupt politicians, the parents of children who became sickened by eating contaminated meat. Readers join me in my prolonged battle with the networks, and learn the toll that high-speed slaughter takes not only on the animals themselves, but on workers and consumers.

Gail has dedicated her life to helping animals, both in the slaughterhouses and on the streets. She is a strong, compassionate, dedicated woman, and I am honored that she took the time to provide these thoughts.

Renounce research!

by Ellie Israel

Every year millions of animals are maliciously tortured and killed in laboratories for reasons unjustified in today's modern world. Their deaths must not pass unnoticed and unmentioned! Please join us on in a peaceful demo against Ricerca Biosciences at the corner of Auburn Road and Crile Road, Painesville, Ohio from 11:00am to 12:30pm on March 24.

Following this we will rally at the Lerner Research Institute—a facility notorious for cruel and archaic vivisection—located at the corner of E. 100th Street and Carnegie Avenue in Cleveland, Ohio. We will demonstrate there from 2:00 to 3:30pm.

In solidarity,
Ellie Israel

The labeling conundrum

by Donna Liebenauer

The following information will help you in identifying cruelty free products.

There are labels and logos that signify a third party certification process, including the Coalition for Consumer Information on Cosmetics' (CCIC) Leaping Bunny, the American Vegetarian Association's (AVA), and Vegan Action's "Certified Vegan" labels. Each of these is denoted by a specific logo, (see pictures). These denote no animal research, but read labels for content.

The CCIC for the Leaping Bunny is a conglomerate of various animal protection organizations. According to their website, CCIC provides "the best assurance that no new animal testing is used in any phase of product development". The AVA certification states it "is trusted to maintain the absolute integrity of [its] certification program, and to unfailingly assure the general public AVA certification represents the highest ethical standards". The 501c3 Vegan Awareness Foundation (Vegan Action's official name) administers the "Certified Vegan" logo, which verifies the ingredients and the final product contain no animal ingredients, or no known animal derived GMOs or genes, as well as were not tested on animals [throughout all phases of production]".

While this summary is brief, hopefully the information offers you guidance for making kinder consumer choices. All the best to you as we journey together, creating a more compassionate world through our simple, daily choices.

Physicians Committee for Responsible Medicine

PCRM is the Physician's Committee for Responsible Medicine.

These are our goals and accomplishments:

- PCRM has led the way for reforms of federal nutrition policies.
- Our clinical research programs are breaking new ground in diabetes, cancer, and other serious conditions.
- PCRM's Cancer Project has provided vital information to tens of thousands of people.
- The New Four Food Groups is PCRM's innovative proposal for a federal nutrition policy that puts a new priority on health.
- Our public service announcement series features medical experts on prevention and health.

Research Advocacy

We encourage higher standards for ethics and effectiveness in research:

- We oppose unethical human experiments. While great strides have been made in eliminating such experiments, problems remain. For example, children are still given synthetic growth hormone in experiments to make them taller, and both children and adults are exposed to unnecessary new drugs which have toxic effects.



Certifed Vegan! AVA



Leaping Bunny



Vegan.org Certified Vegan - Donna's certification

Donna is actively serving on the boards of animal and pro-vegan nonprofits. She is an Arbonne Independent Consultant. All Arbonne skincare and health and wellness products are "Certified Vegan" (vegan.org). Each sale supports a local, "certified vegan" business woman, as well as animal and pro-vegan causes. Interested in aligning your career with your values? Would you like to purchase or sample products? Send an email to donnamay93@gmail.com or call (440) 785-7163 to schedule an appointment. For March reader specials, mention code HH0label I am a certified vegan - vegan.org member. We support Donna in all of her endeavors to save and defend our animals.

- We promote alternatives to animal research and animal testing. We have worked to put a stop to gruesome experiments, such as the military's cat-shooting studies, DEA narcotics experiments, and monkey self-mutilation projects. We also promote nonanimal methods in medical education. Currently, more than three-quarters of all U.S. medical schools have dropped their animal labs for medical students.

Organization

Since 1985, PCRM has been influencing advancements in medicine and science. We advocate for preventive medicine, especially good nutrition, conduct clinical research, and advocate for higher ethical standards in research. Our membership includes 150,000 health care professionals and concerned citizens. PCRM is a nonprofit 501c3 organization headquartered in Washington, D.C.

Leadership

Neal D. Barnard, M.D., President

We will be featuring relevant PCRM topics, and attempt to provide as many of their "recipes of the month" as possible. If you have not already joined this powerful group, please consider.

This is a powerful source of information, and a great melding of compassionate, progressive minds. Please join to receive their updates.

AROUND NORTHEAST OHIO

CARA teams with the Cleveland International Film Festival

by Jen Kaden

The Cleveland Vegan Society is partnering with the Cleveland International Film Festival and sponsoring the documentary Canned Dreams. This socially-aware documentary explores the globalized industry of food production. A simple can of ravioli propels a spectacular eight-country journey through all phases of food production and the far flung sources of international ingredients. Along the way, the film film reveals the hopes, dreams, and regrets of

the workers who are behind the mining, raising, and harvesting of each ingredient. Canned Dreams makes an eloquent statement about our modern, globalized world. The film eschews commentary and editorializing but is clearly motivated by a desire to educate consumers about matters rarely seen and usually taken for granted. The Cleveland International Film Festival runs from April 3rd through April 14th at Tower City Cinemas. Visit www.clevelandfilm.org for screening dates and showtimes.

“Along the way, the film film reveals the hopes, dreams, and regrets of the workers who are behind the mining, raising, and harvesting of each ingredient. Canned Dreams makes an eloquent statement about our modern, globalized world. The film eschews commentary and editorializing but is clearly motivated by a desire to educate consumers about matters rarely seen and usually taken for granted”) We hope to see you at the film.



Cleveland Animal Rights Alliance

by Jen Kaden

Cleveland Animal Rights Alliance (CARA) is an all-volunteer nonprofit organization that advocates a compassionate vegan ethic. We host monthly events covering topics that address human health & nutrition, the environmental impact of our food choices, and the ethics surrounding our relationship with other animals.

As a part of CARA's Ocean Life Series, the third installment will be A Fall From Freedom -a film that exposes the sordid history of Sea World and the captive dolphin and whale industry. Screening is March 21 7-8:30 p.m. Cleveland Hts Library, 2345 Lee Rd. Complimentary vegan snacks will be available.

An additional part of our Ocean Life Film & Lecture Series will be CARA's community sponsorship at the Cleveland International Film Festival. CARA will be sponsoring screenings of the new documentary The Last Ocean which focuses on the battle to save the Ross Sea in Antarctica and its marine life. This film raises the question, “will fishing ever be sustainable?”, and will change one's views on the nature of industrial fishing.

Our final installment of the Ocean Life Film & Lecture Series will be a FREE lecture with internationally-known animal

behavior expert, Jonathan Balcombe PhD at Case Western Reserve University. Dr. Balcombe will present Think or Swim: The Inner Lives of Fishes and share his eye-opening presentation on fish sentience, cognition and social behavior. Balcombe's dynamic message resonates with timely issues that affect everyone, including climate change, biodiversity, and personal health. He has given invited presentations on six continents and is currently at work on a new book about the inner lives of fishes titled After Meat. Dr. Balcombe's presentation will be co-sponsored by the Case Animal Rights & Ethics Society and held in CWRU's Thwing Center Excelsior Ballroom (10900 Euclid Ave, Cleveland OH) on Monday, April 15 from 7-9pm. Complimentary vegan snacks will be provided at this event.

Please contact CARA for information on its new vegan mentoring program that was launched with over 150 enthusiastic guests and over 21 eager,vegan mentors.

Cleveland Animal Rights Alliance is a 100% volunteer-run and donation-funded 501(c)(3) nonprofit. We depend on charitable contributions in order to keep our events free and continue and expand our advocacy work creating a compassionate and just world for animals, the earth and our community. To become a member and support the work of CARA, contributions can be made through or mailed to: “Cleveland Animal Rights Alliance” P.O. box 18973 Cleveland Heights OH 44118.

facebook.com/ClevelandAnimalRightsAlliance
Connect with us on Twitter: twitter.com/Cleveland_AR

For further information about CARA events, visit our “events” page at www.clevelandanimalrights.org, send an email to info@clevelandanimalrights.org or call (440) 941-7064.



Cleveland Animal Rights Alliance - educating Cleveland

The VegFest is coming!

by Gia Campola

Excitement is mounting over the much-anticipated arrival of Cleveland's own VegFest. (<https://www.facebook.com/events/340238302724487/?ref=ts&fref=ts>) This monumental event will take place June 1, 2013 on the Cleveland State University Campus. Anyone interested in a healthier diet, a sustainable planet, and a compassionate lifestyle are encouraged to attend, and are promised an educational, enjoyable event.

The VegFest is being made possible by the hardworking, diligent and dedicated Cleveland Vegan Society. (<https://www.facebook.com/ClevelandVeganSociety?ref=ts&fref=ts>) Since its advent, the VegFest has been cultivating and finely-tuning its message, (<http://www.vegsource.com/john-davis/the-vegfest-phenomena.html>) and rapidly expanding in the number of locations, worldwide, where it is held. It has now become a great resource to vegetarians, vegans, aspiring vegans, and those wishing to advocate good health, compassion and environmental preservation and sustainability.

The Vegan Society recently hosted the area's first ever VegGala (<http://www.clevelandvegansociety.org/index.php/veggala>) in an effort to garner funds for the VegFest and to make Northeast Ohio aware of the expanding “lean, green, compassionate scene.” The Gala was an unprecedented success – selling out with over 400 attendees and nearly thirty vendors! The evening was enjoyed by all in attendance, and gave many local restaurants the opportunity to show off their fine vegan cuisine.



We hope to see you all at the Cleveland VegFest on June 1, 2013! Please note that Harold Brown and Ruby Roth, two featured speakers at the VegFest have submitted wonderful pieces in this month's paper - we hope to give you an idea of what you can expect from all of the amazing speakers! “Stay tuned” to Healthy and Humane for continual VegFest updates.



FORUM

Badges for bullies

by Gia Campola

Within Cleveland you will find a group of very dedicated, hard working police officers. ON duty they help to protect us and save lives. OFF duty these altruistic, generous officers help another group in need - animals.

Recently founded by Sergeant Carl Hartman, Badges for Bullies is a rapidly expanding group of hardworking, compassionate members who also happen to be Cleveland Police Officers. This group is assisted by the amazing volunteers who form Friends of the City of Cleveland Kennel. The City of Cleveland Kennel, daily, saves and maintains the lives of countless animals here in Cleveland. Without FOCK, many, many animals would perish or be put to death with no hope of finding a home. Please visit their site <http://www.friendsofclevelandkennel.com/kennel.html> to learn more about their mission, and to find out how you can assist in their noble efforts. Also, consider attending the Kennel's next Art Fur Animals benefit <http://www.yelp.com/events/cleveland-2012-art-fur-animals-benefit-auction-hosted-by-local-celebrity-dick-goddard>, which will be the group's ninth annual event to raise much-needed funds to sustain the Kennel.

Badges for Bullies began its mission shortly after 27 dogs were seized in one of Cleveland's largest dog fighting raids to date (December, 2011). Sgt. Hartman saw a need to form this group to help



Badges for Bullies

stop future mass dog-fighting rings, and to help curb widespread pet abuse and neglect. Badges works with the many rescue/foster/placement groups in NE Ohio and surrounding areas. Among these are Muttley Crue, Seconhand Mutts, Ohio Underdog, and Multiple Breed Rescue. This is, by no means, an all inclusive list and Sgt. Hartman may be contacted regaring other relevant groups.

The need for these groups is quite obvious as is the need for continual assistance and support. We must all join in the effort to protect and defend the defenseless animals within our community, and contribute to their future well-being. Please visit Badges for Bullies at www.badgesforbullies.org. Their Facebook page is Badges for Bullies; <http://www.facebook.com/BadgesForBullies?ref=ts&fref=ts>

Cleveland is very proud of these dedicated police officers and thank them for donating their time, while “off duty”, to save animals.



Crippled Creek

by Jill Kirsch

Cripple Creek Ferals and Friends is an organization dedicated to Trap/Neuter/Return of feral, stray and free-roaming cats. We offer traps for loan as well as assistance with transportation/recovery. Education is also a priority. A lot of times, a little information is all that is needed to help individuals. While we do not take in animals from individuals, we have done several large scale rescues for animals in dire need.

On April 6, we will be hosting the CCFE Animal Appreciation Day at the Lake Community Branch of the Stark County District Library in Uniontown, Ohio. The mobile Rascal Unit will be performing low cost spay/neuters and local rescue groups and information booths will be available.

Looking ahead to June 8...We will be hosting our Second Annual Stray Cat Strut in Greentown, Ohio. This is an evening of wonderful art, food,



Bobcat, Crippled Creek's greatly adored, very loving, and deeply missed mascot.

music and raffles. Please see our pet-finder page for details on the mentioned events and to learn more about us. If you would like to participate by donating any artwork or raffle items, please contact Jill at criplcrkferals@aol.com

Tails from the city

by Sean Caszatt

My name is Sean and I am a volunteer for Tails from the City. We are celebrating our one year anniversary, and here is what we have accomplished within that busy year.

In October 2011, a group of people came together and changed the lives of 106 cats overnight. The cats were moved from a deplorable hoarding situation into a temporary facility where each one was assessed, given medical treatment if necessary, and a chance at a new life. Tails from the City was born.

Most rescues start with a cat or two and then slowly grow. Starting with 106 seemed like an impossible task. In the early days, caring for all of these cats took 12-14 hours each day by many volunteers. The daily grind of cleaning dozens of litter boxes, medicating so many cats, washing load after load of dirty laundry took its toll on many of the original helpers. The number of people volunteering declined, but the number of felines that needed help did not. There were a few adoptions, but there were also requests to help more cats. This is “normal” shelter life and it was a whirlwind.

Slowly, things began to change. A few of the original founders changed their lifestyles and continued to care for the cats daily. A couple new volun-

teers answered the cry for help, and new ideas cut the time spent on daily tasks in half. This left more time to concentrate on finding permanent homes for the adoptable cats. Assistance from other area rescue groups was offered, and several cats found loving homes. Old cages were replaced with new larger ones. Fewer cats meant less stress and better health for the remaining cats waiting for homes. New relationships with two animal hospitals and a large pet store retailer were developed. One thing that never wavered – the focus of caring for every cat.

And now, one year later, the same care is given to every cat that enters the shelter. It's hard to believe we survived, let alone found happy endings for so many cats. There are only 35 of the original 106 still waiting for their “forever” home. Additional cats and kittens were taken in, and Tails adopted out 150 cats/kittens during that first year. It's also hard to say what the second year will bring. A new shelter? New adoption partners? New programs and events? The equation is simple: more volunteers + more fosters + more adopters + more donors = more stray, abandoned and neglected kitties in need that Tails from the City can help!

Please visit our Facebook page for more information:

<http://www.facebook.com/pages/Tails-From-The-City-Cleveland/423848060968990?ref=ts&fref=ts>



My name is Buddy. I am a great, big love! Please consider adopting me!

YOUR AD
HERE

Please help support this very important project
Call Gia at 440.213.6342
for our very reasonable ad rates

Please subscribe

CONTRIBUTING TO THE BETTERMENT OF THE PLANET AND ALL THOSE WHO SHARE IT

Healthy & Humane Observer

Please send a \$60.00 check or money order to The Observer office:
Subscriptions, 650A E.185th Street, Cleveland, OH 44119

Name _____
Address _____
City _____ State _____ Zip _____ email _____

You will receive 12 issues for \$60.00.
Your subscription makes it possible for us to continue this worthwhile project. **We thank you.**

FORUM

Saving lives through spay and neuter

by *Gia Campola*

The Euclid Beach Feral Cat Project has been practicing TNR (trap, neuter, release) since its inception in 2009. To date, the Project has assisted nearly one thousand cats! The accomplishments of the EBFCP during 2012 include the “TNR” of 129 cats, the surrender of 175 cats to the Cleveland APL, 11 adoptions by the EBFCP itself, and the birth of only 2 kittens in the monitored, feral community! This represents the saving of over 730 cats from the streets of North Collinwood areas including Wildwood Marina, The Euclid Beach Mobile Home Park, the state park pier, and Euclid Beach Villa Apartments. These numbers also reflect the spay and neutering of 233 cats. To give you an idea of how many cats this project is actually saving consider these statistics: The average number of litters a fertile cat can produce in one year is 3. The average number of kittens in a feline litter is 4-6. In seven years, one female cat and her offspring can theoretically produce 420,000 cats. Only 1 in 12 of those 420,000 cats born find a home. These are facts and the work of The Euclid Beach Feral Cat Project cuts down on the numbers in these statistics dramatically.

The primary focus of the Project is the Euclid Beach area where cats and kittens are routinely “dumped”. The EBFCP now safely and securely houses and cares, daily, for over 128 - now healthy - residents. The Euclid Beach Feral Cat Project works closely with the Cleveland Animal Protective League to find homes for those friendly enough to be adopted. Those that remain as residents of the Euclid Beach area are strictly monitored, and provided with

food, shelter and medical care. The dedication of those that run the EBFCP is overwhelming, unfaltering and constant.

The largest problem this group faces is the abandonment of unwanted cats, and the failure of owners to spay and neuter their pets. In an attempt to rectify this problem, EBFCP will be offering 100 FREE spay and neuters in 2013 at a new spay/neuter clinic opening in Euclid this spring! EBFCP hope that this clinic will assist low income residents as well as the elderly who may encounter difficulty with the trip to the Cleveland APL. This local, low cost facility will make spay and neuter much more affordable and convenient for many cat owners.

The Project is very sincerely appreciative of all of the support it has been given over the years. Without the support of generous donors, this work would not be possible and many, many cats would reproduce unabated, languish in pain while awaiting medical care, or perish due to the elements and lack of food.

This group is run entirely by volunteers and exists solely due to funding of caring individuals. The new Euclid project will require funding in addition to the monumental costs of feeding, housing, spaying and neutering, trapping, adoption services, medical care. Currently over 200 individuals support this wonderful group, but more and continual support is always needed and very, very much appreciated. The funds donated go directly to these animals who are so greatly in need, and have no other means of survival.

Please consider supporting the noble and much needed endeavors of the Eu-



One of the saved

clid Beach Feral Cat Projects. They have a direct and very pronounced impact on the cats of our area - they are saving cat's lives and assisting pet lovers with their various issues. Their work can not continue or escalate without the help of compassionate individuals so please consider a donation, of any amount, to these amazing and dedicated animal lovers. Your caring is a powerful symbol of your love, respect and mercy. You will be proud of supporting this “hands on” project that, daily, protects, saves and cares tenderly for the many deserving cats in need.

Northeast Shores Development Corporation is a non profit group which acts as a fiscal agent for the EBFCP. Please send donations to this group at 317 East 156th Street, Cleveland 44110. Please note EBFCP on the memo line of your checks so that funds can be properly dispersed and quickly expedited. All donations are tax deductible.

Ginger Hannah and Brian Licht are to be commended for their unending dedication to these cats, and would also like to express their sincere gratitude for any and all support.

Thank you on behalf of Ginger, Brian and the many animals they protect and save. Look forward to a new EBFCP website coming soon!

We are ALL 269!

by *Gia Campola*

The nameless, faceless victims whose bodies are used to feed us, obviously had desires and feelings before their throats were slit open with cold, calculated brutality. It's strange, we define ourselves as a “law abiding, moral” society, and yet, routinely, massacre innocent beings.

The widely used brand for a calf is “269”. Displaying this number is an act of solidarity and immortalization. We hope to be able to raise awareness and empathy towards those, whose cries of terror and pain are only heard by steel bars and the blood stained walls of the slaughterhouses.

We are all equal in our suffering, and if humanity has any chance of surviving and evolving, we must accept that oppression of the weak - whether excused by gender, race or species - lacks any rationality and fundamental sensitivity towards those who may not cry out using our language, but feel pain no less than us.

So we ask: What will happen with the individual numbered “269”?

Is his or her life not more meaningful than a pointless, sanguinary practice?

Please join me for our next solidarity day. March 21st we will be gathering from 6:00 p.m. until 8:30 p.m. at Finest Lines Tattoo in Wickliffe, Ohio. Mike Timm, will be offering a variety of choices and using vegan ink. I hope you will consider the “269” tattoo or a relevant symbol of our solidarity for animals.

You can view my event on my facebook page: <http://www.facebook.com/events/145682602253239/?ref=ts&fref=ts>

Finest Lines: 28935 Euclid Avenue, Wickliffe, OH 44092; (440) 943-4008



My name is 269

<http://www.clevelandcitycouncil.org/finance/>

This is OUR city. If you live in the suburbs, you may come to the city to work and/or play. You spend your tax dollars in Cleveland, and you deserve answers as much as the residents do. You want to help animals in need.

So let's make our voices heard, and get our officials to move forward.

We are all part of the fabric that creates the vital nature of the City of Cleveland.

In the spirit of Cleveland's revitalization, let's make the Cleveland Kennel what it should be: a place of light and hope; a place of life and new beginnings.

We hope this will lighten the load carried by the staff of the City of Cleveland Kennel and the volunteers who dedicate so much time though Friend of the City of Cleveland Kennel.

Angela spends a great deal of time attempting to find homes for dogs throughout NE Ohio, and is determined to see this much needed position filled. Please join her in her efforts.

FORUM

Happy trails

by *Annette Fisher*

About The Sanctuary

Our Mission:

Happy Trails Farm Animal Sanctuary Inc. is a non-profit (501c3) organization that rescues, rehabilitates, and provides an adoption program for abused, abandoned, and neglected farm animals such as horses, ponies, pot belly pigs, farm pigs, chickens, ducks, turkeys, sheep, goats, and cattle. Happy Trails serves the entire state of Ohio, and works in cooperation with county humane societies, animal protective leagues, and local and state law enforcement officers. Happy Trails provides the rescued farm animals and equine with medical care, proper nutrition, clean and safe housing, and as much TLC as possible. Our adoption program allows for the rescued farm animals to be adopted as a family pet only. Once a farm animal is accepted by Happy Trails, they are no longer allowed to be placed back into food production, nor are they allowed to be bred or used for exploitation in any way. The Happy Trails Amish Horse Retirement Program, an extended part of our original rescue program, accepts Amish-owned buggy and plow horses that can no longer serve their Amish families. The acceptance criteria is that the horse is surrendered directly from its Amish owner, and that it is donated to the Amish Horse Retirement Program. These horses are then given an overall health and wellness medical examination, updated with vaccinations and a consistent worming schedule, have their hooves trimmed, and are made available for adoption. In this article we will discuss adoption procedure.

Step 1: Fill out an adoption application that tells us about yourself, your

references, your veterinarian, information about your facility, shelter and pasture area, etc. This will be reviewed by an adoption counselor. Each animal has an adoption addendum, which outlines their special needs and/or any health issues they may have.

Step 2: The adoption counselor then visits your facility to see the home that you will providing for your new farm animal pet. The counselor will have a safety check list to assure appropriate shelter, fencing and a safe exercise/turnout area.

Step 3: If your facility is approved, at that time you submit the adoption fee for your new pet. You may have a two week trial period to get to know your new pet, and for the animal to get to know you and the other animals in your family.

Step 4: At the end of the two weeks, if everything has gone well for both you and your pet, you may make the adoption official. This requires you to sign an adoption contract that states, among other things, that you will never send the animal to auction or to slaughter, and if you cannot keep it for any reason, you are required to return the animal to the Happy Trails Adoption Program.

SPECIAL NOTES In our follow up program, a representative of Happy Trails will periodically check on the animal and its condition and make follow up reports. If at any time Happy Trails feels that the pet is not being properly taken care of as agreed in the contract, we reserve the right to reclaim the animal.

Contact Happy Trails Farm at <http://happytrailsfarm.org/> for adoption applications, and for more, in depth, information. Look to Healthy and Humane to provide you with a series of features in upcoming events regarding Happy Trails rescues, “wish lists, and all of the amazing work done there each day to save, protect and care for animals.



One of the many happy endings at Happy Trails

Plant Perfection Foods

Vegan - No Oil
Gluten Free - Frozen Meals
Heat and Eat
Delivered to your home or restaurant
What could be easier?
www.PlantPerfectionFoods.com
330-232-2209

Notes from the Road to Peace

by *Zach Friedhof*

How do we cultivate peace and compassion within?

There are three wonderful steps, I recommend. These are by far not the only steps, however, all major people of peace have suggested these be a part of our daily practice, and I tend to agree with them.

1). Meditation.

This is a broadly misunderstood word. Meditation is not indiginous to any specific religion, it helps us convert negativity into positivity, it helps us broaden our compassionate horizons, and helps us to accept those around us for their attributes, rather than judge them on what we may not understand. We learn to make change from within.

<http://www.youtube.com/watch?v=ChLb23f23bo>
<http://srisiravishankar.org/>
<https://www.bigquestionsonline.com/content/can-you-learn-control-your-mind>.
<http://www.tm.org/>

2) Veganism.

Total Nonviolence is our goal, as peaceful people. Perhaps we will never be able to fully extricate all violence from our lives, but it is our duty as spiritual beings to do as much as we can to reduce the suffering of all beings. Ahimsa!

<http://worldpeace diet.org/>
<http://www.vegan.org/>
www.fatfreevegan.com
<http://www.peta.org/living/vegetarian-living/free-vegetarian-starter-kit.aspx>

3) Daily Acts of Kindness

We have to reprogram our minds, and creating positive and kind habits are a good way to start. Small daily acts of kindness will give you the courage and



Peace, love and music = Zach!

the joy to begin choosing compassion at every decision. Gandhi's adage is still deeply true. Bringing peace to ourselves and others is a lifelong journey. Help more, forgive more, love more, appreciate more.

<http://www.randomactsofkindness.org/> and here <http://www.onemillionactsofkindness.com/>

Peace is a lifelong journey. Each of us is at different stages of this journey. We cannot compare our progress with that of others. We cannot control others. We can only bring peace to and through ourselves. The more we become this peace, the more it becomes reflected in others we meet and know.

“Yesterday I was clever, so I wanted to change the world.

Today I am wise, so I am changing myself.”
-Rumi

Please visit my friend Zach's blog to be further inspired on living a compassionate, peaceful, loving life as Zach does.

<http://buffalozef.blogspot.com/2013/02/3-steps-to-peace.html>

Zach is also a talented, and emulated musician here in NE Ohio. Feel the great vibes he exudes! <http://www.zachmusic.net/>

Help the City of Cleveland Kennel

by *Angela Ferritto*

The City of Cleveland Kennel is a sad and sorry place. It is inaccessible and foreboding.

The poor folks at the Kennel get their hearts broken day after day, as they try valiantly to rescue our companions that have, by no fault of their own, ended up there. Also, people who want to adopt a pet are thwarted by the conditions and operating mandates.

The immediate creation of a paid position of Rescue Coordinator is imperative. There are many individuals and organizations from Cleveland and outlying communities who struggle to coordinate their efforts to save lives and reunite families every day. But the lack of cohesion is thwarting this process.

The creation of this position should be initiated immediately, and not wait until completion of the new Kennel. The financial return on having a rescue coordinator will be tremendous. This position will pay for itself many, many times over.



City of Cleveland Kennel needs your help.



needs to take immediate action through its Finance Committee. The mayor has received thousands of letters demanding a commitment that a new kennel will be built, and requesting confirmation that a paid position of Rescue Coordinator will be created. So far, the wishes of the taxpayers have fallen on deaf ears. The lack of response from the mayor's office is unacceptable.

Please contact the mayor's office, and demand a response:
mayorsactioncenter@city.cleveland.oh.us

Please contact your city council person:
<http://www.clevelandcitycouncil.org/council-directory.aspx>

This is the contact information for the members of the finance committee:

BACK PAGE

In recent news...

by Lee Hall

A global uproar followed the discovery of horseflesh in numerous fast-food and grocery products. People were stunned that Taco Bell and several other companies had purchased equine flesh for their burritos. But yes, to quote Taco Bell's own catchphrase: That just happened.

Vegans responded in unison: people who are shocked at the thought of a horse ending up in their meal might ask themselves why they aren't similarly disturbed when a cow, pig or sheep ends up in it?

Let's now consider that basic point that the public conversation has missed. Let's consider this as more than a matter of why cows shouldn't wind up in burritos. For keeping horses off the ingredient lists doesn't address the issue of humanity's habit of keeping horses in the first place.

To put it another way, the horseflesh scandal highlights the way vegans might think eating an animal is wrong to do, yet also believe domestication is a great idea. When we challenge people on why they eat some animals and love others, maybe we're failing to challenge ourselves on what love means. For it's not love in the profoundest sense if it involves being happily surrounded by animals who are domesticated by humans, dependent on us for care, and always under our control?

People breed a lot of horses. Where do we think they end up when past their prime? It costs five to ten dollars a day to cover the hay, the vet and the farrier—for a horse in good health. Some horse owners who were once able to afford that no longer can, so they ring up a rescue group, or try to sell in a saturated market. Reports of abandoned or starving horses are more common than we'd like to think.

For animal-rights advocate Ruthe Wallace, the issue is personal. "I had a horse when I was 12 to 17 years old," Ruthe says. "I gave her a good home and loved her dearly; but when I look back, all I feel is regret for having exploited her.

In Their Own Ways

Today, Ruthe is a rescuer worker at a sanctuary. Those of us who can, will support refuges and shelters. And we're pressed to think deeper still: Can we stop making animals vulnerable in the first place?



A few free-roaming horses still live in North America, but they're barely hanging on to their birthright. In the east and the west, they have to compete for sustenance against ranchers, extractors, developers, and eco-tourists. And people who find the equids inconvenient, but think themselves humane, press the horses into adoptions by private owners, or argue for controlling the horses with contraceptive vaccines.

What are vegans doing about this? Very little, I can confirm, as I prepare for this week's with a law student about strategies to stop the U.S. government from facilitating the roundups, privatization, and pharmaceutical testing of free-roaming horses. In fact, I know vegans who support the contraceptive testing.

But vegans rush en masse in to point out that horses are misused when they wind up in the tacos.

If vegans support contraceptive strategies to erase the few autonomous horses still inhabiting the continent, aren't we entertaining a double standard? Rather than simply deciding (rightly!) that horses should not be ground into hamburger, are we also ready to support horses' interests in living on Earth in their own ways, wherever untamed communities still exist?

If vegans say nothing about the local horse show (which depends on purpose-breeding, breaking, buying and selling horses), aren't we entertaining a double standard there too? Again, where do we think all those horses wind up? Why aren't we working at the roots of the trouble?

Being vegan means asking deeper questions than why we "love" some animals and eat others. It requires us to ask if genuine love for other animals would ever allow us to breed them into a domesticated and dependent life—or whether, instead, it means confronting the breeding as well as the eating.

Many of us do remember that being vegan is about much more than eating. Let's take that seriously. Let's confront the reality that horseflesh will continue to be processed for human consumption as long as humans believe it acceptable to have horses. And let's deal with that deeper belief.

** Lee Hall is legal VP for Friends of Animals, a caregiver for feral cats, an LL.M. student at Vermont Law School, and the author of ON THEIR OWN TERMS: BRINGING ANIMAL-RIGHTS PHILOSOPHY DOWN TO EARTH. In 2013, Lee turns 30 in vegan years. I would like to thank Lee Hall for this very relevant and very thought inspiring piece. It makes such valid points, and, I am certain, will make us question some of our thoughts, or lack thereof. Lee is very fond of Cleveland, and very enthusiastically to submitted to this publication. Cleveland thanks her.*



A Place at the Table

by Gia Campola

This film is from the creators who brought us Food, Inc, and is now available to the public. It's message is frightening, sad, and true. 50 million people in the U.S.-one in four children-don't know where their next meal is coming from, despite our having the means to provide nutritious, affordable food for all Americans. Directors Kristi Jacobson and Lori Silverbush examine this issue through the lens of three people who are struggling with food insecurity: Barbie, a single Philadelphia mother who grew up in poverty and is trying to provide a better life for her two kids; Rosie, a Colorado fifth-grader who often has to depend on friends and neighbors to feed her and has trouble concentrating in school; and Tremonica, a Mississippi second-grader whose asthma and health issues are exacerbated by the largely empty calories her hardworking mother can afford.

Their stories are interwoven with insights from experts including sociologist Janet Poppendieck, author Raj Patel and nutrition policy leader Marion Nestle; ordinary citizens like Pastor Bob Wilson and teachers Leslie Nichols and Odessa Cherry; and activists such as Witness to Hunger's Mariana Chilton, Top Chef's Tom Colicchio and Oscar®-winning actor Jeff Bridges.

Ultimately, A Place at the Table shows us how hunger poses serious economic, social and cultural implications for our nation, and that it could be solved once and for all, if the American public decides-as they have in the past-that making healthy food available and affordable is in the best interest of us all. - See more at: <http://www.magpictures.com/aplaceatthetable/>

50 million people in the U.S.-one in four children-don't know where their next meal is coming from, despite our having the means to provide nutritious, affordable food for all Americans. Directors Kristi Jacobson and Lori Silverbush examine this issue through the lens of three people who are struggling with food insecurity: Barbie, a single Philadelphia mother who grew up in poverty and is trying to provide a better life for her two kids; Rosie, a Colorado fifth-grader who often has to depend on friends and neighbors to feed her and has trouble concentrating in school; and Tremonica, a Mississippi second-grader whose asthma and health issues are exacerbated by the largely empty calories her hardworking mother can afford.

Their stories are interwoven with insights from experts including sociologist Janet Poppendieck, author Raj Patel and nutrition policy leader Marion Nestle; ordinary citizens like Pastor Bob Wilson and teachers Leslie Nichols and Odessa Cherry; and activists such as Witness to Hunger's Mariana Chilton, Top Chef's Tom Colicchio and Oscar®-winning actor Jeff Bridges.

How does becoming vegan impact world hunger? Earthoria sums it up: "Meat consumption is an inefficient use of grain"... "the grain is used more efficiently when consumed by humans. Continued growth in meat output is dependent on feeding grain to animals, creating competition for grain between affluent meat-eaters and the world's poor."

Go Vegan - save animals and human animals from suffering. Share the Earth!

