



Don't discard me! Please, pass me along to another Amazing Human.

b Unoke

M A G A Z I N E



SPECIAL EDITION

b inspired | b enlightened | b authentic

DID YOU KNOW THAT SUPERMAN is Vegan?

By Michelle Schaefer, MA
Photos by Dominick Thompson

Toxic masculinity is killing the planet.

Toxic masculinity teaches that being a man means aggressiveness, sexually insatiability, and dominance. Toxic masculinity thinks meat is for men, salad is for girls.

Some wonderful groups are teaching interested men to consciously shift from toxic masculinity to healthy, awake masculinity, which values collaboration over domination, protection over destruction, compassion over bullying. They help men understand how a culture of dominance hurts boys and men, not just girls and women. It's also hurting the planet.

HEALTHY MASCULINITY

One common tenant of the new school of healthy masculinity is environmental stewardship. Since the animal agriculture business has long been recognized as the chief contributor to environmental degradation,

why isn't veganism standard teaching in the healthy masculinity community? Some leaders have stated that 2019 is the "year veganism becomes a moral imperative."

Strongman and vegan bellwether, Dominick Thompson agrees.

REDEFINING MASCULINITY

Dom's love of animals shines through everything he touches. This love of life inspired him to launch a comprehensive food planning, counseling, and delivery system called Eat What Elephants Eat, available to anyone with an internet connection for \$14



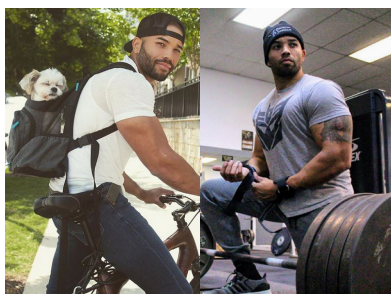
a month. His masculinity includes protecting not only vulnerable animals, but vulnerable humans too. He's intimately aware of how toxic masculinity affects this planet and talks globally on redefining masculinity through veganism.

Though not a central theme in most healthy masculinity groups, veganism supports the issues of compassion, protection, collaboration, and ecological guardianship.

RESCUING THE DEFENSELESS FROM BRUTALITY

Dominick's stunning good looks and physical strength appear to be straight out

of Marvel's superhero playbook. So, too, his passionate desire to rescue the defenseless from brutality. Having gone vegetarian during a stint in the Chicago prison system, he is no stranger to brutality. Because of his physical magnificence, his



Instagram followers often ask how they can look more like him. He says his physique is a bonus. His vegan identity always was and always will be fierce protector of the innocent.

No one questions Dom's masculinity, especially when he's toting his tiny Shih Tzu/Pomeranian mix of a fur daughter, Scruff McFly, who lives on a 100% vegan diet. In those moments, he's the epitome of healthy masculinity. He's tender, loving, expressive, and protective. Just like Superman—who was vegan, by the way.




About the Author



Michelle Schaefer has her BA in writing, MA in psychology, and is a certified vegan lifestyle coach and educator. Contact her at <https://veggiechel.com>

If it harms, why do it?




Looking for Awesome Humans

**Quarterly Interactive Digital
Magazine Display Ad**

Included with your ad: live link back to you with optional video link, affiliates listing on website, option for print version and social media posts.

Quarter Page Display Ad	\$100
Half Page Display Ad	\$200
Full Page Display Ad	\$400

Target Market: 

All inclusive. Our readers are interested in learning about environmentalism, veganism, sustainability, and self improvement. They like food and comics and coffee and tea. They shop for products and services to enhance their health, make a deeper connection to this world and the Universe and are mindful about living consciously.

Contact: mary@bUneke.org

VCB Poetry Award Winner

Madre Tierra

Mientras la tierra gira,
Algunos sienten la brisa suave,
Otros, un frío gélido.

Y la madre naturaleza grita:
"Por favor, se amable, es lo único que pido".
(Verso libre, 2018)



Mother Earth

As the earth spins,
some feel a temperate breeze,
others a cool freeze.

Mother Nature screams out:
"Please, be kind. It's all I ask."
(Tanka, 2014)

About the Author



Maritza M. Mejia, award-winning, bilingual author, graduated from Colegio Mayor de Cundinamarca, received AS from Broward College and her Bachelor's Degree from Florida Atlantic University. Maritza writes to inspire others. Escribo para inspirar a otros a ser mejor. #LuzDelMes <https://en.gravatar.com/luzdelmes>



We superheroes are making a difference!



Your disability doesn't limit you.

Ashley's advice to anyone with a disability is, "Don't let anyone tell you what you can't do, show them what you can do, and prove to them that your disability doesn't limit you to follow and achieve your dreams."

ashleyderamusfoundation.org & ashleybydesign.com

Bamboo is one of the most planet-friendly substances in existence.

- Bamboo releases 35% more oxygen into the earth's atmosphere in comparison to an equivalent mass of trees.
- Bamboo can absorb up to 12 tons of carbon dioxide per 2.5 acres in a single year.
- Bamboo helps to prevent soil erosion and flooding, due to its extensive, strong root system.
- Bamboo is naturally antimicrobial, which means cleaner clothes, sheets, diapers, towels, and toothbrushes.
- Switching to a bamboo toothbrush is a great step to minimize your plastic footprint.

baboo.life



We start with philanthropy and end with enthusiasm. In between is a world filled with amazing people and wonderful organizations. **bUneke Magazine** shares positive information. Discover how to become a change-maker! Connect with us! Working today to change tomorrow.

Founded by industry professionals, this 501c3 tax-exempt educational organization features charitable organizations and individuals who make our shared planet better. Read news about humans and corporations with a philanthropic outlook and align your brand with advocates for children, animals, veterans, the homeless, our environment and living authentic lives, among a multitude of other fantastic stories! Submit your ideas on our website or email info@peacecoreinc.org.

Read your free, digital copy TODAY and start making a difference! bUneke.org

bUneke



M A G A Z I N E

