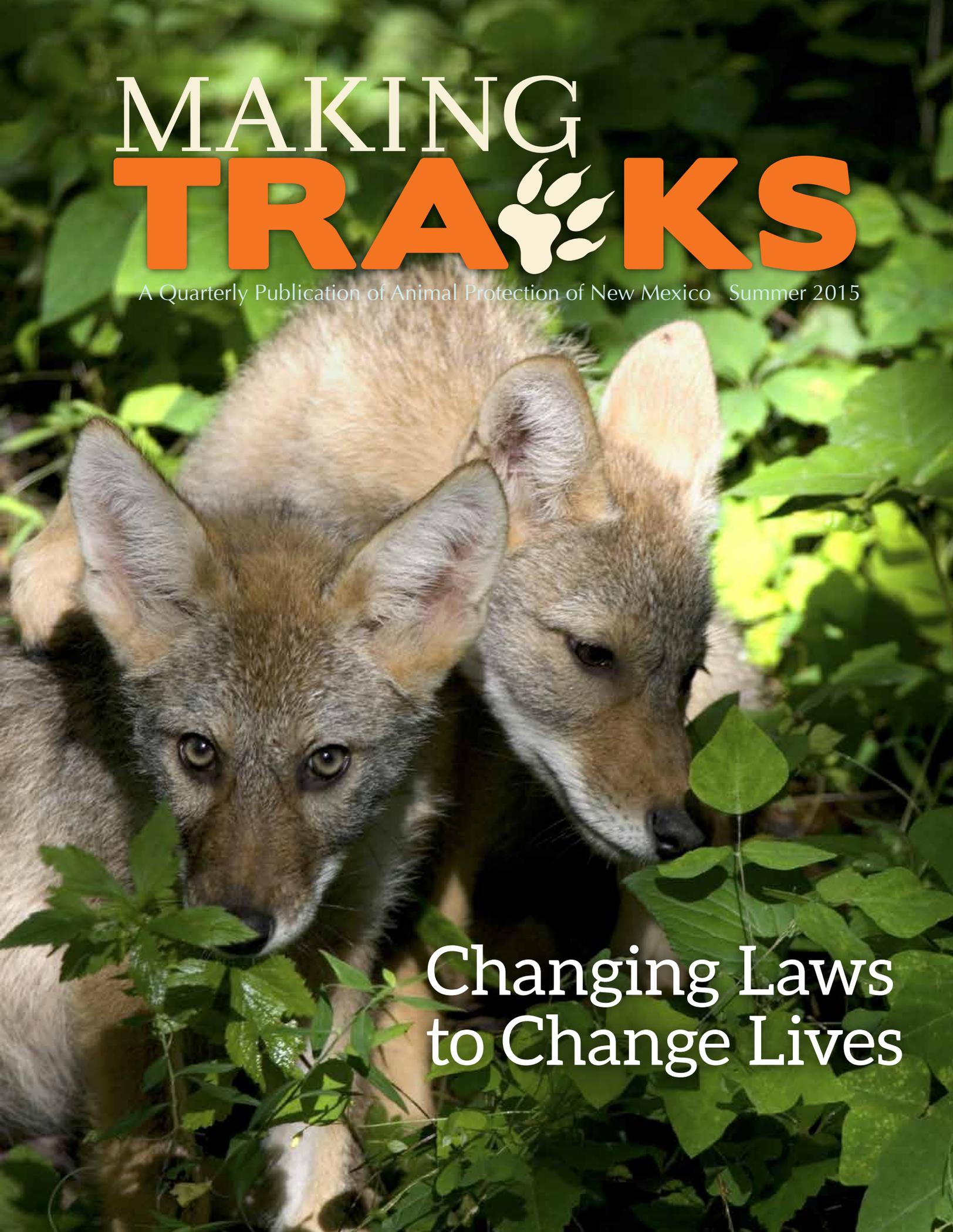


MAKING TRAKS

A Quarterly Publication of Animal Protection of New Mexico Summer 2015

A photograph of two coyotes in a field of green plants. The coyote on the left is looking towards the camera, while the one on the right is looking down. The background is a dense field of green foliage.

Changing Laws
to Change Lives



Dear Friend of the Animals,

Now that the long, grueling days and nights of the New Mexico Legislature are behind us, it is easier to reflect on our vital role of seeking long-term change for the benefit of New Mexico's animals. Year after year, because of our constant presence at the state Legislature and because of your respectful voices, our state laws have become visibly more numerous and stronger for animals.

We understand the pace of this change seems unbearably slow, we know the path is fraught with stumbling blocks and frustrations, and we agree so much needs to be different. But the fact is, during our 36 years of standing up for animals, we've achieved significant concrete change. Dozens of better laws have saved countless lives, and it turns out these laws really do matter to animals and our communities.

The Reverend Martin Luther King, Jr.'s poignant words emphasize this point: "It may be true that the law cannot change the heart but it can restrain the heartless. It may be true that the law cannot make a man love me, but it can keep him from lynching me, and I think that is pretty important, also."

APNM's long-term, tireless efforts change both policies and practices that directly harm or allow harm to animals. We are not only in the state capitol, but also in government agency and executive offices, in Washington, D.C., in the media, and sometimes even in the courts, being the best ambassadors we can be in order to stop the root causes of animal abuse and to build systems that support animal protection.

We are always up to this challenging work that helps our members, us, and the animals sleep more easily at night. Thank you for believing in and supporting our mission of "systemic change."

Sincerely yours,

Elisabeth Jennings,
Executive Director

MAKING TRACKS™

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Animal Protection of New Mexico
is a Guidestar Exchange Gold Participant.



CHANGING LAWS to Make “*Humane*” the NEW NORMAL in New Mexico

Since statehood in 1912, almost all animal-related laws in New Mexico stipulated the various ways people could use animals. The laws didn’t establish protections for animals harmed in seemingly endless ways. When APNM was formed in 1979, the few state laws on the books concerning the protection of animals were weak and essentially unenforced.

Over the years, close examination of animal abuse in New Mexico has yielded a long list of repugnant practices that includes random cruelty and neglect by individuals, as well as a whole host of established, institutionalized cruelty for things like entertainment, food, clothing, education, and research. In response to that unacceptable reality, APNM has been determined to make concrete changes in how animals are viewed and treated in our state.

APNM has made it a high priority to identify where local and state laws need reform, and has succeeded in improving existing laws and creating new laws that hadn’t existed before. By organizing and helping to amplify the voices of other caring New Mexicans, APNM has been directly responsible for the passage of dozens of important laws that help make sure *all animals matter* in every area of our state.

Implementing a vision for New Mexico where all animals matter is a tall order when one considers that many cruel practices have persisted without question or challenge for years, decades, or sometimes centuries. Entrenched cruelty can’t be changed without serious and sustained efforts. And since 2002, APNM has been working with its legislative arm, Animal Protection Voters, to achieve even greater legislative successes. We aim to do even more.

Change Can and Does Happen

As APNM/APV’s staff hear about or directly witness something cruel, we have to learn about the unpleasant details, gather facts and allies, and then set our sights on changing the status quo. Turning away from terrible practices won’t make them disappear. Working effectively to change something is the best antidote to feelings of outrage and despair that are natural when hearing about cruelty.

Since 1979, APNM/APV has worked with legislators to pass laws banning cockfighting, dogfighting, and horse tripping in our state. Other laws that APNM/APV has spearheaded and passed include increased penalties for extreme cruelty, a prohibition on the sale of antifreeze without a bittering agent, requiring humane euthanasia in shelters, and creating mechanisms for raising funds to pay for cat and dog spays and neuters. APNM/APV has also led successful efforts to pass laws that established lifesaving infrastructure specifically for the benefit of animals: the Animal Sheltering Board and its Animal Care & Facility Fund; the Horse Shelter Rescue Fund; and funding for a safe haven program that helps the human and animal victims of domestic violence.

Continued next page

Photo courtesy of Southwest Environmental Center



Coyote killing contest victims

(continued from previous page)

While there are constant reminders all around us of unbearable mistreatment of animals, it is important to realize that New Mexicans are eager for change and want to see laws that mirror their humane values. Despite the ongoing and unavoidable

changes in the composition of the Legislature, APNM/APV witness a growing persistence, determination, and professionalism among citizen animal advocates with each passing year.

2015 Successes Are a Team Effort

During the 2015 legislative session, APNM/APV, along with Representative Carl Trujillo (D-Santa Fe) and an army of effective citizen advocates, helped push through a bill that created a new funding mechanism for statewide spay/neuter services via a voluntary donation of state tax refunds. By promoting this “spay/neuter tax check-off” located on the New Mexico PIT-D Form, advocates could see this effort yield results similar to those seen in Colorado, where taxpayers raise over \$100,000 each year. In addition, thanks to the leadership of Senator Nancy Rodriguez (D-Santa Fe) and a collaboration between APNM/APV and the New Mexico Coalition Against Domestic Violence, \$50,000 was secured for a lifesaving program that helps victims and their animals escape violent homes. Both these meaningful legislative successes will help animals, but will also make our communities safer, better places to live.

Beyond measures passed, APNM/APV found legislative successes by leading efforts to prevent the passage of three extremely harmful bills that would have been disastrous for

animals and their advocates. A House bill would have removed the limited protections mountain lions have in New Mexico, a Senate bill would have made criminals of those trying to document animal abuse and other crimes on factory farms, and a House bill would have made it nearly impossible for neighbors of intense factory farms to complain about the unbearable conditions created around their homes because of the repulsive way animals are raised on dairy farms and other animal factories.

Beyond these important and hard-fought wins, APNM/APV and its allies labored long and hard to gain support for several other important bills that failed to pass, including two priority bills: a ban on coyote killing contests and a ban on traps and poisons on New Mexico’s public lands. Despite tremendous and widespread support for these reasonable reforms, disproportionate agricultural interests that dominate one House committee prevented the bills from passing. Even still, animal advocates understand these laws don’t change overnight, and we are more determined than ever to continue gathering voices of reason across our Land of Enchantment, pushing for laws that reflect common decency.

Every additional voice raised helps bring about this positive change more quickly. To become an essential part of this movement, please join Animal Protection Voters at www.apvnm.org, be sure to vote in every election for candidates who support the well-being of animals, and develop a relationship with your legislator so you can respectfully convey how important animal issues are to you.

Time and pressure, the things that can move mountains and create awe-inspiring landmarks like the Grand Canyon, are the very same things that will ultimately lead to better laws for New Mexico’s animals.



Why I Support APNM

“I searched for and found in APNM, an all-embracing and wide-ranging animal protection organization, when I returned to New Mexico in 1999. Over the intervening years, I have volunteered and advocated for APNM. During that time, I directed my own small non-profit organization and often sought APNM’s wise counsel. I have always appreciated and supported the direction and focus of APNM while applauding the continuous, dogged determination of their leadership and staff. I am also a donor to the organization. I am delighted to share the joy of APNM’s successes that lie ahead.”



Yvonne Boudreaux, Executive Director of Prairie Dog Pals, Compassion Circle member (monthly donor). Pictured here with Prince Pooh Bear, a Black-Tailed Prairie Dog she rescued from the pet trade.

“APNM is a rarity—a dedicated statewide animal welfare group that has the savvy and the know-how to make big changes for animals—and their track record is long and impressive. So it is my honor and privilege to give monthly to APNM. I work with its motivated and highly effective staff, and I know my donations are making the biggest difference possible for New Mexico’s animals. These people are true heroes.”



Bruce Wagman, attorney, Compassion Circle member.

CARE Hotline and Network: Bringing Relief in Real Time

“Thank you for
planting hope
in my heart...”

–CARE Hotline caller



APNM’s Companion Animal Rescue Effort (CARE) Network provides temporary and confidential safe havens for the animals of domestic violence victims in New Mexico. To an individual or family at risk of abuse or violence and needing to flee that dangerous home, the best action is to *Get Out!* Victims need to take their children and animals and whatever important documents and other items they can grab, and leave as soon as they can.

The reality is that victims may not be able to get back safely into their house to save their animals. What’s important is having the resources in place and ready to help in these situations. APNM’s CARE Network does just that. Since July 2014, CARE has assisted 50 callers with referrals and/or direct services for over 100 animals!

CARE Saves Lives, Delivers Peace of Mind

This lifesaving service was there for a woman, desperate for assistance, who called the CARE Hotline one recent evening. The caller was waiting for police to escort her and her cat from an abusive home. She called the CARE Hotline, provided the basic information needed, and APNM’s CARE Hotline manager reached out to our CARE Network of safe haven providers to arrange for transport, a veterinary wellness exam, and safe emergency housing for the cat. In less than 20 minutes, APNM had three willing providers on “stand-by,” awaiting final confirmation with the client. In this case, CARE was it, she had nowhere else to turn. If it hadn’t been for the CARE Network, she would not have been able to take her cat with her. Like most calls coming to the CARE Hotline, the need for response was urgent, usually within 24 hours or sooner.

Building a Network for Immediate Response

Over the past several months, CARE program staff and some partnering domestic violence advocates have been actively reaching out to New Mexico communities to expand the network of CARE service providers. Veterinary clinics, boarding facilities, animal transporters, and foster caregivers are all being asked to join the Network. There are now about 75 service providers around the state, but CARE still needs many more foster home providers in all regions of New Mexico. Interested individuals should contact Sharon Jonas at (505) 265-2322, ext. 23, or email care@apnm.org.

Laws That Matter

Senate Bill 178, sponsored by Senator Nancy Rodriguez (D-Santa Fe), passed and was signed into law during the 2015 legislative session, making available \$50,000 to the New Mexico Children, Youth & Families Department’s “animal sheltering services” program. This appropriation will support the CARE program and its operations.

Continued next page

(continued from previous page)

CARE Hotline and Network: Success Stories



From Sandy, a CARE client:

“Not everyone I know or meet understands the love I have for my cats and most thought I should *just get rid of them*. Each time I heard those words it truly broke my heart, as they are the

ones who have given me the unconditional love that everyone wants in life. The thought of having to “get rid of them” because of my homeless situation made me a complete wreck! As I realized I was to end up in a shelter, all I could think of was...what was to happen to my babies? I felt so overwhelmed with guilt. Then one day I felt that God had led me to the right place at the right time. I had contacted the DVRC [Domestic

Violence Resource Center] for help, and it was then I was told about the CARE Program. This organization was truly a gift from God. I had just been accepted into a shelter that had a waiting list, so the timing in getting them accepted was critical or I’d lose my place at the shelter. DVRC orchestrated the process with CARE beautifully. My babies were immediately taken in and the woman who came to pick them up made me feel so much better, as I could definitely see that they would be in a great place with the best of care. During their time away I was provided with pictures and updates, which gave me so much comfort and encouragement to work toward my new future. I couldn’t be more grateful to CARE for taking great care of my babies and giving me peace of mind so I could concentrate on building a better future for the three of us. Thank you, CARE!”



From Deleana OtherBull, Executive Director of the Coalition to Stop Violence Against Native Women:

“It is common in a lot of Native American tribal communities to hold animals in high regard and view them as an extension of the family. Dogs, horses, sheep, livestock, etc. are often seen as our relatives and thus we take on both nurturing and protective roles towards these animals. At the Coalition to Stop Violence Against Native Women (CSVANW),

we are aware that the link between domestic violence and animal abuse is a topic that has not been widely discussed in tribal communities, so we are moving towards acknowledging our connection to our animal relatives and ensuring that victims of domestic violence have access to resources and support for their animal relations when seeking safety. We are proud to partner with APNM and are extremely thankful to APNM for providing training to our tribal advocates during our 40-hour core advocacy training.”



Saturday, October 3, 2015 5:00pm to 9:00pm
Hyatt Regency Tamaya Resort & Spa, Bernalillo

Announcing this year’s winners:

- JoJo *Animal Award*
- Sena Fitzpatrick *Board of Directors’ Award*
- Patty Mugan *Direct Animal Services Award*
- Pam Wiseman *Executive Director’s Award*
- Robyn Albani *Humane Education Award*
- Mary Katherine Ray *Humane Citizen Award*
- Ruben Lucero *Law Enforcement Award*
- Senator Nancy Rodriguez *Lawmaking Advocacy Award*
- MaryIn Zahler *Mary Jane Garcia Champion for Animals Award*
- Jenny Rabinowitz *Media Award*

Since 2000, APNM has been publicly recognizing and thanking those who go out of their way to improve the lives of animals in New Mexico. Every four years, the Milagro Awards recognize individual and collaborative humanitarian acts on behalf of animals.

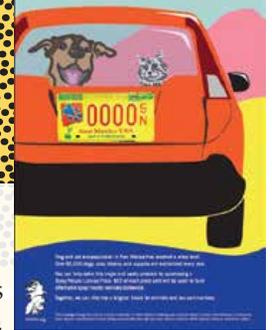
Individuals and businesses can show their support for the 2015 Milagro Awards and the winners by becoming an underwriter for this very special event. There are many opportunities to

support the Milagro Awards, from becoming the Title Sponsor or sponsoring a winner, to advertising in the event’s print program. To learn more and to download the 2015 Milagro Awards Commitment Packet, visit www.apnm.org/milagrowards or contact **Daniel at (505) 265-2322, ext. 32 or daniel@apnm.org**. Purchase tickets to the event online (current APNM donors receive a 10% discount). Get your tickets today and help honor these impressive champions for animals.

Mora

APNM humane educators Sherry Mangold and Cindy Wacek, accompanied by three Southwest Canine Corps of Volunteers therapy dog teams, traveled to Mora in April, where 1st, 2nd, and 3rd graders “Read to the Dogs” and learned “Loose Dog and Bite Safety.” APNM thanks Mora resident and animal advocate, Carolyn Allen, for her assistance.

**Drive Home the Message:
Spay and Neuter**



Albuquerque

Contacts made at the March 2015 Advocacy In Action Conference led to APNM’s Sharon Jonas presenting about the CARE Network and The Link at the Coalition to Stop Violence Against Native Women’s weeklong training for victim advocates in April. The workshop will now become an ongoing part of CSVANW’s training.

Statewide

To promote New Mexico’s spay/neuter license plate, APNM mailed its new, eye-catching poster to animal shelters, rescue groups, animal control departments, veterinary clinics, and MVD offices statewide. Email leslie@apnm.org if you can help by placing a poster in your local library, community center, or other public place or gathering spot.

Las Cruces

Beautiful St. Clair Winery & Bistro in Las Cruces hosted the Equine Protection Fund’s first annual fundraising event in conjunction with ASPCA’s national Help A Horse Day Celebration. Fund supporters enjoyed delicious appetizers, music, wine, unique silent auction items, and a special appearance by Murphy, the miniature donkey.

For more information on how you can double your donation to the Equine Protection Fund or personally help raise crucial funds for horses, please email Victoria at victoriak@apnm.org.

The Math and Science Bureau of the NM Department of Public Education recognized APNM’s *The Animal Connection* program as an engaging conduit that teachers throughout New Mexico can use to interest their students in technology and mathematics. Sherry Mangold presented *The Animal Connection* and all of its core curriculum applications at the STEM (Science, Technology, Engineering, and Mathematics) Symposium in May.

wish list: For The CARE Program

Easy-to-clean carriers, all sizes
Crates
Big wish: collapsible cat condos
Cat beds
Dog beds, all sizes

Cat scratchers
Treat puzzle toys
Gift cards for Petsmart or Petco (to purchase items when needed: collars, leashes, toys, special food)

can you help us out?

Visit apnm.org/WishList for links to the items on our wish list.

Contact Daniel Abram at daniel@apnm.org or 505-265-2322 ext. 32.

Court-Mandated Humane Education: Working for Transformations

The LINK connecting animal abuse with domestic violence and assaultive behavior is a well-established one. If not recognized and treated early on, as the abuser grows older, the victims typically grow in stature as well. Recognizing the potential of such perpetrators to continue their cruel behavior, Bernalillo County Metropolitan Court judges often attempt to put a halt to this process by ordering humane education as part of the sentencing during the probation period. APNM has provided humane education in two such cases.

New Mexican children playing at recess on their school grounds witnessed two Pit Bulls chained 24/7. When Animal Control was called, the officer found not only chained dogs, but also the paraphernalia used for training and fighting both cocks and dogs. The “owner” pled guilty and was ordered to participate in a number of education sessions designed by APNM to expose him to

the consequences of his actions. Animal welfare officers confiscated his dogs; one was determined to be unadoptable and was humanely euthanized. APNM’s education director showed the offender the euthanasia area at the local animal shelter, exposing him to the process his dog went through as a consequence of his actions. In another session, the offender looked at photos of many New Mexico dogs whose collars and chains had become so badly embedded in their necks they required surgery.

Another client APNM worked with was found guilty of child abuse and hoarding. Because of past child neglect convictions, officials permanently removed the infant from the mother. When the mother was released from jail, the court order required she attend humane education training. Again, the probation office turned to APNM to create a specialized program for this offender. There is no known successful treatment for hoarding, however in this case APNM learned that the client was allowed by the court to retain one of the more than 25 dogs and cats from the house. That dog was not spayed, current on vaccinations or licensed. As a result of one of the required sessions, the woman’s dog is now in accordance with local ordinances.

APNM salutes the judges and probation officers who recognize the seriousness of animal abuse and the other crimes that can stem from it.

New Animal Cruelty Case Database: A Tool for Change

In May 2015, APNM’s Cruelty Case Manager began using a new, custom-made Cruelty Database to track cases called into statewide cruelty hotlines. The database has a user-friendly dashboard showing the number of open cases and providing reminders for follow-up. Numerous other automatic features include GPS coordinates for cases. Photos, video, and other supporting documents can also be attached to each case file.

This database will make it easier for APNM staff to address and track important cases called into hotlines. Sometimes hotline callers represent the

only “eyes and ears” standing between an animal and his/her abuser.

The new system can also produce useful, custom reports on demand, making it easier to understand trends and determine areas in the state where abuse and neglect is more prevalent. This can lead APNM to prioritize and launch educational campaigns and other efforts in particular regions of the state.

How many horse neglect cases have

there been in Valencia County so far in 2015? How many cases of any type in

Bernalillo County? These are just two examples of an almost endless list of possible inquiries that can lead APNM to use its resources more strategically.

The new database is a dramatic improvement over the old system that had more potential for human error.

Thanks to a donor’s generous support, this new tool will make the day-to-day job of Challenging Animal Cruelty a little less challenging.

Sometimes hotline callers represent the only “eyes and ears” standing between an animal and his/her abuser.



Witness animal cruelty or neglect? Call the APNM Cruelty Hotline 1-877-5-HUMANE

We can help and refer the situation to the right agency in your area. *Confidentially.*

The challenges facing those working to protect New Mexico's animals are tremendous. As animal advocates become stronger and better organized, our opposition becomes more unscrupulous and the potential for harm to animals becomes greater. APNM is determined to do everything it can to continue its effective, collaborative work for the benefit of animals and our state's communities.

Thanks to the generosity of our supporters, we are becoming better equipped in many ways to challenge unbearable cruelty that is normal but not acceptable. We are growing and strengthening our resolve to enact concrete, positive change.

Please join Animal Protection of New Mexico and Animal Protection Voters for an open house celebration of our new Santa Fe office. Now with two offices, we will have an even greater ability to *make sure animals matter* throughout the state.

**SATURDAY
JUNE 20** 1111 PASEO DE PERALTA
(1/2 block east of Old Santa Fe Trail)
6:00PM an historic Santa Fe property

RSVP to Anne Coller
BY JUNE 13 at 505-670-8285
or ac@4heifer.com

APNM Santa Fe
celebrate with us
June 20th 2015



Move Your Feet for the Animals

New Mexico's climate is ideal for spending time outdoors, with close to 300 sunny days in most places in the state. With that backdrop, why not get outside and move your feet for the animals?

Throughout the summer and fall in New Mexico, dozens of Fun Runs, Walks, 5K Runs, 10K Runs and even marathons are being held in places all across the state. Events planned in Alamogordo, Albuquerque, Angel Fire, Bloomfield, Eagle Nest, Jemez Springs, Las Vegas, Raton, Rio Rancho, Roswell, Ruidoso, Santa Fe, Socorro, Taos, Tohatchi and many other towns beckon you to get involved.

Create Your "Team APNM"

Get with your friends or family and form your own "Team APNM." Just register with the event being organized near you, secure pledges for your team (people usually donate a certain amount of money per mile), and then walk or run for the animals. Don't forget to use your favorite social media (Facebook, Twitter and others) to promote your fundraiser.

Your fun day out with friends will translate into important and needed support for APNM's effective animal protection programs. You can even designate the funds you raise specifically for your favorite APNM program.

APNM Will Help

Organize a team for the animals and APNM will provide race T-shirts to promote the cause you're helping. Better still, a grand prize will be awarded to the "Team APNM" organizer who raises the most funds from their event, and the winning "Team APNM" photo will be featured in an upcoming *Making Tracks* magazine.

Contact us at info@apnm.org for help making your event a success.



Restaurant Review: **An Hy Quán**

APNM reviewers asked owner and chef William Leichty if they could take a picture of him in his Albuquerque vegetarian/vegan restaurant, An Hy Quán, to accompany this article. He respectfully declined and said that he would rather focus on the food, adding “the menu is really compelling.” He was right. The extensive menu for his mostly Vietnamese-influenced restaurant includes rice and noodle dishes, clay pot reductions with different varieties of mock fish, stir fries, and soups. The flavors are diverse, the ambience is simple and pleasant, and the prices are reasonable for the fairly large portions.

Thịt chay xào hạt diêm, or Cashew Mock Pork is one of An Hy Quán’s most popular dishes. When they first offered the dish on the menu, the mock pork was vegetarian, not vegan, containing egg as a binder. They decided to start making their own vegan version of the ‘meat,’ and the dish “just exploded” in popularity. The nicely textured protein is joined with zucchini strips, sesame seeds, and whole cashews, cooked in a rich, nutty brown sauce and served over jasmine rice.

Patrons will also enjoy the Bánh xèo, or Special Crêpe. The large crêpe is made from mung bean flour, and a touch of turmeric, with scallions and mushroom slices cooked into it. The heavy, earthy flavor is nicely offset by the fresh filling of bean sprouts, shredded carrots and thinly sliced jicama, and is drizzled with a sweet and sour sauce.

Leichty learned the restaurant trade from his mother, Huong Thao, who opened a restaurant named after her in 1991. She

insisted that when her son opened his own restaurant, that it be meat-free. She is a Buddhist and would often cook vegetarian meals for the family. Leichty agreed and started eating exclusively vegetarian/vegan himself when he was developing the menu. “I was an unapologetic carnivore,” he said. “I ate meat all the time, to the detriment of my health. We opened in September 2013, and by January I had lost 20 pounds!” He also explained that he was tired of dealing with the mess meat made, and he didn’t want to open just another Vietnamese restaurant. He will soon be adding vegan dishes to the menu that are inspired by Korean and other Asian cuisines.

Visitors to An Hy Quán should be sure to check the specials board when they arrive. In particular, look for Clay Pot with black button mushrooms and tofu in a creamy macadamia soup. It is exquisite! For a rich and refreshing, not-too-sweet beverage, try the Avocado Shake. It’s an unexpected treat.

An Hy Quán Vegetarian Restaurant

1405 Juan Tabo Blvd NE
Albuquerque, NM 87112

www.AnHyRestaurant.com

(505) 332-8565

Open Tuesday-Sunday 11AM to 9PM

Closed Mondays



Photos courtesy of Techtronics, LLC and Daniel Abram



Hearty Corn Chowder

Adapted from a recipe for Corn Chowder in *The Conscious Cook* by renowned chef, Tal Ronnen, this delicious meal makes use of a summer staple, corn. Organic ingredients are always preferable. Serves six.

- 4 TBS high quality cooking oil (coconut oil makes a wonderful sautéing oil)
- 1 medium onion, diced
- 2 carrots, diced
- 1 stalk celery, diced
- 1 sweet red bell pepper, diced
- 5 to 6 cups vegetable stock
- 1 dried chipotle pepper, diced
- ½ tsp dried thyme
- 2 potatoes, cut into small chunks
- 1 bag frozen corn (equivalent to about 6 ears of corn)
- 2 TBS minced fresh chives (or dried and rehydrated)
- 1 ½ tsp salt (or to taste)
- black pepper, to taste
- 1 ½ cups cashew cream*

In a large soup pot (cast iron works well), make a soup base by sautéing the onions, celery, carrots, red bell pepper and chipotle pepper with oil for several minutes, and then add the vegetable stock.

Add the potatoes and thyme, bring to a boil, reduce the heat and simmer until potatoes are done (15-20 minutes).

Smash the potatoes against the side of the pot to create a thicker soup.

Add the corn, chives, salt and pepper, and cashew cream, and cook on low for 10 more minutes.

Serve with kale salad (see Making Tracks Spring 2015 edition) and your favorite bread for a hearty and healthy meal.

*Cashew Cream

Rinse about 1½ cups raw cashews, add enough cold water to cover them, cover the bowl and soak for about 8 hours in the refrigerator. Drain the cashews, rinse again, then place in a food processor with enough cold water to cover them by one inch and blend until very smooth.



Plant-Based Diets *Fight* Type 2 Diabetes

According to the Centers for Disease Control and Prevention, Type 2 diabetes accounts for about 95% of diagnosed diabetes in adults. The New Mexico Department of Health estimates that at least 10% of New Mexicans have diabetes. "Type 2 Diabetes is entirely preventable, and plenty of research suggests a plant-based diet can help ward off the disease," according to U.S. News & World Report.

With about 200,000 New Mexicans suffering from diabetes, imagine the improvement in our citizens' health if plant-based diets were broadly promoted and encouraged. Help spread the word! Read more at <http://tinyurl.com/nz55d5p>.



PO Box 11395
Albuquerque NM 87192
www.apnm.org

Making sure animals matter in every New Mexican community.

CHALLENGE GRANTS: Time is Running Out!

June 30 is the deadline to double your gift to the Equine Protection Fund to help match the Pond Foundation's generous \$9,000 challenge grant. We need your help now to raise just \$2,340 more by June 30th. Please help us get twice as much for equines with the greatest need.

Go to **EquineProtectionFund.org** to make your donation or mail your donation to **APNM, P.O. Box 11395, Albuquerque, NM 87192** and write **"Pond"** in the check memo. *Horses, mules, and donkeys will thank you!*



ANIMAL PROTECTION OF NEW MEXICO: **FACES OF APNM**



Photo by Daniel Abram

Arlene Engel

Office Manager Arlene Engel has been a part of the APNM team since December, 2007. Arlene came to New Mexico in 2005 from California with degrees in Horticulture and Network System Administration. She worked in the technology sector for companies such as Maxtor, Quantum, and Raytheon Semiconductor. Arlene has effectively brought her experience to bear on the operations of APNM. She provides general administrative and technical support to APNM's Albuquerque office and assists the staff with IT troubleshooting, document proofing and formatting, and facilitating a professional working environment that is safe and comfortable. Arlene also is responsible for many critical business management matters such as insurance audits, regulatory agency reporting, inventory, purchasing, and

filing Animal Protection Voters' Political Action Committee reports. She has also developed her own fundraising activities such as APNM's Car Donation Program and the Planet Green Recycling program.

Arlene credits her time at APNM as being life changing with her personal choice to become vegan, and to have the opportunity to work with like-minded individuals. When she moved here from California, she brought her beloved cat Gatita. She soon adopted another stray cat named Winston. They are now joined by a feral colony (not so feral anymore) that adopted her, living in her house with access to an outdoor enclosure.

Her hobbies include calligraphy and needlework. Several of the APNM staff's companion animals have stayed warm under one of her hand-made blankets!