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Volume 29, Number 1



# Poultry Press

*Promoting the compassionate and respectful treatment of domestic fowl*

*Celebrating 29 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

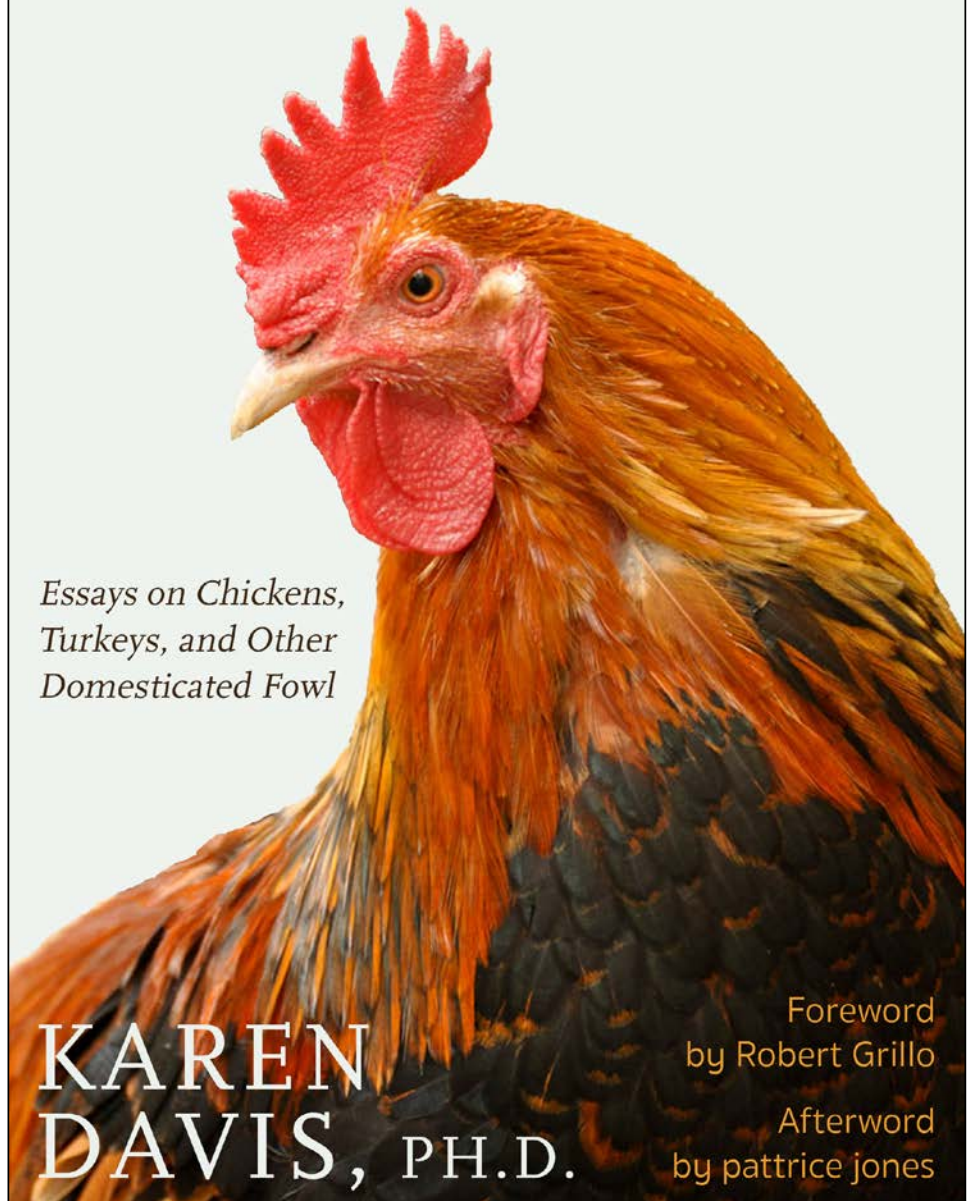
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## FOR THE BIRDS

*From Exploitation to Liberation*



*Essays on Chickens,  
Turkeys, and Other  
Domesticated Fowl*

**KAREN  
DAVIS, PH.D.**

Foreword  
by Robert Grillo

Afterword  
by patrice jones

***For The Birds is now available! See inside.***

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EDITOR:  
Karen Davis

GRAPHIC DESIGN:  
Franklin Wade

## UNITED POULTRY CONCERNS, INC.

### OFFICERS:

**KAREN DAVIS, PhD**  
*President-Director*

**LIQIN CAO**  
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GRAPHIC DESIGNER:  
FRANKLIN WADE

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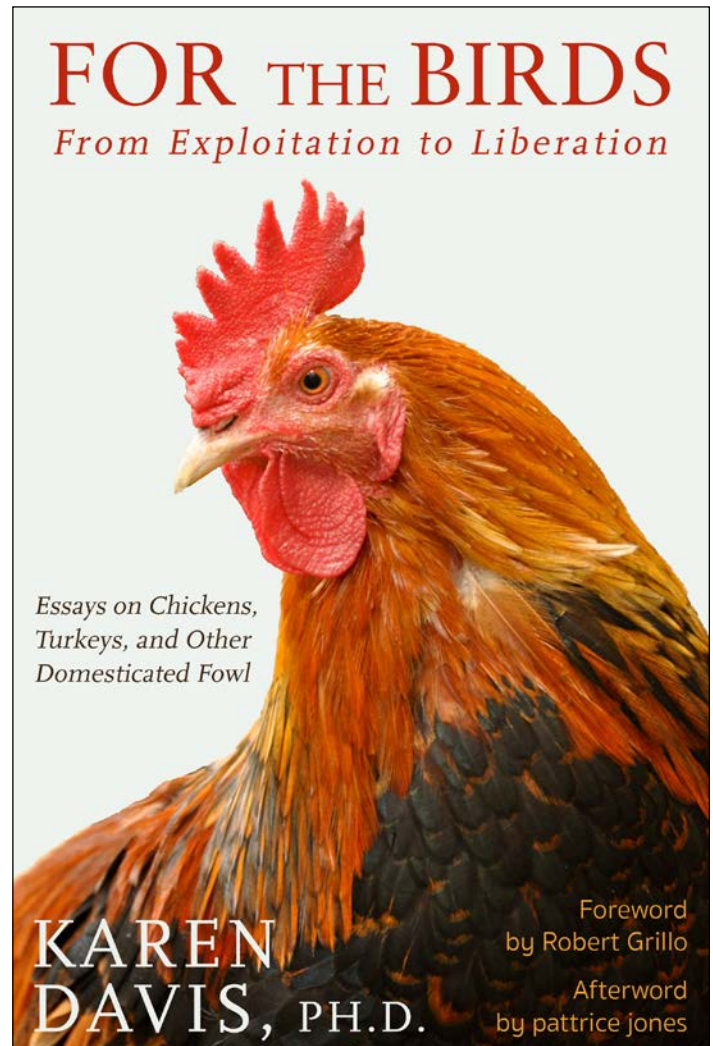
## ***For The Birds* is now available!**

*For the Birds: From Exploitation to Liberation* showcases Karen Davis's three decades of popular and academic work. As the founder and director of United Poultry Concerns, she has done more than perhaps anyone to reveal the complex and socially rich lives of birds. Her writing – intellectually rigorous, passionate, erudite, and witty – brings fully to the fore the great injustices we have perpetrated on these intelligent and loving creatures. – *Lantern Books*

To understand the context of Karen's thinking and writing, you must understand that chickens have been at the very heart of her professional and personal life all these years. – *pattrice jones, Afterword*

*For the Birds* substantiates the enduring value of Karen Davis's work as an author, an activist, and a rescuer. Those who are new to her writings will be struck by her range of subjects and analysis, while more seasoned readers will be grateful to find her important ideas comprised in a single volume. I am confident that Karen's readers will be greatly rewarded, and that the birds and all animals will benefit, as they already do, from the abiding passion and influence of her advocacy for them. – *Robert Grillo, Foreword*

I'd be much obliged if you'd pass along this note to Karen Davis: At the beginning of this index, I wasn't very keen on immersing myself in another book on animal cruelty. Up to now, I've been able to squash my personal feelings while reading, then go back to eating meat after I put the book away. But a few days into working on this one, I just couldn't make myself go back to my computer every day to work, and continue being a meat eater. Karen's arguments and descriptions piled on top of so many things I already knew but had managed to rationalize away and sidestep. So, there's one less meat eater out there now. Thanks for the kick in the pants. – *Rachel Nishan, Twin Oaks Indexing*



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# The Fight for 40 Billion

## The Voice of United Poultry Concerns

The March issue of *Animal Culture Magazine* features an inspiring interview with UPC President Karen Davis:

*"I want a world where ethics and intelligence come together on behalf of making the best possible life for every being in every habitat on the planet."*



Karen Davis and Florence.

Photo: John H. Sheally courtesy of *The Virginian Pilot*

**K**aren Davis, founder and president of United Poultry Concerns, shared the story of the organization's beginnings and mission, her affinity for all birds, succinct advice for animal activists, and what motivates her in a wide-ranging, captivating interview. Karen said she has had an affinity for birds since childhood, but had no personal experience with chickens or turkeys until adulthood. A combination of circumstances led to the founding of UPC – her growing interest in farm animals combined with personal time with her landlady's chickens, and a stint as a volunteer at Farm Sanctuary brought about a decision to form an organization to focus on the plight of chickens and turkeys. She formed it in 1990, after receiving conflicting recommendations about its chances for success. One view was that it was difficult enough to get people to care about big animals, like whales; no one

was going to care about chickens. The other view was, "Go for it! Don't wait! Do it now!" So she did. As Karen explained, "My lifelong affinity for birds was completely galvanized by meeting chickens and turkeys, and getting totally immersed in the animal rights movement in the 1980s, and realizing this was really my calling."

She took all the skills acquired earning a PhD in English at the University of Maryland, not to teach college English, but to advocate for poultry. One of her landlady's chickens had been left behind when the others were sold. Karen found this chicken crippled, dirty, and small, and called her Viva. "She was very instrumental in my decision to focus my increasing attention on farmed animals, on the largest number of land animals being farmed, who happen to be chickens. Back then it was maybe 7 billion in the United States; now it's 9 billion. 40 billion worldwide. . . . I was just completely enchanted by chickens. I was moved by them at some very visceral level. Some very primal level."

She immersed herself in the subject spending hours at the largest agricultural library in the world, the Beltsville Agricultural Library outside Washington, DC. Her research has been utilized in UPC campaigns, and in the numerous books and articles she wrote and continues to write to this day. Karen noted that her background in writing and research has served her well in new endeavors. UPC, which became a bona fide 501(c)(3) nonprofit in October of 1990, dedicates itself to promoting the compassionate and respectful treatment of chickens and turkeys and other domestic fowl, and focuses on food production, science, education, entertainment, and human companionship situations. What most people don't know is that poultry in this country are still not protected by any humane laws.

From its inception, UPC has had support and encouragement from a plethora of animal rights activists. *Poultry Press*, its primary publication, went from being two 11 x 17 double-sided, photocopied pages to a full-fledged print and online magazine. From a small, rented facility with a few sanctuary chickens in a Maryland suburb of Washington, UPC has grown to an owned facility in Machipongo, VA, housing both the UPC offices and a sanctuary for some 170 birds. The

irony is, one of the largest poultry producing counties in the United States, Accomack County, is directly to the North, with facilities owned by Perdue and Tyson.

Karen stated that their focus is still the same as it was when they began 29 years ago. The staff is small, stable, capable, and committed. The internet and social media have changed the way they conduct business, to some extent. Of course, they are fighting an uphill battle. “Poultry are still the largest number of land animals – 9 out of 10 land animals slaughtered each year in the United States for food – who are not even covered by something so minimal as the Humane Methods of Slaughter Act.” Referring to poultry, Karen added, “What we’re saying is, we believe it does not help them, first, to not have any identity at all in *all* of agribusiness. It doesn’t help them to be known as the animals who aren’t even considered worthy, if you want to put it that way, of being covered by this so-called Humane Methods of Slaughter Act.”

In addition to launching a campaign in 1994 to replace classroom chick-hatching projects with humane alternatives, UPC has been in the news for its campaign to replace the Kaporos chicken-abusing ritual, performed by some Orthodox Jewish communities prior to Yom Kippur, with non-animal symbols of atonement. The ritual involves swinging a chicken overhead while repeating a chant, then slitting the bird’s throat as a symbolic act of passing the practitioner’s due punishment onto an innocent victim.

Karen and UPC also educate the public about the egg industry’s practice of starving hens, known as “forced molting,” and debeaking. Many of you are familiar with the concept of “phantom limbs,” the lingering pain that is felt where a severed limb used to be. Karen has shared findings by Ian Duncan of the University of Guelph in Ontario, showing that birds experience phantom limb pain when part of their sensitive beak is amputated. Karen said, “When birds are debeaked, it isn’t just the agony to their beak but to their whole face. All the nerves in their faces. Then they can never adequately preen themselves or eat properly.”

Karen is the author of many books, articles, essays, and published letters. Her new book of essays, *For the Birds: From Exploitation to Liberation*, is coming out this year. She talked specifically about *Prisoned Chickens*, *Poisoned Eggs: An Inside Look at the Modern Poultry Industry*. First published in 1996, *Prisoned Chickens*



Sugar was rescued from a Perdue chicken shed.  
Photo by Susan Rayfield

appeared in a new edition in 2009. About the book, Karen stated, “I wanted to write a book that would be something that people in our movement could read and get a clear picture of what this industry is about, how it developed, what the birds suffer in terms of production diseases, how they’re treated. The so-called broiler chickens on the one hand and the egg-laying chickens on the other hand. The parent flocks and what they go through. The whole picture, but I wanted it to be in a form that was accessible, that was readable, and that infused a caring attitude into a scholarly, but not an overly-academic, type of work.”



Photo of Amelia by Karen Davis

**(continued) The Fight for 40 Billion**

As an activist, she said the most difficult challenges she faces are, “Knowing what these birds are going through 24/7 everywhere. The entire planet is blanketed with avian agony. It’s not only birds, of course. It’s the pigs: it’s the whole scene.” On the other hand, “The easiest part is certainly just being with the birds that we have the good fortune to have in our presence every day in our sanctuary. To be in their company. To share our days with them. To be able to help them. To be able to experience their exuberance.”

She went even further, saying, “This is the work I want to do. It’s not just any work. People say to me, ‘How do you stand doing this? Don’t you get sick of it? Don’t you get tired of it? Aren’t you just depressed all the time?’ ‘Yeah, I am depressed all the time. I am angry all the time. I am in a state of grief all the time.’ What helps me is to put my feelings into productive work. I look forward to getting up every day and getting to work.”

Karen has daunting goals for the future. “Well, I would say, first, for the world, I want an ethical vegan world. There’s no question about that. If I could pass a law that would completely prevent human beings from abusing animals, I would. I would support it if it could be implemented. I want a world where people respect the other lives that we share, both other than human as well as human. I want a world where we could go far in having a more respectful, a more caring, a more just world for all concerned. That’s what I want to see.”

She commented further, “I want a world where ethics and intelligence come together on behalf of making the best possible life for every being in every habitat on the planet. As far as United Poultry Concerns is concerned, I will work to expand what we’re doing. To educate people about who chickens are, who turkeys are, who *birds* are, and by extension – who animals in themselves are, as far as we can know. When they’re not being degraded and subjected to indignity and physical and mental abuse. Who are they? I want to expand people’s understanding of who they are, who they were meant to be until we got our clutches on them. And who they have a right to be. My hope is that we can learn to appreciate birds and other animals without viewing them from a purely exploitative point of view.”



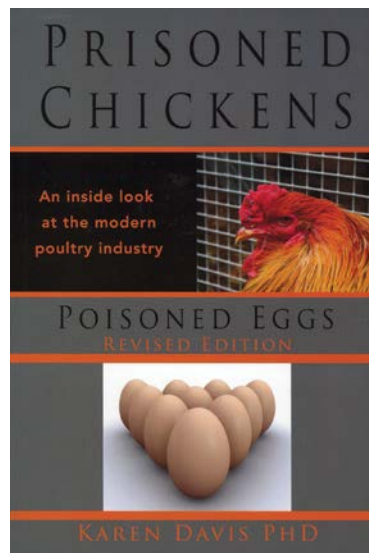
**From rotting in cages to roosting in branches, former battery hens enjoy life at United Poultry Concerns.  
Photo by Susan Rayfield**

In response to the accusation that vegans are pushy, Karen’s response was on point. “Every social activist in the world for any cause has been accused of being pushy. And what people enjoy today as their rights were won by somebody else. Someone that was pushy. Someone who inserted themselves into the sclerotic mainstream conventional way of thinking and insisted upon another point of view. And people laughed at them and scorned them.”

Her response to those who say, we need to worry about humans first, before we think about animals, is, “They’ll say, ‘I care about humans.’ One answer I have for that is, if you really care about humans, and you should, you should never want any human being to ever have to walk into a slaughterhouse and spend their

day terrorizing and killing their fellow creatures and being steeped in blood all day. And having to take drugs so they can stand doing that work or taking all of the violence they've done all day to get a paycheck back into their home to their spouse or their children."

Karen shared her advice with fellow animal advocates. "Be strong and affirmative for animals. Don't apologize. Don't start off by saying I know a lot of people think I'm crazy for caring about a chicken type of rhetoric. Stand up for what you believe. Stand up for the animals. We're all they have. If we cringe and act apologetic on behalf of ourselves or our cause or for the animals for whom we have chosen to speak, that is a betrayal to the nth degree."



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# UPC Supports Opposition to Chicken Slaughterhouse in Alexandria, Virginia



(Beth Clifton collage)

Ignoring protests from business owners and residents, the City Council of Alexandria, Virginia, a suburb of Washington, DC, voted 5 to 2 on March 26th to issue a special use permit to Saba Live Poultry, a halal operation in which customers choose a chicken, turkey, duck or quail and watch the bird being slaughtered. Each day, between 200 and 500 birds would be slaughtered in what the owners, under the name of DC Live Poultry Market Corporation, fabricated on the application as “humane treatment of animals” under Islamic law.

In April, the Alliance for a Slaughter-Free Alexandria filed a complaint in state court challenging the slaughterhouse approval. The complaint describes the failure of the City Council and Department of Planning and Zoning “to conduct a thorough, complete, and accurate analysis of the deleterious impacts” of the slaughterhouse, including “Intentionally failing to use the term ‘slaughterhouse’ in its staff reports and public notices, while instead referring to the use as a ‘retail establishment that processes chickens.’”

In addition to the court filing, Alliance leaders are educating and activating Alexandria residents, including sponsoring a Change.org Petition urging citizens to tell the Alexandria City Council to rescind the slaughterhouse special use permit.

## What Can I Do?

- ✚ If you have internet access, please sign and share this Change.org Petition:

### Rescind City Council’s Approval to Operate a Slaughterhouse in Alexandria, Virginia

<https://www.change.org/p/alexandria-city-council-keep-alexandria-slaughter-free>

- ✚ If you live in Northern Virginia or Washington, DC, please urge the Alexandria Mayor and City Council to rescind their approval of the halal poultry slaughterhouse in Alexandria. If you live outside the region, you are still encouraged to express your opposition to City officials.

#### Contact:

City of Alexandria Mayor & City Council by email:  
<https://www.alexandriava.gov/Council>

Mayor and City Council by phone: 703.746.4500

Mayor and City Council by regular mail:  
Alexandria City Hall  
301 King Street  
Alexandria, VA 22314

- ✚ To learn more about UPC’s support for this effort, visit our webpage on Live Poultry Markets and Auctions at [www.upc-online.org/livemarkets](http://www.upc-online.org/livemarkets).



**UPC's Letter to the Alexandria, VA Mayor, Vice Mayor, and City Council, March 18, 2019, was posted on the City Council's Webpage:**

Attention: Mayor Justin M. Wilson, Vice Mayor Elizabeth B. Bennett-Parker, and Alexandria City Council Members

Dear Mayors and City Council Members:

I am writing respectfully to urge you not to grant a special permit for a chicken slaughter operation at 3225 Colvin Street in Alexandria.

Despite the Saba Live Poultry staff's assertion that all the trash and garbage will be stored indoors at all times, this business will truck live birds to the facility. There will be birds crowded in cages in what is most likely to be a putrid smelling interior, as is typical of all the live poultry markets I personally have visited in New York City and that have been visited and recorded by others. These places are filled with birds who typically come from suppliers who round them up from various locations, and often these birds are sick and dying with undiagnosed (and of course untreated) illnesses. But even if they are healthy, they must sit in their cages and listen all day long to the cries and screams of the other birds who are having their throats cut.

Please understand that throat-cutting of a living creature including a chicken is NOT humane and that the language of "humane" to describe this process cheapens the word "humane" and falsifies the experience the birds are enduring. This includes the painful, terrifying experience of a knife blade close to the face and cutting into the sensitive skin and trachea and other parts of the innervated face, throat and neck area. It includes the cruelty of making birds

awaiting their own deaths listen to the killing being conducted over and over. So forget "humane."

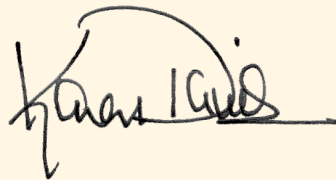
Live poultry markets are not clean places regardless of how much rhetoric is expended to say that they are. The smell of blood and suffering is strong, and most frequently, the birds do not have fresh clean food or water in their cages, adding to the inhumanness of these places which always includes rough handling.

And what happens to the birds who are not slaughtered and sold to customers? How are they disposed of along with the daily mess of entrails, blood and other body parts of birds who are slaughtered? And where do the birds come from to begin with? Where do they originate? How long before their arrival at the killing facility were they deprived of food and water?

I am speaking for the birds and for those residents who justifiably do not want a slaughterhouse in their neighborhood. The industrialized poultry industry is 100 percent cruel, filthy, and inhumane, but so are these live poultry operations, which are simply extensions of factory farming rather than "alternatives."

Please reject the proposal that a bird-killing operation be established in Alexandria. Thank you for your attention. I will be happy to speak with you further upon your request.

Sincerely,  
Karen Davis, PhD, President



United Poultry Concerns

# Experiencing Chickens and Restoring Their Earth Rights



Photo: Engin Akyurt/Pexels

**By Karen Davis, PhD, President of United Poultry Concerns**

*This essay was published in honor of International Respect for Chickens Day May 4, 2019 by Independent Media Institute, Spirit of Change Magazine, and All Creatures.*

**M**ost people I talk to are surprised to learn that chickens evolved in a rugged, tropical forest habitat filled with vibrant colors and sounds to which they contribute their share to this day. Many are surprised to learn that chickens are endowed with memory and emotions and a keenly developed consciousness of one another and their surroundings.

A newspaper reporter who visited our sanctuary was astonished to discover that chickens recognize each other as individuals after they've been separated. A friend and I had rescued a hen and a rooster in a patch of woods alongside a road in rural Virginia. The first night we managed to get the hen out of the tree, but the rooster got away. The next night after hours of playing hide and seek with him in the rain, we managed to snag the rooster, and the two reunited at our sanctuary. When the reporter visited a few days later, she saw these two chickens, Lois and Lambrusco, foraging together as a couple, showing that they remembered each other after being apart.

Chickens form memories that influence their social behavior from the time they are embryos, and they update their memories over the course of their lives.

I've observed their memories in action at our sanctuary many times. For instance, if I have to remove a hen from the flock for two or three weeks in order to treat an infection, when I put her outside again, she moves easily back into the flock, which accepts her as if she had never been away. There may be a little showdown, a tiff instigated by another hen, but the challenge is quickly resolved. Best of all, I've watched many a returning hen be greeted by her own flock members led by the rooster walking over and gathering around her conversably.

The purpose of our sanctuary in Virginia is to provide a place for chickens who need a home, rather than adding to the population and thus diminishing our capacity to adopt more birds. For this reason we do not allow our hens to hatch their eggs as they would otherwise do, given their association with the roosters in our yard. All of our birds have been adopted from situations of abandonment or abuse, or else they were no longer wanted or able to be cared for by their previous owners. Our two-acre sanctuary is a predator-proof yard with the wooded areas and soil chickens love to perch and scratch in all year round.

I broke our no chick-hatching rule on one occasion. Returning from a trip, I discovered that Daffodil, a soft white hen with a sweet face and quiet manner, was nestled deep in the corner of her house in a nest she'd pulled together from the straw bedding on the dirt floor. Seeing there were only two eggs beneath her, I left her alone. Not long after on a day in June, while scattering fresh straw in her house, I heard the tiniest peeps. Thinking a sparrow was caught inside, I looked to guide the bird out, but those peeps were not from a sparrow: They arose from Daffodil's corner. Peering into the dark place where she sat, I beheld a little yellow face



**Daffodil & Sir Daisy**  
photo by Karen Davis

with dark bright eyes peeking out of her feathers.

I knelt down and stared into the face of this tiny chick who looked intently back at me before hiding himself and peeking out again. I looked into Daffodil's face as well, knowing from experience that making direct eye contact with chickens is crucial to forming an affectionate bond with them.

From the first, a large red rooster named Francis visited Daffodil and her chick in their nesting place, and Daffodil acted happy and content to have him there. Frequently, I found him sitting quietly with her and the little chick, who scrambled around both of them, in and out of their feathers. Though roosters will mate with more than one hen in the flock, a rooster and hen may also form bonds so strong that they will not mate with anyone else.

Could it be that Francis was the father of this chick and that he and Daffodil knew it? He certainly was uniquely and intimately involved with the pair, and it wasn't as though he was the head of the flock, the one who oversaw all of the hens and the other roosters and was thus fulfilling his duty in that role. Rather, Francis seemed simply to be a member of this particular family.

For the rest of the summer, Daffodil and her chick formed a kind of enchanted circle with an inviolable space all around themselves, as they roamed together in the yard, undisturbed by the other chickens. Not once did I see Francis or any of the other roosters try to mate with Daffodil during the time she was raising her frisky chick – the little one I named Daisy who grew up to be Sir Daisy, a large, handsome rooster with white and golden-brown feathers.

When I first started keeping chickens, there were no predators, until a fox found us. We built our fences after eleven chickens disappeared rapidly under our nose. The fox would sneak up in broad daylight, raising a clamor among the birds. Running outside I'd see no stalker, just sometimes a soul-stabbing bunch of feathers on the ground at the site of abduction. When our bantam rooster Josie was taken, his companion Alexandra ran shrieking through the

kitchen, jumped up on a table, still shrieking, and was never the same afterward.

It was too much. I sat on the kitchen floor crying and screaming. At the time, I was caring for Sonja, a big white warm-natured, bouncy hen I was treating for wounds she'd received before I rescued her. As I sat on the floor exploding with grief and guilt, Sonja walked over to where I sat weeping. She nestled her face next to mine and began purring with the ineffable soft purr that is also a trill in chickens. She comforted me even as her gesture deepened the heartache I was feeling. Did Sonja know why I was crying? I doubt it, but maybe she did. Did she know I was terribly sad and distressed? There is no question about that. She responded to my grief with an expression of empathy that I have carried emotionally in my life ever since.

I do not seek to sentimentalize chickens but to characterize them as best I can, based on my observations and relationships with them over many years. In the 1980s, I discovered a crippled chicken named Viva all alone in a shed. My experience with her led me to found United Poultry Concerns in 1990. Little did I know as I lifted her out of the shed to take her home with me that it was the first day of the rest of my life advocating for chickens and their rights.

– Karen Davis



Photo of Karen Davis and sanctuary chickens by *The Washington Post*

## I'm So Sorry, Little Hen

*Reprinted with permission from All-Creatures.org and with gratitude to the author.*

By Bryan Monell, May 2019

*She was exhausted and laid her head down on my boot and closed her eyes.*

The other day I happened to pass by a chicken slaughterhouse in the middle part of the U.S. where I worked undercover as a live hanger 21 years ago. It was a nightmare experience. I am constantly reminded of one little hen who fell off the conveyor belt at my feet.

She was thoroughly exhausted and laid her head down on my boot and closed her eyes. I tried not to move my boot, and while I was hanging up countless other chickens, every couple seconds I was focused on

trying to figure out any way possible to rescue her. The only thing I could have done was to pick her up and make a run for it, but they would have caught me long before I made it past the barbed wire fence surrounding the slaughterhouse.

After we had finished hanging that one batch of chickens, I had to pick her up gently and place her on the hooks, upside down, knowing I had just sent her to her death which would take place in another minute or two. I think I saw a look of sadness and betrayal in her eyes towards me.

It haunts me to this day. I think of her often. I stopped by the gates to the slaughterhouse and thought of her and the others. I did a quick calculation. If the slaughterhouse has kept up the same numbers over the years, they have killed somewhere between 325,000,000 and 600,000,000 chickens since I was last in the live hang room. This is not a huge operation by industry standards; it's in the midsize range of slaughter for a major brand.

I believe if everyone had met that one hen who fell asleep on my boot, the overwhelming majority of people would never eat another chicken and we could shut down these death factories.

I'm so sorry, little hen. You are long gone. The people who ate you and shit your remains out have no memory of you, but I will never forget you, as painful as it is to remember you.

Your memory has helped me keep things in perspective and to realize what is really important in life. — *Bryan Monell*



These six-week-old female chickens are about to be tortured with paralytic electric shocks before their throats are cut with mechanized blades. Photo by L. Parascandola taken at the Tyson chicken slaughter plant in Richmond, Virginia.

## Tolstoy's Plea for Peace

### In "The First Step," Tolstoy wrote:

I had wished to visit a slaughterhouse, in order to see with my own eyes the reality of the question raised when vegetarianism is discussed. But at first I felt ashamed to do so, as one is always ashamed of going to look at suffering which one knows is about to take place, but which one cannot avert; and so I kept putting off my visit.

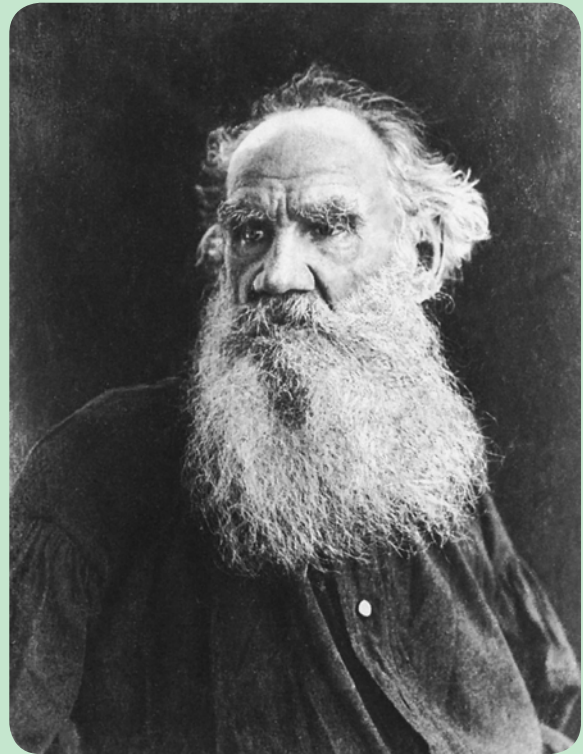
But a little while ago I met on the road a butcher returning to Toúla after a visit to his home. He is not yet an experienced butcher, and his duty is to stab with a knife. I asked him whether he did not feel sorry for the animals that he killed. He gave me the usual answer: "Why should I feel sorry? It is necessary." But when I told him that eating flesh is not necessary, but is only a luxury, he agreed; and then he admitted that he was sorry for the animals.

"But what can I do? I must earn my bread," he said. "At first I was *afraid* to kill. My father, he never even killed a chicken in all his life." The majority of Russians cannot kill; they feel pity, and express the feeling by the word "fear." This man had also been "afraid," but he was so no longer.

Not long ago I also had a talk with a retired soldier, a butcher, and he, too, was surprised at my assertion that it was a pity to kill, and said the usual things about its being ordained; but afterwards he agreed with me: "Especially when they are quiet, tame cattle. They come, poor things! trusting you. It is very pitiful" (Tolstoy 1883).

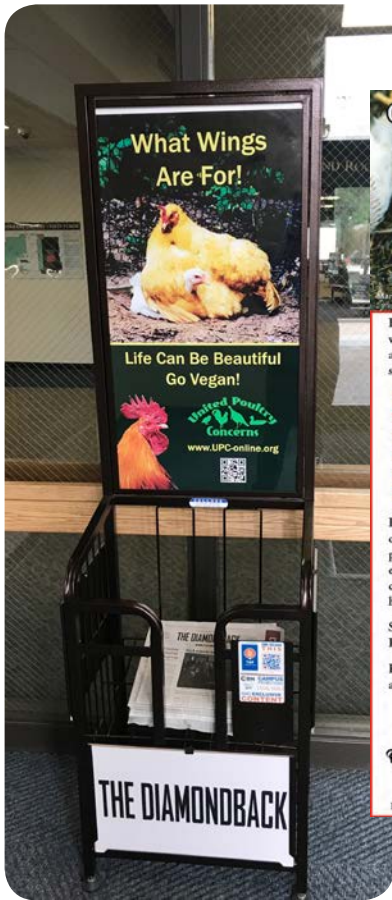
Tolstoy, L. (1883). *The First Step*. Preface to Howard Williams, *The Ethics of Diet*. In *Essays and Letters*, trans. Aylmer Maude. NY: H. Frowde 1909.

<http://www.animal-rights-library.com/texts-c/tolstoy01.htm>.



**Count Lev Nikolayevich Tolstoy (1828-1910), usually referred to in English as Leo Tolstoy, was a Russian writer who is regarded as one of the greatest authors of all time.**

# UPC Spring Activities Gallery



University of Maryland-College Park Hornbake Library

**Chicken For Dinner? Don't Buy It. These Chickens are SICK.**

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

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

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

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


For delicious vegan recipes, visit [www.upc-online.org/recipes](http://www.upc-online.org/recipes) and visit NuVegan Café in College Park.

*Thank you for having a heart!*

United Poultry Concerns is a nonprofit organization that promotes the compassionate and respectful treatment of domestic fowl.

[www.upc-online.org](http://www.upc-online.org)

PO box 150 • Machipongo, VA 23405 • 757-678-7875 • info@upc-online.org



Ad in *The Diamondback*



Karen Davis speaking at Veggie Pride Parade NYC



Tabling at Veggie Pride Parade NYC



Leafleting at Sprouts Natural Market in Carlsbad, CA



Tabling at Santa Cruz, CA Vegfest



Dallas, Texas Metro and Bus Ads



Tabling at Montgomery County, MD Greenfest



White House Leafleting for Chickens



Video Outreach at Sonoma State University, CA

## *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.

This donation is in loving memory of my husband Bruce Feldman. – *Shirley Charney Feldman*

I am sending this donation in memory of my beloved rooster, Scout, my best friend, who loved walking with me to the mailbox to get the mail. Whatever I did, he was right there. My donation is also in honor of the 36,000 precious young chickens whom PJ McKosky and his rescue team were unable to save, especially “one bird who had no eyes – soon disappearing into the mass of other sick and suffering souls.” Also the two birds sunk into the mud and feces “still fighting to live.” Bless PJ and the other team members for all the ones they did save. – *Barbara Moffit*



**Scout, my sweet rooster, by Barbara Moffit**

Our donation is in memory of our chicken Clover. – *Cheryl and Dave Hopkins, Devoted to Animals*

My donation is in memory of my precious turkeys Cutie and Turkey Poo. They were loved and they were very special friends and turkeys. – *Kathryn King*



**Cutie and friend, by Kathryn King**

In honor of my dear friend Ronnie Steinau. “Happy Birthday, Ronnie!” – *Meredith MacCracken*

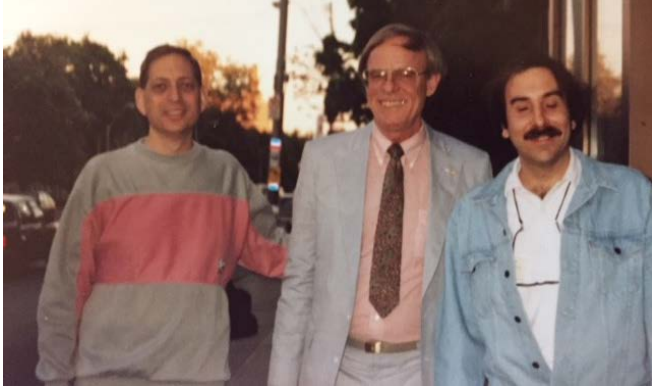
In memory of Anne Bresingham. Thank you for helping. – *Anonymous*

Our donation is in honor of Jackie Kirkpatrick’s 40th sobriety birthday. – *Ronnie and Steve Steinau*

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*

## In Memory of Donald J. Barnes



Don Barnes is the man in the center, flanked by Michael Schwab, cofounder of Canadian Vegans for Animal Rights, and Prof. Gary Francione.

I am writing this memorial tribute in honor of Donald J. Barnes, who died in Texas on May 10, 2019. Don was a key figure in the animal rights movement in the 1980s and 1990s. He grew up on a family farm in Southern California where, as he writes in his biographical essay “A Matter of Change,” “I learned early to kill without guilt.” He went on to become a psychologist in the US Air Force, where he conducted horrific experiments on monkeys to determine the effects of radiation and electric shock on them as models for war.

He began to question the utility of these experiments. As his doubts grew, so did his empathy for the animals, as portrayed in the movie *Project X* (1987) which is based on Don’s Air Force career. In the 1980s he left the Air Force and ultimately headed the Washington, DC office of the National Anti-Vivisection Society. He debated vivisectionists cleverly and brilliantly, with brio. I visited him often in his cigarette smoke-

filled office. Don taught me how to use a computer, and I ran the early 4-page black & white copies of *Poultry Press* on his copy machine. He arranged my earliest speaking engagements, including a debate featuring him and me versus two representatives of the Ayn Rand-inspired Nathaniel Branden Institute on the pros and cons of animal rights.

In “A Matter of Change” (*In Defense of Animals*, ed. Peter Singer, 1985), Don raises the question of how he could do such terrible things to animals. He says, “I represented a classic example of what I choose to call ‘conditioned ethical blindness.’ My entire life had consisted of being rewarded for using animals, treating them as sources of human improvement or amusement. There had not been a single person with the temerity to challenge my behaviour towards other animals. Of course I was kind to animals; of course I loved my pets; of course I would tend to a sick bird, rabbit, dog or cat without question. On the other hand, I would belie my tenderness a moment later by eating a chicken, or a rabbit or a squirrel, or part of a steer. That was different in my mind; that was ‘meat.’ The word ‘meat’ is a means of distancing ourselves from the animals we eat, just as ‘negative reinforcement’ is a means of distancing ourselves from electrically shocking a creature who feels pain as much as, if not more than, we humans do.”

Don learned to cook delicious vegan dishes and he loved being in the kitchen, making his creations for his friends. I am honored to have known Don and to have learned important things from him at every level.

– Karen Davis

### 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

## Vegan Recipe Corner

### Beth & Merritt's 5-minute Meatless Loaf

Recipe by Merritt & Beth Clifton

Serves 6-8, goes well with any vegetables, and is good as a leftover.

#### Mix together:

- 1-½ pounds soft tofu, drained and pressed
- ½ cup ketchup
- ½ cup soy sauce
- 2 tablespoons mustard
- ½ cup chopped parsley
- 1 cup grated carrot
- ½ teaspoon black pepper
- 1 medium-sized diced onion or ½ cup minced dried onion
- ¼ teaspoon garlic powder or minced garlic
- ½ cup crushed corn flakes
- ½ cup rolled oats
- ½ cup bread crumbs (seasoned or unseasoned, as you prefer)

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

#### Directions

1. Preheat oven to 350°F.
2. Mix well. Pour into an oiled loaf pan.
3. Bake for one hour.
4. Spread a light layer of ketchup over loaf.
5. Allow 10-15 minutes of cooling time before serving.

# VEGAN POLICE APPROVED



(Beth Clifton collage)



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"

## 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 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



## 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.



## 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) \$20

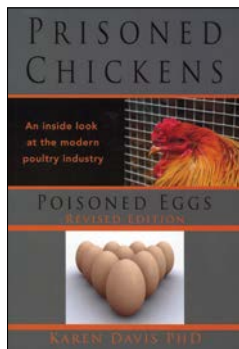


BOOKS

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

By Karen Davis

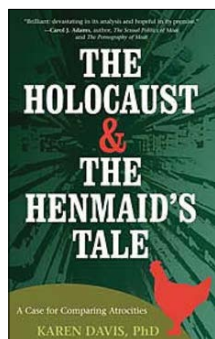
This newly revised edition of *Prisoned Chickens, Poisoned Eggs* looks at avian influenza, food poisoning, chicken suffering, genetic engineering, and the growth of chicken rights activism since the 1990s. Presents a compelling argument for a compassionate plant-based cuisine. "Riveting . . . Brilliant."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

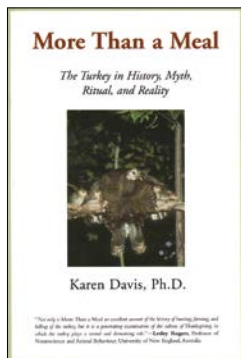
In this thoughtful and thought-provoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can – and must – be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. "Compelling and convincing . . . 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

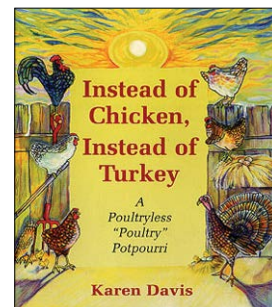
Karen Davis shows how turkeys in the wild have complex lives and family units, and how they were an integral part of Native American and continental cultures and landscape before the Europeans arrived, while drawing larger conclusions about our paradoxical relationship with turkeys, all birds and other 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

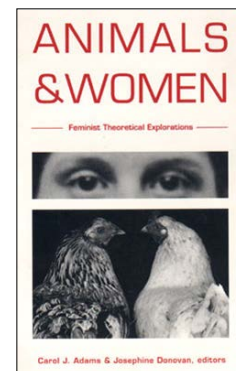
This delightful vegan cookbook by United Poultry Concerns features homestyle, ethnic, and exotic recipes that duplicate and convert a variety of poultry and egg dishes. Includes artwork, poems, and illuminating passages showing chickens and turkeys in an appreciative light. \$14.95



**Animals and Women: Feminist Theoretical Explorations**

Edited by Carol J. Adams & Josephine Donovan

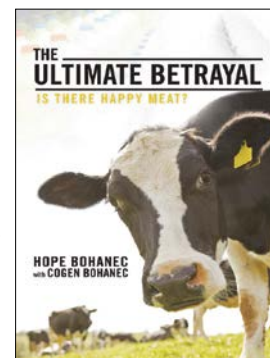
"Karen Davis's brilliant essay [Thinking Like a Chicken: Farm Animals and The Feminine Connection] brings together the book's central concepts, leading to conclusions that rightly should disturb feminists and animal advocates alike." - Review by Deborah Tanzer, Ph.D. in *The Animals' Agenda*. \$16.95



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

By Hope Bohanec

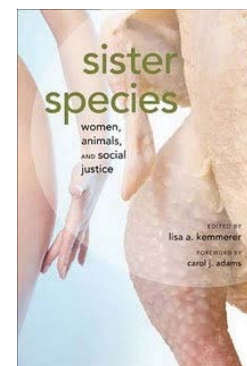
*The Ultimate Betrayal* lifts the veil of secrecy surrounding animal farming, offering a rare look inside the world of alternative animal agriculture. \$14.95



**Sister Species: Women, Animals, and Social Justice**

Edited by Lisa Kemmerer, Forward by Carol J. Adams

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



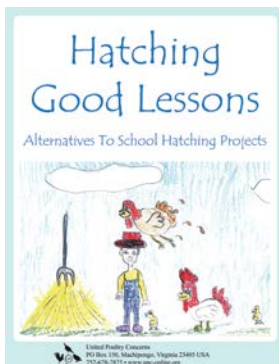
## CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

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

By *United Poultry Concerns*

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

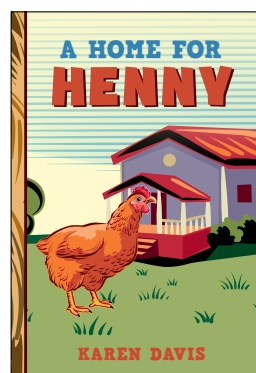
[www.upc-online.org/hatching/](http://www.upc-online.org/hatching/).



### 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*

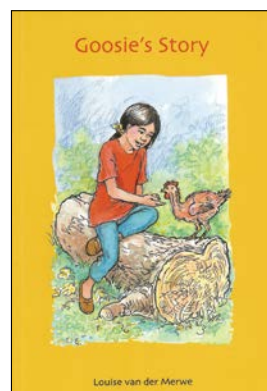
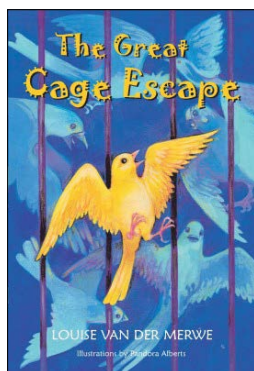
Melanie is a 3rd grader who is excited about a chick hatching project in her class at school. The project seemed like a good idea at first, but unexpected problems arise and the whole class learns a lesson in compassion. When the project is over, Melanie adopts one of the chicks she names Henny. *A Home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

### 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



### Dave Loves Chickens

By *Carlos Patino*

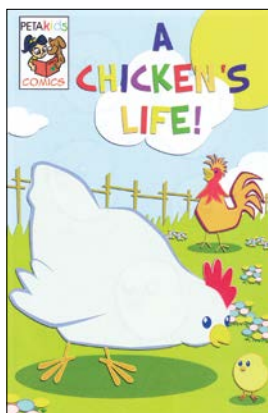
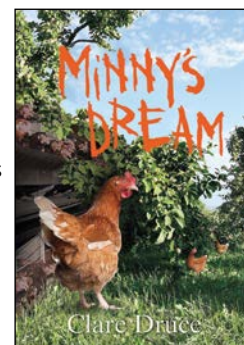
Dave is a quirky monster from another planet who loves chickens and all animals on Earth. He encourages people to share his love and not eat any

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



### 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

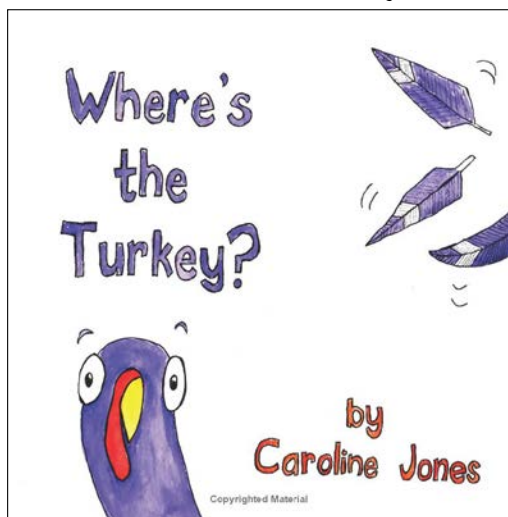
words including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

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

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

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

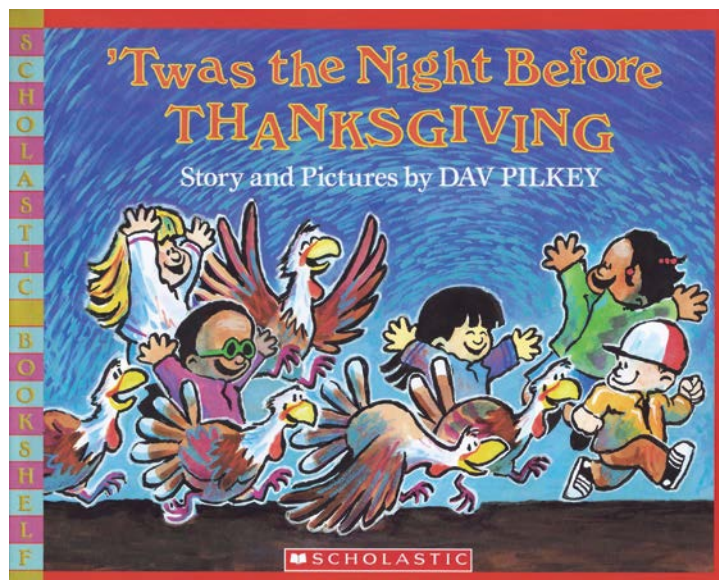
– Karen Davis, United Poultry Concerns



**'Twas the Night Before THANKSGIVING**

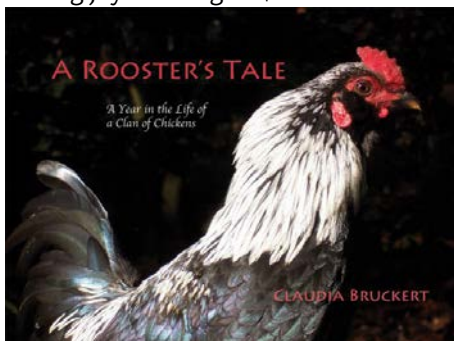
Story and Pictures by Dav Pilkey, Scholastic Book Shelf

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



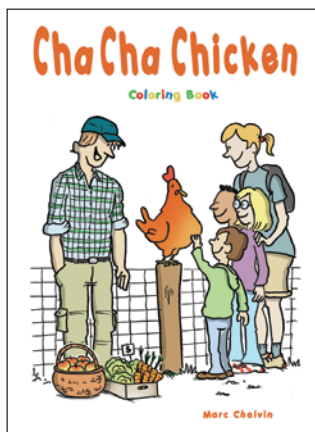
**A Rooster’s Tale: A Year in the Life of a Clan of Chickens**, by Claudia Bruckert,

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



**Cha Cha Chicken Coloring Book** By Marc Chalvin

Narrated by Cha Cha the hen, this book invites children to visit Green Farm sanctuary and learn about the happy animals who live there. Written by Marian Hailey-Moss and illustrated by Marc Chalvin, Cha Cha shows children that chickens are people too and invites them to color their world beautiful! *Cha Cha Chicken Coloring Book* is a delightful gift for children K-3. \$10



**Chickens at Play**

By United Poultry Concerns

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



**More books and videos available at [upc-online.org/merchandise](http://upc-online.org/merchandise)**

**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 disease, tumors, crippled legs, sick immune systems, and more. Millions of dollars are spent hiding these facts.

**Friends, Not Food**

Photo by Franklin Wade. Liqin Cao & FreddaFlower. Full color 19"x27" poster.



**WHAT WINGS ARE FOR**



**CHICKS NEED THEIR MOTHERS**

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

**Walking to Freedom After a Year in Cages**

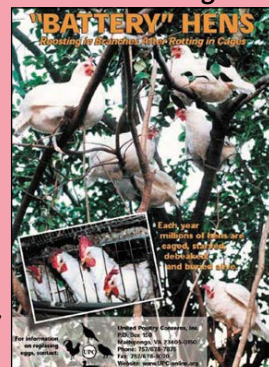
Photo by Dave Clegg. Full color, 18"x22" poster.



**"Battery" Hens**

**Roosting in Branches After Rotting in Cages**

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



**Great Turkeys Poster!**

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

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

# UNITED POULTRY CONCERNS, INC.



P.O. Box 150  
Machipongo, VA  
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Suburban, MD

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*Wishing You a Wonderful Summer!  
Please renew your membership for 2019*



Photo of Momma Nike and Sky by Collene Karcher

*"As the mother hen may be taken as the epitome of motherhood, so the newborn chick may be taken as an archetypal representative of babies of all species just brought into the world."- Dr. Page Smith, The Chicken Book*