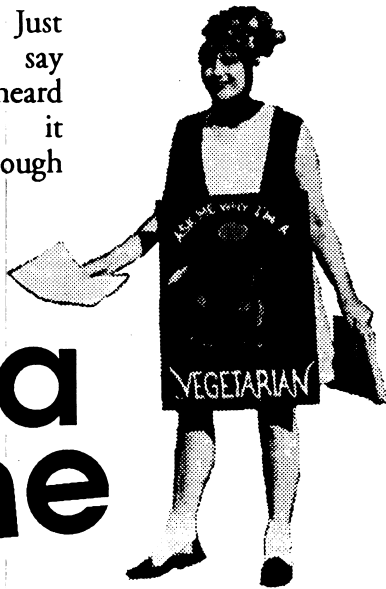


Just
say
you heard
it
through

The Viva Vine

THE NEWSLETTER OF THE VIVA VEGIE SOCIETY
— subscription for a year is \$10 —



DULL, DEAD-END, DANGEROUS

Doing Time ... on the Poultry Processing Line

BY JOAN ZACHARIAS

Like "a Dickensian time warp..." That's how Wall Street Journal reporter George Anders described conditions in the nation's poultry processing plants (12/1/94) — low wages, horrible working conditions, harsh work rules, dead-end, nonunion, mind-numbing, monotonous and dangerous. Anders ought to know: He actually worked undercover at two of these plants and interviewed 50 workers at other plants. His account is chilling.

"The work often was so fast-paced that it took on a zany chaos, with arms and boxes and poultry flying in every direction. At break times I would find fat globules and blood speckling my glasses, bits of chicken caught in my collar, water and slime soaking my feet and ankles and nicks covering my wrists..."

Dear VivaVine readers:

There are a lot of changes with this issue of *The VivaVine*, and I thought an explanation was due to my readers.

To begin, I would like to welcome our three distinguished editorial consultants you can find listed on the masthead on page 5.

First of all, there is KAREN DAVIS, PhD, founder and president of United Poultry Concerns in Potomac, Maryland, who has dedicated her life to the awesome task of protecting poultry. She promotes the compassionate and respectful treatment of chickens and other domestic fowl, using her knowledge of these birds to educate people about their interesting personalities and social life. In addition, she is a tireless monitor of the current poultry industry literature. But she is not just a scholar, by any means; she is also an activist. Dr. Davis organizes actions throughout the year, most notably her yearly "Spring Vigil for Chickens" (see p. 6). Dr. Davis is also the editor of *Poultry Press*, the quarterly newsletter of United Poultry Concerns.

continued on page 5

Americans' insatiable appetite for chicken (averaging 72 pounds per person last year) is murder on chickens, but it has also created a living hell for the 221,000 poultry processing workers as well. Plants are clustered in a "broiler belt" across the Rural South, in small, company towns that provide a steady stream of cheap, unorganized labor, primarily poor, uneducated African-American women and undocumented Hispanic immigrants. Union organizing attempts have met with harassment, intimidation, firing or reassignment to the worst jobs.

Normally, we think of tough, risky jobs as offering higher pay, but not in the poultry industry. Wages start at about \$5/hour and top out around \$6-\$7. Only the "live hangers" — those who hang the struggling birds by their feet before they are stunned, slaughtered, machine-plucked and rehung for processing — get a few dimes more.

After the birds are rehung, headless and upside down, the workers "on the chain" process them frantically, in assembly-line fashion, at the rate of 91 chickens per minute, the maximum allowable speed. Among the grisly jobs on the line are the "butthole-cutter," who slits the bird open; and the "gut-puller," who yanks out the innards. Others chop off the limbs, pull off the skin and separate the organs.

Automation has "de-skilled" the process so much that each worker may make the same cut thousands of times a day, resulting in cumulative trauma injuries such as carpal tunnel syndrome. Only the meatpacking and auto assembly industries have worse records.

Anders describes the many dangers facing poultry workers: Floors are slick with wash water and chicken bits; workers constantly cut themselves and others with their sharp knives and scissors; and the cold temperatures in the plant numb their fingers, which increases the risk of injury.

Hygiene is deplorable — the line moves so fast that chicken parts often end up on the floor, and workers are so tired that they just pick them up, put them back on the line and keep moving. Anders reported that there was no soap in the bathroom where he worked.

The scary truth about Perdue from Animal Rights Intn'l

Imagine a work environment so tough you can't get permission to go to the rest rooms. Imagine the humiliation of having to urinate on yourself because you are not allowed to leave the workline. Imagine male supervisors who try to trade sex for less demeaning work or for job protection. Imagine work so grueling it can cripple you in a matter of months. Imagine being incapacitated and then thrown out on the street with no compensation. Imagine a boss who goes to the Mafia for help when he hears you talking about unionizing to protect yourself from his abuses.

All of these conditions have been described in sworn testimony to a U.S. Senate hearing on Poultry Safety (S Hrg 102-228) by women working on the Perdue chicken disassembly line.

(—for more information,
send an SASE to
Animal Rights International,
Planetarium Sta., Box 214-vv,
New York, NY 10024)

continued on page 7

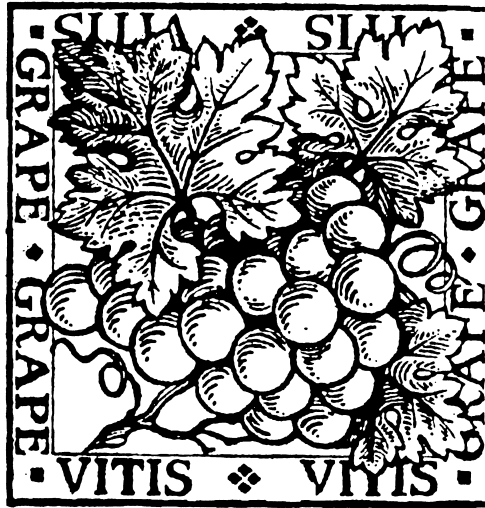
[Ed. Note: I wrote a letter to Karen Davis of United Poultry Concerns to tell her that this year I would regrettably not be able to attend her Spring Vigil for Chickens (SEE PAGE 6 FOR MORE INFORMATION). It falls on the same day as the opening date for our Vegetarian Art Show. Her return letter follows:]

Dear Pam: I am very sorry that you will not be able to make the Vigil for Chickens this year. The two of us are working on different presentations of the same issue, and that's what counts. The Vegetarian Art Show sounds terrific — Mark Braunstein's *Radical Vegetarian* is one of my favorite books (and Mark is a wonderful, brave person with a true gift for language). —Karen Davis, United Poultry Concerns
 [Ed. Note: Find information about The Vegetarian Art Show on page 6]

Dear Pamela,
 The recent victory, getting the branding irons off the faces of the Mexican cattle, was a result of many sectors of the animal protection movement pulling together to make it happen, including enthusiastic support from you and the readers of *The VivaVine*.

We now need to follow through on this progress by ending the smaller domestic face branding programs as well. The USDA recognizes that having moved the brand off the faces of Mexican cattle, it's reasonable to do the same for domestic cattle. We're sure that, together, we can speed the process along and rapidly end this nightmare.
 — Henry Spira, Animal Rights International

GRAPE VINE



Dear Pamela:
 Everyone I show your "101 Reasons..." to is amazed and troubled. I think the wisdom of it is its constant crossover from animal concerns to human health to environmental impact. Makes it hard for people to "run away" from the issue! It also gives enough concise facts to not overwhelm people, but also to make sure that they can't think this is a "1/2 of 1% nut-job, crazy" issue.

—J. O'Sullivan, Kew Gardens, NY

Hey: I'm writing this letter to get the "101 Reasons." Wow, having been a vegetarian since only the beginning of the year, I haven't been able to come

up with that many yet. I can't wait to be enlightened.

—Thanx, David P., Phoenix, AZ

P.S.: I've heard that white sugar is processed with animal bones. If you have any information, please send it along.

[Dear David: I hope the enclosed copy of my 101 Reasons... lives up to your expectations. As for the sugar issue, I read this also in an old issue of *Vegetarian Times* which did a rundown of common household foods and products which contain animal by-products and animal-derived ingredients. I've been curious ever since. At this point, I'd like to open it up to the VivaVine readership. Is there anyone out there who knows about this? Would you research it carefully and submit an essay (on 3 1/2 in. disk) to us? Information about camera film, for instance which contains animal products could also add to our knowledge. It's very hard, and perhaps impossible, to be a true vegan in our society. Vegetarians, rise up! —Pamela]

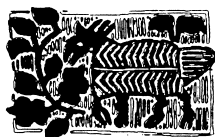
Dear VivaVeggie Society:

Can you send me some information for an active 16-year old girl who won't eat meat or dairy products? She never gets enough protein and is consequently always very tired and sickly. Thanks.
 —BC, Helper, UT

[Dear BC: I've enclosed a copy of 101 Reasons Why I'm a Vegetarian. Also, contact *The Vegetarian Resource Group*, P.O.B. 1463, Baltimore, MD 21203 for nutrition information. Perhaps these will help you get some answers for this and a few other questions you may have regarding the 16-year old. And by the

continued on page 3

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GRAPE VINE

continued from page 2

way, frankly, if this girl is tired and sickly now, I'd hate to think how unhealthy she'd be if she ate meat! — Pamela]

To whom it may concern:

I am fifteen years old and have been a vegetarian for two years. I think that Ms. Teisler's "101 Reasons..." is great because people are always asking me why I am a vegetarian and it seems like whatever answer I give doesn't satisfy them. Perhaps once I get a copy I can convince other people to be more aware themselves. —Sincerely, J. DeStefano
Fayetteville, NY

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CNN was playing the story round the clock. A man in Florida tried to rid himself of 9 unwanted puppies by burying them alive, it happens, in full view of their mother. That night the chained mother whined and howled. Neighbors unchained her to see what she might lead them to, and sure enough she raced to dig up her puppies. The dog owner is now facing cruelty charges of up to \$10,000 per count (9 puppies, \$90,000) and/or a 5 year prison sentence.

The following letter was published in both NY Newsday and The NY Daily News, combined circulation of about 1,400,000 people:

Dear Editor: The outrage towards the man who recently buried his puppies alive is at best ironic, and at worst hypocritical.

Every day in this country, male chicks are weeded out by the thousands. They are discarded alive to plastic bags where they are crushed or suffocated because they are a useless by-product of egg production.

Veal calves are virtually buried alive in darkened crates where they cannot turn around for their entire lives. Like the puppies in the story, calves are taken from their mothers after one or two days. For the most part, calves are simply a by-product of dairy production as the mothers must almost incessantly be calving in order to continually give milk.

Pigs are at least as intelligent as dogs. Still, in today's factory indoor facilities where they are raised for pork, pigs are likely to be stacked two and three decks high, each solitarily imprisoned in a bin. Piglets are taken from their mothers, too.

Puppies, as well as parrot chicks, foals, and kittens, are not raised for food. Therefore, cruelty toward them is against the law. If we were a culture which ate dog for dinner, there would be no story here. A letter we recently received from the USDA plainly reminded us of the strict dichotomy we have in our country. It stated, "The Animal Welfare Act, as passed by Congress, excludes from coverage animals used for food or fiber."

Perhaps, to be consistent, either this "puppy-burier" should not be chastised, or we need to end the legal cruelty in animal food production. —Sincerely, Pamela Teisler-Rice and Alan Rice

DEAR PAM: THANKS FOR SHARING YOUR POWERFUL, FORCEFUL LETTER WITH ME. IT WAS GREAT THAT YOU WERE ABLE TO LINK THE SUFFERING OF BILLIONS OF FARM ANIMALS WITH A HUMAN INTEREST STORY. THAT'S THE MOST EFFICIENT WAY OF SPREADING THE WORD, HAVING IT APPEAR IN A WIDELY READ SECTION OF THE PAPER — REACHING MILLIONS AT NO COST FOR PRINTING OR DISTRIBUTION. HOPE TO SEE MORE OF YOUR LETTERS IN THE MAINSTREAM PRESS!
ALL THE VERY BEST, HENRY SPIRA

The Future of Hog Futures — and what does this foretell?

by Mia MacDonald

The Chicago hog futures market sets the price that pork will fetch in the coming months based on investor expectation. The lower the expectation, the lower the price. According to a recent story in *Barrons*, pork prices are on a downward spiral. The Dec. 1994 hog futures contract price fell 30% from the June 1994 contract, to 37 cents per pound of pig. According to the article, in the case of hog futures, these lower prices, in fact, mark a trend and portend, no less, the end of the hog futures market altogether.

What does this mean for vegetarians? There's no need for vegetarians to care about financial profits off the backs of sentient life. Not usually. In this case, however, the trend away from a futures market in hogs indicates to us that something is happening on a bigger scale.

One might ask, doesn't lower prices for pork mean pork consumption is declining? Not exactly — at least not yet; not until the word spreads that pig flesh is unhealthy, unnecessary and belongs only with and on pigs. For the moment, another factor is at work. The price fall in futures prices is the result of a glut of supply; that is, *more* pounds of pork being produced.

The pork producers, it happens, are pigging out. They're raising so many more pigs each year to end up as bacon, pork roast and ham sandwiches that prices for pork are falling (supply is exceeding current demand — see box below). And although lower profits for pork producers and investors sounds like good news, in the long run it is not.

The trend is toward consolidation, all the way around, in the meat industry. And as more and more mega-corporations like Tyson (already

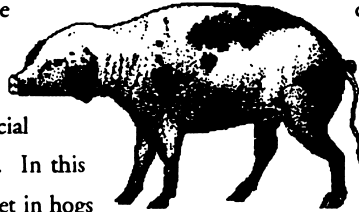
the chicken emperor) and Smithfield Foods get into the hog business, more and more small hog farmers are getting out. Small farmers just aren't able to ride out the low prices. In 1993, six percent fewer hog farms (286,000) were operating in the U.S. than in 1992; one analyst expects almost all small operators to close by the millennium.

The *Barrons* article explained that as the hog business becomes consolidated into the hands of a few big operators (as has already happened in the chicken business), there becomes less and less need for a hog futures market. When a cartel controls production, there is little uncertainty as to a future price. Indeed the chicken industry is concentrated in so few hands that the price per pound of chicken has stayed the same for years. The need to hedge against bad prices by selling futures simply doesn't exist. And no one plays a market which never moves!

The consolidation of food animal industries, however, is only part of the story which brings companies like Tyson to the top of the heap. The other part of the story is that those on the bottom are the ones to pay the price. The modus operandi for the new mega producers is a system of mechanizing production, paying workers low wages, and basing all decisions on profit figures. Ultimately, the windowless, overcrowded animal factories of today are more and more where "food" animals will spend horrible lives. So, as a result of market factors, more and more pigs and low skilled people than ever before will become prisoners of them.

Even though the Chicago hog futures market may be on the road to extinction, the hog business isn't just yet. Indeed, with lower prices

for pork (as the the *New York Times* recently predicted), per capita pork consumption in 1995 is expected to rise to 51.5 pounds per person per year, two pounds more than the 1994 total. Americans, it seems, are going just a little bit hog wild. Woe is us, and the pigs.



Reality Check

Meat Production (millions of pounds)
(excludes condemned)

Week Ending ¹	Beef	Calf/Veal	Pork ²	Lamb/Mutton	Totals ³
2/11/95	429.4	5.7	334.6	5.6	775.3
2/4/95	447.4	5.8	326.7	5.9	785.8
Change	-4%	-1.7%	+2.4%	-5.1%	-1.3%
2/12/94	435.5	5.3	301.7	6.4%	748.9
Change	-1.4%	+7.5%	+10.9%	-12.5%	+3.5%

Livestock Slaughter (head)

Week Ending	Beef	Calves/Vealers	Hogs	Sheep/Lambs
2/11/95	613,000	26,000	1,794,000	89,000
2/4/95	635,000	27,000	1,761,000	94,000
2/12/94	616,000	23,000	1,643,000	100,000

¹ Previous week estimates may be revised. Year-ago actuals.

² Excludes lard.

³ Totals may not add due to rounding. 1995 totals are subject to revision.

Source: Bloomberg Newswire, Feb. 10, 1995

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HONORING OUR MOTHER EARTH

continued from page 1

HENRY SPIRA has been active in human and animal rights movements for half a century. He coordinated successful campaigns to promote alternatives to the use of lab animals. He has been a merchant seaman, auto assembly line worker, journalist, teacher, and an activist for civil rights and trade union democracy. He is now focusing on the plight of the seven billion animals which yearly suffer through our nation's farm systems.

RICHARD SCHWARTZ, PhD is the author of *Judaism and Vegetarianism* as well as other books, articles and pamphlets on mathematics, Judaism, vegetarianism, hunger, ecology and animal issues. He lectures and appears regularly on cable and radio programs as a formidable debater for vegetarianism within all streams of Judaism. On the Internet, he clearly and succinctly offers up powerful and articulate arguments for vegetarianism, usually, but not exclusively, within the context of the Jewish religion. He was selected "Jewish Vegetarian of the Year" by the Jewish Vegetarians of North America in 1987.

All three of our new consultants command high positions of respect within and beyond the circles of vegetarianism, and are stellar examples of effective advocates and champions of the vegetarian way of life.

Each of them has many more years than I under his or her belt — fighting our good cause. I am both humbled and proud to have them on board *The VivaVine*.

.....

As for other innovations this issue of *The VivaVine*, readers are going to find the advent of paid advertising. We don't have very many ads now, but we're sure to see more soon. The revenues from advertising will enable *The VivaVine* to promote itself more extensively. As all promotions to extend readership have been successful in the past, I am led to believe that there is a real demand for the unique perspective which *The VivaVine* offers.

To help in the promotion, *The VivaVine* is happy to now have Joan Zacharias as its advertising manager. Upon request, she will handle your questions about readership, deadlines, ad sizes and rates.

Our rate card is available to all who request it. A general mailing to potential advertisers is already on its way out. Please contact The VivaVeggie Society if you would like a rate card sent to you.

No, I never anticipated the success that my little newsletter was going to receive some 3

years ago when I first published it, but I now feel obliged to not only keep this little "engine that could" going, but to encourage its growth. We're going to try to stay with the new 8-page format, even though it now involves nearly twice the work.

Now, if readers will take a peek on page 7, they'll see a new section: "cyber.vine." *The VivaVeggie Society* has gone "on line" this month. "Have modem, will surf." So far we have only scratched the surface of what is out there. It is truly a mind-bending experience just imagining the power such communication holds for the cause of vegetarianism.

Lastly, I would like to engage my readers to ask *not* what The VivaVeggie Society can do for *you*, but to ask what *you* can do for The VivaVeggie Society.

With growth comes a lot more to do. The following is a list of how you can help The VivaVeggie Society (call if you can truly help):

1. Send computer discs with articles for publication in *The VivaVine*. We can take just about any format, IBM or Mac in any program.
2. Call regularly to ask if you can help with organizing files, taking part in mailings, writing blurbs and filler pieces for the newsletter, or anything along these lines which comes up. Those with publishing experience are especially welcome, but hard working, fast learners are definitely worth their weight in broccoli. Best to call on short notice.
3. If you have a laptop powerbook, bring it over! There is always typing of hard copy, such as letters to the editor or blurbs, to be done.
4. Also, most desperately, *The VivaVine* needs a copy editor. The stories in the newsletter oftentimes need extensive editing. This would be an intern position only for the very best writers.
5. The VivaVeggie Society desperately needs storage space, necessarily near to its offices in the SoHo / Little Italy section of Lower Manhattan. If you know of a business, an organization, or a resident in the area sympathetic to the VivaVeggie message, willing to donate storage space, please give us a call.
6. Continue to send clippings of relevant news stories to *The VivaVine*. We cannot get by without this constant supply of reference material.
7. Law and accounting services are also desperately needed, especially in pursuit of our vegetarian community center. Currently, The VivaVeggie Society is working on a business plan for the center as well as non-profit status for the society itself.

—Pamela Teisler-Rice

The VivaVine

newsletter of

THE VIVA-VEGIE SOCIETY

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United Poultry Concerns Announces The Fifth Annual Spring Mourning Vigil for Chickens

Date: Saturday, May 6, 1995

Place: Boston Chicken and Chicken Out
Restaurants, Bethesda Ave. & Arlington
Rd, Bethesda, MD (Turn right onto
Bethesda Ave. going South on Wisconsin)

Time: 1:00 to 3:00

On Saturday, May 6, 1995, from 1 to 3 p.m. United Poultry Concerns will hold the Fifth Annual Spring Mourning Vigil for Chickens in downtown Bethesda, Maryland. Our purpose is to draw public attention to the billions of chickens slaughtered for human consumption in the United States and worldwide, and to urge people: "Don't Just Switch From Beef To Chicken — get the slaughterhouse out of your kitchen!"

In recent years younger and heavier birds have been bred for fast-food and rotisserie restaurants such as Boston Chicken and Chicken Out. The more fragile capillaries of this newer breed makes for a more cruel death as each suffers massive hemorrhage during the initial electric stunning during slaughter.

Partly because chickens are excluded from

the federal Humane Methods of Slaughter Act, 30 million birds each day in the U.S. endure horrendous pain in being subjected to the technology that is used to fast-track their bodies to consumer's plates.

No matter what the poultry industry says, chicken is not a healthy or a happy choice. The birds go to slaughter loaded with pathogens. They are subjected to cruelty from the hatchery to the slaughterhouse. Their flesh tells a tale that consumers understandably respond to by saying, "Oh please. Don't tell me about it."

The purpose of the Vigil is to tell people about it and to encourage everyone to switch to vegetarianism by offering them delicious "chickenless" chicken food samples and free recipes and by selling the no-turning-back cookbook, *Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri*.

Please join the growing number of people, such as Eddy Bikales, who one day realize with horror, "Chicken bones! For the first time, I wholly grasped that these wings were, in fact, really wings, dead wings, resting in a basket."

Vegetarian Art Show Week

•Saturday, April 29: Dinner with Big Apple Vegetarians, taking place at LeBar Bar, 7:30. Reservations required. \$10. For reservations, call 212-496-4535.

•Friday, May 5: Mark Braunstein, author of Radical Vegetarianism, will speak on the topic "Vegetarianism and Art," 7 p.m., at Loeb Center of New York University. Closer to the date, call Earth Matters at 212-998-6059 to confirm meeting place.

•Saturday, May 6: OPENING: The Vegetarian Art Show, 12 Noon to 5 pm., Sonnen Gallery, 49 Prince Street, NYC. Call 212-966-3188 for details.

•Sunday, May 7: Impromptu parade with The VivaVeggie Society. Vegetarian advocates, dress in your most spirited t-shirts and lapel buttons. We'll march through lower Manhattan distributing literature. 1 p.m. Meet at gallery.

[Ed. Note: The following material was downloaded via modem from the Internet. All is from "The Militant Vegan," Issue 8 (February 8, 1995). Some will find this material very controversial.]

The opinions here are not those of The VivaVine.

"The Militant Vegan" is given space here only as a starting point for meaningful discussion about animal activism. Please send or Email (viva vegi@novalink.com) your opinions to The VivaVine Indicate whether your words are intended for publication, and if you would like your name published.]

From "The Militant Vegan"

"...[T]he meat and dairy industries are responsible for most of the animal suffering in the U.S., so the pressure against those industries must continue to increase..."

"The critical difference between positive radicalism that is inclusive and constructive and the anti-social nihilism of some movements is the difference between whether we remain in the fringes, like Earth First!, or succeed in making our radical message accepted..."

"...The Militant Vegan is not an ALF [Animal Liberation Front] Support Group, so we make no contact with illegal units. This is to guarantee that we can continue to publish the good news of animal liberation..."

"...It's not our intention here at *The Militant Vegan* to cut down anyone who works for animals. But it has to be said that grassroots activism for animals declined in the early 90's, even as interest in animal rights increased. Why? Because groups which led the movement in the 80's, like Last Chance for Animals and In Defense of Animals, lost their sense of urgency and direction, sunk into ritual protests, spent too much time on costly lawsuits and neither-here-nor-there issues like pet theft, and therefore ceased to attract and inspire the huge numbers of people who became concerned about animals. We can all learn from this, and keep our activism stylish, innovative, ever-creative, and committed to increasing the number of vegans and the number of activists..."

"... DIARY OF ACTIONS: Please Note: The Diary of Actions is

intended to report the news of direct action to save animals, not to encourage crime. All reports come from other publications, the internet, or communiques sent to animal rights groups...

[Ed note: what follows is only a small sampling of actions the "Diary" reported. Though the listing covered actions for animals of all kinds, except for one, actions listed here are for those of food animals.]

"...May 2-Rochester, New York- Federal Meats had locks glued, windows smashed, and the building and sidewalk was spray painted. ALF (We also have rumors of activity in Buffalo, NY, in 1994.)..."

"...June-San Francisco, California- The Crustacean Liberation Front hit several businesses which sell live lobsters..."

"...Summer-Minneapolis, Minnesota- A McDonald's was spraypainted with slogans like "McDeath" and had its locks glued. A KFC had their walls spray-painted with slogans like "ALF" and "Meat is Murder" and had its locks glued..."

"...July-Olney, Maryland- Boston Chicken: "Meat is Murder" spray painted on a wall, brick thrown through a window. ALF U.S. Congressional Cell..."

"...August-Southern California- A starving, emaciated goat was liberated from a county fair and "is now happily and healthily living on a spacious farm." Farm Animal Revenge Militia..."

"...Aug. 31-Memphis, Tenn. Factory farm pigs liberated. ALF..."

"...October 17-Salt Lake County, Utah- Three windows worth \$500 were smashed at a Honey Baked Hams. Vegan Revolution..."

"...November-New York, New York- A large steel garbage can was thrown through the front picture window of a fur salon. ALF..."

"...December 22-23-Vancouver, British Columbia-After receiving letters saying that turkeys had been injected with rat poison, Safeway and Save-On-Foods chains pulled turkeys from the shelves of all their stores and offered refunds to customers. Tests showed no poison, and the action seems to follow on the often-used British tactic of a contamination hoax. The action caused over one million dollars in damages. Animal Rights Militia..."

continued from page 1; Poultry Processing Line

The poultry barons seem to have a particular hangup about bathrooms. Workers can be fired for leaving the line without permission. According to Anders, people said they sometimes peed on themselves because they could not get a supervisor's attention and were too scared to leave the line without being excused. One worker described the indignity of such rules, commenting, "I'm a grown woman. I don't like being told when I need to go to the bathroom." And breaks can be few and far between: Anders said he got just one five-minute break in five hours at one plant.

Where are the regulators? That's a good question. Clinton's Secretary of Agriculture, Mike Espy, recently resigned when he was caught accepting "favors" (payoffs) from

Tyson Foods, the nation's largest poultry producer. In exchange for dragging his feet on reform of the inspection system, Espy was wined and dined by the Tysons, receiving such bribes as football playoff tickets and scholarship money for his girlfriend.

OSHA (the federal Occupational Safety & Health Administration) is not staffed adequately to inspect plants the way they should be, so the agency relies on worker complaints. But workers are often afraid or do not know their rights. The result: injury, illness and death. Last year, for example, a worker's legs were amputated by an exposed drive shaft in a Mississippi plant. Anders interviewed a priest who was told by "Jorge" that "he has seen coworkers run over by forklifts, lose fingers and go numb in their arms and hands."

In a horrible plant fire in North Carolina in 1991, 25 poultry processing workers were killed and 55 were injured when their escape was blocked by padlocked fire doors (management was trying to prevent employees from stealing chicken parts). Not one government agency had inspected the plant in its 11 years of operation, even though the company had two plant fires at other locations the year before.

The misery of the poultry workers is surpassed only by the misery of the billions of birds slaughtered each year. When you eat chicken and other factory-farmed animals, in the words of author Alice Walker, "It's like you're eating misery...a bitter life." Food should be about celebration, life, health and sustenance; not salmonella, artery-clogging cholesterol, violence and death.

**Great American Meatout
—Practice a Non-violent Lifestyle**

March is the time when Americans can choose life and a new lifestyle at the same time at the annual Great American Meatout. Many caring people will be asked to sign the "Meatout Pledge" that they will practice a non-violent lifestyle and "kick the meat habit" for at least that day.

The purpose of the Meatout is to alert American consumers to the destructive impacts of meat production and consumption on consumer health, environmental quality and animal welfare.

The Great American Meatout is a joyful celebration of life, good food, good health and good fun. It's time to explore a non-violent diet.

The Great American Meatout is sponsored by Farm Animal Reform Movement (FARM) of Bethesda, MD. On SUNDAY, MARCH 12 join The

VivaVeggie Society at the corner of Prince and Broadway between Noon and 4 p.m. to spread the good veg word.

**MCLIBEL SUPPORT CAMPAIGN'S
INTERNATIONAL DAY OF ACTION
AGAINST McDONALD'S: April 15**

Forty years ago on April 15, 1955, McDonald's opened its first store in DesPlaines, Illinois. Only a few miles away in Oak Park, the very same day, a child was born. They called her Pamela. Today, McDonald's operates in over 70 countries and has about 15,000 stores worldwide. Pamela operates all over New York City as a vegetarian street advocate. Join her from 2 to 4 p.m., April 15, at the McDonald's of Greenwich Village, 136 W. 3rd Street, NYC.

**SO, WHAT IS THE
VIVA VEGGIE SOCIETY?**

The VivaVeggie Society takes vegetarian advocacy to the streets. VivaVeggie 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

Teisler wears the outfit shown on the reverse side of this newsletter. Our mission? To distribute, for donation, the flyer, *101 Reasons Why I'm a Vegetarian*, written by Pamela Teisler and inspired by John Robbins' book, *Diet for a New America*.

The VivaVeggie Society has been, and will be in the future, involved with various projects such as World Vegetarian Day and mass mailings of *101 Reasons Why I'm a Vegetarian*

DONATIONS
ARE APPRECIATED

C a l e n d a r

■ Tues., March 28: BREAK BREAD... FOR A CHANGE (at a new location), 7 p.m. to 11 p.m., Gulliver's Living

and Learning Center, 120 W. 41st St., 2nd Fl., in Manhattan. Don't miss talk by former cattleman Howard Lyman on this date.

■ The third Sunday of every month, barring last minute changes: VEGAN SOCIETY OF QUEENS POTLUCK, 2 p.m., Flushing, Queens; call 718/263-7160 for details. ■ Apr. 29 - May 25: VEGETARIAN ART

SHOW (See box on page 6): ♦Sat., Apr. 29: BIG APPLE VEGETARIANS ART SHOW DINNER. LeBar Bat, 7:30 p.m.

\$10. Reservations required. Call 212-496-4535. ♦May 5: Lecture by MARK BRAUNSTEIN, "Vegetarianism and Art," 7 p.m. NYU. Call 212-998-6059 for info. ♦May 6: VEG SHOW OPENING, 49 Prince St., Noon to 5 p.m. (SHOW RUNS THROUGH TO MAY 25) ♦May 7: PARADE THROUGH LOWER MANHATTAN w/The VivaVeggie Society.

Schedule to distribute 101 Reasons Why I'm a Vegetarian in VivaVeggie-style vegetarian street advocacy (call ahead, 212/966-2060, to confirm meeting place):

■ Sun., Mar. 12: THE GREAT AMERICAN MEAT-OUT, 11:30 a.m. - 4 p.m., B'way & Prince St. ■ Sat., April 15: MCLIBEL CAMPAIGN'S INTERNATIONAL DAY OF ACTION AGAINST McDONALD'S, 2 p.m. to 4 p.m., McDonald's of Greenwich Village, 136 W. 3rd St. (see above for description). ■ Sun., Apr. 23, EARTHDAY, 11 a.m.-6pm. Madison Ave. between 42nd St. and 58th St. (The VivaVeggie Society frequently goes out on short notice. Keep in touch!)

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

SEND \$1 PLUS SASE

TO OBTAIN
A COPY OF:

"101 REASONS WHY
I'M A VEGETARIAN"

The VivaVine, the newsletter of The VivaVeggie Society, Vol 4, No. 2, March/April, 1995