



Florida Voices for Animals, Inc.

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Oct/Nov/Dec 2021

Beauty of Sprouts Restaurant Review

433 N. Orange Ave., Sarasota, FL 34236

By Ellen Jaffee Jones



Even if you're in the Tampa area, trekking down to Sarasota is worth the drive to check out Beauty of Sprouts. After being closed for several months, Beauty of Sprouts reopened moving up the street on Orange Avenue to a larger, romantic and high-ceilinged setting. My partner and I spent a lovely vegan birthday there and Chef Rano, as she is known, is truly a one-woman band. She is the only employee...owner, chef, wait staff and dishwasher. It may take longer than some restaurants to get your order, but know it is made with love and mostly, though not all, raw ingredients. The menu says Chef Rano learned her craft from her father in Russia and won the highest awards there, as well as working at restaurants in New York City. The recipes are all vegan, organic, GMO, sugar, soy and gluten free. I ordered the Asian Mixed Veggies and Broth which had a tasty variety of vegetables with brown rice pasta, cilantro and scallions in a lemongrass broth. My partner loved the Quinoa Burger, which was on a sprouted quinoa bread (they tasted totally different), with nut cheese, a mixed salad with scallions, tomatoes, shallots, cover sprouts avocado and a lemon dressing. We caught a glimpse of the Quiche, which was a clever sunflower seed crust smothered with tomatoes, broccoli, carrots along with a mixed salad with basil dressing. The Kale Pizza was a crunchy sprouted buckwheat crust covered with nut cheese, zucchini hummus, peppers, tomatoes, kale avocado and a side salad. The desserts were divine...all raw and a hefty option of chocolate for us chocaholics.

Entrees range from \$16.50-\$17.50 and are competitive with other local vegan restaurants. Although you can easily fill up on less expensive appetizers, salads and soups. For those who think these may be a bit pricey, at a "mid-range" meat-based restaurant in Sarasota, 12 ounce ribeye is \$32, and 8 ounce tenderloin is \$34! Oh...did you want a salad with that? ;)

Currently, the restaurant is closed Sundays and Mondays, but in these changing times, be sure to check websites or call for details. The owner posted on Facebook most recently:

From Tuesday to Saturday
Lunch 11-3 pm. Dinner 5-8 pm
We have outside seating tables

FVA in Action - Quarter 3, 2021

Dear FVA members, friends & readers, once again we share with you our FVA Meetup events! We now have 4,361 Meetup.com members. As you can see below, we continue to have a variety of opportunities for you to become involved. **WHERE ARE YOU?** Join our Meetup group at www.meetup.com, sign up for events that interest you, and then PLEASE attend those events to help the animals! (If for some reason you find that you are unable to attend, *please* be kind enough to change your RSVP. This will help us to better know what attendance to expect at our events and plan appropriately.)

FVA in the Community/Tablings:

7/1, 8/5, 9/2 - Vegan Support Groups, Open Forums, held virtually via Zoom. We have great discussions with some regular attendees and new folks each time. No pressure to chat, but we always like everyone to introduce themselves. Join our hosts, Kim Gronemeyer, Psy.D., Myriam Parham, RD, CDCES & Cathy Unruh, Journalist, Author & Animal Advocate

7/10 - FVA Park Clean-up at Al Lopez Park, 4810 N. Himes Ave., Tampa, our quarterly cleanup for our adopted park, very nice group attended to help remove the trash that can harm the wildlife & humans

9/18 - Hillsborough River & Coastal Cleanup Day at Al Lopez Park, Tampa. Many FVA activists joined us.

Media & Other Activities:

9/1, Pasco Cty Legislative Delegation Mtg, 9a-1p, Zephyrhills City Hall, "Tethering of Domestic Dogs & Cats" bill introduced, Zephyrhills City Hall, Renee Rivard, LOHV, Betsy, DVM & Myriam all spoke on behalf of supporting a state bill

9/4 - Wild Horse Rescue Center, Webster - Board member, Diane & family visited

FVA sends \$200 donations to local shelters:

July - Equestrian Inc., Aug - The Humane Society of Tampa Bay, Sept - Wild Horse Rescue Center, Webster (see pic on pg 3)

FVA Demos for the Animals:

8/7 - Protested Loomis Bros Circus in Sarasota, FVA activists joined Animal Defenders International (ADI) and local advocates to protest Loomis Bros Circus to warn audiences of the behind-the-scenes suffering of animals in traveling circuses. Find out how to support ADI's federal bill, the Traveling Exotic Animal and Public Safety Protection Act (TEAPSPA), to ban traveling wild animal acts in the US. <https://www.stopcircussuffering.com/get-involved/usa-get-involved/support-teapsa/#/1/> - Together, we can end the suffering of animals for entertainment.

In addition to the events above, some of the monthly activities held at several local vegan restaurants are on hold. Please check our calendar or call the restaurant to check their schedules. These include: Green Culture Café, New Leaf Café, Loving Hut buffet, & Lotus Vegan Buffet. In the meantime, PLEASE support these and other vegan restaurants during this critical time. Order Take out!!! Let's get to know each other. We hope to see you soon!

Donations from Smile Amazon Prime

Team, This is what you will receive when you designate FVA as the recipient of your Amazon purchases:



"This is the quarterly notification to inform you that AmazonSmile has made a charitable donation to the charity you've selected, Florida Voices for Animals Inc, in the amount of \$41.72 as a result of qualifying purchases made by you and other customers who have selected this charity.

Thanks to customers shopping at smile.amazon.com, or with AmazonSmile ON in the Amazon Shopping app, everyday purchases have generated over \$321 million in donations to charities worldwide so far."

Please consider FVA in your purchases at <http://Smile.Amazon.com>.

FVA's New Social Media Coordinator

Please welcome Helene Greenburg as FVA's new Social Media Coordinator! Look for feature story in the next newsletter.



FVA Board at Have-A-Heart Fundraising Dinner & Silent Action held at Solid Rock Community School

FVA's BOARD OF DIRECTORS

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PREVENTING FUTURE PANDEMICS ACT

Submitted by Tom Bird

The following article appeared in the Winter 2020 issue of the Animal Welfare Institute [AWI] quarterly issue; p. 20. (www.awionline.org) It is with kind permission from AWI that the article is reprinted below. Connections between the wildlife trade and the development of pandemics are briefly explored here.

One of the stark realities COVID-19 has forced us to confront is the huge risk posed by zoonotic diseases—pathogens passed from nonhuman animals to humans. COVID is merely the latest and most devastating example of this type of disease. In the past 40 years, the worst pandemics and epidemics—including SARS, Ebola, HIV/AIDS, avian flu, swine flu, and Zika—have all originated in animals. We must reevaluate our treatment of animals and our relationship with the natural world in order to protect public health.

In September, Senators John Cornyn (R-TX) and Cory Booker (D-NJ) and Representatives Mike Quigley (D-IL) and Fred Upton (R-MI) introduced the Preventing Future Pandemics Act (HR 8433/S 4749). This bill would outlaw the import, export, and sale of live wildlife for human consumption in the United States. It would also provide support for efforts to help curb wildlife trade for human consumption abroad.

The United States is responsible for an estimated 20 percent of the global wildlife trade. Live wildlife markets, the primary focus of this bill, constitute just one segment of this multi-billion dollar trade, yet COVID-19 has taught us that they can have serious repercussions for public health. At such markets, wild animals such as civets and bats are crammed together near humans, creating an ideal scenario for the spillover of diseases to which we have no immunity. By exploiting animals and their habitats, we contribute to precipitous declines in biodiversity and come into more frequent contact with wildlife that carry novel and dangerous pathogens. AWI will continue advocating for the Preventing Future Pandemics Act to position the United States as a global leader in protecting both wildlife and public health.

Wild Horse Rescue



www.wildhorserescuecenter.org

Webster, FL



Diane Delano, Founder & Diane Koon

St Francis Animal Rescue Needs Kitten Food!

St. Francis Society is in the middle of what seems like a kitten season that just won't quit! Over the last three months they have found homes for almost 900 kittens!

They are using over 100 cans of wet cat food PER DAY and over 100 pounds of dry food per week. They are in desperate need of kitten food and due to COVID supply constraints, many local stores have been sold out for weeks.

Time are tough and they are so appreciative for any help you can offer! Below is the link to their Amazon wish list and they would be so grateful if you could help make a donation.
<https://amzn.to/2RQwqwk>

Can you purrry please take a moment to send us some kitten food? Thank you!



Dog Chaining Legislation in Florida

By Renee Rivard

Over Half of Florida's Population and their Pets are Now Protected by Anti-Tethering Laws

Under Florida State law, a dog can be kept chained indefinitely as long as it has water and food. Without a state-wide dog chaining law, the public is not protected from chained dog attacks or attacks from dogs that have broken free from their chains. In the last ten years there have been over forty very serious chained dog attacks in Florida---**four** of them fatal--mostly involving children (and those are only the ones that have made it to the news). Chained dogs are not protected from strangling themselves, being stolen, attacked by other animals or cruel humans, and heat exhaustion---not to mention the lack of socialization and emotional distress chained dogs endure.

It is for these reasons that communities across Florida (and the United States) are implementing their own anti-tethering ordinances. **Nineteen** counties in Florida now ban unattended dog chaining--- **Miami/Dade, Palm Beach, Broward, Collier, Sarasota, Manatee, Hillsborough, Lake, Leon, Pasco, Duval, Pinellas, Lee, Hernando, Nassau, Monroe, Martin, St. Lucie, and Citrus.**

What Do the Experts Say about Dog Chaining?

The **U.S. Department of Agriculture**, the **American Veterinary Medical Association**, the **Centers for Disease Control**, and the **U.S. Postal Service** all speak out against dog chaining. They cite that dog chaining is inhumane and can lead to dogs becoming territorial and aggressive. **Law Enforcement Professionals** agree that a well written dog chaining law is a tool that they can use to crack down on dog fighting.

There are Alternatives for EVERY Reason for Tethering a Dog

An anti-tethering ordinance is a reasonable law that encourages the humane treatment of animals. **It does not affect the majority of pet owners**--most have fences or walk their dogs. Those who chain will have to figure out an alternative to chaining (put up a fence, build a kennel, walk the dog, sit outside with the dog, or not get or keep a dog). Owning a pet involves responsibility and financial commitment. Education is key. Animal Services Directors in counties that ban unattended tethering say that it only takes about five minutes to educate an owner about the dangers of dog chaining and provide alternatives for them.

Goals and Recommended Legislation

There are **TWO GOALS** that should be kept in mind when considering an anti-tethering ordinance for your community.

1) **Public Safety.** A study by a division of the **Centers for Disease Control** found that tethered dogs are 2.8 times more likely to bite. The victims of these bites are often children. If left unattended, a chained dog can bite a child in a matter of moments. Senior citizens are the second victims of chained dog attacks--often dogs will break free from their chains and chase their victims. Postal workers are the third victims of attacks.

2) **Protecting Dogs.** An unattended chained dog can strangle itself, be stolen, or attacked by other animals or cruel humans in a matter of moments. With a ban on unattended dog tethering, there are not only less chained dog cases reported, but there are also less bite cases, less nuisance complaints (chained dogs tend to bark at night because they want to go indoors), and less heat exhaustion cases reported. **This decreases animal control's workload and saves taxpayers money.**

These goals apply to **ALL** communities (urban or rural). Demographics, which are typically an argument against anti-tethering legislation, has shown no relation to the success of an anti-tethering ordinance.

Keep in mind that vague language can create loopholes in the ordinance for those who chain 24/7. Timed ordinances which allow unattended tethering have proven to be too difficult to enforce. It would require an animal control officer to physically be present to witness the duration of time that the dog is tied out. Timed ordinances also do not meet the two goals of protecting the public and the dog. Palm Beach County originally had a timed ordinance and changed it to an attended tethering ordinance when they found that the timed ordinance did not solve the problem. "The owner must be outside and in visual range of the tethered dog" is the tried-and-true wording that most communities are using.

Note: Renee has attended most of the recent delegate meetings to speak for the statewide legislation against chaining/tethering unattended dogs outside for all the above reasons. Betsy Coville, DVM has joined her at several of these and given strong testimonials supporting a statewide anti-tethering ban. Myriam Parham attended and spoke at the Pasco County meeting and Isabelle Tassi spoke at the Hillsborough County meeting.

Green Culture's FRIENDS SOCIAL NIGHT

By Ann Chin



I recently discovered that Green Culture, the lauded new vegan eatery in Tarpon Springs hosts "socials" and "meetups"--get togethers for anyone who wants to meet others interested in plant-based cuisine. Some of the meetups also feature educational, plant-based films or speakers. I had been wanting to go to one of these events for months, in part because I love the food and deserts served at Green Culture, and was excited to have the opportunity last Monday to go to the "Friends Social", which is every second Monday of the month. The event was listed on their website (without the date listed) and on the "events" tab of the Facebook page (which has a perhaps more comprehensive list of the various socials than the website).

I wasn't disappointed. First, the food choices are organic, 100% plant-based and always amazing: coffees and fresh-made cold-press juices, sweet bowls, salads, burgers, subs and sandwiches, "Hot Dawgs", tacos, Mex and "Hearty" Bowls, salads and a myriad of sweets, desserts and baked goods. (They even serve some light vegan drinks such as Stella Artois and a signature citrusy beer.). I ordered two of the desserts, the chocolate and pistachio donuts, which were delectable! I sat with a number of old friends, as well as some new ones, and was able to converse about a number of topics in which I am interested concerning the plant-based diet. This feeling of comradery among like-minded individuals is wonderful to experience! And when I wasn't listening to a new friend talking, I was able to enjoy the light and airy, casual eatery atmosphere (they also have a cute outdoor patio, but it was too wet for that), and view a documentary about animals and the plant-based diet that played in the background. Green Culture has interesting educational videos constantly playing on a large screen on the side wall.

Overall, I highly recommend checking out some or all of their meet-ups and socials, which you can find listed in the FVA newsletter, on the Green Culture Facebook page or eatgreenculture.com. I know I will be checking out more of them!



Solid Rock Community School

2801 Keystone Road, Tarpon Springs, FL 34688 (727) 934-0909



SRCS is a 501c3 non-profit, tax exempt, co-educational K-12 private school

We are located in Tarpon Springs, Florida, in Pinellas County, less than three miles from neighboring Pasco and Hillsborough counties. SRCS emphasizes individualized, whole-child development. We are dedicated to providing a challenging educational program that meets our students' academic, social, physical, and emotional needs.

Solid Rock Community School is making the world a greener place, starting in its own school community. With a seed to table garden and lunch program, daily fitness classes, and a focus on environmental stewardship we are teaching our students to become healthy, involved citizens who can contribute to the greater good of society and be good stewards in the world in which they live.

Solid Rock Community School is a private, not-for-profit, interdenominational school that is not affiliated with any particular denomination. Without denominational distinctions we are able to focus on topics that are relevant and agreeable to the majority of people- topics such as love, compassion, kindness, honesty, manners, self-discipline, self-control, and integrity, with the goal of raising our students to be people of good Godly character. We provide a firm foundation, not only for success in school, but for success in a very challenging world. By focusing on love, compassion, understanding, and faith, we celebrate the differences of individuals and families that mirror the diversity in God's Kingdom.

Solid Rock Community School offers a strong sense of acceptance and community. Students learn the importance of respect for themselves, respect for each other, and respect for nature and the planet we live on. We encourage, challenge, and inspire each student to learn, develop in character, and think critically. Our objective is for students to become thinkers, leaders, and collaborators who contribute to the greater good of society as good stewards of the world in which we live.

We hope that you will have your children attend Solid Rock at the soonest opportunity to enhance their knowledge and growth.

Zesty Italian Roasted Root Vegetables with Tomatoes and Kale (No Oil)

By Kimberly Gronemeyer

Serves: 6-8 for a side dish; 3-4 as a main course

3 to 4 pounds of mixed root vegetables such as carrots, potatoes, and turnips, peeled and cut into a medium size dice

3 cloves of garlic, minced

1 small white or yellow onion, diced small

1 heaping tablespoon tomato paste

1 28-ounce can of whole peeled tomatoes

3 cups (packed) of chopped fresh kale

2 teaspoons Italian seasoning

Salt (optional)

Black pepper to taste

Hot sauce (optional)

1. Preheat oven to 450°F. Place the chopped root vegetables on a sheet pan with a silicone mat. Make sure the vegetable pieces are spread out and not touching. You might want to use two pans as they need space to brown without using oil. Sprinkle the vegetables with a tiny bit of salt if using. Roast for about 30-40 minutes, flipping halfway through cooking. Cook until brown on the edges and easily pierced with a fork.

2. While the vegetables are roasting, heat a large sauté pan to medium heat. Add the onions and a pinch of salt (if using) and stir frequently until the onions begin to brown. If they start to stick, sprinkle a dash of water into the pan. Use just enough water so that the onions do not stick. You don't want them simmering in water! Once they are soft and start to brown, add the garlic and continue to stir a couple minutes until the garlic begins to brown too. Stir in the tomato paste and cook for another minute. Pour the liquid from the can of tomatoes into the pot. Then cut or tear the tomatoes with your hands into large chunks and add those tomato pieces to the pan as well. Add the Italian seasoning and black pepper. Stir well. Cover and let simmer on low heat until the vegetables are done roasting. Stir in the vegetables and kale. Cook until the kale is just wilted, about 5 minutes.

Season with salt and pepper to taste. Add a little hot sauce if you like some heat! Serve hot.



You can receive this newsletter via email or download it from the FVA website. To go paperless, please email fvaonline@yahoo.com and let us know. You will both help the environment and to enable FVA have more resources for helping animals.

YES I want to support Florida Voices for Animals, Inc.

Enclosed is my annual membership fee or donation:

☐ \$300 Teddy* Lifetime ☐ \$100 Patron ☐ \$50 Family ☐ \$30 Individual ☐ \$15 Student ☐ _____ Other

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** In loving memory of Keith Roghair's dog, Teddy*



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GOOD NEWS



☺ **Aug 2021: Manatee County Commissioners finally banned retail pet sales in Manatee County!** The three current pet stores have one year to stop the sales. Big "Thank You" to Commissioner Carol Whitmore for her tenacity and to Karen Ankerstar and all the Sarasota and Manatee County animal advocates who worked tirelessly on this. And very big thank you to ASPCA for all of their research and getting involved at local level. - reported by Renee Rivard

☺ **Sep 2021: Mexico has banned Cosmetic Testing on Animals** Mexico became the first country in North America—and the 41st in the world—to pass a ban on testing cosmetics on animals with unanimous support from the country's Senate. The federal bill also bans the manufacture, import, and marketing of cosmetics tested on animals elsewhere in the world.

☺ **Sep 2021: APP Group—which owns retail brands Mackage and SOIA & KYO—has banned fur.** This move will prevent countless foxes and other fur-bearing animals from being electrocuted, gassed, beaten, or killed in some other violent way.

☺ **Sep 2021: Vitalon Foods Group—Taiwan's third-largest health food company—has banned tests on animals** after discussions with PETA and receiving nearly 50,000 e-mails



FVA at Coastal Cleanup, Al Lopez Park, Tampa



Our mission is to educate the public about animal abuse and exploitation. Please renew your membership if it has expired. Check your label.

M Paid membership and renewal date **L Lifetime member**
X Newsletter exchange **C Courtesy**

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ADDRESS CORRECTION REQUESTED

All events are posted on our Meetup Calendar so if you haven't signed up for our meetup, go to www.meetup.com, search for Florida Voices for Animals, and then sign up.

Visit <https://newdaynewchef.com/episodes/> to watch **New Day, New Chef** vegan cooking show hosted by **Jane Velez-Mitchell** Every Tue & Thu at 10:30am WUSF Ch 16.3 **Christina Cooks** cooking show with **Christina Pirello**

Every Wed at 11am WMNF 88.5FM **Talking Animals** radio show with **Duncan Strauss**

Every Fri at 11am WUSF Ch 16.1 **Jazzy Vegetarian** cooking show with **Laura Theodore**

Check out the **Vegan Myth Busters** radio show hosted by **Ellen Jaffe Jones** anytime by visiting <https://www.facebook.com/groups/1667198786868267/> or live every Tuesday at 6PM EST on The Dr. Don Show on KAAA and KZZZ at <http://www.talkatoz.com>

10/7, 11/11, 12/2 6:30pm **Vegan Support Group** Zoom Mtg. FVA is hosting a series of vegan support groups on the first Thursday of each month to help you cope with the challenges of living in a non-vegan world. Please check FVA Meetup Calendar.

10/2, 11/6, 12/4 6pm **Vegan Social meetup**, Green Culture, 1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 1st Saturday / month.

10/6, 11/3, 12/1 6pm **Vegan Primary Care meetup with Dr Scott Harrington**, Green Culture, 1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 1st Wednesday / month.

10/11, 11/8, 12/13 6pm **Friends Social Night**, Green Culture, 1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 2nd Monday / month

10/17, 11/21, No Dec 6pm **Plant-Based Doctor meetup**, Green Culture, 1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 3rd Sunday / month. A series of health-related topics led by a physician of the Plant-Based Lifestyle Movement, Koushik R. Reddy, MD or Angela Persaud-Reddy, MD.

10/18, 11/22, No Dec 6pm **Plant-Based Runners meetup**, Green Culture, 1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 3rd Monday / month.

10/19, 11/16, 12/21 6pm **Vegan Activist meetup**, Green Culture, 1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 3rd Tuesday / month.

10/23 10am-6pm **Central Florida Veg Fest**, Orlando Festival Park, 2911 East Robinson Street, Orlando, FL 32803 Please join us for the 16th annual Central Florida Veg Fest, one of the LARGEST and LONGEST-RUNNING vegan festivals in the WORLD!

11/20 **Special screening of the film GUNDA produced by Joaquin Phoenix**, HOB Brewing Co. 931 Huntley Ave Dunedin, FL 34698 Vegan food options and vendors for eating and shopping will be on site. Check our website for tickets and the exact time.

12/5 11am-5pm **Sarasota Veg Fest**, Payne Park, 2010 Adams Ln, Sarasota, FL 34237 Tons of exciting happenings at this Veg Fest: informative presenters, mouth-watering cooking demos, fun for the kiddos, entertainment, competitions, and more.

* * *

We regret to inform you that Tampa Bay Veg Fest will not be returning this year. Thanks to everyone for your support and we hope to return in 2022. If you are interested in being part of the Tampa Bay Veg Fest organizational team, please let us know at info@tampabayvegfest.com. Please continue to support all vegan businesses and pop-ups. Thanks, Tampa Bay Veg Fest team