

Soy, Settled

Acclaimed author, researcher, and physician Dr. Neal Barnard has settled the debate on whether or not consuming soy is safe. In a popular entry on The Huffington Post, Barnard, citing numerous scientific studies, examined the various claims of both pro- and anti-soy consumption. Of particular concern are the effects of soy on cancer risk for both men (prostate cancer) and women (breast cancer). Barnard reveals that soy is healthy for both sexes, and that it may also reduce risk of fibroids and osteoporosis-related bone fractures. He notes that while soy products can certainly be incorporated into a healthy, plant-based diet, they are not necessary for vegetarians.

Meatless Manhattan

Though the whole island hasn't gone veg, there's hope that its schoolchildren will soon enjoy meat-free meals at least one day per week. Manhattan's Borough President, Scott Stringer, recently published "FoodNYC, A Blueprint for a Sustainable Food System," in which he proposed that Manhattan's school district adopt the Meatless Mondays program, which encourages participants to start off their week by eating a plant-based diet. Meatless Mondays has already been enacted in the Baltimore school district, where it has helped to lower food costs. Stringer's proposal also includes calls for more regionally grown food, reduction of food waste, and diminished bottled-water consumption.

Impressive Imagery

In a culinary coup, *The Atlantic* featured a slideshow on its website called "13 Ways to Impress a Vegan." Each idea had an accompanying recipe and photo, including lentils, potato soup, and pasta with spinach and chickpeas. Finding not only vegan recipes, but the word "vegan" in mainstream publications is increasingly common.



1. Chester and Emma Sue from Pigs Peace 2. Emmett and Jasper from Woodstock Farm Animal Sanctuary 3. Rambo and Barbie from Catskill Animal Sanctuary 4. Ady from Farm Sanctuary 5. Freedom and Summer from Animal Place

Sanctuary Successes

Keeping animals off our plates is something everyone can do to decrease demand for meat and ensure animals' safety. But what about caring for farmed animals on a practical, day-to-day level? No one knows better than the people who run farmed animal sanctuaries, where creatures who were destined to become dinner can live under the loving supervision of herbivorous humans. Since its founding in 1986, **Farm Sanctuary** has housed more than 7,000 animals at both its New York and California locations. **Animal Acres**, in Southern California, has taken in more than 1,200 animals since January of this year. Founder and Director Lorri Houston says that the majority of AA rescues are saved from backyard slaughterhouses, which are common in the LA area. "Most cultures in the world raise their own animals for food, so backyard butcher operations are common with the large immigrant populations who have brought their cultural traditions with them," says Houston. In March, AA was involved in rescuing more

than 200 animals—ranging from cows to goats to chickens—from a single cruelty case. The cost of shelter, food, and medical care for such a large rescue operation is more than \$60,000, according to Houston. Animal Acres has worked with local animal-control agencies to become a preferred destination for rescued animals, who might otherwise be sold to legitimate butchers for meat. Sanctuaries also receive individual tips and conduct their own investigations to find animals in need of rescue. New York's **Catskill Animal Sanctuary** has saved more than 1,500 animals from slaughter. One of the sanctuary's biggest challenges, according to Founder and Director Kathy Stevens, is changing the way people who love dogs and cats think about farmed animals. "[Omnivorous animal lovers need] to have the courage to address their role in the suffering, and to assess honestly whether they can still legitimately call themselves kind if they're knowingly contributing to such horrific suffering," says Stevens.

The Water Cooler

Tell VN about your amazing veg gig, Kathy Stevens, founder and director of Catskill Animal Sanctuary.

Since 2001, Catskill Animal Sanctuary has been a loving home to hundreds of animals rescued from some of the most horrific conditions imaginable. CAS's Kathy Stevens, who just happens to have written two books in her not-so-spare time, chatted with VN about chickens, challenges, and just how delicious activism can be.

VegNews: What's your favorite part of running a sanctuary?

Kathy Stevens: That's an easy one! Participating in the healing of a broken spirit is, hands down, the greatest joy of this work. When an animal comes in psychologically (and often physically) broken, we get to say with every gesture, every word, every act, "You're safe here," and then watch that animal overcome his history, learn to trust, and evolve into a remarkable being who seeks out human companionship.

VN: What's your biggest challenge?

KS: How to encourage meat and dairy eaters who consider themselves animal lovers to look animal consumption squarely in the face, have the courage to address their role in the suffering, and assess honestly whether they can still legitimately call themselves *kind* if they're knowingly contributing to such horrific suffering. It's hard as hell to have a "loving, supportive confrontation" with groups of absolute strangers. But necessary. They come to CAS to meet happy animals—how does one effectively engage them in the big issues in ways that encourage, invite, and support change?



Kathy & Buddy the horse

AddictED

VN editors share our can't-live-without obsessions

Spring Flings Liz Miller, Editorial Assistant

Warm weather, sunny skies until 8pm, and iced coffee are just three of the reasons I love early summer. On days that err more on the side of April showers, I turn to these five sure-fire mood-brighteners to put spring back in my step.



My vintage jewelry collection will someday fund my retirement.



1 Mix It Up. Four words: Soup in five minutes! Yes, with a Vita-Mix, this—and similarly stunning culinary feats—can be achieved. Thanks to our generous publishers, everyone on the VN staff now owns one of these lean, mean, blending machines. Think cashew cream, homemade hummus, savory soups and sauces, and healthy protein shakes. And by protein shakes, I mean frosty chocolate-banana smoothies. Everyday. In less than five minutes.

2 To Dye For. I am not a natural redhead, but I know a thing or two about faking it. For years I neglected my locks with harsh chemical dye, until halfway through college I decided enough was enough. With henna I don't stress about damaging my hair, and now I actually look forward to getting my hair did.



Henna helps the planet, the animals, and my dead ends.

3 Retro Remix. Spring cleaning can wait, because I have some tank-top shopping to do. I usually limit my spending sprees to vintage boutiques and thrift stores, as few things make me happier than rifling through racks of used clothing for hidden treasures. That's right, from '40s-era sundresses to my collection of kitschy, quirky belts and costume jewelry, some of my most cherished possessions have probably come from your grandmother's closet.

4 Going Coastal. Now that daylight savings time has restored sunlight to my post-work evenings, the opportunity to take leisurely walks on the beach in my oceanside neighborhood has become a new favorite pastime. Maybe I'll even dust off my running shoes? Or maybe I'll Vita-Mix them, just because I can—in five minutes!

5 Getting Carded. My predilection for reading and public libraries can be blamed on my father, who taught me the value of a good book—especially if said valuable book is actually free. Library cards have afforded me everything from my introductions to Pippi Longstocking and Zooney Glass to my very first vegan cookbook. In college, I often rented text books from the university library instead of buying copies. In closing, libraries just make life better.

