

Fall 2014

Volume 24, Number 2



Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 24 years of dedicated activism for domestic fowl



UPC# 11656

**United Poultry
Concerns**

P.O. Box 150
Machipongo, VA
23405-0150

(757) 678-7875

FAX: (757) 678-5070
info@upc-online.org

Visit Our Web Site:
www.upc-online.org



Photo by Jessica Fomalont

**United Poultry Concerns VPs Liqin Cao & Franklin Wade Leafleted
Life Can Be Beautiful – Go Vegan! at the Sowebo Arts & Music Festival
in Baltimore on May 25, 2014.**

Do Chickens Make People Chubbier? Antibiotics and Obesity

By Karen Davis, PhD

Chickens with extra legs and wings, missing eyes and beak deformities “can be found in practically every broiler flock,” where “a variety of health problems involving muscular, digestive, cardiovascular, integumentary, skeletal, and immune systems” form a constellation of debilitating diseases.

– International Hatchery Practice



Photo by Garrett Seivold Courtesy of United Poultry Concerns

Maryland Chicken House Dumping Ground

Many people switch from beef to chicken believing chicken to be a healthier food choice. For decades we’ve been told that chicken is lower in fat and cholesterol than red meat, so it’s ironic that during this time, obesity has risen dramatically in Americans, including young children. Chicken consumption isn’t the prime culprit, but it isn’t blameless either.

For one thing, chicken is not low in fat. Light, skinless chicken has about 18 percent of calories from fat, and skinless roast dark meat chicken is 32 percent fat. Like all meat, chicken is permeated with inherent artery-clogging saturated fat similar to beef – similar because the cell membranes in all muscles, regardless of species, have cholesterol inside the membrane, about 25 milligrams per ounce. Cholesterol occurs mainly in the lean portions of meat. The saturated fat that permeates these portions raises cholesterol levels by stimulating the liver to make more cholesterol.

Contrary to the myth of lean cuisine, chicken flesh contains more fat than ever before – at least 15 percent more than in the 1960s. In 1988, the National Research Council noted that genetic selection for body weight bred chickens whose systems could not properly synthesize the

high calorie diet they were being forced to eat. The excess food was deposited as lipids and chickens developed not only grossly enlarged muscle tissue but pathological obesity, aided by growth promoting antibiotics.

On March 11, 2014, *On Point*, hosted by Tom Ashbrook on National Public Radio, discussed a possible link between animal consumption, antibiotics, and overweight. “Do Antibiotics Make Us Fat?” asked whether “antibiotics plump up humans the same way they do animals?” Do the high levels of *Salmonella* and other pathogens in animal products put consumers at risk not only of foodborne illness but of weight gain linked to the cumulative effects in the body of ingesting residues of antibiotics in chickens and other animals being eaten?

Agribusiness uses antibiotics to control the bacterial diseases that rage in farmed animal production operations, reflecting the filth, crowding, and stress of these operations. Antibiotics are also used as artificial growth promoters. In 1949, a chemist named Thomas Jukes identified the tetracycline being dumped by the pharmaceutical company, American Cyanamid, into the Pearl River north of New York City, as the cause of overgrown fish in the river. In laboratory experiments it was found that baby chicks fed antibiotics “grew 10 to 20 percent faster than those on plain rations,” and that piglets “did even better.” As a result, antibiotic growth promoters entered animal agriculture in the 1950s, a process described in *The Washington Post* article, “What We Really Pay For Cheap Meat.”

Antibiotics are great for treating bacterial infections, but too many antibiotics can weaken the human immune system as well as the immune systems of birds and other animals, increasing one’s susceptibility to food poisoning and other illnesses and increasing the inability of overstressed animals to handle the pathogen load to which they are exposed from birth to death.

The correlation between *Salmonella*, antibiotics, and industrial poultry production was described at the International Egg Commission’s 1995 conference in Stockholm, Sweden where researchers explained that by the end of the 1980s, a disturbing phenomenon had arisen that coincided with the consolidation of industrial poultry and egg production. The intestinal bacterium *Salmonella enteritidis* had migrated from its natural habitat in the hen’s intestinal tract to her ovary where it was infecting her eggs as they were being formed. This

pathology led to an epidemic of Salmonellosis in humans, which led to the increased administration of antibiotics to chickens. However, upping the load of antibiotics fed to chickens “as an easy way to control the situation,” instead of controlling it, facilitated the ability of *Salmonellae* bacteria to adapt to the antibiotic onslaught.

Contamination of poultry products with poisonous bacteria is not just a byproduct of an inept poultry slaughter inspection system. Before large-scale production took over, normal intestinal microflora – the mixture of hundreds of different types of harmless bacteria that occupy the lining of each bird’s intestinal tract to provide immunity, the same as in humans – was transferred from adult birds to their offspring by way of their droppings, creating an immediate natural defense. As the chick grew, its own microflora developed so that by 6 months old, the bird was healthy and strong.

In industrial production, by contrast, not only is the intestinal microflora of the young bird incomplete; it is disrupted by the overuse of antibiotics. Antibiotics bloat the birds artificially by causing water retention and disturbing the composition and interaction of the birds’ microflora, increasing their susceptibility to colonization by *Salmonellae* and other bacteria transmittable to humans.

The pathologies linking farmed animals to consumers of animal products may be difficult to sort out precisely, but patterns are emerging, even though the diseases caused by “human controlled evolution” in poultry and other agricultural animals are more complicated than a quick summary can show.

Still, a great deal of information is available. A 2013 article, “Trends in developmental anomalies in

contemporary broiler chickens” in *International Hatchery Practice*, observes that chickens with extra legs and wings, missing eyes and beak deformities “can be found in practically every broiler flock,” where “a variety of health problems involving muscular, digestive, cardiovascular, integumentary, skeletal, and immune systems” form a constellation of debilitating diseases. Dr Andrew A. Olkowski, DVM and his colleagues state that poultry personnel provide “solid evidence that anatomical anomalies have become deep-rooted in the phenotype of contemporary broiler chickens.”

These birds are being sold to consumers as a healthy food choice, when in fact that big white breast the size of a filet mignon signifies a bird who was a synergy of sicknesses when he or she was still living and breathing in the equivalent of a cesspool, imprisoned in a body that poultry scientists have described for decades as biologically unfit and unhealthy. – Karen Davis



Anomalies involving combinations of beak and eyes observed in a three day old commercial broiler chicken.

This article is published on UPC’s website at www.upc-online.org/diet.

A LEGACY OF COMPASSION FOR THE BIRDS

Please remember United Poultry Concerns through a provision in your will.
Please consider an enduring gift of behalf of the birds.

A legal bequest may be worded as follows:

I give, devise and bequeath to United Poultry Concerns, Inc., a not-for-profit corporation incorporated in the state of Maryland and located in the state of Virginia, the sum of \$_____ and/or (specifically designated property and/or stock contribution).

We welcome inquiries.

United Poultry Concerns, Inc.
P.O. Box 150 • Machipongo, Virginia 23405-0150
(757) 678-7875



Karen & Mr. Frizzle ©2008 Davida G. Breier

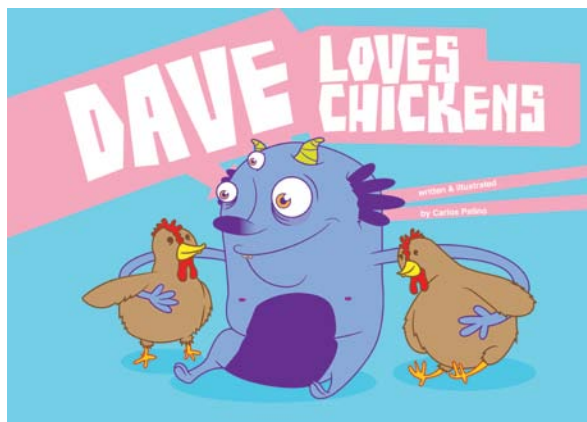
New Books from UPC!

Dave Loves Chickens

Written & Illustrated by Carlos Patino

Vegan Publishers www.veganpublishers.com

Dave Loves Chickens is a brand new beautiful book for young children examining the unique characteristics of chickens and questioning why people eat animals. The main character of the book, Dave, is a quirky monster from another planet who loves the animals on Earth and encourages others to appreciate them and not eat them! This fun, lighthearted book, full of bold colors and friendly illustrations, is ideal for parents who would like to introduce their children to a more compassionate way of treating chickens and all animals. Available from United Poultry Concerns \$10



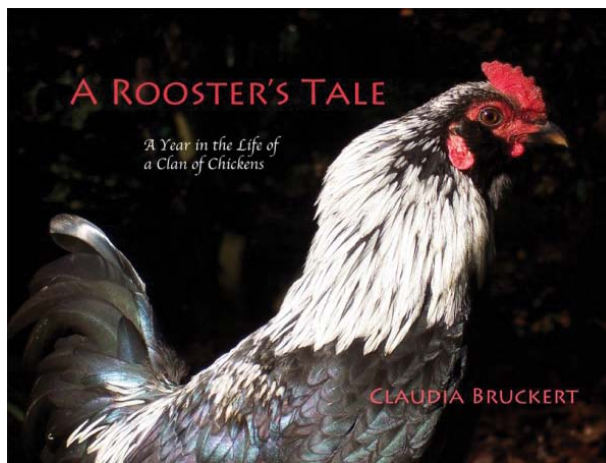
A Rooster's Tale: A Year in the Life of a Clan of Chickens

Story and color photos by Claudia Bruckert. www.claudiabruckert.com

Grades 3-12. Available in English and German. Available in English from United Poultry Concerns \$20

Can chickens talk? What does a rooster do all day? Would a mother hen attack a hawk? What happens within a family of chickens?

This soulful and humorous book takes the reader to a fascinating foreign world. The young rooster Change tells the real life story of his family. Enchanting events and intriguing facts, chronicled and photographed over the course of one year, convey deep insights into daily chicken life. A reading joy for all ages.



Poultry Press

is published quarterly by United Poultry Concerns, Inc., a national nonprofit 501 (c) (3) organization incorporated in the State of Maryland. Federal ID: 52-1705678

EDITOR:
Karen Davis

GRAPHIC DESIGN:
Franklin Wade

UNITED POULTRY CONCERNS, INC.

OFFICERS:
KAREN DAVIS, PhD
President-Director

LIQIN CAO
Vice President-Director

FRANKLIN WADE
Vice President-Director

VEDA STRAM
Vice President-Director

DEBBIE DONOVAN
Secretary Treasurer-Director

WEBSITE ADMINISTRATOR/
GRAPHIC DESIGNER:
FRANKLIN WADE

OFFICE ASSISTANT:
RONNIE STEINAU

SANCTUARY ASSISTANT:
WAYNE WILLS

WEB ASSISTANT:
BILL FERGUSON

PROJECTS MANAGER:
HOPE BOHANEK

ADVISORS:
Carol J. Adams, Author
Holly Cheever, DVM
Mary Britton Clouse,
Chicken Run Rescue
Sean Day, Attorney
Clare Druce, Chickens' Lib
Sheila Schwartz, PhD,
Humane Education
Committee of NYC
Kim Sturla, Animal Place

Would you like to do more to help the birds?
Just go to www.upc-online.org/email and sign up to
BECOME A UPC E-SUBSCRIBER!
News updates, action alerts, upcoming events and more!

Karen Davis, PhD Discusses Animal Slaughter at Historic NYC Bar Association Forum on Animal Sacrifice and “Chicken” Kaporos



Photo by Miriam Lucille

Left to right: Rabbi Soiefer, Lori Barrett, Gary Francione, Richard Schwartz, Karen Davis

In the U.S. and worldwide each year, millions of chickens are trucked to urban areas from factory farms to be used in an ultraorthodox Jewish ritual known as Kaporos. On June 12, 2014, experts on constitutional law, theology and animal rights gathered for a historic panel at the New York City Bar Association's Committee on Animal Law to discuss this ritual. The standing room only audience heard from panelists including Karen Davis, Ph.D., United Poultry Concerns, Kaporos Alliance; Lori Barrett, Esq., Committee on Animal Law; Gary Francione, Esq., Rutgers University School of Law; Richard H. Schwartz, Ph.D., Jewish Vegetarians of North America; and Rabbi Eliyahu Soiefer, Jewish Vegetarians of North America Rabbinic Council. The panel was moderated by Elizabeth Stein, Esq., NYC Bar Association Committee on Animal Law.

“We were delighted to see the interest in the topic among the general public, since most people have no idea that this cruel ritual exists,” said Karen Davis who founded the Alliance to End Chickens as Kaporos in 2010 to replace the use of chickens in Kaporos with non-animal symbols of atonement.

As part of her summary of the Forum presentations, Alliance member, Rina Deych, wrote of Karen Davis's presentation on the Suffering of Chickens in the Kaporos Rituals:

“**Dr. Karen Davis** put the focus on the chickens with an impassioned description, including PowerPoint images, of the intense suffering of the birds used for Kaporos. She described the misery the chickens endure being stacked in transport crates without food, water,

or protection from the elements. Citing veterinary opinions, she explained how cruel it is for the chickens to be yanked out of the crates by their fragile wings (which were never intended by Nature to support their bodies), sometimes being held for very long periods by their wings while practitioners carry on conversations on the pavement holding the chickens as if they were bags of groceries. She described how the chickens are swung by the practitioners and then handed to a slaughterer who cuts their throats, after which they are pushed, face down, into bleed-out receptacles to thrash and choke in their own blood. After that, many of the birds are thrown dead and alive into plastic garbage bags.

“Dr. Davis described and showed a photograph of how birds who aren't used in the ritual are sometimes simply abandoned by the Kaporos practitioners to die in their crates. She noted that when people express horror over the Kaporos ritual and the suffering endured by the birds, members of the Alliance to End Chickens as Kaporos quickly point out that the chickens on their plates, if they are still eating chickens, suffered no less. She explained that Alliance members advocate veganism every day but that our vegan advocacy includes advocating for these particular chickens and making them and their suffering visible to public consciousness.”



Sept. 2013 Photo by Linda Obuchoska

– **Rina Deych**, Alliance to End Chickens as Kaporos. Rina's entire summary can be read, and an audiotape of the Forum can be listened to, at www.EndChickensAsKaporos.com.

Factory Farming vs. Alternative Farming: The Humane Hoax

By Hope Bohanec, Projects Manager, UPC

Animal agriculture is a business of making money on the bodies of other sentient beings. This can never be free of a fundamental insensitivity towards the victims. Just as one cannot own humans and traffic their bodies for profit in a humane way, so it is impossible to humanely profit from the bodies of other animals. — Hope Bohanec, author of The Ultimate Betrayal: Is There Happy Meat?

Emergence of the Factory Farming “Alternative”

For most of my adult life, I have been engaging in conversations about animals raised and killed for their meat, milk and eggs. These conversations haven't changed much over the last 25 years. I get the same, tired questions about protein and desert islands and plants feeling pain.

But recently, something has shifted. In the last few years, people have started to say things like, “Oh, but I buy free-range eggs” or “My meat isn't from a factory farm, it's local.” It's almost as if all concern about the treatment of animals has been pacified by these new and improved “alternative” animal products.

By purchasing these products, people feel absolved from the cruelty inherent in animal agriculture. They feel there is an alternative now at the farmer's markets and in the “slow food” movement and if they just pay a little extra money, they can “have their meat and eat it too.” Consumers are being lulled into a complacency where they think the animals are now happy and this new way of farming actually benefits the environment. They have been led to believe that all is well in the mythical world of humane animal agriculture; and that is exactly what the producers of these products want them to believe.

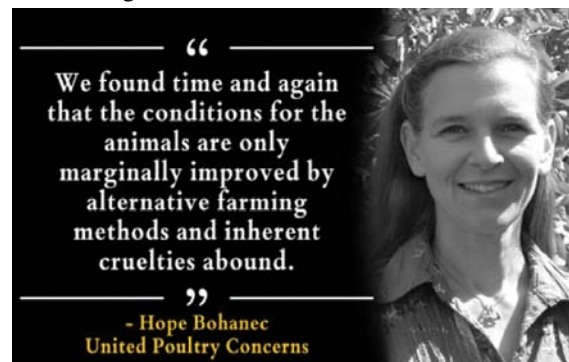
Is the “Alternative” Encouraging a Return to Meat Eating?

The trend is quite popular in my little liberal community of beautiful Sonoma County, California just north of the Golden Gate Bridge. We were lucky enough to have a good size, all vegetarian natural foods store that has been a haven for vegetarians and vegans since the 70s. It was a joy to shop there and not have to avert your eyes from bloody muscles on display or wince at the

pungent odor of dead marine life. Many of us went out of our way and would pass up one or two Whole Foods just to shop there.

Recently, while humming around the store for my organic veggies and vegan ice cream, an enthusiastic employee told me they were opening a second store. I was thrilled at first, but the excitement soon took an unexpected turn when I learned there would be a meat counter. How could this be? The 4th word of the Market's mission statement was “vegetarian.” I learned that because they were able to source “local, humane” meats, and there was such a high demand for these products, they had changed their mission statement. After almost four decades of vegetarianism, they had decided to sell meat. The vegetarian community felt completely betrayed.

But we are not the only ones being betrayed. The farmed animals caught in this changing industry are the true victims. It is not the few differences between alternative production and factory farming that matter, but the startling similarities.



What Exactly is the Alternative to Factory Farming?

When we see a product with one of these new labels: humane, free-range, grass-fed, sustainable, there is probably little difference between this operation and a conventional producer. Here's what may be different. The scale of the operation is likely smaller and the animals are perhaps not in total confinement, such as cages, and they may have some access to the outdoors.

Some people think that the companies producing products with alternative labels are heroically defying factory farming norms and are the saviors of our food supply. The disheartening truth is that there is little distinction; the similarities far outweigh the differences.

Most of the other horrors a farmed animal endures in animal agriculture still apply to any of these alternative labels.

For example, when someone buys eggs labeled “cage-free” or “free-range,” they likely came from hens who aren’t in battery cages but who are still overcrowded in miserable, windowless warehouses where the stench of ammonia is overwhelming. They are still painfully debeaked, brutally handled, and they still go to a terrifying slaughter at a young age. And the babies still come from the harsh and heartless hatcheries where the male chicks are cruelly killed by the millions soon after hatching, as they are considered a waste product of the egg industry.

When someone buys dairy products with an “organic” or “humane” label, the cows were perhaps able to go outside for some of their life, but they were still artificially inseminated, kept pregnant their entire short life and were milked well beyond what was ever intended for their bodies naturally. The cow’s baby calf was still taken away soon after birth, never to nuzzle her mother, drink from her udder, or frolic in a field. If the calf is male, he is worthless to the dairy industry and is sold at auction to be killed for veal or some other form of meat. If the operation is organic, sick and diseased cows linger untreated so the milk is not “tainted” with needed medications.

No matter the label, no matter the scale, commercially “farming” an animal for her flesh, milk or eggs is factory farming. If a bird is hatched into this world in a sterile metal drawer without the comfort of her mother hen and a soft nest, that is factory farming. If a calf is ripped from his mother at birth and kept separate from her and other cows, alone and frightened, chained and unloved – that is factory farming. If an animal has her beak burned off, her tail cut off, his genitals ripped out – that is factory farming. If an animal is hung upside down with his throat sliced open – that is factory farming.

Indeed, I would encourage the animal activist community not to use the term “factory farming” anymore because it implies that there is some “humane” farming alternative somewhere that counters the large-scale, industrial operations. By using the term “factory farming,” animal activists have inadvertently contributed to a demand for “alternative” animal products. This is what we have been hearing in the shifting rhetoric of

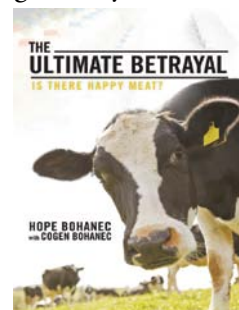
apologists for the animal agricultural industry when they say, “I only buy . . .”

Is Anti-Factory Farming Really Pro-Environment?

In these more recent conversations, I’m also hearing people say, “But it’s better for the environment” or “it’s more sustainable,” as if the ecological concerns trump the ethical. Many believe that a smaller operation or an animal having a little more living space is somehow better for the planet. However, this is a case of green-washing – labeling a product to make the consumer believe it’s better for the environment when in fact there is little or no difference from its conventional counterpart. Some cases of alternative labels are even worse. For example, grass-fed cows can produce 50 to 60 percent more greenhouse gas emissions than their grain-fed cousins. They may also drink more water because their activity level is higher than that of cows who are penned and force fed a diet of grains for which the body of a cow is unsuited.

To give all farmed animals the space they need to have even a semblance of a natural life, we would have to destroy millions more acres of forests, prairies and wetlands than we are already ruining. There is not enough land on the planet, or even two planets, to free-range hundreds of billions of pigs, cows, sheep, goats, turkeys, ducks, and chickens to feed billions of human beings. We would need closer to five planet Earths. Free-ranging animals for food can never be more than a specialty market for a few elite buyers. For the planet, our own health, and especially for the sake of the animals, we have to stop eating them and stealing their eggs. We have to stop drinking their milk. Today is a good day to start.

Hope Bohanec is the author of The Ultimate Betrayal: Is There Happy Meat? Order Hope’s illuminating book from United Poultry Concerns by check or Money Order for \$14.95, or by credit card at www.upc-online.org/merchandise. You’ll be glad you did!



Poultry Production is Just as Polluting as Beef, Pork

**Letter by Karen Davis, United Poultry Concerns
Corvallis Gazette-Times (Oregon), July 29, 2014**

A study published in the journal Proceedings of the National Academy of Sciences claims that cows and beef production harm the environment more than producing pork, poultry, eggs or dairy. This study irresponsibly tells people to replace beef by consuming more chickens, pigs, eggs, and cows' milk to "help" the environment. UPC president Karen Davis published the following letter in response to two articles about the study that appeared in the Corvallis Gazette-Times:

Regarding the articles "Climate study scorches beef," July 23, and "Beef pollutes more than pork, poultry, study says," July 21:

Scientists are remiss to suggest that the answer to cattle pollution is to eat more poultry. In addition to the cruelty of poultry production, and contamination of poultry products with salmonella, campylobacter, and E. coli bacteria, poultry production is a major cause of environmental pollution.

Poultry litter – the mixture of fecal droppings, antibiotic residues, heavy metals, decaying carcasses, larvae, cysts and sawdust the birds are bedded in – contains harmful levels of nitrogen, phosphorous and other ingredients that burn plant cells and poison the

water. Poultry waste spawns excess algae that consume aquatic nutrients and block sunlight needed by underwater grasses.

Factory poultry manure exposes wildlife to diseases such as blackhead disease, which sickens and kills wild birds who eat the worms that carry this disease from chicken manure in the soil.

Areas of natural beauty in the southeastern United States have been turned into smelly, fly-infested places by the poultry industry. Wildlife habitat is destroyed to erect ugly new chicken sheds, slaughter plants, and trailer camps for slaughter plant workers.

With dwindling land to absorb the volume of poultry manure and slaughterhouse refuse in the United States, the industry seeks land elsewhere. This expansion is needless. Plant proteins are far more sustainable for us to eat than poultry, including the cropland that is poisoned with pesticides to feed the unhealthy birds confined in filthy, sunless sheds.

*Karen Davis, President, United Poultry Concerns,
Machipongo, Virginia*

What Can I Do?

🐔 Be vegan. When we eat animal products we consume many more plants indirectly than if we ate those plants directly. Better to enjoy pastas, potatoes, rice dishes, vegetable stir fry dishes, veggie burgers, tofu ice cream and other delicious foods made entirely from plants. Let us use our purchasing power to speed technological conversion to the production of all-vegetarian, animal-free foods. As long as there are people on the planet, food will have to be produced and someone will have to produce it. We can have jobs, health, happiness and a life to be proud of.

🐔 Visit our Recipe webpage for lots of delicious, easy-to-make recipes at www.upc-online.org/recipes.



Photos of newborn chicks discarded in plastic garbage bags courtesy of The Animals Voice

Switching "from beef to chicken" is no solution to the mess that animal agriculture and mass consumption of animal products are making of the planet.

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.

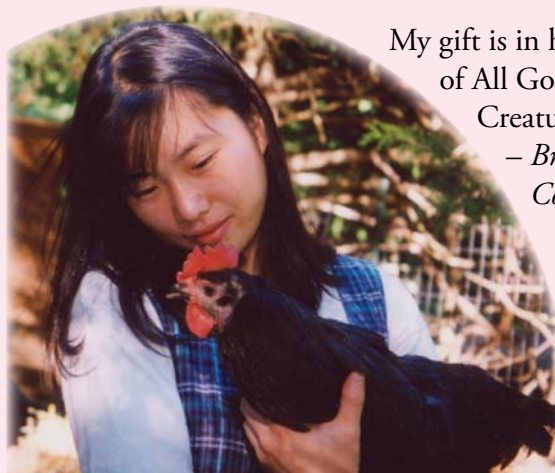
My gift is a Memorial for my cat, who passed away in June, and for my parrot (age 63), who also passed away in June. I miss both of them a lot. They were my best friends. Animals including all feathered creatures are our friends. I love them all. Please treat them kindly. Thank you. – *Hilde Wilson*

In loving memory of Cleocatra (1982-1997) and Felix (1997-2011), my pretty black cat and handsome red tabby, respectively. Cleo, I miss our numerous “chats” and your loyalty, and Felix, I miss your waiting for me by the door and snuggling in bed at night. You’re gone, but always loved and never forgotten. Miss you! Love, “MOM.” – *Ana A. Garcia*

Dear UPC, my donation is in memory of my friend WINNIE REUTER. You are doing wonderful work. I’m so proud of you. – *Joan W. Jenrich*

My donation is in honor of Ronnie Steinau’s birthday. – *Teagen R. McClain*

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



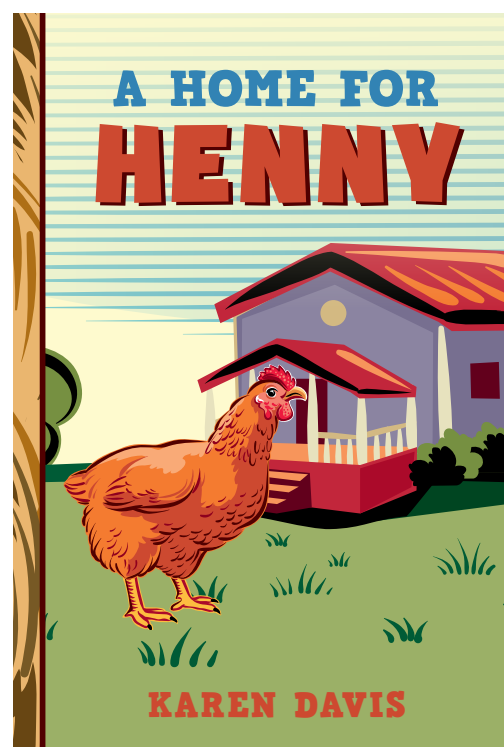
My gift is in honor of All God’s Creatures.
– *Brien Comerford*

Liqin Cao and Freddaflower

A Home for Henny by Karen Davis – Brand New Edition! \$6.99. Order 5 copies for \$15.

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.

Do you have elementary school-age children at home? Nieces or Nephews? Friends with children? *A Home for Henny* is the perfect story to teach children compassion for chickens and why chick-hatching programs don’t belong in our schools. Donate a copy (or several!) to your local elementary schools and the children’s section of your local libraries.



The Secret Life of Poultry Products

By Karen Davis, PhD,
President of United Poultry Concerns



Photo of baby chickens in a shipping box
courtesy of The Animals Voice.

Recent investigations of poultry production plants in the U.S., Canada and the U.K. have revealed a world of suffering and filth so dirty and deep that no dystopian fantasy can compare with how a package of slaughtered birds ends up in a store.

Reports on the extent to which poultry products are covered with *Salmonella*, *Campylobacter*, and *E. coli* bacteria show the power of invisible sources of contamination to cause great suffering in consumers and handlers of poultry products, including a range of nervous system and joint diseases, even death, after the invisible causes of infection have seemingly vanished.

Once upon a time, disease-causing microbes were just a theory. They were invisible, yet they existed and were finally proven facts. But there is an additional invisibility of suffering linking people to the overall pathogenicity of commercial poultry production.

The suffering of chickens and turkeys in recent exposures of the hatcheries and slaughterhouses from which they emerge to be eaten, and the sacrifice of sensitive feelings in the human beings who work in these places, cannot be observed without a profound sickness of spirit in the pit of oneself. This sickness can linger and spread through life as insidiously as any commonly identified source of chronic unwellness. Like the bacterial causes of foodborne illness, the causes of this emotional illness, however invisible, are real.

If commiseration with animals raised for food is still largely taboo in conventional society, I think most people are aware, deep down, that a piece of animal flesh incorporates a terrible story. Often they will say, "Please don't tell me about it; I don't want to know," meaning they don't want to hear what they already

know. But let us not be silent. More than a few people believe that when we eat the flesh and eggs of creatures who have been treated with complete cruelty, we assimilate something of their experience and carry it forward into our own lives. In *Diet for a New America*, published in 1987, and as timely now as it was then, John Robbins asks us to consider the consequences of eating the results of the misery he describes in birds raised and slaughtered for food.

Misery is Not a Health Food

Could it be, he asks, that when we consume the flesh and eggs of these birds, "something of the sickness, misery and terror of their lives enters us? Could it be that when we take their flesh or eggs into our bodies, we take in as well something of the kinds of lives they have been forced to endure? Instinctively, I can't help but believe this is so."

Understandably, one does not like to think that the dead bird one is about to consume embodies the suffering of the bird when she or he was alive. So far, all that society has required is that the events that produced the carcass or eggs be removed from consciousness. The possibility that the individual's suffering could somehow persist and be present in the muscles, "juices," and ova about to be ingested is frightful, but is it fanciful?

In 2004, a woman named Laura Alexander described her experience of entering a chicken slaughterhouse for the first time in Arkansas. Of the



Photo of Laura Alexander and Virgil Butler By Karen Davis

hanging cage at the entrance where the birds are ripped from the transport crates and hung upside down to begin their final journey through life, she wrote: "You know, I had prepared myself to feel disgusted, sad, and uncomfortable, but nothing could have prepared me for the way I felt. It was like this wave – this wall – of negative energy hitting me in the face when we opened that door. The only thing I can even try to compare it to would be that feeling you get in places like hospitals or jails, where there is suffering and death, dread and fear. Well, take that feeling and magnify it by at least 10 and you will have maybe an *inkling* of what I felt at the door of that room that day. I couldn't leave fast enough."

Animal Free

Regardless of how thoroughly the corpse is washed in chlorine and other chemicals at the slaughterhouse, or how distant the store or restaurant may seem from where a bird gets transformed from a conscious individual into a poultry product, *that feeling* permeates the body wrapped in plastic and covered in sauce. Possibly, when the material components of contamination have decomposed, the one

unextinguished contaminant is the invisible experience of an ingested bird, or of many birds, whose terror, pain and abuse while alive are bound with feelings we have that can never heal until we wash our hands and say of the bird about to be eaten, I am done with making an animal's misery a part of my meal and my being. I am done with having another human being go to work in a slaughterhouse or a hatchery because of me. From this moment, my food is animal-free.



Photo by John H. Sheally courtesy of The Virginian-Pilot

This article, published on *One Green Planet*, *Reporting on Health*, and *OpEd News*, is posted on UPC's website at www.upc-online.org/diet.

PLEASE, JOIN US TODAY!

We NEED Your Strong and Continuing Financial Support

☐ New Membership **\$35** ☐ 2015 Membership Renewal **\$30**

Membership includes our quarterly *Poultry Press* Magazine to keep you informed on current issues, and how you can get involved in many other ways. If you would like to support us by credit card, please go to our website at www.upc-online.org and click on DONATE to make your donation. It's that easy!

Additional Tax-deductible Contribution:

☐ \$20 ☐ \$35 ☐ \$50 ☐ \$100 ☐ \$500 ☐ Other \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Please make your check payable to United Poultry Concerns. THANK YOU!

Are you moving? Please send us your new address.

Do you want to be removed from our mailing list? Please tell us now. The U.S. Postal Service charges UPC for every returned mailing. Remailing the magazine costs UPC an additional sum. Due to the enormous cost of remailing, we can no longer provide this service. Thank you for your consideration. Please keep up your membership. We need your continuing financial support.



United Poultry Concerns

PO Box 150 • Machipongo, VA 23405-0150

UPC Helps Rescue 52 Geese and 4 Ducks in Woodland, CA

"It was looking like we might have to risk arrest to attempt to rescue the poor birds, so it was really amazing that I had the power of UPC's wonderful supporters to put pressure on the city, and city officials were suddenly so helpful! What a difference public pressure can make!" – Hope Bohanec, UPC Projects Manager



By the first week of August, dozens of flightless domestic geese and several ducks were suffering from dehydration and fear as the pond they'd called home since the 1980s had dried up due to California's severe drought. The birds were wandering the parched ground suffering from lack of water. Each night they were threatened by predators with no water to escape into.

They needed our help right away, so on Tuesday

morning, August 5, United Poultry Concerns, Carolina Waterfowl Rescue, Hen Harbor, and Direct Action Everywhere gathered in Woodland to mount a rescue. Thanks to UPC's Internet alert, the city of Woodland received many calls and e-mails urging them to relocate the birds. City officials sprang into action, aiding animal rescuers with all-terrain vehicles and a crew of city workers on hand to help.

When we arrived at the site, the birds stood in the middle of a dry lakebed. We set up soft fencing in a large V shape that narrowed to a closed pen just big enough for the flock. We then started slowly circling the outer rim of the dry pond, carefully herding them into the fencing. It went smoothly, with little stress to the birds. We then carefully transferred them into the crates which we loaded onto the all-terrain vehicles.

The crated birds were then loaded into vans for their ride to Bakersfield, California, where a large lake awaited them. They first had to be assessed for any medical needs and isolated for observation and treatment if necessary, but now they are bathing, playing and enjoying a large body of water – a waterfowl's greatest joy!

We are grateful to our energetic members who made those calls and sent those emails! Our pleas made a difference! We are delighted to report that the geese and ducks are safely swimming in their new home. – *Hope Bohanec*



Rescue of the parched ducks and geese in Woodland, California began with rescuers slowly circling the outer rim of the dry pond and carefully herding the birds into the fencing, as shown here.

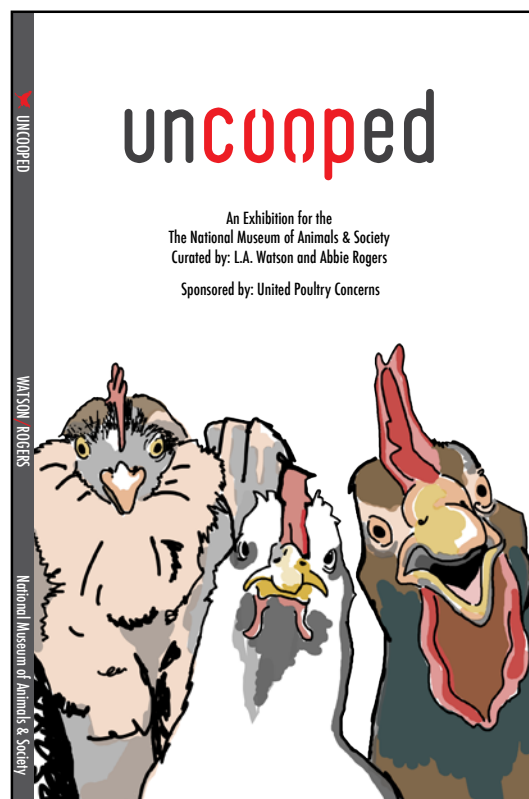


Uncooped, the Book, Now Available from UPC!

Last year, we announced the eagerly-awaited exhibition *Uncooped: Deconstructing the Domesticated Chicken*, produced by the National Museum of Animals & Society and sponsored by United Poultry Concerns. The exhibit, which opened in May 2013 to coincide with UPC's annual International Respect for Chickens Day May 4, features a wealth of historical and contemporary documentation of chicken-human relations available for exploration on UPC's webpage Thinking Like a Chicken at www.upc-online.org/thinking.

This year, we are proud to announce that *Uncooped* is now a book that can be ordered directly from United Poultry Concerns. *Uncooped* curators L.A. Watson and Abbie Rogers explain in their INTRODUCTION that *Uncooped*, over two years in the making, was first conceived of and published as a virtual exhibit for The National Museum of Animals & Society in May 2013. Later reimagined and installed as a physical exhibit for the grand opening of NMAS in Los Angeles, on January 10, 2014, the exhibit has been adapted for travel to various locations throughout the country and abroad.

"The book you are now holding in your hands," they explain, "is yet another iteration of *Uncooped*, and while the information contained here is only a fraction of that included in the online and physical exhibits, it marks a pivotal moment in the exhibit's chronology. It documents the lasting legacy of what we believe is a historically important exhibit, the first to take seriously the complexities of human-chicken relations, to confront the ethical implications that arise from a



paradigm that views chickens as merely a means to an end, and to chart a changing consciousness.

"The National Museum of Animals & Society graciously thanks United Poultry Concerns for their tireless dedication on behalf of chickens and other birds in need, ongoing support of the many iterations of the 'Uncooped' exhibition, and sincere generosity which has made this book possible." Order from UPC by check or Money Order, or by credit card at www.upc-online.org/merchandise. \$14.95.

United Poultry Concerns Annual Report for 2013



Federal ID: 52-1705678

A Financial Statement is available upon written request to: Officer of Consumer Affairs, PO Box 1163, Richmond, VA 23218.

United Poultry Concerns is certified by Independent Charities of America to receive donations through the Combined Federal Campaign. Our CFC Agency Code is #11656.

Officers & Directors 2013

Karen Davis, PhD, President-Director
 Liqin Cao, Vice President-Director
 Franklin Wade, Vice President-Director
 Veda Stram, Vice President-Director
 Debbie Alekna, Secretary Treasurer-Director

Staff 2013

Karen Davis, PhD, President
 Liqin Cao, Vice President
 Franklin Wade, Vice President, Website Administrator & Graphic Designer
 Veda Stram, Vice President
 Bill Ferguson, Web Assistant
 Ronnie Steinau, Office Assistant
 Hope Bohanec, Projects Manager
 Debbie Alekna, Bookkeeper
 Holly Wills, Sanctuary Assistant

United Poultry Concerns holds that the treatment of chickens, turkeys, ducks and other domestic fowl in the areas of food production, science, education, entertain-

ment, and human companionship situations has a significant effect upon human, animal, and environmental welfare. We seek to make the public aware of the ways poultry are used, and to promote the compassionate and respectful treatment of these birds and the benefits of a vegan diet and lifestyle. UPC conducts full-time educational programs and campaigns through our quarterly magazine *Poultry Press*, our Website at www.UPC-online.org, and our chicken sanctuary in Machipongo, Virginia.

United Poultry Concerns maintains a permanent office, sanctuary and education center at our headquarters at 12325 Seaside Road, Machipongo, Virginia 23405. We respond daily to Internet and telephone requests for help with bird-care problems, student projects, alternatives to classroom chick-hatching projects, and numerous other communications on the care, treatment and abuse of domestic fowl. We are grateful to all of our members and supporters for enabling us to fulfill our mission in 2013. From all of us at United Poultry Concerns, thank you for your support!

Highlights of Our Activities and Accomplishments in 2013

For a complete listing of UPC's action alerts, news, photos & activities in 2013, please visit What's New 2013 at www.upc-online.org/whatsnew/2013.html.

Sanctuary Adoptions – UPC adopted 66 wonderful chickens in need of a loving home in 2013. All of our birds were rescued from abuse, abandonment or surrender by previous owners directly or through an animal shelter.



International Respect for Chickens Day May 4/ Month of May - Celebrating the Life and Dignity of Chickens & Protesting Their Abuse in Farming Operations - 2013

- ❖ Hosted our annual public outreach demonstration & leafleting at the White House, May 2
- ❖ Ran 100 *Compassion Is a Beautiful Thing-Choose Vegan* King-Size Bus ads throughout the Washington, DC Metro Area in March, April and May.
- ❖ Promoted Chicken Run Rescue Chicken Photo Contest, May
- ❖ Distributed UPC chickens literature & posters through our activist members in offices, libraries, shopping centers & university campuses in the U.S. and Canada.
- ❖ Media coverage across the USA via PR Newswire!

Further Actions, Investigations & Outreach Campaigns - 2013

- ❖ Launched our education campaign about feather and down clothing, pillows and comforters.
- ❖ Pursued our effort begun in December 2012 to prosecute the Beta Theta Pi fraternity turkey torturers at the University of Kansas and require a fraternity policy prohibiting animals at all fraternity functions in the future.
- ❖ Underwrote and contributed materials to the National Museum of Animals & Society's historic exhibition *Un-Cooped: Deconstructing the Domesticated Chicken*.
- ❖ Launched a campaign to prosecute the Alberta College of Art and Design student who slaughtered a chicken as "performance art" on April 18, 2014 in

Calgary, Alberta, Canada.

- ❖ Urged the Association for Living History, Farm and Agricultural Museums to take a stand against harming and killing chickens, turkeys, quails and other birds for public demonstration.
- ❖ Hosted three 2-hour protest demonstrations in Brooklyn, New York against the use of chickens in Kaporos rituals in which thousands of chickens are deprived of food, water and shelter, swung by their wings and slaughtered in the city streets, September 10-12.
- ❖ Formally opposed the proposed federal Egg Products Inspection Act.
- ❖ Advocated against the purchase of Easter chicks in favor of a humane Easter.
- ❖ Successfully blitzed for compassionate writing about chickens by Jon Katz.
- ❖ Successfully got beauty-care company AVEDA to stop selling rooster feather hair ornaments and to develop a policy prohibiting these ornaments in AVEDA retail outlets.
- ❖ Campaigned on behalf of the Federal Animal Fighting Spectator Prohibition Act.

New Print Publications, Book Chapters & Website Documents - 2013

- ❖ "Birds Used In Food Production" by Karen Davis, PhD, *The Global Guide to Animal Protection*, University of Illinois Press.
- ❖ "Eliminating the Suffering of Chickens Bred for Meat" by Karen Davis, PhD, *One Green Planet*
- ❖ Birds Suffer Horribly for Pillows & Coats." New Brochure in print & online: www.upc-online.org/ducks/no_down_feathers.html

Nine UPC PowerPoint Presentations Prepared for Viewing at www.upc-online.org/videos

- ❖ The Provocative Elitism of "Personhood" for Nonhuman Creatures in Animal Advocacy Parlane and Polemics Presented by Karen Davis at the Personhood Beyond the Human conference at Yale University, New Haven, CT on 8 December 2013.
- ❖ Turkeys – Who Are They? Presented by Karen Davis at Harlow Gallery featuring 46millionturkeys, Hallowell, ME on 26 November 2013.



This poor bird lies helplessly in the hands of a male student at the Alberta College of Art and Design moments before he tortured and killed her for a "performance art" project.

- ❧ Chickens Can Fly, Turkeys Can Swim! Hatching Good Lessons in Classroom Science & Literacy Programs Presented by Karen Davis at Humane Education Committee | United Federation of Teachers Conference, New York, NY on 20 October 2013.
- ❧ Chicken Versus Chickens – What Is the Difference & Why Does It Matter? Presented by Karen Davis at Cleveland VegFest, Cleveland, OH on 1 June 2013.
- ❧ Backyard Chicken Keeping - Is It an Ethical Alternative to Factory Farming? Presented by Liqin Cao at Animal Rights National Conference, Alexandria, VA on 30 June 2013.
- ❧ Advocating Effectively for Chickens and Turkeys Bred for Meat Production: Bringing Their Hidden Suffering to Light Presented by Karen Davis at Anti-Fur Society Conference, Alexandria, VA on 31 May 2013.
- ❧ The Truth About Feather Fashion, Fishing, Clothing & Bedding Presented by Karen Davis at Anti-Fur Society Conference, Alexandria, VA on 31 May 2013.
- ❧ Oppressor Minds & Mechanisms that Can Dishearten & Disempower Animal Advocates: What We – and the Animals – Are Up Against Presented by Karen Davis at Animal Systems Conference, Marlborough, MA on 20 April 2013.
- ❧ Backyard Chicken Keeping - Is It an Ethical Alternative to Factory Farming? Presented by Karen Davis at Conscious Eating Conference, Berkeley, CA on 6 April 2013



UPC's Karen Davis speaking at the Left Forum at Pace University in NYC.

Keynote Speaking Engagements, Lectures & Exhibits – 2013

- ❧ UPC's 11th Annual Conference – “Conscious Eating” – Berkeley, CA, April 6.
- ❧ Sixth Annual Veggie Pride Parade, NYC, March 24.
- ❧ Animal Systems Conference, Marlborough, MA, April 20-21.
- ❧ Anti-Fur Conference, Alexandria, VA, May 31-June 2.
- ❧ Cleveland Vegfest, Cleveland, Ohio. June 1.
- ❧ Left Forum, Pace University, New York City, June 8.
- ❧ Third Annual National Animal Rights Day, NYC, June 9.
- ❧ Richmond (VA) Vegetarian Festival, June 15.
- ❧ Symposium of Animal Liberation, Arizona State University, June 22.
- ❧ Animal Rights National Conference, Washington DC, June 27-July 1.
- ❧ North American Vegetarian Summerfest, University of Pittsburgh-Johnstown, July 3-7.
- ❧ The Salisbury School, Salisbury, MD, July 22.
- ❧ Washington, DC Green Festival, September 21-22.
- ❧ Acorns Vegan Fest, Greenbelt, MD, October 12.
- ❧ United Federation of Teachers Humane Education Conference, NYC, October 20.
- ❧ “Turkeys-Who Are They?” Harlow Gallery, Hallowell, Maine, November 26.
- ❧ Personhood Beyond the Human Conference, Yale University, December 6-8.

Additional Community Outreach – Exhibits, Demos – 2013

- ❧ Virginia Federation of Humane Societies, Williamsburg, March 31.
- ❧ Worcester Vegfest, MA, April 14.
- ❧ Kale A Rama Vegan Festival, Greenbelt, MD, April 20.
- ❧ New Orleans Veggie Festival, May 11-12.
- ❧ CARE Veggie Fest, West Chester, PA, August 10.
- ❧ Seventeenth Annual Charlottesville (Virginia) Vegetarian Festival, September 28.
- ❧ Washington, DC VegFest, September 28.
- ❧ A Day in Honor of Saint Francis and the Animals, NYC, October 5.
- ❧ Twin Cities Vegfest, Minneapolis, October 26.

- ♥ Virginia Association of Science Teachers Annual Conference, Norfolk, November 15-16.
- ♥ Annual Leafleting for Turkeys at the White House, November 21.
- ♥ Life-Affirming Thanksgiving Celebration, Washington, DC, November 28.

UPC in the News:

PRINT MEDIA (Including Internet Publications) - 2013

- ♥ Diamondback Student Newspaper, University of Maryland, "Misery in Every Mouthful" display ad series of 8 ads March-May.
- ♥ Eliminating the Suffering of Chickens Raised For Meat, One Green Planet, Feb. 22.
- ♥ Misery of Baby Easter Chicks, Litchfield County Times (CT), March 21.
- ♥ Healthy & Humane Observer, April 13.
- ♥ U.S. Activist Urges Charges, Calgary Herald (Alberta, Canada), April 27.
- ♥ Kerulos Center Promotes International Respect for Chickens Day, May 7.
- ♥ 30,000 Will NOT Be a Community Asset, Concord Monitor (NH), June 19.
- ♥ Rejecting Michael Pollan, Smithsonian Magazine, July.
- ♥ Respecting Chickens, New York Daily News, August 21.
- ♥ Brooklyn's 'crazy chicken lady' making progress in fighting Kapparot ritual, JTA, Sept. 10.
- ♥ No one here but us (dead) chickens, New York Daily News, Sept. 12.
- ♥ Protesters Try to Stop Ritual Chicken Slaughter in Crown Heights, Gothamist, Sept. 15.
- ♥ A Double Standard on Kapparot, Chabad News, Sept. 16.
- ♥ Want to Fight Salmonella? Don't Eat Chicken, LA Times, October 30.



BROADCAST MEDIA - 2013

- ♥ Breaking 6 News TV Interview with Karen Davis, Lawrence, KS, April 6.
- ♥ Vegan World Radio 90.1 FM KPFT Pacifica, Houston, TX, April 30.
- ♥ Louie b. Free, Brainfood for the Heartland Radio, Youngstown, Ohio, May 15.
- ♥ Veganpalooza World Summit Interview with Will Tuttle, August 17.
- ♥ Bird Talk with Karen Davis, Blog Talk Radio, October 18.
- ♥ Louie b. Free, Brainfood for the Heartland Radio, Youngstown, Ohio, Nov. 21.
- ♥ Vegan World Radio 90.1 FM KPFT Pacifica, Houston, TX, November 26.
- ♥ Environment & Animal Rights Radio, WRFG 89.3, Atlanta, GA, December 1.
- ♥ Louie b. Free, Brainfood for the Heartland Radio, Youngstown, Ohio, December 4.

Financial Report - 2013

United Poultry Concerns Fiscal Year: January 1 - December 31, 2013

Revenues.....	\$634,000
Public Support.....	603,000
Expenses.....	\$374,000
Programs and Education.....	321,000
Organizational Management	53,000
Net Assets/Fund Balance at End of Year.....	\$1,370,000

United Poultry Concerns gratefully acknowledges the kind assistance of

Animals' Angels

**Harold B. Larson Charitable Trust
Fidelity Charitable Gift Fund for The Marino
Foundation**

**The New York Community Trust
Eric and Peggy Lieber Living Trust
Estate of Edythe L. Rosser**

Thank You for Your Support!

Vegan Recipe Corner

Macaroni and Chickpea Salad

Recipe from Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri by Karen Davis

Serves 4. This will remind you of egg salad.

- 1 (18 ounce) can of chickpeas, or 2 cups cooked
- ½ cup Vegan Mayonnaise
- ½ cup onion, chopped
- ½ cup celery, chopped
- ½ cup red bell pepper, chopped (optional)
- ½ cup scallion, chopped (optional)
- ½ teaspoon garlic powder
- 1 teaspoon dill leaves, crushed, or dill seed as desired
- 1 tablespoon soy sauce
- 2 cups cooked macaroni

Mash the chickpeas with a fork, and mix with mayonnaise, onion, celery, garlic powder, dill, and soy sauce in a bowl. Add the cooked macaroni and mix it all together. *Enjoy!*

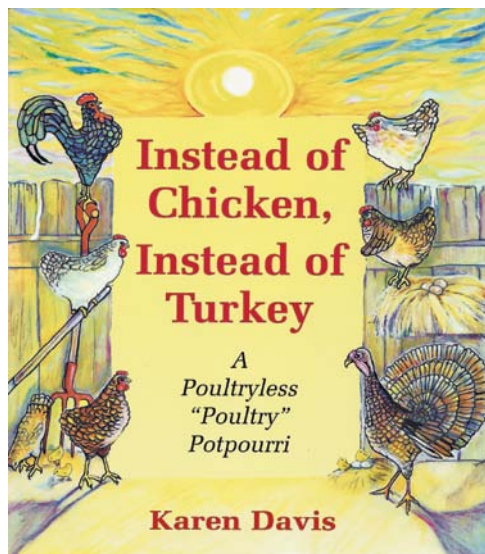


Photo by Liqin Cao

POSTCARDS

20 for \$4.00, 40 for \$7.50



"Love is Best"



"Peaceable Kingdom"

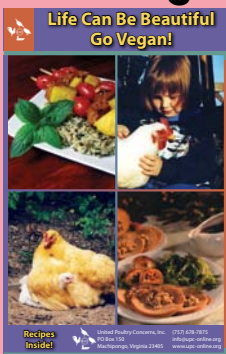


"Chickens - To Know Them is to Love Them"

"Misery is Not a Health Food"



Life Can Be Beautiful - Go Vegan! Brochure



24 full-color
5.5" x 8.5" pages.
Now in Spanish!

\$1.00 each.
20 for \$5.00.
50 for \$10.00.
100 for \$15.00.
200 for \$25.00.

FACT SHEETS

20 for \$3.00

"Viva, the Chicken Hen / Chickens Raised for Meat"
"Jane-one tiny chicken foot"
"Starving Poultry for Profit" (forced molting)
"Poultry Slaughter: The Need for Legislation"
"Why Be Concerned About Mr. Perdue?"
"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"
"Guide to Staffing Tables: Do's & Don'ts"
"Assume No Animal Products are Safe"
"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"

BROCHURES

20 for \$3.00

"A Wing & A Prayer" (Kapparot ritual)
"Don't Plants Have Feelings Too?"
"Chickens"
"The Battery Hen"
"Turkeys"
"Ostriches & Emus: Nowhere To Hide"
"Japanese Quail"
"The Use of Birds In Agricultural and Biomedical Research"
"'Free-Range' Poultry and Eggs: Not All They're Cracked Up to Be" - New & Revised!
"Live Poultry Markets" (in English, Spanish, & Chinese)
"Chicken-Flying Contests"

LEAFLETS (FLYERS)

10 for \$1.00, 25 for \$2.50

"Chicken for Dinner?"
"The 'Human' Nature of Pigeons"
"The Truth about Feather Hair Extensions"
"Birds Suffer Horribly for Pillows & Coats"

Bumper Stickers

Don't Just Switch from Beef to Chicken: Get the Slaughterhouse out of your Kitchen. \$1 each

Don't Just Switch from Beef to Chicken: Go Vegan. \$1 each

Beautiful Chicken and Turkey Buttons

\$2 each. 3 for \$5. 10 for \$10. Any mixture.

Stick Up For Chickens • Chickens are Friends, Not Food
Turkeys are Friends, Not Food • End Chickens as Kaporos
Be Kind to Turkeys - Don't Gobble Me



UPC Ordering Information:

All Prices Include Postage

To order indicated items send check or money order to:

United Poultry Concerns

P.O. Box 150
Machipongo, VA 23405-0150

Or order online at upc-online.org

T-shirts

Too Neat to Eat (Hen & Egg or Rooster) • Give a Cluck. Go Vegan! • Available in Unisex (S, M, L, XL) or Ladies (S, M, L, XL) \$18



BOOKS

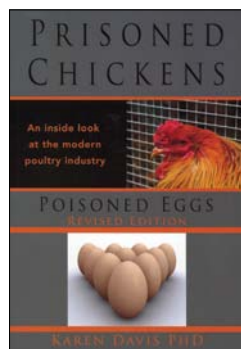
**Prisoned Chickens, Poisoned Eggs:
An Inside Look at the Modern
Poultry Industry**

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."

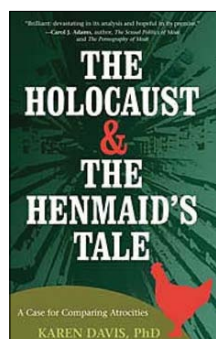
– *Choice magazine, American*

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**

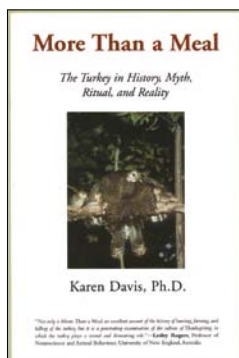
By Karen Davis

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**

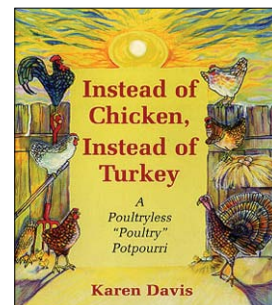
By Karen Davis

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**

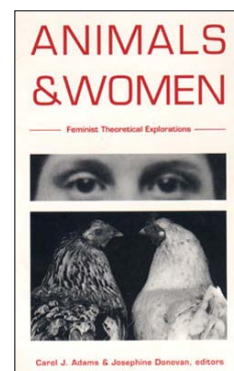
By Karen Davis

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

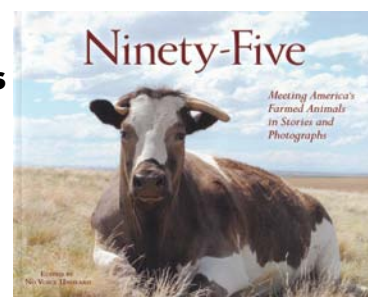
**Animals and Women:
Feminist Theoretical
Explorations** Edited by Carol J.

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

**Ninety-Five:
Meeting America's
Farmed Animals
in Stories and
Photographs**

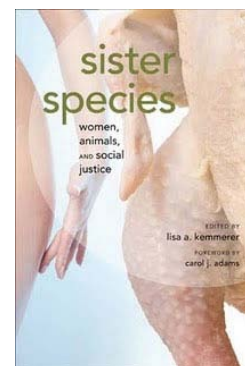
An anthology of photos and stories by No Voice Unheard Editors: Marilee Geyer, Diane Leigh and Windi Wojdak. \$20

**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

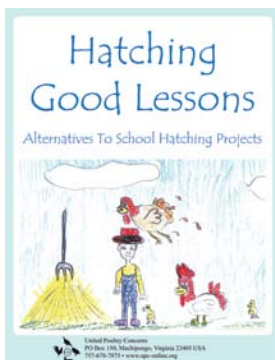


CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By United Poultry Concerns

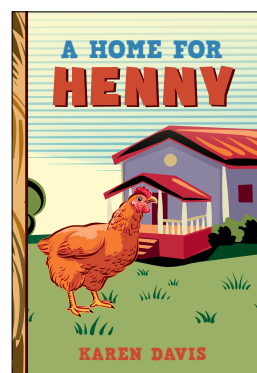
A guide booklet for elementary school teachers and other educators including parents. Revised & Updated, 2013. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. 5 for \$5. It can be viewed and printed out 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

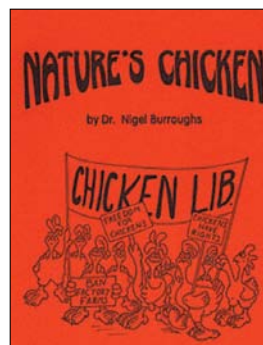


A Home for Henny

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



Nature's Chicken, The Story of Today's Chicken Farms

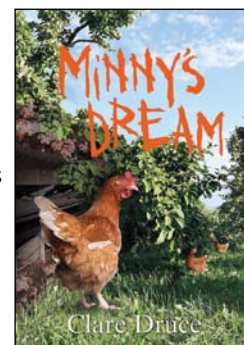
By Nigel Burroughs

With wry humor, this unique children's storybook traces the development of today's chicken and egg factory farming in a perfect blend of entertainment and instruction. Wonderful illustrations. Promotes compassion and respect for chickens. \$4.95

Minnie's Dream

By Clare Druce

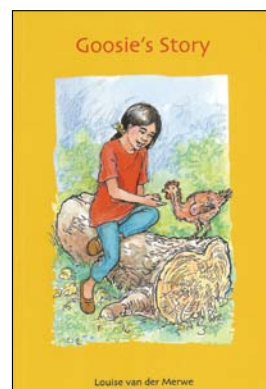
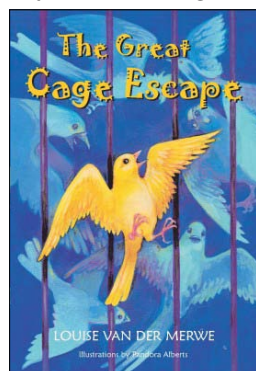
What happens when a young girl from the city discovers a battery-hen operation in the country? What happens when a "battery hen" named Minny speaks to her? What must she do when her friend Minny is going to be killed? This book is a must for the young person(s) in your life, age 8-14. \$10



The Great Cage Escape

Grades 4-7. By Louise Van Der Merwe

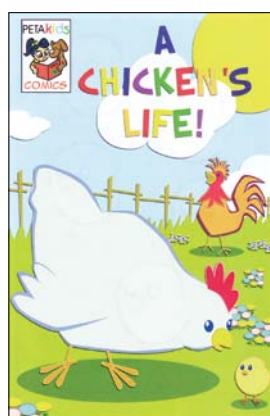
The birds in a pet shop think they are happy until a brown box punched full of air holes is left overnight on their front door step. The creature inside looks very weird at first. But as his feathers begin to grow, his true identity becomes apparent, and the stories he tells inspire the pet shop birds 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.

**More Books available at
upc-online.org/merchandise**

VIDEOS

The Dignity, Beauty & Abuse of Chickens

By United Poultry Concerns

Our video shows chickens at UPC's sanctuary doing things that chickens like to do! 16:07 min. — Color * Music * No Narration. VHS and DVD. \$10



Inside a Live Poultry Market

By United Poultry Concerns

This horrific 11-minute video takes you inside a typical live bird market in New York City. An alternative to "factory farming"? Watch and decide. VHS and DVD. \$10

Behavior of Rescued Factory-Farmed Chickens in a Sanctuary Setting

By United Poultry Concerns

See what a chicken can be when almost free! This 12-minute video shows chickens, turkeys, and ducks at UPC's sanctuary racing out of their house to enjoy their day. VHS and DVD. \$10

Inside Tyson's Hell: Why I Got Out of the Chicken Slaughtering Business

By Virgil Butler

Produced by United Poultry Concerns and the Compassionate Living Project, Virgil's eyewitness account of what goes on inside chicken slaughter plants is an indispensable contribution to animal advocates working to promote a compassionate lifestyle. DVD. 58:35 min. \$15

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.

Watch: <http://vimeo.com/13210456> DVD. \$5. \$12.50 for 5.



More books and videos available at upc-online.org/merchandise

Plus These Great Gifts from UPC!

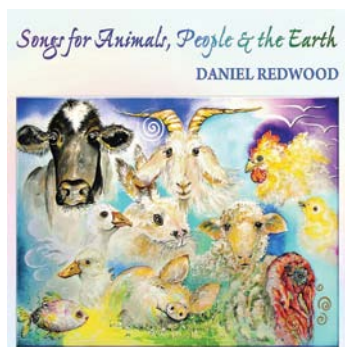
"The Mother of Compassion Blesses Our Fellow Beings – May They Be Happy and Free From Suffering"

Beth Redwood's beautiful artwork is available in a limited edition from United Poultry Concerns. 11 x 14" matted print ready for framing. \$20



"Songs for Animals, People & the Earth"

is Daniel Redwood's powerful new album of sanctuary songs. Dedicated to "the compassionate women and men whose hearts and minds have awakened to the needless suffering of animals," this music is beautiful, moving & exhilarating, lyrical and liberating! \$12.



Cruel: Bearing Witness To Animal Exploitation

By Sue Coe, OR Books, 2012

Renowned visual artist Sue Coe, pioneer champion of animal rights and author of *Dead Meat*, has produced this mesmerizing new book documenting the experiences of animals raised and slaughtered for human consumption. Through its written account and haunting visual images, *Cruel* is a surpassingly passionate testimony to the waste, sorrow and violence perpetrated by our species against others. \$20



Sanctuary: Portraits of Rescued Farm Animals

By Sharon Lee Hart, Charta Books, 2012

Sharon Lee Hart's photography project SANCTUARY takes you on an intimate journey to meet wonderful animals and the courageous rescuers who become their companions. Sanctuary caregivers evoke individual animals in short, handwritten stories accompanying Hart's starkly beautiful black & white photography. \$20



Stickers Send a message with your mail! Order our eye-catching color stickers! 100 stickers for \$10.



With Heart and Voice - a Beautiful Greeting Card from UPC \$19.95 for 20 cards. \$38.95 for 40 cards. Envelopes included. Single card & envelope \$1.00.



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 diseases, 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.

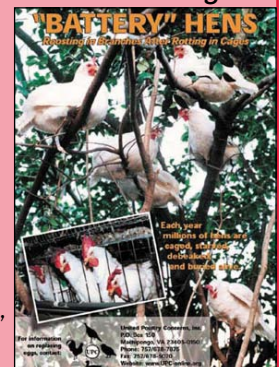


"Battery" Hens

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.



P.O. Box 150
Machipongo, VA
23405-0150

Address Service Requested

Non-Profit
U.S. Postage
PAID
Rockville, MD
Permit # 4297

INSIDE

Secret Life of Poultry Products
Antibiotics & Weight Gain
Geese Rescued from Dry Lake
Humane Farming Hoax
Animal Sacrifice Forum
A Home for Henny Republished
Uncooped – the Book
Poultry Industry Pollution
Annual Report 2013
Recipe Corner & More!

Wishing You a Wonderful Fall!
Please renew your membership for 2015



Photo by Richard Cundari, May 21, 2014

Lorenzo!

Our adorable rooster, Lorenzo, was brought to our sanctuary three years ago by caring people who said neighbors complained that he crowed too loud in their Raleigh, NC suburb. Living with us, Lorenzo can crow as loud and as often as he pleases! We love his exuberance and his sweet personality.