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BRIARWOOD FARM SANCTUARY

By Jacqueline Cappello

Tucked away on a breezy meadow in Pennellville, NY sits a sweet sanctuary run by one of the most compassionate and hardest working women on this planet.

In 2018, through a series of unexpected circumstances, Lori Pinzer got wind of a Scottish Highland heifer who was, “heavily pregnant, semi-wild, headed for slaughter, and had an intense mistrust and dislike of humans.” The pregnant cow’s temperament was making it difficult to place her at other sanctuaries, and despite the hardships Lori was juggling in her own life, she stepped forward and declared, “if no one else could save her and her unborn baby, I would.”

Lori made a 600 mile round-trip drive through a blizzard to save Cora. A few months later, Cora delivered sweetly shy Masie and thus Briarwood Farm Sanctuary was on its way to becoming the bighearted gem that it is today.

How is Cora doing now six years later? Lori says, “I often find myself in awe of Cora. I deeply appreciate who she is and how far she’s come. With us, she has only known respect and love; and she learned to trust, and give respect and love, in return. Almost every person

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who meets Cora—if they take the time to truly feel her—comments that she emanates wisdom. She truly does.”

As someone who has hand-fed Cora from boxes generously donated by Syracuse’s Green Planet Grocery Store, I can attest that not only is Cora a sweetheart who gently plucks produce out of your hands, she truly does have a calming wisdom about her. She also is the matriarch of the farm commanding respect from all residents of varying species. She loves playing in snow with her daughter, and she exudes the wide-eyed joy at favorite foods that we humans may feel at the sight of a sweet or noodle bowl. Helpful hint: a whole head of cabbage is love language to Cora.

Lori officially became a 501(c)(3) in 2020. Originally her animals were located in Camillus, but she now leases a gorgeous 12 acre Pennellville parcel from the Ludlow family.

Briarwood Farm Sanctuary has grown from its original mother and daughter duo to the following farm family: “four cows, one pony, one 19 year old alpaca, nine sheep, thirteen goats, seven turkeys, four rabbits, 30 roosters, 10 chicks, and a mama hen.”

All of the above have names merrily at the ready when you ask Lori, as well as their backstories, the personality traits they exude, and who their favorite friend flock is within the sanctuary.

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People for Animal Rights (PAR) is a local grassroots organization founded by Linda DeStefano. **PAR** is 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?
Contact us via e-mail or website:

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Many thanks go out to those that make these newsletters available at their establishments.



BRIARWOOD... continued

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As Lori says, "knowing these animals fills my soul" and the love she has for them is inexhaustible, unlike the work of caring for such a flock. Though there is a kind crew of volunteers that will pop out to Briarwood as needed, Lori runs the entire operation by herself. And not only does she work without pay well over 40 hours each week caring for Briarwood's permanent recipients, she also buzzes away tirelessly with an alliance of sanctuaries to find homes for animals across the northeast. (For example: on the day of our phone interview, she was tending to chicks that would have been thrown double-bagged into the garbage at the local Tractor Supply. Instead, they would be relocated to various sanctuaries and homes after getting reared to the proper age at Lori's).

Lori once worked as a teacher, and engaging in education and outreach is a passion easy to see. She is a sage source of wisdom when it comes to explaining the connections between animal rights to folks of all ages and backgrounds, but she matches her lesson pearls with a sweet sense of humor.

When asked about Briarwood's plans for the future, Lori responded, "to continue offering care, respect, and love to the animals in our sanctuary. While we are limited by budget and space—and at capacity, so we must pause in taking in any more animals. We will continue to work with organizations and individuals to help animals in need, and to help those animals find safe homes. We will continue to expand our community involvement through education and advocacy for animals."

Briarwood is always in need of support and volunteers. If you are interested in helping via either vector they have a very active and responsive Facebook page that can be found by searching their name: Briarwood Farm Sanctuary.

Visits are always strongly encouraged and welcomed, and seeing stunning Cora and Maise in all their well-loved glory is definitely worth a trip out to Pennellville. ■



PETA'S ONLY CHOICE

by Rob English

It's nine AM on a perfect, sunny, autumn day in Virginia Beach, Virginia, and three beautiful, young women are adjusting their "costumes" for the big event. Already, a crowd of onlookers, a television crew, and print reporters are set up on the site waiting for 10 AM when the three nearly-naked women and three nearly-naked, handsome, young men will parade in front of a fur store carrying a banner that reads, "I'd Rather Go Naked Than Wear Fur." The crowd applauds, and agrees that such demonstrations by PETA activists can be a bit outrageous—or even downright silly.

Why does PETA do demonstrations half naked, or in pig and rabbit costumes? Why do they hang banners over busy highways? Why be outrageous and expose themselves to arrest and ridicule?

Here's why: Imagine calling the police after seeing animals abused in atrocious ways, only to be told, "We're sorry, but what you see is legal." Imagine calling the media, only to be told, "We sympathize, but that's old news. Call us when something fresh and newsworthy happens." If only you could get the word out! That's when you reach for the bikini and the banner. You get the word out. That night you see your message on the tv news. The next day radio stations and print media are calling you, asking you "What was behind your demonstration?" And the word gets out.

In the case of fur demonstrations, this headline actually appeared on the website of The Humane Society of the United States: **The number of US mink fur farms plummets as consumers reject cruelty.** Reporting that from 2017 to 2022 the number of mink killed for their fur dropped from 3.3 million to only 1.3 million.

Did PETA's Virginia 'naked' demo accomplish that? Not alone, but it certainly caused a city of people to think about things!

Originally published in CNY Latino, August, 2024 ■

RIP SUNSHINE

By Richard Weiskopf

My cat Sunshine is not here anymore. He is gone. Never again will I see him poke his head in when I open my bedroom door in the morning. He will not be sitting on my placemat when I come in to prepare breakfast. He will not be found hiding in the floor cabinet while the cleaning woman does the vacuuming. He will no longer jump to the top of the piano to enjoy my music. When I eat lunch, he will not be on my lap eager to sample my food. When I open my apartment door after I have been out, he is not there to greet me and to remind me that it is his dinner time. When I am at the computer he will not be there to walk on the keyboard. When I brush my teeth at the sink, he won't be sitting on the edge of the sink watching. I will no longer see him on the rug grooming himself. He will no longer be there for me to talk to and to tell him how my day was. He will no longer pester me when I'm having my evening snack. I will no longer see him taking a nap on the clean pillow case, or sleeping inside his little hut on the floor, or resting on the cat climber. No longer will he curl up and go to sleep in my lap when I am taking an afternoon rest. No longer do I need to check to see if he is lying comfortably in his chair before I turn the light out. I shall always remember him and I will greatly miss him. ■



WHAT WILL BE YOUR LEGACY FOR ANIMALS AND THE ENVIRONMENT?

Please consider a bequest to People for Animal Rights and continue supporting our work far into the future. 85% of donations are used to reach out and educate. 15% are used for incidentals such as office supplies and postage. As always, PAR is grateful for your contributions.



HOW TO HELP HUMMINGBIRDS : ONE OF THE SMALLEST BIRDS IN THE WORLD

By Marguerite Mallia and Nancy Camorati

How amazing are hummingbirds? This miracle of nature is only 4 inches long with a wing span of 2 ½ inches yet migrates over 2,000 miles twice a year. With a heartbeat of up to 1,260 times a minute, they must feed almost constantly on this long journey.

They have amazing memories and return to the same feeders that helped them during their last trip. Their metabolism is so high that in order to survive the night they enter into a sort of hibernation that slows their heart and allows them to ‘sleep’ without dying. They are also great pollinators, sipping nectar from one flower after another. (*Nature Conservancy*)

If you decide to learn how to attract hummingbirds to your yard, you will open yourself to one of the most rewarding experiences of your life. Their mysterious beauty and behavior is something that will touch your heart. They have been called “magic in the air.” (*npr.org*)

The experience truly makes one realize the spiritual connection that we have with the mysterious beauty of all living beings on this planet.

Some important facts to consider when trying to attract hummingbirds will help to ensure your success. Hummingbirds prefer nectar from flowers, but are in competition for the nectar with other pollinators. Knowing the months that they migrate and return will also be a factor in seeing these birds at your feeders. Look for them early Spring as they migrate north where they will spend the Summer. Although hummingbirds can hover and fly backwards, and are skilled in mid air feeding, a feeder without a perch may not be as attractive to them. The correct nectar solution is important. It is important to use filtered water as chlorine and other chemicals may accumulate in their bodies. Use 1 part white granulated sugar to 4 parts boiled water. Stir the sugar into the water and allow to cool before filling the feeders. Never use honey, brown sugar, artificial sweeteners or red dye.

It is important clean the feeders at least every four days or sooner if the solution gets moldy or has ants or bees. One can use 1 part vinegar to 2 parts water. Soak all of the parts of the feeder in this solution and rinse thoroughly. It is not necessary to buy fancy brushes to clean the feeders. Toothbrushes and pipe cleaners can be used. Pipe cleaners do an amazing job cleaning out the small holes of feeders. You can also use a small amount of dish soap with hot water.

By diversifying your own ecosystem with certain native flowers, plants, and shrubs that attract hummingbirds, you will increase your chances of seeing these lovely birds. You will also be helping them in their role as pollinators. Once you see a hummingbird at your feeder you will be hooked. “Only from the heart can you touch the sky.” Mawlana Jalal-al-Din Rumi (*postpoetics.org*) ■

KINDER THAN MAN

by Althea Davis

And God
please let the deer
on the highway
get some kind of heaven.
Something with tall soft grass
and sweet reunion.
Let the moths in porch lights
go someplace
with a thousand suns,
that taste like sugar
and get swallowed whole.
May the mice
in oil and glue
have forever dry, warm fur
and full bellies.
If I am killed
for simply living,
let death be kinder
than man.

From ‘Poems For The Weeping Kind’
Published by Althea Davis 7/28/2023

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➔ send a check or join online at:
www.parcny.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!*



SYRACUSE AQUARIUM PROTEST

by Jacqueline Cappello

On Saturday, October 5th, People for Animal Rights member Debbie Rose partnered with PETA to coordinate a protest against the Syracuse Aquarium project.

According to the Syracuse Post Standard, County Executive Ryan McMahon, “proposed the aquarium in late 2021 as a good way to spend \$85 million in surplus funds the county accumulated during the pandemic, after receiving hefty federal stimulus payments and unexpected sales tax boosts. The controversial project was approved by lawmakers 9-8.”

Despite significant constituent outcry, a nationally high ranking of child poverty rates, dire accessibility for affordable housing, the need for more trained professionals in the social service field for a variety of issues, or consideration for the rights of the sentient beings proposed as enslaved attractions: the project has perilously continued on.

Roughly 20 local community members gathered on the barren patch of grass and gravel across from the proposed aquarium site to raise their voices and signs, and their ages ranged from their first decade to their seventh.

Most passersby expressed agreement via smiles, honked-horns, and hand gestures of approval: communicating a shared frustration with this ill-advised waste of relief money that would be better spent on programs benefiting city and county residents.

Debbie Rose will be continuing her efforts to oppose the project. PAR members will be informed of future actions via PAR’s facebook page and via email. ■

LEG-HOLD TRAPS: CRUEL. BARBARIC. LEGAL.

By Maureen Schiener

What is a leg-hold trap? “The leg-hold trap is comprised of a metal foot plate and curved jaws, powered by strong springs. It is usually anchored into the ground by a short chain and metal spike or is secured to a tree or a large branch.

“Once triggered, the trap immobilizes the animal—preventing them from eating and drinking, caring for their young, fending off predators, or sheltering themselves from the elements. In their distress and panic, many animals become so desperate to escape that they resort to chewing or wringing off their trapped limbs, breaking their teeth and bones in the process.” (*Source: https://thefurbearers.com*)

New York State regulations require trappers to check their traps in a 24–48 hour period depending on the region. But are these regulations being enforced? If so—how—and how often? <https://dec.ny.gov/things-to-do/trapping/regulations>

Why do trappers participate in this activity? For some, it’s to make a few dollars. According to the NY Outdoor News, prices at the April, 2024 fur auction ranged from \$36.67 for a beaver pelt to \$68.45 for a bobcat skin. Check out the entire list at <https://www.outdoornews.com/2024/04/02/fur-market-prices-not-bountiful-but-options-exist-for-those-looking-to-sell-in-new-york/> Certainly one can’t make a living on trapping animals.

For others, it’s a “tradition” handed down from father to son. At a trapping seminar I attended years ago, the instructor demonstrated how to trap a beaver underwater (thus, drowning the poor creature). His demeanor was as if this were some sort of hobby, like building model airplanes or collecting baseball cards. The disconnect was palpable. What does trapping a live animal impart to kids? Traps are indiscriminate. Even though trappers intend to catch fur-bearing animals like fox, coyote, and muskrat, many times domestic animals—dogs, cats, even birds and endangered animals are caught in traps, left to suffer and die alone.

Like hunting, trapping is an activity decreasing in popularity. The public has become more educated about wildlife and its vital role in a healthy, balanced ecosystem. We understand that animals have emotional lives; they have a right to live their own lives free from fear.

Legislation has been introduced in New York State to outlaw use of the leg-hold trap. The bills are currently held in their respective Environmental Conservation Committees. When the new session in January begins, the bills will be assigned new numbers. Stay tuned for updates on this important legislative initiative. ■

DOGS SEIZED IN SYRACUSE ABUSE CASES CAN BE STUCK IN LIMBO IN SHELTERS. THESE LAWYERS FREE THEM

Demond and Benjamin, both Akita mix dogs, were seized by police after they were found living in an apartment alone with no heat or food for months. The apartment was in disarray and covered in urine and feces. The dogs were underweight and anxious, according to veterinary records. They were put in a shelter and placed on what is called a “cruelty hold.” They were still considered the legal property of the person accused of neglecting them, who refused to relinquish ownership. These dogs can get trapped for years, innocent victims in a legal system that ties them to owners who can’t and won’t care for them. To get their freedom, the dozens of forgotten dogs need help. They need a lawyer.

In Syracuse, a group of volunteer lawyers is working to free abused animals from cruelty holds, allowing them to be adopted, receive critical medical care, and socialize normally. The group, led by Nick DeMartino, is using a statute under state law to file petitions against people accused of animal cruelty. DeMartino created the Volunteer Advocate Lawyer for Animal Abuse Court group around 2017, to help represent the best interests of abused dogs during court proceedings. The group has been able to prevent the premature euthanization of dogs. Over the last year, he has worked to employ the group to free dogs from cruelty holds.

Under state law, shelters are required to treat dogs similarly to other property seized from accused criminals that could be considered evidence. They must be kept secure. They also can’t be photographed or put up for adoption. Dogs under a cruelty hold cannot be taken out to socialize in the same way as other shelter animals, according to director of Humane CNY Maureen Davidson. One puppy on a cruelty hold missed the crucial window of socialization and is now struggling as an adult, she said. Critically, they cannot receive medical care beyond their most basic needs. That includes neutering and in extreme cases, euthanization. Some dogs have been held in shelters for years while their owners—and alleged abusers—are going through the justice system, Davidson said.

The volunteer lawyers end up going to court to break the cruelty hold. Demond and Benjamin’s case was the first petition filed under this statute after lawyers worked for a year to get the program off the ground. If the lawyers can demonstrate that abuse is likely in the case, they can require owners to either pay the boarding and medical expenses of their dog on the cruelty hold or they can relinquish ownership. A judge reviews the evidence and decides if abuse is more likely than not, a much lower legal threshold than what is required for a criminal conviction.

In the case of Demond and Benjamin, their boarding and medical costs totaled \$12,816. Once the owner was facing thousands of dollars in expenses, he chose to give up ownership of the dogs. If an owner chooses to pay the money, another petition would be filed 30 days later to account for the next round of boarding costs and any additional medical expenses. That cycle would continue until the case is settled or the ownership is relinquished, DeMartino said.

When ownership is forfeited, the dogs can then be freed for adoption, receive any medical care, and socialize with other animals in the shelters. After Demond and Benjamin were freed from the cruelty hold, their paths diverged. Demond, struggling with severe anxiety, became aggressive while being held in the shelter and had to be euthanized, DeMartino said. Benjamin was able to survive his time in the shelter and was cleared to be adopted. He was moved to B and R Bunkhouse and his name was changed to Millard.

DeMartino said that Demond’s case is an example of how important it is for his group of volunteer lawyers to work as quickly as possible to clear these dogs for adoption. Demond and Benjamin’s petition was filed in February, two more petitions are pending for other dogs and another two cases will be filed this week, DeMartino said.

The program is only running in Syracuse, DeMartino said. He has plans to work with other town and city courts to expand the program across the county and region. He said that New York City is the only other jurisdiction in New York State that employs this statute to free dogs from cruelty holds. He said that while setting up a program with little legal precedent has been difficult, it is rewarding. The legal group is always looking for more lawyers to take the time to assist with filing the petitions and freeing up dogs for adoption.

The group has around 10 volunteer attorneys who work on each case for hours as they visit the dogs, write petitions, and prep for the hearings, DeMartino said. The program also helps Syracuse’s shelters suffering from historic overcrowding. When shelters host animals with cruelty holds, that takes up beds for other strays or surrender animals. Davidson said kennels filled by animals on indefinite cruelty holds could have provided housing for multiple adoptable dogs. With shelters at capacity being forced to turn animals away, freeing up cruelty holds is more important than ever.

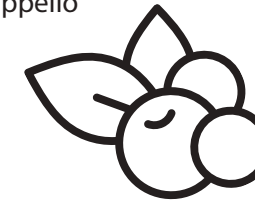
Article originally published August 3, 2024. Staff writer Anne Hayes covers breaking news, crime and public safety. You can reach her at: ahayes@syracuse.com ■

CRANBERRY SAUCE RECIPE

by Jacqueline Cappello

Ingredients

12 oz frozen cranberries
1 orange (zested & juiced)
Maple syrup per taste



1. Add cranberries, the juice and zest of an orange, plus a drizzle of maple syrup to a medium-sized pan.
2. Simmer with the lid on for roughly 20 minutes, or until the cranberries have popped open.
3. Add additional maple syrup per taste once cooled, and serve it as is for a traditional chunky sauce; or puree with an immersion blender if you like it a little jammy.

MASHED POTATOES WITH GARLIC BUTTER SAUCE

by Jacqueline Cappello

Ingredients

10 red potatoes (chopped to about 1.5in/3cm cubes)
1 tsp Paprika
½ tsp salt
1 bay leaf
chopped cloves of garlic (as many as you feel necessary)
4 cups vegetable broth

1. Add everything above into a large pot, bring to a boil, then simmer on medium with the lid off for about 30 minutes, or until most of the liquid is absorbed.

While the potatoes are boiling away, prepare the garlic sauce. You’ll need:

2 Tb oil
3 cloves garlic (freshly grated)
½ tsp paprika
1 Tb nutritional yeast
½ cup unsweetened soy milk
or other plant based milk
salt per taste



2. In a small pan, heat up the oil, garlic, and paprika.
3. When the garlic is browned to your preferred level, stir in the nutritional yeast and soy milk or other plant based milk.
4. Head back to your potato pot.
5. Remove bay leaf from the potatoes.
6. Pour in the garlic sauce, then blend with an immersion blender, mixer, or masher until they are at your desired consistency.
7. Season additionally per taste.

MUSHROOM GRAVY RECIPE

by Jacqueline Cappello

Ingredients

20 oz mushrooms (two 10oz bags of frozen mushrooms, or about 4.5 cups of fresh, chopped)
¼ cup canola oil
4 cloves garlic (freshly grated)
2 tsp balsamic
2 tsp soy sauce (Braggs Aminos or Coconut Aminos are a good GF option)
¼ cup flour (tapioca flour is a handy gf sub)
4 cup water or veg broth
1 bay leaf
Salt per taste



1. Brown mushrooms over medium heat in a medium-sized pan. (If fresh: add about ¼ cup water to the pan along with the mushrooms, it’ll help them brown without soaking up too much oil. If frozen: no need to add water, they’ll gently thaw out in their own mushroom juices.)
2. Once the mushrooms are browned, add the oil and garlic and cook until garlic is at your desired level (sharp garlic taste = less time, lighter colored //// caramelized garlic taste = longer cook time, darker in color)
3. Add the balsamic and soy sauce to the pan
4. Stir in flour (a fork works well if you don’t want to use a whisk)
5. Slowly pour in the liquid while continuously stirring
6. *Use an immersion blender to puree to desired consistency*
7. Add bay leaf to the pot, stir, then let it simmer uncovered for 15-20 minutes
8. Season additionally per taste & enjoy.

POINT OF VIEW

by Shel Silverstein

Thanksgiving dinner’s sad and thankless
Christmas dinner’s dark and blue
When you stop and try to see it
From the turkey’s point of view.

Sunday dinner isn’t sunny
Easter feasts are just bad luck
When you see it from the viewpoint
Of a chicken or a duck.

Oh how I once loved tuna salad
Pork and lobsters, lamb chops too
‘Til I stopped and looked at dinner
From the dinner’s point of view.



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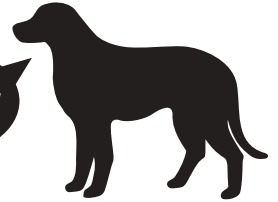
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NOTE TO ORGANIZATIONS: We do not expect any contribution for you to remain on our mailing list, but we would appreciate receiving your newsletter in exchange.

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!



This paper contains 30% post-consumer recycled fiber

ROCHESTER VEGFEST AND CANINE JAMBOREE TABLING

by Jacqueline Cappello

Thanks to Debbie Rose of Syracuse and her indefatigable energy at recruiting folks toward advocating for animal activism, People for Animal Rights has had a swell season of tabling at events.

On Saturday, August 24th PAR was a sponsor for the Rochester VegFest and several ladies shared the responsibility of tabling during the festivities. There were a little more than 40 vendors scattered across a sunny park, over a thousand estimated attendees to the fest, and our table was steadily busy with visitors asking questions and taking our pamphlets.

PAR also sponsored a table at the Canine Jamboree in Jamesville, NY on September 21st. In addition to our PAR legislative materials and newsletter, Debbie had brought materials from the Physicians Committee For Responsible Medicine showing the health benefits of plant-based eating, as well as guidance on how to effortlessly adjust one's meals. Our booth was surprisingly directly across from hot dog and deli meat food trucks, but we had curious and engaged people stopping by throughout the duration of the event. Jacqueline Cappello—who was tabling with Debbie—has nutrition certification through

Cornell's Center for Nutrition Studies and was happy to answer the standard questions and myths folks call to mind regarding vegan meals. People expressed gratitude for the literature and were open to discussions.

Debbie and her crew look forward to tabling more events for PAR in the future so that we may engage with our community directly. ■



From left to right are Jacqueline Cappello, Quillan Cappello, and Debbie Rose at the Canine Jamboree