

Feces Fiasco in North Carolina

BY PAMELA TEISLER-RICE

The worst hog-waste spill in North Carolina's history, in June of this year, sent 25 million gallons of soupy red hog manure gushing onto the state's roads, tobacco and soybean fields, and into the New River. A dike surrounding an eight-acre receptacle for hog waste at Oceanview Farms in Onslow County collapsed after a large rainfall, threatening fish life in the river as well as crops and area ground water.

According to a June 25th *New York Times* story which covered the spill, Celie Weston, a nearby farmer to the disgusting mess, described the scene: "It came through the woods. You could see the dark stuff. It made me sick. I thought 'Oh, there goes our crops.'" Such an event is beyond the wildest nightmares of most city people. But to the rural people of North Carolina this was something as inevitable as next year's harvest. A little secret in

The VIVA VINE

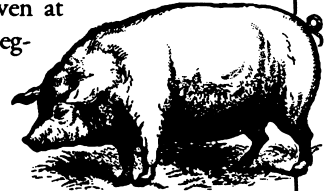
THE NEWSLETTER OF THE VIVA VEGIE SOCIETY
MEMBERSHIP: \$10/YR IN THE USA

North Carolina is that hog manure spills, albeit only in the thousands of gallons, happen all the time. A catastrophe of this size — millions of gallons — was just waiting to happen. It was only 4 months before this record spill that an extensive week-long exposé appeared in *The News & Observer*, a newspaper in Raleigh, North Carolina. (See information below on how

to obtain the entire series.) Entitled "Boss Hog: North Carolina's Pork Revolution," the exposé probed every aspect of what has indeed become a "revolution" in agricultural practices in the state's pork industry.

North Carolina, has become in just a very short time the second largest hog producing state in the union just after Iowa. And according to the *N & O* exposé, the boom in hogs came on a silver platter, at the behest of a certain former state legislator named Wendell H.

Murphy, who even at the time of his legislative tenure, controlled large holdings in the pork industry. Laws which he pushed through in North Carolina have been worth millions to him as well as other hog magnates in the state. It is not surprising that



GO TO P. 6

<http://www.southwind.net:80/~ebase/Orgs/VivaVeg/VivaV.html>

Viva- Vegie

GETS
WIRED

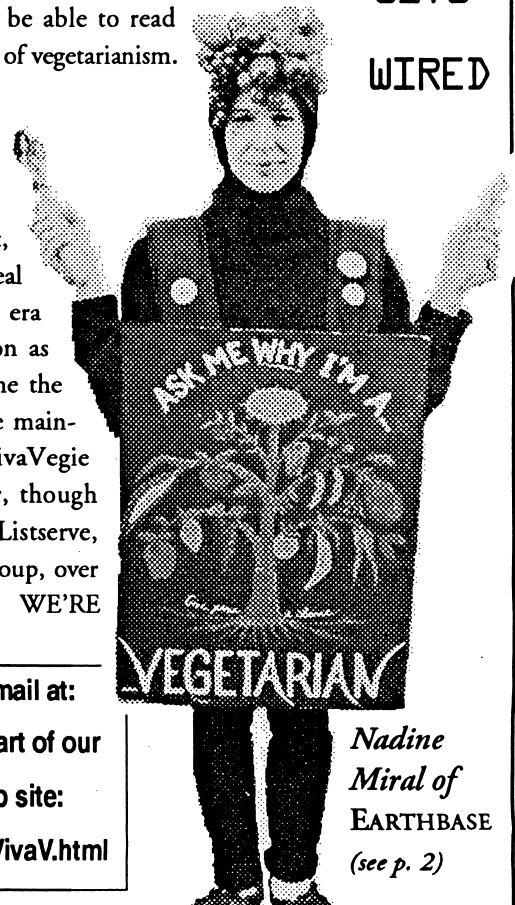
THE VIVAVEGIE SOCIETY just got wired. It fell down that bottomless pit of cyberspace and was never to be seen again ... at least in the form to which it was known before! The information out there on-line is a fantastic way to get the information that the corporate media won't let you hear. And now, others will be able to get right in at a few pushes of the mouse

button to know the absolute latest which is up with Viva-Vegie. Because now we have our own HOME PAGE. Anyone from around the world with access to The World Wide Web

will be able to read our liberating message of vegetarianism.

For starters, the "101 Reasons..." is up in the HOME PAGE.

Stories about the Nathan's hot dog eating contest protest, the Vegetarian Art Show, the veal crate — it's all there. In an era when people need information as well as inspiration to overcome the pro-corporate party line of the mainstream media, there's The VivaVegie Society on your web browser, through your Net-Search, from your Listserve, on your BBS, on your Newsgroup, over your E-mail, FTP or Gopher. WE'RE WIRED!



Nadine
Miral of
EARTHBASE
(see p. 2)

INSIDE

Taking a Soundbite
Out of Nathan's
- page 3

Vegetarian Art Show
- page 7

Departments:

CYBER.VINE - page 4
GRAPEVINE - page 5
CALENDAR OF
EVENTS/VEG
ADVOCACY - page 8

To access The VivaVegie Society, contact us via email at:
vivavegi@novalink.com. Write: "subscribe" to be part of our
Listserve. With your web browser, go to our web site:
<http://www.southwind.net:80/~ebase/Orgs/VivaVeg/VivaV.html>

**All that is necessary for
the triumph of evil is for
good men to do nothing.**

— **Edmund Burke,**
**English statesman
and orator**

We need your help.

The VivaVeggie Society desperately needs resources to stay afloat, to grow, to help our point of view get heard.

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- a volunteers coordinator (critical)
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- lawyer (to gain non-profit status)
- a special projects coordinator (surveys, advocacy actions)
- typists, especially with access to a computer
- accountant/treasurer
- grant writer/business plan writer
- clerical work, filing, correspondence

Contact:

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212-966-2060

**Notice anything different about
The VivaVine this issue?**

VivaVeggie president Pamela Teisler is not on the cover! This issue, Nadine Miral of Earthbase, New York City's environmental and animal rights multimedia archive, graces *The VivaVine*. If you are a photographer and have photographs with environmental or animal rights editorial content, contact Earthbase. They'll be happy to hear from you! You can reach them at their Email address: ebase@southwind.net or through their URL: <http://www.southwind.net/~ebase>. Or, if all you have is a phone [: (], call them at 212-371-1198 (fax: 212-758-6906).

In the future, the front page could be reserved for you! For a \$100 donation to The VivaVeggie Society, have your picture on the front of The VivaVine.



**Go ahead, ask me...
(MAKE MY DAY)**

Yes, ask me ... to send you the above logo on a white T-shirt... The logo is now available in full color from The VivaVeggie Society in Xlarge only, for \$22 (includes postage and handling).

The VivaVeggie Society plans to be out in full force at the WE CARE ABOUT NEW YORK, INC. "World's Largest Block Party" on August 27 (which may be past by the time you receive this newsletter...) with a dozen or more activists, all wearing this T-shirt! VivaVeggie will have a booth at this mile-long street fair, getting more exposure in this one day, perhaps, than in the entire year! We will have the VivaVeggie veal crate on hand, and plenty of copies of *101 Reasons Why I'm a Vegetarian* to distribute for donation. Last year, The VivaVeggie Society had a booth at this street fair. The response was absolutely overwhelming.

The VivaVine

newsletter of

THE VIVAVEGGIE SOCIETY

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Taking a Sound Bite Out of Nathan's

by Pamela Teisler-Rice

As a vegetarian activist, part of The VivaVeggie Society, my primary thrust has been to get out on the sidewalk to confront Mr. and Ms. Pedestrian about the vegetarian lifestyle. I've decided that my little part to play in this life will always be the pursuit of a vegetarian world. I live to spread the good word however I am able, but mostly by the use of my one on one technique on the street corner, at the parade, or at the street fair.

Now, I never miss an opportunity do my street advocacy But sometimes I've found, you've got to bring out the big guns. Sometimes, you want to reach not just a few people with your necessarily verbose answers to meat-eater questions. You want to reach a whole bunch of people, a whole world full of people ... with just a sound bite.

Vegetarians need to continue to get attention if we're ever going to get out of our invisible little ghetto. And ultimately that was the intent of The VivaVeggie Society and Big Apple Vegetarians when we went out this past 4th of July to the 80th annual Nathan's hot dog eating contest at Coney Island. The event, it happens, has just been sitting there for all of these years virtually begging to be used as a venue for the vegetarian cause. Perhaps it is a sign of the times that we vegetarians are finally getting organized enough to really put on a good show, because that is indeed what we did.

Perhaps I should explain: this hot dog eating contest is the little darling of the media. Like lemmings, every year they traipse out to that original Nathan's at the infamous Coney Island to watch a dozen or so lunkheads cram hot dogs into their mouths like there was no tomorrow.

Now, The VivaVeggie Society has many times invited the

media to its events with little success. Our issue, vegetarianism, it seems is still just a little bit ahead of its time. So, until vegetarianism becomes as prevalent in the news as say AIDS or Bosnia, our best strategy is to not just wait for the media to come to us. We must go to them. So we had our media and it was our issue too. Well, sort of — hot dogs of course are really just a by-product (read: waste product) of that meat industry which is the main target of our wrath. But, come on, hot dogs are such an easy target — a great place for us vegetarians to start prying open the door on our issues.

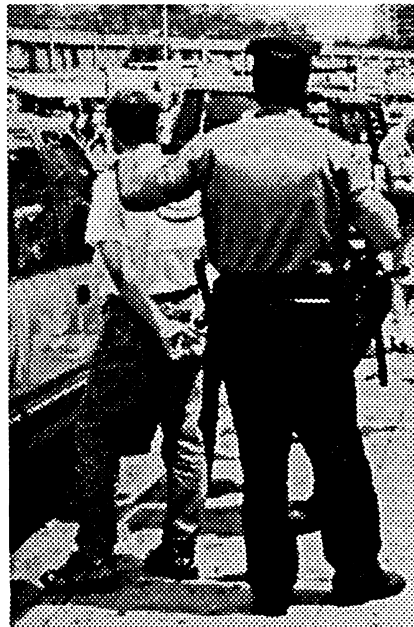
So there we were, all ten of us vegetarian activists standing shoulder to shoulder armed with a great little sound bite of a flyer, entitled: "What is a hot dog?" (Each of us also wore the flyer on our chests and/or backs as well.) We had people come up to us with one outstretched hand calling out to get a copy of that flyer, the other hanging on to a hot dog. "Let me have one of those," we heard over and over. "Oooh! Is that what a hot dog is?" we'd hear next.

But this was just the "one on one." The miracle was yet to happen when we got our sound bite. (Glory hallelujah, we got our sound bite.) Two of us were broadcast worldwide over CNN and Headline News

(two Ted Turner cable stations), described as vegetarians from The VivaVeggie Society — yours truly holding an illustrative copy of the "What is a hot dog?" flyer, reciting the "ingredients." I read: "Carcasses from old or thin cattle and swine; cheeks, jowls, hearts, tongues, lips, eyelids, gums, intestines, ears, nostrils, tails, snouts, tendons, windpipes, livers, kidneys, salt, fat, bone, blood, and preservatives."

I read the list for all the world to ponder. And much of the CNN segment revolved around this flyer and "those vegetarians" out there distributing literature. The litany of ingredients I gave was edited into the segment three times, as the hot dog aficionados made their comments about us as prompted by Jeannie Most, the CNN reporter.

So can we call this a little coup for the vegetarians? Most definitely. A Bloomberg wire service story revealed at the end of June that Nathan's Famous Inc.'s advertising budget for the New York City vicinity is nearly \$1 million. The VivaVeggie Society and Big Apple Vegetarians put a damper on the biggest promotional day of the year for them. We can only wonder how many people saw that segment on CNN. We can only wonder how mad Nathan's was by our display. Mission accomplished! Yes!



WHILE CONEY ISLAND'S THUGS waltzed the street un-intimidated by the NYPD, New York's "Finest" found it appropriate to arrest vegetarians at the 80th annual Nathan's Famous hot dog eating contest on the 4th of July. Jed Civic is shown here, handcuffed, after being arrested for criminal trespass and disorderly conduct. In reality, all he and 10 others were doing was peacefully educating the public at the event by distributing pro-vegetarian literature, including the now famous "What is a hot dog?" flyer. Might the police have thought its civic function was to provide unofficial security guard duties for the famous vendor of dead animal flesh in casings? Or worse, did the NYPD violate the constitutional rights of peaceful protesters?

PHOTOGRAPH BY JEFF FOOTE

Where did the manure come from?

A Washington woman was arrested when she tried to unload a pickup truck full of manure in front of the Colorado Convention Center in Denver to protest the World Meat Congress held in June of this year. Tracy Reiman, a member of People for the Ethical Treatment of Animals, said she is the vegetarian campaign coordinator for the group. A sign on the side of the truck read, "Meat Stinks."

Ed. Note: Change happens when people start doing things to get arrested. In fact, ask local hero Jed Civic who was arrested at the Nathan's hot dog eating contest protest (see picture on page 3).

FACT wants food safety rules for farms

The animal rights group Food Animal Concerns Trust (FACT) says new federal regulations designed to fight the spread of food poisoning should be extended all the way back in the food chain to farms.

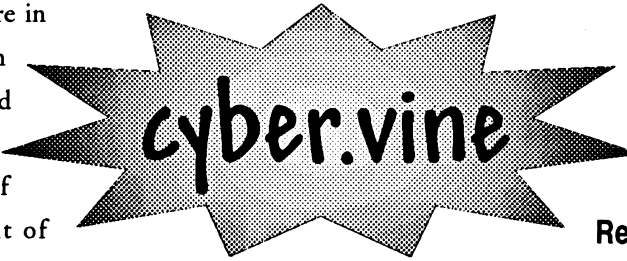
The executive director of FACT, Richard Wood, told the U.S. Department of Agriculture in hearings that began late in May the rules will work only if they attack food-borne disease at the source.

"The proposed rules succeed in taking an important step toward controlling harmful microorganisms in slaughterhouses and food processing plants," Wood said. "But if this coverage is not also extended to the farm, the pathogen source, then the regulation is incomplete. When it comes to harmful food-borne microorganisms such as E.coli, Campylobacter and Salmonella, an incomplete response is an unacceptable response."

The new rules, if adopted, for the first time would require the meat and poultry industry to augment traditional "eyeball"

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inspection in plants with microbial testing and to take steps to significantly reduce Salmonella contamination.

Wood said FACT wants animals tested for pathogens on the farm, before they are shipped to processing plants; "zero tolerance" for Salmonella in feed; identification of animals so those that are contaminated can be traced to their source; and easier access to farm records.

More food safety activities.

Washington D.C. was the setting for a number of activities surrounding hearings on food safety late in May. Among them, one of the surviving victims of a 1993 E.coli outbreak on the West Coast, 12-year-old Brianne Kiner, held a news conference at the National Press Club. She and her mother, Suzanne Kiner, urged stringent efforts to prevent libel. "If they can't stand the heat, they should get out of the kitchen," Brianne said.

Regarding *The Militant Vegan #8* (reprint in cyber.vine Mar./Apr., '95): it freaked me out! We're trying to advocate peace because the suffering and murdering of animals is so abominable and then we go and murder and torture humans in the name of PEACE?? Geez, where are these people's heads??

— Kerry Clair, Otisville, New York

Email, out: Greg Christopher, do you

read me... this is Vegan 1. Come in please. Do you read me...? Greg... you're back on the Listserve.

Email, in: >Vegan 1, this is Asparagus, over. >I roger you loud and clear. >Keep me "Listserv'd" on future developments. >over.

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Dear Ms. Teisler-Rice:

Not only did I write to my Congresswoman about saving the Endangered Species Act, as the Sierra Club's Kathleen Casey urged in your May/June *VivaVine*, I also wrote to both of my senators. But I don't believe that such an Act could ever realize its true potential as long as it refers to sentient beings as "species" rather than as individuals capable of feeling the range of emotions we do.

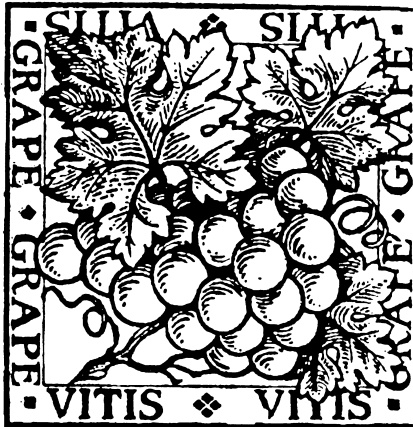
It would be much easier for human leaders to relate to the plight of a black rhinoceros, for example, were they to see him as an animal "in danger" rather than as a member of a species "endangered."

A truly compassionate society would understand that the value of an animal's life or the intensity of his suffering is determined by the being himself and not by how many brethren he has or by his "value" to humans.

The lives of each of the billions of cows are just as much worth saving as are the lives of each of the thousands of elephants. The elephant calf whose mother was just shot by a poacher has the same capacity to suffer as a "veal" calf grabbed from his mother and chained to a small wooden crate by a farmer.

The Endangered Species Act truly is a "powerful safeguard," as

GRAPE VINE



Ms. Casey says, but only a species society such as ours would need one. Even more powerful and effective than this Act would be a universal ethic which reveres the lives of all animals whether they were born on an African savanna or in an American factory farm.

Were such an ethic to exist, there would be no need for an Endangered Species Act, for there would be no endangered species. Our compassion alone would have inspired us to save not only those animals facing the stun gun, but those facing extinction as well.

— Scott Walker
East Hampton, CT

Dear VivaVine: How fortunate we would all be, if, as a consequence of our poor choices at election time, our states were all buried in hog manure a year later! North Carolina is decidedly ahead of the game.

-David Brier,
McLibel Campaign

(Ed note: David received access to the Hog story (published here on page 1) before everybody else because he received it via VivaVeggie's Listserve over the Internet. Email VivaVeggie at vivavegi@novalink.com for more information about the Listserve.)



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Few North Carolinians during Murphy's stint as state senator challenged him on the obvious conflict of interest which existed at the time — ethics in government laws are not North Carolina's strong point. Many residents of North Carolina, no doubt, in fact welcomed the laws that favored the hog industry. Many young farmers saw a great potential in the system of contract growing which, it happens, Wendell Murphy was ushering into the hog business at the time. Contract growing was looking like a lucrative answer to the downsizing in agriculture in general. In addition to tax subsidies for hog producers in the state, the laws brought in very weak environmental regulations on hog farming. The state very quickly became extremely inviting for producers to set up shop in North Carolina.

But soon it was learned that Mother Nature has her limits. And before the citizens of North Carolina had time to consider the full ramifications of the pro-pork laws that were quickly and quietly being passed, they found that they had little or no control over a powerful and dangerous trend toward a number of serious problems which massive intensive hog production brings.

Staff writers Joby Warrick and Pat Smith from *The News and Observer* put it best in the introduction to just one of many articles which were part of the paper's exposé in February:

"Imagine a city as big as New York suddenly grafted onto North Carolina's Coastal Plain. Double it. Now imagine that this city has no sewage treatment plants. All the waste from 15 million inhabitants are simply flushed into open pits and sprayed onto fields. Turn those humans into hogs, and you don't have to imagine at all. It's already here."

The critical word here is "suddenly." The staff writers described the phenomenon of 7 million animals living in metal confinement barns, producing "two to four times as much waste, per hog, as the average human," as growing up "practically overnight" in their state.

And for every farm of about 10,000 hogs there is, what the locals call, a "lagoon." At first, something described as such may sound like a scene from a dream fantasy. But no, these "lagoons" might better be described as cesspools of hog shit (excuse my expression...) —massive earthen pits for

vast amounts of animal excrement. The odor alone from these pits has raised citizen rancor to a fever pitch.

As for a clear cut figure on how many lagoons there are in North Carolina, no one really knows. Permits to have one aren't required in the state.

Researchers call manure waste "nutrient pollution." Hog manure is generally a great fertilizer for crops. But in such massive quantities, like a saturated sponge, the land simply cannot safely absorb it all.

According to North Carolina's pork industry, the lagoons are the solution to keeping harmful chemicals and bacteria

from 9.5 million tons of manure, produced there annually, out of the water supplies. The *N & O* exposé, however, begged to differ with this assumption of safety given by the local hog barons. The *N & O* exposé revealed new scientific studies showing that nitrogen and phosphorous as well as other substances from the hog lagoons have indeed gotten into the groundwater, citing one North Carolina State University study which estimated that as many as half of the existing lagoons in the state were leaking, badly enough to allow contaminants to get into the groundwater.

In theory the heavier sludge sinks to the bottom of a lagoon and mixes with the lining there to form an impenetrable seal. According to the *N & O* exposé, research has revealed that the nature of the lining seems to have an important bearing on the completeness of the seal. If coarse gravel lies at the bottom, a seal will hardly occur at all. And even where the sand is fine, leakage is still likely to occur eventually. Just one area of course gravel at the bottom, the *N & O* exposé pointed out, could act like a bucket with a hole in it. Researchers have found that the only truly sealed lagoons are those lined with clay or a synthetic liner. No law in North Carolina, however, requires such liners, and few lagoons in the state have them.

The problem with contaminants in groundwater is that once they get that far there is no mechanical method of retrieval. Only nature taking its own sweet time can

make the water pure again — a twenty year wait in the case of manure contamination. And then, nature's cleanup can only begin after the source of contamination has been fully stopped for an uninterrupted period of 20 years — the time it takes for contaminants to trickle down in the first place.

The prospect for serious water contamination becomes even more terrifying when one of the contaminants from manure pollution, nitrate-nitrogen, causes blue baby syndrome — the inability of an infant's blood to absorb oxygen.

In addition to groundwater contamination, the *N & O* exposé told of scientific studies revealing that large

amounts of ammonia are being emitted from the lagoons into the air, which return to the earth with rain. The ammonia is believed to be the reason for an explosion in algae growth which is choking many of the state's rivers

and estuaries. Just 1400 full grown hogs produce a ton of airborne ammonia per year.

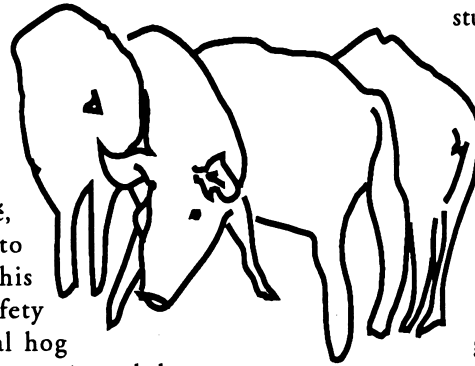
Although the pork industry says that no one is working harder than it does on the problems of pollution, the industry has grown so fast that no entity may really be able to understand the problems well enough, or fast enough, to forestall serious contamination to the state's water.

And though hard to believe, the hog industry in North Carolina is expected to just about double in the next several years. Estimates of 16 million hogs a year by 1997 have been projected. Again, the hog waste this correlates to in human waste is equivalent to that of the population of at least 4 New York City's.

Reprints for the entire "Boss Hog" series are available at \$5 per copy by mail. Send a self-addressed mailing label with your request to New Media/Boss Hog, P.O. Box 191, Raleigh, N.C. 27602. Checks should be payable to New Media. For multiple copy orders, call 919-829-8918.

For those of you with access to the World Wide Web, key in <http://www.nando.net/project/-hogs/hoghome.html> for the entire series.

(Ed. note: this story is the best argument I've found as yet for having access to the Internet.)



What (pray tell) could be meant by... a "vegetarian," art show? Well, if you allowed them, the artists of this cutting edge show most poetically

VEGETARIAN art show

BY PAMELA TEISLER-RICE

would have given you answers to your curious queries. And surely, after you gazed upon the many beautiful pieces of art at The Sunnen Gallery where the show took place from May 6 to the 25th, and, after you read the many passionate statements from the artists, you would have found the logic of it all to be most clear.

From over nearly 3 dozen applicants who each painstakingly sent slides, newspaper stories and professional histories, the show was eventually whittled down to 16 artists who put vegetarian art on display for hundreds to see at the Lower Manhattan gallery.

Alas, the opening of The Vegetarian Art Show on May 6 brought vegetarians out of the woodwork. It became a place of many reunions creating, for just a little while a mini critical mass of gentleness. Part of the scene was vegetarian and local musical instrument inventor Leon Gruenbaum bringing the curious sounds of his patented Samchillian Tip Tip Tip Chee Pee (basically a computer, qwerty keyboard and all) to the sidewalk outside the show. One was likely to think that this was an event which was indeed ahead of its time. And it was.

"I think it's a new perspective in art, definitely. There's been many new things with art galleries, but this one takes the cake, the veggie cake," said John King upon exiting the show.

A number of people at the opening agreed that this show marked the beginning of a new era, and that soon, very soon, vegetarianism would be commonplace. A good number of people who gave their immediate comments about the show renewed their commitment to vegetarianism

Christine Butler said, "Actually, after seeing parts of the show, it's put me over the edge and I will probably never eat meat again."

Jeff Mendelsohn said, "I've never seen a theme for an art show based on vegetarianism. Everyone is looking for an ideal that is really not here in the real world. It's not in this world, but it's in that room," he said, pointing through the doorway of the gallery at the opening.

Michael Buttrell, upon exiting from the show at the opening said, "From my perspective as a vegan and an artist I thought the show

to be re-affirming."

The show was a political statement without a doubt, but some of the art was quite exquisite. Jean Thaler of Big Apple Vegetarians exclaimed, "I've been very pleasantly surprised. The art is great. It doesn't just have a message, it's actually very good art."

David Albef said he was a little bit less hungry than when he walked in because he had eaten part of Gabriel Grayson's piece which was edible!

Radical Vegetarianism author Mark Braunstein commented that there was "not enough meat," at the show. "It's more about vegetables," he said, "than it is about carnivorism; and I think that vegetarianism in the context of an art show should really be more about carnivorism."

Perhaps it is true that though much of the art came from a pro-vegetable perspective about vegetarianism, there *was* some gore and a reality check here and there on the animal front if you looked closely.

Pro-vegetable for sure was a piece by Irene Fiedel. It depicted a luscious still life of tubers and greens. Her artist's statement was an outpouring of love for growing things wherever they may be. "From a block away, the produce is reduced to its simplest elements: bold colors, in varying shapes and sizes. Up close, the inspiration to express my personal vision in paint is an immediate response. At times there is a strong desire to whip out a brush and capture the produce at the market before me."

One of the most beautiful, as well as poignant paintings was the one by Josh Dorman. His "Before the Twister" was difficult to walk away from once you stood before it. The colors, the composition, and the bits of painted burlap exuded the necessary earthiness for the full experience. But more than this, the piece surely represents an idyllic image for vegetarians in particular — with deep political implications. His glorious image of a farm (or, more accurately, a large garden) full of various

edible plants neatly planted in rows, belies today's horrible reality of miles and miles of grain crops, planted this way necessarily to feed animals to be eaten. Further significance of the painting

came from the fact that this depiction of a farm was plopped in the middle of what appeared to be miles of hillside. Causing almost no intrusion upon the living things surrounding it, this farm integrated itself with its environment. This is a farm which could only be a reality in a vegetarian world.

On the darker side were Werner Brenner's "Slaughtered Pig," a Christ figure like abstract in bold strokes of orange, green and red, with little mounds of swirled slathered paint along the vertical abdominal slash. Warner's statement showed the sympathy that all vegetarians feel for other living, breathing beings. "Pigs have no opportunity to consent, because no



Josh Dorman's "Before the Twister"

one ever asks them. The farmer, the slaughterer, the butcher, the waiter, the cook, the eater all conspire to splatter every apron with bacon and to fill every fork with pork."

Also very powerful was local painter Linda Dempsey's exhibit. Set before a mural of bucolic images of cows on an old fashioned farm, Linda set a picnic table covered with plates upon which were plastic models of steak and chicken. On a platform nearby was a VCR which repeatedly played graphic videos of slaughter and meat processing plants.

Also on the platform were glasses filled up with colored liquids. The glasses were labeled with the names of deadly chemicals and drugs a person finds today in commercial meats.

"The videotapes are very depressing," commented Neal Teeman about Linda's exhibits at the opening. "It's too bad more people can't see footage like this; they might think twice about sitting down and having some chicken wings."

MORE ON PIGS

Look to *The VivaVine* in the future for more information about a mammoth size hog farm which is now under construction in Dalhart, Texas. Dubbed a "porcine palazzo" by a Bloomberg wire service story, the sprawling plant is to one day have an ultimate capacity of a million animals. News about the mega factory farm, owned by Premium Standard Farms, came out recently when construction on it was halted. Other factory farms already out there have glutted the market with hogs, driving prices down. Down so low that not enough profits can be made for even a "palazzio" to go into business.

Hog prices are expected to remain low until the trend for small, inefficient hog farmers to go out of business plays itself out. When the shakeout is over, prices will move up and massive facilities like Premium's will be able to open up and be the order for the day.

C A L E N D A R

- On *Sun., Sept. 10*: THE ISLAND VEGETARIANS will have its general meeting and potluck 2:30 to 5:00 p.m., Huntington (Long Island) Public Library, 338 Main St. For more info call 516/349-8639. ■ On *Tues., Sept. 12*: FRIENDS OF ANIMALS (New York) meeting, 7:00 p.m., at Gulliver's, 120 W. 41st Street. Call 212/247-8221 for more info. ■ *Sun., Sept. 17*: BIG APPLE VEGETARIANS counsels GO WILD! Forage in Prospect Park with "Wildman" Steve Brill." Reservations: (718) 291-6825 (*mention Big Apple when you call*). ■ On *Sun., Sept. 23*: EarthSave-Long Island monthly veg potluck featuring GEORGE EISMAN, R.D., founder of Vegetarian Dietitians and Nutrition Educators and author of *The Most Noble Diet*. For more info: 516/421-3791. ■ On *Sun., Sept. 24*: Join us for FARM SANCTUARY'S ANNUAL WALK-A-THON. 11 a.m. at 79th street and Riverside Drive (Riverside Park) in Manhattan. For more information, a walker's pack, or to volunteer call Dawn Hernandez 516/944-8166 between 10 a.m. and 9 p.m.
- On *Sun., Oct. 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, write to North American Vegetarian Society, P.O. Box 72, Dolgeville, NY 13329. ■ On *Mon., Oct. 2*: 13th annual observance of WORLD FARM ANIMALS DAY in conjunction with Gandhi's birthday. For a list of events, call Scott Williams at 301/530-1737. Sponsored by FARM (Farm Animal Reform Movement). ■ On *Sun., Nov. 18*: All-vegetarian gourmet THANKSGIVING POTLUCK in Frederick, MD sponsored by UNITED POULTRY CONCERNS. Meet Benjamina, Hester and Abigail, three friendly and very grateful turkeys. Cookbook signing and storytelling. Contact Karen Davis at 301/948-2406.

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

- *Tues., Aug. 29*: LEAFLETTING PATRONS EXITING FROM THE MOVIE, "BABE" evening hours; call ahead. ■ *Sun., Sept. 10*: TRANSPORTATION ALTERNATIVES HUMAN PROPULSION FAIR, Central Park, 10 a.m. to 6 p.m.
- *Tues., Oct. 31*: HALLOWEEN PARADE IN GREENWICH VILLAGE, 6:00 p.m. to 10 p.m. (Meet at Mulberry St. and Spring St. at 5:45 p.m.) (The VivaVeggie Society frequently goes out on short notice. Keep in touch!)

SO, WHAT IS THE VIVA VEGIE 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

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To receive a copy of *101 Reasons Why I'm a Vegetarian*, send \$1 and a self addressed stamped envelope to: The VivaVeggie Society, c/o, the above address. Additional copies may be obtained (*no SASE necessary after 2 copies*) for: • 50¢ ea. (60¢ ea., foreign or retail). • Multiple copies: • \$20 for 50 copies (\$30, foreign or retail) • \$35 for 100 copies (\$50, foreign or retail) • For \$10/yr. (\$15, foreign) receive 5 issues of *The VivaVine* (1 yr.) + membership card + complimentary copy of *101 Reasons Why I'm a Vegetarian*. CHECKS PAYABLE TO: THE VIVA VEGIE SOCIETY.