

MAKING TRACKS

A Quarterly Publication of Animal Protection of New Mexico Winter 2015



OUR IMPERILED COUGARS
HELP US CHALLENGE
“WILDLIFE MANAGEMENT GONE MAD”

**BREAKING NEWS
ON CHIMPS**

FROM THE EXECUTIVE DIRECTOR



Dear Friend of the Animals,

For the many New Mexicans paying attention to the plight of animals, the enormous challenge of keeping them safe from harm is no secret. Whether citizens are watching out for wild or domestic animals, there is always more to do than there are hands to help. Creating powerful change requires adequate resources and pressure from those most affected by an unacceptable status quo.

New Mexicans who spend their hours and days in rescue or sheltering encounter a seemingly endless cascade of animals without homes. Yet if there were more access to free and low-cost spay/neuter services, both the animals and the people who are trying to help them would be much better off. One of APNM's recent Milagro Award winners emphasized how hard it is to see a shelter full of puppies without homes, while residents come into the shelter to buy litter permits to breed and sell puppies in the same community. There is an animal and human cost to dog and cat overpopulation. New Mexico must address and fund this need at the state level.

While APNM, its allies, and, indeed, the majority of New Mexicans all want science and ethics to guide state wildlife policies, powerful policymakers are guided only by the wishes of a narrow constituency that doesn't seem to care about using science or ethics in wildlife management. The recent unanimous approval of indefensible cougar regulations by the New Mexico Game Commission—despite massive public outcry—incites utter frustration. New Mexico needs a better process to determine the wildlife policies that affect vast numbers of wild animals, residents, and the very well-being of our natural environment.

APNM's effective CARE program, which provides safe haven for animals of domestic violence victims, ultimately saving both human and animal lives, struggles to meet the demand for these lifesaving services. A broader, deeper safe haven network is needed in New Mexico, and additional state funds should be allocated so more victims can live a productive life and be safe from abuse.

These are just a few of the "heavy lifts" required of all of us, but history is working in our favor as more people choose compassion over cruelty. Collectively we have stared down adversity many times in the past and have often prevailed, with stronger protections for animals and relief for those who work to protect them. We know the nature of our challenges: they call for action and full engagement by us all.

Sincerely yours,

Elisabeth Jennings,
Executive Director

MAKING TRACKS™

Making Tracks is a publication of
Animal Protection of New Mexico.

WINTER 2015 Edition

Editors

Elisabeth Jennings

Sara Palmer

Copy Editor **Jessi Princiottio**

Design **Jessi Princiottio**

Contributing Writers

Daniel Abram

Phil Carter

Alan Edmonds

Elisabeth Jennings

Jessica Johnson

Sharon Jonas

Sara Palmer

Jessi Princiottio

Making Tracks is a registered trademark of Animal Protection of New Mexico. A physical copy is mailed to APNM members as a membership benefit. Everyone may access a digital version from APNM's website at: www.apnm.org/making-tracks.

For questions, suggestions, comments, contact us at: info@apnm.org

Animal Protection of New Mexico

PO Box 11395

Albuquerque NM 87192

505-265-2322

1111 Paseo De Peralta

Santa Fe NM 87501

505-445-0500



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

The Real Story

Behind the State Game Commission's Vote to Kill More Cougars

In an honest, rational world, the cougars would have won the day.

APNM, with the help of dozens of dedicated volunteers across the state, gathered more than 6,000 signatures opposing the New Mexico Department of Game and Fish's (NMDGF's) proposal to increase cougar trapping in New Mexico. A new scientific poll showed that, by a 3-to-1 margin, New Mexican voters opposed the cougar trapping proposals, and that voters, by the same margin, opposed trapping in general. NMDGF presented zero data to justify the expanded trapping and snaring. Science and ethics were on the side of the cougars and their supporters.

On top of all that, hundreds of cougar advocates, many of whom were hunters and ranchers, showed up at that fateful August 27, 2015, commission meeting to speak against the ill-conceived proposals. Based on all the evidence, the cougars should have won.

But they didn't.

Instead, the New Mexico Game Commission approved all of NMDGF's baseless proposals. Vice-chairman William "Bill" Montoya even energetically moved to pass the proposals before the public had a chance to comment. Clearly, public opinion was not the driving force behind this decision. The Commission's statutory responsibility for the sustainable conservation of New Mexico's wildlife certainly wasn't driving the decision either.

So, what was behind the Commission's decision to unanimously pass all of NMDGF's damaging proposals to expand trapping and snaring, making New Mexico the only state besides Texas to essentially treat cougars like varmints? The real answer reveals the true nature of our challenge in the fight to save New Mexico's cougars, and in fact all of New Mexico's imperiled wildlife, from regressive policies.

Influence and Misinformation

The New Mexico Game Commission is a volunteer body, appointed by Governor Susana Martinez, currently comprised of individuals who have shown through their formal actions (votes) that they are not concerned with wildlife conservation. Only one, Vice-Chairman Montoya, has any formal education in wildlife management; three are trained in agriculture. The Commission members' decisions are influenced by personal biases against carnivores, coupled with pressure from powerful ranching interests with no

tolerance for wildlife sharing our landscapes, even when the land is publicly owned. A handful of ranchers with extreme views about wildlife clearly have the ear of these powerful policymakers.

Despite calls by APNM and others for a rational, science- and ethics-based debate, the Game Commission made outrageous policy decisions that reflect poorly on New Mexico and will harm our wildlife and the state's entire ecological balance.

Beyond the realm of politically appointed Commissioners, NMDGF has a long history of demonstrating its own bias against carnivores and has either intentionally or through ignorance misinterpreted the best available science about cougar ecology and biology. When courts have insisted that science dictate policy for cougars in New Mexico, the cougars win. For example, APNM prevailed in a lawsuit challenging cougar killing by the federal USDA's Wildlife Services in 1999. However, New Mexico's antiquated state laws governing wildlife do not even require its state agencies to evaluate the best available science or consider modern concepts like ecosystem management. The almost 100-year old state laws were created to serve one group: ranchers, and ranchers only.

It appears, as a result, the public is expected to blindly accept NMDGF's plans to kill more cougars, through cruel trapping and snaring, without relevant scientific data to support their proposals. The agency's staff did not even try to fabricate a reason for the new regulations. They simply avoided answering questions, and when pushed for answers, provided incorrect, incomplete, and irrelevant information and faulty analysis.

**A handful of ranchers
with extreme views
about wildlife clearly
have the ear of
influential policymakers.**

Continued on next page

(continued from previous page)

What's next?

APNM hasn't given up the fight to protect cougars—and neither should you. Cougars are a beautiful and magnificent native New Mexican species, essential to our ecosystem and deserving of our protection. Your support is crucial to preventing their demise. Although the Game Commission's decision is a setback, it is not the last chapter in this story—if we stay persistent, positive, and use the tools at our disposal, the cougars will win in the end.

Here's how you can act now:

- ➔ Join Animal Protection Voters, and be a part of a powerful voting bloc and legion of citizen lobbyists making a difference in this state. Become a member at www.apvnm.org/donate.
- ➔ Pledge to vote for animal-friendly politicians in the next elections. Visit www.apvnm.org/scorecard to learn more about who does and does not support wildlife-friendly policies.
- ➔ Sign the Stop Cougar Trapping petition at StopCougarTrapping.org/petition.
- ➔ Contact your two state legislators and urge them to take a stand against trapping. Visit nmlegis.gov to learn who represents you in the New Mexico Senate and New Mexico House of Representatives.
- ➔ Arm your friends with knowledge and encourage them also to join this noble cause by signing up for our mailing list at apnm.org/maillinglist.

Remember, compassion always prevails in the long run—we must never give up.

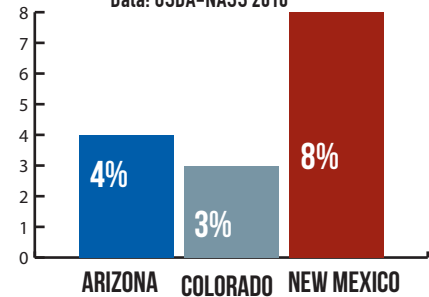
ACT NOW: The New Mexico Game Commission's decision will go into effect in April 2016.

Generous donations from cougar advocates have allowed us to wage this fight so far. But we need more financial support to continue protecting cougars and all animals harmed and killed by traps and snares. We know that together we can bring an end to trapping in New Mexico.

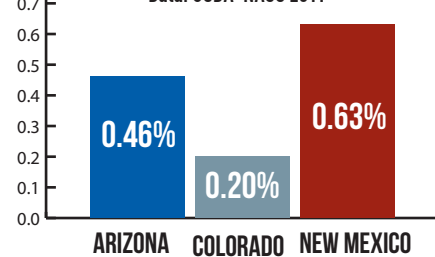
To add your voice to this cause, please contribute to APNM's cougar campaign, and visit StopCougarTrapping.org.

In states where trapping is prohibited, depredation of sheep and cattle is **lower** than in New Mexico, where trapping is allowed (and now expanded).

Percent of Sheep Deaths by Carnivores
Data: USDA-NASS 2010



Percent of Cattle Deaths by Carnivores
Data: USDA-NASS 2011



The Game Commission decided to approve the following proposals, which go into effect in April 2016:

- Opening up **nine million acres** of State Trust lands to cruel and dangerous leghold traps and snares;
- Removing the permit requirement for landowners to use traps and snares;
- Allowing one person to kill up to four cougars in areas where high cougar harvest quotas are not even being met.

Why I Support APNM

"I don't know of any group that has worked more consistently and tirelessly to protect mountain lions than APNM. They have been indefatigable defenders of lions for over 20 years, tackling the most egregious threats such as poisoning and trapping, to raising awareness about their important ecological role, to helping us safely coexist where we work, live, and recreate. I sleep better at night just knowing that APNM is working on behalf of these remarkable animals."

Sharon Negri, WildFutures, a project of Earth Island Institute



Photo courtesy of Sharon Negri

CARE Breaks the “tunnel vision of hopelessness and fear”

“Being able to offer the CARE Program option seemed to be a turning point in the conversation from ‘I can’t leave, what about my pets?’ to ‘I’m okay now, I’ve found a place for them,’ often securing a plan for their pets on their own. Once a client realizes there is also safe haven for their animals, they are able to think more clearly and focus on the real resources they have available to them. It helps break the tunnel vision of hopelessness and fear.

During the holidays or any time of year, it is most important to be supportive of our friends and family that may be facing domestic violence in the home. Be supportive and do not judge. Leaving is a process, not an act. Taking into consideration the safety of one’s beloved companion animals is part of that process.”

—Tori Heaton, Victims Advocate, Rio Rancho Police Department’s Crime Victim Assistance Unit



Calls to CARE Hotline on the Rise — The Need is All Year Long

You may have heard that domestic violence increases during the holiday season, but that’s not necessarily the case. According to the National Resource Center on Domestic Violence, no significant relationship exists between holidays and the frequency of domestic violence. In fact, the number of calls to the National Domestic Violence Hotline actually drops by approximately half on Thanksgiving and Christmas and 30% on New Year’s Day.

“Believing the myth that domestic violence increases during the holiday season...is contrary to the fact that domestic violence can happen to anyone at anytime,” said Shana Aldahl, project coordinator at the New Mexico Coalition Against Domestic Violence. “Perpetrating violence on an intimate partner is an intentional act not tied to any particular situation or cause.”

The holidays can be especially challenging for victims who are considering leaving their abuser. Concerns about finances,

their children, and their companion animals are so overwhelming they often choose to stay.

That’s why the real need is every day throughout the year—to support victims and survivors so they can look forward to a holiday season away from violence and fear. It’s important that people know resources like CARE, APNM’s Companion Animal Rescue Effort, exist. Partnering with shelters and other agencies is critical in coordinating the initial response and follow-up for animals coming into the CARE program. While APNM coordinates the care of their animals, survivors can focus on taking care of themselves and creating a new life.

Calls to APNM’s CARE Hotline have tripled in the last 18 months. Foster homes are desperately needed, along with funding for this life-saving program. **Volunteer or donate at apnm.org/care.** Help CARE bring hope to both people and animals affected by domestic violence so they can be together and safe this holiday season.



ANIMAL PROTECTION OF NEW MEXICO

Milagro Awards

HONORING CHAMPIONS FOR ANIMALS

More than three hundred guests and APNM supporters gathered at the Hyatt Regency Tamaya Resort & Spa on October 3, 2015, to honor ten very special individuals. APNM's ninth Milagro Awards was a night of fun, tears, and celebration. Ten New Mexico champions for animals were presented a 2015 Milagro Award for their extraordinary accomplishments in advancing animal protection and serving as role models for others. APNM believes it is essential to identify and honor those who make it a priority to improve the lives of our state's vulnerable animals through collaboration and leadership.

APNM Deputy Director, Daniel Abram, and Board President, Anne Collier, served as Masters of Ceremonies and introduced the ten winners: a citizen volunteer, a shelter professional, a nonprofit executive, a social worker, a law enforcement officer, a board director, a biologist, a senator, a teacher, and even a dog! Former New Mexico Senator, Mary Jane Garcia, and the President of People for the Ethical Treatment of Animals, Ingrid Newkirk, were special guests who helped introduce the winners.

To see a detailed video documentary on each of the ten 2015 Milagro Award winners, visit MilagroAwards.com.



Clockwise, from top left: former Sen. Mary Jane Garcia and Maryln Zahler; Mary Katherine Ray; Ruben Lucero and family; Robyn Albani; Angela Stell and JoJo. Photos by Karen Schuld

End-of-Year Giving Makes a Memorable Holiday Gift

This holiday season, make a gift that impacts your entire community—support the mission and work of Animal Protection of New Mexico. “Choice” is the word that best describes what it means to support APNM. Regardless of what animal issue appeals to you or a loved one, we probably are making a difference in that area. Whether you want to reduce animal overpopulation or provide ways for humans to better coexist with wildlife, a gift to APNM can support our entire organization or a cause close to your heart.

Here are a few ways you can make the gift of APNM meaningful to a loved one:

✳️ Know a little girl enamored with horses?

A donation to the Equine Protection Fund (EquineProtectionFund.org) in her name allows her to save the life of an animal she loves the most. She will receive a beautiful certificate and card about the gift.

✳️ Have a young man with a passion for primates?

A \$20 donation can get this animal advocate a gift he'll go bananas over—a chimpanzee tag! These tags, similar to U.S. military dog-tags, come embossed with the name and details of the specific chimp you support. You can even pick out a chimp based on name, age, or birthday. (apnm.org/chimps)

✳️ Did a friend recently lose a companion animal?

A gift in the animal's name to one of our programs that challenge animal cruelty is a thoughtful way to establish a loving legacy. (apnm.org/donate/)

End-of-year giving is incredibly important in helping to promote our statewide animal advocacy programs. When we work together, we can make sure animals matter in every New Mexico community.

Jemez Valley Region

The Animal Connection program took to the classrooms in Jemez Valley Elementary School. A young, independent animal advocate and resident of the Jemez Pueblo helped to establish the connection between APNM and the school. The interest and need for *The Animal Connection* in this community is strong!

Albuquerque

The Companion Animal Rescue Effort (CARE) program was featured at the 2015 Conference on the Link on September 14th. APNM Deputy Director, Daniel Abram, co-presented with Pam Wiseman, the Executive Director of the New Mexico Coalition Against Domestic Violence, and shared the program's purpose with conference participants. The CARE program was also lauded by Director of Protective Services at the New Mexico Children, Youth & Families Department, Jared Rounsville.

Jessica Johnson, APNM and APV's Chief Legislative Officer, spoke at the State Bar of New Mexico's continuing legal education conference on "Using Creative Legal Strategies to Protect Animals, People and the Planet." She presented on using grassroots activism to support litigation and legislation. The conference was held on Friday, Sept. 18.

Phil Carter, APNM's Wildlife and Equine Program Manager, presented at the August 2015 New Mexico Humane Conference in a thought-provoking session: "Why Horses Matter to New Mexico."

wish list:

- ★ **Volunteers for Outreach** – APNM is currently looking for volunteers to help engage the community at events on weekends and some evenings.
- ★ **Used but late model Apple computers** for our volunteers and interns.

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.

Stress-Free Holidays for Fido and Fluffy, Too



'Tis the season to be...stressed? Even though it's a time of celebration, the holidays can easily stress us out, and our companion animals are no exception. Routines are broken down as our family members visit for extended periods of time, surroundings are altered with decorations, and different foods and smells can create unexpected reactions. During your holiday rush, be sure to take the time to give some tender loving care to your companion animals.

4 Ways to Reduce Stress for You and Your Animals

1. **Costume with care:** Whether a pumpkin costume or a striped bandana, if you're going to put clothing on your

companion animal, do so with care. Make sure it fits and that he or she can easily perform all regular activities, like jumping, walking, eating, resting, and going to the bathroom. Remove it right away if your animal continuously paws at the outfit or whines more than usual; he or she probably isn't comfortable (or perhaps doesn't like the color).

2. **Maintain routines as much as possible:** Remember that your companion animal's habits keep him or her physically and emotionally at ease. Try to stay on the same walking, feeding, and playing schedule familiar to your animals. Extra long walks or belly rubs can be a nice treat if you notice your animal seems a little more stressed.

3. **Don't overdo the treats:** You may think table scraps are a great way to help a dog or cat celebrate the holidays, but the risks are far greater than the reward. Keeping animal-appropriate treats on hand can help reduce temptation from well-meaning friends and family. Be aware of human food that can be toxic or deadly to dogs and cats: www.asPCA.org/pet-care/animal-poison-control/people-foods-avoid-feeding-your-pets.

4. **Create a safe space:** Guests and acquaintances who come and go can bring more than you bargained for—like anxiety. Be sure to provide your animals with a comfortable, quiet, and noise-free "escape room" or area where they can relax when the excitement gets to be too much.

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

New Mexico Animals Need Your Help to Stay Warm this Winter

As cold weather creeps into the state, Animal Protection of New Mexico is appealing for donations so its Straw Fund can keep animals more comfortable this winter. Straw is an effective, inexpensive insulation—just one bale can help keep three animals warm! At only \$7 per bale, even small contributions to APNM's Straw Fund go a long way toward providing wintertime protection for companion animals forced to live outdoors all winter. It's easy to contribute, and you can even do so in someone else's name as a gift.

APNM's Straw Fund began as a joint partnership with the City of

Albuquerque's Animal Welfare Department and Bernalillo County's Animal Care Services. Since 2011, the Fund has ensured the availability of insulating straw as needed or requested for any backyard doghouse or other outdoor shelter in Albuquerque, Santa Fe, Bernalillo County, and Santa Fe County. This year we hope to begin expanding the Fund's reach into other areas of our state.



The Straw Fund Turns 'Unbearable' to 'Better'

Please note this program is available only within Bernalillo and Santa Fe Counties right now, but with your help, we can expand it to keep more animals warm!

To give, call 505-265-2322, ext. 29 or visit apnm.org/StrawFund/give

You've likely heard Rosie's story before. She was born in the lab more than 30 years ago – on September 9, 1981. Her entire life has been a science experiment. She has been anesthetized for procedures at least 99 times, eventually developing seizures so severe that she needed additional medication for each sedation. Intentionally infected with hepatitis, her liver has been biopsied 15 times.

Now, with a new and exciting announcement from the National Institutes of Health (NIH), Rosie will finally get to experience what it means to live instead of just survive. Even though she couldn't grow up with a chimp family, Rosie can now grow old with one.

Rosie is going to sanctuary.

Twenty chimpanzees, including Rosie, Elijah, Theo, Cammy, Fred, and Opal, will finally be moved to sanctuary, NIH Director Dr. Francis Collins announced on November 18, 2015. These chimps were among those used for decades by the federal government in invasive biomedical experiments. In 2010, the NIH took them from Alamogordo, NM, and moved them to the Southwest National Primate Research Center at Texas Biomedical Research Institute.

Along with countless supporters, generous donors, dedicated volunteers, and cooperation from advocacy organizations across the country, Animal Protection of New Mexico fought for more than 20 years to protect these chimpanzees and ensure their retirement to sanctuary. The NIH's decision not only ensures retirement for the 20 New Mexico chimps held in Texas, but also protects *all* chimpanzees from further research.

This decision comes on the heels of the U.S. Fish and Wildlife Service's June 2015 decision to protect captive chimpanzees in the United States under the Endangered Species Act. These New Mexico chimps had strong advocates: Laura Bonar, manager of APNM's Securing Sanctuary for Chimpanzees program, policymakers, including U.S. Senators Tom Udall, Martin Heinrich and Jeff Bingaman, and Governor Bill Richardson, as well as countless citizens and volunteers. After all these chimpanzees have been through, it is our moral obligation to ensure they live out the remainder of their lives in peace and dignity.

FREE AT LAST

Rosie and the Other Chimps Held in Texas Will Finally See **SANCTUARY**



Though the right choice has been made, there is still work to be done. You can help these chimps and hundreds of others reach sanctuary by:

- Writing a thank you note to the NIH for choosing to do the right thing for chimps at www.retirethechimps.org/speak_up.
- Sending a thank you note to our U.S. Senators for fighting to protect these chimpanzees:
Tom Udall: www.tomudall.senate.gov/?p=contact
Martin Heinrich: www.heinrich.senate.gov/contact/write-martin
- Commit to a monthly gift that will help provide funds to send and maintain a chimpanzee in sanctuary. They need and deserve excellent care; it costs about \$15,000 a year to support one chimp in sanctuary. Visit: **ChimpstoSanctuary.org**

Restaurant Review: Vital Foods

Vital Foods cofounders James Whiskeyman and Louvenia Magee aren't Albuquerqueans by birth, but they are as rooted in this city as the cottonwoods along the Bosque. "I just got a sense that coming here, people could be anything they wanted to be," Whiskeyman said.

The husband and wife duo have been here since 1999 and knew right away they found home. Whiskeyman, a wholesale organic produce seller, and Magee opened a small organic grocery store just a hair south of downtown more than two years ago. However, they knew something was missing from their business.

"We realized we'd be more likely to get more healthy and fresh food to people if we prepared it for them," Whiskeyman explained. So they moved one door down to 924 Coal Avenue S.W. to open a smoothie and juice bar. After bringing in head chef Rosa Zamora, Vital Foods became a hot vegan lunch stop and an incredible Sunday brunch spot.

Their vegan biscuits and gravy are nothing short of a life-changing experience.

Whiskeyman realizes that there are not a lot of organic produce options in the area, which is why Vital Foods strives to be a service to the neighborhood. "We're wrapping up our fourth month," he said. "Business has been good. We get a lot of lunch time business from the day-to-day workforce downtown."

Vital Foods has a focus on sustainability, so they provide a fixed menu that changes every day. Instead of a menu with dozens of choices offered year-round, Vital Foods offers a few dishes that change everyday, allowing them to keep meals fresh and organic and reflect the changing seasons, as well as local availability. Noshers can get an idea of the day's offerings by checking out the café's Facebook Page at www.facebook.com/Vital-Foods-367852019989361.

Vital Foods' recipes contain only fresh culinary herbs and no additives. "It's life-building," Whiskeyman said. "Vital, by definition, means essential." The prep area is mostly open, nestled at the end of an amazingly beautiful bar top, where strangers and friends alike sit and enjoy a plant-based meal in an organic environment.

The design was "inspired to create a clean space," according to Whiskeyman. "It was important that the space align harmonically with the food. The walls look like pallets that produce comes in on, and the huge front windows allow a lot of light to come in."

Vital Foods

924 Coal Avenue S.W.
Albuquerque, NM 87102
www.vitalfoodsnm.com
(505) 243-3922

Mon.-Sat. 7AM to 7PM, Sun. 10AM to 1PM

Winter Hours: Mon.-Sat. 10AM to 4PM, Sun. 10AM to 1PM



Photos courtesy of Vital Foods



Savory Stuffing

A savory stuffing really completes a holiday meal, but once you taste this recipe, you'll want to cook up this delicious dish all winter long. Serve with mashed potatoes, vegetarian gravy, your favorite plant-based "meat," and a green salad for a hearty, healthy winter supper. Serves 8 to 10.

- 1 large loaf of bread, cut into small squares, distribute and bake on baking sheet at 250°F for about 15 minutes to make into croutons – keep checking to make sure they don't burn (or use 1 large bag of plain pre-made croutons)
- 1 cup cooked rice (½ brown rice, ½ wild rice)
- 1 roll Gimme Lean™ vegan sausage
- 4 TBS high quality cooking oil
- 1 medium onion, diced
- 2 stalks celery, diced
- 4 large garlic cloves, diced
- 1 lb. large button mushrooms, chopped
- 1 can water chestnuts, chopped or thinly sliced
- 2-4 TBS (or to taste) dried, rubbed sage
- ¼ tsp. thyme
- a pinch each of basil and oregano
- 2-4 tsp. salt (to taste)
- black pepper (to taste)
- 2-4 bouillon cubes dissolved in about 4 cups water (enough to dampen croutons)

Prepare croutons (unless buying pre-made croutons), and set aside in a large bowl.

Cook rice (mixture of brown and white), and set aside.

Crumble and sauté Gimme Lean sausage on medium heat, then set aside.

Heat oil in large cast iron or other frying pan, and sauté onions and celery on low heat until onions are translucent and celery is soft. Add garlic and sauté for another 2-3 minutes. Add mushrooms and sauté another few minutes.

Combine in a large bowl the sautéed mixture, the cooked rice, cooked Gimme Lean sausage, water chestnuts, and herbs. Mix thoroughly.

Pour bouillon over croutons and thoroughly mix to soften them. Add to other mixture. The stuffing should now hold together nicely but if it is still crumbly, add a little bit of water to hold it together.

Place stuffing mixture in a large, covered casserole dish, bake at 350°F for about 45 minutes.

Photo by Jessi Princiotta



Your DNA Loves a Vegan Diet

Did you know that the food you eat can actually change your DNA? A study by Nobel Prize winner Elizabeth Blackburn found that a vegan diet actually switched off genes that cause cancer, heart disease and other illnesses. You really are what you eat!



PO Box 11395
Albuquerque NM 87192
www.apnm.org

*Making sure animals matter in
every New Mexican community.*

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

Photo courtesy of Daniel Abram



Daniel Abram

Daniel Abram has been powering the mission of APNM as its deputy director for over five years. Ever since he was a boy, animals have been the center of his life, and he knows that being a part of the APNM team means he can have a greater positive impact on their lives.

A typical day for Abram is hardly typical at all. He is often tasked with finding solutions to challenges inherent in nonprofit management, which can change from day-to-day, minute-to-minute. Abram is always a joyful and energetic influence on the staff and volunteers, but he really shines when pulling off events like the Milagro Awards. For Daniel, this awards ceremony, held every four years, is a labor of love, and he always goes above and beyond to make sure award winners and guests have an unforgettable experience.

Outside of the office, Abram is an artist, a father, a husband, and an animal savior. He lives on a ranch with an extended animal family that includes dogs, cats, two donkeys, a pig, a turkey, and a duck. He also cares for two birds of prey, both injured and nonreleasable—Murf, a Great Horned Owl, and Victor, a Swainson's Hawk, all possessed under state and federal education permits.

He believes animals deserve our protection because, he notes, "Just when I am in awe of how remarkably intelligent animals are, they surprise me again and make me realize I am still underestimating them. I think humans, in all our technological magnificence, still have so very much to learn, even from the animals we share our lives with everyday."