

Red v. White – (Wine's Healthy Benefits)

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For years, the benefits of red wine have been touted in the media. Red wine is known to benefit one's cardiovascular system. Now, there is some indication that white wine, too, may have healthy properties. Preliminary research with laboratory animals reveals that white wine, particularly chardonnay, may be useful in slowing weight gain and lowering cholesterol levels. The researchers examined how hamsters fared on a high-fat diet which included flour made from the seeds of grapes used in making chardonnay (white), syrah (red), and cabernet sauvignon (red) wines. Chardonnay had the best results relative to the hamsters' slower weight gain and lower cholesterol levels. Chardonnay also acted as an anti-inflammatory agent, according to the data published by the USDA in the [Journal of Agricultural and Food Chemistry](#) in February 2014. Apparently, chardonnay grapes possess higher levels of flavonoids which 1) altered the chemical reaction of genes in fat metabolism, and 2) their anti-oxidant compounds assisted normal bacteria in the stomach to function more efficiently.

So go ahead and enjoy, in moderation of course, whatever type of wine you prefer. Both have qualities that can enhance one's adult health. The Mayo Clinic will be following up on these preliminary studies to determine if the same holds true for the human body. A side benefit of the experiments was that grape-growers now have a way to utilize seeds that normally are thrown away during wine production. Wine seeds, they found, can be used to make excellent flour. Furthermore, Tom Vilsack, Agriculture Secretary, commented in an interview that other scientists would continue to examine wine grapes' potential. "We have over 100 locations where our scientists, no pun intended, are working in the vineyards of new ideas, new products, new businesses."

(<http://www.washingtonpost.com/news/to-your-health/wp/2014/04/25/ill-have-the-chardonnay>)

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Evils of Puppy Mills

Hook Law Center: Kit Kat, why are puppy mills so destructive?

Kit Kat: Well, this is not easy to answer. It's not that puppy breeders are inherently bad. However, the people that tend to engage in animal abuse, tend to engage in other types of abuse. Unfortunately, this is not a rare occurrence. Take for instance the following case reported in an article in the Humane Society's national publication, [All Animals](#), recently. When we say a puppy mill, we are talking about breeders who have hundreds of dogs on their property. Their websites portray a different picture, but in reality they house dogs in unsanitary conditions, often pollute local ground water because the dogs' waste is not properly disposed of, and sometimes even abuse their own family members. It's almost too awful to believe, but it's true.

In Mississippi near the town of New Albany, there was a particularly gruesome situation. Janet and Ramon Barreto had amassed a collection of over 200 dogs by 2008 for their online business called "Luv-a-Puppy." They also had 9 children, 7 of whom were adopted from Guatemala. Some of the adoptees were malnourished and abused. A 2-year old girl died when one of the Barreto's biological children threw her so hard into her crib that she died. The Barreto's are now considered fugitives, since they did not show up in court.

Another horrific case occurred in an unnamed location to protect the informant. One of the adopted children of a puppy mill breeder reported his parents to the Humane Society, because local officials were taking no action against his parents who were abusing his siblings and the approximately 500 dogs in their care. The young man had to move out of the area because of death threats. The situation still has not been resolved because of jurisdictional issues, but the Humane Society continues to monitor it.

So you can see that all dog breeders are not bad people, but those that engage in abuse are likely to engage in several different types of abuse at the same time. Thank goodness there are organizations like the Humane Society who can at least serve as watchful agents and backup local law enforcement efforts. Hopefully, awareness will result in less abuse.

(Tia Pope as told to Karen E. Lange, "Breeding Grounds for Abuse," [All Animals](#), July/August 2014, p. 30-32)

Upcoming Events

- Hook Law Center will be participating in **Senior Advocate's Art of Healthy Aging Series** held at Westminster Canterbury, 3100 Shore Drive, Virginia Beach VA 23451. This series will be held once a month from July through December. **Andrew H. Hook** will be the

featured presenter on **Tuesday, August 5, 2014 at 10:00 a.m.** Mr. Hook will speak on Avoiding Elder Law/Care Pitfalls as well as provide an overview of Hook Law Center's Practice Areas. HLC Attorney Jessica A. Hayes and Shannon Laymon-Pecoraro will also provide an overview of Hook Law Center's Practice Areas at the meetings held on **Tuesday, July 1, 2014 at 10:00 am, Tuesday, September 2, 2014 at 10:00 am, Tuesday, October 2, 2014 at 10:00 am, Tuesday, November 4, 2014 at 10:00 am, and Tuesday, December 2, 2014 at 10:00 am.** We look forward to seeing you there!

- Andrew H. Hook will be speaking to the Chesapeake Chapter of NARFE (National Active and Retired Federal Employees) on **September 2, 2014 at 12 Noon** at the Chesapeake General Hospital's Lifestyle, Health and Fitness Center.
- **Andrew H. Hook** has been invited to appear on a taping of "The Forum with Jan Callahan," a WHRO-produced public service program, to discuss the importance of attending the **Art of Healthy Aging Convention** at the **Virginia Beach Convention Center** on **November 1, 2014** and to discuss his seminar to be held during the convention. More details to come.
- **Andrew H. Hook** and **Shannon Laymon-Pecoraro** will be presenting a seminar on the Affordable Care Act to the Marcari Law Firm on **November 12, 2014 at Noon.**

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