

**F**or many years, millionaire John Cuneo's Hawthorn Corporation trained elephants and rented them to circuses, including the Shrine Circus, the Sterling & Reid Circus, and the Walker Bros. Circus. The elephants' miserable lives were filled with beatings, and some were in a weak and debilitated condition after becoming infected with tuberculosis.



## Hawthorn's Reign of Terror Over Elephants Ends



**VICTORY**

### John Cuneo Admits Guilt

In March 2004, Cuneo confessed to 19 AWA violations, including failing to provide veterinary care to animals and causing behavioral stress, physical harm, and unnecessary discomfort. Cuneo also admitted that his elephants were handled unsafely during public exhibition and had had unsupervised contact with the public, which is extremely dangerous. The government fined Cuneo \$200,000 and ordered him to relinquish custody of all 16 of the elephants.

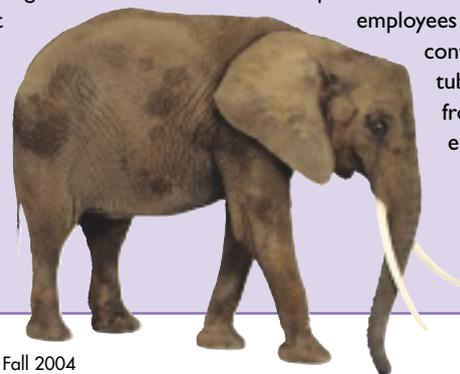
### PETA Gives Feds Evidence of Abuse

In April 2003, after PETA had furnished photographic and videotaped evidence of neglect to the U.S. Department of Agriculture (USDA), the USDA came down hard on Cuneo, bringing charges against Hawthorn for serious violations of the Animal Welfare Act (AWA).

### What the Elephants Remember

Hawthorn has a lengthy history of abusing and neglecting animals. Here are just a few examples:

**2003:** The USDA seized Hawthorn's elephant Delhi, who was in imminent danger from lack of veterinary care, and transferred her to The Elephant Sanctuary.



**2003:** Hawthorn was charged with failing to protect workers after several employees apparently contracted tuberculosis from diseased elephants.

### Lota Needs a Lotta Care

Lota, one of the 16, has been sick with tuberculosis since 1996. In Cuneo's neglectful hands, Lota lost hundreds of pounds, until her spine and hip bones protruded.

Now 52 and deteriorating fast, Lota desperately



Sick and tired

needs to live out her life in a place where she can walk in fields, enjoy companions, and have the benefit of experienced elephant veterinarians.

### Ban Elephant Acts

- Whenever the circus comes to town, give local animal control the ammunition they need to conduct an inspection. Download inspection guidelines from [Circuses.com](http://Circuses.com).
- Contact your town council members and ask them to pass a ban on animal acts, as towns including Hollywood, Fla., and Boulder, Colo., have.

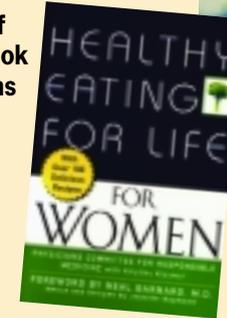
by Honolulu police when she escaped, killed her trainer, and went on a rampage.

Visit [Circuses.com](http://Circuses.com) to review the Hawthorn Corporation's history of AWA violations.

## Doctor in the House



Neal Barnard, M.D., author of the *Healthy Eating for Life* book series, answers your questions about nutrition and health.



**Q** I'm very athletic. Can vegetarian foods provide enough nutrients to suit my demanding exercise regimen?

**A** Absolutely. In fact, a healthy vegan diet gives important advantages over a meaty diet, which is why many Olympic and professional athletes are vegetarians. For those who wonder whether vegetarian diets are rich enough in protein, it is worth remembering that some of the most powerful animals—bulls, gorillas, elephants, and stallions—are vegan, too.

Compared to carnivores, vegetarians get much less saturated fat in their diet. That not only helps keep their cholesterol low, it also allows for better blood circulation, improving athletic performance. Vegetarians, particularly vegans, are leaner—with significantly less body fat.

To get all the nutrients, energy, and endurance you need to be at your best, build your diet from grains, vegetables, legumes, and fruits. For an energy-packed meal, fill half your plate with rice, pasta, corn, etc., or a starchy vegetable, such as a potato. These grains are a good source of complex carbohydrates for energy. Next, fill a quarter of the plate with two different vegetables, such as carrots and broccoli. Fill the rest of the plate with legumes, which are rich in protein, complex carbohydrates, fiber, calcium, iron, and omega-3 fatty acids. Remember to

snack on plenty of fruit and nuts as well.

Bodybuilders will want to get plenty of protein. Higher-protein vegetarian foods include anything from the bean group, such as soy veggie burgers, black

beans, and chickpeas. You can easily meet your calcium requirement without the allergies, sinus conditions, and joint problems associated with dairy products. Plenty of calcium can be found in legumes, green vegetables, and fortified orange juice. For vitamin B12, you'll want to take any common multivitamin or eat B12-fortified cereals or drink soy milk.

For a quick meal that packs a punch without a lot of effort, keep canned beans, instant soups and entrées, and frozen vegetables on hand. Expand your menu by experimenting with different vegetarian foods.

A healthy vegan diet will give you the strength and stamina to leave those sluggish meat-eaters in the dust.

**A healthy vegan diet will give you the strength and stamina to leave those sluggish meat-eaters in the dust.**

### Winning Athletes Powered by Veggies

**Andreas Cahling**, champion bodybuilder  
**Desmond Howard**, Heisman trophy winner

**Jack LaLanne**, fitness legend  
**Carl Lewis**, Olympic medalist in track  
**Edwin Moses**, Olympic medalist in hurdles

**Martina Navratilova**, tennis champion  
**Robert Parish**, one of the NBA's "50 Greatest Players"

**Bill Pearl**, four-time Mr. Universe bodybuilder  
**Bill Walton**, NBA Hall of Famer