

The VIVA VINE

NEWS-
STAND
PRICE:
\$3

Everything the MEAT and
DAIRY industries don't
want you to know

The VivaVeggie Society, Inc.
May / June 1997: Vol. 6, No. 3

WITH RENDERING IT'S NOT EASY BEING A VEGAN

Ag animals, roadkill, shelter
dogs and cats...they all go
into the vat to be boiled
down for every imaginable
consumer product

BY PAMELA RICE

In my constant quest to uncover the
seamy side of meat production, I was
admittedly delighted, but then quite
horrified, when I read a recent *New
York Times* account of our country's
rendering industry.

Rendering? The term refers to a
process the meat industry and others
rely upon to take care of an incessant
and nagging predicament they face: by-
product dead animals and parts of
dead animals.

Think about it. Millions of chickens
and other livestock victims of today's
continued on page 12

THE VIVA VEGIE SOCIETY TAKES VEGETARIAN
ADVOCACY TO THE STREETS. MISSION: DIS-
TRIBUTE, FOR DONATION, AS MANY COPIES
AS POSSIBLE OF THE FLYER "101 REASONS
WHY I'M A VEGETARIAN"—THE MIGHTY
CONVINCER FOR A VEGETARIAN DIET.



Penelo Pea Pod: A sensation
at the Easter Parade. Our theme?
Commercial egg production. And
the big media heard us! *page 3*

Killer microbe: Mysterious
and vicious organism displaying
"multiple personalities" is tied to
industrial hog-waste runoff *page 11*

Vegetarian News: • Spinal cords in meat
• Pork Queen declares that she's a vegetarian
• Milk drinking down despite ad blitz *page 6*

Prison Diet: Vegetarian prisoner filing suit to
guarantee veg option at every meal *page 4*

PRISONED CHICKENS, POISONED EGGS

A new book by chicken champion
Karen Davis convinces us that
compassion is our only choice

A REVIEW BY RICHARD SCHWARTZ, Ph.D.

*Prisoned Chickens, Poisoned Eggs: An Inside Look
at the Modern Poultry Industry*, by Karen Davis,
Ph.D. Book Publishing Company, \$12.95.

A robin redbreast in a cage
Puts all heaven in a rage.

—William Blake,
"Auguries of Innocence"

If a robin redbreast in a cage
Puts all heaven in a rage,
How feels heaven when
Dies the billionth battery hen?

—Spike Mulligan, *British commentator*

Any person with a degree of
compassion and sensitivi-
ty would be "in a rage"
after reading *Prisoned Chickens,
Poisoned Eggs*. For, with elo-
quence and thoroughness
(there are 591 footnotes), Karen



Karen Davis and Pola
the Rooster; photo:
Linda Spillers, The
Gazette Newspapers, 1996

Davis shows how in order to maximize profits, chickens
continued on page 10

Subscribe to *The VivaVine*. See page 5

The VivaVegie Society

IS SEEKING TAX-EXEMPT STATUS

—FUNDS ARE NEEDED—

Dear VivaVegie Friends:

The VivaVegie Society plans to become a tax-exempt corporation by 1998.

VivaVegie is going on its sixth year of operation, and it has become glaringly apparent that without 501(c)3 status, we will be doomed to a small and less effectual size. Not until we have this status will donations be tax-deductible.

501(c)3 status may cost us as much as \$900. We are certain this investment will pay off later. With better funding, we will be better able to carry out the work desperately needed for the advancement of vegetarianism. Our plans:



▶ **A vegetarian news bureau**

The meat industry has theirs—vegetarians need one too so the vegetarian point of view is available to the press at all times

▶ **A speakers bureau**

Here's where schools and associations can easily turn for a speaker

▶ **An information clearinghouse**

- ◆ a library of vegetarian resources
- ◆ a vegetarian archive

▶ **The Vegetarian Center**

- ◆ a storefront in Manhattan
- ◆ a place to buy literature & newsletters from vegetarian societies



from all over the country & cookbooks and general vegetarian literature, such as pamphlets, restaurant guides and magazines, as well as the standbys: *Diet for a New America* and *Beyond Beef*, for example

- ◆ a place for vegetarians to form groups and to meet (a great place for singles)
- ◆ a walk-in resource for those who need answers about vegetarianism face-to-face
- ◆ a cybercafé: Internet access to the wealth of vegetarian Internet Web pages
- ◆ a nut milk/juice/snack bar
- ◆ a bulletin board of events of vegetarian groups, local and otherwise



Contributors will be listed in future issues of *The VivaVine* unless we are notified otherwise

Yes, I want to help the VivaVegie Society become tax-exempt with 501(c)3 status.* Here is my check for:

- \$10 \$25 \$50
 Other \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

* I want to help now, but please reimburse me once you are able.

Easter Parade: Penelo Pea Pod causes sensation

It was New York City's 1997 Easter Parade. And our theme was decidedly eggs—hens' eggs. Seems appropriate. Easter is the day when thoughts are turned to this primal symbol of life.

For the throngs of promenading people, we displayed pictures of imprisoned hens in battery cages in our attempt to heighten awareness of this most shameful implement of commercial-food production. We distributed a small fact sheet about the factory farming of hens. We gave away several hundred copies of the most recent issue of *The VivaVine* and "101 Reasons Why I'm a Vegetarian." But if past years are any indication, we would probably have been mostly ignored if it hadn't been for the presence this year of our grand dame of Vegetableland, Penelo Pea Pod. Because of Penelo Pea, our demo was not only not ignored, it surpassed almost everything that VivaVeggie has done before.

Granted, most people were only interested in plopping their kid down in front of Penelo Pea to get a snapshot—the Easter Parade is the ultimate amateur shutterbug convention. But those who pushed and shoved against other rapacious, adoring parents to win their children a moment with our voluptuous green and giant mascot were also forced to take in our signs, each one a sobering reality check. Our signs read:

**Hens' eggs: EGGstreme cruelty
...and they're not too good for you, either**

**Egg-laying hens live under
extremely cruel conditions**

**Penelo Pea Pod says:
Please don't use/buy
real eggs this Easter**

**Penelo Pea Pod tells of:
Innocent sentient beings
imprisoned for life.**

Outlaw the battery cage!



Our Penelo Pea Pod attracted the media in regular waves. Pamela Rice gave interviews to *The New York Times*, the *New York Post*, the *New York Daily News*, Gannett (publishers of *USA Today* and other newspapers) and *Newsday*. Ultimately, the VivaVeggie Society was written up in the *Times* and the *Post*, with both papers including at least one reference to the conditions of egg-laying hens. CBS Radio also mentioned Penelo Pea Pod in a story that ran throughout the day.

The summer seems awfully bright if this is the kind of attention Penelo Pea Pod will bring us and our message. Thank you again, VivaVeggie member Janet Bloor, the talented and generous costume designer who donated Penelo Pea Pod. We are forever grateful!



Photos by Alan Rice



The VivaVeggie Society gives special thanks to Rochelle Goldman and Irene Ginsberg for working in shifts to wear the Penelo Pea Pod costume. It got a little hot under there, we know. Thanks very much to Alex Press for holding those signs for four hours! And thank you very much, Carmen Ginsberg, Lenny Morgenstern, Jean Thaler and Jesse Silverman for helping with the leafleting and crowd control at our Easter Parade demo.

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Special thanks to Craig

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of Earthbase

JOIN VivaVeggie

To become a member of the VIVAVEGIE SOCIETY for one year, send \$15 to the above address. Membership entitles you to one membership card, five issues of THE VIVAVINE and one copy of "101 Reasons Why I'm a Vegetarian."

GRAPEVINE

Prison: Lawsuit demands veg diet

Vegan meal options, the law in South Carolina prisons

In mid-March, I filed a complaint in federal court under the Religious Freedom Restoration Act of 1993 and Title 42 §1983 of the Civil Rights Act stating that vegetarians who are such due to a deeply held religious belief in the sanctity of all life are discriminated against while the prison system accommodates the no-pork dietary requirements of Jews and members of the Nation of Islam. Recently, South Carolina's prison system settled a prisoner's lawsuit out of court on the same issue by placing a vegan/vegetarian diet line in all of its prisons. There is a good chance I will prevail in my lawsuit for a suitable diet after 18 years inside Tennessee prisons.

I am hopeful my pending lawsuit can help publicize the health aspects of a vegetarian diet as well as bring forth data about the barbaric treatment of animals in egg and meat factories and farms.

Harold H. Thompson #93992

Turney Center Industrial Prison
Only, Tennessee

Wanted: More veg restaurant reviews

For a time in February and March, the restaurant correspondent for New York City's all-news TV channel, New York 1, seemed to be actively and almost exclusively promoting steak houses and other meat-based restaurants. On Febru-



The VivaVine welcomes your letters. Send them to:

The VivaVeggie Society
P.O. Box 294
Prince Street Station
New York, NY 10012

Or E-mail them to:

pamela@nycbiz.com

ary 21, a restaurant segment had Sharon Dizenhuz praising "Fred Flintstone-like rib portions." She said, "Any cow would be proud to wind up on a plate at this restaurant."

This was too much to take! I sent Dizenhuz a package of information about vegetarianism, which included VivaVeggie's "101 Reasons Why I'm a Vegetarian" along with other informational literature, such as *Satya* magazine's list of vegetarian restaurants.

I figure that with scientific studies confirming the health benefits of a plant-based diet, it's irresponsible for NY1 to promote such unhealthy restaurant fare. Tobacco companies have been sued by consumers and health advocacy groups for selling and promoting products known to be dangerous to human health. Still, I have watched NY1 for years and have never seen a review of a vegetarian restaurant—even though New York City has dozens of fine

Veg'n Restaurants: More should be reviewed

examples. I believe we vegetarians should keep up the pressure. I ask your readers to please write to Dizenhuz and tell her that you would like to see NY1 review vegetarian restaurants, particularly given the recent federal dietary guide-



lines, which acknowledge vegetarian diets as healthy and viable. Dizenhuz receives correspondence at NY1 News, 460 W. 42nd St., New York, NY 10036. Or call 212-NY1-News.

Alix Fano
New York, New York

Come again?

Open plea via the Internet...

Jay writes: I'm only 17 and I'm trying to get started in A.I. [artificial insemination] school and I need a semen tank. I will pay shipping. Please keep the price down and as close to Alabama as possible. Thanks.

Certification Project Promises Easy Shopping for Ethical Vegans

For anyone who's ever wondered just what went into that seemingly innocent snack with "natural flavorings," or whether the mono- and diglycerides in their PB & J sandwich bread were animal- or vegetable-based, an endeavor led by New York-based animal-rights dynamo Hillary Morris may soon offer a host of answers. The Vegan Standards and Certification Project, Inc. (VSCP), which Morris recently set up, proposes to bestow a seal of approval, similar in function to the Kosher symbol, on those products that meet a strict list of requirements. To earn the seal, a manufacturer will have to sign a contract stating that its product is totally vegan. Certified products will be tested by an independent, third-party laboratory on a random, unan-



nounced basis.

In addition to meat and dairy, the project will look out for such things as casein, whey, animal stearate, cochineal, honey, refined sugar processed with bone char and alcoholic beverages filtered using isinglass (a fish by-product). For non-food items, the list will include keratin, beeswax, lanolin, wool, silk, animal-derived glue, leather, down, feathers, fur and suede.

For more information on this ambitious undertaking, write to the Vegan Standards and Certification Project, Inc., 91 Joralemon Street, Suite 4, Brooklyn, NY 11201 (www.veganstandards.org).

"101 Reasons Why I'm a Vegetarian"

More powerful than ever, the 1996 edition of "101 Reasons" is sure to wake 'em up.

No carnivorous human has a chance against the "101 Reasons."

Yes...please send me _____ (copy / copies) of the 1996 edition of "101 Reasons Why I'm a Vegetarian."

The first copy is: \$1 plus one first-class stamp or SASE

• Add'l copies are 50¢ each, postage paid • 50 copies are \$20 • 100 copies are \$35

Name _____ ☎ (_____) _____

Address _____

City _____ State _____ Zip _____

Now: BECOME A MEMBER of the VivaVeggie Society

For a COST of \$15 PER YEAR receive:

- one copy of "101 Reasons Why I'm a Vegetarian"
- five issues of VivaVeggie's newsletter, *The VivaVine*
- one membership card

(Yes, I) / (No, I do not) want to become a card-carrying member of the VivaVeggie Society.

Herewith, also, is a donation to the VivaVeggie Society for \$ _____. Total enclosed \$ _____.

Checks payable to the VivaVeggie Society • Send order to the VivaVeggie Society, P.O. Box 294, Prince St. Station, New York, NY 10012

Pork Queen: Throws 'em for a loop—she's veg'n

THE NATION

Smithsonian Mag Begg Forgiveness for Vegetarian 'Mistake'

In March, when *Muse*, a Smithsonian-affiliated children's magazine, featured a story on vegetarianism, it was enough to make the cow chips hit the fan and send the institution's officers scurrying for cover. Among the offending elements of the magazine's presentation: the cover line, "Please Don't Eat Me," over a picture of a calf; the headline, "Dead Meat"; and display type reading, "The hamburger on your plate is some dead cow's muscle" (an assertion that, we suspect, even the National Cattlemen's Beef Association would be hard-pressed to deny). The article itself, which explored why some children eschew meat while others continue to eat it, included ten reasons to be a vegetarian and ten to be a nonvegetarian. But the effort at balance did not mollify the guardians of beef interests. A letter to Smithsonian secretary I. Michael Heyman, signed by 15 high-powered lawmakers, including senators Phil Gramm and Kay Bailey Hutchison of Texas, ominously warned that "having the Smithsonian Institution, a federally funded entity, involved with a publication promoting these controversial views, especially for children, is absolutely unacceptable." The Smithsonian quickly offered its most abject apologies. In a letter to Hutchison, Heyman said, "Clearly no magazine that bears the Smith-

sonian name should attempt to proselytize for a specific cause or viewpoint." For his part, Ronald C. Walker, the publisher of *Smithsonian* magazine, called the issue "a mistake" and, in a letter to the 230,000-member beef association, proudly identified himself as a Nebraska-bred 4-H Club member. Finally, to ensure that no more heresies slip into the hands of impressionable young reader, the editor of *Muse* was reassigned, and new procedures for content review were developed. Meanwhile, angry meat eaters were offered one-issue extensions of their subscriptions.

Spinal Cords Show Up in Nation's Meat

A study by the U.S. Department of Agriculture, released in late February, found that meat processed by so-called advanced-recovery systems sometimes contains pieces of bone, bone marrow and spinal cord. The systems, which have largely replaced hand-deboning, can eke out an extra pound or more of meat from a 1,200 pound cow, according to an Associated Press report, a difference that when multiplied by 130,000 cows butchered each day quickly adds up to significant amounts. On the downside, there are those unwanted ingredients. As Linda Golodner, the president of the National Consumers League noted in a Reuters dispatch, "Americans do not expect or want bone, marrow or nerve tissue in the meat they buy for their families." The spinal cords in particular have set off alarm bells, since, after brains, they are the most infectious part of any ani-

mal afflicted by mad-cow disease. Thomas J. Billy, the administrator of the USDA's Food Safety and Inspection Service, said that regulations need to be tightened to guarantee that spinal cords are completely removed before carcasses are fed into processors, but he said that the department has no plans to forbid the use of neck and back bones, as Golodner's group had advocated.

Pork Queen Fesses Up to Veggie Diet

Where did her parents go wrong? Abigail Boettcher, a cheerleader, an athlete and the daughter of pig farmers, stunned an assembly of approximately 200 pork producers in March by announcing she was a vegetarian during her farewell speech as the reigning Buena Vista County, Iowa, pork queen. "I was nervous about telling them," Boettcher confessed to *Newsweek*, "but everybody's been real nice about it." Our advice to the pig-meat apostate: Keep up the good work...and watch your back.

McDonald's Declares War on America's Health

One would think a company that feeds 7 percent of the U.S. population on any given day and that has even infiltrated hospitals—40 of them nationwide—would be content with its own astounding (and, where health is concerned, disastrous) success in courting the American consumer. But the Evil Empire of the Golden Arches, which now comprises 12,000 outlets in the United States (and approximate-

Feline Justice: This cat has rights! Guess it's a start

ly 8,000 more overseas), is hard at work making sure there's a McMurder restaurant no farther than a four-minute walk or drive from every man, woman and child, according to a March 5 story in *The New York Times*. As part of its nefarious drive for complete domination of the American diet, the company announced that, starting April 26, it would discount its Big Mac sandwich from about \$2 to 55 cents. Since the offer is good only for customers who purchase fries and a soda, the company will be encouraging that many more people, especially the poor, to scarf down in one sitting a meal that adds up to 1,290 calories and three quarters of the the U.S. Recommended Daily Allowance of fat.

As if all that weren't bad enough, WLIB, a commercial New York City station whose listeners are largely African-American and Caribbean, was less than appreciative when Camille Yarborough, a part-time host, criticized the presence of McDonald's, a leading sponsor, in Harlem Hospital. The station quickly fired the troublemaking personality for her candor.

Despite Ad Blitz, Milk Consumption Falls

Remarkably, even as the dairy industry continues to pump millions of dollars into its highly obnoxious and grossly misleading milk-mustache and "Got milk?" campaigns, consumers continue to drift away from the white stuff. In 1996 American milk consumption dropped for the seventh straight year, by 0.29 percent, *Business Week* reported in April. The decline was part of a 25-year trend in

which per capita sales have fallen by 15 percent, to just over 24 gallons. What's behind the drop? Most likely, concern about fat. In the midst of the overall slump, skim-milk sales, one-sixth of the market, were up 5 percent last year.

A Bright Spot in the White House Sleepover Affair

In view of all the bigwigs who seemed to have bought themselves overnight lodgings at the White House in exchange for hefty contributions to the Democratic National Committee during Bill Clinton's first term, it's a small comfort to learn that one of the 938 special guests was none other than Dean Ornish, M.D. The good doctor, whose modest \$500 donation contrasts with the \$10,449 average, is a renowned advocate for a low-fat vegetarian diet who has demonstrated that patients can reverse heart disease by cutting back or eliminating their consumption of animal products.

Cat Killer Jailed; Cow Killers Walk

Animal lovers everywhere were gratified to see justice served in the strange case of Vicki Hill, a Missouri woman sentenced last March to four months in jail for stabbing to death a cat and five kittens.

According to an AP report, prosecutors said the case had "generated more calls and letters than most murder cases." But we had to wonder if this disturbed woman might have evaded prosecution if she'd been savvy enough to label her knife attack a "scientific experiment." Instead of a jail sentence, she might have

received government funding, like Victor Wilson at New York City's Rockefeller University, who has spent \$3.4 million in taxpayer funds over the past 36 years "paralyzing cats with drugs, collapsing their lungs [and] inserting electrodes into their brains," according to a pamphlet put out by In Defense of Animals. Hill's sentence also left vegetarians wondering how the people who confine and mutilate 9 billion farm animals in the United States each year before killing them have managed to escape the notice of our obviously kind-hearted legislators.

THE WORLD

Saudi Arabia Buys Into Bovine Boondoggle

As wasteful, and arguably dimwitted, as the cattle industry is here in America, one can only marvel at the mentality that conceived of raising cows in a country famous for its punishing heat and lack of water. But an AP wire report in late March described a facility in Saudi Arabia where 23,400 air-conditioned Holsteins are kept in sheds outfitted with U.S.-made misting fans at a steady 79 degrees, even during 115-degree summer days. The cows, who are descendants of American animals flown in at Saudi government expense in the early '80s, supply 30 percent of the Saudi market for fresh dairy products. The Arabian milk factory has the dubious distinction of being the largest in the world.

continued on next page



Animals in the U.K.: British pols far ahead of ours

Taiwanese Mass-Slaughter Sick, Terrified Hogs

Reacting to an outbreak of foot-and-mouth disease in late March, the Taiwanese government ordered the slaughter of hundreds of thousands of hogs at affected farms. According to *The Straits Times*, a Singapore-based newspaper, television stations showed masked soldiers chasing terrified, squealing pigs, some bleeding from their mouths and feet, with electric cattle prods. Horrified viewers saw the electrocuted pigs, many still alive, being bulldozed into pits. In the words of an official of Taiwan's Council of Agriculture, "Even if there is only one confirmed infection [at a farm], we will have to eliminate all the pigs." The outbreak of the viral disease, which poses no danger to humans but is highly contagious among livestock, including cows, was expected to deal a

serious blow to Taiwan's multi-billion-dollar pork industry, which provides livelihoods for well over half a million people and, even in the absence of a plague, violent deaths for millions of pigs each year.

Brits Backs Extensive Animal-Welfare Agenda

While U.S. hunger strikers have recently been risking their lives in a quixotic bid to gain Bill Clinton's support for a ban on leg-hold traps, Britain's political parties have been espousing policies that activists here can only dream about.

In the vanguard is the Labour Party, which wants to phase out battery cages for hens; outlaw the debeaking of poultry birds; ban animal testing for cosmetics and alcohol and tobacco products; establish a royal commission to review all forms of animal experimentation; and shut down all fur farms. The party has also pledged to work within



Dean Milan in VivaVeggie's veal crate at a street fair in Brooklyn: If Britain can ban them, why can't we?

the European Union to reclassify farm animals as "sentient beings" instead of "agricultural products" and reduce maximum transportation time for animals from 36 hours to eight (the current maximum in Britain). The Tories, though more cautious, have already banned veal crates and have committed themselves to phasing out farrowing crates for sows by 2000.

*Vegetarian News
is compiled by Alex Press*

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CONTINUUM

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Calendar

continued from back page

Wednesday, July 2

- Beginning of the American Vegan Society's 37th annual convention, which lasts until Sunday, July 6, at Evergreen State College in Olympia, WA. Rates range from \$50 to \$260.

Information: (609) 694-2887

Wednesday, July 9

- Beginning of Vegetarian Summerfest, which lasts until Tuesday, July 13, at the University of Pittsburgh branch in Johnstown, PA. Nutrition tips, medical help, organizing of activists. Award-winning vegan meals. Rates range from \$25 to \$565 for various ages and accommodations. Information: E-mail navs@telenet.net or call (518) 568-7970.

Cloning: Industrial tool of greed, animal suffering

BY IRENE GINSBERG

By now we've all heard about the latest technological "gift" to be bestowed upon humanity: cloning. No longer can the scenarios of films such as *Logan's Run*, *Multiplicity* and *The Clone Master* be dismissed as mere science fiction.

The technology that produced the celebrated sheep Dolly is very likely to be used someday on human cells, a possibility that seems to upset a lot of people. But what about the animals?

Dr. Ian Wilmut, the researcher at the Roslin Institute in Scotland with the dubious honor of having opened this Pandora's box, told the press that he finds the idea of using his technique to clone humans "unacceptable" and "offensive." He did not, however, express any reservations about cloning animals. It's not surprising, when you consider that Pharmaceutical Proteins Limited (PPL), a company sponsoring Roslin's work, does nothing else but figure out ways to harvest animals' bodies to serve humans. The company's interest in this enterprise is far from benevolent humanitarianism, however. Millions of dollars stand to be made. Why else did Roslin not announce to the world its discovery until Dolly was seven months old? It was awaiting approval of a patent to protect future profits for PPL.

In the search for big profits, cloning is tied together with genetic engineering. Scientists are already introducing foreign genes to their subjects' DNA, or deleting existing ones, with the goal of manufacturing animals better suited to human wants. The "promise" of cloning is that once a particularly desirable animal is created, it will be easily duplicated. PPL's immediate aim is to develop animals capable of producing pharmacologically useful proteins, "making the animals into living drug factories," as *The New York Times* put it—without further comment. Additional moneymakers for cloning enterprises will probably include cattle engineered to yield extra beef or super quantities of milk; woollier sheep; lab animals programmed with human diseases, such as cystic fibrosis, for researchers' convenience; and other animals with organs ready-made to be transplanted into humans—all mass-produced to order.

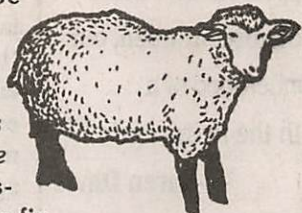
Even as the media were cheering these commercial and medical applications, a number of

troubling questions seemed to hang in the air: Would a clone age normally? Would it be able to breed? Would the products from clones have side effects on human consumers? Some observers noted that the proliferation of cloned animals could have unforeseen consequences on the delicate balance of ecosystems, and

that the genetic diversity of animals could plummet as people pursue an arbitrary notion of the "perfect specimen." The result? A single virus to which the original cloned animal was susceptible could wipe out an entire animal community.

But the worst casualty of the advent of cloning is one the media missed almost entirely—something *The Economist* referred to as the "individual dignity of the animal," a quaint notion these days. Dr. Keith Campbell, another researcher at Roslin, said that the institute is "only accelerating what breeders have been doing for years." And in that, he was surely on to something. Cloning, combined with genetic engineering, promises to take the indignities inflicted on animals to an even greater depth. Any semblance of compassion for animals is certain to be lost in the frenzied effort to turn them into consumer-driven manufactured goods.

And that is why we can't allow self-anointed ethicists to go unchallenged as they wring their hands over the prospect of human cloning, monopolizing media coverage with their own limited perspectives. We must insist that our vegetarian/animal-protection voices be heard on this issue, loud and clear.



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Horror of Crowding: Hens' living space—7" x 7"

continued from page 1

are treated not as living, feeling beings, but as units of production, denied exercise, space to move freely, fresh air, sunlight and opportunities to fulfill their individuality, normal behavior patterns and natural instincts. If, as Mahatma

Gandhi has stated, "the greatness of a nation and its moral progress can be judged by the way its animals are treated," this book, and others on intensive livestock agriculture, indicate that our society deserves a very severe condemnation. As Karen Davis puts it, "Wherever we are, we are morally obligated to end the oppression.... Until [battery cages] have been discontinued, our species stands condemned of a criminal relationship with the living world."

Karen Davis is a person who actively rescues chickens from factory farms. She then cares for them as though they were her own children. Karen Davis's passion for chickens is as strong as any can be. I have often marveled at how someone who loves chickens as much as she does can conjure up the courage to delve so thoroughly into the horrors of their lives in industrial agriculture.

Horrors such as:

MALE-CHICK DISPOSAL: Since they are of no value in the production of eggs, male chicks—a quarter billion a year—are necessarily disposed of at the hatchery. There are no laws to protect the chicks from any cost-efficient (read: cruel) method of disposal the producer chooses.

TREMENDOUS CROWDING: Though a hen has a wingspan of 30 to 32 inches, she is oppressively confined to an average living space of 48 square inches (about 7" x 7").

MUTILATION: Because of the crowding and other unnatural conditions, chickens tend to peck at one another with harmful consequences. To avoid hurting profits, producers de-beak the birds, a very painful process that causes prolonged suffering or early death.

TOXIC AIR: Hens constantly breathe in toxic ammonia from decomposing uric acid in the manure pits below their cages.

"Wherever we are, we are morally obligated to end the oppression.... Until [battery cages] have been discontinued, our species stands condemned of a criminal relationship with the living world."

—Karen Davis

Isaac Bashevis Singer, the late Nobel laureate in literature, was fond of saying, "I am a vegetarian for health reasons—the health of the chicken." Karen Davis discusses just how unhealthy modern "broilers" and egg-laying chickens are because of their horrible

living conditions. Among the debilitating diseases the book considers are foot and leg deformities, fatty-liver syndrome, swollen-head syndrome, salmonella infection, coccidiosis, mycotoxicosis (fungal poisoning), pulmonary-hypertension syndrome, Marek's disease, infectious-bursal disease and several types of bone diseases.

In *Prisoned Chickens, Poisoned Eggs*, Davis focuses nearly exclusively on issues of animal cruelty. I believe that the book could have been even more effective if it gave more information on how consuming chickens and eggs is harmful to human health and to the environment. Many arguments could have been made against the popular notion that chicken is a health food. Chicken flesh and eggs are high in fat, cholesterol and animal protein—with no fiber or complex carbohydrates—and therefore contribute to many degenerative diseases. The book does note that a million-hen egg complex produces 125 tons of chemically polluted manure every single day, which ends up in rivers and streams. But this incredible fact might have been expanded on in a chapter entirely dedicated to the disastrous environmental effects of poultry production.

Still, without hesitation, I strongly suggest that every vegetarian and animal-rights advocate read this book to add to his or her knowledge of and sense of outrage about the brutal conditions under which chickens are raised today. People who still eat chickens and eggs should also read it to become aware of the tremendous cruelty and pain inflicted in the production of their food.

Richard H. Schwartz is a professor of mathematics at the College of Staten Island. He is the author of *Judaism and Vegetarianism*; *Judaism and Global Survival*; and *Mathematics and Global Survival*. He is a patron of the International Jewish Vegetarian Society.

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- Schwartz@postbox.csi.cuny.edu (E-mail)
- envirolink.org/arrs/essays/schwartz/menu.html
- www.rasheit.org/ in the "Rebbes" section

Eco-disruption: Fish killer with a multi-personality

BY PAMELA RICE

It could have been just another sediment-dwelling microorganism lying dormant, unknown and harmless, in estuarine waters for 10 million years. But no. Modern hog farming changed all that: Harmlessness became harmfulness. Soon this one-celled critter, drunk with spilled or runoff nutrient-rich hog manure, was heard to stutter: "It's time to party!"

Depending upon your perspective, *Pfiesteria piscimortuis*—the second name meaning "fish killer"—is either a triumph of evolution or the advent of environmental Armageddon. In stealth and deadliness, it puts both James Bond and the Terminator to shame. Douse it with bleach or sulfuric acid, dry it out, deprive it of food for several years—these things don't kill it. All you can hope for is to return the little monster back to dormancy and harmlessness. To do that, you must take away the things that it loves: sewage and waters rich in algae and nutrients, particularly phosphorus.

In the wake of numerous hog-manure spills, fish up and down the Atlantic shoreline have been

Eco-disruption: The newest victims of beast-eating man—sharks

It was about the time of the *Jaws* movies that a number of factors increased demand for sharks.

One was the dubious notion that shark cartilage, when eaten dried or as a supplement, reduces the risk of cancer. Another was the diminishing stocks of tuna and swordfish, which drew attention to shark as a cuisine alternative. And then there was the demand for shark teeth (thank you, *Jaws*), skin and liver oil, which added to the pilfering of sharks from world waters.

But the most influential factor has been the surge in demand for a Chinese soup that calls for dried shark fin. In powdered form, the fins can sell for as much as \$200 a pound. Some fishermen simply remove fins from live sharks and then throw the mutilated animals back into the water to die.



continued on page 14

killed by this venomous cell from hell—at least half a billion in North Carolina alone. Dead fish have regularly had to be bulldozed off beaches.

Pfiesteria piscimortuis, or just *Pfiesteria* for short, was discovered in 1988, one of many new toxic microorganisms polluting U.S. waters since the Reagan years. This one, however, is incredibly versatile, manifesting itself in 24 known forms—personalities, you might say. First a plant, then an animal, it leaves nothing to chance. No fish will survive its tactical abilities. When *Pfiesteria* detects fish, it may masquerade as a harmless alga, fooling

its prey into coming close. At this point, it will transform itself into a toxic dual flagellated vegetative cell. Blast. Prey is zapped by *Pfiesteria's* toxic secretions, which leave it disoriented, defenseless and soon flayed. Then the *Pfiesteria* cell transforms itself again into a large and hungry amoeba, sucking away its victim's flesh through a straw-like arm, reproducing while it eats. The eating process releases organic matter into the water, attracting more hungry *Pfiesteria*. Fish, so attacked, are left with large sores on their bodies.

Exposure to *Pfiesteria* is no less horrible for humans, causing acute memory loss and irritability. Divers and fishermen have reported grotesque sores on their bodies—similar to those that were found on exposed fish—after coming in contact with *Pfiesteria*-contaminated waters.

Incredible as this all is, it's a story that many people could have missed, as it played nationally for only a short time in March, after a book about the microorganism came out. The book, *And the Waters Turned to Blood*, by Rodney Barker, explained the nature of *Pfiesteria*; but more than this, it told of a cover-up by local bureaucrats protecting their own turf while looking after hog- and tourist-industry interests.



Pfiesteria in amoeba stage



Pfiesteria in toxic stage



Pfiesteria in amoeba and toxic stage

Just try to be a vegan: With rendering, no way

continued from page 1

agribusiness die tortured deaths on factory farms every year. Half of every butchered cow and a third of every butchered pig are not consumed as food by humans. On a daily basis, some 250 rendering plants deal with a hundred million pounds of feet, tails, feathers, bones, spinal cords, hooves, milk sacs, grease, intestines, stomachs and eyeballs.

Both business and government add to this volume. Farms contribute the most, but animal shelters, with their daily kill of euthanized cats and dogs, also provide a hefty share. Highway patrolmen, with the day's roadkill, partake of the service, too. They all benefit as their headaches are carted away, first to be minced, then to be poured into vessels and steam cooked.

On the "fringes of polite society," this "witch's brew," as the *Times* put it, consists of a slurry of animal fat and protein, which eventually makes its way into every conceivable commercial product. Certainly industrial lubricants. But also, on the less savory side, such products as lipstick, pharmaceuticals and gummy candies. Ultimately, the ubiquity of these rendered ingredients makes it tough even for careful vegans to avoid them completely.

Steam cooking reduces the animal stew so it can be broken down and separated. Fats and oils rise to the top; heavier materials—hooves, muscle, bones—settle to the bottom. The various levels of fat are siphoned off, filtered and processed more by centrifuge. The heavier material is dried, squeezed of fat and then dried again, with the resultant powder serving to make cannibals out of our nation's livestock. You might call it recycling; and at least one trade group that represents renderers, the Animal Protein Producers' Industry, is proud to use this term.

Most of us know at least bits and pieces of the mad-cow saga still dragging on in England. There is strong evidence that the British practice of feeding rendered scrapie-infected sheep to cows was the cause. With such recycling so commonplace in the United States, widespread concern is mounting here.

Earlier this year, the Food and Drug Administration proposed a ban on using certain animal tissue in animal feed. Named by the proposal were animals that chew their cud (cows, sheep, goats, deer and elk). At the end of March, a coalition of consumer groups, veterinarians and federal meat

inspectors proposed that pigs be added to the list of animals banned as animal feed.

These proposals sound like good news for vegetarians. As noted, rendering eliminates what would otherwise be a huge headache for meat producers as well as for others; and a headache for industry is another name for higher production costs. The rendering process is an incredible cost-saver, especially when the rendered material is made into livestock feed. Take away the convenience of rendering and the industry will have to pass the extra costs on to consumers. The natural outcome? A marginal number of people are likely to eat just that much less animal food.

Could this be the beginning of a trend in which the meat-industrial complex falls from under its own weight? We can only hope.

501(c)3 Status: Now on to the accountant...

Heartfelt thanks to all the people who sent donations to help defray VivaVegle's legal and accounting costs in our quest for 501(c)3 tax-exempt status (see page 2 for explanation). Over \$485 has been collected—and already put to good use for fees needed to submit forms for incorporation. Right now we are fully incorporated as the VivaVegle Society, Inc. The next step is the trickier process of gaining the special nonprofit tax status, which makes contributions tax deductible. Again, thanks to Elliot L. Gang, Martin Rowe, Vaughan Dewar, Rochelle Goldman and Keith and Marge Folino, who were mentioned last issue. Following is a list of those who have made donations since then.

Naomi Weinschenker

Emanuel Goldman

Bill Allen

Mariann Sullivan

Ted & Lucille Teisler

Garland M. Jones

VivaVine readers should note that our next issue won't come out until September—we skip an issue during the summer to spend more time on our street advocacy. In the fall, the VivaVegle Society will be offering boxed ads for a 1998 edition of "101 Reasons Why I'm a Vegetarian."

Internet Eavesdrop: Small operators talk shop

http://www.agriculture.com/agtalk/@g_Livestock/listmsgs.cgi

In January a man who calls himself Roger Dodger posted the following message at the above Internet bulletin board address. This is where small livestock farmers really let their hair down and talk shop. If you have access to the Internet, you'll find this site to be a real eye-opener. We found the following dialogue especially interesting.

Roger Dodger: Thinking about putting up a 125,000 bird laying house. Never been in the chicken business before. Any pros or cons?

Donna: Roger, we have three houses, 42' x 500', and they have been the biggest headache my husband and I have ever had. Think of being on call 24 hours a day, seven days a week, for eight weeks at a time. Once you are out of chickens, think about crusting out the floors; washing down the feeders, drinkers, curtains and anterooms; cleaning buckets; and fixing medicators and broken equipment. Then, when this is all done, it is time to get ready for new chicks, spreading pine shavings, putting food in 260 feeder pans per house, getting the heat ready to turn on, getting the fans ready to go on—and the list goes on and on.

Jake: Big chicken-house operation is about as close as you can get in the U.S.A. to indentured-ser-

vant status. Your income, not profit, is measured in fractions of a cent per chicken. Labor is intensive, seven days a week, and the conditions are for masochists who love burning their eyes and lungs out. Those are the good points. You also have to figure out what to do with many tons of manure. Be super-careful before you spend a penny.

Pete: Roger, stay as far away from poultry integrators as you can. They can really sell you a bill of goods. Only thing is, they're all lies.

Alison: I love my 50-layer flock, but they are all free range. That many more birds bring that many more problems. Be sure you are aware of all of them. Talk to farmers, not just company reps.

Pamela Rice (VivaVeggie): How would you like it if you were crammed into a tiny cage and some cruel monster came and took your eggs?

CB to Pamela Rice: How about in the old days when the chickens weren't in cages (free range) and the "cruel monster" had to physically remove the chicken off the nest to get the eggs? And then the son-of-a-gun would bite me. Ouch!

Art: OK, I guess you got the message in a nutshell. Why do you think they call them fowl?

Money Squawks: One company, 15 million hens

Middle-class livestock farmers like those expressing their views on the Internet bulletin board above pretty much hate industrialized agriculture. Their operations cannot compete in an economy that allows large producers to pawn off hidden costs—such as pollution from manure runoff—to the general public.

For family farmers who grow grain, however, the perspective can be the opposite. Move to our town, industrial conglomerates, and buy our feed, they say.

Move they did, to LaRue, Ohio, where conveyer belts now running through a facility

the size of eight football fields gather up eggs. And this is the smaller of two facilities in the region run by AgriGeneral Farms—it holds only 2.5 million hens. AgriGeneral's other plant, just an hour away, houses 6.5 million birds.



AgriGeneral moved to the area because there were plenty of grain farmers to feed its chickens and few livestock farmers to compete for the bounty.

Things are going so well for AgriGeneral's owners that plans are being made to open yet a third plant in the area; it will hold an additional 6 million birds, bringing the total

to 15 million.

How does this happen? It helps that AgriGeneral contributes \$46.5 million to the local economy, of which \$23 million goes to the local grain farmers.

And even though some local citizens' groups are trying to fight AgriGeneral—mostly with complaints about odor and environmental damage—the money flowing to local farmers is making it hard for the complaints to stick. When a local protester explains, "Sure, we understand the smells that go with agriculture, but this is unbearable," her concerns are most likely going to fall on deaf ears. Money is talkin' pretty loud at this point.

VivaVine production schedule

SERIOUS VOLUNTEERS CALL (212) 966-2060	Sept/Oct 1997	Nov/Dec 1997
Strategy session for VivaVine (Advertising/distribution)	July 5	Sept 6
Ad orders with payment due (Mary Conti: (516) 424-4558)	July 10	Sept 11
Editorial meeting (Bring suggestions and reference material)	July 12	Sept 20
Final ad art due (See below for ad sizes and prices)	July 22	Sept 23
Due date for articles (Submit stories on disk in ASCII text format)	July 26	Sept 27
All-day production session (Must be able to get to lower Manhattan)	Aug 2	Oct 4
All-day production session (Must be able to get to lower Manhattan)	Aug 9	Oct 11
Publication date (The VivaVine available for distribution)	Sept 5	Nov 5
Mailing night (Vegan pizza and talk of vegan revolution)	Sept 7	Nov 7

DISPLAY ADVERTISING RATES

PAGE SIZE	DIMENSIONS width x depth	5 ISSUES no July/Aug issue	PER ISSUE
EIGHTH PAGE	3 x 2 $\frac{1}{2}$	\$ 100	\$ 30
SIXTH PAGE	1 $\frac{1}{2}$ x 4 $\frac{1}{2}$	125	35
QUARTER PAGE	1 $\frac{1}{2}$ x 6 $\frac{1}{2}$	150	38
QUARTER PAGE	3 x 4 $\frac{1}{2}$	150	38
THIRD PAGE	1 $\frac{1}{2}$ x 8 $\frac{1}{2}$	200	45
HALF PAGE	6 $\frac{1}{2}$ x 4 $\frac{1}{2}$	270	62
HALF PAGE	3 x 8 $\frac{1}{2}$	270	62
FULL PAGE	6 $\frac{1}{2}$ x 9 $\frac{1}{2}$	400	100

To place an ad, call Mary Conti: (516) 424-4558

Visit our Web site

<http://www.earthbase.com/vivavegie/>

Should be .org, not .com

Shark: Newest victim of beast-eating man

continued from page 11

Despite the image of sharks as man-eating beasts, most of the world's 400 species are fairly harmless to humans. Unquestionably, a shark has a much better chance of survival if he opts to swim quickly in the other direction when a human comes near.

Though the data are sketchy, yet another factor is at work. Sharks are getting caught in nets used by fishermen looking to catch other species. In 1947 the amount of shark and related species brought to shore was about 220,000 tons. In 1997 the reported catch was about 800,000 tons—a figure that represents probably only half the real amount, since it doesn't include the sharks dragged in unintentionally.

Add to this the fact that sharks come to sexual maturity relatively late in life and have small litters when they do give birth. Generally, the catch rate for sharks has been twice the birth rate in recent years. Not a good combination.

Perhaps because many governments lack data on shark populations, the depletion of sharks continues at a dangerous pace. Without proof of diminishing numbers, it is hard to ask fishermen to cut back. Still, many would agree that protecting sharks from the ravages of overfishing is a global imperative.

Recently, the United States courageously enacted rules to cut shark fishing in half as well as to ban the fishing of five species of shark altogether. Hopefully, this will set an example for the rest of the world. But the ultimate solution is for people to just stop eating sharks.

Go Veg: Tomatoes, soy are good for you. Who knew?

In a development sure to hearten pizzeria owners everywhere, tomatoes have been found to reduce the risk of cancer. A six-year Harvard Medical School study of 48,000 male health professionals found that those who ate tomatoes or tomato products more than twice a week had a 21 to 34 percent lower risk of prostate cancer compared with those who didn't eat any. An Italian study involving 4,790 people produced a similar finding: that seven or more servings of raw tomatoes a week reduced the risk of various cancers from 30 to 60 percent. And researchers in Israel found that lycopene, the powerful antioxidant that makes tomatoes red and that is being focused on as the source of their anticancer potency, interfered with the growth of cancer cells.

However, having learned from the failure of beta-carotene, another antioxidant that promised health benefits, to perform in follow-up studies, scientists are resisting the old-fashioned instinct to reduce lycopene into a pill. It's now widely believed that nutrients work together with other nutrients in whole foods, not in isolation. Also, since lycopene is a fat-soluble substance, experts are advising that tomatoes be eaten with some fat, which allows the body to absorb the nutrient—for example, some olive oil. Vegan pizza, anyone? Just ask them to leave off the cheese. It works for us.

In another area of research pointing to the benefits of a plant-based diet—and, when you think about it, don't they all?—scientists have been crediting soy products with properties that reduce the risk of cancer, cardiovascular disease, kidney disease and osteoporosis. Soy consumption is even believed to lessen the frequency and

severity of hot flashes in menopausal women.

A key ingredient in this protein-rich wonder food appears to be isoflavones, which are found only in soy. Another is a substance called genistein, which has been found to stunt the growth of prostate-cancer cells in tissue cultures. But the soybean also provides fiber; minerals, such as iron, calcium, phosphorus and magnesium; B vitamins, including trendy folic acid; and heart-healthy omega-3 fatty acids.

Now, if mainstream Americans could just overcome their tofuphobia, they, too, would partake in the benefits that vegans (and members of Asian cultures) have been enjoying for years.

One note of caution: When choosing a soy product (or a tomato product, for that matter), it's best to look for organic certification, which most health-food-store varieties have. With Monsanto, the chemical giant, mucking up soybean genes (to make the plant more resistant to their Roundup brand weed-killer), you want to make sure you're getting your soy the way nature intended it.



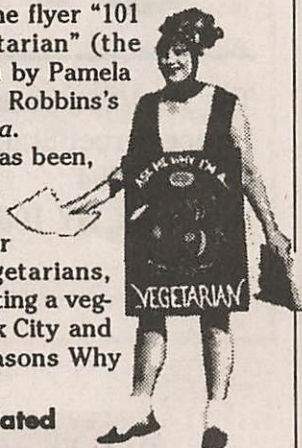
So, what is the VivaVeggie Society?

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. VivaVeggie activists take turns wearing the outfit shown here on founder Pamela Rice. 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's book *Diet for a New America*.

The VivaVeggie 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



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Proceeds go to the VivaVeggie Society

Sunday, May 11

Mother's Day is Veal Ban Day. To get an action kit for staging an event yourself, call the Farm Animal Reform Movement at (888) ASK-FARM.

- The VivaVegie Society will be out in New York City with its veal crate, as always. Information: (212) 966-2060.

Saturday, May 17

- Karen Davis, founder of United Poultry Concerns, signs copies of her new book, *Prisoned Chickens, Poisoned Eggs*, from 7 p.m. to 9 p.m. at the Manhattan home of Debbie Tanzer. Information: (212) 799-7699.
- Potluck with EarthSave Long Island, 6:30 p.m. at Sweet Hollow Hall, Melville, NY. Cost is \$6, \$3 for EarthSave members. Bring a vegan dish to share. Information: (516) 421-3791.
- Potluck with EarthSave Hudson Valley, 6 p.m. in Pleasantville, NY. Sam Weinreb will speak about sustainable communities. Bring a vegan dish for six to eight. Information: (914) 472-7392.

Sunday, June 1

- New York Harbor dinner cruise with Vegetarian Vision. Boarding is at 5:45 p.m. from the World's Fair Marina Pier 1 in Queens; boat returns at

10 p.m. \$40 for singles, \$75 for couples. Reserve tickets by May 15. Send checks to Vegetarian Vision Inc., 146 W. 29th St., New York, NY 10001. Information: (212) 971-0653.

Sunday, June 15

- Boston Vegetarian Food Festival. Food sampling, cooking demos, speakers, entertainment, children's activities. Information: E-mail Sabra Goldick at sgold@tiac.net

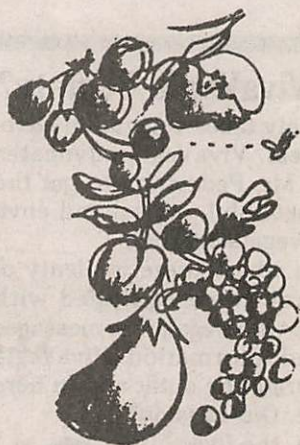
Thursday, June 26

- Beginning of Animal Rights '97 National Convention in Washington, D.C., which lasts until Monday, June 30. Networking, workshops, lobbyist training, music, vegan meals and top-name speakers. Registration is \$100 before May 27, \$125 after. Information: (888) FARM-USA.

Monday, June 30

- Hear *Animal Factories* coauthor Jim Mason speak about his latest book, *An Unnatural Order*. Cosponsored by Big Apple Vegetarians and Sierra Club New York. Washington Square Methodist Church, 135 W. 4th St., between Sixth Ave. and MacDougal St., 6:30 to 8:30 p.m. No RSVP necessary. Information: (718) 855-6030.

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