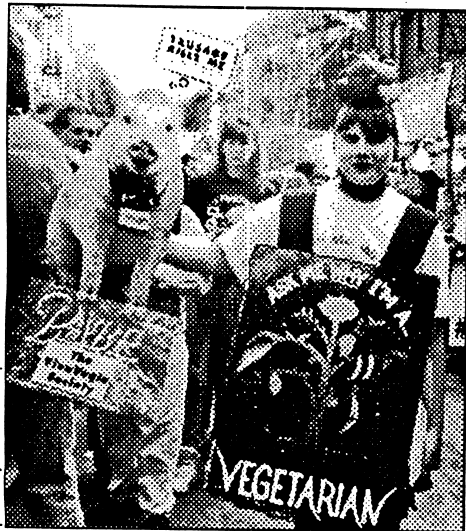


photo by Richard Phillips



Pamela steps deep into the lion's den, flaunting "Babe" at a sausage feast

VivaVegie plants doubt in the minds of San Gennero feast-goers

BY JULIA FAUCI

THE FEAST OF SAN GENNERO is over, but many of the revelers of New York City's most-famous Italian street fair will have taken home with them more than just the stuffed animals they won as prizes there. They will have—how-go to SAUSAGE FEST, page 3

Food Not Bombs for a grass roots transformation

FOOD NOT BOMBS is committed to a vision of society that is motivated by love and sharing, not violence and greed.

Food Not Bombs was formed in Boston in 1980 as an outgrowth of the anti-nuclear movement. Activists operate upon the primary belief that society and government should value human life over material wealth—concluding that many of the problems in the world stem from this simple crises in values. The key word here is "operate"—armchair philosophy go to STOP GAP, page 6



The VIVA VEGIE

THE VIVA VEGIE SOCIETY

NOVEMBER 1996: VOL 5, NO. 3
Subscriptions, \$15/yr for five issues

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Milk: It does a body...bad! Page 7

Feed the World Day Page 8

G·R·A·I·N S·H·O·R·T·A·G·E·S meat-eaters the driving force

BY PAMELA RICE

IT SEEMS TO BE A FACT of nature that as standards of living improve, people eat more meat. I still vividly recall my grade school girlfriend next door boast, "We're having steak tonight," drawing out the word "steak" in a long I'm-better-than-you-are whine. The same thing seems to be going on today in places across China and the Pacific Rim as in that bedroom town outside Chicago 30 years ago. Rising affluence is raising demand for meat, that infernal plebian status symbol.

Standards of living are rising in many areas of the world. Statistics show that meat consumption worldwide is up nearly 30% since 1970. Where a Shanghai family in the past may have been vegetarian most of the time, it now may indulge in meat, eggs, and commercially made pork dumplings. Visiting a restaurant perhaps a couple times per month may be the norm.

Consequently, the need for feed grains is rising at break-neck speeds. About a third of the world's grain goes to feed livestock. [In the US, two thirds goes to animals.] Earlier this year the world showed record low levels of grain stocks, down to a 48-day world supply. Only 3 years ago supplies were at 78 days.

Add to this a human population expected to nearly double over the next 50 years, most rapidly in some of the same countries where increasing meat

consumption is now taking place. If you know the relationship that exists between meat production and resource depletion, you know that an intensely explosive situation is fast in the making. Feeding the average meat-eating American, for instance, requires 3-1/4 acres of land per year. Feeding a person who eats no food derived from animals requires only 1/6 acre per year.



So, when a country such as China, with its 1.2 billion inhabitants, changes its collective lifestyle, the effects are felt all around the world; and in the case of animal protein consumption, you've got no less than a full market transformation on your hands. In fact, within one recent year China went from exporting 16 million tons of grain to importing eight million tons.

Sitting pretty. Grain prices naturally rise as grain becomes scarce. To those in grain exporting countries, such as the US, world grain shortages are a boon. If you produce grain to feed the animals people want more and more to eat, you're already sitting pretty. Wheat prices in the spring were at \$7.17 a bushel, up from about \$3.5 a year earlier. Corn and soybean prices were sky-high as well.

Unfortunately, we're not talking about a luxury item like stereos or hoola hoops. We're talking about human sustenance—one of the three essentials of life. Along with clothing and shelter, food is a life or death requirement.

go to HUNGER AND MEAT, page 2

Hunger and Meat: Grain shortages spell tragedy

continued from page 1

World hunger is already here, and promises to get worse, a lot worse, soon. In the near term expect to hear the word "famine" at greater intervals. Eight hundred million people are already malnourished in the world today.

Senseless human tragedy. Hunger is not the only a result of grain shortages. Food importing countries have to take funds away from other needed investments so their citizen can eat. In addition, grain shortages leave little room for bad weather, natural disasters and other emergencies. And with higher prices for basic grain foods, the cost of relief efforts rises. "The potential for real human tragedy is great," warns Leonard Rogers, an Agency for International Development (AID) official.

Low income families are hit harder than others. Grain prices are rising at a faster rate than inflation; for a low income family that spends 17% of its

income on food, a 1 or 2 percent rise in inflation due to higher grain prices can make a difference.

On the other hand, in the near-term, the rich will hardly feel the crunch. The price of their food will go up relatively a lot less as more of the cost of their products is tied to marketing and packaging rather than the cost of commodities. The rich will likely continue to obliviously hoard vital grain resources in the form of animal protein.

Little hope in technology. In the short run, grain exporting countries will be the winners in the race for scarce supplies of food, but even with land conducive to grain production, nature has her limits.

As for the so-called Green Revolution, experts say that it has definitely slowed. Even if farmers begin planting "fence to fence" those old surpluses will not be returning any time soon. Overall, estimates are that cropland for corn, wheat and other grains will be able to

increase no more than 3% worldwide.

This year despite the risk of another American Dust Bowl, the US government is allowing about a million acres of environmentally sensitive lands to go back into production to build stocks.

According to Lester Brown of the Worldwatch Institute, the world "may have crossed a threshold where even the best efforts of governments to build stocks may not be enough."

Further study. The Institute for Agriculture and Trade Policy (IATP) provides a free Internet listserve, an electronic mailing list which covers the political, economic, social and environmental changes affecting global food stocks, production, trade and food security. Send an e-mail message to majordomo@igc.apc.org (leave the subject line blank). In the body of the message, type: "subscribe food-security"; or contact Dale Wiehoff at 612-379-5980.

PCBs: JUST ONE MORE REASON



Why can't Johnny read?

The answer seems mighty fishy

Eleven-year-olds, with only slightly higher than normal pre-natal exposure levels of PCBs, have higher than expected rates of "low normal" I.Q. scores, poor reading comprehension, memory problems and difficulty paying attention, study shows, so says *The New York Times*, 9/14/96, p. A-14.

Where did these 11-year-olds get PCBs (described as "a kind of industrial pollutant...once widely used in the manufacture of electrical equipment and in paper recycling") in their systems? According to the *Times* article, Fish. From Lake Michigan, mostly, eaten by their mothers during pregnancy.

According to the article, the authors of the study wrote, "women who eat no fish may accumulate these compounds from other food sources, [as well], including dairy products such as cheese and butter and fatty meats, particularly beef and pork." These foods contain PCBs by way of contaminated animal feeds that got that way through soil leaching.

"The human body has absolutely no requirement for animal flesh. Nobody has ever been found face-down 20 yards from the Burger King because they couldn't get their Whopper in time."

— Michael Klaper, M.D.

IT'S OFFICIAL



Cancer Society says you should not eat red meat, not even a little, not even if it's lean

The American Cancer Society released tough new warnings about meat consumption in mid-September, going even beyond guidelines put out in January by the USDA (see *VivaVine*, Jan./Feb., 1996).

The warnings pack a particularly strong punch as cancer is expected to be the leading cause of death in the US by the year 2000, nudging out heart disease. Cancer now causes 500,000 deaths every year in the United States.

Particularly telling about the announcement were the comments by Dr. Marion Nestle, chairman of the advisory committee that developed the guidelines for the society, as reported in the *New York Times*. Distinguishing its recommendations about diet from those of the USDA, Dr. Nestle proclaimed that the society's dietary advice regarding meat consumption, as well as other factors, was not influenced by commercial concerns. [NOTE: Dr. Nestle is also quoted in reason #51 of 1996 ed. of *101 Reasons Why I'm a Vegetarian*.]

For instance, whereas the USDA guidelines would allow red meat—as long as it is lean; the American Cancer Society would restrict red meat altogether.

Regrettably, the cancer society's recommendations would allow chicken and seafood as part of ones' diet. This, however, seems to be only a concession, as the society advises that any animal food be relegated to "side dish rather than as the focus of a meal."

Sausage fest: VIVA VEGIE drives the meat vendors crazy

Continued from Page 1

ever subliminally—taken with them a kernel of truth about meat.

The VivaVeggie Society had something to do with that. Because while the vendors of sausage sandwiches had a frantic agenda to attend to, that is hawking as much meat to feast-goers as possible, so did VivaVeggie.

"Cure for cancer. Cure for constipation. Right here, folks. Step right up. That's the benefits you'll have when you stop eating that stuff," VivaVeggie activists called out to the crowd as

they "walked the gauntlet" on Mulberry Street from Houston Street to Canal Street in Manhattan with a 3-foot tall cardboard picture cutout of "Babe" from the hit-movie by the same name.

The activists caused intense reactions from the shoulder to shoulder crowds at "The Feast" as they did their best to distribute as many copies of "101 Reasons Why I'm a Vegetarian."

Between the ears of the endearing portrait of our intrepid hero "Babe," VivaVeggie placed the simple statement, "Sausage Kills Me." And these words

combined with the lovable image of "Babe" made quite a sensation.

Bright eyes and the hint of a smile in the poster pig's face worked to melt feast-goers on the spot.

"Get outta here with that. Go home!" vendors from booths grilling meat screamed, which was ironic because Pamela Rice lives right on Mulberry Street where this loud, stinking disruption lasts for 11 days every year.

"I am home," Pamela cried out, not a few times. "I live on this street! *You* go home!"

DIRT ON FARMERS

The following is from the Swine Management News Column of Kenneth B. Kephart, Extension Swine Specialist for the Department of Dairy and Animal Science, Penn State University (Feb., 1992)

Dead Pig Disposal

Document No.: 2890158

Animal rights, manure odors, and lousy market prices have given pork producers their share of aggravation. Now I'm about to suggest that another issue is waiting to erupt for every livestock producer—dead animals. We generate a lot of them, and I suspect that sooner or later someone is going to figure that out. The first question will be, "What does the industry do with all of those carcasses?" Our answer, if we're honest, may not give us high marks.

We can assume that from each litter of pigs, one will be born dead and another will die before weaning. Before market, another half a pig will die. A rough estimate of these death losses would be about 40 lbs. per litter.

Sows will average about two litters per year, which makes the annual death losses about 80 lbs. per sow. Multiply that times the 100,000 sows in Pennsylvania alone (as of Dec, 1991), and we have a staggering pile of dead hogs.

According to Pennsylvania Act 317, passed in 1945, we have three options: burn, bury or render. Producers "...owning any animal that has died shall not allow the carcass to lie about his premises."

This act provides no details on burning, however the Department of Environmental Resources does have recommended criteria for emissions from "crematory incinerators."

If a producer chooses the burial route, the site must not be subject to overflow from ponds or streams, and must be at least "...100 feet from any water source, public highway, house or stable." In addition, the carcass must be covered with at least three inches of lime and two feet of soil.

Renderers must be licensed, and there are requirements listed for how the renderer must operate.

From an informal assessment, I've found that most of the large operations choose rendering as their method of dead pig disposal. Biosecurity is a potential risk when sending dead animals to the renderer. You should assume that the rendering truck is loaded with any organism that's ever been invented. Use the same precautions at the time of dead

animal pickup or drop off that you would in an auction barn.

[After some discussion of various name brand incinerators, the author notes:] If the largest unit (600 pound capacity, 2.75 gal fuel/hr.) were used for 14 hours per week, it could easily handle a 300 sow farrow to finish operation. At \$1.00/gal, the annual fuel cost would be about \$2000. Add to this a depreciation value of \$400, and the total cost of dead pig disposal amounts to \$2400, which doesn't compare too favorably with the current costs of rendering.

Burial requires a little more work, but it's generally the most practical system for operations off the beaten path, and it's cheap. The biggest concern I have with burial is the way it's done. Many producers dig a trench, fill the trench with dead pigs, and cover as they go. If they cover with lime (most people don't) and two feet of soil, this method is technically legal. But in time, enough rotting flesh could accumulate that ground water could easily be contaminated, especially in areas of limestone, sink holes, shale or sand.

Manure spreaders are not legal, and not in the best interest of biosecurity.

Some operations have established symbiotic relationships with local scavenger populations such as buzzards and alligators. Dead hogs are hauled up to the hill-side and the buzzards do their thing, sometimes, I am told, within a matter of hours—a routine not listed in the 1945 law. Alligators are popular in Florida. Ernie Nunez maintains over 7000 alligators to clean up the dead from his 2000 sows and 200 cows.

Composting is working for the poultry industry, and I think it has promise for the hog industry. Dead animals, straw and manure are mixed together and Mother Nature does the rest. If the pile is kept aerobic (at least 30% free air space), at the right moisture level (40-60%), and the correct pH (5-12), the organic material will decompose under temperatures of about 150° F. That's enough to kill harmful microorganisms.

Dr. T. Veum and others at the University of Missouri recently demonstrated that composting works for dead hogs. They utilized empty pens (approx. 6.5 ft X 9.5 ft) in an open front hog building. To each pen they added a layer of straw (about 5 lbs./sq. ft), then a layer of dead pigs, followed by a dry manure/straw mixture, and another layer of straw equal to one half of the weight of dead pigs. The layers were repeated until a final depth of about 3 feet was reached.

The VIVA VINE

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THE VIVAVEGIE SOCIETY

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JOIN VIVA VEGIE

To become a member of THE VIVAVEGIE SOCIETY for one year, send \$15 to the above address. Membership entitles you to one membership card, 5 issues of THE VIVAVINE and one copy of *101 Reasons Why I'm a Vegetarian*

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

Murder king below

I am located over a Burger King and next door to a McDonald's on the busiest pedestrian streets of San Francisco and California. Seven million people per year go by my door, really! This is somewhat unique, I believe. Imagine the smell, imagine the choice of poisons the consumer can make, and imagine the trash on my door and the type of people who are attracted to these businesses (gangs, etc.). Imagine what they have done to this block. ... (i.e. ruined it.)

I have an art gallery/photography studio over the top of the BK with a huge picture window, fifty feet wide. I also have a long term lease. Imagine the possibilities: Mad cow cutouts flying around stuck to the outside of the building, sick looking cuts of beef on poignant signs: "You are what you eat" in 3 foot letters. The possibilities are endless. I hate BK and McD's passionately, and I am very motivated. We have extensive graphic design and photography capabilities, as well as media contacts. These two business side by side make a perfect target and could easily be leafletted significantly.

Bennett Hall

bhimages@sirius.com

(III)health connection

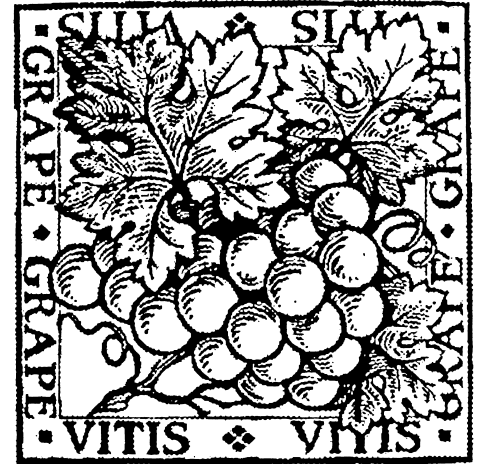
In a letter to the editor published in The New York Times, Eleanor Ferrar of New York wrote:

"A Sept 5 news article says fewer than 25 percent of Americans eat a healthy diet. We have raised a generation (or two) of obese, at-risk adults.

"You also report that McDonald's spends \$800 million a year on advertising. Doesn't anyone see the connection? Perhaps President Clinton and his advisers should be attacking junk food instead of cigarettes. Only part of the population smokes, but everyone eats."

One open-minded NYC Congressman

Some VivaVine readers may recall that The VivaVegie Society sent 101 Reasons Why I'm a Vegetarian to every member of the US Senate and House of Representatives in November of 1994. Of the some 15 or so responses, not one (!) of the elected officials used the word "vegetarian" in their letter—why is that? Anyway, that has now



The VivaVine welcomes your letters. Send them to our post office box address ... or e-mail them to: vivavegie@novalink.com

all changed, since VivaVine copy editor Charles Patterson took the initiative to send his Congressman Jerrold Nadler a copy of "the mighty convincer."

Nadler's response:

Thank you for sending me a copy of "101 Reasons Why I'm a Vegetarian".

I appreciate your thoughtfulness, and look forward to reading the article.

Thank you again.

Sincerely, Jerrold Nadler
Member of Congress
11 Beach Street, Suite 910
New York, NY 10013
212-334-3207

VivaVegie members may want to quiz Congressman Nadler to see if he actually read "the 101." And if so, what his thoughts are now...

Sausage = floor scraps

Hi Pam: When I was about 12 years old I had a part time job after school delivering orders for the kosher butcher in my neighborhood. One of my duties was to deliver our scraps to the salami factory. The scraps were the trimmings, waste and fat that were cut off the meat before it was sold. This would fall on the floor and get mixed in with the saw dust (who said meat has no fiber) and walked on all day. At the end of the day I would sweep it up and put it in a large bag and bring it to the salami factory. The salami factory was a dirty building under the El on Jerome Ave. The walls were lined with Fly paper and there were so many flies on

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Continued from Page 4

the paper that it was almost completely covered. The building had such a horrible odor that I used to get sick from it. I could not stand it after few seconds. I used to gag. The scraps were ground into a liquid and pumped into what looked like a giant condom, and that was salami! I never ate salami after that. That was over 40 years ago. I don't know if they're still doing the same thing but I suspect that they are.

Lenny Morgenstern
Bronx, NY



Ronald McDonald raises a menacing arm to take down a defenseless cow with cleaver!

“Moooo! Help!”

A couple of Halloweens ago, a pal and I dressed up as Ronald McD and a cow—I was the cow. Volunteering at local Halloween hay rides we'd change into our “real” costumes and do our shtick. When the hay ride came by, I'd run out alongside yelling “Moooo! Help!” Then, while attention was directed at me, “Ronald” would run around the front of the tractor/wagon, bearing down on me with a butcher's cleaver, spattering red paint. “Ronald” would then “cut me down” and “butcher me” in front of the riders. I'd try to make gruesome noises.

Pat Fish
Utica, NY

One sandwich board, coming up!

I have talked to my friend and she will be please to help me in my endeavor to have a “sandwich board” made for my own self-styled “veg-evangelism,” —a la VivaVeggie.

I'll keep you posted. I'll definitely send some pictures.

Boulah Trist
Monterey, CA

Zippo for Onions

Regarding your story: “What You're Not Going to Find Out ...” (*VivaVine*, Sept./Oct., 1996), I am an onion farmer in Orange County, New York. We are facing our most devastating year, weather wise, in over 50 years.

Almost my entire crop was wiped out and 1/3 of our valley is total garbage with the rest being severely affected. Yet we are getting ZERO, ZIP-PO help from the Federal government. Ours has not been declared a disaster county and Federal crop insurance, which is designed to pay out, is giving NOTHING. We get no tax breaks or subsidies.

What sort of farmers get the breaks and help described in your article? What do they grow and where? Our valley has never received the types of breaks you described. It makes me a little mad, to be honest.

Sincerely, Chris Pawelski
evp@warwick.net

VivaVeggie response: It is amazing how the Federal government coddles the livestock industry. It neurotically worries about prices in the market for cattle, afraid to do anything that could adversely affect cattle prices. It showers grain farmers with subsidies to keep cattlemen's costs down. Onions? Kinda lacks that cowboy mystique I guess. It's a meat thing.

The Chosen Society

Dear Pamela:

Here is my check for an annual membership fee in the Chosen Society.

By the way, I already distributed almost all my copies of “101 Reasons Why I'm a Vegetarian,” so the number of the chosen people may go up! I made sure to give it only to the people who are sincerely concerned and interested, so no “101” ends up in the garbage.

Alex Matskevich
Brooklyn, NY

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The vegan mouse that roared



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Stop Gap: Food Not Bombs and others fight hunger

Continued from Page 1

phers these FNB people are not. Food Not Bombs puts its beliefs out on the street, in your face; and this very visibility is one of the main tenets of its self-styled identity.

In critical localities throughout the nation, over 70 autonomous chapters (a loose knit group of independent collectives) regularly set up operations in public places in order to give away free vegetarian surplus food—that would have otherwise been wasted—to people in need.

Hungry people get fed, which for the individuals who are helped, this may be all that matters; but beyond this, the public display serves to dramatically reveal the pervasive crisis of hunger in our nation. In this way, Food Not Bombs protests the violence of poverty, as well as other types of violence, in the face of waste and injustice.

As one of the fastest growing grass roots political groups in North America, Food Not Bombs serves thousands of meals each week throughout North America and Europe. In addition, Food

Not Bombs is dedicated to vegetarian as well as organic food, and therefore thoroughly lives its non-violent stance. Its actions automatically call into question a commercial food industry predicated on violence as it slaughters billions of animals every year while poisoning the environment with chemical pesticides and fertilizers.

Indeed, the group is committed to the use of non-violent direct action to transform society from the ground up. Food Not Bombs believes that when it feeds people, who would otherwise go hungry, with food that would otherwise have been thrown away, outdoors, in public view, it is calling attention to the failure of society to support its own citizens within, while going about funding the outward forces of war and violence—including the police who often try to stop the group from operating. It believes that by working today to create sustainable institutions, beginning with the simple vital sustenance of a lentil soup, hope is there to create for tomorrow the kind of vital and caring society we all want to live in.

NO ONE SHOULD GO HUNGRY

"Feed the World Day" [Nov. 23]

In 1974, Srila Prabhupada was looking out from his room at the Hare Krishna temple in Mayapura (West Bengal), when he noticed a group of village children fighting with street dogs over scraps of food. Shocked and saddened by what he saw, the swami proclaimed that no one within a ten mile radius of his temple should go hungry.

Food for Life was since started and has become one of the world's most persistent relief organizations, delivering free, strictly vegetarian food to the disadvantaged wherever they may be; or to war-torn regions, in one case, even after the Red Cross had given up.

On one day, this Nov. 23, the centennial of the birth of Swami Prabhupada, 3 to 5 million veg meals will be distributed worldwide. In New York City, 10,000 "sweets" packets along with a spiritual, pro-veg message will be distributed to crowds along a Manhattan parade route. [Refer to the calendar on the back page for more information.]

Family loses child it fed veg diet

Whatever you do don't let government agents look in your refrigerator, especially if you are raising a foster child on a vegetarian diet. You could lose that child on the official grounds of medical neglect. That's what happened to a Gary, Indiana family. Crestfallen, the Dumas family is now battling in the courts for the child they had planned to adopt. Call 219/882-4153 for more information and to aid in their case.

So, what is The VivaVeggie Society?

THE VIVAVEGIE 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 Rice wears the outfit shown on the front side of this newsletter. Our mission? To distribute, for donation, the flyer, *101 Reasons Why I'm a Vegetarian* (the mighty convincer), written by Pamela Rice and inspired by John Robbins' book, *Diet for a New America*.

The 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

What could be more convenient?


"Bosnia, The Face of War" is the name of educational computer shareware available on CD Rom. It could have been entitled, "All the atrocities you could ever stand to read about in the Former Yugoslavia" ...

The following testimonial describes how a slaughterhouse can conveniently be transformed into a killing unit for humans. (One more reason not to have such places around.)

"A private citizen in Bosnia reported he had visited a cattle slaughterhouse near Brcko in Northeastern Bosnia. He heard screams and shots. He spoke with a survivor of the facility, who said that 100-300 persons were killed there each day from May 7 to 14, 1992." —US Department of State



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Milk: It does a body bad



Got milk? Good. Got cataracts?

BY THE PHYSICIANS COMMITTEE FOR
RESPONSIBLE MEDICINE

The dairy industry isn't just terrible for cows — its products are bad for your body. Here are 10 reasons to eliminate dairy products from your diet.

1. Fat and cholesterol. Dairy products, especially cheese and ice cream, are loaded with fat and cholesterol. Studies comparing ovo-lacto-vegetarians and vegans have proven that while both are healthier than meat-eaters, vegans have healthier hearts than vegetarians who consume dairy products.

2. Iron Deficiency. Dairy products are low in iron. Clinical studies have shown that infants consuming cows' milk lose small amounts of blood from their digestive tracts.

3. Diabetes. Epidemiological studies show a strong correlation between the use of dairy products and the incidence of insulin-dependent childhood diabetes. This is only an association, but researchers have long suspected that an autoimmune reaction sparked by dairy protein is a cause of this disease.

4. Ovarian Cancer. When dairy product consumption exceeds the body's capacity to break down galactose (a sugar formed when the body processes the milk sugar lactose), a buildup in the blood may affect the ovaries — causing the risk of ovarian cancer to triple in some women. The problem is the milk sugar, not the milk fat, so nonfat dairy products cannot solve it. In fact, yogurt and cottage cheese are of most concern because the bacteria used in their manufacture increase the production of galactose.

5. Cataracts. The galactose that is a breakdown product of lactose appears to damage the lens of the eye, leading to cataracts.

6. Lactose Intolerance. Many people, particularly Asians and Africans, are unable to digest the milk sugar, lactose. Diarrhea and gas can result.

7. Allergies. Respiratory problems, canker sores and skin conditions can all be triggered by dairy products. Many people oftentimes never even know that they

HEALTHY WITHOUT MILK

Here are vegan sources for the nutrients in 1 cup of 2% fat milk. There are many more!

Protein (8g): 3/4 cup cooked pasta
Vitamin A (10% RDA): Tiny nibble on a carrot

Vitamin C (2% RDA): Tiny sip of orange juice

Vitamin D (25% RDA): 3 tsp. of vegan margarine

Calcium (30% RDA): 2 cups of dark leafy greens

— Dave Horn

have a dairy sensitivity.

8. Toxins. About a third of all milk products are contaminated with antibiotic traces. A study by the Environmental Defense Fund found pesticide contamination of human breast milk to be twice as high among the meat-and-dairy-eating women as among vegans.

9. Osteoporosis. Dairy products, despite common myths, do not stop osteoporosis. Numerous studies have shown that the countries with the highest intake of dairy products also have the highest incidence of osteoporosis, and that consuming large amounts of dairy products simply will not maintain bone density.

10. Colic.

One of every five babies suffers from colic. Pediatricians learned long ago that cows' milk was often the reason. We now know that breast-feeding mothers can have colicky babies if the mothers are consuming cow's milk. The cows' antibodies can pass through the mother's blood stream into her breast milk and to the baby.

Write *The Physicians Committee for Responsible Medicine*, P.O. Box 6322, Washington DC 20015. To reach their toll-free nutrition hot line, call (800) 875-4837.

A cow's horrid life (What a surprise!)

BY PEOPLE FOR THE ETHICAL
TREATMENT OF ANIMALS

At least half of the 10 million dairy cows in the United States live on factory farms, crowded into concrete-floored pens or barns, milked two or three times a day by machines that cut their udders and give them electric shocks.

Cows of the 1990s live only about four to five years, as opposed to the 20-25 years enjoyed by cows of an earlier era. To raise the animals' milk production, dairy farmers keep them pregnant constantly through artificial insemination.

Farmers also use an array of drugs, including bovine growth hormone (BGH); prostaglandin, which is used to bring a cow into heat; antibiotics; and tranquilizers to improve behavior.

BGH causes cows' udders to become so heavy and swollen that they can drag along the ground. A full udder can weigh 60 pounds. The cows' accidental stepping on their udders causes the teats to become injured and infected.

Perhaps the greatest pain suffered by cows of the dairy industry is the repeated loss of their young.

Female offspring may join the ranks of the milk producers, but the males are generally taken from their mothers within 24 hours of birth (before the cow develops an attachment to him) and sold at auction either for the notorious veal industry or to beef producers. If the calf is killed when young, rennet from the membrane of his

fourth stomach is also used in cheese-making; it contains rennin, an enzyme used to curdle milk for cheese.

Within 60 days the cow will be impregnated again. A typical factory-farmed dairy cow will give birth three or four times in her short life. When her milk production wanes, she is sent to slaughter, most likely to be ground up into fast-food burgers.

Write *People for the Ethical Treatment of Animals*, 501 Front Street, Norfolk, VA 23510. To call, dial (757) 622-PETA.

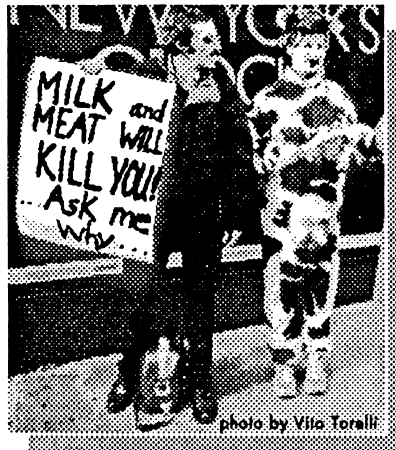


photo by Vito Toralli

NOVEMBER

Monday, Nov. 11

☉ Bowl-a-thon fund-raiser with New Jersey Animal Rights Alliance, Northwest District. ☎ Scott at (908) 850-5840 or Greg and Patti Chontow at (201) 398-0762.

Saturday, Nov. 16

🍎 Vegetarian Thanksgiving potluck with the Vegetarian Society of South Jersey. 6:30 pm. Moorestown Community House, 16 W. Main St., Moorestown, N.J. \$6 for family, \$4 for singles. Bring a vegan dish to share with recipe. ☎ Joan Fitzpatrick at (609) 216-9095.

Saturday, Nov. 23

■ Join VivaVegie in Hare Krishna's worldwide "Feed the World Day." In NYC, veg meals (along with pro-veg message) will be distributed city-wide via shelters and charitable organizations. ☎ 301-299-4797 to volunteer. *[see p. 6 for related story]*

🍎 Big Apple Vegetarians' Thanksgiving Talent and Fashion Show [the event of the season!]. 7 p.m. to 11 p.m. Reservations ☎: Jean Thaler at (718) 438-1523.

🍎 Turkey-free Thanksgiving with

Howard Lyman. 7 p.m. Sweet Hollow Hall, Melville, Long Island. Bring a vegan dish for six to 10 people. \$6. Reservations: ☎ EarthSave Long Island: (516) 421-3791.

🍎 All-vegan Thanksgiving dinner. 4 p.m. to 8 p.m. United Poultry Concerns, 14331 Poplar Hill Road, Germantown, Md. Bring a vegan dish, enough for four people. ☎ (301) 948-2406.

Sunday, Nov. 24

■ New York Vegetarian Food Festival. Food, cooking demonstrations, speakers. 11 a.m. to 7 p.m. New York Coliseum, 59th Street and Broadway, New York City. Free. ☎ (212) 971-0653 or (212) 868-6578.

🍎 Vegetarian Thanksgiving with Boston Vegetarian Society. 5 p.m. to 9 p.m. Country Life Vegetarian Restaurant, Boston. Unlimited buffet, \$10. ☎ (617) 424-8846.

Thursday, Nov. 28

🍎 Vegetarian Thanksgiving Feast on the Potomac. Tour the river with the Vegetarian Society of the District of Columbia. 11 a.m. to 2 p.m. The Odyssey Cruise Ship, 6th and Water Street, SW. \$38. Reservations: ☎ (202) 362-8349.

Friday, Nov. 29

■ Fur Free Friday. Rally at Central Park with demonstrations near fur stores. 10:30 a.m. to 2:30 p.m. Meet on the sidewalk at Central Park South, the park side, half a block west of Fifth Avenue. ☎ (212) 757-2166 for recorded hot line; (212) 247-8120 for a Friends of Animals representative.

DECEMBER

Sunday, Dec. 1

🍎 The VivaVegie Society hosts an Internet fundraiser nite. Upload your veg-epiphany to CYBERPEAS.COM. *Not necessary to have a computer of your own.* See your web page on the Internet this very nite—Come with 500 words & a picture of yourself. \$35 admission includes web site for a year, and vegan pizza. ☎ (212) 966-2060. (see ad on page 5 of this newsletter.)

Sunday, Dec. 15

🍎 The VivaVegie Society targets holiday shoppers with the "101 Reasons..." , Rockefeller Plaza. 11 a.m. to 3 p.m. ☎ (212) 966-2060 [you must call ahead].

Photocopied on recycled paper



THE VIVAVEGIE SOCIETY
Prince St. Sta.
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