

Guardians, Not Owners: Katz Defends Animals

By **KATIE HALL**

In Defense of Animals, a non-profit organization based in the Bay Area, tackles the more difficult animal advocacy issues. I was impressed by the integrity, sensitivity and caring with which founder Dr. Elliot Katz, DVM, discussed these issues.

IDA is an organization that speaks for those who cannot speak for themselves. Throughout his career, Dr. Katz has brought unknown and controversial issues into the spotlight of mainstream media in order to help suffering creatures great and small.

During his successful campaign to halt biomedical testing on chimpanzees by the Coulston Foundation, Dr. Katz was painted as an extremist, and what he considers a “damning blow,” he was blacklisted from media interviews by the labs because his experience as a veterinarian made him too credible to debate.

The American Medical Association issued a document that suggested doctors and vets like Katz should occupy themselves as members of Boards of Directors for organizations such as the ASPCA, and stay away from



issues surrounding medical research on animals.

While Dr. Katz and IDA supporters continue to challenge large medical testing labs, propose legislation protecting animals from cruelty, exploitation, and abandonment and prevent the entrapment and slaughter of primates, dolphins, baby seals, and others, they have also successfully created a paradigm shift among pet lovers.

The goal of the “Guardian campaign” is to change the standard of how we view other species. Just as wives are no longer the property of husbands, Dr. Katz wants to change this consciousness to the level of all species. Rather than buy and own a pet, we should adopt and care for them as guardians.

Along with this shift in understanding in the relationship between humans and animals, Dr. Katz mentions that as individuals the decisions we make can be valuable in preventing cruelty

to animals. Whether or not you have the time to volunteer or money to donate, you do have the choice to eat less meat, wear less fur, boycott organizations known to treat animals badly, and spread the word about positive, effective organizations like In Defense of Animals.

For more information on current campaigns, projects, victories, and resources, see www.IDAUSA.org.

Katie Hall is a primatologist. She is from Brentwood and is currently doing research at the University of St. Andrews in Scotland.

Burn Before Eating: Don't Let Your Workouts Take a Holiday Break

By **AMY SOMMER**

Thanksgiving is a holiday about family and food, which can make even the most sanguine Westsider stressed. Exercising is a great way to alleviate the angst.

Convenient and varied, Burn60, Core60 and Turn60, side-by-side on South Barrington Place, are great ways to avoid the season's psychological and figure-busting pit falls.

Burn60 classes are divided into 30 minutes on the treadmill and 30 minutes with weights. Marc Montemerlo's functional training combines precise weight and treadmill work, thereby maximizing the calorie burn. I definitely felt the burn. It lasted for more than 60 minutes.

Core 60 is a group Pilate's class. 60 minutes with Cassandra left me sore in muscles I didn't know I had. It's the second best work out you can get while lying on your back!

Christina Malizia's spin class made me feel like I'd ridden the Tour de France. "Spinning is an efficient workout. In just 45 minutes you can burn upwards of 500-plus calories," Malizia reassured me as I tried to catch my breath.

A diet of Burn60, Core60, and Turn60 is a great addition to your turkey dinner! I wish you a delicious and sweaty Thanksgiving. Bon Appétit!

Burn60, Core60, Turn60 will have three classes on Thanksgiving Day: 8:15am, 9:30am and 10:45am. For more information, visit www.Burn60.com

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