

# ...the vegetarian-issues magazine

## The Viva Vine

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**The VivaVine** is a publication of the **VivaVeggie Society**,  
**New York City's** premier vegetarian-outreach organization.

[www.vivavegie.org](http://www.vivavegie.org)

**The Vegetarian Center)**  
has moved to  
**118 East 28th St.**  
**Suite 704, Manhattan**  
Call ahead: 646-424-9595

*Tax-deductible donations to be tripled by matching fund • see page 15*

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## VEGETARIAN CENTER PROGRAMS

All events are at 150 Fifth Avenue (at 20th Street), suite 510. Where appropriate, participants may bring dinner with them. After 7:00 p.m., Mon. to Fri. (after 4:00 p.m., Sat. or Sun.), you may need to be buzzed in from the street. Use the code 5106. Information: 212-414-9100.

## Workshop (6:30 p.m.)

By appointment: **Getting started with your new veggie diet**

What do you eat, and how to you cope, now that you've decided to go vegetarian? Information: 212-414-9100. Free.

## SUNDAY SOIREEs

at VivaVeggie's Veggie Center  
Light snacks • BYO beverage

**Admission fee:** one newspaper/magazine article on a vegetarian issue. **Recommended, but optional:** bring your favorite music CDs and potluck dish.

Sept. 24 and Oct. 29 • 6:30 p.m.

## Lecture series (6:30 p.m.)

Sept. 21 & Oct. 26: **Government giveaways to the meat industry: A primer** (Pamela Rice)

An introduction to the dozens of tax breaks and subsidies the government hands over to the meat industry. Suggested donation: \$3.

## Seminar (6:30 p.m.)

Oct. 10: **Workshop for wanna-be vegetarian-issue journalists**

Learn about the inverted pyramid, copy style, the importance of proper grammar, and the who, what, where, and why of covering our issues. Information: 212-414-9100. Suggested donation: \$3.

## Rap 'n' Wrap (6:30 p.m.)

Oct. 17: **A time for vegetarians to shoot the breeze and sort things out from our own perspective**

Why should lobstermen get subsidies? How can they say that dietary fiber has no impact on colon cancer? Is it really that easy to get a vegan meal in Timbuktu? If you have an opinion about it, we'll discuss it, and we'll order burritos. Information: 212-414-9100. Suggested donation: \$3.

## Vegan &amp; Fat: It's not supposed to be

BY PAMELA RICE

Here's a touchy subject: veganism and fatness. They're not supposed to go together.

When you become a vegan, slimness is your destiny, automatically, right? It worked that way for vegan doctor Michael Klaper, who tells of a spare tire he couldn't get rid of to save his life—even with a daily jogging routine—until he became a vegan.

And then there's resident VivaVeggie volunteer Tom Thompson, who tells us that when he went from the standard American meat-centered diet to veganism—a transition he made virtually overnight—he lost 35 pounds in a month!

Going meatless didn't work like that for me, and from the looks of things it hasn't worked that way for a lot of other vegans out there either. When I became a vegan, I actually gained weight! And the weight stayed on for a good seven or eight years.

Well, I'm happy to announce: I lost all the weight I gained—15 to 20 pounds—and have kept it off for over a year. I now live by six little rules, and here they are.

1. I eat foods that satisfy, not the ones I crave. If I can't see the outline of the original plant that the food came from, I usually don't eat it. This forces me to eat whole foods, and mostly raw ones at that. Going whole and mostly raw is my most important rule, and it comes with a wonderful payoff: cravings subside.

As I began to eat whole foods more religiously I found that I was eating less but being satisfied more. Dr. Joel Fuhrman, who helps people lose weight with the most logical system I've heard yet, hits at the crux of why we have a nation of obese people: people are addicted to simple sugars (including bagels and pasta), junk foods that are



loaded with artery-clogging hydrogenated oils, and saturated fats (from meat). Notice that simple-sugar foods and hydrogenated-oil foods can frequently be considered vegan. For instance, a food like Robert's American

Gourmet Veggie Booty can get the best of us into trouble. You can still call yourself a vegan if you eat it; in fact, it's even marketed as a health food, but when you read the package you find that these puffed-up morsels contain a huge number of calories. And they're processed, a total no-no.

### Vegan and still fat? Here are six rules to live by.

2. Don't look on someone else's plate to tell you how you should eat. I have a vegan friend, slim as can be, who lives for

junk: huge portions of fake-meat dishes, slathered with oil. She never turns down a dessert, and she eats three hearty meals a day. I could say to myself, "Why don't I eat like So-and-So? It doesn't seem to affect her"—but I don't. I have now crawled out of that pit of denial and accepted the fact that, yes, she can eat like that and not gain a pound, but moi? Can't get away with it.

3. Exercise. I force myself to go to a health club, but I also make exercise part of my day. I bike to work.

4. I took the refrigerator out of my office. Now, it's just that much harder for me to eat when I'm bored. When I was fat, my stomach was stretched out of proportion. My stomach has since shrunk. Result: weight loss.

5. Drink freshly extracted green juice. People like raw-food evangelist David Wolfe will tell you why juice is such a powerful elixir of health. I'll just say that it's great after a workout, because the body is obviously getting what it needs.

6. Don't eat just because everyone else is eating. Let's say you've been called on short notice to join some friends for dinner, but you've already eaten. Your friends don't care if you only order tea. They really don't.



# Int'l Fish Wars: Blockades, arrests, and weapons

**Illegal fishing is estimated to total between 30 and 50 percent in excess of legal catches. And that which is considered legal is already causing irreversible ecological damage.**

BY MIA MACDONALD

**O**n a spring day in April 1999, the Bloomberg news service reported that a British warship left port for the Falkland Islands in the South Atlantic, the first time a British combat vessel had headed that way since the end of the 1982 Falklands War. It wasn't another Argentine incursion that prompted this ship's dispatch. Instead, the boat was sent to fight an increasingly nasty global war. The adversary this time? Illegal fishing—estimated to total 30 to 50 percent in excess of legal catches worldwide, according to a story in the March 1994 issue of *The Economist*. And its toll? Strip-mined seas, fish populations even closer to extinction than legal fishing has pushed them, and once-lucrative fishing grounds now adding little to government treasuries. So the world's fisheries are under the gun, literally.

As bloated fishing fleets continue to pursue ever-dwindling numbers of fish, pressures for viable catches are getting more intense. The result is numerous cases of ever-harsher responses to illegal fishing: armed naval patrols, ship and crew detentions and arrests, blockades, sabotage of fishing gear, and the threat of actual weapons fire. The latest batch of "fish wars" suggests that human casualties will soon join the billions of fish and crustacean victims of illegal (not to mention legal) fishing. Here are just a few of the incidents of "fish rage" documented in recent years:

■ In May, the U.S. Coast Guard authorized one of its ships (for the first time ever) to fire on a civilian vessel—a Russian-manned fishing ship using driftnets in Alaskan waters in violation of a 1993 global ban on these "curtains of death." The Coast Guard ship chased the fishing boat for five days. Finally, it uncovered its on-deck machine guns, pointed them toward the rogue vessel, and forced it to surrender. (*Washington Post*, 5/11/00.)

■ In February, three Chinese and five Taiwanese fishermen were detained by the Philippine Navy for illegal fishing and entry into Philippine waters. The Philippine Navy is intensifying patrols to prevent foreign "fish poaching." (Deutsche Presse Agentur, DPA, 2/8/00.)

■ In February, Indonesia reported it had "captured" 40 illegal Thai fishing boats in its waters. (Bloomberg, 2/29/00.)

■ In February 1999, New Zealand assigned its newest frigate to the Southern Ocean off Antarctica to prevent "pirates" from overharvesting Patagonian toothfish. These fish fetch high prices in the United States and Japan, thanks to exhausted toothfish stocks in other wa-

ters. (*The Economist*, 2/13/99.) In March 2000 the frigate detained its first pirates—not, as expected, foreigners, but rather two local fishing boats. (DPA, 3/29/00.)

■ In January 1999, fishermen blockaded Gibraltar's border with Spain after a Spanish fishing trawler was seized by British authorities and charged with exceeding fish quotas. (Bloomberg, 1/30/99.)

■ In May 1998, Russian border guards, tipped off by the U.S. Coast Guard, opened fire on a Chinese boat suspected of illegally catching fish in the Bering Sea, killing two crew members and wounding five. Crew members had reportedly ignored warning shots and didn't stop their boat, as requested by the Russians. Found on board were 50 tons of fish and 60 miles of nets. (Reuters, 5/26/98.)

■ In 1997, a flotilla of Canadian fishing boats imposed a three-day blockade on an Alaskan ferry carrying 135 passengers to protest U.S. fleets' catching too many sockeye salmon that would otherwise swim to Canadian waters. (Reuters, 7/3/98.)

**A**long with these incidents, new fronts are breaking out all the time. The Japanese whaling fleet, for example, is, as of this writing, in the North Pacific hunting sperm, Byrd's, and minke whales—supposedly for "research purposes," but illegal under International Whaling Commission conventions. Another rationale: the need to fight a dangerous case of "illegal" fishing—that is, by the whales! Japanese scientists suggest (apparently with straight faces) that endangered sperm and Byrd's whales are "diminishing Japan's seafood supply." Their sentence? Death. (*The New York Times*, 8/10/00.)

If ever there was a time for vegetarians to unite in support of the world's imperiled fish, it is now, especially when one considers that at least a third of the global fish catch is fed to livestock, according to an article by Carl Safina in a special fall 1998 *Scientific American* issue on the oceans. One shudders to think of the fish wars that will erupt this century—as the human population inexorably grows and consumption of fish and meat goes fully global. We ain't seen nothing yet—and neither, tragically, have the oceans.







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## JOIN VivaVeggie

To become a member of the VivaVeggie Society for one year, send \$15 to the above address. Membership entitles you to a membership card, five issues of *The VivaVine*, a copy of "101 Reasons Why I'm a Vegetarian," and VivaVeggie's "Vegetarian Restaurant Guide to New York City."

## He sacrificed riches for a life rich with purpose

### IN MEMORIAM

**H. Jay Dinshah,  
1933 - 2000**

The vegan community has lost one of its most revered and colorful pioneers. On Thursday, June 8, 2000, H. Jay Dinshah passed away. Jay worked tirelessly and selflessly for over forty years steering the American Vegan Society, which he founded in 1960. He was the pillar of the vegan movement in the United States and is responsible for veganism's steady growth throughout North America.

Jay was an accomplished orator and a prolific writer who composed, edited, and published countless AVS publications and books, including his notable *Out of the Jungle* and the anthology *Here's Harmlessness*. Jay's incisive essays and articles always enlivened *Ahimsa*, the AVS magazine, and his penetrating commentaries were invariably ahead of his time. Jay was not one to mince words. He told it like it is, speaking from the heart, often on unpopular issues, with insights that bellowed honesty and precision.

Jay was a modest man whose accomplishments belied his unassum-

ing presence. He courageously strove to bring awareness to a world desperately in need of truth, sacrificing riches for a life rich with purpose. Jay's keen wit, forthrightness, and intelligent turn of phrase will be sorely missed. His legacy is a solid and powerful vegan foundation upon which future generations can stand and learn. His contributions to peace and compassion are immeasurable.

Jay is survived by his wife Freya, son Daniel, daughter Anne, sister Shireen, and brothers Cyrus, Roshan, Jal, Darius, Noshervan, and Sarosh.

**Joanne Stepaniak**

Written with love

## Unhappy meals on the local horizon

I read in *Crain's New York Business* in February that McDonald's Corp. wants to add 150 restaurants in the New York City area, as well as 180 additional stores nationwide, by the end of this year. This is a mind-bog-

**The VivaVine welcomes your letters. See the contact information in the masthead on the left.**



**Visions of Health:** Gazing out from behind VivaVeggie's exhibit table at the 34th World Vegetarian Congress in Toronto, Canada, first we have two septuagenarians (left-hand picture), who look more like people in their fifties. They are VivaVine editorial consultant and author of *Judaism and Vegetarianism* Dr. Richard Schwartz (left) and raw food enthusiast and avid VivaVeggie member A.A. Zahoor. On the right are Irena Upenieks (left) and Joel S. Dahl, two Canadians, who happened upon our table at exactly the same time. Coincidentally these two had both become vegetarian in 1962.



gling expansion plan. I would hope that some of the animal welfare organizations out there will begin to realize the ramifications for animals represented in such developments.

**Joan Zacharias**

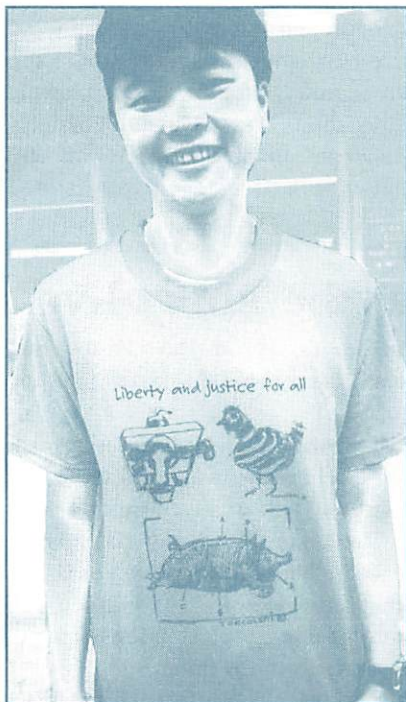
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## The "101" changed my life

I just wanted you to know that "101 Reason's Why I'm a Vegetarian" has changed my outlook on life and my eating habits, forever. I wasn't aware of the horrible cruelty that occurs in the factory farming system. I gave up meat the day I read the article a month ago and haven't looked back since. I had been thinking about becoming a vegetarian for a while, but this article really gave me the push that I needed. Thanks.

**Alexis**

East Lansing, Michigan



Stop by VivaVeggie's vegetarian center, 150 Fifth Avenue at 20th Street in Manhattan, and pick up one of our new T-shirts, modeled here by Yichun Lin. The khaki shirts, silkscreened in navy, are available in most sizes (S, M, L, XL) and are yours for only \$12 each, plus \$3.20 for mail order (see the facing page for the mailing address). On the back are the words "The Vegetarian Center of New York City, 212-414-9100," so you can give us a plug on the run.

# Viewpoint from AR 2000

BY MIA MACDONALD

AR 2000, the first national animal rights conference since 1997, attracted nearly 700 people to the Hilton in McLean, Virginia (just outside of Washington, DC, in one of the city's pedestrian-unfriendly suburbs) from June 30 to July 4.

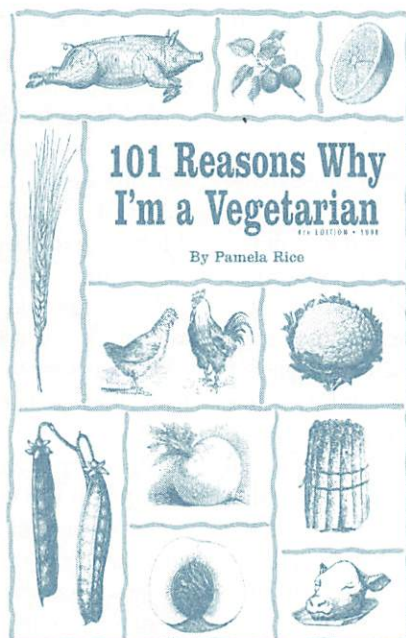
The energy was good, the vegan products and AR literature plentiful, the hotel-prepared vegan food semibland but cheap, and nearly all the AR stars were in attendance (Stallwood, Lyman, Newkirk, Pacheco, Pacelle, and Hershaft, who, with FARM, organized the conference) along with a large number of young activists and film star/vegan Alicia Silverstone, who attended sessions and ate in the hotel restaurant. The conference itself was mostly plenary panels, with the notable exception of rap sessions by *Sexual Politics of Meat* author Carol J. Adams and New York City Animal Defense League activist Patrick Kwan; as such, it was a bit stodgy. Still, the conference's focus—on public education and legislative strate-

gies, and the need for activists to marshal our numbers and voices to effect real change—made sense.

Essential esprit was provided by lively hallway conversations, which turned into a "parallel" conference with small group discussions in the hotel basement initiated by participants and the screening of an excellent video of New York's own Eddie Lama, chronicling his transformation from regular guy to extraordinary vegetarian and animal activist.

Discussions were soon under way about a conference for 2001. If that indeed comes to pass, this longtime activist hopes that the speakers will get off the dais, grassroots experiences will be more central, and the work and commitment of young activists will be acknowledged and learned from.

*Mia MacDonald is VivaVeggie's current secretary. She works as a U.S.-based consultant in international development issues in the areas of gender and international development policy, women's reproductive health and population, sustainable development, economic, social and political development, and U.S. foreign policy.*



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Stop 'em in their tracks with VivaVeggie's "mighty convincer." "101 Reasons Why I'm a Vegetarian," our popular itemized booklet documenting the ills of meat and the virtues of veggies (by Pamela Rice), is available in single copies and in bulk. An order coupon appears on page 15.

<http://www.vivavegie.org>



# Cruelty on a Cracker: Foie gras comes to China

## WHO warns of misuse of antibiotics on the farm

The World Health Organization rang alarm bells in mid June about the consequences of misusing antibiotics. Aside from warning about the dire effects of overprescription, which generally takes place in Western countries, and of the underutilization of these drugs in developing nations because they are not always available, it chastised animal agriculture for their use on the farm. Half the world's antibiotics are in fact used on farm animals, mostly to accelerate growth of livestock rather than to treat disease. Misuse of antibiotics allows bacteria, some of which have become drug-resistant, to proliferate. In the case of animals given antibiotics, there is the added danger of drug-resistant germs causing food poisoning, the WHO said, according to a June Associated Press story.

In the United States, the vast majority of antibiotics used on the farm

are fed to chickens. For years, the industry has denied that antibiotic resistance has been the result, despite overwhelming scientific evidence to the contrary. The WHO pronouncement will make such denials that much harder to cling to.

## High court to ranchers: Tough tumbleweeds

The National Cattlemen's Beef Association doesn't always get its way. And this time it's settled: We have a Supreme Court ruling. In a unanimous decision, the justices decreed in May that 170 million acres of federal rangeland permits don't necessarily have to be in the hands of people in the livestock business. In addition, the court upheld the "broad discretionary powers" of the secretary of the interior to set grazing rules. The NCBA, which sponsored the complaint that led to this ruling, is concerned about conservation organizations in the recent past acquiring permits for grazing on public lands in order to convert

them into wildlife refuges. The cattlemen see the trend as a scheme to end livestock grazing altogether. As of now, the court figures that that's just too bad.

## Labels to startle meat buyers

The Clinton administration is proposing that packages of meat and poultry products display nutrition labels that are similar to those that are mandatory on processed foods. If the proposal gets past the idea stage, every time a meat eater dips into the display case at the local grocery store, he or she can be assured of a reminder about the high-cholesterol, high-calorie, and high-fat content of meat. Time to head for the tofu counter!

## Mao is rolling in his grave

A country that little more than a decade ago might have considered luxury items a sign of capitalistic greed now is on the verge of allowing at least one Western symbol of decadence into its marketplace. Unfortunately, this item bears the tainted

# Catchers Pitched: Labor victory may be short-lived

One of the more onerous dirty-boot jobs in animal agriculture is that of the chicken catcher. Laborers in this line of work grab cumbersome handfuls of terrified chickens by their feet all day (more probably, all night) to be hauled off to slaughter. The job is exhausting, full of hazards, and demoralizing. It is typically done by those in the lowest socioeconomic sectors of society.

At one time, catchers were hired as employees of the big processing plants, enjoying job security, overtime pay, and other benefits. Suddenly, in 1991, the industry sneaked in a rotten deal for them, transforming the catchers into employees of independent contractors. Their pay stayed much the same, but their benefits and overtime pay evaporated with the chicken urine on their boots. Overnight the catchers were compensated a whole lot less, while their miserable job remained identical to what it had been. And curiously, they worked, as before, on the prior company's chickens, they hauled the chickens in trucks marked with the prior company's name, and they caught chickens to the prior company's specifications. After a few years of this, the catchers and their lawyers felt they had a winnable case against the processors. And sure enough, they just got their first victory. A court case, settled in February, will force Perdue Farms to pay \$1 mil-

lion in back overtime wages. Tyson, Case Farms, and Sanderson Farms each have similar cases pending against them.

**Catchers feeling their oats.** With legal victories fresh in their minds, chicken catchers for two out of three Perdue processing plants on the Delmarva Peninsula voted in July to form unions. The United Food and Commercial Workers Union believes that the formation of unions is necessary to solidify recent labor victories. In addition, the UFCWU is probing questionable circumstances surrounding the one plant that voted down the union.

**Processor to automate chicken catching.** Perhaps Perdue Farms has had enough of these human chicken catchers, or maybe it was something that was to be no matter what. The company announced in early June that it has decided to let foot-long rubber fingers of 5 chicken-catching machines replace the hands of 150 men, according to a Bloomberg wire story citing the Associated Press as its source. In a press release issued by Perdue, the company said that the machines will reduce the number of personnel but not eliminate the need for manpower. "Individuals currently performing this task under contract will be offered the opportunity to join the company as Perdue Farms associates."



# Walls of Glass: IBP caught with blood on its hands

badge of animal cruelty.

The place is China; the product is foie gras. And certain entrepreneurial sectors inside the country have serious plans for bringing the diseased livers, which some consider to be a delicacy, to the masses. Optimistic forecasts predict that the foie gras produced in China will in time boost the world's output by a full third, according to an early August story in *The Washington Post*.

To produce foie gras, farmers must force-feed geese or ducks huge amounts of grain to cause their livers to swell to up to three times their normal size. A certain percentage of the animals' livers will explode from the stress.

## Animals dismembered alive, videotapes reveal

An employee of an IBP slaughterhouse in Wallula, Washington, stated in an affidavit that 10 to 30 percent of the animals at the plant are skinned and dismembered while still fully sentient, although Washington law dictates that the animals should be knocked unconscious prior to slaughter. Damage control out of IBP was fierce, but in the end the meat giant had little to back up its statements, thanks to clandestine videotapes of the kill floor. Employees say that they are not able to slaughter animals more humanely because of ridiculously fast line speeds. The Humane Farming Association, which has investigated line speeds in meat plants around the country, contends that the IBP situation is not unique.

## Int'l charity plan will benefit meat companies

The U.S. government has just discovered the world's poor. Never mind that the realization coincides with low commodity prices, thanks to an agricultural glut. The same thing happened a bit over 50 years ago when the school lunch program was instituted in the United States. Now, on the recommendation of George McGovern, the Food and Agriculture Organization ambassador to the



*Here is Yorav Montel, of Qiriat Bialik, Israel, at VivaVeggie's vegetarian center, making a point about the cruelty of foie gras. He has seen foie gras operations up close and testifies that producers where he worked had a contest with their employees: Who can feed the ducks the most but still not make their livers burst? Yorav is one of quite a number of foreign visitors to the center.*

U.N., the Clinton administration wants to take the school-lunch concept beyond American borders. An international distribution plan, an-

nounced in July, promises to be a boon not only to American companies that produce grain but to those that produce milk and meat. The goal will ultimately be to feed 300 million hungry and malnourished kids every day, according to July stories posted to the CNN Web site. Other Group of Eight countries have indicated their interest in participating. The overall cost for the project is expected to be \$3 billion per year, with the United States contributing one-quarter of that amount.

## They came to bury carcasses, not to render them

Water tainted with *E. coli* O157:H7 killed at least 7 people and sickened as many as 2,000 in a town outside of Toronto, Canada, in June. Some time later the possible underlying cause was revealed: improperly buried "mortalities" from nearby farms. At one time, Canadian farmers were able to have carcasses picked up by renderers for free. When the market for leather dried up, thanks in large part to the Asian economic crisis, farmers were asked to pay \$50 per carcass for removal, according to a June 16 article posted to the Meating Place Web site. It became cheaper to bury the dead. Some are suggesting that farmers be subsidized.

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## INDEX OF FILE-FOLDER SUBJECTS HOUSED AT THE VEGGIE CENTER

*The Vegetarian Center of New York City is a reading room and a research center. Following is an index of file-folder subjects that a journalist or anyone doing a research project is welcome to use on-site.*

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## Veggie Nuggets

### Almost like people

Cockroaches, slugs, and snails feel pain. Insects do also. Cows have emotions, and sheep can distinguish one person from another. Studies that uncover these kinds of revelations were the subject of a May 2000 meeting in London, organized by the Universities Federation for Animal Welfare, a British charity, according to a story posted to the CNN Web site at the time. In the case of insects, one participant at the meeting, who was quoted in the CNN story, noted that insects avoid electric shocks much as cats and dogs do.

### Mad cows bring good things to light

Dried meat and bone meal from the remains of beef cattle exterminated during the mad-cow scare are providing electric current to homes in central England, according to a June Associated Press story. In May, a power station there was given a 3-year contract to incinerate into electricity some of the nearly half a million tons of remains still hanging around. The infectious agent of mad cow disease is known to be highly contagious and nearly indestructible. It is widely believed to be what caused 75 people to contract a new variant of Creutzfeldt-Jakob Disease—a fatal, brain-wasting illness—after they had eaten meat from cows who were infected. Sixty-nine of the victims have since died.

According to mad-cow-disease expert Michael Greger, M.D., U.S. Public Health Service medical director Paul Brown has warned that the infectious agent could spew into the air in the form of ashes—potentially contaminating surface water, croplands, and grazing lands—since it has been shown to withstand incineration,

The managing director of the company enlisted to do the incineration told the Associated Press, "We are very confident the risk to the public is absolutely negligible."

### Blessings in a can

The state of New Jersey recently enacted a law that provides protection for consumers of food prepared under Muslim dietary law. It is the first state to do so. The law is an answer to the growing incidence of fraud surrounding this increasingly profitable niche market. As large-scale producers from outside the Muslim community enter the field, consumers have less and less assurances that the laws of halal are being followed precisely to the letter. In a story in an early July issue of the *Minneapolis Star Tribune*, a spokesman for the Washington-based Council on American-Islamic Relations was quoted:

Maybe they won't have a Muslim doing the slaughtering, or maybe they're playing an audiotape of the blessings as the chickens go down the chute.

### Ding, dong, witch is dead

Tyson Foods has exited the Alaskan fish market, at last. It had longed to transform fishing up there into something resembling industrial mass-production, just as it had with chickens in Arkansas. But this wasn't meant to be. The company ended up failing miserably. A story in the *Seattle Times* called Tyson's Alaskan tenure a seven-year, multi-million-dollar bellyflop. On \$7.4 billion in sales over the period, it made a paltry \$25 million profit.

### Safer salmonella

You've heard of "safer sex." The term serves as a reminder that if you're promiscuous, you can limit your risk but never fully eliminate it. In a *Los Angeles Times* story on a host of newfangled technical fixes designed to neutralize a deadly strain of salmonella, that since 1986 has made its home inside the yolks of unbroken eggs, you find a recipe for "safer mayonnaise." Egg eaters: It's time to act up!

### Unfathomable figure

Americans consume 10 billion chickens every year. But what about the world? A *San Francisco Chronicle* story published in July tells us that the death toll comes to 38 billion, annually.

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See pages 8 and 15 for more information.

## ECO-VEG REPORT

### Egg factory has authorities by the gonads

At first glance, it looks as though the gig is just about up for Buckeye Egg Farms, the Ohio mega-factory that houses 15 million hens. The state's environmental protection agency, the state's department of agriculture, the courts, neighbors downstream and downwind, and even the local farm lobby that has stood behind the company up until now have all turned against it. Still, despite such opposition, our bad-boy Buckeye could squirm away yet. In fact, the owner of this factory, who has flagrantly defied every environmental decree he has been confronted with, has in essence told his adversaries—if not straight out, through his actions—that if they don't let up, he's going to take his bat and ball and go home. Already he's begun to sell off assets. If the company continues to downsize, eventually there will be little left of it to face any punishment.

When you're as big as Buckeye, you hold the best hand in the game. You know that if you go down, so will the local economy that depends on you—and no one will let that happen! Similarly, when the state asked to seize control of the company's assets in July, a judge ruled that no matter how justified the punitive action was, the state could not afford to be saddled with the residual environmental cleanup costs, and besides, it wouldn't seem right for the state to intervene in a company's business dealings. (This is America, not some banana republic!)

Buckeye has been responsible for air pollution and manure spills—hundreds of them—as well as other nuisances besides the flies. And so the saga continues. *The VivaVine* will be watching as Buckeye faces a 27-count lawsuit and two sets of contempt-of-court charges still to come.

### Coasts defiled by manure/ag pollutants

Forty-five percent of U.S. offshore waters have been rendered unsuitable for swimming or fishing by manure and agricultural runoff, according to a Bloomberg wire story citing information from a report issued by the Center for Marine Conservation in early July. In addition, the report warned that shrimp, red snapper, and orange roughy, as well as other species, were being overfished. The Environmental Protection Agency has been stymied by Congress and utility companies, however, because they believe that proposed cleanup plans would prohibitively be expensive, the story noted.

### Premium Standard cited for stench

The first allegations of air pollution ever levied against a hog producer were brought in Missouri against Premium Standard Farms in late April, according to a Bloomberg wire story at the time. The story quoted Ken Midkiff of the Missouri chapter of the Sierra Club:

Neighbors and nearby residents have long complained of the overwhelming stench emanating from the facilities. This action by EPA acknowledges that not only do these corporate swine operations stink, but that they also violate our nation's air quality laws.



## FOR THE HEALTH OF IT

### A high-fiber diet is still the way to go

*Two rigorous studies examining the effects of a high-fiber diet on colon cancer had a lot of vegans initially scratching their heads in disbelief. We know that, to date, well over 4,500 studies have shown a link between diet and cancer. Those who eat an abundance of vegetables, fruits, whole grains, and beans have the best protection against this deadly disease. Nonetheless, these two recent studies found no difference between fiber-eating groups and control groups in the number of reoccurring polyps (each subject had previously had at least one polyp). The VivaVine asked two leading vegan doctors to respond.*

### Next, let's study a whole-foods vegan diet

These studies were published in the April 20, 2000, *New England Journal of Medicine*. One examined the effect of a diet limiting fat to 20 percent of calories and increasing fiber to roughly 35 grams per day. The second did not change fat intake, but similarly increased fiber intake. Neither study showed any benefit from the intervention.

Probably the most significant issue is that neither study made any apparent attempt to eliminate meat from the diet. Many studies have suggested that "high-fiber" diets are beneficial, not only because of the "cleansing" effect of fiber but also because a high-fiber diet is typically quite rich in plant foods. A slight reduction in fat intake and/or the use of supplemental fiber does not capture the diet that is likely to prevent cancer recurrence. The study that would be worthwhile next is one using vegan and mainly unrefined foods.

#### Neal Barnard, M.D.

President, Physicians Committee  
for Responsible Medicine

### These studies are virtually worthless

The two studies you are referring to are examples that show how poor some studies are at proving anything. Remember, these two studies did *not* disprove that a diet high in fruits, vegetables, beans, whole grains, and raw nuts and seeds does protect against colon cancer. Hundreds of studies have demonstrated that.

All the subjects in the studies were eating an American-type diet with lots of animal products, processed foods, and refined oils. The so-called highest fiber intake in one of the studies was only 25 to 27 grams per day. In the other study, which used fiber supplements, the supplements only contained 14 grams of fiber. I recommend 50 to 100 grams of fiber a day from large volumes of vegetation. Incidentally, the high fiber intake is merely a marker for many other anticancer properties found in natural foods—in particular, phytochemicals.

The ingestion of fiber from supplements—not from natural foods—plus the variable and/or low level of fiber consumed, combined with the consumption of disease-causing foods, makes these studies almost worthless.

#### Joel Fuhrman, M.D.

Dr. Fuhrman is a practicing family physician specializing in nutritional medicine. Find more at [www.drfuhrman.com](http://www.drfuhrman.com).

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# Beyond the Barbs: Inspectors versus the inspected

BY PAMELA RICE

**W**hen sectors of our country's meat industrial complex are at each other's throats, perhaps the best thing for vegetarians to do is just to sit back and let them go at it.

Pathogens in the nation's meat supply, in particular, are becoming such an overwhelming problem that those who are on the supply side and those who regulate those suppliers can't seem to agree on anything. It's gone way beyond barbs at press conferences. And nothing typified the situation so graphically as when the owner of a sausage company near Oakland, California, lost it all in June and fatally shot three inspectors in a manic outburst of total frustration. He even chased after a fourth inspector for more than two blocks, firing unsuccessfully until he ran out of bullets. The perpetrator was fed up with inspection rules that threatened to shut down his business.

Serious rancor over inspection issues began building last December, when a federal judge prevented the U.S. Department of Agriculture from removing its inspectors from a Texas processing plant. At the time, the Supreme Beef plant of Dallas had failed its third test for the presence of salmonella. The USDA removes inspectors, in effect, to shut a plant down, since a plant cannot market meat that is not USDA-inspected. The agency does not have the authority to make a plant stop operating directly.

The government and Supreme Beef were at loggerheads about the validity of the salmonella test as a determinant of a plant's cleanliness. The USDA views salmonella as the best indicator of the presence of

pathogens in general. Alone, the bug causes 2 million to 4 million illnesses and 500 U.S. deaths per year, according to a May 26 *Washington Post* story citing statistics out of the Centers for Disease Control.

But the judge sided with Supreme Beef, saying that the salmonella tests were "arbitrary and capricious." Salmonella can be eliminated in the cooking process. And why, he agreed, should a processor like Supreme Beef have to suffer when salmonella is generated on the farm—and at the slaughterhouse where USDA inspectors put their stamp of approval on carcasses?

The Texas judge's ruling, which was confirmed in a court test in May, was an obvious setback to the USDA, which continu-

ally presses for Congress to give it final authority to close filthy meat plants. When its only way around this—removing inspectors—was denied, the USDA decided to lash back. First it cut off its contract with Supreme Beef as a supplier of meat for the federal school-lunch program, although it soon reinstated the contract when the beef processor appeared to be ready to comply with food-safety measures. Then, the USDA asked Supreme Beef to shut down its plant voluntarily when the beef processor flunked yet another salmonella test in June. When the company refused, the USDA quickly tightened its standards for ground beef supplied to the school-lunch program. The new standards require school-lunch-program meat to be at least up to the level required for the fast-food industry.

USDA authority was further eroded when a bill put forth in the U.S. Senate by Tom Harkin of Iowa was voted down in late July. The bill merely called for a clarification of the USDA's authority to set standards for pathogens in meat and poultry, and it would have officially allowed the agency to withdraw inspectors from a plant.

**I**n the meantime, a recently instituted program of meat inspection, endorsed by the USDA, was attacked from several sectors, seemingly all at once. The program, Hazard Analysis Critical Control Points, or HACCP, is widely considered the modern answer to modern pathogens. Points along a meat-processing line are identified as "critical" or in need of special observation. Under the system, meat is checked for microbial contamination at these points, and records are kept for the incidence of bacteria.

Food-processing plants have been phasing in the system since 1996, to mixed reviews. The USDA regularly issues reports of studies claiming that the program has markedly reduced the incidence of pathogens. On the other hand, the USDA's own inspector general issued a report in June that roundly criticized the implementation of HACCP. The report told of lax enforcement, tampered records, and weak responses to repeat violators. In one

**Small tumors can be sliced off, posing no risk to consumers, said FSIS administrator Thomas J. Billy.**



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case, meat inspectors simply permitted a plant to rinse meat that had been contaminated with fecal matter.

Just a week after this report was issued, a three-judge federal appeals court overturned a ruling that allowed the USDA to implement a pilot project of the HACCP system. The project was an experiment in the redeployment of government meat inspectors, away from carcass-by-carcass inspection in favor of overseeing plant employees who actually did the hands-on work.

**T**he judges ruled that federal inspectors, not merely industry personnel, must be the people checking each and every carcass for infection; anything short of this is considered a violation of federal laws enacted in 1907. A Government Accountability Project later called the judges' ruling a victory for consumers. The inspectors in particular welcomed the ruling, as it ensured them with a good measure of job security.

In defense of the pure intentions of the pilot project, Food Safety and Inspection Service administrator Thomas J. Billy said that allegations of HACCP allowing animals with tumors, sores, and infections to be certified by the USDA were completely false, according to a July article posted to the Meating Place Web site. Small tumors can be sliced off, he said, posing no risk to consumers. Animals with large tumors would of course be destroyed, he maintained.

The players in this sad ongoing story keep blaming each other, but the problem lies not with them but with the fact that meat is just so darn difficult to keep sanitary and free from adulteration. Meat producers need to give up already and shift to producing veggie burgers and veggie dogs. The owner of that sausage company probably wishes he had.

## The way you prepare your food, you'd best think about becoming a vegetarian.

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The meat, poultry, and fish industries often claim that they don't have to provide pathogen-free food to their customers because bacteria are killed by cooking. Perhaps this policy needs to be reconsidered, or consumers need to take animal foods out of their kitchen.

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## So, what is the VivaVeggie Society?

**T**he VivaVeggie Society takes vegetarian advocacy to the streets. VivaVeggie advocates approach 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 donned in brightly colored and expressive sandwich boards, like the one shown on Mayra Ortiz at right, and T-shirts. They carry plenty of fact-filled information. The mission? To distribute, for donations, the flyer "101 Reasons Why I'm a Vegetarian," written by Pamela Rice and inspired by John Robbins's book *Diet for a New America*. The VivaVeggie Society welcomes new outreach activists.

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# The VivaVine: BACK-ISSUE INDEX

Following is a small sampling of articles found in past *VivaVine* issues.

**NOTE:** Contact VivaVeggie for information on issues going back to Jan. 1992.

**COST:** • Prior to 1998, \$5 each  
• Issues thereafter, \$3 each

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May/June 1995	<ul style="list-style-type: none"> <li>• Pamela Rice on the export of the American diet</li> <li>• Interview with UPC president Karen Davis</li> <li>• McSkeletons being brought out of McD's' closet</li> </ul>		
Sept/Oct 1995	<ul style="list-style-type: none"> <li>• Feces fiasco: 25 million gallons of spilled manure</li> <li>• Taking a bite out of a hot-dog-eating contest</li> <li>• The Vegetarian Art Show: A report from the scene</li> </ul>		
Nov/Dec 1995	<ul style="list-style-type: none"> <li>• Fish in peril: The little-known crisis of overfishing</li> <li>• Karen Davis on a rescue that attracted the media</li> <li>• Henry Spira on that 25-million-gallon manure spill</li> </ul>		
Jan/Feb 1996	<ul style="list-style-type: none"> <li>• Mia MacDonald review: NYC's Candle Cafe</li> <li>• The dirt on farmers: Handling hogs</li> <li>• The Animal Welfare Act acts to deceive</li> </ul>		
Sept/Oct 1996	<ul style="list-style-type: none"> <li>• Pamela Rice on the total absence of vegetarian issues in the 1996 election</li> <li>• VivaVeggie diary of outreach actions</li> <li>• Our guide to Internet resources</li> </ul>		
Nov/Dec 1996	<ul style="list-style-type: none"> <li>• Grain shortages: Meat eaters, the driving force</li> <li>• VivaVeggie walks SanGennaro ("Feast") gauntlet</li> <li>• Food Not Bombs for a grassroots transformation</li> <li>• Dave Horn on milk: It does a body bad!</li> <li>• The dirt on farmers: Dead-pig disposal</li> </ul>		
Jan/Feb 1997	<ul style="list-style-type: none"> <li>• Meat economics: Industries' cruel commingle</li> <li>• A report on B12 from a nutrition expert</li> <li>• VVS launches regular feature: Vegetarian News</li> <li>• The dirt on farmers: Branding methods</li> </ul>		
Mar/Apr 1997	<ul style="list-style-type: none"> <li>• Manure madness sweeps the nation</li> <li>• Live-poultry-market protest: Slaughterside report</li> <li>• Easter Parade: Penelo Pea Pod makes her debut</li> <li>• Poetry from Allen Ginsberg: Vomitorium burp</li> </ul>		
May/June 1997	<ul style="list-style-type: none"> <li>• The world of the renderer: Slurry on down</li> <li>• Money squawks: One company, 15M hens</li> <li>• Shark: Newest victim of beast-eating man</li> <li>• Pfiesteria: Bulldozing dead fish from beaches</li> <li>• Richard Schwartz on Karen Davis's chicken exposé</li> </ul>		
Sept/Oct 1997	<ul style="list-style-type: none"> <li>• The McLibel verdict: McD's "culpable" for cruelty</li> <li>• Carnivore conflicts around the world</li> <li>• Alex Press updates us on animals and the law</li> <li>• Extinct is forever: Industry on dole imperils fish</li> <li>• Roundup Ready: The neutron bomb of herbicides</li> <li>• DASH Diet study: Garbage in, garbage out</li> <li>• Salmonella solution: Don't worry, be filthy</li> </ul>		
Nov/Dec 1997	<ul style="list-style-type: none"> <li>• Pamela Rice on the folly of "biosecurity"</li> <li>• Hudson Foods recalls 25M lbs. of beef</li> <li>• Scott Lustig on the reality behind "free-range"</li> </ul>		
		Jan/Feb 1998	<ul style="list-style-type: none"> <li>• Fecal cuisine: Pass the poultry poop, please</li> <li>• Food police: Watch what you say about meat</li> <li>• Veggie Nuggets: A new feature debuts</li> <li>• Grapevine: Discomfort seeing fish on a hook</li> <li>• News: Red meat linked to cancer, experts say</li> <li>• Alex Press on the eco-destruction of ranching</li> <li>• Scott Lustig on foie gras: The ugly truth</li> <li>• Alan Rice on pandemics-and-meat connection</li> <li>• Farm runoff: Government creates buffer zones</li> <li>• Take heart: Time to ditch hydrogenated oils</li> <li>• The waste/hunger/poverty syndrome of meat</li> </ul>
		May/June 1998	<ul style="list-style-type: none"> <li>• How not to heal a heart, by Alex Press</li> <li>• Richard Schwartz reviews <i>Slaughterhouse</i>, by Gail Eisnitz</li> <li>• Project for Econ. Justice for Veg'ns: A new feature</li> <li>• Chinese bureaucrats haunted by chicken slaughter</li> <li>• Cruelty to animals: It doesn't always end there</li> </ul>
		Sept/Oct 1998	<ul style="list-style-type: none"> <li>• Marine life on the edge of wholesale extinction</li> <li>• Laws for animals: "Comparison-shop" by country</li> <li>• Meat subsidies: Separation of meat and state, now</li> <li>• Antibiotics on the farm: A growing menace</li> <li>• Mega-mortalities: 7M chickens broiled alive</li> </ul>
		Nov/Dec 1998	<ul style="list-style-type: none"> <li>• Meatmonger bailout: Taxpayers bilked to the hilt</li> <li>• How to make a turkey by artificial insemination</li> <li>• Vegan education: Kids can love healthful foods</li> <li>• Manure marauders ride over gov't regulators</li> <li>• Prairie dogs vs. ranchers: Kill 'em, then save 'em</li> <li>• Scrumptious recipes for a vegan Thanksgiving</li> </ul>
		Jan/Feb 1999	<ul style="list-style-type: none"> <li>• Meat indicted: The latest on diet and cancer</li> <li>• Pamela Rice defines the "vegetarian acid test"</li> <li>• Edmund Klein on loving animals for their own sake</li> <li>• Hog glut: Pamela Rice on the subsidies that fuel it</li> <li>• News: The ruthless efficiency of ocean dragging</li> <li>• Meat inspection: Costly, no guarantee of safety</li> </ul>
		Mar/Apr 1999	<ul style="list-style-type: none"> <li>• Pamela Rice on the foreign trade in meat</li> <li>• The USDA institutes Pork Crisis Task Force</li> <li>• Antidotes to filth: Tech fixes at the slaughterhouse</li> <li>• Alex Press on animals in the courts—an update</li> <li>• From VivaVeggie's test kitchen: Teff pancakes</li> <li>• Listeria, I presume: Now we're cooking cold cuts?</li> </ul>
		May/June 1999	<ul style="list-style-type: none"> <li>• VivaVeggie opens the vegetarian center of NYC</li> <li>• Milk dispute: Where do vegans fit in? Nowhere</li> <li>• PulseNet: DNA testing gets meat firms in trouble</li> <li>• Pig virus: Malaysian soldiers exterminate 1M</li> <li>• Bronson Alcott: A glimpse at vegetarian heritage</li> <li>• Antibiotics on the farm upset delicate balance</li> </ul>
		Sept/Oct 1999	<ul style="list-style-type: none"> <li>• Pamela Rice on the advent of IBP boxed beef</li> <li>• News: EU widens battery cage</li> <li>• Vegetarian roots: NYC hosts veg-fest, circa 1853</li> <li>• Union of Concerned Scientists' meat bombshell</li> </ul>
		Nov/Dec 1999	<ul style="list-style-type: none"> <li>• FAQs about the VivaVeggie Society/Veg Center</li> <li>• Hurricane Floyd dumps on "Pork Central," NC</li> <li>• Immobility animals: The industry calls them downers</li> <li>• Pet-food slumgullion: Fluffy, Fido, time for din-din</li> </ul>
		Jan/Feb 2000	<ul style="list-style-type: none"> <li>• Veggie Econ 101: Billion-dollar meat subsidies</li> <li>• Fight fat with fiber: The skinny on obesity</li> <li>• How beefmongers target youth for big bucks</li> <li>• Dioxin for dinner: Fleshing out meat connection</li> </ul>
		Mar/Apr 2000	<ul style="list-style-type: none"> <li>• Fishing to extinction: Part I of a 2-part story</li> <li>• Decision 2000: Bush, McCain face vegetarians</li> <li>• Dietary guidelines: USDA buckles to industry</li> <li>• Taxpayers fleeced, milked for millions</li> </ul>
		Jun/July 2000	<ul style="list-style-type: none"> <li>• Manure hits the fan: The scoop on nutrient runoff</li> <li>• Accidental microbes: Disaster waiting to happen</li> <li>• Johnny Appleseed: A guy with a fruity mission</li> </ul>



# "101 Reasons Why I'm a Vegetarian"

No carnivorous human has a chance against it.

**YES...** please send me \_\_\_\_\_(copy / copies) of

**"101 Reasons Why I'm a Vegetarian."** The first copy is \$2, postage paid.

• Additional 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 copy of the "Vegetarian Guide to New York City"
- one membership card

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

Herewith, also, is a tax-deductible 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 Street Station, New York, NY 10012.

## New Matching Fund: Contributions multiplied by 3

### Veggie Ctr. matching fund is vital to our operations

**V**ivaVeggie has a matching-fund grant! All donations from individuals (not foundations)—up to a total of \$5,000 for the year—that are not in exchange for memberships, T-shirts, or other merchandise will be double-matched, thanks to **David Sielaff** of Seattle, Washington. So if you contribute \$20, you're really giving \$60! Since the previous *VivaVine* issue, we received generous donations from **Judea Johnson** (part of her tithe for the year) and **Glen Boisseau Becker**. In addition, we also received donations of \$25 or more from the following people: **Wilson Wong**, **Manny Goldman**, **Mary Ann Naples**, **Jason Mallory**, **Lucky's Juice Joint**, **Miranda Hambro** (in memory of **David Ben-Ami**), and **Barbara Stagno**. All donations will be tripled!

### Volunteers contribute the greatest gift of all

There are many ways to make a difference if spreading knowledge about the virtues of vegetarianism is your calling. Special thanks to the follow-

ing people who helped the VivaVeggie Society since the previous *VivaVine* issue: **Tom Thompson**, **Bobbie Flowers**, **Laura Dauphine**, **James Langergaard**, **Alex Press**, **Rochelle Goldman**, **Judea Johnson**, **Rob Dolecki**, **Hubert Davis**, and **Stuart Lerner**.

### VivaVeggie wants you!

#### Do something on the low-commitment side.

- Collect vegetarian restaurant menus and send them to us.
- Arrange to do filing at the office.
- Call on short notice to ask if there may be an errand to run.
- Keep our notebook of veggie current events and conferences always up to date.

#### Get the "101 Reasons" stocked at your neighborhood store.

VivaVeggie will give you a stack of sample "101 Reasons Why I'm a Vegetarian" to give to the retail establishment, free of charge, to test how they sell. Engage the owner/manager and keep in touch with him or her. After a period of time, ask whether he or she wants to order more. Essentially, do all the things that a sales rep would do to

"service the account." Ultimately, VivaVeggie wants to get regular orders. An order blank is on the 15th page of each copy of the "101 Reasons."

### VVS sandwich boards

**T**ake your passion to the streets. It's easy. Now you can obtain brilliant, full-color 11" x 17" replicas of the famous VivaVeggie sandwich boards for only \$30 (add \$6.40 for postage), which includes a starter kit of 20 copies of "101 Reasons Why I'm a Vegetarian." Send orders to our post office box on page 4.



Linda Marie Fogle

### VivaVeggie wish list

- Outreach coordinator
- Restaurant guide editor
- Flyer poster
- Pro bono accountant or lawyer
- Assistant to publicity director
- Correspondence secretary
- *VivaVine* distributor (1 place, ok)





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

www.vivavegie.org

NOTE TO SUBSCRIBERS: IT'S TIME TO RENEW  
IF YOUR LABEL READS OCTOBER 2000 OR EARLIER

## CALENDAR • RESOURCES

See page 2 for program listings of events that take place at the **veggie center**, including **seminars, workshops, rap sessions, and soirees.**

*Always call to confirm details. Unless otherwise indicated, all events are in Manhattan.*

### Sun, Sept 3

Veggie Singles Labor Day weekend dance party, 7 to 12 p.m., 939 8th Ave. (between West 55th and West 56th Streets), Room 207, the Grand Ballroom. Admission is \$15. Info: 718-437-0190.

### Mon, Sept 4

The Sierra Club Vegetarian Outings Committee gets together for a picnic, 2 p.m., Central Park. Bring a vegan dish to share. Info: 718-805-4260, M-Th. (NOTE: The Sierra Club Vegetarian Outings Committee plans to merge with Big Apple Vegetarians and the VivaVeggie Society this fall.)

### Fri-Sun, Sept 8-10

The 16th annual Vegetarian Food Fair in York Quay Centre, Toronto, Canada, expects 10,000 visitors this year. Admission is free. Info: 416-973-3000, or visit [www.veg.on.ca](http://www.veg.on.ca).

### Sun, Sept 24, & Sun, Oct 29

VegOut dinner from 5 to 7 p.m. at the Center, One Little West 12th St., just West of Hudson. Bring a vegan dish to share and a \$5 contribution. For

info call 212-802-8655, or contact [vegout1@juno.com](mailto:vegout1@juno.com).

### Fri, Sept 29, & Fri Oct 27

Brooklyn's raw-food potluck, 7:30 p.m., at Eco Books, 192 Fifth Ave., Brooklyn, between Sackett St. and Union St. Info: 718-499-6984.

### Sat, Sept 30

Voices For Animals is sponsoring its 4th Charlottesville (Virginia) Vegetarian Festival. More than 2,000 visitors are expected. Info: 804-979-0890.

### Mon, Oct 2

Join VivaVeggie and Penelo Pea Pod for World Farm Animals Day street outreach, 11 a.m., in front of the vegetarian center. Info: 212-414-9100.

### Fri-Sun, Oct 6-8

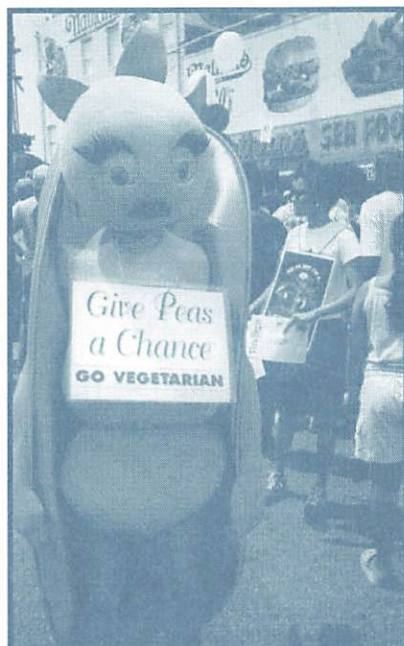
The 15th annual International Compassionate Living Festival, coordinated by the Culture and Animals Foundation, will be held in Raleigh, NC. Reservations must be made by Oct 2. Info: 919-782-3739.

### Sat, Oct 7, & Sat, Nov 4

Planet Health raw-food potluck, 6 to 9 p.m. at the Hygeia Center, 18 E 23rd St. Suggested donation, \$3. Info: 212-253-2262, or e-mail: [peerroned@aol.com](mailto:peerroned@aol.com).

### Mon-Mon, Nov 20-Dec 4

Raw-food vacation in Bali. Sleep in Balinese style cottages and enjoy lifestyle lectures and classes on Balinese culture. Info: Robert Miller at 718-499-6984.



Penelo Pea Pod (Bobbie Flowers) and VivaVeggie outreach activist Judea Johnson at the Nathan's hot-dog-eating contest on July 4th.

## NYC - AREA RESOURCES

The following is for groups without calendar listings.

### Social events and lectures

**Big Apple Vegetarians:** 212-715-8642  
**Central Jersey Vegetarian Group:** 908-281-6388

**Earthsavve Hudson Valley:** 201-934-1758

**Earthsavve Long Island:** 516-421-3791

**Eco Books:** 718-623-2698

**Vegetarian Vision, Hoboken:** 201-792-5300

### Food-preparation classes

**Gulliver's Center:** 212-730-5433

**Himalayan Institute:** 212-243-5995

**Integral Yoga:** 212-929-0586

**Natural Gourmet Cooking School:** 212-645-5170

**Park Slope Food Coop:** 718-622-0560

**Sivananda Center:** 212-255-4560

**Whole Foods Project:** 718-832-6628

### Video screenings

Call 212-414-9100 to schedule your group, or just yourself, to watch videos at the veggie center. Following is a selection of titles.

- **The Witness** (award-winning plea for animal rights; features NYC's Eddie Lama)
- **A Cow at My Table** (stylistically inventive and poignant documentary)
- **Foods for Cancer Prevention and Survival** (Dr. Neal Barnard's compendium of facts from the latest studies)
- **Diet for a New America** (John Robbins's powerful synopsis of his book)
- **Truth or Dairy** (a star-studded exposé)
- **A Diet for All Reasons** (Dr. Michael Klaper's superb case for vegetarianism)

(OTHER TITLES ALSO AVAILABLE.)