



MAKING TRACKS

A Quarterly Publication of Animal Protection of New Mexico Summer 2014

COMPANION ANIMAL RESCUE EFFORT (CARE) NETWORK

**Helping Human and Animal
Victims of Domestic Violence**

FROM THE EXECUTIVE DIRECTOR



Dear Friend of the Animals,

When Animal Protection of New Mexico (APNM) says we aim to “make sure animals matter in every New Mexican community,” we really mean it. Our determination to succeed on behalf of animals and all those who care about them should be obvious when you consider APNM’s statewide reach and the depth of our programs.

This edition of *Making Tracks*—like all editions—provides a comprehensive view of our approach: taking on cruel systems that hurt animals and harm our communities; examining the stubborn problems and their root causes; and focusing on developing sustainable solutions that work on the ground for animals and communities. While these deliverables sometimes can be easier said than done, they indeed represent our guiding principles.

It is not accidental that our programs yield a mutual benefit for animals and the communities that care about them. We constantly are reminded that the wellbeing of animals is inextricably linked to our collective wellbeing. Our cover story about APNM’s Companion Animal Rescue Effort (CARE) Network demonstrates this in spades. To the degree that young people are taught this connection—*The Animal Connection*—our entire state benefits. Be sure to read what our education program means to the young lives we’re reaching, particularly those who come from homes and neighborhoods where horrific cruelty is viewed as normal.

In this 35th year of APNM’s far-reaching animal protection work (including APNM’s predecessor, Sangre de Cristo Animal Protection), we celebrate our achievements but still challenge ourselves to press for more positive change for vulnerable animals in our state.

Thank you for being a part of this honorable work that relies on empathy, compassion, and strong consideration for what life is like for someone else. Your commitment to APNM and the animals becomes our driving force and inspiration!

Sincerely yours,

Elisabeth Jennings,
Executive Director

MAKING TRACKS™

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SAFE HAVEN FOR SOPHIE

THE CARE PROGRAM PROVIDES LIFE-SAVING SUPPORT FOR VICTIMS OF DOMESTIC VIOLENCE

The argument over credit card charges escalated between the woman and her husband to the point where she was so frightened, she locked herself in the bathroom. The enraged husband grabbed the woman's delicate and beloved Italian greyhound. He also grabbed a knife. If she didn't come out, the little

dog named Sophie would pay the price. He stabbed Sophie several times, puncturing her right lung which would later be removed. In an attempt to save her dog, the woman was stabbed in the shoulder. Both survived, with the scars to show for it. Some victims of domestic violence are not so lucky.

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IT HAS LONG BEEN KNOWN THAT VIOLENT BEHAVIOR TOWARDS ANIMALS, WHICH OFTEN ORIGINATES IN CHILDHOOD, PERSISTS INTO ADULT LIFE AND BECOMES A CYCLE OF VIOLENCE THAT EXTENDS INTO HUMAN RELATIONSHIPS.



After his incarceration, the husband later told a prison chaplain that as a child he had removed his sister's goldfish from the aquarium and placed it on her bed to die. Also, in response to his mother's scolding, he had also flushed his own living pet hamster down the toilet after he had neglected to change the animal's bedding.

It has been long known that violent behavior toward animals, which often originates in childhood, persists into adult life and becomes a cycle of violence that extends into human relationships. People who are experiencing abuse in the home are often encouraged by their friends and other family members to 'just get out of the house.' The presence of companion animals complicates victims' ability to do so. Indeed, over 80% of American households with companion animals consider them part of the family. Batterers often use this relationship to their advantage to exercise power over their victims, threatening to harm a cherished companion animal. It is a cruel but effective strategy, as almost half of victims will delay leaving an abusive relationship out of fear for the welfare of their animals.

APNM's Companion Animal Rescue Effort (CARE) program receives calls from the advocates of domestic violence victims and assists by placing their companion animals in temporary safe havens. CARE allows victims in crisis to take the time to find safety and security themselves, and provides them with some peace of mind related to their animals. The goal of the program is to reunite the victims with their animals when their lives have stabilized and they are able to again care for their animals.

APNM has recently developed a strategic partnership with the New Mexico Coalition Against Domestic Violence (NMCADV). During New Mexico's 2014 legislative session, Animal Protection Voters (on behalf of the APNM CARE program) and NMCADV successfully lobbied for Senate Bill 187, sponsored by Senator Nancy Rodriguez, which appropriated \$50,000 to the NM Children Youth and Families Department for support of the partnership and the CARE program. The bill passed and was signed by Governor Martinez, allowing APNM the opportunity to significantly expand the CARE network of animal foster care providers, hire a dedicated CARE case manager, and cover expenses for food and other animal care necessities.

With leadership from NMCADV, domestic violence support service providers are increasingly recognizing the value of the CARE program in the community, demonstrating that animals matter in the lives of New Mexicans in good times and bad.

There is more good news. Sophie's story had a fortunate outcome. She is alive, happy and thriving today. But each year there are over 21,000 domestic violence victims reported to law enforcement in New Mexico, not counting the animal victims. This year's good news about state funding is a welcome antidote against this grim reality. With your support of this important statewide program, APNM can continue this lifesaving service. To learn more or make a donation, visit <http://www.apnm.org/programs/care/> today.

ANIMAL PROTECTION OF NEW MEXICO: **CRUELTY HOTLINE**

The Power of Offering Rewards

When APNM's Reward Program is activated, in cooperation with law enforcement agencies, it can make a big difference in animal cruelty investigations. One such reward case began in late 2010 on the Isleta Pueblo in Bernalillo County, New Mexico.

A dog dubbed "Brownie" was found at the Pickle Heights Library on December 13, 2010. Brownie was dragging a broken chain and had a chain collar painfully embedded in his neck. Isleta Pueblo Animal Control Officers Ruben Lucero and Waylon Chavez contacted

APNM's Cruelty Case Manager to request a reward offer, and APNM offered a \$1,000 reward in addition to a local \$100 match.

Soon, two separate tipsters called to identify Brownie's person. APNM reported that information to the Pueblo's Animal Control, and on Jan 7, 2011, charges were filed against the owner for Animal Cruelty in Tribal Court. The owner pleaded guilty and surrendered Brownie. The two tipsters agreed to split the reward, each receiving \$500 from APNM.



Brownie was transferred to a local rescue and, after rehab and training, was welcomed into a forever home in another state. By continuing to offer our Reward Program, APNM shows our support for New Mexico's communities, their animals, and the law enforcement agencies that protect them.

Fighting Trapping on Public Lands: It Began with a Screaming Dog



On New Year's Day 2014, Terry and Dave Dubois were hiking with their dog, Jetta, and friends near Chupadera Mesa in Los Alamos County. While stopping briefly along the well-used trail, the couple was shocked when Jetta, a heeler mix, began to emit piercing cries. The dog, panicking from pain and fear, had her foot caught in a steel leg-hold trap that was buried a foot from the trail. Removing Jetta from the grip of the device required both Dubois and one of their companions. Miraculously, Jetta's leg was not broken but the hikers discovered two more traps buried nearby.

As Jetta's bruising healed, the Dubois' began to research trapping regulations and policy in New Mexico and were appalled at what they discovered. The couple, both members of the local search-and-rescue group Mountain Canine Corps, realized the horrible effects trapping has on public safety and recreation. As Dave Dubois later told the Los Alamos Monitor, wilderness rescue is particularly at risk: "They [the search-and-rescue dogs] could be taken away in one instance. And we have no rights. If our dog is maimed, we can't sue the hunter. He has all the rights on his side."

Even in legal trapping, current state regulations on placement of devices do little to protect domestic animals and wildlife from cruelty—traps can be installed just 25 yards from a trail or road and ½ mile from a house. No warning signs are required. These cruel devices cannot distinguish among wildlife, endangered species, and companion animals and are legal on most public lands in our state.

Since New Year's Day, the Dubois have been instrumental in bringing attention to trapping within Los Alamos. In response to these efforts, the county council voted unanimously in late March to adopt recommendations of a circulated petition and to draft an ordinance banning animal traps within Los Alamos County.

Citizen action is vital in the ongoing movement to ban cruel and destructive trapping from our public lands. The New Mexico Wildlife and Public Safety Act, introduced in the 2013 legislative session by Rep. Roberto Gonzales (D-Taos), gave voice to the majority appalled by the use of traps and poisons on public lands. More needs to be done at the grassroots level to help pass this bill. To find out more about trapping and get involved in the Trap Free New Mexico coalition, please visit apvnm.org/news_updates/2014/protect_wildlife.

Why I Support APNM

"I was naïve of the connection between animal abuse and domestic violence prior to hearing about an acquaintance that would not leave her violent home as her beloved dogs could not be sheltered with her. This situation ended tragically and my first question was "is there a program to help these victims?"

Some sleuthing on the internet led me to Animal Protection of New Mexico and their CARE Program. This was my first connection with the courageous, compassionate and knowledgeable team at APNM who not only were protecting animals with their CARE Program, but supporting the human victims of violence. By sheltering animals that are known to be in violent homes, the CARE Program allows the victims to seek protection, feeling confident their animals are also safe.

Now that I have been working to support the program I see the same reaction, hands go to the heart and people say, "Well of course, if someone would hurt an animal they most certainly will hurt a child, a wife, a grandfather." The CARE Program and APNM are constructing critical change, I am proud to be a part of it."



Photo: Steve Deroma

Margaret Keller, APNM Ambassador and CARE Program supporter, with her beloved **Daisy**

Santa Rosa

Santa Rosa will host two free rabies vaccination events this summer, thanks to a generous \$1,500 grant from the ASPCA® and help from APNM. Up to 200 dogs and cats will also receive free, personalized ID tags and collars.

Albuquerque, Las Cruces

On May 3, over 60 children with a family member facing cancer shared a morning of fun with APNM's *The Animal Connection* program. Partnering with the New Mexico Cancer Center and Southwest Canine Corps of Volunteers, the children interacted with therapy dogs to learn animal safety and were entertained by a multitude of the dogs' tricks.

Professional Animal Cruelty Investigator Training

Albuquerque: June 23-27 Las Cruces: Sept. 8-12 APNM is helping to coordinate training by the National Animal Cruelty Investigations School, a five-day workshop coming to New Mexico. Thanks to The ASPCA®, partial scholarships are available for this nationally recognized program. For details, call 800-825-6505 or visit <http://leti.missouri.edu/animal-cruelty.aspx>.

Tucumcari

APNM's Animal Shelter Program Manager assisted Tucumcari's Police Department in obtaining an impressive \$5,000 grant for animal shelter improvements from the Union Pacific Foundation. Funds will be used to seal the shelter's floor surfaces, providing an environment both healthier for animals and more inviting to the public.

Estancia

APNM's Animal Shelter Program Manager successfully secured a \$ PetSmart Charities grant for the town of Estancia to begin a Trap-Neuter-Release effort, which will provide for sterilizing and vaccinating up to 300 free-roaming cats in 12 months.

Around the State

During May 2-8 experts from Animal Protection Voters, the ASPCA®, and Trap Free New Mexico brought *Advocate for Animals* meetings to Rio Rancho, Tijeras, Ruidoso, Las Cruces, Silver City, and Bosque Farms to discuss key animal issues expected at the state legislature in 2015 and to build unstoppable momentum to pass stronger laws for animals. Over 100 animal advocates attended the training.

The Navajo Nation and The Foundation to Protect New Mexico Wildlife Develop a Plan for Humane Horse Management

As you may have read in the Winter 2013 *Making Tracks*, the Navajo Nation's (Nation's) President Ben Shelly and The Foundation to Protect New Mexico Wildlife (Foundation), formed in 2013 by former Governor Bill Richardson and legendary actor Robert Redford, met to initiate steps to protect the Nation's free-roaming horses.

On May 1, 2014, the Nation and the Foundation initialed an agreement to develop a comprehensive and humane program to manage the free-roaming horses on the Nation. Thanks to the work of former Governor Bill Richardson and Navajo President Ben Shelly, this historic memorandum of understanding allows national animal protection groups and Animal Protection of New Mexico (APNM), through the Foundation, to work with the Navajo Nation's Division of Natural Resources to develop plans to help feral horses on the drought-stricken Nation. A formal signing will happen in the near future.

"This historic agreement is a great first step in our efforts to not only protect these horses, but to find humane and long-term solutions that are in the best interest of the Navajo people and their land," Richardson said in a press release from the Foundation.

"Working together to resolve challenges is our approach as we work with Governor Richardson and his Foundation. They will give us funding and find more resources to reverse the population of feral horses," President Shelly said. "We will continue to treat these animals humanely and implement the best solutions to our rangeland issues. We thank Governor Richardson and the Foundation for working with the Navajo Nation in this most important effort."

Richardson also thanked the animal protection groups that are partnering on this project. The groups include Return to Freedom Wild Horse Preservation, ASPCA®, Humane Society of the United States, Animal Welfare Institute, and APNM. The efforts of the Navajo Nation, the Foundation, and the animal protection partners will eventually include more extensive assessments of horse populations and range conditions/carrying capacity, re-homing, the use of immunocontraceptives, and veterinary care including gelding. All partners are looking forward to potentially bringing relief to thousands of horses affected by drought conditions on the Nation.

Why I Support APNM

"25 years ago I was in an abusive relationship, but I wouldn't leave without my four cats. Back then there wasn't a Companion Animal Rescue Effort (CARE) program to turn to for help.

With Animal Protection of New Mexico's CARE program, you don't have to leave your pets behind when leaving an abusive relationship. The CARE program provides a safe haven for the pets, the other silent victims of domestic violence, through a network of foster care providers and private organizations. In fact, I volunteered to be a foster home for this program.

The CARE program is a lifesaver for both victims and their pets. That's why I support this wonderful program."



Photo: Lloyd Wilson

Janet Philippsen, APNM CARE Program Supporter

Challenge Grant: Doubling Your Dollars for Equines



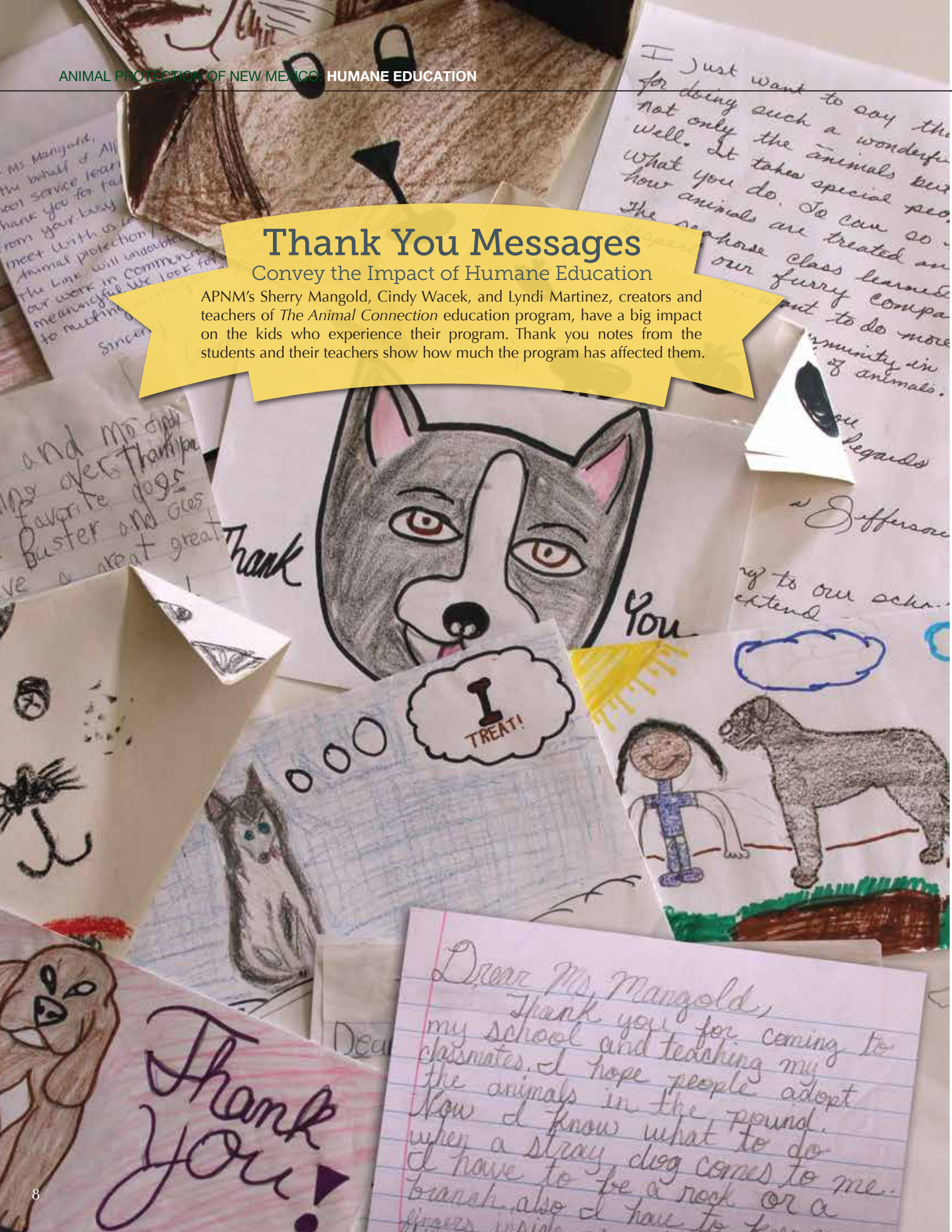
Will you help us help more horses and other equines? Make the most of your donations by giving now, when your dollars will be matched.

Visit apnm.org/donate.

Thank You Messages

Convey the Impact of Humane Education

APNM's Sherry Mangold, Cindy Wacek, and Lyndi Martinez, creators and teachers of *The Animal Connection* education program, have a big impact on the kids who experience their program. Thank you notes from the students and their teachers show how much the program has affected them.



New Mexico Residents:

*"If You Don't Vote, You Don't Matter"**

In the United States there are thousands of animal protection and animal sheltering organizations spanning every state, providing crucial direct support for the lives of needy animals. But consider that only a couple dozen organizations scattered in a handful of states focus on helping animal advocates direct their energy to supporting laws and lawmakers

that fundamentally improve animals' lives. There is a need for both kinds of efforts.

In New Mexico, Animal Protection Voters (www.apvnm.org) helps people use the act of voting to make positive and real change for animals. If you're tired of having your animal protection views ignored, don't get mad. Vote!

Take These Three Steps to Ensure Your Voice is Heard:

- ★ Make sure you're registered to vote: check online at <http://www.sos.state.nm.us/sos-VoterReg.html>. Registration deadline for the general election is October 7, 2014.
- ★ Make plans now to vote in the general election on Tuesday, November 4, 2014. If you know you'll be gone for election day, or to avoid election day lines, arrange to vote either by absentee ballot or by early voting at alternate sites beginning on the third Saturday before the election. Call your county clerk for locations. Both methods are very convenient and help you avoid election-day hassles.
- ★ Become a member of Animal Protection Voters (APV), where your voice gets magnified because it is combined with other advocates. Join at apvnm.org/donate/. As an APV member, you are entitled to learn which elected officials have used their positions to improve the lives of animals. These champions need your support! Note: Federal law prohibits APV from sharing its candidate endorsements with non-members.

* Huey Long, from the major motion picture, *All the King's Men*

ANIMAL PROTECTION OF NEW MEXICO: YOUR GIVING MATTERS

Proof that Giving is **Good for You**

We all know how great it feels to be able to give a contribution to something we care about. Humans have a wonderful capacity for sharing, caring, and empathy. On top of that good feeling, **there is scientific evidence that the practice of giving is physically good for us.**

In a 2006 study, scientists at the National Institutes of Health found that when people give to charities, it activates regions of the brain associated with pleasure, social connection, and trust, creating a "warm glow" effect. Scientists also believe that altruistic behavior releases endorphins in the brain, producing the positive feeling known as the "helper's high."*

Consider what you and the animals stand to gain when you make a commitment to give—even a modest donation—to Animal Protection of New Mexico's

lifesaving programs. Whether you care about dogs, cats, horses, chimpanzees, coyotes, beavers, or cougars, your donation to APNM makes their lives better. Don't wait for that "helper's high" to work its magic. Visit apnm.org/donate/ to support every one of APNM's initiatives.

Twice as Good:***Double your joy and your impact!***

Donations to the Equine Protection Fund through December 2014 will be matched by a generous donor, doubling every dollar given up to \$100,000. Please visit apnm.org/donate/ and note that the donation is for "Horses-Now" (immediate care for needy horses) or "Horses-Future" (for the long-term care of needy horses).



Restaurant Review: BODY Café

An oasis of calm along busy Cordova Road, BODY is a paradise for the health conscious. The brainchild of owner and founder Lorin Parrish, BODY provides a wide variety of beneficial services for physical and psychological wellness, as well as support for local, sustainable artisans and growers. The complex—which includes a café, spa, and boutique—features a spacious and tastefully minimal layout, with health books lining the walls and a smart, eclectic soundtrack.

On a bright spring afternoon, we stopped by BODY to discuss the model that the business has been promoting for the past ten years, as well as to sample the café's substantial vegan and vegetarian offerings.

Carrying a wide variety of sodas, teas, and juices, the café will satisfy any taste in drinks. One of the juice blends, the Quencher, features beet, carrot, lemon and ginger in a robust and brilliant red mixture. As an appetizer, the kale Caesar salad is a tasty choice. With kale, romaine lettuce, jicama, and dehydrated onions drizzled in a nutritional yeast dressing, the salad is light on the palate but quite flavorful. Jicama also features in the café's spring rolls, which come with a delicious dipping sauce of ginger and tamari.

Rich and earthy, the Asian tacos are a superb vegan entrée featuring tempeh and cashew sour cream with a side of black beans and rice. These flavorful soft

tacos are a satisfyingly full meal in of themselves. For dessert, the raw chocolate ganache is a pleasingly subtle pie made from cacao and coconut oil on a nut-based crust.

A recent addition to the staff, BODY Chef Lizz Redman looks at food from a holistic standpoint. Redman, who holds a Masters degree in Sustainable Food Systems, credits traveling in Central America and experiences with fresh, local produce with opening her eyes to the ecological and sociopolitical possibilities of food.

In March, the café held a special party for APNM as part of their "EveryBODY Loves Animals" month. The event drew nearly 70, a mix of longtime APNM supporters and new faces, and guests contributed thousands of dollars toward APNM's programs, including the Equine Protection Fund, to ensure humane care for New Mexico's horses, donkeys, and mules. We are grateful to BODY's staff and ownership for making APNM a part of their overall mission to promote health in people, animals, and the planet.

BODY

**333 West Cordova Road
Santa Fe, NM 87505**

BODY Café open daily 8:30AM – 8:00PM.

**Dining room seating 11:00AM – 2:30PM and 5:00PM – 8:00PM.
505-986-0362 bodyofsantafe.com**



Photos: Charles Fox





Fresh Corn & Pepper Pasta Salad

The freshest ingredients will really make this warm salad special. Enjoy with a glass of pinot noir. Serves four.

- 14 poblano chili peppers (1 lb)
- 1 fresh jalapeño pepper
- 8 medium tomatoes (2 lb), coarsely chopped
- 3 tablespoons chopped fresh oregano
- 2 tablespoons chopped fresh cilantro
- 1/3 cup green (hulled) pumpkin seeds
- kernels from 4 ears fresh corn, raw
- 1 large white onion, cut into 1/2-inch-thick rounds
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/4 cup olive oil
- salt, to taste
- 12 oz short pasta (ie.gemelli or rotini)
- Garnish: more fresh cilantro leaves

Place poblano peppers on their sides and broil on the rack of a broiler pan in oven about 2 inches from heat. Roast peppers, turning them with tongs, until skins are blackened, 5 to 8 minutes. Transfer pepper peppers to a bowl, then cover and let steam 10 minutes.

Peel poblano peppers, discard seeds and ribs, then coarsely chop. Chop jalapeño pepper and omit seeds for a less spicy salad. Transfer both types of peppers to a large serving bowl and stir in tomatoes, oregano, and cilantro.

Toast pumpkin seeds in a dry, well-seasoned cast-iron skillet over moderate heat, stirring until puffed and lightly browned, 2 to 3 minutes (seeds will pop as they puff). Transfer seeds to a small bowl.

Add half of corn to skillet and dry-roast over moderate heat, stirring frequently, until browned in spots, 4 to 5 minutes. Transfer to pepper/tomato mixture. Cook remaining corn in same manner, add it to pepper/tomato mixture.

Dry-roast onion in cast iron skillet, turning frequently until browned but still slightly crisp. Transfer to a cutting board and coarsely chop. Stir into pepper/tomato/corn mixture.

Cook garlic and cumin in oil in a skillet over moderate heat, stirring, until fragrant, about 30 seconds. Stir into pepper/tomato/corn mixture.

Cook pasta in a large pot of boiling salted water until al dente, then drain. Add pasta to mixture and toss. Season with salt and sprinkle with pumpkin seeds. Serve warm or at room temperature.

Photo: Jessi Princiotta

How Do Vegans Get Enough Protein?

So many places! And all of them have ZERO cholesterol, as opposed to cholesterol-laden animal protein. Combine these healthy foods for even more protein punch.

- 18 grams:** 1 cup cooked lentils
- 15 grams:** 1 cup cooked black beans
- 13 grams (average):** 1 veggie burger
- 11 grams:** 4 ounces firm tofu
- 9 grams:** 1 medium bagel
- 8 grams:** 1 Tablespoon peanut butter
- 7 grams:** 1 cup plain soy milk
- 6 grams:** 6 oz. plain soy yogurt
- 5 grams:** 2 slices whole wheat bread
- 4 grams:** 1 medium potato

Source: <http://www.peta2.com/lifestyle/infographic-how-to-go-vegan/>





PO Box 11395
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*Making sure animals matter in
every New Mexican community.*

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

Sharon Jonas



Sharon Jonas has lived, breathed, eaten, and cooked in the name of animal and environmental advocacy for just about her entire life. She became vegetarian at 14 and vegan at 21, and has always had a passion for good, healthy food. Her first job after college was with People for the Ethical Treatment of Animals (PETA) in Washington, DC. After moving to New Mexico, Sharon decided to pursue her interest in creative vegan cuisine and opened her own restaurant in Albuquerque. Sharon also developed a love for yoga when she served as a chef and manager at a yoga resort in Costa Rica. She has been a yoga instructor for 11 years.

A volunteer from APNM's earlier days in Santa Fe, Sharon became a Project Coordinator for APNM in 2010. She facilitates important statewide efforts that help

enhance the safety net for New Mexico's animals. Her projects include disaster preparedness planning that prioritizes animal safety, and optimizing the Companion Animal Rescue Effort (CARE) Network for domestic violence survivors and their beloved animals. Sharon also organizes professional training to enhance the state's capacity for effective response to animal cruelty. Her audiences include law enforcement, social service agencies, and others in the criminal justice system such as judges and district attorneys.

Sharon is a person of many passions, but perhaps her first is riding and spending quality time with her horse, Sassy, whom she rescued from starvation and neglect and has been a companion to for 23 years.