



The Compassionate Vegetarian

A Publication of CARE (Compassion for Animals—Respect for the Environment, Inc.)

Summer 2010

Lobsters, Sharing Our World

By Maryanne Appel

Ancient creatures inhabiting all of the world's oceans, lobsters have remained virtually unchanged for the past 140 million years. Peering at one of these amazing animals, one is literally looking back to a time when T-Rex dominated our earth's land surface.

Found primarily along the Atlantic shores of Canada and Maine, northern lobsters also inhabit the U.S. coastline as far south as North Carolina. Adults can live up to 50 years, the largest reaching 3 feet in length and weighing over 40 pounds. Their main natural predator is the codfish; their main unnatural predator, the lobsterman.

Although considered by many to be nothing more than a delicacy—and what is consumed is usually just the tail, which isn't a tail at all, but an abdomen—lobsters are intricate, intelligent animals, with definite preferences, likes and dislikes.

Demonstrating the ability of these animals to recall previous experiences, one biologist performed an identical test many times with several different lobsters: Two males would be placed in a large tank with a removable wall separating them. When the wall was removed, the males would fight, with the loser backing off. A week later, these same two lobsters would be put through the experiment again. However, this time, the former loser, recalling his previous experience, would remain in his corner, unwilling to enter into combat with his victorious opponent a second time. (It is immoral to keep lobsters confined, and I cite this experiment only as an example of the complexity of these fascinating creatures.)

The lobster's two-inch-long antennae are natural weapons for whipping an antagonist into defeat: If the fight doesn't end in death, the loser may find himself lacking some

appendages, which can, fortunately, grow back, although slowing overall growth. As lobsters grow, new larger shells force the older shells to molt. The molted shells, a rich source of calcium, are almost completely consumed, and what remains is buried.

The antennae are also useful as a prelude to love-making. Prior to mating, after the female has molted, the excited male strokes the female's new, paper-thin shell with his antennae. According to those who have studied them, the discriminating female always seeks out the most attractive male she can find for an amorous liaison, whereas the not-so-particular male is rather promiscuous, as any female will do.

Scent is extremely important to lobsters, who use urine, as many other animals do, to inform others who they are, set territorial boundaries, and identify a potential mate. Hair tufts at the ends of the antennae are covered with cells that act in the same way that nasal passages do for us: they are sensitive to odors.

Lobster neighborhoods are found only in areas along the shoreline where stones on the ocean floor are of dimensions suitable for building their shelters. Most lobsters prefer "sized-to-fit" abodes, although some enjoy a more "relaxed fit." Each house has a large front entrance and a smaller rear exit doorway for use as an escape hatch. Some lobsters, preferring simpler living quarters, find shelter in crevices and under rocks.

Except when engaged in amorous embraces, lobsters lead mostly solitary lives. An occasional conflict, however, does occur. When a male claims squatters' rights, and attempts to inhabit the shelter of another male, the aggressor will gently tap on the shell of the current occupant with his antennae. A fight will ensue if the two are of equal size. If not, the smaller intruder will back away, taking his eviction notice with him. If the intruder is larger, the inhabitant, using what might appear to us as common sense, will simply move out.

(continued on page 2)

CARE CROSSROADS...

CARE's outreach table in Phoenixville this past April attracted many interested passersby.

At our Annual General Membership Dinner Meeting on May 1st, CARE's new board was voted into office. The board now includes Lee Ruslander as both President and Treasurer, Lee Hall as Vice President, and Maryanne Appel as Secretary. Leaving the board are Allison Geiger and Scott Geiger—we thank them for their service and wish them well. New CARE member Matthew McLaughlin presented an excellent talk on coyotes, explaining their role in the natural world and why they deserve our respect and protection. Matt's talk was well-received, engendering many questions and comments from the audience.

Another successful Veggie Fest, our 15th, took place in June at Hoopes Park. We had a great deal of support from our many volunteers, donors, exhibitors, and musicians, and we extend our appreciation to all of them. Among those who attended the event was Marley Ward, a young advocate just 11 years old, who gave unstintingly of his time volunteering at various tasks. We are delighted to welcome Marley as an Honorary Member of CARE.

CARE

Compassion for Animals—
Respect for the Environment, Inc.
is an all-volunteer,
nonprofit 501(c)3 organization.

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Mission Statement

CARE is dedicated to promoting
compassionate living through
education and activism.



**CARE—saving animals
one meal at a time**

Animals belong to the
earth. That grace of
God we pray for in the
church - that must be
what the animals have
already.

—Monica Shannon

UPCOMING CARE EVENTS

All events are vegan. Vegan is defined as containing no meat, fish, fowl, or other animal products such as dairy, eggs, or honey. CARE potlucks are for CARE members and guests accompanying a member. CARE encourages the use of public transport and carpooling to events. SEPTA: 215-580-7800 or www.septa.com.

SATURDAY, JULY 31—Pool Party and Potluck

3pm. Parkesburg, PA. Bring your bathing suit and a vegan dish. Pool opens at 3pm. Food served at 6pm. RSVP to Lee Ruslander at 610-696-0212.

SATURDAY, AUGUST 21—Dinner at India Garden

6pm. West Chester, PA. Our fifth visit to this very accommodating restaurant, featuring five-course vegan meal for \$16 for CARE members, \$20 for nonmembers. Price includes tax and tip. RSVP to Lee Ruslander at 610-696-0212 or ruslander@aol.com.

SATURDAY, SEPTEMBER 18—Pool Party and Potluck

Thanks to Lee and Jennifer, for hosting yet another Pool Party and Potluck! Again, a bathing suit is optional, a vegan dish essential, but this time, please make your dish low-fat with no oil. Pool opens at 3pm. Food served at 6pm. RSVP to Lee Ruslander at 610-696-0212.

SATURDAY, OCTOBER 2—Dinner to Celebrate Gandhi's Birthday

Co-hosted by CARE and Fitnessentials. Details coming.

SATURDAY, OCTOBER 16—Potluck

6pm. Mt. Airy, Philadelphia, PA. Enjoy vegan food and camaraderie. Just bring yourself and a vegan potluck to share. RSVP to Sheryl at 215-242-0465.

SATURDAY, NOVEMBER 6—World Vegan Day Dinner

6pm. CARE and Friends of Animals will present World Vegan Day Dinner at Singapore Kosher Vegetarian Restaurant. Philadelphia, PA. RSVP to philly@foa.org.

THURSDAY, NOVEMBER 25—Thanksgiving Day Dinner

At Su Tao Cafe. Details to be announced.

SATURDAY, DECEMBER 11—Oil-Free Potluck

6pm. Please join us for a healthy no-oil, no-nut, and no-seed vegan potluck. We ask that you use vegetables low in fat and avoid high-fat items like avocado and coconut. RSVP to Anthony at 610-296-5427.

Lobsters, Sharing Our World (continued)

As has been shown here, lobsters are sensitive animals, intelligent and cognizant of their surroundings, and can recall and learn from previous experiences; however, with many people (especially those who enjoy their lobster bisque), the question still remains: Do these animals feel pain? The fact that pain is necessary for any sentient being's survival should be proof enough that lobsters are capable of suffering. Further, the presence in crustaceans, as in all vertebrates, of opioids, neurochemicals that moderate pain, should alone be sufficient evidence to dispel the myth that these animals do not perceive pain.

Boiling lobsters alive is horrific, and killing them, even using what some consider "more humane" methods—electrocution is one of them—is inexcusable. What justification is there for trapping lobsters, raising them up from their ocean world into one that is alien to them, transporting them on ice, with claws tied, for long distances, and storing them in tanks, allowing diners to choose their dinner—and all of this, a prelude to their awful end? What justification can there possibly be when the plant kingdom provides sufficient nourishing sustenance for all of us?

To learn more about these fascinating animals, read "The Secret Life of Lobsters" by Trevor Corson. Or simply look for "lobsters" online.

Coyotes and Us

by Matthew McLaughlin

Coyotes (*canis latrans*) are remarkably adaptive and resilient. Before colonial times they resided mostly in the North American west; their range, however, has increased to include almost the entire continent, following human-induced changes in habitat and the near-eradication of wolves. Coyotes can be found today in a variety of habitats ranging from Costa Rica to northern Alaska, including grasslands, mountains, deserts and even major metropolitan areas such as New York City and in the Presidio of San Francisco.

Is suburban coexistence with these animals possible? A series of incidents in southern California, in which several small children were attacked and one three-year-old was mauled to death (in 1981—to date the only lethal coyote attack recorded in the United States) could suggest that coyotes are public danger, and that the relationship between our two species is tense.

A different picture, however, appears in Chicago, the site of the world's largest study of urban coyotes. Researchers Stanley D. Gehrt and Lynsey A. White have shown how coyotes exploit city landscapes and patterns of human-coyote interactions—and that humans and coyotes can coexist.

The research team found that coyotes took steps to avoid humans. The coyotes moved mainly at night, looked for natural habitat and avoided regions associated with humans: the residential and developed areas, and managed grass lands. This tendency to shy away from human areas even occurred amongst coyotes whose territories consisted mostly of developed areas, and in mating and or pup-rearing seasons. There were some negative human-coyote interactions in Chicago, but of the 181 coyotes studied, only 7 (4%) became a "nuisance" to the human public, with one identified as attacking and killing domesticated animals. There were no coyote attacks on humans.

What could account for the difference between the two locations? Perhaps the explanation lies in the feeding of coyotes by humans. The diet of the California coyotes has comprised up to 25% human food, as compared to Chicago where no attacks to date have occurred and

food provided by humans comprise less than 2% of the coyote's diet. In the case of the only fatal coyote attack in the United States, the child's parents and neighbors were purposefully feeding coyotes before the child's death.

Feeding coyotes can cause them to become uncharacteristically assertive, as they associate human communities with food. As they venture further and more frequently into these places, their natural fear of humans wanes.

A Vital Community Project Begins

The food-aggression relationship indicates that we need to examine not just coyote behavior, but also our own. Attempts to control coyote populations through trapping and killing have been and continue to be an appalling violation of coyotes' need to live free. A new, ethically and scientifically sound strategy is required—one that focuses not on controlling free-living animals, but on empowering people to respect them.

This can be achieved, in part, through showing the public that attracting these animals puts coyotes and us in danger. Public education campaigns can demonstrate practical ways to avoid unwanted incidents—by, for example, making coyote deterrents using household items.

The Pennsylvania chapter of Friends of Animals has just introduced the Coyote Coexistence Initiative. This is an outgrowth of, and a support system for, the litigation carried out with Denver University on

behalf of plaintiffs Friends of Animals and Compassion for Animals—Respect for the Environment (CARE) over Valley Forge National Historical Park's plan to slaughter most of the park's white-tailed deer, then manage the survivors with pharmaceutical birth control. Working to have Valley Forge Park's deer kill plan permanently set aside, we assert that the park did not adequately consider the role of natural predators (specifically the coyotes who had been seen in the park) in maintaining a stable deer population.

Our campaign will promote respect for coyotes as conscious beings, and educate about the role of coyotes in the local ecology. Today, Pennsylvania coyotes can be hunted year round with no limit. This practice is ethically indefensible, ecologically reckless and fiscally irresponsible. Friends of Animals—Pennsylvania has started a petition to persuade members of the state legislature to abolish the hunting of coyotes. Please consider signing our petition and raising others' awareness. E-mail philly@friendsofanimals.org to request a copy of our brochure or to ask us any coyote questions.

We must be proactive in order to live in harmony with wildlife. Vigorous public outreach efforts are vital. Viewing our own conduct as the focus of such efforts, we can be empowered to let go of our dominion over free-living animals, and let them really live free.

Join CARE

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Yes, I would like to join CARE in its efforts toward compassionate living.

All levels include: newsletter; invitation to annual meeting; discounts on CARE's t-shirts, books, and events

- Individual: \$20
- Individual (age 65 and over): \$15
- Household: \$30
- Supporter: \$50
- Sustainer: \$100 (includes a copy of award-winning book *The China Study* by T. Colin Campbell, PhD, and Thomas M. Campbell II)
- I do not wish to receive the complimentary book.
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- Yes, I would like to volunteer. Please contact me.

Make checks payable to CARE.

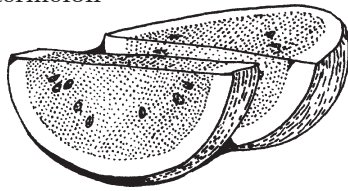
Return to CARE, P.O. Box 847, West Chester, PA 19381.

**CARE is a nonprofit
501(c)3 organization**

Watermelon and Tomato Salad

For your next gathering, share a salad that's completely unexpected and delicious. The sweetness of watermelon enhances the tomatoes' sweetness.

- 2 cups seedless watermelon, in 1-inch cubes
- 2 cups grape or cherry tomatoes, halved lengthwise
- 1 lemon juice and zest
- 1 Tbsp. extra-virgin olive oil
- Pinch of sea salt
- Freshly ground pepper
- 1/2 cup thinly sliced (julienned) fresh mint leaves



Combine watermelon, tomatoes and salt in a chilled bowl. Whisk lemon juice, zest, oil and pepper, and drizzle over fruit. Sprinkle with mint and toss gently. Do not refrigerate; serve within 30 minutes on chilled salad plates.

From The Best of Vegan Cooking by Priscilla Feral

CHECK YOUR MAILING LABEL

If your mailing label has the word "Join" on it, this is your last complimentary issue of *The Compassionate Vegetarian*. If it says "Renew" your membership has expired. Please use the form on Page 3 to join or renew. CARE needs your support. Also, please let us know if your address has changed. Thank you!

Thank You!

A huge thank you to the following generous supporters of CARE, who helped us present our 15th Annual Veggie Fest on June 19th:

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Wegmans

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Mathews Ford, Phoenixville
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