

Healthy & Humane OBSERVER

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

Volume 1 • Issue 2

April 2013

Compassionate Community

by Gia Campola

As defined in Webster's dictionary compassion is : "a sympathetic consciousness of others' distress together with a desire to alleviate it." Also defined in Webster's is the word community: "a unified body of individuals." I would like to think of those supporting and contributing to the Healthy and



We are one

Humane Observer as a compassionate community. By choosing to support and participate in this publication each individual is conveying their own form of compassion – the desire to help alleviate animal's suffering, contributing to the betterment of our health issues, attempting to improve and sustain our planet, and spreading the message of peace and equality for all creatures on Earth. By joining together through the Healthy and Humane Observer we can become a community of aware, responsible, active, contributing, conscious people. By forming and promoting this group we will gain more and more members. Changes are happening in all of the aforementioned areas. The changes are needed – they, in fact, are necessary if we are to continue to ex-

ist healthily, happily, intelligently and ethically.

Webster's defines progress as "a forward or onward movement as to an objective or to a goal; advancement, betterment; especially in the progressive development of humankind." Could there be a more appropriate definition of all our desired goals? I am flattered, honored, and grateful for the reception the first issue of the Healthy and Humane Observer has received. This venue can assist with the compassionate communities we have worked so diligently to form thus far, and we can use this publication as a forum to garner strength, numbers and unity therefore exuding true progression. I



Peace to all

know that all of you recognize the fact that significant, real progress-the kind that emancipates, creates change, and improves life dictates the incorporation of compassion. Intelligence acknowledges the need for empathy, kindness, and peace. A community of dedicated, like minded individuals,

such as those who read and support this publication, can only improve what we, as individuals, practice in our daily lives. Let us join forces - use this paper as a forum for that purpose, and let us work together to better the lives of all those who share this planet, and protect this world while doing so. Thank you all. Peace,

Gia Campola

Plant Powered by Engine 2!

by Gia Campola

If you're vegan, vegetarian, or simply interested in eating more healthily, join Whole Foods for their Vegan First Thursday events! On April 4, Jane Esselstyn (daughter of Dr. Caldwell Esselstyn featured in "Forks Over Knives") discussed a Plant-Strong lifestyle and the upcoming release of the next Engine 2 Cookbook. A short talk by Ms. Esselstyn was followed by a sampling and demonstration of Plant-Strong products and a recipe demo. This class is free but does require registration. Please call (216) 464-9403 to reserve your spot. This Thursday she featured a veggie chili and kale with walnut sauce! Jane also did a short demonstration on diabetes -it's acquisition, causes, and ramifications.

All attendees were surprised by a special appearance of Rip Esselstyn - Jane's brother and author of Engine 2 - The Diet as well as featured in the DVD - "Engine 2"- Kitchen Rescue". Rip discussed his new Engine 2 cookbook titled, "My Beef With Meat" due out in early May. He also discussed the story behind Engine

2, and gave some facts and information on the status of health and healthcare in America, and our need to immediately rethink the direction in which we are heading. He emphasized our need to make much healthier food choices and to realize that we, as a nation, are in dire need of dietary change if we are to exist in the best health we can. He assures us that, with the present majority choices, we will be more and more dependent on surgery and pharmaceuticals. Our dietary changes are not extreme, but the remedies to fix the problems resulting from our poor choices can prove to be very extreme and nearly unfathomable. Rip reported to me, last month, that his father is healing nicely following a rather severe bike accident, and Cleveland was very grateful for the good news. He also provided the following information to his supporters, and for those hoping to begin a better, healthier way of life through an amazingly rejuvenating diet - avoid disease and reverse ill affects by following Rip's advice. Hopefully, he will be visiting our area in May to promote

My Beef With Meet. If you have any questions you can check out links to some of our most asked questions:

<https://www.facebook.com/notes/engine-2-diet/faq-the-questions-we-get-asked-the-most-on-facebook/10151050662583377>

Checkout our resources page: engine2diet.com/resources-and-research/

Be sure to keep up with our blog: <http://engine2diet.com/the-daily-beet/>

Find recipes: pinterest.com/engine2diet

Twitter: @engine2diet

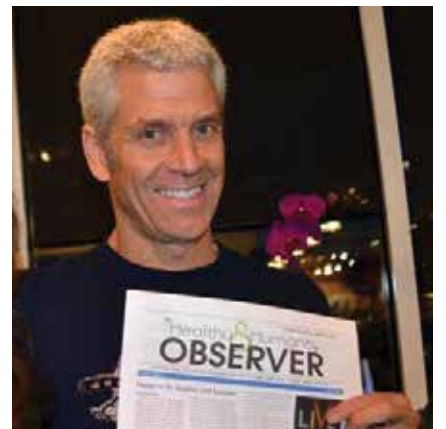
Join our new support network: engine2extra.com

Plant-Strong!

The Engine 2 Team Thank you Jane, Rip and Whole Foods.



Rip, Jane, and some happy attendees



Rip and the Healthy and Humane Observer! (Photos: Rachelle Farren)



Who knew Kale could be so much fun!



by Tofu Cat

Upon entering through the doors of The Flaming Ice Cube located in the heart of downtown is practically my second home. Cleveland's one and only all vegan café offers an incredibly delicious variety of vegan cuisine including creative salads, sandwiches, wraps, pizzas, pastas, smoothies, and their specialty burgers recently voted one of the best veggie burgers in the country.

Their made-from-scratch soups, sides, dressings, and desserts are made fresh daily and can be taken home in bulk. Some gluten-free options are available as well. Weekly specials offer an amazing opportunity to try new creations, such as grilled Chik'n topped with havarti cheese, sauteed spinach, tomato, onions, roasted garlic and rosemary aoli, on a toasted whole grain

The Flaming Ice Cube Compassionate Cafe

140 Public Square, Cleveland Ohio
www.FlamingIce.com
Mon-Thurs 8 am-9 pm
Fri 8 am-10 pm; Sat 11 am-10 pm
(216) 263-1111

1-5 paw scale

Service: 🐾 🐾 🐾 🐾 🐾

Selections: 🐾 🐾 🐾 🐾 🐾

Ambiance: 🐾 🐾 🐾 🐾 🐾

Presentation: 🐾 🐾 🐾 🐾 🐾

Value: 🐾 🐾 🐾 🐾 🐾

roll. Prices are moderate with most items between \$4-\$9.

The Flaming Ice Cube Café originated in Boardman, Ohio in 1997, and opened its' doors July 2010 in Cleveland to an adoring crowd which included Tofu Cat!

Dine in or carry out, catering, delivery, and outside seating make this a go-to place on many occasions.

My "purrsonal" picks, if I'm forced to choose, would include the Pesto Burger, Buffalo Panini, Sweet Potato Peanut Butter Soup, Carrot Cake, and Rosewater Pistachio Cupcakes which are to die for, but with my nine lives I'm good to go.

The "Cube's" mission is to make the world a better place, and they have succeeded.

Check out their menu online at www.flamingice.com

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
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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
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Vegans have nothing to defend

by Marc Bekoff

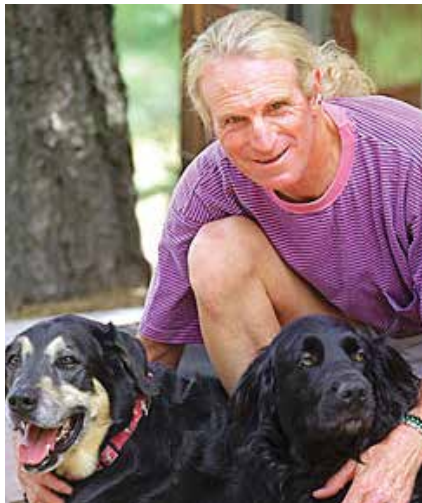
Who we eat is moral question: Vegans have nothing to defend. Cows and pigs are sentient, brussels sprouts are not. Published on December 27, 2009 by Marc Bekoff, Ph.D. in Animal Emotions

A recent column in the New York Times "Sorry, Vegans: Brussels Sprouts Like to Live, Too", concerning our food choices presents some interesting ideas to ponder but has little to do with what is scientifically known about vegetables and other plants. In places this essay reads as if it's a convenient excuse, and not a very good one, for those who choose to eat animals to continue to do so. Rather than being "a small daily tragedy that we animals must kill to stay alive" as suggested in this essay, I find it an extremely inhumane act that must be curtailed, and one that can be easily terminated with insignificant changes in our daily eating habits.

As I point out in The Animal Manifesto we need to ask, "Who's for dinner?" not "What's for dinner?" when we're making decisions about our meals. There is no doubt that animals suffer and cry out for help when they're being prepared for meals - from the way they're raised, transported to the torture chambers of factory farms, handled when awaiting their own slaughter while hearing, seeing, and smelling the slaughter of others, and having a bolt driven into their brain, far too often inefficiently, so that they're not instantaneously rendered unconscious as existing laws require. The strong passage of Proposition 2 in California (63% of voters said "Yes, let's improve the welfare of factory farm animals.") and legislation protecting "downer" animals shows that people really do care about the suffering of animals who are served up as meals. In July 2008 California Governor Arnold Schwarzenegger strengthened legal protection for downer cows in California and in March 2009 the United States government banned the use of downer cows for food. The suffering if sentient animals in slaughterhouses around the world is indisputable and reprehensible and a sad comment on the choices humans make.

Now, what about brussels sprouts and other vegetables? Do they scream and suffer when they're wok-fried? There is no credible evidence that plants are sentient and suffer and feel pain or that they have a conscious desire to live. Vegetables don't suffer when they're prepared for meals, wok-fried, steamed, or otherwise cooked. Plants show intriguing and sophisticated tropisms - automatic reflexive responses to various environmental conditions - and do communicate with one another, but they don't have intentions and desires as do many animals. Thus, it's not valid to claim that a brussels sprout or carrot do not aspire to be wok-fried as a cow or pig might not aspire to be tortured in a slaughterhouse. Claims about animal sentience are not overblown or speculative, whereas claims about sentience in plants are entirely speculative.

Other questions also need to be pon-



Marc Bekoff - generosity, intelligence and kindness

dered as we decide who to put in our mouth. Factory farms cause enormous environmental damage and this must be factored into our gustatory decisions. So, even if one doesn't give a hoot about animal suffering and death, he or she must consider what their choices are doing to the environment, local and otherwise. In many countries 50% or more of greenhouse gases come from cow gas and the use of water and land for the production for unneeded meat is huge compared to the amount of land and water needed to produce non-animal meals. For example, it's estimated that by 2025 about 64% of humanity will be living in areas of water shortage. The livestock sector is responsible for over 8% of global human water use, 7% of global water being used for irrigating crops grown for animal feed. In New Zealand, 34.2 million sheep, 9.7 million cattle, 1.4 million deer, and 155,000 goats emit almost 50% of the country's greenhouse gases in the form of methane and nitrous oxide. Animals are living smokestacks. People are now talking about the "carbon hoofprint" (see also) to refer to the large amount of greenhouse gases released into the atmosphere by the livestock industry. "Producing a pound of beef creates 11 times as much greenhouse gas emission as a pound of chicken and 100 times more than a pound of carrots, according to Lantmannen, a Swedish group."

According to an essay in the New York Times (January 27, 2008) titled Rethinking the meat-guzzler "Global demand for meat has multiplied in recent years, encouraged by growing affluence and nourished by the proliferation of huge, confined animal feeding operations. These assembly-line meat factories consume enormous amounts of energy, pollute water supplies, generate significant greenhouse gases and require ever-increasing amounts of corn, soy and other grains, a dependency that has led to the destruction of vast swaths of the world's tropical rain forests. ... The world's total meat supply was 71 million tons in 1961. In 2007, it was estimated to be 284 million tons. Per capita consumption has more than doubled over that period. (In the developing world, it rose twice as fast, doubling in the last 20 years.) World meat consumption is expected to double again by 2050 ..."

CONTINUED ON PAGE 10

Jack's Must Read and View



by Jack McMillan

Slaughterhouse (Gail Eisnitz), *The China Study* (TC Campbell) *The World Peace Diet* (Will Tuttle), *Rain Without Thunder* (Gary Francione), *The Animal Rights Debate: Abolition or Regulation* (Gary Francione), *Speciesism* (Joan Dunayer), *Animal Equality* (Joan Dunayer), *Why We Love Dogs, Eat Pigs, and Wear Cows* (Melanie Joy), *Prisoned Chickens* (Karen Davis), *The Extended Circle* (Jon Dymne-Tyson) (ed.) *Out of the Jungle* (Jay Dinshah), *Animal rights: Considered in Relation to Social Progress* (Henry Salt), *Compassion, the Ultimate Ethic* (Victoria Moran), *The Sexual Politics of Meat*, (and also) *Living Among Meat Eaters* (Carol Adams), *On Their Own Terms* (Lee Hall), *Comfortably Unaware* (Richard Oppenlander), *Diet for a New America* (John Robbins), *Radical Vegetarianism* (Mark Matthew Braunstein), *Plant Peace Daily: Everyday Outreach for People Who Care* (Rae Sikora and JC Corcoran), *Animal Factories* (Jim Mason/Peter Singer), *The Dreaded Comparison: Human and Animal Slavery* (Marjorie Spiegel), *Animal Rights and Human Obligations* (Tom Regan/ Peter Singer), *The Souls of Animals* (Gary Kowalski), *Being Vegan: Living With Conscience, Conviction, and Compassion* (Joanne Stepaniak), *Mad Cowboy: Plain Truth From the cattle rancher Who Won't Eat Meat* (Howard Lyman), *Pleasurable Kingdom* (Jonathan Balcombe), *Second Nature: The Inner Lives of Animals* (Jonathan Balcombe), *In the Absence of the Sacred* (Jerry Mander), *Vegan Freak* (Bob and Jenna Torres), *Vegan is Love* (Ruby Roth), *Cruel* (Sue Coe), *Empty Cages* (Tom Regan), *Man Kind?* (Cleveland Amory) - and when you're done with all these, relax to *Finnegan's Wake* (James Joyce) **Films/DVD's/videos:** Gary Yourofsky's *The Best Speech You Will Ever Hear* (and it is), a 70 minute Youtube Vid. Phillip Wollen Speech, Melbourne, Australia: *Animals Should Be off The Menu*; Youtube video *Meet Your Meat*, narrated by Alec Baldwin; PETA video *Peacable Kingdom: The Journey Home*; *The Witness: Tribe of Heart*; *Tribe of Heart The Animals Film* (Victor Schonfeld) *Forks Over Knives* (Lee Fulkerson), *Living in Harmony With All life: A discourse on the World Peace Diet* (Will Tuttle), *Vegan: For the People. For the Planet. For the Animals*, (A Life Connected.org), *Farm to Fridge* (Mercy For Animals Earthlings).



Jack McMillan

Jack is an active member on the board of the Cleveland Vegan Society, and is instrumental in bringing the VegFest to Cleveland. He has been a pioneer for animals rights for decades. Jack is also available for vegan mentoring. We endorse his suggestions, and advise that everyone read and view his choices -conscientiously compiled - to become a truly informed animal rights advocate.

DIALOGUE

Climate Reality Project

by Al Gore

This year, the Climate Reality Project will conduct trainings around the world for the next generation of Climate Leaders, who will in turn become part of the Climate Reality Leadership Corps. Already, more than 4,000 Climate Leaders from 58 countries are educating people about the climate crisis and how we can solve it. I want to personally invite you to join this global community of change-makers.

More than ever before, the climate crisis is creating a new reality for millions around the world. From Australian farmers losing their crops to bushfires, to New Yorkers rebuilding neighborhoods devastated by Superstorm Sandy, to crippling droughts throughout Central and Eastern Asia, Mexico and the Southwestern U.S. that are compromising the regions' food security—the consequences of the climate crisis are growing more intense. Even as the severity of the climate crisis grows, many people don't yet understand how it touches them personally or what they can do about it.

We need more Climate Leaders across the world to lead a carbon conversation about solutions and spread the truth about the climate crisis. Join us to become one of these leaders today.

In a three-day training, including sessions that I lead, Climate Leaders learn the latest climate science and best practices for connecting the dots between the facts about climate change and the



Al Gore - continual awareness of climate control and global warming

daily lives of their audiences, in simple and accessible terms. They emerge as energized and skilled communicators with the knowledge, tools, and passion to educate and empower diverse audiences and communities to help solve the climate crisis. I invite you to become a part of this network.

Together, we have an enormous opportunity to communicate the reality of climate change. With your help as a Climate Leader, we can do this person by person, family by family, and city by city. I have faith that when enough minds are changed, we will cross a threshold, and we can accomplish this goal together. Apply to join us today.

Sincerely, Al Gore, Chairman,
The Climate Reality Project

I thank Mr. Gore for requesting participation of NE Ohio residents in this program, and hope some of us will be able to participate in this very much needed endeavor.

www.takepart.com/an-inconvenient-truth – view the film, if you have not, and find out more about climate change, global warming, and other threats to the environment.

Animal Liberation—Part I

by Joshua Sias

Peter Singer's *Animal Liberation: An Introduction to the Book that Made Animal Ethics Important*. Part I

The animal liberation movement has come a long way since the publication of Peter Singer's thoughts (in *Animal Liberation – AL*) on the moral conduct (or lack thereof) of humans towards nonhuman animals. The importance of Singer's influence on animal ethics is irrefutable, as animal rights theorist Tom Regan appropriately remarked in his 2001 work, *Defending Animal Rights*, "philosophers have written more about animal rights in the past twenty years than their predecessors wrote in the previous two thousand". This lack of academic and journalistic coverage of the issue is the primary reason Singer wrote the book. As he stated in a 2005 contribution to the New York Review of Books entitled *Animal Liberation at 30* (he had corresponded with the Review in the early 1970s):

"...In the early 1970s, to an extent barely credible today, scarcely anyone thought that the treatment of individual animals raised an ethical issue worth taking seriously. There were no animal rights or animal liberation organizations. ...That's why I wrote to the editors of the New York Review..."

Singer's correspondence with the New York Review resulted in the publication of *AL* in 1975. Since then, the animal welfare organizations Singer later mentioned as being nonexistent began to spring up around the nation, and expanded exponentially in number around the world. Henry Spira, widely considered to be one of the most effective animal rights advocates to date, as well as the organizer of the first successful campaign against animal testing in America, credits Singer as the source of his inspiration. So what is it that Singer expressed in *AL* that inspired the work of philosophers and activists alike?

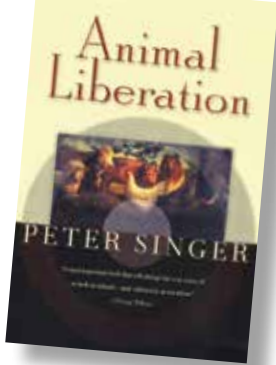
Like most modern philosophical works, Singer's *AL* contains a combination of original argumentation, historical analysis, and a deep look at the prevailing beliefs of its time. Keeping in mind that the horrors of factory farming, animal based testing, and other modes of nonhuman subjugation were widely hidden from the general public in the early 1970s, the book (containing comprehensive reports of the treatment of animals) came to be regarded as a shocking wakeup call to readers who were, unbeknownst to themselves, immersed in

a deep culture of subjugation, suffering, and slaughter. In order for the content of his discussion to be received as morally relevant, Singer had to first take on the difficult task of addressing the arguments for the use of nonhuman animals by humans, arguments that were (and to a lesser degree are still) ingrained in the psyche of the general public. Singer's argument for the liberation of nonhuman animals, remains, some forty years after its original publication, the most cited, taught, and celebrated argument in the history of animal ethics.

Efforts have been made by many, on both sides of the animal rights debate, to discredit Singer's work. Those opposing the moral consideration of animals for which Singer advocates fail to properly deconstruct Singer's rationale, while those rebuttals offered by animal rights supporters tend to use Singer's established principles to paint his theories as incomplete, or insufficient. In many ways, these counter arguments misquote, and/or misunderstand the arguments put forth by Singer in *AL*. Despite the many attempts made over the last forty years, scholars generally agree that no one has successfully offered a counter argument to Singer's ethical stance on the use of animals by humankind.

In the next issue of this publication I will discuss the argument that gave Singer the title "father of the modern animal rights movement", while also addressing many of the criticisms found on both sides of the animal rights debate. Regardless of one's evaluation of Singer's views, it goes without saying that Singer's work in animal ethics initiated progress in the field at the levels of academic theory, advocacy, and political and social reform. Without the publication of *Animal Liberation*, who knows how much longer people would have stayed in the darkness of moral degradation, standing idly by as animal lives all over planet earth wait for their voices to be heard?

Joshua Sias is a passionate animal rights advocate, and a promising student. We appreciate his submission, and look forward to part II.



Peter Singer's Animal Liberation

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

“I just can’t give up cheese.” Vegan is love

by Ellie Israel

I recently spoke with a man who was born in India to devout Hindu parents. Despite their fervent belief that animals have souls and should not be eaten they felt that it was necessary for his personal beliefs to be shaped by his own conclusions. So, when he was old enough to make that decision, his father took him to a slaughter house where he witnessed a baby goat being killed in front of the mother. He said the mother cried like a human and that is what made him choose to be a vegetarian.

Many people have chosen to be vegetarian for humane reasons. Yet, dairy cows react the same way that mother goat did when their babies are taken from them. They cry and bellow for days. Male calves, who are taken to a veal farm within hours of their birth, cry so much for their mother their throats become raw. Their suffering ends soon, however, after standing their entire, albeit short life, tethered in a dark stall and fed an iron deficient diet so their flesh will be tender and sold for veal. Subjected to total sensory deprivation, 20% of veal calves will die before reaching the typical slaughter age of 16 weeks.

Female calves are doomed to a life of horror that consists of being milked for 10 months out of the year, includ-

ing seven months of each consecutive pregnancies. Two or three times a day, seven days a week she will be attached to an electric milking machine. Under normal conditions, a cow can live up to 25 years. A dairy cow, however, will survive a mere four years before she will be loaded onto a crowded truck, sometimes by a forklift because she is too weak and sick to stand, and driven to her final destination - the slaughterhouse.

So, forgive me if I can’t commiserate with those who say, “I just can’t give up cheese”. Eliminating dairy from your diet pales in comparison to what a dairy cow is forced to give up over and over again.

I would like to reiterate what Ms. Israel states and to also let people know cheese is addictive: <http://www.care2.com/greenliving/cheese-contains-morphine.html> Also, the dairy industry equally perpetuates as much brutality upon animals as does the beef, pig, chicken and egg industries. Go Vegan!



Vegan grilled cheese - healthier and happier

Notes from the Road to Peace

by Zach Freidhof

Words are powerful things.

They can sting and stick with us for years after they were uttered. Frequently, they linger with us far longer than the person who spoke them even remember saying them. Words are so important that the Bible gives them an ultimate role. “In the beginning there was the Word,” and most of what God then creates comes into existence through his saying they exist. More recently, Masaru Emoto showed the impact of positive and negative words on ice crystals. Positive words created such beautiful and symmetrical images, while negative words brought about harsh and jagged scenes. As we are made mostly of water as well, there must clearly be some effect the intention of words has upon us. Groups have used words to distinguish themselves and to diminish others for countless generations. It’s easy to unite one group when they can be united against another group. Our words help us distinguish who is the good guy (us) and the bad guy (them). However, there is no real such distinction in life. We are all simply beings. All of us have good and bad aspects and traits. As proponents of veganism, and more importantly, ahimsa

(total nonviolence), we are called to use our words for the betterment of all beings. We cannot let ourselves demonize anyone, though we must certainly stand up to injustice and fight against the systems of suffering. But there must always be the potential of redemption and divinity in all beings. After a quick Google search, it was not hard to find many “vegan” slogans demeaning others, demeaning non-vegans. We need to focus on the potential and the positive. We need to be for Life. For Love. For Peace. Not anti-suffering, anti-hate, or anti-war. If we want to see the suffering of all beings mitigated, our means to that end have to be just and peaceful. Someone cannot be hated into a more compassionate life. Ultimately our end goal is help each other become the highest versions of themselves. One cannot do this by demeaning or belittling, but by compassion, uplifting, and by fighting behavior and systems, not people.

So think twice before you share or put on your “I think, therefore I’m vegan” buttons. Think twice when you enter condescendingly or defensively into that next argument. Remember the power of words.



Music, love and peace. Zach

Vegan is love

by Ruby Roth

Please sign up to be on Ruby Roth’s mailing list and be continually updated on vegan and environmental issues as well as receive valuable, educational information through many venues. Ruby is the author of Vegan is Love and will be speaking at Cleveland’s Veg Fest on June 1. We can’t wait!

www.wedonteatanimals.com/contact.html

Red Rover, Red Rover



Support Red Rover and Teal Cat!

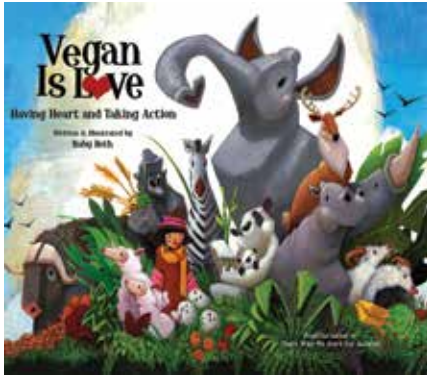
by Amy Wagor Cinch & Anya Todd

“Red Rover, Red Rover, let pet overpopulation be over.” If solving the unwanted pet problem were only as easy as chanting a nursery rhyme. Sadly, millions of unwanted companions are killed in our shelters every year. Many factors lead to animals ending up in county shelters - unwanted litters, inability to afford care, lack of education on the owner’s part in how to deal with behavior issues, & the list goes on. It is a huge problem which requires a community partnership in working together to address all the issues.

Enter Project Red Rover. This is a new fundraising program created by Cleveland Hts resident Anya Todd, a vegan, animal advocate and director of Mid-Ohio Animal Welfare League, which is an volunteer-run organization which helps bring low-cost spay/neuter services into communities as well as fosters unwanted companions when able. With so many organizations in need of funds these days, Anya is always trying to think of creative ways to raise money for the animals. As a fan of the Teal Cat Project, which upcycles a limited number of donated ceramic & porcelain cat figurines by painting them in teal to raise funds for cat rescue groups, Anya thought the same idea could easily translate to dogs.

Healthy and Humane supports both of these projects, and hopes you will too!

For mor information, go to:
www.facebook.com/ProjectRedRover
www.facebook.com/TealCatProject



Having Heart and Taking Action

Ultimate Vegan Chili

by Gia Compola

This chili is made with a base of seitan and mushrooms for a rich, thick dish that is, for lack of a better word, meaty! If you like your chili three-alarm hot, add an extra chipotle chile or two.

- 1 large onion, chopped (2 cups)
- 2 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 1 chipotle chile in adobo sauce, drained and minced
- 8 oz. baby bella mushrooms, finely chopped (1½ cups)
- 2 8-oz. pkgs. seitan, chopped (3 cups)
- 3 Tbs. tomato paste
- 2 tsp. smoked paprika
- 2 tsp. dried oregano
- 1 ½ tsp. chili powder
- ¾ tsp. celery salt
- 3 15-oz. cans chili beans, such as Bush’s Best Chili Beans, partially drained (OR 1 can each: black beans, kidney beans, and pinto beans)
- 1 cup chopped carrots (2 to 3 large carrots)
- 2 Tbs. low-sodium tamari or soy sauce
- 1 Tbs. vegan Worcestershire sauce

Heat oil in Dutch oven over medium-high heat. Add onion, and sauté 7 to 10 minutes, or until beginning to brown, stirring often. Add garlic and chipotle chile, and sauté 1 minute more. Stir in mushrooms; cook 3 to 4 minutes, or until softened. Add seitan, tomato paste, paprika, oregano, chili powder, celery salt, and 1 cup water; cook 3 to 4 minutes, stirring occasionally.

Add beans, carrots, tamari, and Worcestershire sauce. Cover, and reduce heat to medium-low. Simmer 1 hour, or until carrots are tender.



Not even processed “crumbles” in this recipe!

FORUM

Art Fur Animals – Friends of the City of Cleveland Kennel

by Becca Britton

The 9th Annual “Art Fur Animals,” Benefit & Auction, will be held Saturday, May 18 to raise money for our local organization, Friends of the City of Cleveland Kennel. The event features:

- Event emcee: reporter Dawn Kendrick from 19 Action News
- Live auction of custom-designed ceramic dogs by dozens of renowned Cleveland artists.
- Silent auction featuring more than 150 local, diverse pieces of work from photography, to paint to sculpture and more! The live & silent art auction has featured individual works of art from locally and nationally recognized artists Hector Vega, Dana Depew, Janet Macoska, Michael Greenwald, Kristen Cliffl, Kirk Mangus ...
- Celebrity bartenders including DJ Tim Richards, local comedian Mike Polk, Councilmen Matt Zone and Joe Cimperman, Dr Bob Litkovitz from Gateway Animal Clinic, and many more to be announced!

Admission includes:

- Chance to win amazing raffle baskets valued at over \$150!
- Assortment of light appetizers and desserts
- Plenty of good wine and beer served by celebrity bartenders
- Caricature artist and photo booth to capture your experience
- Music provided by DJ Funk-Shway... spinning the tunes up until the live auction begins

WHAT:
“Art Fur Animals” Benefit and Auction

*All proceeds go directly to the care of animals at the City of Cleveland Kennel

WHEN:
Saturday, May 18; 7-10 pm

WHERE:
SmARTspace
at West 78th Street Studios
(Gordon Square Arts’ District)
1300 West 78th Street, Cleveland
FREE ON-SITE PARKING AVAILABLE



TICKETS:
\$30 at the door; pre-sale available for \$25 exclusively online at www.friendsofclevelandkennel.com

INFO:
For further information or to reserve tickets, please visit:
www.friendsofclevelandkennel.com, call (216) 274-9480 or email: info@friendsofclevelandkennel.com

SPONSORS:
Cleveland Clinic, Westminster Technologies, Coca Cola and Gray’s Auctioneers: Northern Ohio’s leading auctioneers & valuers of Fine Art, Fine Furniture and Decorative Arts, Rare Books and Manuscripts, Fine Jewelry and Watches, and Antique Rugs, Runners and Carpets.

Join Becca and all the dedicated, extraordinarily hard working people who form FOCK - help in the much needed efforts at the City of Cleveland Kennel -and have a good time while doing so - see you there!

The Friends of the City of Cleveland Kennel is a group of volunteers dedicated to providing the necessary medical & general care for the animals at the Cleveland Kennel in the hopes of giving them a second chance at a good life. Our Mission is to provide the necessary medical & general care to the homeless & abused dogs and cats, while working to raise awareness in the community by providing affordable training & education to Cleveland residents. The City of Cleveland Kennel is the most overlooked animal facility in the Cleveland area. It is often confused with the APL or County Kennel but is an entirely separate facility. Most of the animals that arrive at the kennel have been abused or neglected; they are all very special, but they have not been the given the life that they deserve. It is the goal of the Friends of the City of Cleveland Kennel to provide them hope for a new beginning.

Anti-Fur Society

by Gia Compola

I work with and strongly support the Anti-Fur Society. I urge all that are able to attend their upcoming, annual conference. Become further informed regarding the horrors of fur farming and the hidden uses of real fur. Learn more and spread the word. The only creature that needs a mink coat is a mink.

www.facebook.com/groups/AntiFurSociety. Educate Yourself



Anti-Fur Society - educate yourself!

Happy Trails

by Annette Fisher

Dear Friends Of Happy Trails,

We have a little bit of everything to share this week, so...

NEW RESCUES

- Meet Theodore the mini-horse (charges pending against his owner)
- 37 cockfighting roosters from Cleveland Animal Control are recovering at Happy Trails. (Read more on the story in the column of reporter, Donna Miller http://www.cleveland.com/metro/index.ssf/2013/03/roosters_rescued_from_cockfight.html)

Donna covers a really wide variety of animal topics in her animal column in the Plain Dealer. Please let her know how much we appreciate the fact that the Plain Dealer addresses animal issues, and email her a note of appreciation at DJMILLER@PLAIND.COM.

The Healthy and Humane Observer is a fantastic new magazine based in the Cleveland area thanks to Gia Campola. Definitely check out all the articles, but of course pay special attention to this link and read about Happy Trails at www.healthyandhumaneobserver.com/read/2013/03/14/happy-trails

This past week we said our fond farewells to several ducks and the usually-misunderstood Francis the goose. They now live at a truly beautiful and safe home, with a completely fenced pond and their very own lake-front cottage. Their feathered-friends cottage features a ceiling fan, screen doors for summer, and lace curtains. So there.

Along with the good news, comes the many needs of Happy Trails. On Wednesday, we discovered two turkeys who were being treated with medication, were still having a very difficult time breathing. Marge was laying against the wall with her eye closed, looking miserable. Detective Stabler was attempting to move, but his one leg is having a hard time holding up his enormous frame (thanks to modern day genetic manipulation to make these birds as large as possible in a short amount of time). During this time we noticed that Baloo, a pretty gray and white duck, was shaking. When we picked him up, we were able to see a terribly swollen ankle. Right before we went into the feathered friends barn, we had discovered that Miles, one of our black and white barn cats, was wheezing, had mucus coming out of his nose and sounded very congested. A short time later I noticed that Princeton, a handsome Standardbred gelding, had the look of a horse that did not feel well. He was hanging his head down with his eyes partially closed. He did not look happy.

On Thursday, Aladdin the pot belly pig was extremely lethargic, wouldn’t eat or drink, and wasn’t his usual cranky self. He was taken to Metro Animal Hospital in Copley for an examination and treatment. Right after this, we found Roy, a Standardbred gelding, with a nasal discharge and standing near the gate to come back into the barn. He hadn’t moved away from that spot for a very long time.

SO....Miles went to the cat vet, got medication for upper respiratory, and returned to the sanctuary.

Marge and Detective Stabler, the turkeys, are still at Barberton Veterinary Clinic



A happy resident at Happy Trails. CUTENESS

under observation and on medication.

Baloo the duck is still at Barberton Veterinary Clinic and is being treated for his swollen ankle.

Dr. Randy Alger of Alger Vet Clinic made a farm call on Wednesday to examine Princeton, and determined that he had some colic symptoms. The horse was treated with Banamine and appears to be feeling much better now.

Aladdin returned to Happy Trails from Metro Hospital and in on medication, but he is still not out of the woods yet.

In the meantime, Dr. Alex Mullen with Cleveland Equine made a farm call to examine Roy. Blood was drawn for some blood tests, and we should have the result of those soon.

Good grief. Back to...when it rains it pours.

Usually with spring comes extreme fluctuations in temperatures, pneumonia, upper respiratory infections, and an assortment of seasonal-related health issues. To help Happy Trails with our mounting veterinary expenses, tax-deductible donations can be made to: Happy Trails, 5623 New Milford Rd., Ravenna, OH 44266; or via PayPal on-line through our website at www.happytrailfarm.org; or by calling our office at (330) 296-5914 with a charge card donation.

Many thanks to everyone for your support and encouragement. Our work is made possible through private donations.

With Kindness and compassion for all animals, Annette

Annette Fisher
Executive Director
Happy Trails Farm Animal Sanctuary, Inc.
(330) 296-5914
www.happytrailfarm.org

Donations can be made through PayPal. Your donation is tax deductible.

I would also like to ask for “silent auction” type donations for Happy Trails for an upcoming “Casino Night” being held off site and the profits from which are being donated to Happy Trails. Contact me, if you have any appropriate donations, and I will happy to pick up the items from you. (gcampola@yahoo.com) The deadline is 4/18. I and Happy Trails thank you! And I thank Happy Trails on behalf of all the animals they care for, protect and save.



YOUR HEALTH

No Nonsense Nutrition

by Anya Todd

There are some things you just shouldn't live without – a comfy pair of jeans, a stellar book collection, and a consistent supply of vitamin B12. Ok, so perhaps your idea of “must haves” is a bit different, but do not dare disregard the importance of vitamin B12. All vegans should include a reliable source of this nutrient in their diet. Reliable sources include fortified foods like non-dairy beverages, cereals, meat analogs and nutritional yeast, as well as a supplement. If you are not including any of these sources in your diet, you run the risk of developing a deficiency, which can cause anemia, elevated risk for heart disease, and potentially irreversible neurological damage. A deficiency may go unnoticed as symptoms can take years to develop, which is why it is crucial to have a regular intake of the nutrient. It should be noted that Vitamin B12 deficiency is far from a “vegan only” issue, as it affects many adults as they age due to decreased absorption ability, which is why it is advocated all people over the age of 50 years old supplement with this nutrient.

As vegans, we simply cannot stand by the idea that every nutrient we need, we can obtain solely by eating plants. It is scientifically untrue in today's society. It is true that we need only a small amount of this vitamin – 2.4 micrograms for adults with slightly higher needs for pregnant and lactating women. So, it is reasonable to think that a century ago when food sanitation was not what it is today, a vegan could obtain the daily requirement for vitamin B12 from bacteria on food and in drinking water. Still today, some people believe foods, like algae and fermented products, are reliable sources of vitamin B12. Again, this is untrue.

If you are opting to rely on fortified foods as your primary source of vitamin B12, you should reach your recommended daily intake by consuming 2-3 servings of fortified foods. On the other hand, if you do not consistently consume fortified foods, you must take a supplement - at a dose of 25 – 100 micrograms daily or 1,000 micrograms twice per week. Those amounts may seem excessive, but our body only absorbs a small percentage of the dose. It is simply that easy to ensure a consistent vitamin B12 supply.

Anya Todd RD, LD is a registered, licensed dietitian specializing in vegan nutrition. She lives in Cleveland Hts. For more information about her services, visit www.anyatodd.com



Anya Todd

Vegan Egg Salad

by Gia Compola



Tastes like the real thing!

EGG SALAD MADE VEGAN

1 14 oz. package of extra firm organic tofu
1 cup chopped fresh parsley
3 chopped celery stalks
4 tablespoons chopped red onion
1/4 cup Sweet Dill Relish with garlic and dill pickles (see recipe below)
1/2 cup veganaise or any vegan mayo
4 cloves of garlic
1 1/2 teaspoon of sea salt
1/2 tsp turmeric

To make the “egg” salad, drain the tofu and press out as much water out of the tofu as possible with paper towels, i.e. wrap the tofu in a paper towel and press, repeat, if necessary, to get out all moisture in the tofu. Put tofu in a large mixing bowl and break it up really good with a fork. Add the remaining ingredients to the tofu and mix together really good. Taste and add more salt if needed.

SWEET DILL PICKLE RELISH

1/4 cup minced McClure's Garlic and Dill Pickles (or any dill pickles)
2 tablespoons of agave
1/2 tablespoon red wine vinegar

Put all ingredients together in a small bowl, mix well and add to the “egg” salad recipe.

Tips from a tennis pro

by Mike Shiplett



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

Are you stressed for time each and every week? Maybe even on a daily basis? This pressure can have a severe effect on your health and how you eat. It's important to plan ahead to keep an optimal level of healthy eats at your fingertips. Every fitness person or athlete will tell you of the importance of structuring your weekly food plan and planning ahead for convenience. It will not take as much time as you might think and the relief of reaching in the fridge for your lunch and getting out the door will be one less thing to think about!

As a tennis player, I am at the mercy of scheduling when entering tournaments. I am always prepared with snacks for in between matches when my hunger can roar in like a charging lion. Simple snacks like bananas and apples are perfect for a fresh choice. Bananas are a favorite for all tennis players because the potassium can prevent muscle cramping. I always have apples, grapes, or some type of fruit for a clean snack that leaves me feeling energized. The same can be said for a pre workout routine – oranges, peaches, watermelon – to name a few – can put a zing in your step and give you the energy to blast through a workout without giving you the feeling of being bloated and stuffed.

Healthy choices should be simple for planning your food sources when preplanning lunch for a few days. I've heard people say 'it's too expensive to eat healthy' and that is not true. How much does one fast food meal cost in comparison to buying an array of fresh vegetables that can be steamed or prepared in an amazing salad? Look in your produce section and you will be surprised at what you can afford. I al-

ways have an array of produce that I can package, grab, and go each day. It makes snacking at work easy, healthy, and affordable. No more vending machine stuff and that ridiculously fattening meal that came in a grease soaked bag could never benefit your health. It will take you minutes to think ahead and plan your lunch!

How about on Sunday afternoon – cook a package of brown rice, heat up some soy tempeh or black beans, and look what you have! A base for lunch that is delicious and optimal for your health and physique. Brown rice is a smart carb choice and the tempeh gives you the protein you need. Get creative and spice up the meal with some salsa or spicy corn or green beans and you have an exciting lunch that you will love and enjoy. You will look forward to lunch every day!

Just do it. Take a few minutes to plan. Consider the benefits. It takes very little time to preplan your lunches for a few days or to prepare snacks for a sporting activity. Your waistline, your health and your mental wellbeing will thank you!



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FORUM

Badges for Bullies - Happy Endings

by Gia Compola

Abandoned, alone, injured, sick, and scared. For so many homeless dogs in Cleveland, this story is all too familiar, and it usually doesn't end well. For three very lucky dogs who are now in the care of Badges for Bullies, the future looks bright.

Phoenix was found abandoned, covered in bite wounds, and extremely emaciated. Many of his wounds were open or recently scabbed; he was so thin you could nearly see every bone in his frail body. This didn't stop him from greeting his rescuer, Detective Sean Smith of the Cleveland Police Department with a friendly wag of his tail. Detective Smith, a board member of Badges for Bullies, reached out to his group for help when he saw Phoenix at Cleveland Animal Control. Due to his physical condition, the typical rescue route for abandoned dogs at Cleveland Animal Control wasn't an option. He was to be euthanized the next day. Phoenix needed immediate medical treatment, and a safe place to heal. Badges for Bullies quickly got Phoenix to the Macedonia Veterinary Clinic for treatment, where he has been extremely well-cared for since December. Phoenix's wounds are healed, he is a healthy weight, fully vetted and can't wait to find a foster or forever home!

Honey was roaming an east side neighborhood when she caught the attention of Cleveland Police officer and Badges for Bullies board member, Tim Guerra. Honey was terrified and so very hungry; she was nothing more than a tiny ball of fur-covered bones. With the help of Detective Sean Smith, Honey was brought to safety and taken to West Park Animal Hospital, where she began her recovery. Honey was aged to be approximately six months old. She was extremely fearful of everyone and was so weak, that she had trouble standing and walking. With patience, affection, and a few good meals, Honey started to come around. Now a bundle of love, Honey is spending the rest of her recovery with her foster family, who is very interested in adopting her.



A smiling Phoenix!



A smiling Phoenix!

Nemo's story started the same way as many homeless dogs in Cleveland who find their way to Cleveland Animal Control. Due to his happy, wiggly temperament, and awesome temperament test scores, Nemo earned a spot on the “Urgent” list, where a volunteer group finds foster homes and rescues for dogs who have nowhere else to go. Nemo's second chance came when he was accepted by a rescue shelter in Pennsylvania. Only days before he was scheduled for transport, a volunteer noticed he was very ill. Friends of the Cleveland Kennel stepped in, as they very often do when dogs at the kennel are sick or hurt, and arranged for Nemo to see a vet. Nemo went to Gateway Animal Clinic, so sick and weak, he couldn't walk. We learned that Nemo was likely suffering from severe pneumonia and his condition was critical. Without further medical care, he would most likely die. Due to being contagious, Gateway was not able to hospitalize him at their facility. Volunteers contacted Julie Konopinski, one of the driving forces behind the rescue effort at Cleveland Animal Control and also a board member of Badges for Bullies. Quickly, Badges for Bullies arranged for Nemo to be transported to West Park Animal Hospital, where he could receive treatment in an isolation kennel. He received antibiotics, oxygen, and fluids. After several days in critical condition, Nemo fought his way to recovery. He is



Nemo and his kids!

currently in a wonderful foster home, where he is quickly gaining weight and learning what life is like in a loving home. He lives with another dog and a cat, both of whom he gets along with well. Nemo will be fully vetted and available for adoption in the coming weeks.

The adoption process for Badges for Bullies includes an approved application, reference and home check, and adoption fee. For more information on providing a foster or forever home for any of the Badges for Bullies' dogs please contact Badgesforbullies@hotmail.com.

To help Badges for Bullies continue their mission, they are holding two upcoming fundraisers. First, there will be a Spaghetti Dinner and Bake Sale on April 19 from 6–11 pm at the Cleveland Police FOP Lodge #8 located at 2249 Payne Ave, Cleveland OH. Cost is \$10 presale and \$12 at the door (Children 10 and under \$5). All on-duty public safety personnel eat for \$5. Included with each meal is pasta with sauce, salad and bread. Drinks, including soda and beer, will be available for a small charge. The event is sponsored by Chef Jonathon Sawyer and the Greenhouse Tavern, who graciously donated all the pasta, Cleveland Police Patrolman's Association, and the Fraternal Order of Police Lodge #8. Presale tickets can be purchased through PayPal at Badges for Bullies e-mail address at Badgesforbullies@hotmail.com. Please note your purchase is for Pasta Dinner tickets and the number of tickets you are requesting. Badges for Bullies will also be hosting a screening of “Guilty 'Til Proven Innocent” at the Capital Theater located at 1390 W. 65th Street, Cleveland, OH 44102. “Guilty 'Til Proven Innocent” is a documentary that examines Breed Specific Legislation in Ohio, and the effect it has on local communities. The screening will take place on Sunday April 28, at 2:30pm. Tickets are \$10 plus a \$1 ticketing fee. It is recommended that tickets be purchased in advance at the Cleveland Cinemas website at the following link: <http://www.clevelandcinemas.com/movie/details.asp?id=4496> Information on all of Badges for Bullies activities and events including updates on Phoenix, Honey and Nemo can be found on their Facebook page!

www.facebook.com/BadgesForBullies?ref=ts&fref=ts

Badges for Bullies is a group of dedicated Cleveland Police officers who work, off duty, to save the lives of suffering dogs and cats in our area. We proudly support their efforts, and hope you will consider attending their upcoming fundraiser.

Toby Franks Rescue

by Toby Franks

From orphaned squirrels to pit bulls, Toby helps all animals in need but his focus is feral, stray & free-roaming cats. This Rescue Ink Recruit has been doing TNR (Trap-Neuter-Return) for a decade and has humanely trapped, spayed or neutered, vaccinated and returned over 500 feral cats from neighborhoods, back alleys & vacant lots. Toby ventures into areas that most people can't or won't go - but that's where the greatest need is. He also works with caregivers to make sure that the cats have food, water and protection. This is usually soft-spoken and reserved, but this jiu-jitsu blue belt / karate black belt doesn't pull punches when it comes to defending those who cannot defend themselves. Toby backs up all local rescues in the Canton/Akron area & does regular TNR seminars at One Of A Kind Pet Rescue. If you need help with a feral cat situation contact Toby at TNRcantoncats@hotmail.com

Toby Franks
Rescue Ink Ohio
(330) 316-7580
<http://www.rescueink.org/team.html>

Don't forget: Learn how you can help cats in your community with TNR!

Saturday, April 27, 11 am - 1 pm

One Of A Kind Pet Rescue
1929 West Market Akron, Ohio 44313



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AROUND NORTHEAST OHIO

Cleveland's Inaugural VegFest!

by **Gia Campola**

Hello friends! Cleveland is fortunate enough, through the diligence of the Cleveland Vegan Society and its supporters, to host the first ever VegFest! This event will have something that every attendee will enjoy. It will be educational, informative, supportive and fun! All ages will find something of interest, and all will be impressed with the variety of choices available in regard to lectures and educational materials. In addition, there will be delicious vegan cuisine available for purchase from an array of local, vegan friendly vendors. You can explore cruelty free shopping choices, and visit other interesting booths. There will even be a Kid's Corner!

The event will be Saturday, June 1, beginning at 9:30 a.m. and ending at 7:30 p.m. at Cleveland State

University (Student Center) – an all day funfest!

Cleveland is setting precedents in its progression towards a healthier, more compassionate, more sustainable lifestyle. The number of aware, conscientious residents is growing and realizing that we can all share the planet happily, peacefully and healthily.

Join us at The VegFest and help support the fact that Cleveland has become the "lean, green, compassionate scene".

Please visit this page for more information, and share this link as often as you can - www.facebook.com/events/340238302724487/, and please plan on joining us all at the Inaugural Cleveland VegFest!

See you there! Peace.



Tastes like the real thing!

Euclid Beach Feral Cat Project

by **Gia Compola**

Please take a look at Euclid Beach Feral Cat Project's new website. The site was created and is maintained by Beth Gregerson. Thank you to Ginger and Brian for all their hard work in saving the lives of feral cats and other animals, and congratulations on the beautiful new site!

ebfcp.org

"Love of animals is a universal impulse, a common ground on which all of us may meet. By loving and understanding animals, perhaps we humans shall come to understand each other."

-Dr. Louis J. Camute



A well cared for EBFPC cat

Cleveland Animal Rights Alliance Updates

by **Jen Kaden & Amy Wagor Cinch**

CARA's final installment of our Ocean Life series will be co-sponsored with the Case Animal Rights & Ethics Society (CARES). We'll be hosting a free presentation on the Case campus with internationally-known animal behavior expert Jonathan Balcombe. Learn about the inner lives of fishes as Balcombe shares his eye-opening presentation on fish sentience, cognition and social behavior.

Fishes are routinely dismissed as primitive vertebrates and commonly denied even the capacity to think or feel anything. But new discoveries belie these prejudices. Drawing on compelling scientific studies and intriguing observations, Balcombe shows that fishes are not primitive at all, and that they in fact lead rich social and cognitive lives.

Animal behavior expert Jonathan Balcombe (a featured writer in last month's Healthy and Humane) is a passionate advocate for animals and their living spaces. His best-selling books Pleasurable Kingdom and Second Nature, and his recently-released pictorial book The Exultant Ark, present animals in a new light and presage a revolution in the human-animal relationship.

A PhD scientist and vegan, 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.

Event will take place inside CWRU's Thwing Center, 10900 Euclid Avenue, Cleveland OH 44106 (Excelsior Ballroom – 2nd Floor)

(An underground parking facility serves both Severance Hall and the Thwing Center and may be accessed from East Blvd. After parking, take the Thwing Center stairs or elevator to ground level and enter Thwing Center, which will be the red brick building to your right.)

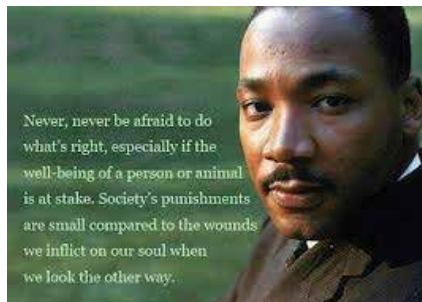
Complimentary vegan snacks will be provided at this event.

For more information about Jonathan Balcombe, visit his website: <http://jonathanbalcombe.com/about>

To connect with the Case Animal Rights & Ethics Society, find them on

Facebook at: www.facebook.com/casecares CARA would also like the following information provided to our readers, and we support this endeavor wholeheartedly. What: "Hope for the Horses: A Frolic for Freedom Derby Day Benefit for Chenoa Manor Sanctuary" Where: Tri-C Hospitality Center on Public Square When: Saturday, May 4, 2013 from 4:00 to 7:00pm Price: \$50 includes heavy hors d'oeuvres and a mint julep from Pura Vida (Cash Bar available). Tickets will be available through the website, clevelandanimalrights.org Join Cleveland Animal Rights Alliance as we come together to raise funds to help horses who have been victims of the horse racing industry (as well as many other farmed animals). Chenoa Manor in Pennsylvania is a sanctuary that practices vegan values and has taken in several horses who have been exploited by the horse racing industry as well as the laboratory research industry.

Here's the CARA recommended reading list too! In honor of Earth Day this month, the Cleveland Animal Rights Alliance recommends the following reading list for furthering our knowledge of the strong link between our diet and its effect on the environment and climate change: "This Is Hope: Green Vegans and the New Human Ecology" by Will Anderson "Comfortably Unaware: What We Choose to Eat Is Killing Us and Our Planet" by Richard A. Oppenlander "Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat" by Howard Lyman "Growing Green: Animal-Free Organic Techniques" by Jenny Hall & Iain Tolhurst "An Unnatural Order: Roots of our Destruction of Nature" by Jim Mason Thank you to all CARA and CARES members for all of their efforts in educating Cleveland.



CARA

FORUM

Ethical Eating

by **Karen Davis**

I did not grow up around chickens and turkeys. I didn't get to know these birds until later in life. My first encounter with a turkey took place at a sanctuary in Pennsylvania in the mid-1980s where I worked one summer as a volunteer. Right around that time, my husband and I rented a place in Maryland where it turned out our landlady kept a flock of about a hundred white chickens who disappeared after seven weeks – all but one.

I had taken to visiting these chickens, who seemed happy to hear me coming down the wooded path behind their shed, because their little faces would be pressed up against the screen door, looking out at me, when I got there. In no time, they were comfortable sitting quietly beside me on the dirt floor while I read a book or a magazine, though increasingly I paid more attention to them and their sweetness than to what I was reading.

Then one day, they vanished, and the landlady, seeing how upset I was, pretended they'd gone to live with a farmer for eggs, but I knew different because by then I knew they were "broiler" chicks destined to becoming dead meat in their infancy. Already they were abnormally heavy and large, and several were lame.

The one left behind was crippled and thin, which is probably why they didn't take her away. It's possible they didn't notice her. I picked her up gently and carried her into the kitchen, where my husband said we should call her Viva, because she was the one who lived.

Viva died a few months later, but she has lived on, not only as a beloved inhabitant of my memory, but as the inspiration for the nonprofit organization I founded in 1990, United Poultry Concerns, dedicated to the compassionate and respectful treatment of domestic fowl.

One of the great myths of our time is that chicken and turkey are nutritious alternatives to red meat. I'll be polite and call this a "white lie." The birds who become "poultry" are forced to live and breathe in excrement, day in, day out, not only the waste on the poultry house floor but the toxic ammonia fumes that arise from this waste. These poisonous fumes penetrate egg shells and enter the birds' airways and immune systems, exposing them to pathogens that are treated with antibiotics, leading to bacterial resistance to antibiotic treatment in birds as well as in humans, including people suffering from food poisoning as a result of handling and consuming poultry and egg products.



Karen - hard at work for UPC



The inhumane, unhealthy reality of poultry

A number of people are looking to free-range poultry and eggs as alternatives, thinking that a free-range or "cage-free" chicken spends the day outdoors, enjoying sunlight and fresh air. But this is rarely the case on a commercial farm, although there may be a few "show birds" out and about. More likely, the birds are kept in a crowded building with hundreds or thousands of others, breathing polluted air. While less cruel than living in a cage, such a life is not truly humane for a chicken or a turkey, and egg production, regardless of the label, always involves destruction of the male chicks as soon as they break out of their shells, because they don't lay eggs. All commercial animal production involves violence, mutilations and killing for which there is no nutritional need at all.

Over the years, my love for birds has centered on chickens and turkeys in ways I would not have guessed before getting to know them. The idea of these birds as friends may seem strange to some, but for others it's a natural and delightful reality. I get letters from people all over the world telling me how cherishing a chicken or a turkey is part of the family tradition. For me, this love began with Viva the chicken hen, followed by two turkey hens, Mila and Priscilla, and a handsome tom turkey named Milton. Then a little girl sent me a picture of her hen sitting on the porch railing. She said, "Cluck-Cluck is part of our family." From that time, chickens and turkeys became part of my family, and they've been beloved family members ever since.

The "Flexitarian" Consumer

by **Robert Grillo**

The current proliferation of vegan products is unprecedented. Venture capital firms are now investing in vegan products, not for the niche vegetarian / vegan markets, but instead where the real money is: in the estimated 100-million "flexitarian" American consumers.

In my own small world, I am seeing evidence of this growth in vegan offerings more and more. Medici's, a pizza institution in Chicago that hasn't changed its menu in decades, now offers vegan cheese. Many of the cafes and bake shops now have vegan offerings as well. While it is great to see this proliferation of vegan-friendly offerings, for those of us who are already aware of and pledge not to support the injustices to dairy cows (and their young) and egg-laying hens, we face a disturbing new reality here.

When vegan options are introduced, it calls into question the legitimacy of the non vegan fare everyone else is chowing down without even thinking about it. These vegan options shine a light on the ethical dimensions of our food choices. That's a good thing right?

Yet having two options — the many non vegan options as well as a few vegan options — asks us to choose from a truly absurd set of circumstances that can be best expressed in the following: "So, what will it be," asks the cashier, "the cruelty-free, mouthwatering vegan brownie or all the other cookies and cakes here procured from animal suffering, violence and slaughter?" Or the server in the diner who asks you, "Will it be the vegan coconut macaroon or the pumpkin cheesecake made from the stolen mammary gland secretions of a cow who lived a miserable, short life hooked up to milking machinery, who had her babies continually stolen from her and who was eventually hauled off to a slaughterhouse at a fraction of her natural life, too sick or weak to continue producing milk?"

The real ethical problem that the flexitarian must eventually face is that the choice to eat animals is not really a choice at all. It is a largely unconscious decision based on culture, habit, impulse, or tradition that remains unexamined and is disconnected from our basic respect for animals. In fact, I would argue that eating animals for pleasure alone makes no sense because it contradicts our widely-accepted notion that it is wrong to harm animals unnecessarily, particularly when

there are many alternatives. For that reason, flexitarians may be able to coast on the Meatless Monday choice for a while — and I applaud their efforts — but it's never going to be enough.

The vegan option that presents the flexitarian consumer with the new decision to protect animals over continuing to exploit them unnecessarily should be a "no-brainer," and yet it takes time and reinforcement to unravel what we've been taught. My long transition to a vegan diet is a case in point. What happens once the flexitarian consumer becomes more fully aware of the impact of his food choices will largely determine the future of how Americans eat. I believe the evidence is compelling enough to move us to a vegan tipping point.

Robert Grillo is the founder and editor of freefromharm.org. He has been a vegan for three years now and loves to write on the subject of food choices, psychology and popular culture. He shares his life with four rescued hens and a rescued homing pigeon. You can email Robert at robert@freefromharm.org.

Robert has generously agreed to contribute, regularly, to this publication and I look forward to his intense and informative essays.



Robert with friend, Sweet Pea



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FORUM

Here’s To Your Health!

by *Angela Rusnak Lucas*

Roasted Tomatoes with Angel Hair Pasta

- 1 pint cherry tomatoes, cut in half length-wise
- 1 lg. yellow pepper, cut into 1/2" slices
- 1 lg. broccoli crown, cut into medium size floweretts
- 1 lg. onion (any color), cut into 1/2" thick pieces
- 1 8oz. package mushrooms, cut in half
- 4-6 cloves garlic, cut in half if large
- 3-4 Tbs. olive oil
- 2 tsp. italian seasoning
- 1 & 1/2 tsp. salt
- 3/4 tsp. fresh ground pepper
- fresh basil
- 1/2 lb. angel hair pasta, cooked aldente in salted water

Mix all veggies in glass or metal bowl with Olive oil. Make sure everything is coated, veg. will be shiny. Line 2 jelly roll pans with heavy duty foil. Spread all onto lined pans. Be sure to get all the juices and seasonings from bowl. Turn tomatoes cut side up. Arrange for air to circulate for better browning. Drizzle a bit more Olive Oil over tomatoes and broccoli. Roast at 375°F for 25 – 30 min.

Check after 25 min. Onions and garlic tend to burn quickly, that's OK, it adds much flavor. Tomatoes are done when flat and a bit darker in color.

When veggies are done start pasta. Do not overcook or drain water. Meanwhile in a large non stick frying pan heat and add veggies and ALL drippings from roasting pan.. Add pasta using a spider so there is a bit of pasta water in pan. Gently toss adding a drizzle of oil 1-2 Tbs. more. If mix looks dry, add a little of the salted pasta water. Heating this in pan helps bring pasta and veggies together. This step only takes a few min. It is important. Don't over mix or it will be mushy. Plate up, grate fresh Parmesan over the top and enjoy. I usually drizzle more Olive Oil on each dish.

Try this and adjust according to taste. We love this in summer when our veg. are fresh from garden, especially zucchini, sugar pea pods and yellow squash. Variations are limitless. Carrots cut into matchstick size are really sweet. Green beans or asparagus are another flavor. Just remember that ALL veggies cook/roast differently, so mix accordingly. Use different pans for different veggies and try different seasonings. No matter what you use, if there is Olive Oil, salt and pepper when roasted it's delicious. If the kids help, they may eat more. Be sure to use their favorites. My grandson wants this almost every Sunday. He now is 12 and has been prepping these veggies for the past few years.



Angle's good eats!

The Wonderful World of Garlic

by *Candace Berthold*

History shows that garlic dates back to 4000 BC and is native to Central Asia. The word garlic comes from Old English *garleac*, meaning "spear leek" and is part of the lily family. This pungent bulbous herb has long been a staple in the Mediterranean region and used generously as a seasoning in Asia, Africa, and Europe. Egyptians worshipped garlic and placed clay models of garlic bulbs in the tomb of King Tut. Garlic was so highly regarded that it was even used as currency. Last but not least, garlic is also known for its aphrodisiacal properties, which have been extolled through the ages in literature, cooking recipes, and medical journals.

Garlic has not always enjoyed the popularity and widespread acceptance found today. It was socially frowned upon in the United States until the first quarter of



the twentieth century. Up until that time, garlic was found almost exclusively in ethnic dishes in working-class neighborhoods. Quaint diner slang of the 1920's referred to garlic as *Bronx vanilla*, *halitosis*, and *Italian perfume*. But, by 1940, America had finally recognized its value and embraced garlic. Americans consume more than 250 million pounds of garlic annually.

Garlic is a wonderful seasoning to add aroma, taste, and added nutrition to your dishes. It can be used raw, dehydrated, cooked or baked. Below is an easy recipe for Roasted Garlic.

Roasted Garlic: Trim garlic bulbs so they will sit flat in a small clay/glass/ceramic baking dish. Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Remove tops (cut straight across, exposing just the uppermost top portion of the cloves). Place 2-3 garlic bulbs in the baking dish. Drizzle a small amount of olive oil over each bulb, using fingers to rub oil over all exposed areas. Add ¼ c vegetable stock (homemade



Is there such a thing as too much garlic?

or if store bought, use unsalted) and a splash of white wine (optional). Cover with lid or foil. Bake at 400° for 30 to 35 minutes. When done, garlic cloves will fell soft. Let cool. Use a small knife to cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Eat as is, or mash with a fork and use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta.

This article was submitted by Candice Berthold, CHC, AADP and owner of The Olive and The Grape. Candice is truly passionate about everything she does -and that is quite a bit. She will be regularly contributing to this publication, and I will be looking forward to each submission, as I am sure you all will be too!

PCRM - Recipe of the Month

by *PCRM*

Steamed Asparagus with Raspberry Sauce

Spring has arrived and asparagus is back in season! This recipe features a unique way to enjoy asparagus with a sweet and tangy sauce.

- 1 cup frozen raspberries
- Juice of 1/2 orange, or one teaspoon frozen orange juice concentrate
- 1 pound fresh asparagus
- 1 teaspoon orange zest (optional)

Put raspberries in a saucepan with orange juice or orange juice concentrate. Simmer, stirring often, until raspberries have fallen apart and the mixture looks like a sauce, about five minutes. Remove from heat and set aside.

Steam asparagus over hot water until bright green and soft, but not mushy. Place asparagus in a serving dish and top with sauce. Serve hot or at room temperature. Garnish with orange zest, if using.

Makes 4 servings

Per serving (1/4 of recipe): 49 calories; 0.7 g fat; 0.1 g saturated fat; 12.2% calories from fat; 0 mg cholesterol; 2.5 g protein; 10.1 g carbohydrates; 4.9 g sugar; 5 g fiber; 3 mg sodium; 27 mg calcium; 0.8 mg iron; 35.4 mg vitamin C; 282 mcg beta carotene; 1.3 mg vitamin E

Source: Amy Joy Lanou, Ph.D.

Thank you to Amy and to PCRM for all the great recipes and valuable information!



Deeeeeeelicious!

all of his work and highly recommend The Emotional Lives of Animals.

Marc also discusses the impact meat consumption has on world hunger, which we must never forget:

"A reduction of meat consumption by only 10% would result in about 12 million more tons of grain for human consumption. This additional grain could feed all of the humans across the world who starve to death each year- about 60 million people!"

Thanks again, Marc.

FORUM

A.E.L.L.A.

by *Anthony Damiano*

Anthony Damiano is one of the most instumental forces in stopping crush videos and exposing the crush industry. Marla and he have been advocating for a number of years for animal and environmental issues as well as child protection. This is Anthony's input regarding his efforts. He has persevered, relentlessly, in many areas, but especially in those mentioned. We are thankful for his dedication.

Through the Stopcrush.org effort, we helped to pass the Animal Crush Prohibition Act of 2010 into law(section 48 of the Constitution) and we are ever in the process of conducting investigations in regard to exposing crush cells/ individuals, as well as assisting other groups in cruelty investigation(mainly related to protecting children and animals). Together, we formed AELLA in order to tackle a greater expanse of issues and took it 501(c) roughly 1 and 1/2 years ago. AELLA itself, is an environmental awareness, animal and human rights organization. We believe that all life is connected and the majority of the problems in the world revolve around the exploitation of life. Animal agriculture employed by a human population of 7 billion, the human consumption of animal-based products in general, is the number one cause for almost every major negative environmental impact. It is leading the bulk of all life on the planet(including humanity) to extinction. It is also the most devastating form of animal exploitation and cruelty;seeing as some 60 billion animals are killed to satiate the industry, annually. Therefore, our main goal, first and foremost, is to educate the masses, thereby giving them a well-informed choice. We promote veganism and we do not sugar-coat information.

Taking our first bigger step forward, we recently updated our websites and are currently in the process of generating physical material(mainly educational pamphlets which can be distributed by ourselves/other activists) in order to get the AELLA plan off the ground. We wish Anthony, Marla and all of the group's member further success, and expect that they will help to keep bettering the evils of exploitation.

Link to The Ohio House of Representatives (if you aren't sure who your Ohio House Representative is, just type in your zip code on the home page):

www.ohiohouse.gov/

Link to The Ohio State Senate:

www.ohiosenate.gov/senate/index

Link to contact The Governor's office:

www.governor.ohio.gov/Contact/ContacttheGovernor.aspx

Call the Ohio State Senate President:

Senator Keith Faber (R)
President
Statehouse
1 Capitol Square, 2nd Floor
Columbus, OH 43215
(614) 466-7584



Anthony and friend

Nitro's Law

by *Liz Sullivan*



THANK YOU to all these supporters

OHIO - Nitro's Law HB90 and Nitro's Law Sister Bill HB57

Nitro's Law HB90 is a huge "first step" in the right direction! Links to legislators below! Please get involved/stay involved. our companion animals are counting on YOU! Please be the change!

Nitro's Law covers more than just boarding kennels. The bill would protect animals wherever a kennel license is in effect. That means any facility that holds a COMMERCIAL kennel license, whether it be a boarding, training or breeder facility. **Nitro's Law will protect dogs whose custodians profit from the dogs in their care, whether it's a boarding facility or a puppy mill.**

Link to The Ohio House of Representatives (if you aren't sure who your Ohio House Representative is, just type in your zip code on the home page):

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Call the Ohio State Senate President:

Senator Keith Faber (R)
President
Statehouse
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(614) 466-7584

Now, with the help of Ronald Gerberry, Cheryl Grossman and a large group of their peers the diffiult work of Liz and the entire group at Nitro may soon become a reality. Their years of diligence may pay off, and this bill may become a law. I will support and assist Liz and her group until this DOES become a reality, and hope that you will all assit them as well.

Coalition to Ban Ohio Dog Auctions

by *Mary Shaver*

Coalition to Ban Ohio Dog Auctions is an Ohio citizen-driven, community based, registered Political Action Committee (PAC) with the Ohio Secretary of State. We are recognized as a §501(c)(4) organization by the Internal Revenue Service.

Since 2004, the Ohio dog auctions have grown into anything but run-of-the-mill.

Breeders who participate in these auctions are raising large numbers of dogs and puppies with profit as the primary motive for existence. Many of them are found to be unhealthy, not screened for genetic diseases, do not show resemblance to the breed standard and lack good temperament.

The picture shown above is just one of hundreds of dogs represented at this auction.

The auctions serve as a major distribution channel for buyers and sellers from 15 states, many of whom have long standing, repeated violations of the Animal Welfare Act and/or have been convicted of animal cruelty:

- Wanda (McDuffee) Kretzman of Minnesota, who has been issued multiple citations by the USDA
- Kathy Jo Bauck of Minnesota and Lanzie "Junior" Horton of Ohio, who have been convicted of animal cruelty
- Daniel P. Esh of Pennsylvania, who had his license revoked March 19, 2010 by the Bureau of Dog Law Enforcement.

It's a sad life for man's best friend. And a business managed by a tremendous amount of corruption and consumer fraud.

Donate to help our 100% volunteer-driven Coalition to ban dog auctions in Ohio!



Adopt. Don't Shop.

And a "fast fact" from Mary and OVCA: OHIO REVISED CODE 1717.13: ANY PERSON MAY PROTECT ANIMALS!

1717.13 Any person may protect animals.

When, in order to protect any animal from neglect, it is necessary to take possession of it, any person may do so. When an animal is impounded or confined, and continues without necessary food, water, or proper attention for more than fifteen successive hours, any person may, as often as is necessary, enter any place in which the animal is impounded or confined and supply it with necessary food, water, and attention, so long as it remains there, or, if necessary, or convenient, he may remove such animal; and he shall not be liable to an action for such entry. In all cases the owner or custodian of such animal, if known to such person, immediately shall be notified by him of such action. If the owner or custodian is unknown to such person, and cannot with reasonable effort be ascertained by him, such animal shall be considered an estray and dealt with as such.

The necessary expenses for food and attention given to an animal under this section may be collected from the owner of such animal, and the animal shall not be exempt from levy and sale upon execution issued upon a judgment for such expenses.

Effective Date: 10-01-1953. You have the RIGHT, and it is your duty, to step up and help the defenseless! Mary Shaver has worked for years to liberate the dogs in puppy mills and to stop dog auctions. She has spearheaded many, countless rescues from nightmarish mills filled with animals suffering from heinous abuse and neglect. She does not, and will not stop until she can change the brutal reality of the puppy mill.

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BACK PAGE

How we teach children a seperate morality

by *Gia Campola*

This revised post was published in its original form in June of 2011.

In an eye-opening new research paper called *The Conceptual Separation of Food and Animals in Childhood*, University of Bristol researchers Kate Stewart and Matthew Cole explore how we, as a society, teach our children a separate morality for food animals that intercepts a child's natural tendency to protect and empathize with all animals. As the paper points out, when we explain to children for the first time where meat comes from, their first reaction is often revulsion. Parents confront this moral quandary by explaining to children why farm animals have a different role in our lives than other animals.

These family traditions, along with current pop culture and food advertising influences, "contribute to a food socialization process whereby children learn to conceptually distance the animals they eat from those with whom they have an emotional bond or for who they feel ethically responsible."¹ Or, in other words, children learn what animals to love and which to eat, according to accepted social norms.

But this rigid moral framework doesn't make sense to all children. One Free from Harm member recently wrote to us describing a terrifying childhood experience: "When I was very young a pet pig who adopted me was taken to the slaughterhouse. It was humanely treated but it was stunned, decapitated and hung up by its legs and hacked apart length ways. This pig was my best friend, it was entrusted to me and I felt I had betrayed him. I was too young to realize that my parents would not do the same to me or my brother, so distrust, fears and nightmares were a regular occurrence for me."²

Through popular film and literature narratives and advertising, Stewart and Cole delve deep into how we define this role that farm animals should play in our children's lives and also how we differentiate them from the roles of the other two major categories of animals: wildlife and pets. *The Lion King*, *Babe*, *Charlotte's Web*, *Chicken Run* and *Bambi* are some of the iconic movie references the authors tackle, carefully decoding their intricate moral constructs to reveal their powerful messages to our children. Equally fascinating is how these Hollywood film messages carry through to fast food industry advertising and product offerings to children. So the moral narrative flows from movie plot to Happy Meal, chock full of wildlife animal toys, nuggets and mini burgers. "Farmed animals, invisible and unmentioned as they are in literature and film, lay invisible and unmentioned in the meal box in burger or nugget form."³

In Stewart and Cole's analysis, the most consistent messages that run through the narratives of children's film, literature and advertising are:



I love you, Wilbur!

Farm animals are working animals, replaceable commodities or just absent all together, while carnivorous wild animals and pets have often highly-developed characters that "humanize" them and make us care about them.

A child must lose empathy for animals to become a mature adult, as if it were a rite of passage (a theme in *My Friend Flicka* and *Jungle Book*).

Animals are defined based on their relative utility to humans. "Animals are saved if they transcend their species-being, specifically if they attain human-like qualities"⁴ (such transcendence occurs to the protagonists in *Babe*, *Chicken Run* and *Happy Feet*, thus saving them from their natural fate as prey)

Farm animals are objects or elements of production to which we should not attribute individual characteristics, as we do with our pets. Evidence of this objectification can be seen in how advertisers and filmmakers refer to various types of meat as pork or hamburger, rather than by the name of the animal.

The mythical (non-scientific) notion that **humans are at the top of the food chain, and therefore, our eating of animals lower than us is part of the circle of life** (a theme central to *The Lion King*). In *The Lion King*, herbivorous animals have no names, no voices, no signs of intelligence, and are void of individual traits, while the lions (being carnivores at the top of the food chain) have rich and complex characters. "*The Lion King* depicts a rigid and immutable hierarchical pattern of social relations, and meat-eating as not only natural, but a sacred duty to the 'circle of life.'"⁵

But perhaps most importantly, Stewart and Cole's research lays bare the very assumptions that we have been indoctrinated with for generations about food animals. And the fact that we are living in an age where these assumptions are being challenged and unraveled means that the moral compass could be showing us a new path to our understanding of food, animals and ourselves. The times we live in demand this.

¹ Stewart and Cole, *The Conceptual Separation of Food and Animals in Childhood*, 2011

² A Free from Harm member who wishes to remain anonymous

^{3, 4, 5} Stewart and Cole, *The Conceptual Separation of Food and Animals in Childhood*, 2011

A special thank you to www.humanespot.org for bringing this paper to our attention.

Children must be taught compassion in order for them to become well rounded, intelligent, generous, empathetic adults. They learn from our example. Thanks for this great piece to my friends at Free From Harm.

Purr-fect Companions

by *Gia Campola*

Artful Cats, a fund raising event for Purr-fect Companions Sanctuary, the oldest no-kill, no-cage shelter in Cleveland for abused, abandoned and special needs adult cats, will be held at the Screw Factory (also known as The Lake Erie Building at Templar Industrial Park, 13000 Athens Ave., Lakewood, from 4 to 8 p.m. on Saturday, May 11.

The emcee will be David Deming, the former president of the Cleveland Institute of Art. Deming, whose artwork is on display throughout the United States, is currently creating the sculpture of Jim Thome which will be installed at Progressive Field. He is also the creator of the Jane Scott sculpture recently unveiled at the Rock and Roll Hall of Fame.

The fundraiser will include a silent auction which will include works by local artists in their medium of choice as well as gift baskets. All of the participating artists representing many area galleries will be acknowledged on our website and Facebook page. More than 45 working artists now maintain studios at the Screw Factory itself. Cats from the westside sanctuary, many of whom are available for adoption, will also be present at the event to meet and greet guests.

Historic Templar cars, classics which

were produced at the Lakewood factory in the early 1900s will be on display. Considered high-end, very few remain in existence today.

Proceeds will be used for veterinarian care and other health needs of current feline residents and future rescues. Refreshments will be served. Tickets for the event, which is open to the public, are \$35 at the door, and are tax deductible.

The residents of Purr-fect Companions live in a facility designed for their comfort and freedom. As close to "home" as a shelter can be. They are friendly, litterbox trained, socialized, and ready to move into your lap! They are ready to live the life they were always meant to live.

You can help by donating to this wonderful group on their page, www.purrrfectcompanions.org, by volunteering your much needed time at the shelter, and by voting DAILY for Purr-fect Companions on The Animal Rescue Site! You can search by shelter name: Purrfect Companions, or by state and city: OH and Lakewood. Click "vote" Next page will show you a list. PCS is at the bottom of list. Click "Vote" again. Place captcha code and finish by clicking button. They appreciate you taking the time to vote. Every vote counts: <http://theanimalrescuesite.greatergood.com>

Thank you to Sue and Barb, and to all those at Purr-fect Companions for giving these animals so much love, and such wonderful chances for a purrfect life. And, see you at Artful Cats!

RESTAURANT OF THE MONTH

This month's featured restaurant is the **Lion on Lorain** for their decision to feature an array of vegan cuisine!

"Every Sunday I'm creating fun and innovative Vegan combinations. Such as sandwiches like a Vegan Cuban or a Vegan Po Boy hotdog. The kitchen is open on Sundays from Noon-8pm. I'm in the process of creating a Vegan Brunch on Saturdays from 11:30-2:30 which I hope to rollout sometime end of April." states executive chef and owner, Jason Wagner.

He has also created the very first vegan cubano!

Lion on Lorain

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