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LONGTIME SYRACUSE ACTIVIST WAS LEAVING FRIEND'S FUNERAL WHEN SHE WAS HIT, KILLED BY CAR

by Samantha House
The Post-Standard, Posted June 13, 2020



Linda DeStefano, president of People for Animal Rights, hands out pamphlets during a protest in front of Skaneateles Furs on East Genesee Street in downtown Skaneateles on Dec. 2, 2012. Photo by Stephen D. Cannerelli | The Post-Standard

A longtime Syracuse activist was leaving a friend's funeral Wednesday afternoon when she was hit by a car. Linda DeStefano and her husband, Dr. Richard Weiskopf, were in Adath Yeshurun Cemetery at the time of the crash. The couple were walking away from their friend's burial when they were hit by a car in the 900 block of Jamesville Avenue. DeStefano, of the town of Onondaga, died shortly after the crash. She was 76 years old.

It was an accident, not a hit-and-run crash (as was first reported), said Walter Weiskopf, DeStefano's stepson. Although Syracuse police are still investigating the accident, Weiskopf said his family doesn't expect any charges will be filed.

DeStefano was a well-known member of Syracuse's activist community. She spent decades advocating for animal rights, environmental protection and social justice.

DeStefano, a Schenectady native, moved to Syracuse in 1976 after college. She served as the first director of

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- **Recipes:** *Lovely Linda's Chocolate Chip Cookies, and a Very Berry Peanut Butter Smoothie*
- **Poems Dedicated to Linda A. DeStefano**
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Linda A. DeStefano, right, of the Sierra Club Iroquois Group, speaks in March 2011 about Japan's nuclear crisis. DeStefano's husband, Dr. Richard Weiskopf, stands next to her. The couple spoke during a news conference held at the state office building in Syracuse. Photo by David Lassman | The Post-Standard

the Central New York Chapter of the New York Civil Liberties Union, her stepson said.

A vegan and animal lover, DeStefano was the president and co-founder of People For Animal Rights of CNY. She wasn't afraid to make bold statements: She once wore a 6 1/2-foot-tall costume made to look like a box of tampons in Armory Square in 2004 to protest

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People for Animal Rights (PAR) is a local grassroots organization dedicated to work for fundamental, nonviolent change to eliminate or reduce the oppression of non-human animals by humans. **PAR** also works to protect the earth, which sustains us all.

What does it mean to be a member?

According to our by-laws, a person is a member of **People for Animal Rights** when s/he agrees to our purposes as defined in the by-laws (as stated above) and has general agreement with **PAR's** goals as stated in our membership brochure, which is summarized in the insert to this newsletter. The second requirement for membership is that the person be up-to-date on dues. See the enclosed insert for more membership information.

Questions/Comments? Write or call us:

People for Animal Rights

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People for Animal Rights of CNY

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Treasurer: Nancy Camorati

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LONGTIME SYRACUSE ACTIVIST *continued*

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medical researchers who surgically installed pins into monkeys' skulls to study the impact pain has on fertility. DeStefano also served as a leader in the local Sierra Club, according to her obituary. She won awards from both the Sierra Club and the Syracuse Peace Council.

In her decades in Syracuse, DeStefano wrote many letters to the editor to The Post-Standard and Syracuse.com. Her most recent letter, posted in March, admonished the county for considering burning recyclables.

Members of People for Animal Rights of CNY announced DeStefano's death on the organization's Facebook page.

"Linda will be remembered as a stalwart organizer for people, animals and the environment. She was a leader and mentor for people wanting to make positive change in the world," members wrote. "She will be missed dearly by her friends, family and co-organizers." DeStefano is survived by her husband; her two stepsons; her two step-grandsons; and cats Allegra and Sunshine. ■




Linda DeStefano poses for a photo on a rainy day in Syracuse in this undated photo from Syracuse.com | The Post-Standard's archives.

Please Join

PEOPLE FOR ANIMAL RIGHTS:

Use the white insert in this newsletter to sign up.

TWO DIFFERENT WAYS YOU CAN JOIN:

 send a check or join online at: peopleforanimalrightsofcny.org

If you are already a member, please see back page for an explanation of how you know when your yearly dues are due. *Thanks!*

LOVELY LINDA'S CHOCOLATE-CHIP COOKIES

In loving memory of Linda DeStefano, a lifetime lover of sweets and the sweetest lady we knew.

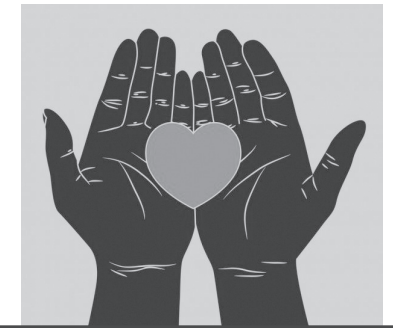
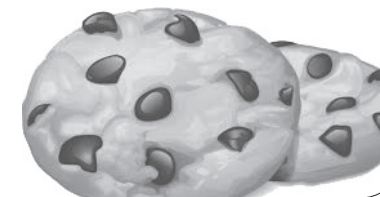
INGREDIENTS

- 1 cup vegan butter, softened
- ¾ cup packed brown sugar
- 2 Tbsp maple syrup
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 1 cup vegan chocolate-chips

DIRECTIONS

1. Preheat oven to 350°.
2. In a large bowl, cream together the butter and sugar until light and fluffy. Stir in the maple syrup and vanilla and mix until smooth.
3. In a separate bowl, combine the flour, baking soda, baking powder, and salt. Add dry ingredients to the wet ingredients, stirring well to combine. Fold in chocolate-chips.
4. Drop dough by the tablespoon onto ungreased baking sheets. Bake until slightly browned on the edges (about 12-13 minutes). Keep an eye on them as oven temps vary.
5. Cool for a few minutes before transferring to a wire rack to cool completely. Store in an air-tight container.

TIPS: For extra goodies, feel free to add in ¼ cup raisins, craisins, and/or chopped walnuts or pecans. I like to press a few chocolate-chips on the top of each cookie before baking for that "fresh-made bakery" look. Finally, I highly recommend Country Crock plant butter (which can be found at Wegmans). ■



We must make the very most of
Each moment on this earth
It seems far too short a time
Between our death and birth

A life cut too short is
Always a bitter shame
Yet this world's a better place
Because this woman came

She gave her life to causes
In which she did believe
And left behind a legacy
So very few do leave

What an amazing person
To do what she has done
What a great tragedy
To have lost her so young

They say there is a master plan
But the pain is raw and deep
We see her in our hearts and minds
And in memories we keep

She accomplished so many things
As an activist and wife
She did more than most have done
In far too short a life

by Eric Fielding
July 2, 2020

Dear Friends,

We are grateful to be receiving so many donations in honor of Linda's memory. We are appreciative of all the generous members who have joined because of the difference Linda has made. Thank you for helping us save precious lives and to be continuing on with this mission – it means so much to us all!

HOW TO PREVENT THE NEXT PANDEMIC

by Linda DeStefano

"It just boggles my mind that when we have so many diseases that emanate out of that one human-animal interface that we don't just shut [wildlife markets] down. I don't know what else has to happen for us to appreciate that." "What we're going through now is a direct result [of wildlife markets]." (thehill.com, article by Joseph Guzman)

These words are from an interview on Fox News with Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases. Dr. Fauci is a member of the White House Corona Task Force and has been guiding public behavior to slow the spread of COVID-19. Another name for the wildlife markets is wet markets. These are places where wild and domestic animals are crammed into cages and slaughtered on the spot. Blood, feces and urine make for extremely unsanitary conditions. Species of animals, who ordinarily would not be in close contact with each other, are forced into this hell hole and transmit disease viruses between species.

These mutate and eventually find their way into humans. Wildlife markets have been implicated in the spread of several disease outbreaks in recent years, including Severe Acute Respiratory Syndrome (SARS), avian influenza or bird flu, Ebola and Middle Eastern Respiratory Syndrome (MERS). The novel coronavirus pandemic was also traced to a wildlife market in Wuhan, China.

It isn't only China and some other foreign countries which maintain wildlife markets. They also exist in the United States, including several in New York City. I suggest people communicate with Gov. Andrew Cuomo and ask him to shut these down. You can send an email through his website www.governor.ny.gov or send a physical letter to him at Executive Chambers, State Capitol, Albany, NY 12224.

Another type of business which has been the incubator for viruses is factory farming. These operations keep

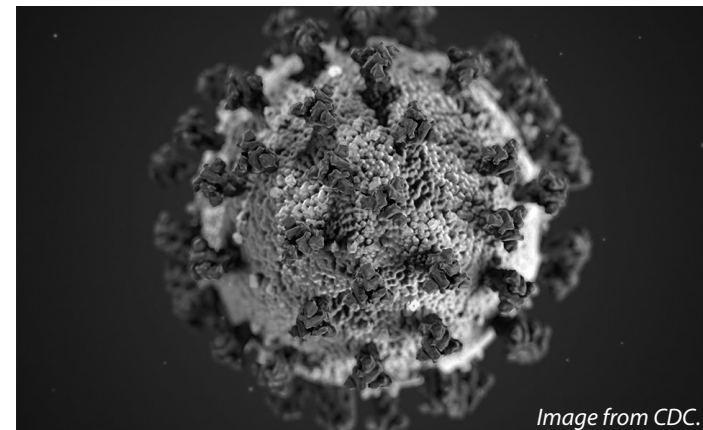


Image from CDC.

thousands of animals crammed into cages inside huge buildings. The pigs, chickens, cows and other animals are so stressed by the poor conditions they endure that antibiotics are routinely administered to keep them alive until they are transported for slaughter.

According to Michael Greger, M.D. of Nutritionfacts.org, the largest and oldest association of public health professionals in the world, the American Public Health Association, has called for a moratorium on factory farming for nearly two decades. Its journal published an editorial entitled "*The Chickens Come Home to Roost*" that went beyond calling for a deintensification of the pork and poultry industries:

"It is curious, therefore, given the pandemic threat, that changing the way humans treat animals, most basically ceasing to eat them, or at the very least, radically limiting the quantity of them that are eaten — is largely off the radar as a significant preventive measure. Such a change, if sufficiently adopted or imposed, could still reduce the chances of the much-feared influenza epidemic. It would be even more likely to prevent unknown future diseases that, in the absence of this change, may result from farming animals intensively and killing them for food. Yet humanity doesn't even consider this option."

Dr. Greger goes on to say:

- This may be changing, thanks to food innovations like plant-based milks, egg products, and meats.
- Our food choices don't just affect our personal health but our global health. Not just in terms of climate change, but in terms of pandemic risk.
- Major meat producers have started blending in vegetable proteins to make hybrid meats like Tyson's "Whole Blends" sausage links and Perdue's "next generation" chicken nuggets. The world's largest pork producer, Smithfield, recently launched a whole line of plant-based products. Egg-free mayo has taken the sandwich spread sector by storm, and Quorn, a brand of meat-free meat made from the mushroom kingdom, opened a facility capable of producing the meat equivalent of twenty million chickens per year.
- While these products may not be the healthiest from a personal standpoint, they tend to be healthier than their animal-product counterparts and, from a pandemic standpoint, they present zero risk.

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- What about cultivated meat? The primary human health benefit of a slaughter-free harvest would be food safety. (If you make meat without intestines, you don't have to worry about fecal bugs like Salmonella, and if you make meat without lungs, you don't have to worry about brewing respiratory viruses.) Growing meat directly from muscle cells has been touted for the environmental benefits – reducing water use and greenhouse gas emissions as much as 96 percent and lower land use by as much as 99 percent – but factoring in a pandemic risk, the benefits to human health may rival those to planetary health. ■

SOURCES:

"Calls Grow to Ban Wet Markets Amid Concerns Over Disease Spread" by Jackie Northum on National Public Radio, April 16, 2020 npr.org

thehill.com article by Joseph Guzman

"A Humane World" blog by Kitty Block and Sara Amundson of the Humane Society of the U.S.

"Takeaways from my Webinar on Covid-19" by Michael Greger, M.D. of nutritionfacts.org April 16, 2020

GONE FROM MY SIGHT

by Rev. Luther F. Beecher

I am standing upon the seashore.
A ship at my side spreads her white
sails to the morning breeze and starts for the
blue ocean.
She is an object of beauty and strength.
I stand and watch her until at length
she hangs like a speck of white cloud
just where the sea and sky come
to mingle with each other.
Then, someone at my side says;
"There, she is gone!"
"Gone where?"
Gone from my sight. That is all.
She is just as large in mast and hull
and spar as she was when she left my side
and she is just as able to bear her
load of living freight to her destined port.
Her diminished size is in me, not in her.
And just at the moment when someone
at my side says, "There, she is gone!"
There are other eyes watching her coming,
and other voices ready to take up the glad
shout;
"Here she comes!"
And that is dying. ■

MEAT COMPANIES COULD FACE \$11 BILLION CARBON TAX BILL, SAYS REPORT

*'There's increasing consensus
that we cannot achieve the Paris Climate Agreement
unless we deal with factory farming'*

by Maria Chiorando

Policy makers are starting to look at the environmental impact of meat, says a new report. There is a 'gathering momentum to include farm animal emissions in carbon pricing and other tax regimes' as policy-makers seek to reduce the sector's harmful impacts on the environment and human health, according to a new report.

The report titled "*The Livestock Levy: Update report**", was produced by FAIRR, a global network of investors managing over \$20 trillion of assets.

According to FAIRR, the report builds on its 2017 White Paper on the issue of meat taxation, and assesses recent policy discussions on the issue of extra taxes on meat. These include a study commissioned by the Dutch Government into 'fair meat prices' and the Climate Change Response (Emissions Trading Reform) Amendment Bill in New Zealand, which means livestock emissions at the farm level will be taxed within the country's Emissions Trading Schemes from 2025. The report also looks at how the environmental impact of meat has become particularly pressing for policymakers, alongside the public health concerns of animal farming, raised by the COVID-19 pandemic, as the virus is zoonotic.

In addition, the report looks at transition crops, saying that 'progressive legislation will likely tie incoming revenues from meat taxes to specific societal benefits such as lower prices of fruit and vegetables or support to farmers to help transition to more climate-friendly produce'.

'We have to deal with factory farming'

In a statement sent to *Plant Based News*, Jeremy Collier, founder of FAIRR and Chief Investment Officer of Collier Capital said: "There's increasing consensus that we cannot achieve the Paris Climate Agreement unless we deal with factory farming - a sector emitting more greenhouse gases than all the world's planes, trains, and cars put together.

"That's driving gathering momentum in policy circles to apply carbon taxes to the meat industry. The New Zealand government has legislated to measure and price emissions from farms from 2025, and there is clear risk for the sector that other regulators will follow suit.

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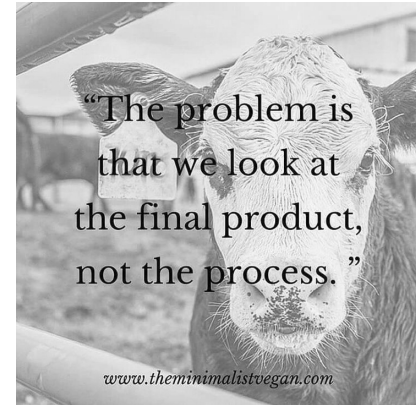
WHY I WENT VEGAN

by Diana Kozenyatko

As I grew up eating meat and dairy like many others, I always had a problem with meat. The idea behind it was what disgusted me – that it came from an animal that was once living. Even though I had this thought early on from childhood, my parents told me that meat and milk were essential, and that I couldn't survive without it.

Fast forward to my early teen years and I always had a fascination with nutrition and how it affected one's body. This interest grew even stronger when I wanted to try out a wellness and nutrition class in my sophomore year of high school as an extracurricular. I fell in love with the class and the idea of preventing inflammatory diseases through food.

We watched many documentaries in class and I loved them. The one thing that really stood out to me in those films was that "red meat and dairy is one of the top causes for obesity and cancer". After the elective was over, I watched more and more documentaries in my spare time. What changed my perspective on veganism was the documentary 'Game Changers' on Netflix. The documentary made me realize that veganism could help your performance as an athlete. And in the world we live in right now, veganism is such an easy change to make



with so many alternatives on the market, and so many vegan recipes that you can find.

I also watched a lot of slaughterhouse footage, which made me cry and made me mad – that more people aren't seeing what happens behind the scenes of the steak on their fork and the milk in their cup.

Becoming vegan is by far the best decision I have ever made. Some major changes I noticed after I became vegan was my stamina increased. I wasn't as tired from working out as I usually would be. Another change was my skin became even more clear and I hardly had any breakouts which made me so happy due to my severe acne background.

I went vegan not just for my health, but for the animals. Viewing the slaughterhouse footage was what encouraged me to go vegan overnight. I felt like a hypocrite always saying, "I am an animal lover; I love animals so much". How could I say that if I am eating animal products? How can I be an animal lover if I am eating an animal that suffered, just for the pleasure of my taste buds? And this is why I am going to stay vegan for life – not just my health, but for the animals who are suffering.

My Plan to Spread Veganism:

After I graduate high school, since I'm only 16, I plan to study nutrition. I would love to become a vegan registered dietitian to spread the knowledge of veganism to kids, adults and even elders. I truly believe that the root of all evil is thinking your life is more valuable than someone else's. ■

VEGAN MEAT REVOLUTION COULD HELP SOLVE GLOBAL WARMING

A mouth-watering task: the race to create a plant-based burger without any meat that everyone can eat and save the planet.

by Rob Reynolds

Being a vegetarian or a vegan is nothing new, but the push towards a plant-based diet for more people worldwide has taken on added importance because of global warming.

Companies that make meat-food are racing to create the best meat-free burger.

It is all part of an effort to reduce reliance on farmed animals, which contribute significantly to greenhouse gas emissions. Al Jazeera's Rob Reynolds reports from Redwood City, California.



Diana's review – I have had the chance to try the Beyond Meat burger and it's quite tasty. During the pandemic, Beyond Meat and Impossible meat sales have gone way up. It might sound impossible and silly: 'how can a plant based burger possibly help solve global warming?'. But just by buying a plant based burger instead of real beef helps by saving so much water and waste. Please spread the word because, as we all know, the typical American diet consists heavily on meat and dairy products. Suggest to a family friend or close coworker to try it out. Small changes to buy a vegan alternative – which tastes even better – could help our world, and especially the animals. ■

9 THINGS NO ONE TOLD YOU ABOUT HUNTING

by PETA

Hunters make up many excuses to justify their pastime. However, cruel, unnecessary killing — which is what hunting is—has no justification.

1. REAL sports involve competition between consenting parties and don't end with the deliberate death of one unwilling participant.
2. Wildlife departments often cull majestic predators, such as wolves, bears, and coyotes, to prevent predation on elk, caribou, and deer so that hunters will have more animals to gun down.
3. Natural phenomena such as predators, starvation, and disease kill primarily the sickest and weakest individuals. Hunters, on the other hand, strive to kill the larger, stronger animals because they want to hang their heads on a wall, and this weakens the remaining population.
4. Most hunting occurs on private land, where laws that protect wildlife are often ignored or difficult to enforce.
5. When animals are killed, families are broken up, often leaving young animals to perish of starvation or attacks by other animals. For animals such as wolves, who mate for life and live in close-knit family units, hunting can devastate entire communities.
6. Hunters often accidentally injure and kill animals other than the ones who are being hunted, including horses, cows, dogs, and cats. Sometimes hunters even injure or kill themselves or other humans, such as hikers and other hunters.
7. Dogs used for hunting are often kept chained or penned and are denied routine veterinary care. Some



dogs are lost during hunts, and others are turned loose at the end of hunting season to fend for themselves.

8. Hunted animals often don't die painlessly or quickly. Many animals must be shot multiple times. A British study found some wounded deer suffered for more than 15 minutes before dying.
9. When injured animals escape from hunters, they usually endure prolonged, painful deaths as a result of predation, shock, or exposure. ■



Trophy rack image | CC BY 2.0

DIANA'S VERY BERRY PEANUT BUTTER SMOOTHIE

by Diana Kozenyatko

This recipe works great as a dessert, breakfast, or even as a snack.

INGREDIENTS

- 1 cup frozen mixed berries
- 1 ripe banana
- 1 scoop of a vegan protein powder of choice
- ½ cup of plant-based milk (cashew is usually my pick since it's naturally sweet)
- 3 tablespoons of pb2 powder or regular peanut butter (add more if you're a peanut butter lover like me)

Optional: top with granola, cacao nibs, or fresh fruit and raisins

DIRECTIONS

1. Put all ingredients in blender and blend. To make thicker, add ice or freeze your banana. If you love a more liquidy smoothie, add another ½ cup of plant-based milk.
2. Add your toppings of choice and enjoy your yummy, delicious smoothie.

Enjoy! ■



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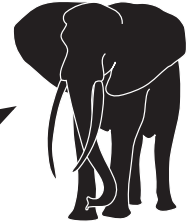
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NOTE TO INDIVIDUALS: Please check the expiration date on your mailing label to see whether you are due. This shows the month and year you are due, e.g., 9/20 means you are due September, 2020. All dues become due in either April or September of the year following the year you joined, whichever month is closest to the month you joined. The purpose is to coordinate dues with arrival of the newsletter since we do not send separate reminders. **There are two different ways you can renew your membership. Send a check or pay online at: peopleforanimalrightsofny.org**

NOTE TO ORGANIZATIONS: We do not expect any contribution for you to remain on our mailing list, but we would appreciate receiving your newsletter in exchange.

Why not check your address too? If you've moved, send us your new address and phone(s) so we don't have to spend extra money and time accepting return newsletters with those yellow stickers providing (sometimes) a forwarding address. Then we must collect and re-send the newsletters with those nasty stickers! Thanks very much!



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MEAT COMPANIES continued

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Investors are starting to price this market event into their long-term valuations of meat companies, using FAIRR's Climate Risk Tool.

"A root cause analysis of the COVID-19 pandemic is likely to show the urgent need for the meat and fish industry to improve biosecurity and screening practices. Who pays? In the post-COVID landscape there is a risk that governments may stop subsidizing animal agriculture, and start taxing it instead."

'The real costs of pollution'

Jeroom Remmers, Director of the True Animal Protein Price Coalition (TAPP), added: "Since FAIRR's 2017 report on meat taxation, the conversation around pricing meat across Europe has shifted completely. Crucially, The TAPP Coalition has found that the majority of consumers will now support meat taxes, if other food products like vegetables are lowered in price, and policymakers like the EU Commission are more receptive than ever.

"It's vital that investors like the FAIRR network get behind the cause and use their influence to ensure that

food prices reflect the real costs of pollution, emissions and deforestation in their supply chains."

Maria Chiorando is the editor of Plant Based News. Her work has been published by The Guardian, The Huffington Post, and various regional newspapers, as well as Vegan Life magazine. ■

AMAZON SMILE

In addition to your regular dues and donations to PAR there is an effortless way to do more. When you shop Amazon Smile you can designate PAR as the recipient of a percentage of your purchase. Thank you! ■

