August 17 will be a very exciting day in the world of animal rights! Cities all over the world will be participating in the Global Animal Rights March! The official march is sanctioned by Surge, the UK-based organization founded by Ed Winters (Earthling Ed). However, each participating city’s local animal rights activist communities facilitate the events - in our case, Florida Voices for Animals!

We will meet at North Straub Park in downtown St Petersburg at 10:30AM. From there, we will hold a rally and begin our march in support of the animals. We will return for another rally, speeches, and community gathering. This event will be peaceful, lawful, and powerful. Bring water, homemade signs or flags, and your voice!

Florida Voices for Animals is joined by Tampa Animal Rights Assembly (TARA) to organize the march. Tampa Bay will be one of dozens of cities all over the world participating in the march - a very exciting day to be an animal rights activist!

Brian Brown
Man Sheds 100 lbs On Plant-Based Diet then opens a Vegan Restaurant

A father of three has shed 100 lbs after adopting a plant-based diet and has now set up a vegan smoothie and juice restaurant.

**James McGee**, from Desoto, Texas, has also reversed health complications from “years of heavy drinking” - and no longer needs the 22 different medications he had to take daily to manage his liver and kidney issues.

McGee opened up Peace Love Eatz in Grow DeSoto Market Place, creating plant-based meals such as mushroom burgers, jackfruit tacos, and smoothies, after noticing how limited vegan options in the area were.

"After fully switching over to a plant-based lifestyle, my wife and I realized there was nothing for us to eat in the area. From then on the seed was planted (get it?)," the company's website states.

McGee also wants to tackle the health disparities prominent in the black community, by making plant-based foods more familiar in DeSoto.

He said, "In the black community there's a lot of diabetes. So a lot of people are starting to look at it, like, now I've got to do something...

...It's sad that we are more reactive than proactive, but that comes from a long time of learning the wrong things. I want to be able to teach people about [veganism] at the same time."
My name is Stella Pavlides and I’m the founder and president of the American Vitiligo Research Foundation (AVRF), a “humane charity” based in Clearwater, Florida. Vitiligo is a acquired disease that strips color from the skin, leaving individuals with their normal skin tone along with white patches. Although it is not fatal, it is truly an emotionally devastating disease because it is aesthetically disfiguring. Children suffer the most because of peer pressure and bullying. At age 22, I was diagnosed with vitiligo and told there was no cure. When I was told about the National Vitiligo Foundation, I was elated. I joined and began raising money for research.

Later on, I learned that the National Vitiligo Foundation was sponsoring research using chickens and mice. When I called the headquarters in Texas, the president of the organization assured me that the foundation had no problem supporting research using animals—but I did, so a dilemma arose. The National Institutes of Health has admitted that 95 percent of new drugs that are deemed safe and effective in animal testing fail in human clinical trials. So all the studies done using animals are not leading to cures and effective treatments for humans.

After quite a lot of thought, I decided what to do. I took all my savings and started the AVRF in 1995. We are the only humane vitiligo charity in the world. PETA, Physicians Committee for Responsible Medicine, The New York Times, and The Wall Street Journal as well as many other newspapers and magazines have written about the AVRF. I’ve sponsored over $200,000 dollars for non-animal research. This is not easy for one person to do, but I have and will continue to do so. My journey is long and difficult, but I will succeed. How can we love our own companions and not extend that love and respect to all living beings? To learn more or donate to humane vitiligo research, please visit http://www.avrf.org/.

I also have a second charity organization called “2 Dogs on a Mission.” In 2018, I rescued Joey, a Jack Russell, Parson Russell, Wire Haired Fox Terrier mix. Joey was subsequently diagnosed with heart failure at the University of Florida. They advised me that they were bringing in five Japanese heart surgeons to operate on dogs that also had heart issues just like Joey. Because Joey’s heart surgery will cost over $40,000, I started “2 Dogs on a Mission” to raise money for Joey’s surgery. Whatever money exceeds the cost of Joey’s surgery will be donated to the University of Florida so they can help other dogs with heart issues whose owners are having financial difficulty paying for the surgery. To donate to “2 Dogs on a Mission,” please visit https://www.gofundme.com/stella039s-little-joeys
I have a big apology to make. For those who were disappointed that Cider Press Cafe ran out of vegan shrimp in the first few days, I confess...I ate a lot of it the first day of the festival. The 2-week festival was May 18-26, the first for our area and emphasized the need to wean ourselves away from destroying the oceans, and depleting an already decreasing fish population from overfishing. We desperately need to stop eating fish, which recent studies now say micro-plastics are not only in the organs of fish, but in the edible tissues as well.

Fish also feel pain and show sophisticated behaviors such as searching for food in groups and recognizing their own faces. I ordered the ceviche, shrimp cocktail and garlic shrimp on zucchini noodles. Yes, I ate the whole thing. Each dish was like the original dishes made from fish as I remember them from decades ago and quite delish. I couldn’t believe how much like shrimp the plant-shrimp tasted. My dining partner ordered the shrimp po'boy. My favorite dish was the zucchini noodles which was flavored to perfection and no skimping on the garlic. The shrimp cocktail was just like the real thing, right down to the cocktail sauce, which I could have made a side dish from. The ceviche tasted like it was fresh from the Caribbean. Running out of the “seafood” was a testimonial how popular and delicious these recipes were. Sources say some of these dishes are being considered as permanent fixtures of the Cider Press regular menu. To be clear, the “festival” was not an event like a vegfest or event with vendors. This was simply a first attempt at the restaurant to offer different seafood substitutions and to show how much an environmental impact giving up fish can make.

Ellen Jaffe Jones is an author, nationally ranked sprinter, certified personal trainer.

Pit bull puppy saves family from fire, carries baby by diaper

Just before midnight on June 3, Sasha, an 8-month-old pit bull, alerted the sleeping family to danger by barking and banging on the door of their Stockton, California, rental, according to Fox 40.
Nana Chaichanhdha opened the door to see why the dog was yelping and behaving strangely. Before she even realized her cousin’s building in her fourplex was on fire, Sasha barged through the door and ran into 7-month-old Masailah’s room.
“She had already had my baby by the diaper and was dragging her off the bed,” Chaichanhdha said.
The cost for just one month was $5,395.00! Give Day raised $2165 and the remaining $3230 was covered by donations. These actions don’t come cheap, but it is part of the money we raised. We would love to have more billboards like this, so let us know if you have ideas about how we can accomplish this. Please consider donating toward this effort if you have not yet done so. Thank you!

HOPE—What You Eat Matters

H.O.P.E. is a life-changing documentary uncovering and revealing the effects of our typical Western diet high in animal-based foods. Half of the population in Western society suffers from being overweight. Cardio-vascular diseases, diabetes and cancer are epidemic. Our meat consumption has quintupled over the past 50 years, yet worldwide people suffer from hunger and starvation. 65 billion land animals are being slaughtered every year for food consumption.

H.O.P.E. contrasts the limited interests of the pharmaceutical and agricultural industry with the all-encompassing interests of living beings on this planet and with the power of responsible consumer action. It is an urgent call to action to all of us to commit to a change towards sustainability and safeguarding our living environment.

You can watch it for free at https://www.hope-theproject.com/the-film/

Crossroads Cat Rescue

WE ARE Crossroads Cat Rescue
WE ARE one sitting board of directors member, one past board member and two Florida voices for animals members
WE ARE caretakers for three groups of community cats near Raymond James Stadium in Tampa. All but two cats have been TNVR’d.
WE ARE looking for help.
WE ARE in need of a few good people to take on a couple of days a month to help feed these innocent beings.
MAYBE on your way home from work?
MAYBE on your day off?
MAYBE on your daily walk around the park?
We feed in the evening which takes about 30 minutes, and we will provide the food, if necessary.
WE ARE very thankful in advance for your help and for FVA’s financial support with life saving surgeries.
WE HAVE a feral cat fund at FVA for contributions WE ARE hoping you can help us with your time or donations, but especially your time ☺
Please email fvaonline@yahoo.com or call 727-656-8368

Film Producer: Nina Messinger
FVA In Action

Dear FVA members, friends & readers,
We are excited to share with you our FVA meet-up events! We now have over 3,866 people signed up as ‘interested’ in our group and activities. As you can see, we continue to have a variety of opportunities for you to become involved. WHERE are you? Please join our MeetUp, please sign up for events that interest you, then PLEASE attend the events and help the animals! (If for some reason you find that you are unable to attend, please be kind enough to change the RSVP? This will help us to better know what type of attendance to expect at our events and plan appropriately.)

FVA in the Community/Tablenings
4/13 - Eco Fest, Julian B. Lane Riverfront Park, Tampa- Marie, Suzanne, Trevor, Susannah & Ann.
4/20 – Central Florida Earth Day, Lake Eola, Orlando- Trevor & Ann
4/27 – Suncoast Veg Fest, Dunedin, FVA table- Diane, Marie, Kim & Nina Perino
5/4 – Sarasota Veg Fest- Anne Marie Cancio, Chris Capozziello, Suzanne, Diane, Marie & Ann
Several Veg Fests throughout U.S. and Local Runs- our own Ellen Jaffe Jones attended, ran &/or spoke

Other Activities
1/5 - FVA Park Clean-up at Al Lopez Park - Check FVA meetup for future dates
3/31 – TBVF Volunteer Mtg., Jimmie Keele Library
4/15 – WMNF Talking Animals Radio Show, Duncan Strauss Interview regarding elephant rides, Nolan Martinez (Brittany’s 10 year old son!)

FVA Demos for the Animals:
4/6- DEMO Go Vegan! - St. Pete Saturday Morning Market, 12-1, Hussein Mourtada organizer
4/28 – Musa Slaughterhouse Vigil, 56th St. N, Tampa, Hosted by The Tampa Save Movement
5/11 – 7th Annual Empty the Tanks Worldwide Demo, Clearwater Mall Entrance, Gulf to Bay Blvd.
5/18 - DEMO Go Vegan! - St. Pete Saturday Morning Market, 12-1, Hussein Mourtada organizer
5/31 - Protest Circus at Oldsmar Flea Market
6/2 - Protest Circus at Oldsmar Flea Market – Approximately 20 attendees
6/7 -Anonymous for the Voiceless Cube of Truth: Lucky Dill Deli Central St. Pete, Brian Brown organizer
6/14 -Tampa Animal Rights Assembly, Ybor City Demonstration, 1600 E. 7th Ave, Ybor, Tampa, Brian Brown organizer - 7:00 PM to 9:30 PM, Every 2nd Friday of the month

Quarterly, Al Lopez Park clean up, 10am-12, check FVA meetup for future dates. Next date TBA.

In addition, monthly activities are held at several local vegan restaurants. These include: New Leaf Café breakfast buffet, Loving Hut buffet, Café Hey brunch & Lotus Vegan buffet. Please check our FVA calendar to join us at these events so we can get to know each other. We hope to see you soon!
You can receive this newsletter via e-mail or download it from the FVA website. To go paperless please email fvaonline@yahoo.com and let us know. You will not only help the environment, but will allow FVA more financial resources to help 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
NAME: ______________________________ PHONE: __________________
ADDRESS: __________________________ CITY: ____________ ST: ____ ZIP: ________
E-mail: ______________________________

I would like to volunteer for:
☐ Phone Tree  ☐ Attending Demonstrations  ☐ Staffing Outreach Tables  ☐ Website  ☐ Newsletter
☐ Investigations  ☐ Other:

I prefer to receive my Newsletters:  ☐ Electronically via e-mail  ☐ Regular Mail

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

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GOOD NEWS

Jun 2019: My Makeup Brushes has announced that it's removing badger hair from its shelves. My Makeup Brushes joins dozens of other companies around the world in its compassionate decision to stop selling badger hair after the release of PETA's video exposé of China's horrifying badger-brush industry, in which gentle badgers are held in cramped wire cages exposed to the elements before being beaten to death for brushes.

Jun 2019: Canada Bans Whale and Dolphin Captivity Canada has voted in favor of federal animal protection laws in Parliament. Adopted by a majority vote, Bill S-203 bans all confinement and breeding of cetaceans in captivity—all but ending the cruel practice that PETA has protested against in the country for decades.

Jun 2019: Shriners Chapter Ends Use of Animals in Circuses After 60 years, Pittsburgh's Syria Shriners won't force animals to perform in a circus or cart people around on their backs. In addition to PETA protests, Humane Action Pittsburgh had worked to get bullhooks and other weapons used to control animals banned in the city.

Jun 2019: Alec Baldwin Asks SeaWorld to Stop Using Dolphins as Surfboards. Actor Alec Baldwin is speaking up for captive cetaceans in the U.S. by asking SeaWorld to stop using dolphins in cruel circus-style acts, which includes standing on their faces. As a father of five, Baldwin—who has a long history of speaking up for marine animals—has said that he will never take his family to SeaWorld.

Jun 2019: 12 Health Benefits of a Plant-based Diet

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<th>Lower cholesterol</th>
<th>Rich in essential nutrients</th>
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<td>Lower blood pressure</td>
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<td>Cardiovascular health</td>
<td>Lower risk of cancer</td>
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<td>Gut health</td>
<td>Environmentally friendly</td>
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<td>Rich in antioxidants</td>
<td>Avoids harmful hormones, antibiotics and other chemicals</td>
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<td>Better weight control</td>
<td>Improved outcome for diabetes</td>
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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

FLORIDA VOICES FOR ANIMALS, INC.
P.O. BOX 17523
TAMPA, FL 33682

A NON-PROFIT, TAX-EXEMPT,
GRASSROOTS, ANIMAL ADVOCACY
ORGANIZATION

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, then sign up.

Every Tue & Thu  at 10:30am – WUSF Ch 16.3, Christina Cooks cooking show with Christina Pirello
Every Wed at 10am – WMNF 88.5 FM, 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/

6/27 (Thu) FVA Vegan Support Group, 6:30pm Topic: Having Non-Vegan Friends, John F Germany Library, 900 N Ashley Dr, Tampa

6/7, 8/3, 9/7 (Sat) - Loving Hut Vegan Buffet Sat 11am-9pm (Meetup at 6:30pm), 1905 E Fletcher Ave, Tampa FL 33612, 813-977-7888. Loving Hut’s website is http://www.lovinghut.us/tampa_01/ This all-vegan buffet is on the 1st Saturday of the month.

7/7, 8/4, 9/1 (Sun) - New Leaf Café Brunch, 9am-12pm 11813 N Armenia Ave, Tampa, FL Enjoy an all-vegan brunch which takes place first Sunday of the month.

7/13 (Sat) - FVA Park Cleanup, 9am-11am Al Lopez Park 4810 N Himes Ave, Tampa, FL Volunteers appreciated to help pick up trash which helps our animal inhabitants. Bring water, hat, sunscreen and gloves.

7/20, 8/17, 9/21 (Sat) - Lotus Vegan Meetup Buffet, 11am-9pm (Meetup at 6pm), 6575 Park Blvd, Pinellas Park, FL Enjoy an all-vegan buffet at Lotus Vegan Restaurant. This buffet takes place 3rd Saturday of the month.

7/28, 8/25, 9/29 (Sun) - Café Hey Brunch, 11am-2pm 1540 N Franklin St, Tampa, FL Enjoy an all-vegan brunch which takes place last Sunday of the month.

11/9 (Sat) - FVA Annual Tampa Bay Veg Fest, 10am-5pm Perry Harvey Park, 900 Scott St, Tampa, FL Volunteers needed. Free vegan day-event with speakers, food demos, food vendors, food samples (did I mention food?) One of USA’s top Veg Fests. Don’t miss it.

11/28 (Thu) - FVA ThanksVegan Feast, Social 1:30-2pm Potluck Dinner 2-5:30pm. At Unitarian Universalist Church 11400 Morris Bridge Rd. Tampa FL 33637. See ThanksVegan.com to prepay and for details. Volunteers needed. To volunteer, email ThanksVegan@gmail.com

11/29 (Fri) - FVA Fur-Free-Friday Demo, 11:30am-1pm International Plaza, 2223 N Westshore Blvd, Tampa, FL 33607. Fur is totally cruel and unnecessary! Join us to be the voice for the animals! Signs will be provided.