



# The Wildlife Watch Binocular

PO Box 562, New Paltz, NY 12561

Summer 2013

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## ANGRY FISH/ ANGRY ENVIRONMENTALISTS

By E.M. FAY



Judging by the ever-growing number of anti-depression and anti-anxiety medications advertised these days, we humans are a neurotic bunch. So extreme is our apparent need for psychotropic drugs that many users routinely ignore the formidable list of side effects warnings that accompany the pills.

While it may be our right to risk various potential harm to our own bodies by ingesting quantities of chemicals, their final destination is the watery home of numerous species, upon whom our excreted drugs are having an extremely negative impact.

In the case of fish living in the waterways where drug residues end up, toxicologists are concerned in particular about psychiatric or "psychotropic" drugs because they influence parts of the brain that are common to humans and other animals. Living in water containing psychotropic drugs affects fish behavior in ways that can threaten their existence, for example, by slow-

### ANGRY FISH

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## VEGETARIANISM - WHY IT'S GOOD FOR THE ENVIRONMENT, ANIMALS, AND YOU, TOO!

INTERVIEW WITH  
PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

If you are a person who eats – and it's a pretty safe bet that you are – then you have a natural interest in knowing the facts about what you eat. The old saying, you are what you eat, is demonstrably true. Whatever we ingest has an effect upon us, for good or for ill, so the more wisely we choose our comestibles, the healthier we are likely to be.

With much scientific research concluding that eating meat and dairy products is harmful to human health in many ways, increasing numbers of people are opting for a plant-based diet. They are turning to vegetarianism and veganism not only to avoid the heart disease, diabetes, and cancers that are more likely with animal-based foods, but in many cases because of an ethical awakening to the cruelty that is part of raising animals for consumption. Plus, the realization that the ecology of the entire planet is being irretrievably harmed by the destructive agricultural practices associated with livestock.

It may appear difficult to adopt a lifestyle in opposition to the dominant paradigm of mainstream culture. Popular media are continually blaring slogans that serve the interests of the meat and dairy industry – "Beef. It's what's for dinner." "Pork. The other white meat." "Endless shrimp buffet," and other advertising propaganda. The committed vegetarian or vegan may in the past have sometimes felt as if he or she was perceived as a bit weird for bucking the trend. But today there is plenty of support for that choice, both

moral and practical, from many progressive organizations.

To take just one example, the Physicians Committee for Responsible Medicine has been weighing in on the subject for decades. Among the diverse health issues that PCRM studies are the ways in which our choice of foods affects us.

**PCRM is a non-profit organization headquartered in Washington, D.C. Established in 1985 by Neal Barnard, M.D., PCRM influences advancements in medicine and science. Their membership includes 150,000 health care professionals, including 12,000 physicians, and concerned citizens.**

Wildlife Watch spoke with Joseph Gonzales, R.D., who has developed nutritional plans for several health organizations, including Image Reborn, a retreat for women with breast cancer, and discussed how a plant-based diet



Joseph Gonzales, R.D. can be instrumental in survival. Gonzales has worked with PCRM for four years. As a Registered Dietitian, Gonzales has established validated dietary guidelines for cancer prevention and survival based on the latest

### VEGETARIANISM

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research in nutrition and preventive medicine.

"We promote food, not drugs or supplements but healthy food. That is what the body needs to fight disease. I'm not against pills, but only when needed. Drugs have side effects, and they only treat symptoms, not the roots of disease.

"Nutrition has a great impact on diabetes, cancer, and heart disease. When you add excess weight it accelerates all the illnesses. More weight brings greater risk. Less weight lowers risk."

All of the foods that PCRM recommends boost metabolism, regulate hormones or reduce excess hormones, and remove cholesterol. And these desirable outcomes can often be accomplished with well-planned vegan diets instead of drugs.

"We run our own clinical research looking at weight loss, rheumatoid arthritis pain, migraines, and diabetes. We have seen first-hand that a vegan diet is instrumental in reducing the effects of these illnesses."



**To encourage a healthy vegan diet and show how easy it can be to start, PCRM has created the "Power Plate," a simple graph of 4 food groups: fruits, grains, legumes, and vegetables. Combining these four foods provides all the nutrition we need, without consuming any animal-derived products. The Power Plate website offers a number of flavorful recipes suitable for every taste that utilize these wholesome foods. <http://thepowerplate.org>**

**Beside the fact that there are numerous delicious meals possible, Gonzales said that the quantity of food is not an issue. "The body knows when to stop," he noted.**

**PCRM has petitioned the USDA to change from their confusing "Food Pyramid" to the easier to understand Power Plate model. The giant meat and dairy industry lobbies have considerable influence over our government agencies, but if enough citizens make their voices heard in favor of switching from**

**the outdated, unhealthy pyramid to the Power Plate, what a boon that would be to the well-being of future generations!**

Motivations for going vegan range from improved personal health to protection of the environment, to world hunger, to a passion for animals. Whatever one's social and political values may be, achieving and maintaining good health is a benefit virtually everyone agrees on. As Gonzales pointed out, "Most people realize what is truly important in the world: children, family, and their health. They naturally want to live as healthy a life as possible."

**In recent years, there has been a noticeable increase in Alzheimer Disease, and some of this can be traced to a diet that includes too much saturated fat. A study by the National Institutes of Health concluded that, "High intake of unsaturated, un-hydrogenated fats may be protective against Alzheimer disease, whereas intake of saturated or trans-unsaturated (hydrogenated) fats may increase risk."**

<http://www.ncbi.nlm.nih.gov/pubmed/12580703>

**Since the main sources of saturated fats are animal products, "It just makes sense to leave them out," Gonzales stated.**

Consuming dairy and meat products stimulates hormone production. We do need hormones, of course, but not in excess. Some cancers, for example, can be fuelled by excess hormones. [www.nytimes.com/2006/12/26/health/26horm.html](http://www.nytimes.com/2006/12/26/health/26horm.html)

Another aspect of poor health is the presence of inflammation. "We want to have a cool body. But you can't cool down the body by taking in animal products. You cool it with fruits and beans and especially lots of greens. Leafy greens quench free radical damage, and they boost the body's DNA repair system. They fight the growth of cancer. The only foods that have been shown to do that are of plant origin. Fruits, vegetables, legumes, lentils – put them all together and you are giving yourself a shield against potential invaders."

Proponents of vegetarian and vegan lifestyles can take heart that the current zeitgeist appears to be heading their way. Health professionals in many countries are recognizing and advocating for

the benefits of eliminating meat and dairy products. More favorable articles are being written, even in mainstream publications. When asked if he has experienced much resistance to his forward-thinking nutritional principles, Gonzales acknowledged that, "Any time you are trying to change the norm you will get a little pushback. But we have over 12,000 physician members. This means we conduct our own research and are getting the results published, most recently in the European Journal of Clinical Nutrition."

The EJCN article, co-authored by Gonzales, Dr. Barnard, and others, documented the largest-ever study of a plant-based nutrition program in the workplace, to reduce weight and cardiovascular risk. The vegan diet required no portion control and no tiresome counting of carbohydrates. The results were telling: all those who filled out the assessment information lost on average a pound a week; and those with diabetes achieved on average a drop of about half a point in their A1C blood sugar measurement over the course of the study (18 weeks). By comparison, a single diabetes standard medicine can't do that.

The plant-based diet recommended by PCRM is accessible to people from every walk of life. Contrary to a popular misconception, vegan meals can be economical. As Gonzales told us, "We make the diet doable, easy, and affordable. People think it's expensive to be vegan, but everyone knows a vegan meal they already like. It just takes education, a little know-how, and experimenting. That is why I am a dietitian," he concluded. "I want to empower people – not to put them on a diet telling them what they can't do, but what they *can* do."

It sounds like good advice to us. With masses of reliable data at our disposal, all of which point to the benefits of vegetarian and vegan lifestyles (benefiting both human and non-human animals) it makes good sense not to let ourselves be taken in by pro-meat propaganda.

Visit the Physicians Committee for Responsible Medicine at [www.pcrm.org](http://www.pcrm.org).  
EMF

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**See  
Simple Hydroponics Page 7**

# SEITAN

## THE HUMANE (AND DELICIOUS) MEAT ALTERNATIVE

WILDLIFE WATCH INTERVIEW WITH SHAMAH

Good food, be it vegetarian, vegan, or otherwise, is more than just a necessity for survival. It can be a stimulus for several of our senses and even a restorative for the spirit. Therefore, when we find a comestible that we truly enjoy, we want to make it a regular part of our lives. Such is the case with "Shamah's Savory Seitan," created by local chef, Shamah Hament.

Although it is made from wheat, seitan has little in common with flour or bread. Also called wheat meat, wheat gluten, or simply gluten, seitan becomes surprisingly similar to the look and texture of meat when cooked, making it a popular meat substitute. Seitan is also high in protein, making it a popular protein source for vegetarians. It is used as the base for some commercially available products such as Tofurky.

Seitan can be prepared by hand with whole wheat flour or vital wheat gluten. The starch in the wheat is rinsed away, leaving high-protein gluten behind. Though not yet as widely popular as tofu, seitan is growing in popularity, especially in vegetarian restaurants, due to its ability to take on the texture and flavor of meat. Prepared seitan can be found in the refrigerated section of many health food stores. (From About.com article, "Vegetarian Food," by Jolinda Hackett.

<http://vegetarian.about.com/od/glossary/g/Seitan.htm> )

Shamah, as she is fondly known to her clientele, has been making her specialty, seitan, for 20 years, and those who have partaken of it generally find it to be the best they've tasted.

As just one example, Anne Muller, President of Wildlife Watch and an avowed aficionado, says, "Shamah's seitan is the best I've ever had!"

Shamah has maintained the same customers for decades due to the superlative quality of her product.



Photo Courtesy of Shama: Shamah with her family.

Among her regulars are such top restaurants as New World Home Cooking in Saugerties, NY, Joshua's of Woodstock, NY, New World Bistro in Albany, NY, Main Course in New Paltz, NY, and Sunflower Health Food Store in Woodstock, NY.

Shamah's culinary experience has varied and interesting roots. A native of Queens, NY, she has been cooking all her life. She worked as a top baker and chef in Berkeley; lived in a rain forest area of the Caribbean for 10 years, where she acquired new skills and tastes, and cooked over an open fire; and she has taught all four of her children to make seitan. A vegetarian since 1970, she likes to eat healthy food. "I know what makes me feel good," Shamah said. She knows that good food makes for good health.

Shamah was a Montessori teacher before she became a renowned seitan chef. After a near-calamity with a chimney fire, she decided she wanted to do something different. She worked for a long time to perfect her recipe and the best procedure for seitan.

"The first year I did a lot of crying," she says now, with a laugh. "It's all done by hand. It's all about how it feels." Having the best seitan on the market is a distinction that she does not take for granted. "I pray before I get to work," she added.

The dedication to her craft has been well worth it, because her customers are very loyal. "I love my customers –

that is really important to me, and they appreciate me."

Another kind of devotion is evident in Shamah's work with the congregation of His Word Revealed Church, in Kingston. She was ordained as a Minister last July, and has thrown herself into her church's community-oriented projects. One of their successful efforts was planting a 50' x 30' community garden plot at the church. The "Feed the Nation" project fed between 75 – 100 people each week last year, and Shamah is looking forward to this, the second year of this valuable program.

Apparently not content to let any grass grow beneath her feet, Shamah is also writing a book about her life. The autobiography/memoir will doubtless be of great interest to her many satisfied customers, some of whom may hope even to learn the secret of her fabulous seitan!

We don't think that Shamah has to worry about competition, however. After all, how many people bake their own bread, even if they know how?

### Seitan and Tofu: Nutrition Facts.

#### Seitan:

per serving, 85g  
calories: 90  
fat: 1g  
protein: 18g  
carbs: 3g  
iron: 1.2mg, 6% RDA  
Selenium: 10 mcg, 14% RDA  
Phosphorus: 65mg, 5%RDA

#### Tofu:

calories: 98  
fat: 5g  
protein: 10g  
carbs: 3g  
iron: 1.6mg, 9% RDA  
Selenium: 13 mcg, 19% RDA  
Phosphorus: 136 mg, 14%RDA  
Manganese: .8mg, 38% RDA  
Calcium: 175mg, 18%

<http://hellyeahitsvegan.com/vegan-fried-chicken/>

## ANGRY FISH

Continued from page 1

ing their reaction time and decreasing self-protective mechanisms. Some behavioral changes can even affect the entire eco-system that fish and other animals share.

It has long been acknowledged that fish ingest many pharmaceuticals, partly through human excretion and partly because people often flush unwanted pills down the toilet. Time magazine has written about this topic in their February 15 Science section. <http://tinyurl.com/ajv4ayg>

To quote from Time, "If [a chemical] doesn't kill animals outright or prevent them from reproducing—as DDT did by causing birds to lay thin-shelled eggs—it's not considered a clear and present threat."

In a recent study, researchers from Umea University in Sweden tested perch who lived in a river downstream from a wastewater plant. (Science magazine, Feb 2013) Evidence of the psy-

chotropic drug oxazepam was specifically targeted, as that is a widely distributed member of the benzodiazepine "family." Benzodiazepines are the most frequently prescribed anti-anxiety medicines.

Comparisons were made between fish in contaminated water and clean water. Three groups were set up: one in a tank of clean water, one in water with the same concentration of oxazepam as in the river, and one in water with 500 times the river's concentration. Dr. Tomas Brodin, Assistant Professor of Ecology and an author of the study, said, "We looked at just one benzodiazepine-type drug but there are many others out there, and they probably all have the same effects on fish and other vertebrates. So we may be underestimating what is happening in nature."

After a week, the fish in clean water showed no change in behaviors. Those in the water with the lower level of oxazepam were significantly less social, ate their food much

faster than normal, and were more aggressive than the first group. The fish exposed to the higher level of oxazepam were affected even more strongly, especially regarding boldness.

These altered behaviors would likely lower the perch's survival rate, as sociability, i.e., schooling activity, and avoidance techniques were lessened, which would mean easier predation by other species.

Dr. Brodin noted that the behavioral changes seen in the laboratory subjects could have unexpected evolutionary and ecological consequences if reflected in wild populations. Although it will be difficult to document exact consequences of these altered behaviors, scientists acknowledge that they are bound to occur.

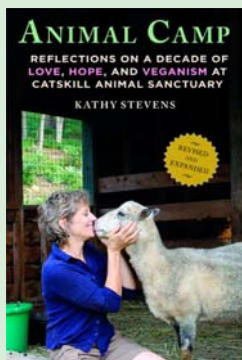
Dr. Brodin suggested figuring out safer ways to neutralize the chemicals as they go through sewage filtering facilities. Stricter guidelines for drug trials could identify those drugs that have smaller ecological impacts.

If the article above is not sufficient to give you pause with regard to eating fish, then please consider that commercial fishing drowns at least 600,000 seabirds annually, and that could be an underestimate.

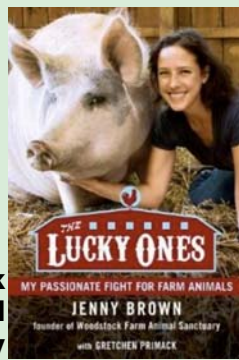
That number does not include seaturtles, seals and even whales.

For more information, please visit: [www.nytimes.com/2013/06/13/us/study-finds-large-seabird-toll-from-fishing-nets.html?\\_r=0](http://www.nytimes.com/2013/06/13/us/study-finds-large-seabird-toll-from-fishing-nets.html?_r=0)

## A Couple of New Books to Know About:



Both are farm sanctuaries in Ulster County, NY. **Catskill Animal Sanctuary and Woodstock Farm Animal Sanctuary**



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We welcome letters/articles/photos for consideration.

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## EYE ON THE NEWS

# Lion Tacos?

### If you see something, say something!

A restaurant in South Tampa, Florida, named Taco Fusion, had built their "reputation" on providing "unusual" fillings for their tacos. As if it were not bad enough that

slaughtered cows are routinely eaten, the proprietor has offered beaver and otter meat to his customers. And now, for \$35, the perverse gourmand can also eat a lion meat taco.

Even more appalling, the lions are raised in captivity, specifically for consumption.

Thanks to protests, the restaurant removed the lion meat from the menu, although they said it would only be temporary.

Wildlife Watch tried to contact Taco Fusion to see if they went back to serving lion flesh and found that they had gone out of business! **HOORAY and many thanks to all the protesters in Florida!**

If you would like to go for a statewide ban on exotic animal "food," please be in touch with us at [wildwatch@verizon.net](mailto:wildwatch@verizon.net)



# R.O.C.K. - Rehabbers Offer Care and Kindness

Wildlife Rehabilitators are aware of the many perils facing individual wild animals in their daily existence. Some can be avoided by personal steps that we can take - others need to be dealt with through education or lobbying efforts.

Wildlife rehabilitators are **licensed by state game agencies, yet they are given no support**, and they

are **not allowed to charge for their "services."** Sadly, animals often come to the attention of rehabbers when they are found by people who either don't want them near their house or don't know how to help them. When the DEC's, DNRs or police are called, they normally recommend killing or letting the animals die; and most veterinarians cannot take time from their busy schedules.

## JO-ANNE ROWLEY From Nurse to Wildlife Rehabilitator

INTERVIEWED BY E.M. FAY

Photos of baby possum courtesy of Joanne Rowley.



Baby possum in pink jammies.

Jo-Anne Rowley, licensed Wildlife Rehabilitator in Phoenicia, has worked to save the lives of a variety of animals over the years. Species include small mammals such as squirrels, rabbits, woodchucks, and porcupines, as well as songbirds, but she has a special fondness for opossums.

Opossums – or “possums,” as people shorten their proper name – have numerous interesting characteristics. For one thing, opossums are the only marsupial in the United States. Marsupials’ babies emerge at birth as small as bumblebees, crawl through their mother’s fur to her abdominal pouch, and there attach themselves to her nipples. They are nursed in the pouch for two cozy months, then climb out and cling to her back as she walks, until they are fully grown. This is quite an impressive feat when you realize that a mother opossum can have a lot of babies!

The undaunted nature of these back-packing mommies is not lost on Rowley. “I love the way they carry their young,” she says.

Once, Rowley said, a friend of hers saw a possum walking down the street in Woodstock, and was afraid it had

been hit by a car because it was staggering. It was a relief to find that actually, the gallant girl was walking like that because she had 12 babies on her back!

The first animal that came Rowley’s way after she was licensed was a full-grown male opossum. She had never seen one alive before, so she was a bit startled. Luckily, he was not badly injured, and even tried to chew his way through the cage. She took him to her mentor – a woman with years of experience – who showed Rowley how to treat him. “I fell in love with opossums,” Rowley said. “A mother shouldn’t have favorites, but I do. I am just captivated by their beauty.”

Sadly, we all too often see opossums when they are lying dead or injured by the road. Skunks, opossums, and other local species who come out at dusk and try to get home in the dim light of morning have an especially hard time of it.

Jo-Anne Rowley grew up in Forest Hills, Queens; she spent summers in the Catskills, and has an affinity for the area and its wildlife. She became a Registered Nurse, living in Boulder and Denver, Colorado for 25 years, but always felt drawn to the Catskills. After a long career in hospital nursing, she returned 10 years ago, settling in Phoenicia.

Noticing an announcement in the newspaper that the Department of Environmental Conservation was administering a Wildlife Rehabilitator’s license test, Rowley took it, passed, and got started on a new life.

“Like everything else, when you have a little book knowledge, theory does not always translate into practice,” Rowley

confided. “I knew nothing, really, so I found a really good mentor and worked with her for a long while. Eventually, I let the apron strings go, and I’ve been independent for nine years now. But no matter how long you do this work, there is always *someone* who knows more than you do about every animal, every bird. I often call other rehabbers to get extra tips.”

Not everyone makes it, of course, and that’s always hard. But those who are gone are never forgotten, as Jo-Anne maintains a small graveyard in her back yard.

Opossums have a tough time surviving in a hard winter. They do not hibernate, so they must come out every night to forage. When it’s extra cold, food is hard to come by. They’re not really suited to typical northern winters, but because of global warming, they began slowly migrating northwards. Now they are settled here, during a prolonged frigid period, they suffer.

Some unthinking people dismiss opossums as unimportant, even expendable, but actually they are very helpful to the eco-system. As omnivores, they consume a lot of smaller creatures that humans think of as pests, including bugs and small mice. **If we would but appreciate and protect them, we wouldn’t need to pay human exterminators to poison our environment.**

### How to Help

Rowley shared some ways to help preserve these inoffensive woodland

**R.O.C.K.**

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## R.O.C.K.

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neighbors. If you see an opossum in or on the side of the road, apparently having been struck by a car, do not just assume s/he is dead and nothing can be done. Making sure you are not putting yourself in danger, check the opossum for a pouch. If it is a female and has one, there may be live babies inside who could be saved. Rowley saved 33 baby opossums that way, two summers ago. Sometimes dogs attack opossums, so check for babies in those cases, too. Occasionally, the mother herself can be saved.

Rowley recommends that people keep gloves in their car – latex or dishwashing type, anything protective and flexible – and if the opossum is in the middle of a road lift it gently and move it to a safe spot on the side, then check the pouch for young. If you find any, call a local rehabber immediately. It is helpful to have a shoebox and a clean towel with you, too. **It is most important to keep the animal warm and not give it any food or water until it is**

### with a rehabber. Feeding a cold mammal can be a death sentence.

A vital part of the committed rehabilitator's "job" is to educate the public, which can mean saving more precious wild individuals in future. Rowley works with other rehabbers, teaching tips to the general public, and also to encourage new people to get into wildlife rehabilitation. They taught a class at SUNY Ulster last year and will have another one in the fall.

When asked what she would wish for if she had her druthers, Rowley said, "I wish people were more conscious of the pain and suffering that they cause to wildlife with their cars, lawnmowers, and pesticides. I wish for just a general increase in their consciousness about the lives of animals."

### Tools of the Trade

Caring for injured wildlife requires more than compassion, know-how, and elbow grease. A variety of supplies and food items are needed, and all species-specific. Rowley is very grateful for donations from kind people. "I find that people are generous, whether they bring paper towels, or disinfectant

wipes, or monetary help, or someone will say, 'Keep the animal carrier.' One lady brought an injured bunny to me and also some lovely fresh vegetables from her garden."



### Finding a Release Site

Finding appropriate release places once an animal has recovered is a problem. "It's really difficult to find safe places to release small mammals," Rowley said. Ideally, they would be away from any roads, and preferably with a stream or other water source, plenty of cover, and sufficient food sources.

Whatever the future brings, Rowley is certain she will continue to love opossums. In fact, she had a baby opossum in her shirt pocket during our interview.

If you have an opossum or other wildlife rehab question, contact Jo-Anne Rowley at joannerowley@earthlink.net

## WILDLIFE WATCH NEEDS YOU!

Wildlife Watch needs your help more than ever to continue providing our vital services for helping injured and orphaned wildlife. In addition to our national hotline, Wildlife Watch lobbies for wildlife protection bills, does pick-ups locally, and contributes to the local rehabbers for their care of the babies we bring to them. Through our publication, the **Wildlife Watch Binocular**, Wildlife Watch emphasizes the unique spirit of individual animals and promotes wildlife watching as a means of spiritually and ethically relating to other beings, and as an enhancement of our life enjoyment.

**Will you become a part of our team?**

**YES**

<http://wildwatch.org/join/join.htm>

## Wildlife Watch Fields Hundreds of Calls

Every spring and summer, Wildlife Watch fields hundreds of calls from the public across the country and Canada. Each call is an opportunity to save the life of a wild animal.

This year was particularly active with fawn calls. In most cases, it is simply a matter of letting callers know that does do not stay with their fawns and can be gone for many hours. The Moms do that so as not to draw attention to the fawn, and to feed themselves to generate more milk for the fawn.

Fawns need to rest a lot and learn to walk on their spindly legs. The well-meaning person can misinterpret the situation, assume the fawn has been abandoned, and take the fawn.

Just letting callers know that if a fawn seems otherwise healthy, s/he should be left where found, or in the case of a fawn found on the road, s/he can be moved to a nearby location, we suggest 20 feet or so. The mothers will find their fawns when they start to bleat (they sound like baby goats).

We also get calls that clearly require the help of a wildlife rehabilitator, and we maintain up-to-date lists of rehabbers in every state and Canada in order to help the caller locate help nearby.

This is a full time effort during "baby season" and we ask that you please help us by letting us know that you would like to work with us to make this a national network. In truth, the government should be doing this – or funding it – but we don't see the likelihood of that anytime soon.

Please contact us at 877-WILDHELP. If you have a problem connecting, just drop the last letter.

# SIMPLE HYDROPONICS AT HOME

Here's something that came our way that is so simple and very exciting for the cost savings and just empowerment of being able to grow your own food from what might normally be thrown out.

Thank you to **Penny Gummo** for posting this on Facebook:

*You can re-grow your lettuce, green onions and celery this simply!*

*I bet a lot of you throw out the stump at the end of the lettuce when you are done. Until recently, so did I! Then I came across this really interesting post online about re-growing from the remaining hunk. It is simple:*

*Save the end from your lettuce and put it into a little water (about a half inch). Change out the water every day. The lettuce will grow back incredibly quickly.*

*The one on the left I cut today. The middle one yesterday and the one on the right, the day before. You can see how much it grows in just two days!!*



*But don't feel limited to Romaine. This technique can also be used with green onions and celery*

Editor's Note: I have tested this with Romaine and it works! Don't be fooled by the larger Romaine in the back. It's not what she is referring to, just look at the photos of the Romaine sprouting. It should be kept by a window and the leaves grow back smaller according to some sites, but just pluck them as you need them!

Please let us know how it goes and take photos: [wildwatch@verizon.net](mailto:wildwatch@verizon.net)

## MAGNIFICENT MONARCHS MONSANTO-ED TO DEATH

An interview with respected Insect Ecologist Orley Taylor in the Guardian's Environment column in April disclosed the fact that this past winter's population of North American monarch butterflies was at its lowest-ever level.

The thrilling annual monarch migration across Canada and the U.S. to winter sites in central Mexico has long enchanted lepidopterists and casual observers. But **the census taken this year at the monarchs' winter home found their numbers had declined 59 percent over the previous year, an all-time low.**

The two most prominent factors that are putting monarchs in danger of extinction are the planting of GM corn in the Midwest, and a much greater use of herbicides. The herbicides kill the milkweed that traditionally used to grow alongside "natural" cornfields, i.e., non-modified corn plants. Milkweed is vital for monarchs' survival; it is their primary food source.

"What we're seeing in the United States," Taylor said, "is a very precipitous decline of monarchs that's coincident with the adoption of Roundup-ready corn and soybeans."

Round-up is a product of the Monsanto Corporation and is the world's most-used herbicide. Its active ingredient, glyphosate, has been linked to Parkinson's and other diseases.

Another partial cause of monarch die-off is the illegal logging of forests in Mexico, the monarch's traditional destination. Taylor explains the role of the Midwestern Corn Belt in the monarchs' lives, and how the change in weed control from tilling to poisons is threatening their future. Thanks to Round-up and similar products, he says of the all-important milkweed, "I haven't seen any for years now because of the use of Roundup....They have effectively eliminated milkweed from almost all of the habitat that monarchs used to use."



There are Monsanto protests erupting all over the country and world, just Google "Monsanto protest" to find one and please lend your voice to this growing chorus of people trying to save our planet.

## Let's Go Wildlife Watching Boyd Hill Nature Park's Plantings for Butterflies, St. Petersburg, Florida

BY ANNE MULLER

Thirty-six varieties of butterflies grace this park, in part because plantings are put in place for them in key locations where visitors can learn about the types of plants that butterflies like. Visitors who gather for the presentation are later encouraged to plant for butterflies in their own backyards.

Boyd Hill is perfect, especially if you have children, as many of their activities are for young people. As you would expect, Boyd Hill provides a home for a few individual wild animals who are not releasable, but the zoo-like atmosphere is fortunately quite limited.

The park attracts local environmentalists who encourage the public to become involved with helping the planet, and have themselves come up with unique inventions and methods



Photo from Boyd Hill website.

for doing so. The educational level and relaxed atmosphere works for everyone.

Visit their website first to see all that they have to offer.

[www.stpeteparksrec.org/boyd-hill-nature-preserve.html](http://www.stpeteparksrec.org/boyd-hill-nature-preserve.html)  
<http://dinaswildlifeadventures.blogspot.com/2011/12/boyd-hill-butterfly-and-birds-skywatch.html>



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# NYC School Goes Vegetarian

## ...And the Children Love It!

RESEARCHED BY E.M. FAY



Photos courtesy of P.S. 244 Flushing, NY

In an encouraging – and healthy – step forward, a public school in Flushing, Queens, has instituted a vegetarian menu for its students.

**P.S. 244, the Active Learning Elementary School, is the first public school in the U.S. to make this historic switch to all vegetarian meals, which are served both at breakfast and lunch times.**

**That this is an elementary school is a significant factor, because as educators have long known, patterns of behavior established in the early years of a child's life are more likely to be retained later on.** This holds true whether learning mathematics, languages, or ethics. Besides the acknowledged health benefits of eating a vegetarian diet, the relinquishment of animal-based food lends itself to consideration of an overall

respect for non-human life.

**Schools Chancellor Dennis Walcott**, a longtime advocate of a healthy lifestyle, recommends that this model be emulated nation-wide.

**P.S. 244 Principal Robert Groff** added, "We believe that if we taught kids to make healthy choices, it would help them to grow as students and well-rounded children."

Other recent improvements in city schools have been installations of salad bars and switching from white to whole-grain breads.

See the entire story at:

<http://www.nydailynews.com/new-york/queens/queens-school-serves-all-vegetarian-fare-article-1.1331690>

