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# Poultry Press

*Promoting the compassionate and respectful treatment of domestic fowl*

*Celebrating 26 years of dedicated activism for domestic fowl*



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UPC photo of Lucy by Karen Davis, March 3, 2015

Lucy came to our sanctuary in 2014 after being used with other hens for a type of research involving blood tests. Lucy loves to wait on the porch steps in the afternoon for me to come out of the house with kale and other treats for her and her friends. She loves sitting under the trees where little breezes ruffle her feathers on pleasant days. This photo of Lucy is featured in the Chicken Run Rescue Calendar for May 2016 in honor of International Respect for Chickens Day May 4th/Month of May. Photos are now being accepted for the 2017 calendar. TO ENTER: Send HIGH RESOLUTION DIGITAL PHOTOS to [chickenrunrescue@comcast.net](mailto:chickenrunrescue@comcast.net). Include your name and your bird's name, plus your address, phone number and email address. Include a story, in 140 words or less, about your bird's rescue, favorite friends or pastimes. Please send each photo with its story in a separate e-mail. The stories are as important as the photographs!

# Animal Rights Vegan Guilt

By Karen Davis, Ph.D.  
President of United Poultry Concerns



*"The public needs a strong, clear message from the animal protection community."*

*"They've heard it. They've rejected it." – James McWilliams*

This was history professor James McWilliams's reply to Mary Finelli, founder of Fish Feel, in an exchange of comments relating to his blogsite post "Beyond Veganism?" published on August 18, 2015. The post was one of several that included "A Modest Proposal" – a challenge to animal rights vegan advocates to "consider trying to make an ethical argument for eating animals."

The challenge includes a call upon ethical vegans to support eating insects – grasshoppers, ants, crickets, beetles, and others – as these animals appear unable to experience pain, based on a lack of identifiable pain receptors such as those found in birds, fish and mammals. In this view, oysters and clams may also be eaten.

Those of us who contend that oysters, clams, and insects are sentient, and that, regardless, animal rights vegans should not be promoting animal consumption, are challenged to critique our "ideological purity" as a hindrance to helping animals, since the public doesn't support the animal rights vegan movement, according to McWilliams.

*Here are my thoughts in response to these challenges:*

## The public has rejected the animal rights vegan message

The animal rights message did not go public in the form of a burgeoning movement in the United States until the late 1970s – less than 50 years ago – and it wasn't until the 1980s that the vegan message became established among animal rights activists. In the year 2016, this message cannot be said to have been "rejected" by the mainstream, as the animal rights vegan movement is still very new. Fifteen years ago, it could reasonably have been thought that society had already "rejected" the gay rights message. Add to this the fact that the public is still largely ignorant of vegan foods and cuisine, and while our message is about more than food, it may be said at this point that the public cannot have rejected what it scarcely knows.

## Animal rights vegan advocates should make ethical arguments for eating animals

Carol J. Adams, the author of *The Sexual Politics of Meat* and other books on the psychology of meat culture, has observed that when you are in power, you don't have to justify what you do with logic and evidence, but when you are not in power, you have to. Meateaters take what they do for granted – though on grounds much shakier than before the animal rights movement began – whereas ethical vegans and vegetarians feel a need to explain to themselves and others why they choose animal compassion over animal consumption. This is perfectly fine so long as the vegan attitude is not defensive but affirmative. Our intent should be self-awareness, education, persuasion, and change.

As an animal rights vegan activist, I do not, however, feel obligated to construct an ethical argument *for* eating animals, any more than Martin Luther King should have felt obligated to construct an ethical argument for why white people are justified in discriminating against black people. In addition, I think it's insulting to animals for us to feel that we should engage in such a demeaning exercise, except as a parody. We all have internalized and rehearsed the justifications of the other side and done battle with



them ad nauseam. Are feminists obliged to make an ethical argument for why women should be denied equal rights with men? It may be hard to remember now, but in the 1960s and '70s the mainstream media still scoffed at women's demands.

### **Animal rights vegan advocates should support eating oysters, clams, and insects**

Oysters, clams, and insects are members of the animal kingdom. As such, they deserve the benefit of the doubt. Their behavior indicates sentience and awareness even if the sources of their feelings are elusive to science, which apparently is not the case. Neuroscientist, Lori Marino points out that there are "close to one million neurons in an ant or bee brain." All insects, she writes, "possess a complex central nervous system . . . and many insects show very complex learning capacities. . . . [and] we found that fish and crustaceans feel pain when it was assumed that was just not possible for 'simple' organisms."

There may be ways of experiencing being alive in the flesh and the world that we do not know and will never fathom. Nor is the perception of pain per se the only proof or *sine qua non* – an indispensable condition – of sentience. Conscious perception of nonpainful but highly distressing stimuli includes gagging, inability to breathe (dyspnea), smell of blood, apprehension, fear and more. Throughout history, various groups of humans, birds and others have been dismissed as mindless and insentient until the truth showed otherwise.

### **Muddying our message, and for what?**

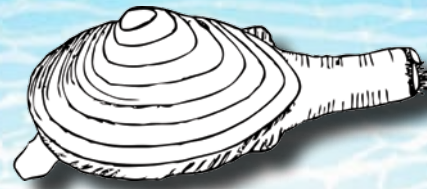
If animal rights vegan activists take the position that oysters, clams, and insects may be farmed for human food (and "farmed" means *factory-farmed*), we are muddying our message, and for what? People don't need to eat insects to be well fed. The fact that people

## **Clam**

by Mary Oliver from her book,  
*What Do We Know*

**Each one is a small life, but sometimes long, if its place in the universe is not found out. Like us, they have a heart and a stomach; they know hunger, and probably a little satisfaction too. Do not mock them for their gentleness, they have a muscle that loves being alive. They pull away from the light. They pull down. They hold themselves together. They refuse to open.**

**But sometimes they lose their place and are tumbled shoreward in a storm. Then they pant, they fill with sand, they have no choice but must open the smallest crack. Then the fire of the world touches them. Perhaps, on such days, they too begin the terrible effort of thinking, of wondering *who*, and *what*, and *why*. If they can bury themselves again in the sand they will. If not, they are sure to perish, though not quickly. They also have resources beyond the flesh; they also try very hard not to die.**



in some parts of the world eat insects and have probably done so forever is no reason for activists to support mass producing crickets for human consumption. In some places, people eat dogs and horses and monkeys, but we do not embrace *every* form of "cultural diversity."

As soon as animal rights vegan activists start saying that oysters, clams, and insects may be ethically farmed and eaten, we create one more excuse for people to skip the vegan foods and head straight to the animals that "even the vegans say are okay to eat." Instead of

**(continued) Animal Rights Vegan Guilt**

facilitating this behavior, we should be expanding the vegan economy, proudly promoting companies like Hampton Creek, Beyond Meat, Tofurky, Gardein, The Vegg, BOCA, and other innovators that are revolutionizing the culinary world and making the planet a better place. We owe our allegiance to these companies, not to clam diggers and ant farmers.

**Courage for Animals & Food that is Animal-Free**

I remember years ago, someone talking at an animal rights conference about how great it would be if only we could get food companies to put a “vegan” label on vegan products. It seemed wonderful back then, but unlikely, yet thanks to animal rights vegan zeal, it has happened. This is one example of how pushing forward with new ethical desires and demands that may seem outlandish at first pays off. We owe it to the billions of animals who, as we sit comfortably at our computers and shop at stores overflowing with things to eat, are living in hell. We owe it to them to stake our claim and expand our territory and to advocate, not glumly or belligerently, but passionately and positively. Confidence in our cause and the courage to advance it will make the difference. It already has made a difference, and this is just the beginning, as long as we are strong.

**What Can I Do?**

🐔 All of us who care about making this world a better place can make choices that translate our desire into concrete steps in our own, everyday lives. As well as getting the slaughterhouse out of our kitchens and off our plates, we can find ways to reach out to people. When asked, “Why are you vegan?” or “Don’t you eat chicken or fish?” we can relate, in a kind and positive way, what transformed us. Motivational experts advise: *“Telling stories matters. By telling stories, we can soften people.”* We want to soften people’s hearts for chickens and other animals. And always, ALWAYS, put an informative brochure in the questioner’s hand. Our *Chickens* brochures, *Turkeys* brochures, & *Life Can Be Beautiful* brochures are fantastic resources for reaching people.

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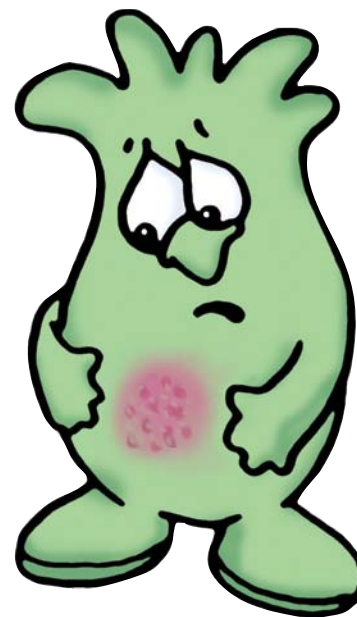
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**F**irst published in 1998, “**Chicken For Dinner: It’s Enough to Make You Sick**” is newly available from United Poultry Concerns with updated content and references. Does it surprise you to know that the information presented in 1998 from the 1980s and 1990s followed by countless articles, scientific reports, blog posts, and whatnot since then, has hardly changed a bit?

The decision to update “Chicken For Dinner” coincides with the publication, on January 7, 2016, of the Eighth Edition of *Dietary Guidelines For Americans 2015-2020*, a document published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture. The latest edition of the *Dietary Guidelines* is a hodgepodge of claims and “recommendations” that seems purposely designed to confuse people while ensuring that the production and consumption of animals, eggs, and dairy will not be disrupted in the quest for health.



## Chicken For Dinner: It’s Enough to Make You Sick

By Karen Davis, Ph.D.  
President of United Poultry Concerns

### Fat and Cholesterol in Meat

*“Dietary cholesterol is found only in animal foods such as egg yolk, dairy products, shellfish, meats, and poultry.”*<sup>[1]</sup>

*“Cholesterol in eggs, poultry, cheese, and meat contributes to heart attacks and other health risks.”*

– Neal D. Barnard, M.D., President of the Physicians Committee for Responsible Medicine.<sup>[2]</sup>

*“Decades of science have conclusively linked dietary cholesterol to cardiovascular disease, which kills nearly 2,200 Americans daily. Plant-based, cholesterol-free diets are proven to fight heart disease.”*<sup>[3]</sup>

*“The color of meat is irrelevant.”*

– Biochemist Shi Huang, Burnham Institute for Medical Research.<sup>[4]</sup>

Many people have switched from red meat to chicken, believing chicken to be a healthier choice. However, chicken is not a healthy food choice. For one thing, chicken is not low in fat. Skinless chicken breast meat derives 23% of calories from fat and skinless turkey breast meat derives 18% of calories from fat. By comparison, lentils derive 3% of calories from fat, potatoes 1% and spaghetti noodles 4%. Like all meat, chicken is permeated with artery-clogging saturated fat – you can’t cut it away.

The cholesterol content of chicken or turkey is comparable to that of beef or pork, about 25 milligrams per ounce.<sup>[5]</sup> These levels are similar because “the cell membranes in all muscles, regardless of species, have cholesterol inside the membrane.”<sup>[6]</sup>



Image by Nigel Burroughs,  
*Nature’s Chicken*



## (continued) Chicken For Dinner: It's Enough to Make You Sick

Cholesterol occurs mainly in the lean portions of meat. The saturated fats that permeate these portions raise cholesterol levels by stimulating the liver to make more cholesterol. Thus, even “lean” meats including poultry have significant amounts of saturated fat in addition to cholesterol.<sup>[7]</sup> By contrast, plants have no cholesterol.

### Fat and Cholesterol in Eggs

According to the Physicians Committee for Responsible Medicine (PCRM), 60% of eggs' calories are from fat, and eggs are the leading source of cholesterol in America. Eggs can increase the risk of diabetes 68%, heart disease 19%, prostate cancer 81% and colon cancer by nearly five times. Contrary to egg industry claims that eggs are health foods, PCRM cites studies in the journal *Atherosclerosis* and the *Canadian Journal of Cardiology* showing that eggs contribute significantly to heart disease.<sup>[8]</sup>

### Food Poisoning

Food poisoning kills 3,000 Americans each year and makes 48 million sick.<sup>[9]</sup> The number of food poisoned people is actually much higher, since many don't report their illnesses. Of all sources of foodborne illness, “Poultry is the most common cause of food poisoning in the home,” states Michael Greger, M.D. The U.S. Centers for Disease Control and Prevention show more deaths attributable to poultry consumption than to any other food product.<sup>[10]</sup>

*Consumer Reports* publishes its test findings on raw chicken every few years. In 1998, CR found harmful bacteria, chiefly *Salmonella* and *Campylobacter*, on 71% of store-bought chicken, including “free-range” and “premium” brands. They warned that the U.S. Department of Agriculture's seal of approval “is no guarantee of cleanliness.”<sup>[11]</sup>

In 2007, *Consumer Reports* announced tests on 525 chickens purchased from U.S. supermarkets and specialty stores in 23 states. 84% were contaminated with *Campylobacter* and *Salmonella* bacteria. Moreover, 84% of the *Salmonella* and 67% of the *Campylobacter* bacteria showed resistance to antibiotics including “multiple classes of drugs.”<sup>[12]</sup>

In “**Dangerous contaminated chicken**” published in 2014, *Consumer Reports* confirmed that 97% of 300 chicken breasts purchased by their investigators in stores across the country – including organic brands – contained dangerous bacteria. More than half were contaminated with feces and nearly half tested positive for antibiotic-resistant bacteria.<sup>[13]</sup>

For decades the U.S. Department of Agriculture (USDA) has confirmed that the main sources of foodborne diseases in people are “meat, poultry, seafood, dairy products, and eggs,” and that 90% of these illnesses are caused by bacteria, specifically: *Clostridium perfringens*, *Salmonella*, *Campylobacter*, *E. coli*, *Listeria*, *Staphylococcus*, *Shigella*, and *Yersinia*. According to the USDA: “Chicken and turkey gravies are specifically identified, along with meat, meat stews, meat pies, and beef, as a major source of *Clostridium perfringens*.”<sup>[14]</sup>

*Clostridium perfringens* – the bacterial pathogen that rots and liquefies chickens' intestines and skin to pus and jelly – is described by FoodSafety.gov as “one of the most common causes of food poisoning in the United States.” Considered to cause “nearly a million illnesses each year” in the U.S., it sickens consumers of beef, poultry, and gravies – gravies that are made with animal fat “drippings.”<sup>[15]</sup>

### Salmonella and Campylobacter

**“campylobacter or salmonella, the leading bacterial causes of foodborne disease.” – *Consumer Reports***<sup>[16]</sup>

**Salmonellosis** is a bacterial infection of the intestinal tract causing nausea, vomiting, abdominal cramps, diarrhea, fever, chills, weakness, and exhaustion. If the bacteria penetrate the intestinal tissue and enter the blood, *Salmonella* can colonize other tissues, causing septicemia (blood poisoning), meningitis, osteomyelitis, and even death. Like *Campylobacter*, *Shigella*, or *Yersinia*, *Salmonella* can cause chronic joint diseases, such as arthritis. According to the Agricultural Research Service, “an infection in the gastrointestinal tract by *Campylobacter*, *Salmonella*, *Shigella*, or *Yersinia* bacteria can lead to inflammation of an organ or joint that is far removed from the site of infection.”<sup>[17]</sup>

In 2015, the Centers for Disease Control and Prevention (CDC) reported 181 people in 40 states

infected with *Salmonella* from contact with live poultry, including birds purchased in feed stores.[18] CDC data showed that the 2013 Foster Farms outbreak of *Salmonella Heidelberg*, which infected 389 people, put twice as many consumers of chicken in the hospital as usual.[19] According to the CDC, every single confirmed case of *Salmonella Enteritidis* in the country represents “38 cases in the general population.”[20]

**Campylobacteriosis** is a bacterial infection of the intestines that results from eating and handling chicken products. Symptoms include cramps, chills, excruciating pain, diarrhea and fever. The digestive tract takes about two weeks to recover. Antibiotic treatment for campylobacteriosis is largely ineffective, due to the increased resistance of *Campylobacter* organisms to antibiotics. According to the Food Standards Agency in the UK, where 70% of chickens tested positive for *Campylobacter* in 2014, “*Campylobacter* is the most common form of food poisoning in the UK, sickening roughly 280,000 people a year. In the U.S., *Campylobacter* is estimated to cause 1.3 million illnesses each year.”[21]

In addition to being a leading cause of bacterial food poisoning in the United States, including 200 to 800 deaths each year, *Campylobacter* is linked to a paralytic disease that can cause fatal nerve damage known as Guillain-Barre syndrome. According to *The New York Times*, “there are about 5,000 cases of Guillain-Barre syndrome a year, and researchers say that 20% to 40% of them follow a campylobacter infection.”[22]

Scientists say *Campylobacter* is “currently the most significant pathogen that can be transmitted from animals to humans through meat . . . causing a massive number of infections and inflammations.” *Campylobacter* is particularly linked to the consumption and handling of poultry products.[23]

## Carcinogenic Solution: “Thorough Cooking”

The U.S. Department of Agriculture always recommends “thorough cooking” of contaminated poultry instead of telling people to avoid it. Physicians Committee for Responsible Medicine (PCRM) explains the risk of “thorough cooking.” If raw or undercooked poultry products are crawling with bacteria that can make people sick, thorough cooking of these products

can, the same as with red meat, result in the formation of cancer-causing compounds known as heterocyclic amines.[24]

According to PCRM, “It has long been known that cooked red meat contains cancer-causing heterocyclic amines, which form as the meat is heated.” A study by the National Cancer Institute (part of the National Institutes of Health under the U.S. Department of Health and Human Services) showed that “oven-broiled, pan-fried, or grilled/barbecued chicken carries an even bigger load of these carcinogens than does red meat.”[25]

## Diseases Traced to Animal Remains in Chicken Feed

Poultry feed contains dead birds and other animal remains – bones, feathers, blood, offal, manure, restaurant grease, fishmeal, slaughterhouse condemnations and all sorts of diseased, putrid and rancid refuse as part of the “recycling” process.[26] Poultry feed – “animal protein” – is a primary source of *Salmonella* contamination, and poultry waste products are linked to cardiopulmonary diseases in chickens.[27] Not only are sick birds shipped directly to consumers, but animals who die of undiagnosed diseases before slaughter are fed to the chickens and turkeys people eat, along with other animals who died of unknown causes.[28] Perdue Farms, Tyson Foods and other poultry producers conceal the content of poultry feeds, including the antibiotic content, as government protected “proprietary information.”

## Farmaceuticals: Massive Amounts of Antibiotics Fed to Chickens

*“U.S. regulators don’t monitor how the drugs are administered on the farm – in what doses, for what purpose, or for how long.”*

– Reuters[29]

An investigation by Reuters, published on November 15, 2014, revealed: “Major U.S. poultry farms are administering antibiotics to their flocks far more pervasively than regulators realize, posing a potential risk to human health. Internal records examined by Reuters reveal that some of the nation’s largest poultry producers [Perdue, Tyson, Pilgrim’s Pride,

## (continued) Chicken For Dinner: It's Enough to Make You Sick

George's, Koch Foods, Foster Poultry Farms] – routinely feed chickens an array of antibiotics – not just when sickness strikes, but as a standard practice over most of the birds' lives. In every instance of antibiotic use identified by Reuters, the doses were at the low levels that scientists say are especially conducive to the growth of so-called superbugs, bacteria that gain resistance to conventional medicines used to treat people.”

### The Cost of “Cheap” Chicken

If chicken were produced less unwholesomely and hazardously it would not be a cheap product. As *Broiler Industry* magazine said years ago, “The cost to the consumer would be enormous.” Moreover, “the cost of eliminating salmonella from flocks and raw finished product may force the price of poultry to increase to the point that poultry must be imported from less expensive sources.”<sup>[30]</sup> This is already happening. Poultry products are imported to the United States under provisions set forth by the U.S. Department of Agriculture.<sup>[31]</sup>

### Commercial Chickens are Raised in Excrement

The chickens one buys at the supermarket lived and breathed, not just in tons of excrement, but in tons of abnormal excrement. Because of their horrible diet, their wastes contain more pollutants than do the wastes of animals on healthy diets. In addition to the solid excrement on the floor, the birds breathe toxic excretory ammonia throughout their lives. These poisonous gases permeate the air, rising from the decomposing uric acid in the accumulated droppings in the chicken houses. They penetrate egg shells. They enter the birds' airways and immune system, inviting *Salmonella* and other pathogens to colonize and spread.<sup>[32]</sup> The droppings themselves contain disease organisms, drug residues, cysts, larvae, and metals such as copper, and zinc.<sup>[33]</sup> Until 2016, arsenic could be legally added to what was fed to chickens and turkeys in the U.S., and there is no telling whether arsenic-compounds are still being used since the Food and Drug Administration (FDA) announced, effective December 31, 2015, that it would

no longer approve new applications for arsenic-based drugs for farmed animals.<sup>[34]</sup>

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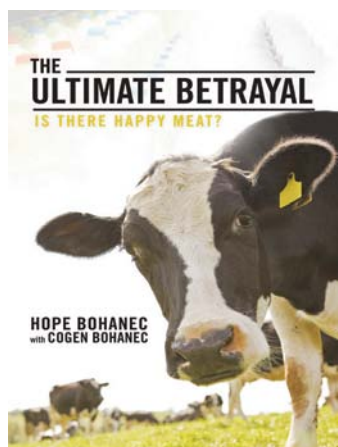
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For more information about Health & Nutrition, see [www.upc-online.org/health](http://www.upc-online.org/health).



### ***The Ultimate Betrayal: Is There Happy Meat?***

By Hope Bohanec

Available from United Poultry Concerns  
\$14.95

*The Ultimate Betrayal* lifts the veil of secrecy surrounding animal farming, offering a rare look inside the world of alternative animal agriculture. Drawing on research, worker and rescuer testimony and meeting the farmed animals themselves, *The Ultimate Betrayal* explores the recent shift in raising and labeling

animals for food and the misinformation around this “new way” of farming. Small-scale farms are the latest craze and various methods of alternative animal agriculture carry feel-good labels. It is now popular to say that your eggs are cage-free and your meat is organic. But is this trend really the answer to the problems of raising animals for food? What do the labels really mean? Are these products truly humane, environmentally friendly or healthy? *The Ultimate Betrayal* offers answers to these critical questions.

## *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.

Please accept this contribution for your memorial fund in loving memory of my dear cat Lady, who passed on December 30. She was a gentle, sweet cat and I truly miss her. May God bless your kind work. – *Gail Wilson*

My donation is in memory of Johannes Williams, a dedicated activist for peace, who left us far too soon in May of 2014. – *Margaret Carpenter*

Please accept this donation in memory of Ruby, a rescued starling who lived with Jan for over 10 years and passed away December 12, 2015. – *Lori Barrett & Jan Peterson*

My donation is in memory of the sweetest rooster ever, my Guiseppe – saved when a neighbor told me he was taking him and his girl to an “auction” and I could not bear it and made him give them to me instead. – *Charles Nash*

My donation is for Felix, Gabby and all the other gentle souls who are being exploited for their flesh, eggs, and milk. Rest Felix, help us be your voice. – *Nancy Correa*

My donation is in memory of my husband, Richard Frank. – *Madeline Hastings-Frank*

My gift is in memory of Lady Bird, a racing pigeon I rescued from the streets of SE Washington, DC. She had a severe breast injury but recovered, grew back her feathers, and became tame. She greeted me when I came home, preened my eyelashes, loved Doritos and walked around keeping the floor clean. So many memories of a wonderful little hen. – *Donna Combs*

My donation is in loving memory of Robert “Bobby” Rosenberg. – *Marla Rosenberg*

My donation is in honor of Bob Millar. – *Anonymous*

My donation is made as a gift for Jason Green. – *Monica Morarend*

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*



**Gabby & Felix, August 27, 2015. Photo by Karen Davis**

**PLEASE, JOIN US TODAY!**

We NEED Your Strong and Continuing Financial Support

☐ New Membership **\$35**   ☐ 2016 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](http://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 \_\_\_\_\_

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**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

**Free Ways to Help United Poultry Concerns Raise Much-Needed Funds***Please make free fundraising a part of your online routine*

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](http://www.iGive.com/UPC) & [www.iSearchiGive.com/UPC](http://www.iSearchiGive.com/UPC).

You can also install the iGive Toolbar 3.0 now at [www.iSearchiGive.com/UPC](http://www.iSearchiGive.com/UPC) and help UPC get every possible donation when you shop or search online!

**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 &amp; Mr. Frizzle ©2008 Davida G. Breier



*You are cordially invited to attend*

## United Poultry Concerns' Fifth Annual Conference

*On the topic of*



**Saturday, March 19, 2016, Berkeley, California**

**Conference Hosts:** United Poultry Concerns, Berkeley Organization for Animal Advocacy



**Conference Synopsis:** United Poultry Concerns' *Conscious Eating Conference* brings expert speakers to Berkeley, California to share their ideas about the best food choices we can make for the planet, ourselves, and other animals. We will explore the ethics of eating and the effect that each food choice has, and why it matters. *You don't want to miss this exciting day of information exchange and advocacy support!*

**Location:** David Brower Center, 2150 Allston Way, Berkeley, CA 94704 (Near the UC Berkeley Campus)

**Date:** Saturday, March 19, 2016 • **Registration:** 9am • **Program:** 10am - 6pm

**Registration:** FREE for students with IDs. To register as a student, email [hope@upc-online.org](mailto:hope@upc-online.org). \$15 all others. To register, send check or money order to UPC, PO Box 150, Machipongo, VA 23405, or register by credit card at [www.upc-online.org/forums/2016](http://www.upc-online.org/forums/2016).

**Food:** For all participants, continental breakfast of vegan scones and fruit. Lunch will be a vegan, organic delight courtesy of Hella Vegan Eats.

**Speakers:**



**Michael Bedar**  
East Bay Healing Collective



**Edita Birnkrant**  
Friends of Animals



**Hope Bohanec**  
United Poultry Concerns



**Karen Davis**  
United Poultry Concerns



**pattrice jones**  
VINE Sanctuary



**Robert C. Jones**  
Philosophy Dept., California State University



**Christopher Locke**  
"Persimmon Takes On Humanity"



**Donny Moss**  
TheirTurn.net

**Ruby Roth**  
Author, Vegan Children's Books

*Full Schedule & Bios for CEC 2016 Speakers available at*  
[www.upc-online.org/forums/2016](http://www.upc-online.org/forums/2016)



# United Poultry Concerns: Letters to the Editor

JAN. 25, 2016

## UPC President Karen Davis's Letter Published on *The New York Times Science Page*

### Chickens With Dignity TO THE EDITOR:

Re "Chickens Weren't Always Dinner for Humans" (Jan. 19): The claim that "chickens get no respect" is not quite true. In the United States and around the world, the number of sanctuaries for rescued farm animals, including chickens, is growing. One of the great things about a farm animal sanctuary is the opportunity it provides for staff and visitors to get to know animals that most people think of only as dinner.

I hope that the "Cultural & Scientific Perceptions of Human-Chicken Interactions" project discussed in the article will draw attention to the intelligence, dignity and endearing qualities of chickens that so many of us who keep chickens recognize. The interaction between people and chickens in a sanctuary setting is an illuminating experience that those who study such relationships need to know and to share in their published accounts.

Karen Davis Machipongo, Va.

*The writer is president of United Poultry Concerns, a nonprofit organization.*

### Of Chickens and Trees

Hope Bohanec, UPC's Projects Manager, and videographer Kamal S. Prasad, who records our annual Conscious Eating Conference each year, published Letters to The Editor in the North Bay *Bohemian* in California, January 20, 2016, challenging the notion that "chicken" production is better for the environment than "beef."

### TO THE EDITOR:

It was interesting to read that there is a new "-atarian" in town, the climatarian! ("**Climate Menu**," Jan. 13). The growing awareness of the impact of our

food choices on the planet is encouraging, but this article only takes us halfway across the road of climate disaster.

While it's true that beef and dairy contribute significantly to climate change, when compared to plant foods, pork and chicken are extremely harmful as well. If everyone in the United States skipped one serving of chicken per week, the carbon dioxide savings would be the equivalent of taking more than half a million cars off our roads. From an ethical standpoint, because chickens' bodies are so much smaller than cows', they feed less people, so choosing chicken over beef can cause more animals to suffer and die. Don't just switch from beef to pork or chicken; get the slaughterhouse out of your kitchen and choose a carbon-friendly, compassionate vegan diet.

Hope Bohanec

*Executive director, Compassionate Living, Penngrove*

### TO THE EDITOR:

While it is true that a single bovine has a larger greenhouse-gas footprint than one of the smaller animals we breed for human consumption, switching to eating chicken is not the way to solve the climate problem. Over 8 billion of the 9 billion animals bred for human consumption every year in the United States are chickens. The sheer number of chickens being bred every year puts their environmental footprint on par with the larger animals. It may even be worse.

For example, billions of chicks are hatched in incubators, which require vast amounts of energy to run, for the egg-laying industry. Half of those chicks will be male and therefore no use to the egg industry and will be killed within hours of their birth. The bottom line is that animal agriculture cannot be made sustainable in a world with a growing human population and demand for animal products, and a dwindling supply of resources to support it.

Kamal S. Prasad  
*Santa Rosa*





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. Order posters & brochures at [www.upc-online.org/merchandise/](http://www.upc-online.org/merchandise/).  
UPC, PO Box 150, Machipongo, VA 23405



# Molly the Emu: The Latest News on Her Case



The long necks and excellent periscopic vision of emus enable them to survey the land for miles in all directions at once. Emu parents incubate and raise their young together. They are very gentle birds.

In the Summer and Fall 2015 issues of *Poultry Press*, we reported how a young man in Comanche, Texas named Cassius Aden Mankin, accompanied by two or more other adults and some juveniles, entered the property of Bob and Carol Falk on February 14, 2015, stole their pet emu, Miss Molly, punched her eyes out, and choked her to death. On April 24, 2015, Mankin was formally indicted by the Grand Jury for the County of Comanche and charged with CRUELTY TO LIVESTOCK ANIMALS for his intentional and knowing torture of a livestock animal.



**Cassius Mankin is charged with felony animal abuse for torturing and killing Miss Molly.**

The case against Mankin, previously set for jury trial on October 5, 2015, was reset for February 29, 2016.

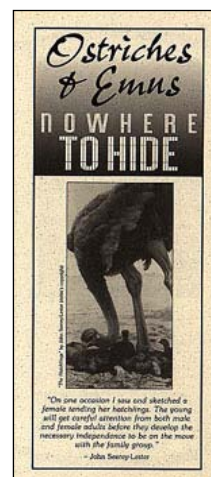
## What Can I Do?

- Please send a polite but firm message to the District Attorney's Office urging that Cassius Aden Mankin (Case No. CR03870) be convicted of the Felony Cruelty to Livestock Animals with which he is charged. In addition to conviction, Mankin, who performed an intentionally sadistic act of animal cruelty in the company of juveniles and other adults, should be required to undergo intensive mental counselling with a permanent felony conviction on his record for cruelty to animals. The DA's office told UPC that they've received a flood of mail and phone calls urging justice for Miss Molly. Please make a final push for her before Mankin's trial on February 29.

Contact:

Judicial District Court Attorney B. J. Shepherd  
PO Box 368  
Meridian, TX 76665  
Phone: 254-435-2994  
Fax: 254-435-2952  
Email address unavailable.

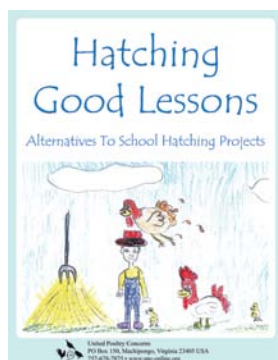
- To learn more about emus and ostriches – the oldest living birds on earth – please visit our webpage Report *Nowhere To Hide* at [www.upc-online.org/ostriches](http://www.upc-online.org/ostriches). Our brochure "Ostriches & Emus: Nowhere to Hide" is also a powerful source of information about these flightless nomadic birds. Order 20 for \$3.00.



*Thank you for demanding justice for Miss Molly.*

# Why Choose Alternatives to Chick-Hatching Projects?

Many teachers place fertilized eggs in classroom incubators to be hatched within three or four weeks as a lesson in embryonic development. These projects are typically conducted in the Spring and Fall of the school year. Chickens, ducks and quails are usually chosen, but mostly chickens. Our booklet *Hatching Good Lessons: Alternatives To School Hatching Projects* urges teachers to replace these projects with learning activities that teach life processes without the use of live birds. Here's why.



Hatching projects encourage the view that animals are disposable objects instead of requiring a lifetime of care and commitment. They encourage children to want to bring more baby animals into the world, like litters of puppies and kittens that no one wants when the animals grow up. They place a burden on animal shelters and busy parents who can't keep the birds, and zoning ordinances often prohibit the keeping of chickens, particularly roosters, even though more than half of all surviving chickens are going to be roosters. And while children should be learning the importance of veterinary care for animals who depend on them, most schools do not provide veterinary care for the many birds who are born sick and deformed in these projects.

Hatching-project birds are deprived of a mother hen. This is a big reason why so many classroom chicks are born sickly, dehydrated and crippled. Chick organs often stick to the sides of the shell as a result of not being turned properly in the mechanical incubator. By contrast, a mother hen turns each of her eggs, individually, as often as 30 times a day, using her body, her feet and her beak to move each egg precisely to maintain the proper temperature, moisture, ventilation, humidity and positioning of each embryo she is sitting on. The embryo signals its needs to her, and the hen responds with the necessary adjustment of her eggs.

*Salmonella* is also a concern. More and more children have egg allergies and complications of seasonal flu and vaccines. Dr. Pascal James Imperato, dean of the Graduate Program in Public Health at the State University of New York, has explained that due to "insufficient regulation of

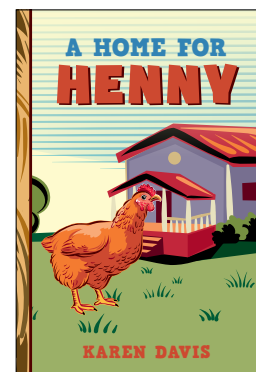
the poultry industry," *Salmonella* is "widespread among chickens and other poultry." **The risk of infection, he said, is "especially high for young children who come into contact with baby chicks and ducklings"** ("Salmonella Common in U.S. Poultry," *The Washington Post*, Jan. 23, 2009).

For all these reasons, we urge teachers to replace hatching projects with programs that teach life cycles and inspire students to appreciate, respect, and learn about the amazing life of birds on our planet and in their own neighborhoods without incubating motherless chicks in machines and hatching them in barren environments.

## What Can I Do?

❗ If you hear that a chick hatching project is being conducted in a children's classroom near you, please provide the school principal, classroom teacher, and school district supervisor with a copy of *Hatching Good Lessons*. This 16-page guide is filled with information, quizzes, stories, pictures, activities, and curriculum resources for children that teachers, parents and people of all ages will be pleased to teach and learn about chickens and other birds.

❗ Order *A Home For Henny* for a child, teacher, friend, school library. *A Home For Henny* tells the story of Melanie, a 3rd grader who, like her teacher and classmates, is excited about a chick hatching project in her class – until they discover the dark side of the project. *A Home For Henny* explores the problems with school hatching projects while evoking the lively and sweet personality of the one chicken who is saved, named Henny, and her loving relationship with Melanie and ultimate adoption by United Poultry Concerns.



To order *A Home For Henny* (\$6.99 for 1, \$15 for 5) and *Hatching Good Lessons* (\$2.50 for 1, \$5.00 for 5), go to [www.upc-online.org/merchandise/](http://www.upc-online.org/merchandise/) or send check or money order to UPC, PO Box 150, Machipongo, VA 23405.



*Vegan Recipe Corner***Raspberry Coconut Thumbprint Cookies**

*Recipe From The Costco Connection,  
December 2015*

- ½ cup dairy-free margarine
- 5 tablespoons melted coconut oil
- 1 teaspoon coconut extract (optional)
- ½ cup powdered sugar
- ½ cup cornstarch
- 1 ½ cups flour
- ½ cup shredded coconut
- 2 tablespoons plant-based milk

**RASPBERRY FILLING**

- ¼ cup shredded coconut
- ½ cup raspberry (and/or apricot) jam

**DRIZZLE**

- 1 tablespoon melted coconut oil
- ⅓ cup powdered sugar
- 2 teaspoons vanilla-flavored plant-based milk

Heat oven to 350 F. Line a cookie sheet with parchment paper. Combine margarine, coconut oil, coconut extract and powdered sugar in a bowl; stir well. Add cornstarch and flour; stir well. Add plant-based milk gradually until soft dough forms. Refrigerate dough 15 minutes.

Roll cookie dough into 1 inch balls and roll in coconut. Place on prepared sheet, 1 inch apart.

Prepare the filling: Stir the filling ingredients together in a bowl.

Create an indentation in each cookie dough ball. Spoon filling into the indentations. Bake 12-15 minutes, until golden.

Prepare the drizzle: Place coconut oil and powdered sugar in a bowl; stir well. Stir in milk until creamy. Drizzle over cookies. Makes approximately 2 dozen.



Photo by Liqin Cao

For more great recipes, go to [www.upc-online.org/recipes/](http://www.upc-online.org/recipes/)!

## POSTCARDS

20 for \$4.00, 40 for \$7.50



"Love is Best"



"Peaceable Kingdom"

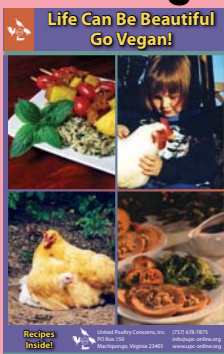


"Chickens - To Know Them is to Love Them"

"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"  
"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"  
"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

**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](http://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

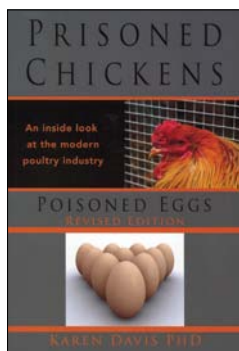
**Prisoned Chickens, Poisoned Eggs:  
An Inside Look at the Modern  
Poultry Industry**

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."

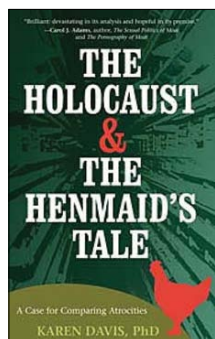
– *Choice magazine, American*

*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**

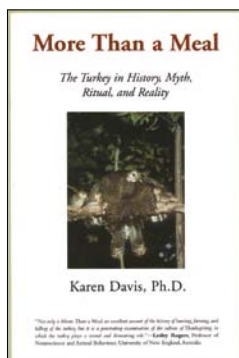
By Karen Davis

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**

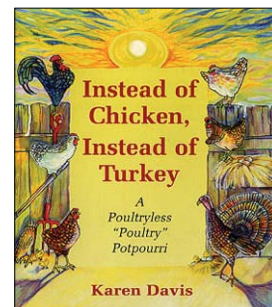
By Karen Davis

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**

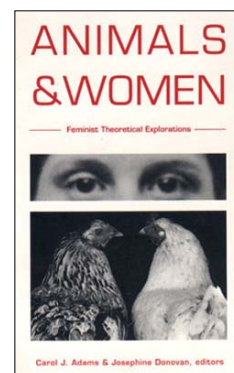
By Karen Davis

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

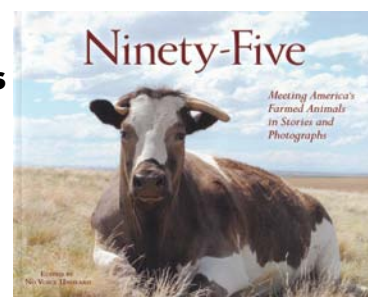
**Animals and Women:  
Feminist Theoretical  
Explorations** Edited by Carol J.

Adams &amp; 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**

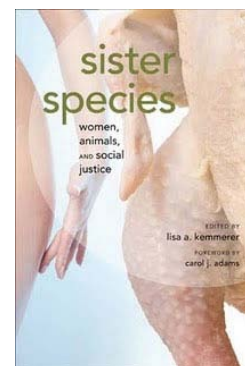
An anthology of photos and stories by No Voice Unheard Editors: Marilee Geyer, Diane Leigh and Windi Wojdak. \$20

**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



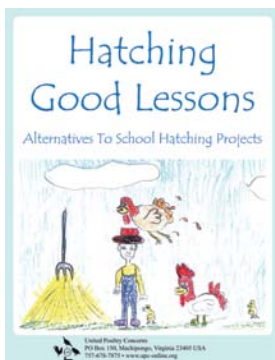


## CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

### Hatching Good Lessons: Alternatives To School Hatching Projects

By United Poultry Concerns

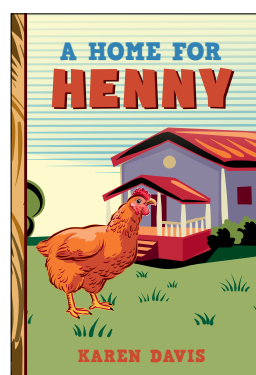
A guide booklet for elementary school teachers and other educators including parents. Revised & Updated, 2013. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. 5 for \$5. It can be viewed and printed out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

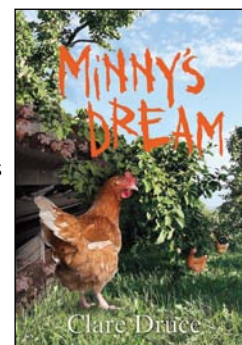
Dave is a quirky monster from another planet who loves chickens and all animals on Earth. He encourages people to share his love and not eat any

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

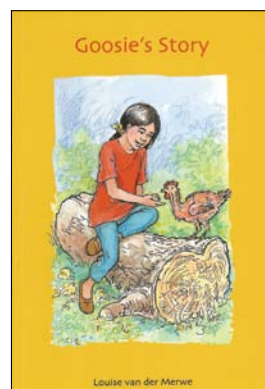
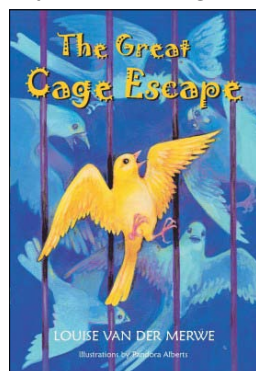
What happens when a young girl from the city discovers a battery-hen operation in the country? What happens when a "battery hen" named Minny speaks to her? What must she do when her friend Minny is going to be killed? This book is a must for the young person(s) in your life, age 8-14. \$10



### 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

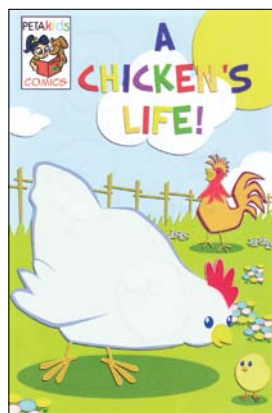
By Louise Van Der Merwe

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

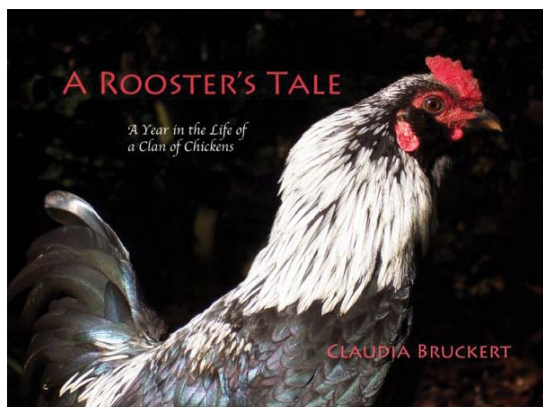


words including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

**More Books, plus Videos available at [upc-online.org/merchandise](http://upc-online.org/merchandise)**

**(continued) CHILDREN'S BOOKS & EDUCATIONAL MATERIALS**

**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

**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](http://upc-online.org/merchandise)**

**Plus These Great Gifts from UPC!**

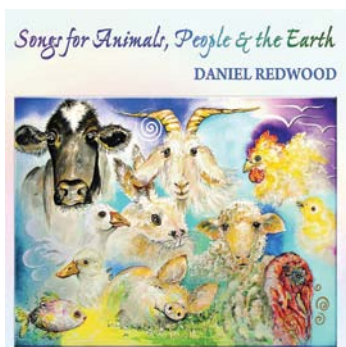
**"The Mother of Compassion Blesses Our Fellow Beings – May They Be Happy and Free From Suffering"**

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

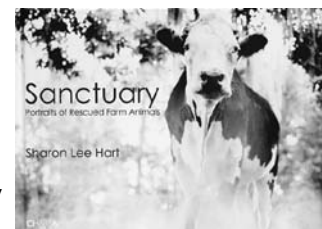
Renowned visual artist Sue Coe, pioneer champion of animal rights and author of *Dead Meat*, has produced this mesmerizing new book documenting the experiences of animals raised and slaughtered for human consumption. Through its written account and haunting visual images, *Cruel* is a surpassingly passionate 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.

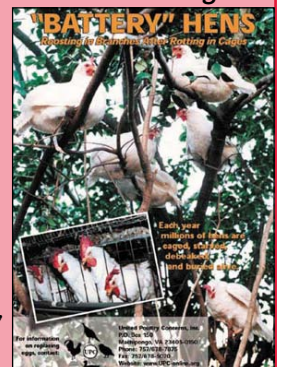


### "Battery" Hens

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.**



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*Wishing You a Lovely Spring!*  
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January 2016 Calendar Photo of Rae by Amy Leinen, courtesy of Chicken Run Rescue in Minneapolis, Minnesota

Rae must be thinking to herself, "I've had quite enough of 'Prisoned Chickens.' Thankfully I was saved by Chicken Run Rescue." *Prisoned Chickens, Poisoned Eggs* by Karen Davis is "Riveting . . . Brilliant." - American Library Association. Order your copy from United Poultry Concerns.