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SUPER-MOO AND LUCILLE IN...

FACTory Farms

HI, EVERYONE! I'M SUPER-MOO, AND THIS IS LUCILLE! WE ARE HERE TO SHARE SOME FACTS ABOUT FACTORY FARMING!

WHAT IS FACTORY FARMING, YOU ASK?

ACCORDING TO THE OXFORD DICTIONARY, FACTORY FARMING IS...

noun

A system of rearing livestock using intensive methods, by which poultry, pigs, or cattle are confined indoors under strictly controlled conditions.

BASICALLY, IT'S JUST AN INHUMANE AND UNNECESSARY WAY TO GET FOOD FROM ANIMALS.

IN THIS SYSTEM, MOTHERS ARE SEPARATED FROM THEIR BABIES AT BIRTH!

NEELESS TO SAY, BILLIONS OF ANIMALS ARE HURT AS A RESULT OF THIS PRACTICE, BOTH PHYSICALLY AND EMOTIONALLY.

BUT YOU'RE RIGHT, LUCILLE! IT'S NOT JUST ANIMALS THAT ARE HARMED BY FACTORY FARMING...

80% OF HENS RAISED FOR EGGS LIVE IN CAGES SMALLER THAN YOUR IPAD!
Human employees suffer long hours and terrible conditions where their lives are in danger!

Plus, factory farming is bad for the environment! It is responsible for more greenhouse gas emissions than our entire world's transportation system combined!

Factory farmed food can be bad for our health! Diseases and bacteria thrive in these factories and can sometimes find their way into our food.

...and make choices that reduce the harm done to animals, workers, and our planet.

It's important to recognize where our food comes from, so that we can change what isn't right...

For more information visit...

FARMSANCTUARY.ORG
ONEGREENPLANET.ORG

Animal Equality. Org
Meet Two of Farm Sanctuary’s Animal Residents!
By Pierson Schwartz

This pig is named Ami! She came from a neglect case along with her siblings, Gonzalez, Bruce, David, Penny, Charlie, and Wilbur. I took this photograph of Ami at Farm Sanctuary in Watkins Glen, New York. She now lives with her siblings in the main pig herd, running around the farm and having a grand time. She sleeps with her siblings and the herd in a big pig pile!

This sheep is named Ash! I photographed him at Farm Sanctuary in Watkins Glen, New York. He was rescued from neglect at a farm in NY and is now living at Farm Sanctuary, having fun, grazing on the hills, and enjoying greeting visitors. He is sweet and loves receiving affection!
DIY zero waste products
Ditch single use... make your own!

Deodorant:
Mix 1 part coconut oil, 1 part cornstarch, 1 part baking soda. Mix, then store in cool, dry place. 
* demo on hand
Smear on armpit, and you're done!

Toothpaste:
Mix 1 part baking soda + 1 part coconut oil. 
* antibacterial
* promotes gum health
* whitening
* decreases plaque
* improves gum health
* antibacterial

Optional:
A few drops of tea tree oil
* antibacterial
* Spit out after use
* great for mouthwash!

DESSERT ESSENCE
100% AUSTRALIAN TEA TREE OIL
Great-Grandma's Date Cookies

VEGANIZED

ingredients

- 3/4 cup organic sugar
- 1/2 cup vegan butter or margarine, softened
- 3/4 cup chopped dates
- 1/2 cup walnuts
- 2 Tbsp chia seeds
- 5 Tbsp water
- 1/2 tsp baking powder
- 1/2 tsp vanilla
- 1.5 cup flour
- 1/2 tsp baking soda
- 1/4 cup hot water

directions

- Cream butter and sugar, then add vanilla.
- Next in a separate bowl mix chia seeds and water and let sit 2 mins
- Then add the chia "egg" to the butter and sugar.
- Add flour and baking powder.
- Then add chopped walnuts and dates.
- Mix baking soda and hot water in a separate bowl and pour over the mixture.
- Get your hands wet and form the dough into balls.
- Bake at 350 until they look like they're cooked.
A Guide to Veganizing Recipes

COOKIE EDITION

Everybody loves cookies, right? So why not veganize your family’s favorites using these simple tips!

I’ll be using my great-grandma’s original Date Cookie recipe as an example.

After trial and error, I have found that the best egg substitute for cookies is a chia egg. The chia egg helps bind everything together and make your cookies amazing.
Something Smells Fishy...
the truth about the fish industry
By Frankie Belden

Every year, the human species slaughters around 76 billion animals for food, more than 9 times our own population! This number is shocking, especially considering it does not include fish or any other non-land animals. This is because fish are measured by weight, rather than as living, breathing individuals. An estimated 100 million tons of fish are killed each year. That is trillions of individuals.

Fish are not just mindless swimmers. According to Science Direct, they have complex social lives, and are capable of recognition and decision making! They feel pleasure as they swim through a coral reef or munch on a tasty morsel, and they feel pain when hooked or suffocated on land. In fact, more and more studies are showing that fish feel some types of pain, such as pressure, to a higher degree than mammals!

While humans have fished for thousands of years, only recently has it become such a massive issue. While many people
rly on fishing to support their families, and take a smaller, more sustainable amount of fish, huge industries catch thousands of fish at one time, or breed them in captivity specifically for human consumption.

Not only does the industry harm fish, but it is also destroying marine habitats and ecosystems. Fish are an essential component of marine biodiversity, and they provide food for non-human animals who need them to survive. Many fishing practices, such as trawling (the practice of drawing a huge net across the ocean floor) completely uproot animal habitats and cause substantial harm to the plants and animals that live or forage there.

The industry is also responsible for the entry of harmful chemicals and pollutants into the ocean and the destruction of its fragile ecosystems, as well as emitting massive amounts of carbon dioxide into the atmosphere.

The fish industry values profit over human and non-human life, destroying the environment in the process. Choosing foods that minimize harm to human and non-human animals, or even just
recognizing where our food comes from and spreading the word, are important steps towards protecting our oceans, our planet, and our future.

**Sources**

- https://thehumaneleague.org/article/fishing-industry
- https://www.all-creatures.org/articles/ar-fish-millions.html
Blockbuster Books
by Pierson Schwartz

That’s Why We Don’t Eat Animals by Ruby Roth is an extraordinary book that talks about how our compassion and sympathy for other animal friends can be spread to farm animals. The illustrations are impactful and her writing is crystal clear. It also perfectly summarizes the horrors in the factory farming system. This is one amazing children’s book about animals! I recommend this book for people who want to become more educated on the atrocities of our farm system.

The Emotional Lives of Animals by Marc Bekoff is an excellent book with loads of detailed information about the lives of many animals. Bekoff provides insight about animals' feelings and connections, and he explains that animals really do think, respect each other, and care about each other. This book is acclaimed by the Dalai Lama and others as an extraordinary publication. As an added environmental benefit, it is printed in the USA with 100% post consumer-waste recycled paper.

Movie Moment!

The 15-minute film 73 Cows was directed and produced by Alex Lockwood in 2018. This magnificent movie is about Jay Wilde’s journey from being a beef farmer to a vegetable farmer. He explains how devastating it was to bring his livestock to the slaughterhouse knowing that they would soon meet their unexpected end. Eventually, Wilde decides to become a sustainable vegetable farmer and found Hillside Animal Sanctuary who took in his livestock. He felt overjoyed and said it felt as if a weight was lifted off him. I recommend this movie to anyone who loves a heartwarming story between humans and animals.
Substitutions

**Butter**
- Earth Balance
- Miyoko's

**Cheese**
- Daiya
- Miyoko's
- N Vital

**Yogurt**
- So Delicious (coconut)
- Forager (kitchen)
- Dannon
- Trader Joe's

**Eggs**
- Eggless Egg Replacer
- Flax meal
- Applesauce
- Banana
- Aquafaba (mourn)
- Just Egg

**Milk**
- Almond (unsweetened)
- Good Karma (unsweetened)
- So Delicious (unsweetened)
- Oatly (coconut)

Veganism does not mean giving up the foods you love. These substitutions can be used both in cooking and when cooking/baking, showing that you do not have to sacrifice great taste to help the animal's environment and your health.
The Animals of Peacefield Farm Sanctuary

By Samantha Miller

Peacefield Farm Sanctuary is a nonprofit sanctuary located near Gainesville, Florida. Peacefield’s goal is to not only rescue farm animals and give them a better life and home, but also to educate the community. They educate people through their farm tours, speeches to the community, and plant-based cooking classes to teach people how to eliminate animal products from their diet.

The Sheep, Donkey, and Chickens

Jake, Hazel, Lucy, Aly, Stefanie, Elosie, Wanda, Madison, Margret, and Charlotte, the mini donkey:

These 9 sheep and mini donkey were originally raised to be turned into meat. Luckily they were rescued by a family in Boca Raton, bottle-fed, and lived with this family for 7 years. Unfortunately, they had to move and sell their land so they brought them to Peacefield Farm. The sheep and Charlotte all live together in the big open field where Charlotte protects them.

The Chickens:

The chickens were rescued from an illegal slaughterhouse that was being shut down for animal cruelty by law enforcement. The owners of Peacefield Farm—along with other farm sanctuaries—were escorted by the police and went in to rescue all the chicks. When they arrived, they saw over 100 birds that were trapped in cages in horrible conditions.
The Cows

Lenny:

Lenny was rescued from a farm that was trying to only breed female cows to make milk. When he was born and they realized he was a baby boy, they did not want to keep him because boys don’t produce milk and are considered a waste product in the dairy industry. Baby boy cows on dairy farms are either killed immediately or raised for veal. Farm Sanctuary was contacted for help and they took him in and cared for him. Farm Sanctuary was able to facilitate the rescue of Lenny to Peacefield Farm Sanctuary.

Freddie:

Freddie was born on a dairy farm and, since he was also a male, he was of no use to the dairy farm. He was going to be killed for meat, but one of the workers at the farm insisted that he be saved and sent somewhere. She got in contact with Farm Sanctuary who again facilitated the transportation of Freddie to Peacefield.

Otis:

Otis was born on a beef farm where his mother, unfortunately, died during his birth. The farmer agreed to not kill Otis and give him away and he eventually ended up at Farm Sanctuary. After befriending Freddie and Lenny at Farm Sanctuary, all 3 of them traveled down to Peacefield in Florida where they are now all able to live freely together.
The Pigs

Toby:

Toby used to be a pet pig that lived in a 4ft x 6ft pen in someone’s backyard. He was bought as a pet—his owner thinking that he would be a teacup pig—but ended up growing very large and was later determined to be a potbelly pig. Luckily, the previous owners gave him to an organization that was able to bring him to Peacefield where he is able to live in a huge open field with the other pigs.

Orson and Clancy:

Orson and Clancy were born on a farm after a potbelly pig snuck into the farm and mated with a female pig. Peacefield was alerted and the farm agreed to let them rescue Orson and Clancy. Now they both live happily at Peacefield with Toby and Wilbur.

Wilbur:

Wilbur was originally raised to be eaten, but ultimately avoided this fate when he and his brother fell off the back of the truck that was on its way to the slaughterhouse. His brother unfortunately had to be euthanized due to his injuries, but, luckily, Wilbur survived the accident with only a few scrapes. After his fall, he was taken to the local animal shelter and that’s where he was rescued and taken to Peacefield where he now lives happily and free! At first, Wilbur was a little bit shy and traumatized, not knowing what to make of the situation. But once he got adjusted and received love and care for the first time in his life, he began to run around and meet the other pigs. He loves to get belly rubs and play in the mud.
O.M.G. So cute! I need one. What do you think, Snuffles?

Vuhh... isn't that... Animal fur?!

Hey giiirll! I love your jacket.

Aaw thanks! It's from the new REAL FUR Store. Where are your shoes from? so cute.

Thanks bestie! They're from LEATHER LAND.

Oh my gosh I can't believe you support that brand. Leather is so inhumane. I'm a real animal lover — look at Snuffles!