



ARC NEWS

Summer 2003

A publication of the Animal Rights Coalition to promote a compassionate world

ARC Sponsors Anti-Circus Ad

Working with the local group Circus Reform Yes!, ARC donated the money to place this anti-circus ad in the St. Paul Pioneer Press. The advertisement appeared the week that the Hamid Circus performed at Excel Energy Center in St. Paul.

What You Can Do

City Council members need to hear from their constituents. If you live in Minneapolis, call, write, or email your council member and ask them to support a ban on captive wild animal circuses in Minneapolis. It's that simple! Please help break the chains of these highly intelligent and social animals.

Continued on page 4



Help Us!

We circus elephants are:

- **Deprived** of our families.
- **Chained** 20 hours a day.
- **Beaten** with clubs and whips.

Don't Go To Animal Circuses!

Circus Reform Yes! PO Box 19583 Mpls. MN 55419 www.crymn.org

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AHS Responds to ARC Inquiry about Continued Use of the Gas Chamber

ARC Vice President Charlotte Cozzetto wrote to Judy Dworkin, Director of PR at the Animal Humane Society in Golden Valley. What follows is an excerpt from Ms. Dworkin's reply.

May 15, 2003

Dear Charlotte,

Thank you for the opportunity to talk with you yesterday to clear up any misinformation about the Animal Humane Society's method of euthanasia. As I mentioned on the phone, the **AHS has been using lethal injection exclusively since November 14, 2001. Our carbon monoxide chamber has not been used since that time.** I hope this clears up any confusion about this issue, and I encourage you to contact me in the future if you receive conflicting information.

If you have any questions about any of these items, or anything else about the policies and procedures of the Animal Humane Society, I hope you will not hesitate to call me. I am happy to help you keep your website information regarding the AHS accurate and up-to-date. Thanks for your help!

Judy Dworkin,
AHS Director of Public Relations / (763) 522-4325

Meetings and Events Calendar

ARC in Action (AIA) Meetings

AIA meetings are held the second Saturday of every month from 10:00 – 11:00 am. Please join us to work on current projects and campaigns. This is a great way to meet other people who care about animals. The ARC office is located at 3249 Hennepin Ave. S. in Minneapolis. The office is open every Wednesday from noon - 8:00.

ARC Annual Garage Sale

The date of the annual ARC garage sale has not yet been determined. Our usual venue at 50th and Nicollet Avenue South may not be available due to road construction. When the construction schedule on Nicollet Avenue is known, we will publish the date of the garage sale on our web site at www.animalrightscoalition.com

Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy

Written by Matthew Scully, this is a stunning book, and one that's already opening doors to a new level of concern for animals. Beautifully and passionately written (as you might expect from a wordsmith of his caliber), it alternates thoughtful and spiritual insights with a searing journalism that takes us to the unholy centers of factory farming, trophy hunting, and international whaling. Some of the details are harrowing, but if you're still eating meat from the supermarket, you owe it to yourself and to the animals to at least know what you're a part of. It's worse than you imagined.

Dominion is published by St. Martin's Press. It is widely available in stores and online. You can reach Matthew Scully through his web site www.matthewscully.com

Excerpted from Best Friends Magazine (Jan./Feb. 2003)

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Making the World a Better Place - One Animal at a Time

When an active member of the ARC in Action group rescued Ellie, the cat had been confined to her carrier for a long time. She was sitting shyly in her own waste with no food or water. What follows is an account of Ellie's transition to a fulfilling life with her new family.

Ellie was just 5-1/4 pounds when we met her. She had a beautiful charcoal gray coat, golden green eyes and a little black nose. When Ellie came home with us, I wasn't sure how Kitty, our resident cat of 7 years, would react, so we put Ellie in a spare upstairs bedroom. We unpacked the little paper bag of her belongings – one fuzzy mouse and a little round bed. Although her bed had a big lump on the bottom, Ellie cuddled up in the depression to sleep in her "lumpy bed." For her first night in her new home, we shut her in an extra room as we knew Ellie would want to have some peace and quiet after all she had gone through.



She was especially happy in the spare bedroom because it had very large windows where she could watch all the action outside.

In the morning, we went to see how she was doing. But we couldn't find her. Her food had gone untouched. Then, we spotted a lump under the bedcovers and slowly lifted them back. There she was. She growled at us, so I gently put the covers back over her and left her be. Clearly, she was still contemplating the situation, wondering if she had finally found a home

The next day, Ellie began to relax and started to exhibit her very affectionate personality. She recovered her appetite and ate every morsel in her dish. She would twirl around my legs as I walked around the room and beg to be petted. She was curious about everything in her new surroundings. She was especially happy in the spare bedroom because it had large windows where she could watch all the action outside.

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ARC Helps Solve Metro Area Companion Animal Overpopulation

Each year, an estimated 20,000 dogs and cats are killed in Twin Cities area shelters and pounds because there are not enough homes. ARC is helping to solve this problem in two ways:

- A representative from ARC is part of the No-Kill Coalition (<http://www.animalarkshelter.org/NoKill.html>), a new coalition of animal shelters, rescue groups, municipal pounds, and other groups that are planning ways to end the overpopulation problem in the Twin Cities area.
- ARC supports the Minnesota Spay/Neuter Project (MSNP) through financial grants and involvement in MSNP projects.

No-Kill Coalition

The No-Kill Coalition's goal is to end euthanasia in the Twin Cities area by December 31, 2008. By December 2003, the group hopes to deliver a five-year plan that will end the killing of healthy dogs and cats in area shelters and pounds. The five-year plan is likely to include many components, like low-cost spay/neuter services for low-income residents and recommendations for tougher legislation to control area puppy mills.

MSNP Update

The Minnesota Spay/Neuter Project (MSNP) completed a project in Scott County in January 2003. The project included the following services at a participating veterinary facility.

Did You Know?

Each pair of unsterilized dogs or cats can produce an average of 3 to 4 offspring per litter. In one year, the 50 dogs and cats MSNP sterilizes per program can save a community the expense and hardship related to 200 more unwanted animals. Costs to pickup, impound, kill, and dispose of an animal are estimated at \$100 per animal. Net savings: \$20,000 of taxpayer expense for each year these animals would have reproduced.

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IAMS Using Cruel Animal Testing



Fifi is one of 19 IAMS dogs who were shuttled between barren cement kennels and cold, hard, stainless steel cages for six years.

These 19 dogs, as well as hundreds of dogs, cats, and kittens used by IAMS, were never given so much as a toy, never let out for group exercise or play, and never socialized with humans. That is, until PETA came onto the scene. Despite IAMS' and Proctor & Gamble's October 2001 promises, more than a year later PETA's investigator was allowed to make only the most minimal changes to these animals' miserable living conditions during her nine months undercover.

IAMS has dragged its feet, reneged on promises, and made sorry excuses to the investigator (not knowing she worked for PETA) as to why the animals shouldn't be given such meager considerations as a place to rest off the concrete floor. For more information and suggestions on what you can do to help these animals, go to:

<http://peta.org/feat/iams/iams-fifi.html>

-- from the PETA web site.

When you feel your efforts on behalf of the animals may be in vain...



The Hummingbird

There was a fire in the forest and, while all the other animals ran away terrified, a small hummingbird went from the river to the fire, taking little drops of water in his beak.

Observing that, the lion asked the little hummingbird:

"Oh, hummingbird, do you think you'll be able to extinguish the fire by yourself?"

The hummingbird answered:

"I don't know if I will, but I'm doing my part."

-- an old Brazilian folk tale

Declawing Q&A

If you are considering declawing your cat, please read this article to learn more about this major surgical procedure.



What is declawing?

Declawing is not a simple surgery. Declawing, which is described as “de-toeing” when the same procedure is done to chickens, *is the amputation of each front toe at the first joint*. This is necessary because, unlike a fingernail, the claw actually grows from the first toe bone.

The procedure is so excruciatingly painful that it was once used as a technique of torture on humans, and even today is the primary test of the effectiveness of pain medications. Recovery takes a few weeks, but even after the surgical wounds have healed, there are long-term physical and psychological effects.

Are claws that important to a cat's well-being?

Claws perform a number of vital functions for a cat. By scratching various surfaces, cats create a visual and scent identification mark for their territory.

Claws provide psychological comfort through kneading, help the cat climb to safety, and help the cat fully stretch his back and legs. A declawed cat never again experiences the head-to-toe satisfaction of a full body stretch!

What are the potential complications of declawing?

Because declawed cats can no longer perform their natural stretching and kneading rituals, they become weaker as they age and may experience debilitating arthritis in their backs and shoulders.

Abscesses and claw regrowth can occur a few weeks to many years after surgery. Chronic or intermittent lameness may develop. In a study that followed cats for 5 months post surgery, nearly 1/3 of the cats developed complications from declaw surgery.

Cats without claws have lost their first line of defense, and because of this, they live in an elevated state of stress. Less able to protect themselves, they cannot fight off other animals, or escape quickly from a dangerous situation.

They may also become biters because they no longer can use their claws as a warning. Groomers, veterinarians, and people who care for declawed cats in shelters find many of them to be nervous, irritable, and difficult to handle.

Finally, declawed cats may stop using their litter boxes. Some associate the pain they feel in their paws when trying to cover their waste with the litter box itself. They seek a less painful place for elimination, such as the carpet,

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Anti-Circus Ad continued from page 1

If you don't know who your council member is, you can call the City Council office at 612-673-2200. Send letters to council members at City Hall, 350 S. 5th St., Rm. 307, Minneapolis, MN 55415. Or go to this web site to obtain council members' email addresses:

<http://www.ci.minneapolis.mn.us/council/>

Why We Care

Exploited for greed, baby elephants are stolen from their mothers and suffer terribly in circuses. Extended periods of isolation, withdrawal of food and water, and being tied up with ropes are initial “training” techniques to establish the dominance of the trainer. The cycle of intimidation and fear never stops. Elephants can grow to weigh up to four tons, so bull hooks, whips, and chains are used throughout an elephant's life. In fact, elephants are only free of chains when in the circus ring.

Animal advocates know that circuses are captive wild animal prisons. It's time to get the word out! Tigers, bears, and primates also suffer in circuses, but as Ringling Brothers knows, elephants are the “crowd pleasers.” This is why ARC is working with CRY! (Circus Reform Yes!) on the *Sign A Postcard, Save An Elephant* campaign.

In Europe, captive wild animal circus bans have made these circuses virtually a thing of the past. And now twenty-four U.S. cities also have bans on captive animal circuses. We are lobbying the Minneapolis City Council to make Minneapolis city number twenty-five to say no to wild animal circuses.

Click on the following links to learn more about circuses:

<http://www.crymn.org>

<http://www.circuses.com/>

<http://www.circuswatch.com/>

Donate to ARC Using PayPal[®]

Did you know ARC now accepts online donations? Just like ebay[®] and your other online favorites, you can pay online using your credit card.



Go to: <http://www.animalrightscoalition.com/> and click on the credit card icon.

If you don't already have a PayPal account, you can create one on the ARC donation page. With PayPal, your charitable giving is only a few mouse clicks away.

Overpopulation continued from page 3

- Spay/neuter surgery including pre-surgical and intra-operative pain management, anesthesia, and fluids support
- Insertion of “Home Again” microchip identification
- Administration of rabies and distemper vaccines
- Information regarding post-operative care and pain management
- Rescue and low-cost spay/neuter information for callers who didn’t qualify for the current project(s)

The Scott County project is the first one conducted in a “rural” setting and owes its success to the support of Scott County Humane Services and locally published newspapers from Belle Plaine, Jordan, Prior Lake, Savage, and Shakopee.

“We care about our clients and recognize they have needs other than just help with subsistence.”

Maila Hedin, Scott County Human Services Director said: “My thanks to you for this program. As the mom of two wonderful dogs, I know the joy and benefit derived from having a pet. People love their animals even if they can’t afford them. This is a wonderful offer and our clients should take advantage of this. We care about our clients (and recognize they) have needs other than just help with subsistence.”

MSNP has developed operational and veterinary procedures to standardize and provide high quality surgical procedures including anesthesia and pain management to minimize risk to the animals served. These procedures were adapted from guidelines developed and in practice by SNAP (Spay Neuter Assistance Program, Inc.), an on-going spay/neuter clinic founded in 1990 in Houston, Texas through funding provided by The Fund for Animals.

Next Project

The next project is underway in Anoka County. MSNP has contracted with a local veterinarian and is in the process of taking applications.

If you would like to participate in a project or in on-going activities (fundraising, educational programs) with Minnesota Spay/Neuter Project, please contact them at:

Minnesota Spay/Neuter Project, Inc.
P.O. Box 2067, Minneapolis, MN 55402
Voicemail: 952-996-9292
Web site: <http://www.geocities.com/mnspayneuter> 🐾

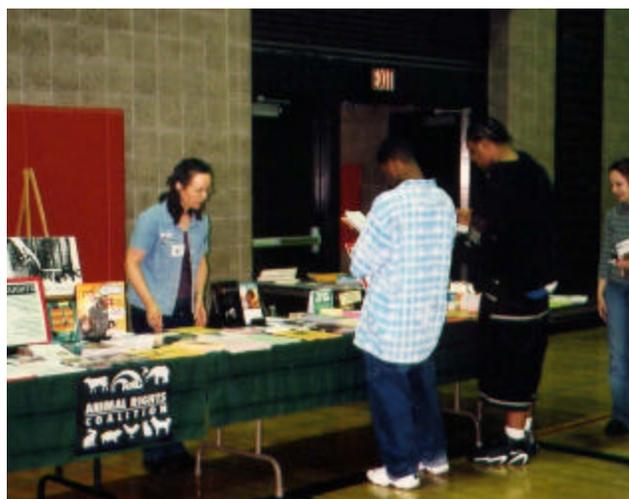
ARC in Action Volunteers

In June ARC volunteers again were out at the annual Pride Festival in Loring Park. Traditionally, ARC’s message of compassion for all living creatures has been well received by attendees at Pride. This year was no different. The turnout was even greater than previous years – giving our volunteers the opportunity to talk with many people and pass out lots of literature and information.



ARC Volunteers at Summer Pride Festival

In April, ARC brought its message to Minneapolis’ Patrick Henry High School for Earth Day 2003. The same month, ARC also had a booth at the Living Green Expo at the State Fairgrounds. By promoting vegetarian and/or vegan diets, ARC helps move people in towards a sustainable lifestyle – one that is ecologically sound, socially just, and humane to all living creatures.



ARC Members Support Green Causes

Vegan Chocolate Cake

As served at the ARC 2002 Holiday Open House
From *Vegetarian Times Complete Cookbook*, ©1995

Cake

2 1/2 cups unbleached white flour
2/3 cup unsweetened cocoa powder, sifted
2 cups sugar
2 tsp. baking soda
1/2 tsp. salt
6 T. vegetable oil
2 1/4 cups + 2 T. water
1 tsp. vanilla extract
2 T. cider, white, or rice vinegar

Preheat oven to 350 degrees.

In a large bowl, whisk together dry ingredients. In a separate bowl, combine liquid ingredients. Stir liquid ingredients into dry ingredients only until blended.

For cupcakes: Line 12-cup muffin tin with baking cups. Fill with batter. Bake until a toothpick inserted in the cupcakes comes out clean, about 20 to 25 minutes. Remove cupcakes and place on a rack to cool.

For cake: Pour mixture into an oiled bundt pan. Bake until firm to the touch, about 25 to 30 minutes. Cool completely.

Icing

1 1/3 cups unsweetened cocoa powder, sifted
1 1/2 cups sugar
2/3 cup cornstarch
2 cups soymilk
1/2 tsp. vanilla extract

In a medium saucepan, whisk together the cocoa and sugar. In a bowl, combine the cornstarch and soymilk until no lumps remain. Whisk cornstarch mixture into cocoa-sugar mixture. Cook over medium heat, stirring constantly and scraping bottom and sides of pan with rubber spatula until mixture is glossy, about 7 minutes. Remove from heat and add vanilla. Beat to remove any lumps (strain through sieve if necessary).

Cool completely, stirring occasionally. Spread on cooled cupcakes or cake. 🐾



ARC Volunteers Offer Humane Alternatives to Dissection at the Education Minnesota Conference

Declawing continued from page 4

a bathtub, a bed, or piles of laundry. Although there are effective ways to modify a cat's litter box behavior, it is a particularly difficult challenge because a declawed cat's aversion results from pain.

Who says declawing is a bad idea?

Declawing is illegal or considered extremely inhumane in 25 countries around the world.

In Conclusion

Declawing should never be done as a "preventative" measure. Despite their reputation for independence, cats can readily be trained to leave the sofa, curtains, or carpet untouched. Using surgery to prevent or correct a behavioral problem is expedient, but it is definitely not the smartest, kindest, most cost-effective, or best solution for you and your cat. Some individuals will always declaw their cats for personal convenience and the safety of their belongings is their top priority.

Fortunately, most people truly love their feline companions and want to do what is best for all concerned. If you are one of these wonderful people, please think carefully about this beautiful little animal who trusts you and relies on you for her very existence. Please make the humane choice and **DO NOT DECLAW!** 🐾

For pictures of a declaw surgery, go to:

<http://community-2.webtv.net/stopdeclaw/declawpics/>

Memorials

In memory of Jerry Layne, a champion for all the animals.

In memory of Jean Onstad, a longtime supporter of ARC.

In memory of Judy, longtime companion to Dave and Joanne Beardsley. We miss you.

In memory of Pepsi who is deeply missed by Monika Hoffmann and her family.

In memory of brave little Saki, the Weinlick family misses you.

In memory of Nym, feline friend to Heidi Greger.



Ellie continued from page 2

We gradually introduced her to the rest of the house, allowing her to explore free from any interference from Kitty. After several weeks, we arranged for Ellie to be spayed. We decided that after she recovered, it would be time to have Ellie and Kitty adjust to sharing all areas of our home. Over the course of the next several weeks, we very slowly introduced them to each other. We crossed our fingers and hoped they would accept each other. There has been the usual hissing and batting, but we persisted, and now they are fond of each other. Sometimes Kitty even forgets she's not supposed to like Ellie. The two reach toward each other nearly touching noses in a friendly "Hello, how are you." They enjoy many fine chases through the house – Ellie chasing Kitty through the house in one direction, Kitty chasing her back.

Ellie is now about 8-1/2 pounds and has a lovely thick coat. She is a very sweet and affectionate cat who often "chirps" with happiness. She loves to sit on our laps and comes under the covers late at night. She plays with string and chases wads of paper across the floor. She loves exploring bags and plays with them, pushing them around making crunchy noises. During the winter, it was funny to watch her sit at the window and observe the snow – her head bobbing up and down at the falling snowflakes.

Ellie is a wonderful addition to our family and we love her very much. We always knew we would adopt a second cat, and Ellie has been a *purrfect* match. Thanks to ARC, Ellie now has a home and family. 🐾

ARC thanks Lori and her husband for taking an abused cat into their home and into their hearts.

BECOME AN ARC MEMBER

Name (please print) _____

Address _____

City/State/Zip _____

Email _____ Phone: _____

- | | |
|---------------------------------|-------------------------|
| <input type="checkbox"/> \$35 | Basic Annual Membership |
| <input type="checkbox"/> \$50 | Patron Membership |
| <input type="checkbox"/> \$100 | Benefactor Membership |
| <input type="checkbox"/> \$1000 | Lifetime Membership |
| _____ | Other donation |

Your membership dues are tax deductible and automatically entitle you to receive ARC's newsletter. Send your check or money order payable to: Animal Rights Coalition, Inc., P.O. 8750, Minneapolis, MN 55408. Thank you!

Give an ARC membership as a gift. ARC will send a greeting card announcing your gift.

Send the card to: Name (please print) _____

Address _____

City/State/Zip _____

Animal Rights Coalition, Inc.
P.O. Box 8750
Minneapolis, MN 55408

Non-Profit Org. US Postage Paid Permit No. 3406
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ADDRESS SERVICE REQUESTED

For over 20 years ARC has been dedicated to ending the suffering, abuse, and exploitation of non-human animals through education, activism, and intervention.

Keep Your Animals Safe This Summer

- Never leave your animal alone in a vehicle. Even with the windows open, a parked vehicle can quickly become a furnace on a hot day. **Overheating can kill an animal.** Parking in the shade offers little protection, as the sun shifts during the day.
- Always carry a gallon of cold water for your pet.
- Don't force your animal to exercise after a meal in hot, humid weather. Exercise her in the early morning or in the evening and keep walks to a minimum. Be extra sensitive to old and overweight animals in hot weather.
- Never leave your dog standing on hot asphalt. His body can heat up quickly and his sensitive paw pads can burn.
- Do not take an animal to the beach unless you can provide a shaded spot and plenty of fresh water for her to drink. Rinse her off after she has been in salt water.
- It's smart to provide plenty of shade and a well-constructed doghouse for animals staying outside. Bring your dog inside during the hottest part of the day, and make sure he has plenty of cool water. Keep cats indoors.

SHOP AND SUPPORT ARC



...up to 27% of each purchase you made went to your favorite worthy cause?

You can support the Animal Rights Coalition just by shopping online for brand-name items at over 452 well-known online stores. You'll also receive free deals and coupons just by becoming an iGive.com member.

HOW IT WORKS

1. Join to support ARC. It's FREE, private, and easy.
2. Shop the Mall at iGive.com. You'll find familiar stores like Dell, Lands End, The Gap, L.L. Bean, Barnes & Noble, Expedia, J.C. Penney, and many more.
3. Watch the money roll in for ARC.
4. Raise \$1 for each new shopper you refer.