

Q&A

JENNA
DEWAN-TATUM

KNOWN for her starring roles in the popular dance film *Step Up* (where she met husband Channing Tatum) and more recently in the Lifetime channel's *Witches of East End*, Jenna Dewan-Tatum has a long history of speaking out for animals. "I happened to see some documentary on slaughterhouses when I was really young," she says. "... I was really disturbed and stopped eating meat. I think that was when it all began for me."

With her stunning looks and commitment to compassionate living, the actress and dancer is an ideal spokesperson for The HSUS's Be Cruelty-Free Campaign to end cosmetics testing on animals. "It was mind-blowing to me that so many cosmetic companies are still testing on animals," she says. "I wanted to get involved to hopefully bring awareness to this situation ... and to also urge people to buy from cruelty-free companies."

In this edited interview with staff writer Ruthanne Johnson, Dewan-Tatum shares her secrets for staying beautiful and cruelty-free in Hollywood.

How do you fit your love for animals into looking so fabulous?

I definitely check to see if the treatments and products I use are humane. I also make it clear to wardrobe on any show or movie that I won't wear fur. I follow a clean vegetarian diet. That helps my skin out a lot, and I feel more energy as a result, too. Lots of green smoothies!

What are some of your favorite cruelty-free cosmetics?

I love Tarte, Urban Decay and Josie Maran.

Why is speaking out for animals important to you?

I have always felt it was important for animals to have a voice. We must speak up for them and fight for them to be treated fairly. From rescuing animals to addressing mistreatment of animals in slaughterhouses to protecting our wild animals, it's all important to me.

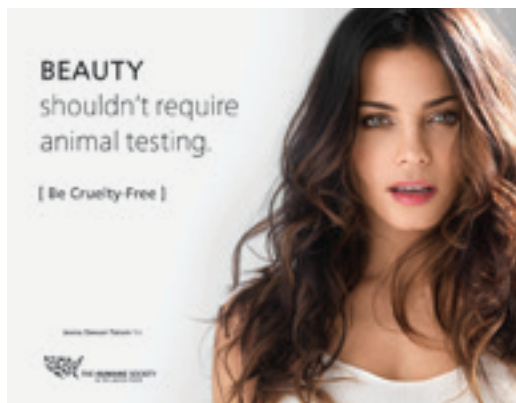
What have been the biggest challenges in your advocacy work?

It's often hard for people to see beyond what they've been taught their whole lives. When something challenges their comfort zone, they want to stick their heels in the mud or turn their eyes away from how animals are really being treated. But everyone is on their own journey, and you have to respect that, too.

What's next?

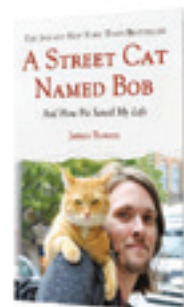
I'd like to start my own charity and work toward better animal cruelty laws, for slaughterhouses in particular. I also dream of a well-balanced life between family and working on satisfying creative opportunities. Who says you can't have it all?

📺 **ON THE iPad:** Watch Jenna Dewan-Tatum in a Be Cruelty-Free Campaign video.



AS A YOUNG GUY

with a guitar, James Bowen dreamed of becoming a rock star. But by 2007, he was a recovering heroin addict, eking out an existence as a street musician in



London. That's when Bowen found a stray cat sleeping in the hallway outside his flat. Bob became his companion and ultimately his savior—a tale Bowen recounts in *A Street Cat Named Bob*. Cat ownership instilled a sense of responsibility in Bowen and changed how other people viewed him. "Seeing me with my cat softened me in their eyes. ... I had been a non-person; I was becoming a person again." And Bowen's dreams of stardom weren't so crazy: His book became an international best-seller, and he and Bob are social media sensations.

"IT WAS JUST ANOTHER MORNING in paradise, the day the whales came ashore," writes Joshua Horwitz of the March 2000 mass stranding in the



Bahamas caused by U.S. Navy underwater sonar exercises. In the recently published *War of the Whales*, Horwitz describes how researchers, animal advocates and re-

luctant whistleblowers worked to protect whales from a secretive and powerful military agency. The HSUS joined the Natural Resources Defense Council and others in the decade-long battle that extended from the shores where whales were dying to courtrooms and the halls of Congress. *War of the Whales* is a compelling account of what happens when animal and human interests collide—and a sobering look at the suffering caused by increasingly noisy oceans.