



Dean Milan says, "I'd rather go naked than eat meat and dairy."

## VivaVeggie Diary

BY PAMELA RICE

The two-issue sabbatical from VivaVine production allowed VIVA VEGGIE to produce the new 1996 edition of *101 Reasons Why I'm a Vegetarian*. Every VIVA VEGGIE member should have received a sample copy in the mail by now; if not, please let us know.

The break has also given us more time for the veg-evangelism for which VIVA VEGGIE is best known.

### Erin Go Meatout

Like seeing your first robin of spring, you know that street activism weather is here when you start preparing for the March 20 annual Great American Meatout. This year, Rochelle Goldman, Alix Fano and I had a tough crowd at the the St. Patrick's Day Parade in Manhattan. Very few parade-goers took our literature. But hey... it's never inconsequential when you go out with the *101 Reasons*.

### Steppin' Out on Earth Day

"Energy" was our Earth Day message this year. At our booth at Earth Day festivities in Manhattan's Union Square Park, Dean Milan, Rochelle and I had a stair-climber—yes, the exercise equipment.

Each of us took turns working out on it to make our point. A sign in front of the stair-climber read, "This workout will conserve fossil fuels ... if it is

See **DIARY** on Page 2

# The VIVA VEGGIE

THE VIVA VEGGIE SOCIETY

SEPTEMBER 1996: VOL 5, NO. 2  
Subscriptions, \$15/yr for five issues

Grapevine Page 4

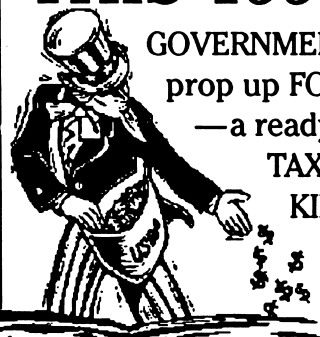
Veg guide to the 'Net

Page 9



Calendar Back page

## VEGETARIAN ISSUES: THOROUGHLY DEALT WITH THIS 1996 ELECTION



GOVERNMENT HANDOUTS that prop up FOOD ANIMAL INDUSTRIES —a ready-made PIPELINE of

TAX-PAYER money—without which MEGA-KILLING corporate confinement systems could not have become the PERVERSION of nature they are today

# not

Both Democrats and Republicans have favored food animal industries with huge subsidies. Following are just a few multi-million dollar programs of the USDA—programs that some are now calling "aid to dependent corporations":

- The Export Credit Program
- The Export Enhancement Program
- The Market Promotion Program
- The Animal Welfare Act
- The Agriculture Marketing Service Program
- Food Safety and Inspection Service
- The Federal Agriculture Improvement Act

## CORPORATE WELFARE: WHAT YOU'RE NOT GOING TO HEAR ABOUT THIS ELECTION

BY PAMELA RICE

### Big Dollars, No Sense

In a three-part series that began July 7, the Boston Globe revealed, "Every year, an estimated \$150 billion—in the form of direct federal subsidies and tax breaks that specifically benefit businesses—is funneled to American companies. Critics call it

'corporate welfare.'" The series noted that this \$150 billion eclipses the annual budget deficit of \$130 billion and is more than the \$145 billion paid out annually for the core programs of the social welfare state. [Of course, these figures are dwarfed by America's yearly military budget will runs taxpayers roughly \$260 billion—but this is not our focus now.]

Grants and subsidies are not all that industry is afforded. Industry in the United States is also largely exempt from its fair share of the tax burden.

An amazing statistic, also revealed by the Globe series, just about tells it

See **VOTING** on Page 6

# The VIVA VINE

newsletter of  
THE VIVAVEGIE SOCIETY  
Issue: vol. 5, No. 2  
September, 1996

Prince Street Sta.  
P.O. Box 294  
New York, NY 10012-0005  
(212) 966-2060

**Publisher:** Pamela Rice

**Reference:** Alan Rice

**Advertising:** Joan Zacharias

**Contributing writers:** Dave Horn,  
Mia MacDonald, Joan Zacharias,

**Copy editing:** Charles Patterson

**Graphic Design Styling:** Dave Horn

**Gaggle of veg-evangelists:** Joan  
Zacharias, Rochelle Goldman, Dean  
Milan, Hubert Davis, Charles Patter-  
son, Jean Thaler, Martin Rowe, Alix  
Fano, Hugh Rothbaum, Susan Rothman

**Editorial consultants:** Karen Davis,  
UNITED POULTRY CONCERNS; Henry Spira,  
COALITION FOR NON-VIOLENT FOOD and  
ANIMAL RIGHTS INTERNATIONAL; Richard  
Schwartz, AUTHOR, *Judaism and Vege-  
tarianism*

**Special thanks** to Craig Filipacchi  
and Nadine Miral of Earthbase

## JOIN VIVA VEGIE

**To become a member** of THE  
VIVAVEGIE SOCIETY for one year, send  
\$15 to the above address.

Membership entitles you to one  
membership card, 5 issues of THE  
VIVAVINE and one copy of *101 Reasons  
Why I'm a Vegetarian*

**Advertisers** To advertise in THE  
VIVAVINE call Joan Zacharias during  
business hours: 212/971-1511 EST

## This issue is political

I applaud your hard work in publi-  
cizing the dreadful activities of the  
meat industry. It's great to see people  
raising awareness about what we eat  
— surely this issue is a political one  
that should hit the mainstream.

**Martin Hughes**

fidel@soton.ac.uk

## Turning people veg

Dear Pamela: I got a copy of your  
*101 Reasons Why I'm a Vegetarian* in  
June at the MARCH FOR THE ANIMALS in  
Washington, D.C. I saw you walking  
around in your costume. I remember  
seeing a picture of you a few years ago  
in that costume, I don't remember  
where. Anyway, I've often thought I'd  
like to dedicate my life to turning peo-  
ple (the world) vegetarian and I think  
your style is great and effective. Do  
indeed keep up the good fight!

**Gina Mai Dean**

Greenbelt, Md.

*VivaVegie responds:* At the March  
for the Animals this year (the last march  
was in 1990), there was a pretty strong  
vegetarian presence among all the vari-  
ous campaigns advocating for animals  
(circuses, labs, puppy mills, etc.). Still,  
many animal people don't seem to want  
to face the magnitude of the factory  
farming issue.

*VivaVegie promoted its point of view  
via Joan Zacharias who wore a sign-  
board in the march. Though not depre-  
cating the wonderful work of all of the  
animal protection groups there, it did  
raise an important question as to what  
this movement should stand for. The  
front side read: "Food Animals: 8 billion  
per year. Why do we seem to ignore this  
issue?" and the flip side read: "8 billion  
farm animals; 95% of animal suffering."*

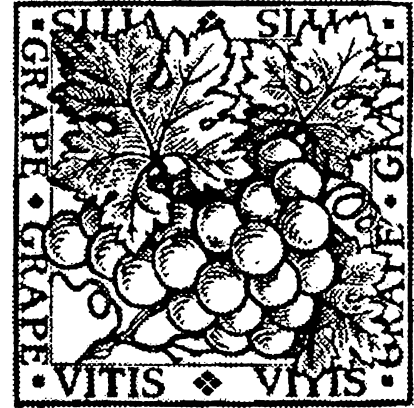
## Wrong approach?

Your term veg-evangelist is the  
wrong approach. Do it by example and  
earn respect for the veg philosophy  
and beliefs.

**D.T.W.**

Allison Park, Pa.

*VivaVegie responds:* I'm hoping to  
be facetious with my play on words,  
"veg-evangelist." Just saying the word  
usually gets a laugh and breaks the ice a  
little. My methods of advocacy are  
never shrill; in fact, they're quite mild-



The VivaVine welcomes your let-  
ters. Send them to our post office  
box address ... or e-mail them  
to: [vivavegi@novalink.com](mailto:vivavegi@novalink.com)

*mannered. Humor makes my work easi-  
er and more effective. By the way, if we  
all just advocated by example, I bet we  
would still have a world with slavery,  
religious persecution, and chastity belts,  
just to name a few.*

## Economic justice

Regarding your "Project for Eco-  
nomic Justice for Vegetarians," I agree.  
Why should we vegetarian taxpayers  
be forced to subsidize a welfare  
system for carnivores? The only  
point I think you should stress a little  
more is about the tremendous medical  
costs and financial drain on Medicare  
and Medicaid from meat-eating that we  
have to pay for! Shouldn't vegetarians  
get a tax deduction? Shouldn't the gov-  
ernment provide such a tax deduction  
as a way to wean people away from  
unhealthy diets and in the process  
save the country billions of dollars  
(not to mention the lives of its citi-  
zens)? After all, according to the pre-  
amble of the Constitution, the govern-  
ment is supposed to "promote the gen-  
eral welfare"!

Also, the analogy with smokers and  
the tobacco industry helps put the  
issue in perspective since now most  
people would agree that the govern-  
ment should not use tax dollars to pro-  
mote, encourage and support smok-  
ing. Perhaps vegetarians should sue  
the government in a class-action suit  
for unfair taxation, or withhold a per-  
centage of their taxes as promoted by  
the War Resisters League. You can find  
them on the World Wide Web at:  
<http://www.netaxs.com/~nwweb/wrl/>

or at 339 Lafayette Street, New York, NY 10012; (212) 228-0450, fax (212) 228-6193, e-mail: wrl@igc.apc.org

**Charles Patterson**

Author, "Animal Rights"

## Just hand 'em 101

Hey, Pamela. Great job on the new 1996 edition of *101 Reasons*. Now, every time we go to dinner we take copies with us. Someone always asks why, you know... So now we just hand 'em the 101. Not bad huh. See ya soon, ya cyber-pea.

**Nadine Miral**

<http://www.earthbase.org>

## Veggies should not have to beg

Veggies should not have to beg to get a decent meal, nor should we have to practically recite a recipe to the server!

I feel it is important for restaurants to have at least one entree that needs no alteration to be suitable for vegetarians. I also feel it is important for restaurants to use the word "vegetarian" ON the menu. Most places in my area do neither.

**Kim R. Stahler**

[photopro.epix.net](mailto:photopro.epix.net)

### Vegan Outreach

we work TO EDUCATE & SUPPORT

VEGETARIAN STREET ADVOCACY

WITH PAMPHLET: "Why Vegan" IN HAND

10410 Forbes Rd., Pittsburgh, PA 15235

(JUST LIKE THE VIVA VEGIE SOCIETY ! )

## WASTE NOT, WANT NOT

### Deja Pu

Beulaville, NC — A muddy brown plume of chicken waste flowed into the Northeast Cape Fear River on Tuesday as biologists and environmental inspectors scrambled to assess damage from North Carolina's third agricultural spill in two weeks....

...The accident was not as big as the 25 million gallon spill from a lagoon at Oceanview Farms hog farm near Richlands on June 21 — the state's worst agricultural spill on record. But in sheer volume, it was approaching the size of the 11 million gallon oil spill from the Exxon Valdez in 1989.

from: *The News and Observer, Raleigh, North Carolina*  
"Chicken waste hits river" (Boss Hog: Follow-up story)

by staff writers Wade Rawlings and Ben Stocking, July 5, 1995

### Turd World

Karen Priest grew up in Bladen County, North Carolina. In 1987, her family bought a house about a mile from her parents' home.

Now her home is surrounded by large hog farms. "I feel like I'm raising my children in a Third World country covered with cesspools," she told the audience at the North Carolina Hog Summit, a standing-room-only meeting in New Bern, NC this past spring. "Because of the hog odor, it's been over a year since I've opened my windows. My family's rights have been violated." Her presentation received a standing ovation.

from: *Progressive Farmer Online* <http://www.pathfinder.com/PF>  
"North Carolina Hosts Hog Summit," by Boyd Kidwell, June 1996

## So, what is The VivaVegie Society?

THE VIVA VEGIE SOCIETY takes vegetarian advocacy to the streets. VIVA VEGIE advocates confront Mr. and Ms. Pedestrian to get the facts out about their healthful, ethical and environmentally conscious vegetarian diet.

Advocates assemble where there is plenty of pedestrian traffic. They come equipped with brightly colored T-shirts with vegetarian messages, and plenty of fact-filled information. Founder Pamela Rice or another activist wears the outfit shown on the front side of this newsletter. Our mission? To distribute, for donation, the flyer, *101 Reasons Why I'm a Vegetarian* (the mighty convincer), written by Pamela Rice and inspired by John Robbins' book, *Diet for a New America*.

THE VIVA VEGIE SOCIETY has been, and will be in the future, involved with various projects such as The Project for Economic Justice for Vegetarians, World Vegetarian Day, starting a vegetarian center in New York City, and mass mailings of *101 Reasons Why I'm a Vegetarian*.

THE VIVA VEGIE SOCIETY has been, and will be in the future, involved with various projects such as The Project for Economic Justice for Vegetarians, World Vegetarian Day, starting a vegetarian center in New York City, and mass mailings of *101 Reasons Why I'm a Vegetarian*.

**Donations are appreciated**



**CELL**

**TECH**



ENERGY FOR LIFE™

**SUPER BLUE GREEN ALGAE™**

COMMONLY REPORTED RESULTS INCLUDE:

More physical energy and mental clarity

Stronger immune system and improved digestion

One of the most nutrient rich, wild foods!

MARTA GREENLEAF (914) 472-7392

**MULTIPLE COPIES**

**101 Reasons Why I'm a Vegetarian**

50 copies: \$20,

100 copies: \$35

SEND YOUR CHECK WITH YOUR REQUEST TO

**The VivaVegie Society**

P.O. Box 294

Prince St. Sta.

New York, NY 10012

# VOTING: Dole, Clinton are no friends to vegetarians

*Continued from Page 1*

all: just after World War II, the nation's tax burden was roughly split [equally] between corporations and individuals. But, according to the US Office of Management and Budget, after years of changes in the federal tax code and international economy, the corporate share of taxes has declined to one quarter of the total amount collected. That's a ratio that went from 1-to-1 fifty years ago to 1-to-3 today!

So, being afforded taxpayers' funds on the one side and being exempt from taxpayer responsibilities on the other has added up to quite a combination for industry in recent history. And this proclivity toward regressive taxation continues. Ergo, when the new Republican majority Congress recently found tens of billions to cut over the next 7 years from social services to balance the budget, the trend to put the tax burden on average citizens was only exacerbated. Only 2% of the cuts were made on subsidies to industry.

Is industry worth all of this support? Drawing upon research that has come in from a wide range of political perspectives—from the libertarian Cato Institute, to the conservative Heritage Foundation, to Ralph Nader's research teams, to the independent Common Cause, among others—the Globe found broad agreement, from the left wing to the right, that tax breaks that benefit specific companies and industries are blatantly unfair and bad for business—a millstone on the back of the nation's economy.

It's been found that corporate subsidies often don't pan out toward yielding jobs, and when they do, the jobs often end up overseas. Correspondingly, recipients of corporate welfare often are not asked to account in any way for the subsidies they receive.

Some of the most generous corporate welfare out there, the Globe series revealed, goes to agriculture, along-side oil and energy. And if readers need a reminder, it should be noted that agriculture in the US, by and large, necessarily means animal agriculture—from grain harvesting to meat packing.

The following are just a few exam-

**The biggest subsidy of all to animal agriculture, is one that is totally hidden. That is, the government policy which allows farm animals to be exempt from the Animal Welfare Act.**

ples of corporate welfare spending out of the USDA of interest to vegetarians:

- In 1994, as part of the ongoing Export Enhancement Program, Cargill, Inc. received \$203 million and Continental Grain received \$169 million reducing the selling price of their grain overseas to remain competitive with European Union companies, which are also subsidized.
- Over the last 16 years, The Agriculture Department's Export Credit Program has provided \$50 billion in US government credit guarantees for loans to foreign companies or governments for agricultural sales (mostly for American feed grains) at a total operating cost to U.S. taxpayers of \$5.7 billion.
- The \$100 million per year Market Promotion Program provides taxpayer money to private companies and their trade associations for overseas promotional activities, such as advertising and market research.
  - In 1993, \$125,000 was provided to promote American frozen bovine semen.
  - Also in 1993, Tyson Foods received \$800,000.
  - The mink industry was given \$1.9 million in 1994 (this subsidy was recently ended following a successful activist campaign).
  - McDonald's has taken nearly \$2 million to promote Chicken McNuggets to the Third World.
- Ranchers on public lands, mostly in Western states, enjoy grazing fees at roughly one quarter their market value. The fees do not cover the costs the US Government must pay to maintain the lands. All told, graz-

ing management by the Bureau of Land Management comes to approximately \$200 million per year, not including the long range environmental costs—just to benefit a small number of cattlemen.

- The Federal Agriculture Improvement and Reform Act signed by President Clinton on April 4 will give \$36.5 billion, mostly to feed-grain farmers, over the next 7 years. (It is discussed in more detail, below.)

## That Totally Hidden Subsidy

But the biggest subsidy of all to animal agriculture, is one that is totally hidden, and not even spoken about as such but for a few vegetarian and animal protection groups: that subsidy is the government policy which allows farm animals to be exempt from the Animal Welfare Act.

This mother of all subsidies ultimately does take its toll. While America's animal industry is saved untold billions it would otherwise have to spend providing humane treatment for farm animals, the America that allows this to go on can never completely project an unsullied image to the world, or to itself. This greatest of all subsidies has also allowed the meat and dairy industry to grow. And growth has meant power to counter environmental as well as health concerns put forth by vegetarian and environmental groups.

In the trenches of Washington D.C., animal industries fight on a daily basis the slightest movement toward any legislation for humane conditions for food animals. There's a reason for this. Every square inch of space in the sow's farrowing stall, the veal crate, the battery cage, the milking parlor; every disruption on the poultry processing line; every humanely euthanized cow at the stockyard, potentially costs industry money on its operations. So cruelty remains legal.

## The Presidential Candidates

As for Clinton and Dole—where do the candidates stand on corporate welfare? On farm subsidies and tax breaks? On the newly enacted farm bill? Do vegetarians voters have a choice?

Just after the Republicans took

control of Congress in 1994, the candidates did have a chance to offer leadership against corporate waste in government. Clinton's own labor secretary Robert Reich challenged (even dared) the new legislative potentates to cut corporate welfare, naming it outright.

But neither Clinton nor Dole jumped on the bandwagon. Presidential campaigns cost big money, and it seems you can't get elected these days without big industry approval; fighting corporate welfare would be political suicide.

Indeed, Clinton and Dole certainly

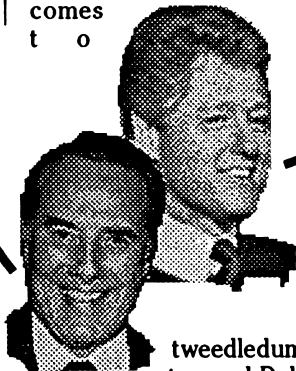
Hi: I'm Bob Dole... I just don't get it. I eat the standard American diet brought to me by my subsidized Kansas farmers.

I've had prostate cancer (allayed by radical prostatectomy); I suffer from diverticulosis, and I live with a benign polyp. I have a history of high cholesterol. How could a vegetarian diet help me?

tive land for grazing. The land is part of those acres that the Government now pays private owners to keep idle for conservation and environmental reasons. Those who take advantage of the option, according to the Times story, would forgo only 5 percent of the annual rental income the Government pays them.

**Ag Issues**

On agriculture issues in particular, as private agriculture consultant John Schnittke puts it, when it comes t o



Hi: I'm President Bill Clinton: I just don't get it. I eat the standard American diet; I guess, well, you might call it junk food.

I have a history of high cholesterol. I have a precancerous inclusion cyst under my chin and a precancerous skin lesion on my nose. I suffer from heartburn and allergies. How could a vegetarian diet help me?

Clinton or Dole, it's "tweedledee and tweedledum." Both Clinton and Dole favor export

programs, access to free markets and cuts in capital gains taxes; and they both oppose grain embargoes—all positive standpoints from the viewpoint of agriculture.

A President Clinton or a President Dole, either way, challenging Government payouts to agriculture is not likely to happen, and don't even think about concern here for animal welfare on the farm.

If you look at the Clinton track record in coddling the farm sector, Clinton is a typical Democrat, not challenging the status quo on wasteful spending. The Democrat's stance however, tends to appear to be concerned for the necessarily small farmer. "Safety net for the small farmer" is the phrase heard over and over.

Still, President Clinton has gone along with much of the Republican agenda, which, as we noted above, cut the social welfare safety net to a disproportionate degree to the benefit of industry. It's interesting to ponder the fact that where Bush used his veto power 44 times and Reagan, in 2 terms, 78 (both against Democratic congresses), only 12 pieces of legislation have been rejected by Clinton against his Republican Congress.

On trade issues, the Clinton admin-

istration was a staunch supporter of a free trade policy, pushing through NAFTA and GATT, both big, essential policies for U.S. agricultural growth.

Clinton, along with his appointed Secretary of Agriculture Dan Glickman, have stood strong in working to push

European nations to accept hormone-injected beef. Vice President Al Gore worked especially hard earlier this year to get Russia to accept US poultry imports after it threatened to

ban them, citing safety concerns.

"Even though Clinton has been supportive of free trade ...I think Dole and the Republicans would be even more supportive in trying to knock down the remaining barriers," said Jeff Conrad, managing director of Hancock Agricultural Investment Group in Boston.

**"Freedom to Farm"**

House majority leader Republican Dick Armey of Texas once compared the House Agriculture Committee's inner sanctum to Al Capone's Chicago, divvying up agriculture largess like gangsters. But while the Republican Congress that came in in 1995 had a chance to cut corporate welfare, it found that it was as dependent as Democrats on special interest groups.

Throughout its development over the last 2 years, Bob Dole counted himself a backer of the controversial Farm Bill. Nicknamed "Freedom to Farm" by its Republican writers, this bill was

**"For today's 'agriwelfare' recipient, business has never been so good (or so bad for taxpayers)"**

**— The Environmental Working Group**

will be talking about welfare reform this year. But no, don't count on much being said about the industry kind.

Still, big business seems to know which party serves its interests better. Dole is the bigger recipient of agribusiness PAC money, receiving, between the period of January to September of 1995, \$568,000 from companies such as Archer Daniels Midland and RJR Nabisco. Clinton scored less with \$145 thousand from companies such as Tyson Foods and Phillip Morris.

In late April of this year, according to a New York Times story, Clinton used his executive authority to shore up beef prices by having the US government buy about \$50 million in beef. In May we found that this was only the first wave of a number of purchases totaling \$163 million worth of beef patties and roasts for the school lunch program. Agriculture Secretary Glickman told the press later in the day, that this first round of beef purchases would not actually do that much to raise prices, but would provide a "psychological boost" to the industry.

On the same day of the \$50 million announcement, Clinton also ordered the Agriculture department to open 36 million acres of environmentally sensi-

reluctantly signed by President Clinton early in April. Touted as a program to wean farmers away from the government dole, ironically it will, because of prevailing high prices for farm goods, cost the taxpayer an estimated \$23 billion more than if previous legislation had remained in place—coming to a fixed \$35.6 billion over the next 7 years.

Upon close examination, "Freedom to Farm," now officially named the Federal Agriculture Improvement and Reform Act, is nothing more than a general renewal of giant agricultural payouts that serve to benefit the large corporate farmer over the small family farmer. The difference this time is that the rhetoric that put it into law makes it appear as though it were reform legislation. It is, in fact, just the opposite.

According to the Environmental Working Group which conducted a tedious study of the Act when it was still a bill, "Freedom to Farm" doesn't cut farm subsidies—it increases them. ...For today's 'agriwelfare' recipient, business has never been so good (or so bad for taxpayers)." It's almost hard to believe, but subsidy payments to farmers under this new set of laws will be made—to those farmers who sign up for the program—regardless of crop prices in the market. In addition, there are absolutely no requirements whatsoever to farm anything at all—a change from the old policy which paid farmers not to farm. You are eligible for the program if you have participated in a farm program in the past 5 years (discriminating against mostly young farmers just getting into the business); and, in general, the bigger your operation, the more you will receive. And then, adding insult to injury, your "farmer" doesn't even have to reside on a farm to receive the payments.

"Obscene.' That is the word often used by insiders—policymakers, agriculture committee staff, farm journalists, farmers themselves—to describe the subsidy payments offered under 'Freedom to Farm'."—so began an article about the farm bill by the Environmental Working Group.

The nickname "Freedom to Farm" came from one of the original intents of the legislation. Where former farm legislation dictated what and how much a farmer could plant, the new Act eases up on some regulations. Still, accord-

ing to the Environmental Working Group, "Freedom to Farm" contains nearly as many restrictions ... as [previous] law, the model for which sometimes seems to have been the old Soviet 5-year plans."

"New Deal" style Democrats in Congress, such as Iowa Senator Tom Harkin, as well as the Clinton administration argued against "Freedom to Farm" on the grounds that farm subsidies would have to be cut too deeply. Now that grain prices have literally doubled over the past year, Clinton must feel pleased that he gave the bill his signature. In a recent speech, he said, "I wish I could promise you that we would have \$5.00 corn, \$5.50 wheat

and \$8.00 soybeans [historically high grain prices] forever, but I can't do that. It is encouraging that a lot of farms are finally able to earn some money, do some improvements that are needed on the farm, save some money

for the years that may not be so good, and improve the overall economic position of family farmers around this country."

It's interesting, however, to note who the farmers are who are benefiting from the new farm bill. In an editorial a year ago in April, The New York Times criticized Clinton for defending subsidies to farmers who it called "the nation's richest welfare recipients; full-time farmers typically earn four times as much as non-farm families."

According to the Environmental Working Group, the top 2 percentile of federal farm subsidy recipients are receiving nearly a full quarter of the

agricultural subsidy payments. They also reveal that "many of the top percentile of direct subsidy recipients also receive money indirectly." First they receive payments made out to them personally; then they receive checks made out to the businesses that they own. In addition, the Environmental Working Group discovered that a good proportion of the taxpayer-sponsored payments to farmers go to absentee farm owners who live in some of the country's biggest cities, in well-heeled neighborhoods. The new "Freedom to Farm" legislation, they said, when the Act was still a bill, "will give away millions more to these absentee owners than they would under current law."

Will these city-dwelling farmers receiving checks in the tens of thousands of dollars per year be making improvements on the farm? Don't count on it.

### Candidate Nader

What of faux-candidate Ralph Nader?

In his own words, the well-known consumers' warrior, "... will practice taking the corrosive impact of special interest money out of politics at the same time that it preaches campaign finance reform. This effort will focus on removing such money from elections, and ending the corporate welfare and other privileges that it buys."

Sounds very positive. And if that wasn't good enough, consider the fact that, according to a "Nation" interview in July, the Nader camp will not accept any campaign contributions!

Of course, the very things that make Nader so good are the real-world reasons we probably won't see him in the White House.



## STOP RANCHER GIVEAWAYS

### Rancher giveaways in the offing

The Public Rangelands Management Act (S.1459) will give new rights to the livestock industry that could make grazing the dominant use of our public lands. Overgrazing will lead to widespread destruction of forests and grasslands, wildlife and their habitats. In addition, the bill will rob taxpayers of millions of dollars every year in subsidies to already wealthy ranchers.

This information comes courtesy of Working Assets Long Distance which alerts its customers with every phone bill to timely information like this. For a reasonable fee, they will even send a telegram to your representative on your behalf. Contact THE VIVAVEGIE SOCIETY: (212) 966-2060 for information on how to sign up for this great, socially conscious long distance phone service. Working Assets will donate \$10 to VIVAVEGIE if you switch to them.

# Online, you aren't alone: Vegetarian mailing lists

BY DAVE HORN

If you've ever wished you could instantaneously send a letter to hundreds of people and then read what they have to say about your thoughts, then Internet mailing lists are for you. Several large mailing lists for vegetarians are buzzing in cyberspace right now. Here are three of my favorites:

■ **VEGAN-L** is a worldwide list for vegans and aspiring vegans; it has about 320 subscribers right now. I get about 20 messages per day from people on it. To subscribe, send e-mail to [listserv@vm.temple.edu](mailto:listserv@vm.temple.edu); write "subscribe" in the subject line and write the following command in the body of your e-mail message (substituting, of course, your own name for "Jane Doe"):

```
sub vegan-l Jane Doe
```

■ **Veg-single** is a worldwide list that focuses on issues of being a single vegetarian. I get five to 10 messages a day from it. Recent topics have included the challenge of dating omnivores, how to get good vegetarian food from non-vegetarian restaurants and how to cook vegetarian food on the cheap. To subscribe, send e-mail to [veg-single@empire.net](mailto:veg-single@empire.net) and write "subscribe" in the subject line and write the following command in the body of your e-mail message (substituting your own e-mail address for "Jane Doe@aol.com"):

```
subscribe
veg-single Jane Doe@aol.com
```

■ **Veg-NYC** is for vegetarians in the New York area. Recent topics have included upcoming good NYC restaurants and local vegetarian events. To subscribe, send e-mail to [waste@waste.org](mailto:waste@waste.org); write "subscribe" in the subject line and write the following command in the body of your e-mail message (substituting your own e-mail address for "Jane Doe@aol.com"):

```
subscribe
veg-nyc JaneDoe@aol.com
```

For a complete guide to vegetarian mailing lists, visit the *World Guide to Vegetarianism's Internet Mailing Lists* page [http://www.veg.org/veg/Guide/Internet/Mailing\\_Lists.html](http://www.veg.org/veg/Guide/Internet/Mailing_Lists.html).

If I don't get into The VivaVeggie web site, I surely shall die



## World-class Web sites

■ The **Vegetarian Pages** (<http://www.veg.org/veg/>) is a comprehensive site featuring vegetarian people, groups, products, restaurants and recipes from around the world.

■ The **World guide to Vegetarianism Internet Index** (<http://www.veg.org/veg/Guide/Internet/index.html>) lists all the Internet resources in this article, and many more.

■ **ADVANCE** (<http://www.earthbase.org/advance/>) lists vegetarian events in the United States.

■ **Veggies Unite!** (<http://www.vegweb.com/>) has great recipes, book reviews and events lists.

■ The **VIVA VEGIE** home page (<http://www.earthbase.org/vivavegie/>) has back issues of the Viva Vine.

## PRACTICAL PANTRY

### Nutrition Insurance

The staple of all vegetarian publications, *Vegetarian Times*, gave us a food list of "blue chip" staples in June, which it described as recommended eats in any smart vegetarian's diet. VT's panel of experts came up with thirteen foods which "no one should overlook."

#### The thorough thirteen were:

GARLIC  
BROCCOLI  
DRIED BEANS AND PEAS  
WHOLE WHEAT BREAD  
POTATOES  
CANTALOUPE  
GRAPEFRUIT  
WHEAT GERM  
BROWN RICE  
TOFU  
AVOCADOS  
SWEET POTATOES  
and NUTRITIONAL YEAST



## Two from The Vegetarian Resource Group

### Plastic for veggies

Sure. Why not? Well, why not carry the no-annual-fee Vegetarian Resource Group MasterCard®.

When you use this card from MBNA America® you'll receive their low introductory 5.9% annual percentage rate, and you'll support the Vegetarian Resource Group at the same time. Write to the VRG for more information.

### Leather or not ...

So, why are you still wearing leather? Especially when there is the "Guide to Non-Leather Shoes and Other Leather Alternatives" from The Vegetarian Resource Group. Send \$3 to the VRG with your request.

THE VEGETARIAN RESOURCE GROUP  
P.O. Box 1463, Baltimore, MD 21203.  
Tell 'em VIVA VEGIE sent ya...!

**SEPTEMBER****Saturday, September 7:**

DIET FOR A NEW AMERICA author **John Robbins** speaks in Long Island, NY. Sponsored by **EarthSave, Long Island**. For more info, call 516/421-3791.

**Friday, September 20:**

Former cattle rancher turned vegetarian **HOWARD LYMAN** speaks on mad cow disease, factory farming and sustainable agriculture at SUNY Purchase (NY). (Howard was recently elected the President of the International Vegetarian Union.) Sponsored by **EarthSave Hudson Valley**. For more info, call 914/472-7392.

**OCTOBER****Sunday, October 1:**

Vegetarian Awareness Month kicks off with **WORLD VEGETARIAN DAY**. It's not too late to plan a simple observance in your town. For more info,



send an SASE to the **North American Vegetarian Society**, P.O. Box 72, Dolgeville, NY 13329.

**Wednesday, October 2:**

14th annual observance of **WORLD FARM ANIMALS DAY**, in conjunction with Gandhi's birthday. For help in planning a local event, call **Scott Williams** at 301/530-1737. Sponsored by **Farm Animal Reform Movement**.

**September 28-October 6:**

**WALK-A-THONS** in many cities to benefit **Farm Sanctuary's** shelter projects. For more info and walkers' packets, call 607/583-2225 or 916/865-4617.

**VivaVeggie Activist Actions**

To join any of the following **VivaVeggie** street actions, call **212/966-2060**

**Saturday, September 21**

**STREET FAIR IN GREENWICH VILLAGE**. From Noon to 5 p.m. Here's a place veg-evangelists feel right at home.

**Wednesday, October 16**

**WORLD DAY OF ACTION AGAINST McDONALD'S**. Target the McDonald's across the street from the Empire State Building. Their statue of Ronald is great for photo ops. We'll also get the benefit of the huge Fifth Avenue crowds.

**Thursday, October 31**

**GREENWICH VILLAGE HALLOWEEN PARADE**. Join **VIVA VEGIE** in this incredibly effective venue to spread the veg word: slogan? "Respect the Dead. Don't eat them."

**Big Apple Vegetarians**

**Social events for big city veggies**

Join Big Apple coordinator **Jean Thaler** for restaurant of the month club; for yoga nights; for veg-extravaganzas of every sort. Watch for a Thanksgiving talent show this year. Call 718-438-1523 for more information.



THE VIVA VEGIE SOCIETY  
Prince St. Sta.  
P.O. Box 294  
New York, NY 10012-0005  
212/966-2060