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Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 32 years of dedicated activism for domestic fowl

United Poultry Concerns

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UPC sanctuary hens. Photo by Howard Edelstein, December 12, 2021

INTERNATIONAL RESPECT FOR CHICKENS DAY – MAY 4



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First Place: Personally inscribed copy of *For The Birds* by author Karen Davis

Second Place: Set of notecard portraits by artist Mary Britton Clouse and a coupon for 2023 CRR calendar

Third Place: Life-sized huggable chicken sculpture by artist Melissa Swanson

HER FIRST DUSTBATH

(Watching a hen recover herself at our sanctuary)

First claws then beak, then
 Little bursts of earth – our hen
 Is taking a dustbath, her first
 Since rescued in a ravaged state
 Now safe at our place.

This spectral ballerina with
 Pendulous pale comb, blurred eyes,
 Spiny shafts, long thin nails
 Diaphanous almost.
 A sight to behold as hesitantly, then vigorously she
 Washes her body and soul clean in the soil
 Of the manmade filth
 That never was herself.

– Karen Davis



Photo of UPC Sanctuary Hens Dustbathing by Davida G. Breier

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Tractor Supply Company Promotes Cruelty & Contagion

“Please respect my privacy when I share this. I work part time at Tractor Supply and need this job to bridge my disability income. **I deplore Chick Days!** The only positive in the 2 years I’ve been there is that they quit housing the birds in the layered trays. They, at least our store, are back to the large metal tubs in the caged area. This still doesn’t negate the fact that **the birds come by mail with many squashed to death. The sick ones suffer by themselves in the back of the store in a separate tub.** They die and are put in a plastic bag and thrown in the trash like garbage. Although the policy is to sell a minimum of 4 birds per customer, there are still many times this policy is ignored. **Parents buy them for their kids and the kids handle them to death, literally.** I’m sure the company’s money plays a role in allowing them to continue their irresponsibility and abuse.”

– Email message to UPC, March 7, 2022



Bird Flu, Salmonella, and Tractor Supply: Urge “No More Baby Chicks or Ducklings!”

“Mass cullings have been implemented as a highly contagious form of avian flu has swept across the eastern half of the United States in recent weeks, killing both farmed poultry and wild birds.” – “Bird Flu Sweeping Through Eastern U.S. – *HealthDay News*, Feb. 25, 2022.

Poultry factory farms and transport methods, added to traditional farming practices, live bird markets, cockfighting, and the wild-caught bird trade, have created the conditions responsible for the spread of avian influenza (bird flu) viruses capable of infecting birds and humans. Backyard-poultry keepers and their birds are not immune to this contagion. *Salmonella* infection of backyard birds, children, and adults is also a risk. More and more children have egg allergies and complications of seasonal flu. The risk of infection, says Dr. Pascal James Imperato of the State University of New York’s Health Sciences University, is “especially high for young children who come into contact with baby chicks and ducklings.”



What Can I Do?

Urge Tractor Supply to stop selling baby birds. Typically shipped by airmail, the newborns come to the stores in a fragile state of food and water deprivation and extreme stress. Many are dead and dying. Their condition weakens their immune systems, making them particularly vulnerable to avian influenza and *Salmonella* infections. At the store, they receive little or no care, and often have no food or water, or else



the food and water bowls are full of filth, as has been reported by customers and employees. Many people who buy these birds simply abandon them once the novelty of the “children’s toys” wears off and the kids lose interest.

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customersolutions@tractorsupply.com
- ❗ Post a comment on Tractor Supply’s Facebook page:
www.facebook.com/TractorSupplyCo
- ❗ Urge your local store manager to provide proper bedding, sheltered resting areas and other comforts for these baby birds.
- ❗ Post a comment on your local Tractor Supply store Facebook page where it advertises its “Chick Days” sales.
- ❗ Write a letter to the editor of your local newspaper(s) about the inhumane situation.
- ❗ Ask your local humane society to intervene to help these suffering chicks and ducklings.



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www.upc-online.org/merchandise.

“We could no longer look at a piece of meat anymore without seeing the sad face of the suffering animal who had lived in it when the animal was still alive.” He told how, at the slaughter plant where he worked, “The chickens hang there and look at you while they are bleeding. They try to hide their head from you by sticking it under the wing of the chicken next to them on the slaughter line. You can tell by them looking at you, they’re scared to death.”

–Virgil Butler, Ex-Tyson Slaughterhouse
Voice for Chickens

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Urge the American Veterinary Medical Association To Oppose Torturous Depopulation Methods

'They're cooking them alive': calls to ban 'cruel' killing methods on US farms

Use of heat, steam and suffocating foam to slaughter sick animals is condemned as bird flu epidemic threatens poultry stocks. – *The Guardian*, March 5, 2022



Photo: Delaware Public Media.

Here is an excerpt from *The Guardian* article, which can be read online:

"Vets and animal advocates in the US are calling for restriction on cruel methods of culling birds, as farmers face killing millions of poultry due to a highly virulent avian flu tearing through the country.

"In 2020, millions of birds were killed across the US after the Covid-19 pandemic shut down slaughterhouses and left animals stranded on farms. Now, bird flu, which has already led to the slaughter of millions of birds in Europe, is likely to result in another mass depopulation. . . .

"However, two commonly used methods to cull animals on-farm are attracting increasing backlash. The use of firefighting foam to suffocate animals and ventilation shutdown, in which animals are killed with extremely high heat and steam, are still permitted in the US, despite being effectively banned in the EU and labeled 'inhumane.'

"Poultry flocks sickened with avian flu are commonly killed with carbon dioxide poisoning or firefighting foam, where birds are smothered with a blanket of foam.

"The European Food Safety Authority (EFSA) says the method involves 'drowning in fluids or suffocation by occlusion of the airways' and is 'not accepted as a humane method for killing animals.' . . .

"Last year, a group of AVMA [American Veterinary Medical Association] members submitted a resolution to classify ventilation shutdown as 'not recommended.' A decision on the resolution has not been made, but animal welfare experts say it is time for US-wide rules to govern the treatment of farm animals before slaughter."

What Can I Do?

Under public scrutiny and criticism, an AVMA panel is giving "further consideration" to the AVMA's consent to the practices of smothering chickens, turkeys and ducks to death with firefighting foam and subjecting them, along with factory-farmed pigs, to "ventilation shutdown," a method that "incorporates components such as heat, humidity, and carbon dioxide, in addition to shutting down the ventilation system, to cause the death of pigs or poultry." As the panel reconsiders its official stance, please urge the AVMA to adopt a "not recommended" standard of opposition to these brutally inhumane practices in its "AVMA Guidelines for the Depopulation of Animals."

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University of MD Diamondback Spirit Paper Ad

The University of Maryland Diamondback student newspaper and the Maryland Athletic Department partnered to provide "Spirit Papers" to 4,000 engaged students!

The "Spirit Papers" in which this ad appeared were distributed at the Basketball game when Maryland played Minnesota on Wednesday March 2nd.



Maryland Chicken House Dumping Ground
Photo by Gareth Savard, Courtesy of United Poultry Concerns

Every week, millions of chickens leaking yellow pus, stained with green feces, contaminated by bacteria, sick with heart and lung infections, cancerous tumors and skin disease are shipped to consumers.

USDA Inspector Ronald Sarratt: "I've had birds with yellow pus coming out of their insides. I was told to save the breast meat and the second joint of the wing. You might get those breasts today at a store in a package of breast fillets. You might get the other part in a pack of buffalo wings."

Every day millions of Perdue, Tyson, and Pilgrim's Pride chickens are jolted with electric shocks and scalded alive, peeping as their eyes burst out of the sockets. When you eat them you're eating a bird who was tortured, soaked in chlorine and smothered in sauce – to bleach the wounds and hide the diseases.

Say NO to a mouthful of pain and YES to Animal-Free Food. Your body will thank you and so will your heart.

For delicious vegan recipes, visit www.upc-online.org/recipes and visit NuVegan Café in College Park.

Thank you for having a heart!

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Every week, millions of chickens leaking yellow pus, stained with green feces, contaminated by bacteria, sick with heart and lung infections, cancerous tumors and skin disease are shipped to consumers.

USDA Inspector Ronald Sarratt: "I've had birds with yellow pus coming out of their insides. I was told to save the breast meat and the second joint of the wing. You might get those breasts today at a store in a package of breast fillets. You might get the other part in a pack of buffalo wings."

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Freddaflower Memorial & Appreciation Fund

The pain of losing them is the price we pay for the privilege of knowing them and sharing their lives . . .

We thank those people who have contributed to our work with recent donations *In Loving Memory and in Honor and Appreciation* of the following beloved family members and friends, both those who have passed away and those who are with us.

My donation is on behalf of Rockie, Maggie, and Sadie Lady. Nothing is so necessary for a rooster as the company of his intelligent hens. Love and Regards to All. – *Rita Lemongello*

My donation is in memory of all the many quadrillions of deceased chickens who suffered for human greed. May they rest in peace. – *Jane Bedrick*

I will be 90 years in May. My wish is that in 2022 everybody works more, does more, gives more. Make more people aware. Make 2022 the most significant year for animals and birds. Thank you for what you do. – *Jerry Anderson*

Dear Karen & UPC, I was so moved by your poem “Chicken Dreaming” that I needed to contribute a little more and let you know how much your organization means to me. – *Suzann Bobley*

Dear UPC, I am enclosing a donation for you to have a vegan snack and drink in memory of my mom, Eleni. Eleni died at her home with me at her side on the 4th week of December 2021. She was the kindest person I have ever known. She did not have a mean or vindictive bone in her body. She was a much better person than me or that I ever can be. She loved animals and was a vegetarian for over 30 years. I miss her greatly. And everyone who met her said she was the “nicest” person. Kindest Regards, *Steve Kouzounas*

This is a gift from Hilda Wilson (my mom) who is a great fan of your work. Keep it up and all the best to you! – *Richard Wilson*

My donation is in memory of William, my chicken. – *Lee Mahavier-Peterman*

My donation is in honor of Betty White, a true friend of animals. – *Christine McVarish*

In memory of Betty White. – *Victoria Figurelli*

In honor of Betty White. – *Anonymous*

For Betty White. – *Chelsea Saber*

In memory of Stella, my Boston Terrier. She lost her battle with cancer. She was a protector of my home and she protected my chickens. She would sit by them during the day. She will be missed. – *Victoria Figurelli*

In memory of an extraordinary, loving, gentle, and cute pit bull belonging to Rebecca Stanger and Joe Miele. His name was Hanky Pank (Hank). – *Miriam A Cohen*

My birthday fundraiser gift is for United Poultry Concerns. – *Jessica Stovall*

My birthday fundraiser gift is for United Poultry Concerns – *Nancy Hey*

In honor of Nero, Fredericka, Julie, Nathaniel, Leonard, and Bertha, remembered forever and sadly missed. – *Paul Deane*

My gift is in honor of All God's Creatures. – *Brien Comerford*



Freddaflower

Moral Injury in Animal Advocates and Nonhuman Animals and the Commonality of Being Reduced to “Lesser Beings”

By Karen Davis, PhD,
President of United Poultry Concerns

“Some people seemed unfazed when witnessing cruelty, but I could feel the pain of every living organism through my bones, as if it were my own.” – Elin Gundersen, “Understanding the Power of Compassion,” VEGAN VOICES: Essays by Inspiring Changemakers, ed. Joanne Kong.



Beth Clifton's collage depicts the contrition of Virgil Butler & Laura Alexander, who wrote: “We could no longer look at a piece of meat anymore without seeing the sad face of the suffering animal who had lived in it when the animal was still alive.”

Through the years, people have asked me how I can stand knowing what chickens and other farmed animals go through without going insane. One person, a psychotherapist, wrote to me recently about “living day and night with these horrors”: “When I read about them,” she said, “I am filled with so much grief that I feel suicidal. I would not say anything so tiresome as ‘I can’t read about it,’ because of course I could. I just wish I could find a way not to be so filled with despair when I do. It keeps me from being more active in animal rights because I can’t imagine living with those feelings of overwhelming, helpless fury.”

What led me to think particularly about what has become known as “moral injury” was an article, **On Moral Injury**, in the August 2020 issue of *Harper’s Magazine*. Moral injury involves the guilt and shame one feels in witnessing and facilitating an atrocity – facilitating by actively contributing to it or simply by watching it and doing nothing to stop it, including the frustrated desire to end the atrocity and rescue the victims.

An example cited in *Harper’s* is photographers, reporters, and humanitarian workers in war zones who develop guilt over merely recording human suffering and not preventing it, even though it is not their job to intervene. Even if some do manage to save a few victims, the guilt and vicarious trauma remain, since they can’t save everyone no matter what. Kevin Carter, who won a Pulitzer Prize for his photograph of a starving child in Sudan, wrote before killing himself in 1994, “The pain of life overrides the joy to the point that joy does not exist.”

The *Harper’s* article says nothing about the guilt of bearing witness or passively contributing to the suffering and death of nonhuman animals that so many of us feel, resulting in chronic depression that can become a kind of mental illness and even lead to suicide in some cases. Added to our vicarious immersion in the human-inflicted suffering and deaths of billions of helpless animals is our despairing sense that most people don’t care. The psychotherapist quoted above went on to say, “Working with all kinds of people who don’t give a thought to suffering animals, I’m hoping to wake them up to their feelings and consequently to their awareness of the feelings of other creatures, but it is probably delusional that they will get far.”

Ethical Conflict in Animal Advocacy Culture

Cultural conflict, professional and personal, appears in the animal advocacy community, especially where farmed animals and other institutionally abused animals are concerned. At best, only a fraction of these victims can be saved in rescue operations, and one’s personal agony over their unmitigated misery and the blasé attitude of society produces unappeasable anguish and justified anger, despair, and disgust.

(continued) Moral Injury in Animal Advocates and Nonhuman Animals

In From Hunting Grounds to Chicken Rights: My Story in an Eggshell I describe my own moral injury linking the soul wound of vicarious suffering to the actual, physical suffering endured by animals whose own souls are injured by the brutal and bewildering treatment they receive:

“As a college student, I was obsessed with trying to imagine what it would feel like to be in a place that was utterly inimical to one’s sense of self, against one’s will – to be forced into the abyss of total imprisonment, moral abandonment, and bewildering cruelty – a concentration camp or a death camp where everyday suffering is overwhelmed by abnormal, human-induced suffering. For me, it is natural to try to imagine what it must be like for a nonhuman animal (like a chicken, or a turkey, or a sheep) to be forced into a human-contrived, inimical universe. For these individuals, the hell they experience is unnatural. There is nothing in the psyche of chickens to prepare them for having their beaks burned off at birth and being crammed inside a filthy building filled with toxic gases along with thousands of other suffering, terrified birds.

“How do these foraging creatures, with the leafy green world of the jungle embedded in their genes, experience entombment? How do turkeys – birds who evolved not only to run and fly, but to swim, roost high in the trees at night, and roam with their mothers for five months after they hatch – how do they experience being stuffed into buildings as contaminated as cesspools? How does a grazing animal feel when forcibly herded onto a huge ship, jammed in a filthy pen, and freighted from Australia to Saudi Arabia or Iraq. How is it for a sheep to float sea-sickeningly across the Persian Gulf on the way to slaughter?”

I’m sure that these animals experience, within themselves, not only the violation and humiliation of their bodies but the violation and humiliation of the very essence of who they are and were meant to be through their natural evolutionary development.

Cross-Species Humiliation

The author of an article published in *Harper’s Magazine* on the psychology of humiliation says, “I believe the exaggerated response to humiliation is unique to our species.” The exaggerated part maybe, but the sensation of humiliation itself, the sensation of being stripped of one’s dignity, degraded, despised, defiled and treated like a thing – this experience I do not regard as a uniquely human experience.

Clementien Koenegras, President of Karuna Society for Animals and Nature in Puttapparthi, India, wrote to me in 2021:

“I look at the production of billions of little chicken lives, forced into existence, their bodies and children owned by the producer. The suffering, abuse and cruelty they are subjected to results in an existential trauma that prevents any possibility of expressing who they are. Inside the mass-produced little bodies there is ‘nobody home’ – their conscious, emotional and spiritual existence has been disconnected from their physical bodies by trauma. They are not being rescued. Nobody is coming for them.”



Clementien Koenegras. Photo courtesy of Animals 24-7

The Metaphysics of “Lesser Beings” – Clementien Koenegras

“‘Lesser Beings’ are life forms that have been traumatized to the point of being incapable of being the life forms they are meant to be. They have experienced an existential trauma that makes them ‘less of themselves.’ This condition has many consequences including for the life forms they are connected with.

“It is my understanding that no cure or welfare measure will solve the problem, if the root cause of how ‘lesser beings’ are created is not acknowledged and understood.”

Is “Anybody Home” in the Psyche of a Traumatized Animal?

I am drawn to this definition of “lesser beings” in part because the term “lesser beings” has traditionally been ascribed to animals deemed inferior to other animals in a schematic hierarchy from highest (humans) to lowest. An example in Christianity is the notion that animals don’t have “souls.” I am drawn to this definition because it intuitively and proposes that other animals, like ourselves, can experience moral injury and soul wounds just as we do. Who a morally injured animal intrinsically is and was meant to be resides in the recesses of the psyche including the body, however overwhelmed the individual is by unnatural, unmitigated suffering.

Can a Wounded Soul Heal?

The *Harper’s* article “On Moral Injury” that prompted this essay ends with a quote by psychiatrist Anthony Feinstein in praise of the “resilience” of the human species, which he says enables us to withstand “the evil and darkness” we project and will continue projecting into the world. “But our souls are scarred,” he says. Since human beings will continue committing atrocities as a matter of course, the issue for him is how to “heal our souls” in the face of this fact. Unlike Feinstein and various others quoted in the article, I do not see how morally, viscerally sensitive people can “heal” or be “healed” in the face of such knowledge including the relentless onslaught of the suffering we inflict on innocent, helpless individuals. Palliated perhaps, but healed?

I wonder whether Feinstein and Janine di Giovanni, the author of the *Harper’s* article, could empathize with those of us who suffer moral injury over the human-caused suffering of animals; I wonder if they could empathize with the traumatized animals themselves. Those of us who do animal rescue and sanctuary work know that traumatized nonhuman animals share with us a “resilience” that is almost heartbreaking to facilitate and contemplate. The only real way to “heal” ourselves is to help them recover who they truly are, and were meant to be, as best we can, through our advocacy and “managed” care for them and for ourselves.

A moral injury can empower us; it doesn’t have to be fatal.

– Karen Davis

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Karen & Mr. Frizzle ©2008 Davida G. Breier

Does Guilt Have a Place in Animal Rights Activism?

By Karen Davis, PhD,
President, United Poultry Concerns

"In considering guilt as a persuasive strategy in animal advocacy, I have in mind the awakening of an empathic, hopefully motivating, sadness in people toward animals rather than eliciting anger and defensiveness by scolding." – Karen Davis

"Without guilt improvement is drastically diminished."
– Thomas Coates, Facebook comment, Nov 22, 2021

The fact that animals are suffering and dying for appetites that can be satisfied in many other ways makes some people, perhaps many, uncomfortable, though not necessarily because of guilt. People get annoyed that you're bothering them, trying to curtail their freedom and uncover a guilt they may not feel or feel strongly enough, so that some end up feeling "guilty" because they don't feel guilty, just vexed that they're being victimized.

If animals are largely overlooked in the range of human endeavors, is it any wonder that their suffering is barely accorded human knowledge, and that it makes sense to speak of the "secret" and "hidden" suffering of animals?

Even so, many people regard pain and suffering as morally objectionable and would agree with the Reverend Dr. Humphry Primatt, who wrote in 1776, "Pain is Pain, whether it be inflicted on man or on beast; and

the creature that suffers it, whether man or beast, being sensible of the misery of it whilst it lasts, suffers Evil."

Ecology of Pain and Suffering

Yet the idea that pain and suffering are evil per se is not always true. Pain can be constructive as well as debilitating. Pain that is degrading in one situation may be uplifting in another, as when a person suffers for the sake of a loved one or a worthwhile cause. Philosopher Jeff Sebo writes, for example, that "people often claim that traumatic events serve as *catalysts* for rational behavior, helping them to reprioritize their lives and focus on what is important."

At the most basic level, pain is informative. Physical pain informs us biologically that we are injured or ill, while the pang of guilt informs us morally that we have done or are doing something wrong. Few would argue that a morally pain-free person is enviable simply because lacking a conscience is soothing and freedom from moral restraint is gratifying.

The fact is, not all pain is the same. While it is true that pain is pain regardless of who suffers it, other considerations apply. For instance, if I have to choose between suffering from cancer and suffering in a concentration camp, I will choose cancer. Why? Because cancer is not a sign of human character; it's a malignant physical disease, not a malignant assertion of human will. Cancer is unfortunate, whereas a concentration camp is evil.



Photo of our posters in Lafayette Park across from the White House.

The contrast between human agency and random occurrence is important to counter the claim that it makes no difference whether a human or a nonhuman animal, say, starves to death from natural causes or as part of someone's research; whether she or he suffers in the course of natural predation or in the machinery of somebody's factory farm. Pain has a context. There are not only degrees and durations of pain; there are also causes and conditions. There may be motives and attitudes that enter into it that include a guilty, if unacknowledged, consciousness.

Clearly seen, each episode of pain reflects the environment that produced it. Images of animals undergoing vivisection and slaughter, Auschwitz inmates recounting their experience of being experimented on by Nazi doctors, the testimony of the doctors themselves, all show that there is a moral ecology of pain and suffering, as well as a natural ecology of misfortune, which may or may not overlap.

Pain is a *symbol* in the sense of something that is a part of – that stands out from and illuminates – a larger reality. To talk meaningfully about pain, we must take into account the conditions in which it occurs, including whether those conditions are primarily moral – involving human attitudes, motives, and conduct – or natural, like a plague or an earthquake. We will not then be confounded when someone dares to assert, as I once heard a researcher say at the National Institutes of Health concerning the head-bashing experiments that

were being conducted on baboons at the University of Pennsylvania, that what “happens” to animals in laboratories isn't so bad, because “life is full of suffering.” A guilt-free mind is indeed a great comfort.

By contrast, Thomas Coates, who is quoted at the beginning of this article, goes on to say in his Facebook comment, “There are a lot of things I used to do that were immoral. Guilt has continuously guided me to learn and improve. I'd hope that anyone watching this footage [of turkeys enduring massive cruelty on a turkey farm] will experience guilt and use it to make more educated and kinder decisions.”

Can Guilt Constructively Penetrate the Wall?

Animal advocates struggle with how to get people to care enough about animals to do more than just passively agree that animals shouldn't be made to suffer. Encouraging people to feel guilty about contributing without reasonable cause to the suffering and death of a fellow creature is, in my opinion, an appropriate, even a necessary approach, as long as it empowers rather than impairs the ability to think and act better as a result. Guilt can be motivating along with pity and remorse and the uplift of deciding to wash one's hands of contributing further to an abuse, and in this way transform the guilt incurred when one behaved less mindfully.

– Karen Davis

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United Poultry Concerns

PO Box 150 • Machipongo, VA 23405-0150

(How) Does Salmonella Grow on Trees?

Answer: It Doesn't

By Karen Davis, PhD,
President of United Poultry Concerns

“Unfortunately, we’ve seen—specifically with ongoing outbreaks in the romaine lettuce industry in addition to all the other outbreaks that we’re acutely aware of—Listeria in cantaloupe, Salmonella, and others.”
– “The food safety imperative: Talking with attorney Bill Marler,” *Food Safety News*, February 22, 2022.



The vegan delights featured in this collage by Beth Clifton can be contaminated with infectious microbes flowing from animal farms.

In the rare event that the mainstream media mentions an outbreak of *Salmonella*, *E. coli*, or other foodborne illness in people that the FDA or the USDA has traced to a fruit or vegetable such as lettuce or cantaloupe, the fact that the causative pathogen is of animal origin is seldom noted in the coverage. Little wonder, given that agribusiness and

the U.S. Department of Agriculture resist implicating animal farming in their reports on these “plant-based” outbreaks.

People are accordingly led to believe that the fruits and vegetables they buy at the store or eat in a restaurant can somehow generate contamination by pathogens (disease-causing microbes) whose natural habitat is the intestines, liver or other organs of animals. While fruits and vegetables can carry these pathogens, they do not *originate* them. The cantaloupe is not the culprit.

Salmonella, *E. coli*, *Campylobacter*, and *Listeria* are common bacterial causes of sickness in people. They can contaminate plants such as spinach, tomatoes, lettuce, and melons via animal-based fertilizer, runoff from animal farming operations, and cross-contamination handling, as when a head of lettuce is touched by hands covered with infectious microbes that have been transferred to the hands from contaminated meat, eggs or dairy products. But don’t expect government or industry to trumpet this information.

It was thus refreshing to read a February 22 article in the online food science publication *Food Safety News*, in which the speaker connects contaminated fruits and vegetables with industrialized animal farming. In the article, Bill Marler, an attorney specializing in cases of foodborne illness outbreaks, and the founder, in 2008, of *Food Safety News*, has this to say:

“If you look at the outbreaks that have occurred in the last decade, specifically with respect to leafy greens, there’s always a cow somewhere in the equation. There’s always a feedlot nearby, or always a dairy farm nearby. And one of the frustrating things for FDA and USDA is being able to do the underlying research, to know that the source of the contamination really was that farm, or really wasn’t. But FDA inspectors cannot go onto cattle farms or feedlots. If we’re going to have ready-to-eat food, we’ve got to really start to think about the environment in which it’s grown.”

The Centers for Disease Control and Prevention, describing zoonotic diseases, meaning diseases that can spread between human and nonhuman animals under various conditions, observes that “Zoonotic diseases are very common, both in the United States and around the world. Scientists estimate that more than 6 out of every 10 known infectious diseases in people can be spread from animals, and 3 out of every 4 new or emerging infectious diseases in people come from animals.”

Concerning foodborne diseases, the CDC states that “Each year, 1 in 6 Americans get sick from eating contaminated food.” People get sick from eating or drinking “something unsafe, such as unpasteurized (raw) milk, undercooked meat or eggs, or raw fruits and vegetables that are contaminated with feces from an infected animal.”

An irony in most discussions of zoonotic diseases is that these diseases, bacterial and viral in particular, are not just transferable from nonhuman animals to humans, but that they are increasingly being transmitted from humans to nonhuman animals by way of the conditions under which humans are forcing nonhuman animals, worldwide, to live.

Eroding animals’ natural habitats, jostling animals of different species together in unsanitary live animal markets, and confining billions of chickens, cows, pigs, turkeys, ducks, fishes and other animals in the cesspools we call factory farms – all of these conditions, including animal-research laboratories, are making animals sick with diseases that carry over into the human population.

In “China’s Wet Markets, America’s Factory Farming,” Matthew Scully, author of *DOMINION: The Power of Man, the Suffering of Animals, and the Call to Mercy*, writes that while Western societies don’t normally eat “pangolins, turtles, civets, peacocks, monkeys, horses, foxes, and wolf cubs . . . for the animals we do eat, we have sprawling, toxic, industrial ‘mass-confinement’ farms that look like concentration camps. National ‘herds’ and ‘flocks’ that all would expire in their misery but for a massive use of antibiotics, among other techniques, to maintain their existence amid squalor and disease, are an infectious ‘time bomb’ closer to home as bacterial and viral pathogens gain in resistance.”

What Bill Marler calls “the environment” of agriculture starts inside the farmed animal confinement complexes. The misery, squalor, antibiotics and

diseases in these places spill out into the surrounding environment contaminating water, fruits and vegetables, and making farm workers sick. These same animal farm elements travel to the supermarkets, restaurants, and home, and into people’s mouths, to be spilled back out into the environment in the form of zoonotic diseases that infect human and nonhuman animals and contaminate crops – the crops that are fed to the animals and those that are grown for direct human consumption.

So far, eating misery and the physical manifestations of misery prevails over eating healthy and humane in the habits of humanity. What will it take to bring these habits to a higher standard? We have the knowledge, we have the food; the question is, how do we empower the will?

To learn more about the health and ethics of diet, visit www.upc-online.org/diet.



Karen Davis, PhD and rescued hen blinded by ammonia fumes in a Tyson facility in Maryland.

Photo © Bruce Andrew Peters

VEGAN VOICES: A Book Review by Dr. Richard H. Schwartz

A book promoting veganism

THE JERUSALEM REPORT

JANUARY 24, 2022

By Richard H. Schwartz

The French writer Victor Hugo famously wrote: “Nothing is as powerful as an idea whose time has come.” *Vegan Voices: Essays by Inspiring Changemakers*, through insightful essays by dedicated vegan activists, provides many reasons why the time has come for a societal shift to veganism. These include:

- There has been an explosion in the number of plant-based substitutes for meat and other animal products, some with the appearance, texture, and taste so similar to the animal products that even long-time meat-eaters can't tell the difference. Many people, especially those in the younger generation, are shifting toward vegan diets.
- People are becoming increasingly aware of the seriousness of climate threats, and the importance of shifts to vegan diets as an essential part of efforts to avert a climate catastrophe. They are also recognizing more and more that such shifts would not only reduce emissions of methane, a very potent greenhouse gas, but would also permit the reforestation of over a third of the ice-free land area currently used for grazing and raising feed crops for animals. This would result in the sequestering of atmospheric CO₂, reducing it from its current very dangerous level to a safe one.
- There is increasing awareness of the horrible conditions for animals on factory farms.
- There is also increasing awareness that animal-based diets and agriculture contribute significantly to heart disease, several forms of cancer, strokes, and other

life-threatening diseases; rapid species extinction, deforestation, coral reef destruction, water and air pollution, and other environmental problems; the very wasteful use of land, water, energy, and other resources; and the potential of future pandemics.

Vegan Voices was published at an opportune time. Its editor, Joanne Kong, DMA (Doctor of Musical Arts), author of *If You've Ever Loved An Animal, Go Vegan*, has assembled 51 dedicated vegans, all of whom contribute interesting, inspiring, stories of how they became vegans and were motivated to become committed activists. Once they learned the truth about the many negative effects of animal-based diets, each was compelled to share vegan messages to a largely unaware, unconcerned world. Collectively, the cases they make are compelling, and I believe that any non-vegan who reads the book with an open mind would have a hard time continuing on an animal-based diet.

Among the included vegans who have had major impacts on the world are: Prof. T. Colin Campbell, leader of the China, Cornell, Oxford study that *The New York Times* dubbed the “Grand Prix of epidemiology”; Ingrid Newkirk, co-founder and director of People For the Ethical Treatment of Animals (PETA); Will Tuttle, PhD, author of the acclaimed, *The World Peace Diet*, a book that has been translated into many languages; and Karen Davis, founder and director of United Poultry Concerns and author of several books including *Prisoned Chickens*, *Poisoned Eggs*.

Among the interesting stories of how people became vegans are that of Ori Shavit, a food critic, who, on what she thought initially would be a disastrous dinner when her date told her he was a vegan, listened to his arguments and became a vegan activist; T. Colin Campbell, whose research was initially to find benefits of animal-based protein so people would eat more meat, but learned that such protein actually has very negative health effects; and Ingrid Newkirk, celebrating her birthday at a lobster house, suddenly bursting into tears as she recognized at her first bite that lobsters have feelings and should not be mistreated and eaten.

The book's foreword was written by Victoria Moran, podcaster, founder and director of Main Street Vegan,

and author of many books about veganism. In the forward, she discusses how much better a vegan world would be than our current world.

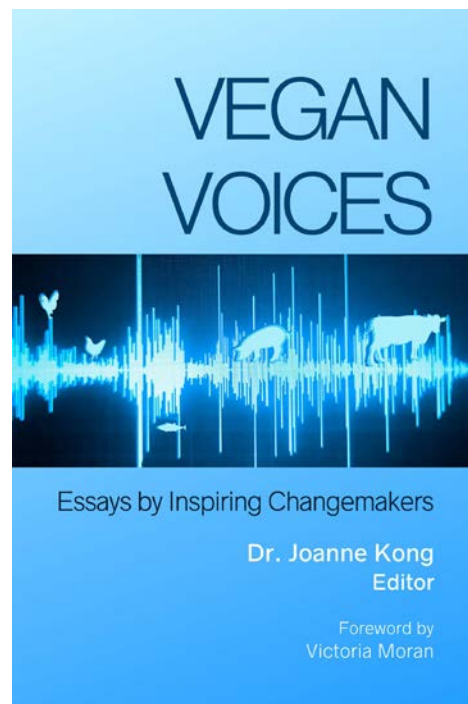
The book's overall message can be summed up by a statement in the preface by Dr. Kong: "Veganism is a revolution of the heart, a call for a world of greater peace, health, and harmony created through expanding our circles of compassion," combined with the statement in her eloquent, inspiring afterword: "As I reflect upon the essays in this book, it is clear to me that fundamental changes are vital, as humankind moves forward from present-day challenges and threats...whether they are related to the coronavirus, climate change and environmental devastation, food justice, world hunger, poverty, disease, or rising social inequities."

While I have been promoting vegetarianism and now veganism for over 40 years and have read many books and articles on the subject, I still found much new information, many new concepts, and much inspiration from this wonderful book.

Each essay is a gem, very worth reading. Taken together, the 51 essays make an extremely powerful case. At this critical time, when the world faces a devastating pandemic, a looming climate catastrophe, an epidemic of diet-related diseases, and shortages of water and other resources, *Vegan Voices* has the potential to help shift our imperiled planet onto a sustainable path.

It is essential that its powerful messages be widely read and heeded. If you are a vegan or have a basically plant-based diet, read it and be inspired. If you have

not yet adopted such a diet, read it and learn in a very reader-friendly way how you can improve your health, bring more compassion into the world, and help leave a decent, habitable, environmentally sustainable world for the future generations.



Vegan Voices: Essays by Inspiring Changemakers

Dr. Joanne Kong, editor

Lantern Publishing and Media,

Brooklyn, NY

\$19.95, 324 pages

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Every time you shop at any of 1600+ online stores in the iGive network, a portion of the money you spend benefits United Poultry Concerns. It's a free service, and you'll never pay more when you reach a store through iGive. In fact, smart shoppers will enjoy iGive's repository of coupons, free shipping deals, and sales. To get started, just create your free iGive account. And when you search the web, do it through iSearchiGive.com where each search means a penny (or more!) for our cause!

Start iGiving at: www.iGive.com/UPC and help UPC get every possible donation when you shop or search online!



*Vegan Recipe Corner***Double Chocolate Banana Bread**

Recipe by GiantFood.com, slightly modified.

Ingredients

- 3 ripe bananas
- 3 tsp Ener-G Egg Replacer mixed with 4 tbsp warm water
- ¼ cup nut butter, like peanut or almond
- ¼ cup maple syrup
- ½ cup soy or almond milk
- 1 tsp vanilla extract
- 2 cups all-purpose or blanched almond flour
- ½ cup unsweetened cocoa powder
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup dark (or semi-sweet) chocolate chips

Instructions

1. Preheat oven to 350°F. Line a 9x5-inch loaf pan with parchment, leaving a 2-inch overhang on each side. In a large bowl, use a fork to mash the bananas until mostly smooth. To bowl, add the egg replacer mixture, nut butter, maple syrup, soy milk, and vanilla. Mix until combined.
2. In a separate bowl, mix the almond flour, cocoa powder, baking powder, baking soda, and salt until combined. Add dry ingredients to wet ingredients and mix until fully combined. Fold in the dark chocolate chunks.
3. Transfer batter to prepared loaf pan. Bake 45–55 min., or until toothpick inserted in center comes out clean. Let cool for 10 min. before removing from pan using parchment.

*For more great recipes, go to
www.upc-online.org/recipes!*



Photo by Liqin Cao

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"Misery is Not a Health Food"

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- "Jane-one tiny chicken foot"
- "Starving Poultry for Profit" (forced molting)
- "Poultry Slaughter: The Need for Legislation"
- "The Rougher They Look, The Better They Lay" (free-range egg production)
- "Intensive Poultry Production: Fouling the Environment"
- "Philosophic Vegetarianism: Acting Affirmatively for Peace"
- "The Rhetoric of Apology in Animal Rights"
- "Providing a Good Home for Chickens"
- "Chicken Talk: The Language of Chickens"
- "Celebrate Easter Without Eggs"
- "Chicken for Dinner: It's Enough To Make You Sick"
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- "Henny's New Friends"
- "Avoiding Burnout"
- "The Life of One Battery Hen"
- "Bird Flu - What You Need to Know"
- "How I Learned the Truth About Eggs"

- "Peeper the Turkey, a Story of Endless Love"
- "Factory Farming vs. Alternative Farming: The Humane Hoax"

BROCHURES

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- "A Wing & A Prayer" (Kapparot ritual)
- "Don't Plants Have Feelings Too?"
- "Chickens"
- "The Battery Hen"
- "Turkeys"
- "Ostriches & Emus: Nowhere To Hide"
- "Japanese Quail"
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Give a Cluck. Go Vegan! • What Wings Are For • Available
in Unisex (S, M, L, XL) or Ladies (S, M, L, XL) \$25



BOOKS

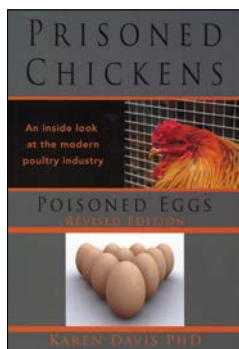
**Prisoned Chickens, Poisoned Eggs:
An Inside Look at the Modern
Poultry Industry**

By Karen Davis

This newly revised edition of *Prisoned Chickens, Poisoned Eggs* looks at avian influenza, food poisoning, chicken suffering, genetic engineering, and the growth of chicken rights activism since the 1990s. Presents a compelling argument for a compassionate plant-based cuisine. "Riveting . . . Brilliant."

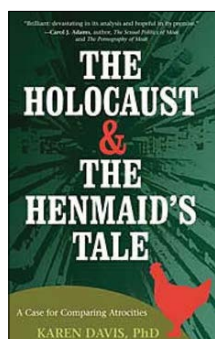
– *Choice magazine, American*

Library Association \$14.95. 40% off bulk orders of 5 (\$8.97 each) = \$44.85 for 5.

**The Holocaust and the Henmaid's Tale:
A Case for Comparing Atrocities**

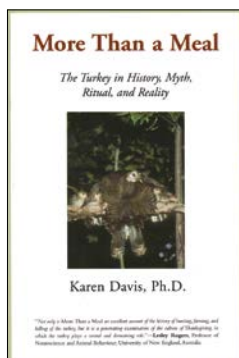
By Karen Davis

In this thoughtful and thought-provoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can – and must – be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. "Compelling and convincing . . . this bold, brave book." – Charles Patterson, author of *Eternal Treblinka* \$14.95

**More Than a Meal: The Turkey in History,
Myth, Ritual, and Reality**

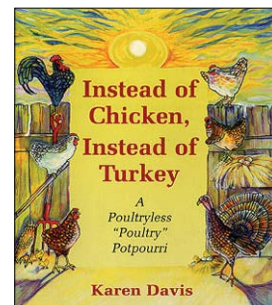
By Karen Davis

Karen Davis shows how turkeys in the wild have complex lives and family units, and how they were an integral part of Native American and continental cultures and landscape before the Europeans arrived, while drawing larger conclusions about our paradoxical relationship with turkeys, all birds and other animals including other human beings. "The turkey's historical disfigurement is starkly depicted by Karen Davis in 'More Than a Meal.'" – *The New Yorker* \$14.95

**Instead of Chicken, Instead of Turkey:
A Poultryless "Poultry" Potpourri**

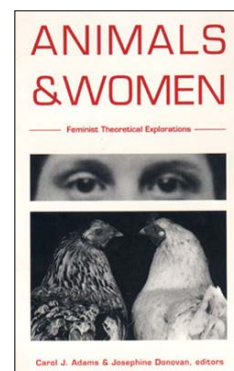
By Karen Davis

This delightful vegan cookbook by United Poultry Concerns features homestyle, ethnic, and exotic recipes that duplicate and convert a variety of poultry and egg dishes. Includes artwork, poems, and illuminating passages showing chickens and turkeys in an appreciative light. \$14.95

**Animals and Women:
Feminist Theoretical
Explorations** Edited by Carol J.

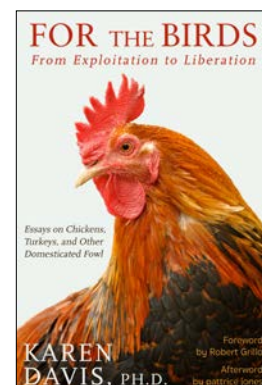
Adams & Josephine Donovan

"Karen Davis's brilliant essay [Thinking Like a Chicken: Farm Animals and The Feminine Connection] brings together the book's central concepts, leading to conclusions that rightly should disturb feminists and animal advocates alike." – Review by Deborah Tanzer, Ph.D. in *The Animals' Agenda*. \$16.95

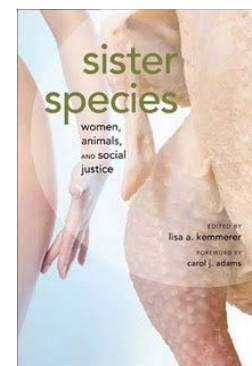
**For the Birds:
From Exploitation
to Liberation**

Essays by Karen Davis

FOR THE BIRDS "Can Only Be Described with Superlatives" – *Animal Culture Magazine*. \$20

**Sister Species: Women,
Animals, and Social**Justice Edited by Lisa Kemmerer,
Forward by Carol J. Adams

Sister Species presents the experiences of fourteen women activists who are working on behalf of non-human animals and a more just and compassionate world. \$14.95



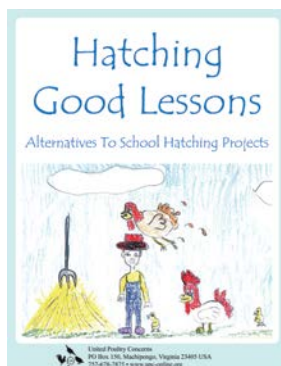
CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By United Poultry Concerns

A guide booklet for elementary school teachers and other educators including parents. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. 5 for \$5. It can be viewed and printed out at

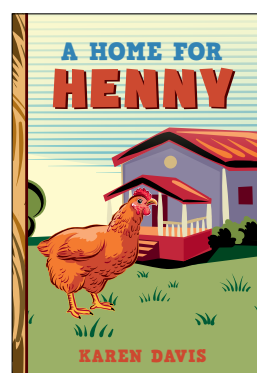
www.upc-online.org/hatching.



A Boy, A Chicken and The Lion of Judah – How Ari Became a Vegetarian

By Roberta Kalechofsky

This wonderfully gifted children's story, set in modern Israel, is about a young boy's quest for moral independence. An intelligent book for all ages. Winner of the Fund for Animals "Kind Writers Make Kind Readers Award." \$10



A Home for Henny

By Karen Davis

Melanie is a 3rd grader who is excited about a chick hatching project in her class at school. The project seemed like a good idea at first, but unexpected problems arise and the whole class learns a lesson in compassion. When the project is over, Melanie adopts one of the chicks she names Henny. *A Home for Henny* explores the challenges and concerns with school hatching projects

while evoking the lively personality of Henny and her loving relationship with Melanie. \$6.99



Dave Loves Chickens

By Carlos Patino

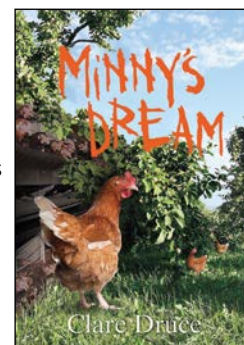
Dave is a quirky monster from another planet who loves chickens and all animals on Earth. He encourages people to share his love and not eat any

animals! Filled with fun and bold colors, this book is perfect for young children to learn compassion for chickens and all animals in a sweetly told, lovable story. \$10

Minnie's Dream

By Clare Druce

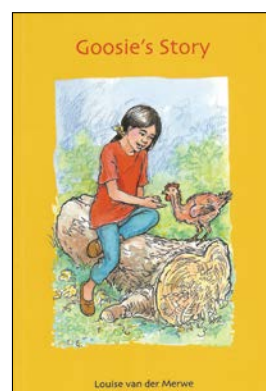
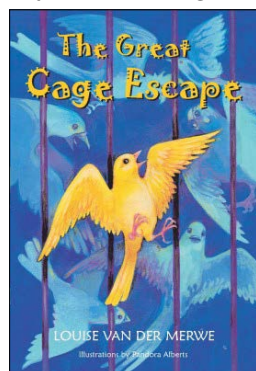
What happens when a young girl from the city discovers a battery-hen operation in the country? What happens when a "battery hen" named Minny speaks to her? What must she do when her friend Minny is going to be killed? This book is a must for the young person(s) in your life, age 8-14. \$10



The Great Cage Escape

Grades 4-7. By Louise Van Der Merwe

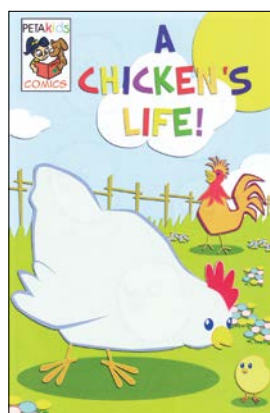
The birds in a pet shop think they are happy until a brown box punched full of air holes is left overnight on their front door step. The creature inside looks very weird at first. But as his feathers begin to grow, his true identity becomes apparent, and the stories he tells inspire the pet shop birds to pull off a Great Cage Escape. This is a story that encourages respect for all forms of life and helps learners realize that heaven can be right here on earth if we choose to make it so. \$4.95



Goosie's Story

By Louise Van Der Merwe

A touching story about a "battery" hen who is given a chance to lead a normal life – a happy life. This moving book will be warmly welcomed and shared by children, parents and teachers, highlighting as it does the concern and compassion we ought to feel for all our feathered friends on this earth. \$4.95



A Chicken's Life!

Grades 4-6. *PETAkids Comics*

This cute comic book illustrates a group of children visiting an animal sanctuary where they meet a flock of chickens and learn all about them including the differences between Nature's Way and The Factory Farm Way. "Are these chickens really your friends?" they ask. "I've never met a chicken before." *A Chicken's Life* includes a puzzle for elementary school students to unscramble

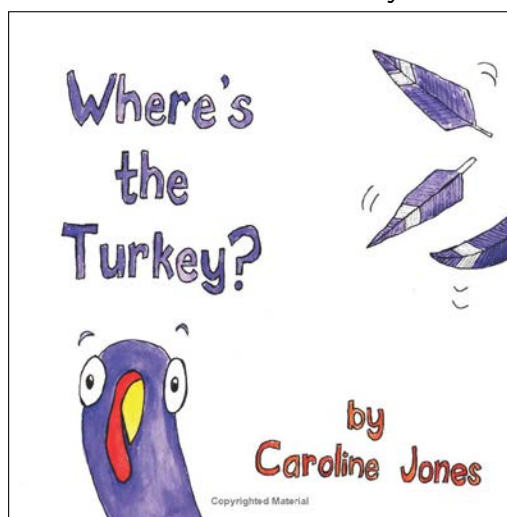
words including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

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(continued) CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

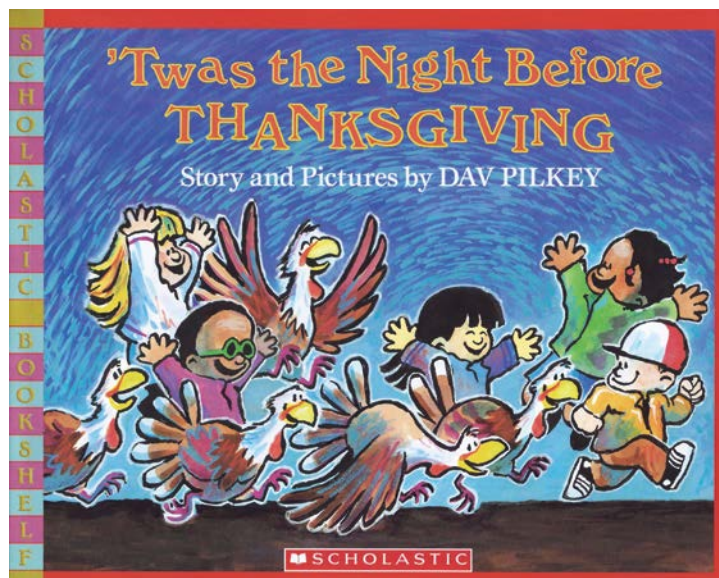
Where's the Turkey?, by Caroline Jones, is a charming and adorable book for young children. The child is engaged in a journey, with visual clues in the illustrations, toward discovering where the turkey is, which is not on the table. Young children love the "look-and-find" challenge page by page. I recommend this book most highly. It illustrates a Happy Thanksgiving with the whole family and a delicious Thanksgiving feast for which the turkeys themselves can give thanks for enjoying the day in their own happy "turkey" way. \$6.99

– Karen Davis, United Poultry Concerns

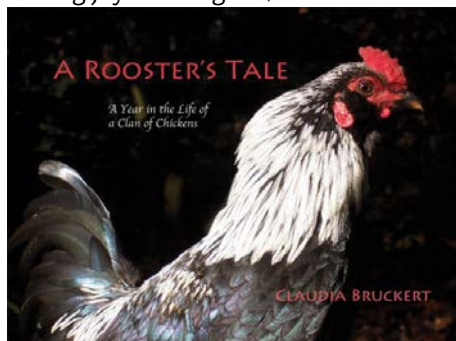
**'Twas the Night Before THANKSGIVING**

Story and Pictures by Dav Pilkey, Scholastic Book Shelf

Turkeys don't usually celebrate Thanksgiving. And they wish we wouldn't either! Here is a tale of eight children who meet eight turkeys who are in big trouble. Only the kids can keep the turkeys from meeting their Thanksgiving fate. But how will they save the turkeys? \$6.99

**A Rooster's Tale: A Year in the Life of a Clan of Chickens**

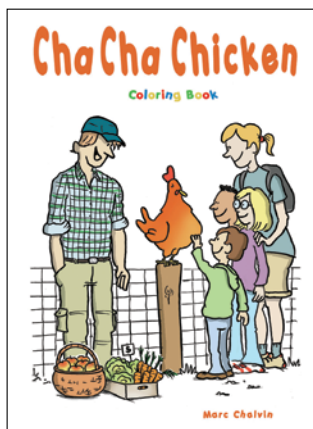
by Claudia Bruckert, transports readers to the fascinating world of Change, who tells the real life story of his chicken family during his first year of life. Enchanting experiences and intriguing facts, chronicled and photographed beautifully over the course of one year, convey deep insights into the daily life of chickens. Grades 3-12 and a reading joy for all ages. \$20

**Cha Cha Chicken Coloring Book**

By Marc Chalvin

Narrated by Cha Cha the hen, this book invites children to visit Green Farm sanctuary and learn about the happy animals who live there.

Written by Marian Hailey-Moss and illustrated by Marc Chalvin, Cha Cha shows children that chickens are people too and invites them to color their world beautiful! *Cha Cha Chicken Coloring Book* is a delightful gift for children K-3. \$10

**Chickens at Play**

By United Poultry Concerns

This vibrant video shows chickens at the United Poultry Concerns sanctuary accompanied by lively music, with brief explanations of what the chickens are doing throughout their daily activities into the evening as, one by one, they hop up to their perches for the night. Narrated by a young child. 10:04 minutes. DVD. \$5. \$12.50 for 5. Watch: <http://vimeo.com/13210456>



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POSTERS



International Respect for Chickens Day

Celebrate 12.5" x 17" Wings 12" x 16"



A Heart Beats in Us the Same as in You

Photo by PeTA

Full-color poster vividly captures the truth about factory chickens for the public. Vegetarian message. 18"x22".



Today's chickens are forced to grow too big too fast. They're forced to live in filth. They go to slaughter with yellow pus, harmful bacteria, heart and lung disease, tumors, crippled legs, sick immune systems, and more. Millions of dollars are spent hiding these facts.

Friends, Not Food

Photo by Franklin Wade

Liqin Cao & FreddaFlower.

Full color 19"x27" poster.



WHAT WINGS ARE FOR



CHICKS NEED THEIR MOTHERS

Photos by Jim Robertson & Karen Davis
Great educational tool. Full color 11-1/2"x16" poster.

Walking to Freedom After a Year in Cages

Photo by Dave Clegg. Full color, 18"x22" poster.

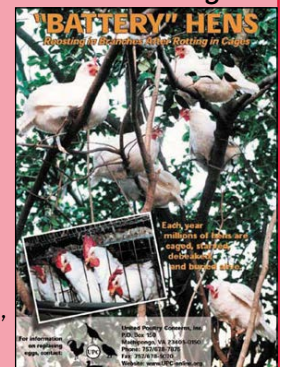


"Battery" Hens

Roosting in Branches After Rotting in Cages

Photo by Susan Rayfield

This beautiful color poster shows the rescued Cypress hens at UPC. Perfect for your office, your home, your school. 11.5"x16".



Great Turkeys Poster!

Photos by Barbara Davidson & Susan Rayfield
The posters are in color, and come in two sizes: 11.5" x 16", and 18" x 27".

**UPC posters in any mix:
One for \$4. Two for \$5.
Three for \$7.**

UNITED POULTRY CONCERNS, INC.



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INSIDE

Celebrate & Honor the Birds
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Her First Dust Bath – A Poem
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On Moral Injury
Guilty Knowledge in Animal Rights
Does *Salmonella* Grow on Trees?
Freddaflower Fund
Vegan Voices – A Review
Recipe Corner & More!

*Wishing You a Safe & Happy Spring!
Please renew your membership for 2022*

International Respect for Chickens Day May 4

“Please do an ACTION for Chickens in May!”

INTERNATIONAL RESPECT FOR CHICKENS DAY, MAY 4 is an annual project launched by United Poultry Concerns in 2005 to celebrate chickens throughout the world and protest the bleakness of their lives in farming operations. The entire month of May is International Respect for Chickens Month!

Please do an ACTION for chickens on or around May 4. Ideas include leafleting on a busy street corner, holding an office party or classroom celebration, writing a letter to the editor, doing a radio call-in, tabling at your local church, school or shopping mall, hosting a vegan open house, or simply talking to family, friends or strangers about the plight – and delight – of chickens and how people can help them.



Ruby & Ivy, photo: Jim Robertson

See our merchandise pages for posters & brochures,
also available at www.upc-online.org/merchandise.

What Wings Are For!

Thank you for making every day Respect for Chickens Day!