

## Long Distance Crowing - Part 2

Back in the August newsletter, we talked about various long distance crowing plans available from long distance companies. At the time, the best deal around was 1010811, which charged 10 cents a minute. Well, things have changed since then.

We talked about a company called Clear Choice that had a plan called 1010636 that offered a 5 cent anytime minute plan with a \$5 monthly fee. This company has since restructured its plan to eliminate the monthly fee. It is now 5 cents a minute out of state, and 15 cents a minute in-state, with a three minute minimum. These rates are the same no matter what time of day or week that you call. To make sure that you aren't charged a monthly fee, you will need to call 1-800-589-4480 to tell them not to charge you.

The 1010811 plan is still 10 cents a minute anytime of the day or week in and out of state with a 3 minute minimum and no monthly fee. There is nothing that will stop you from using 1010636 for your out of state calls and 1010811 for your in-state calls. This way you get the best of both worlds.

There is a new contender on the block. This is 1010297 by Telco. On the surface, this plan is the same as the 1010811 plan, but there are differences. With 1010297, the minimum call is only one minute not three. The rate for both is 10 cents for any time of the day or week with no monthly fees. One nice thing about 1010297 is that it has some pretty good international rates that the others lack. For example, calls to Canada are also 10 cents a minute. Calls to England are only 11 cents a minute. If you have need to call outside the country, you may want to check this company out in more detail.

However, there is one small catch with 1010297 that you should be aware of. This is the manner in which they calculate the Universal Service Fund Fee. Most long distance companies calculate this fee as a percentage of your bill. With 1010811 and 1010636 this is 4.9% so if you only talk for one minute you only get charged a few pennies for this fee. With 1010297, the fee is a flat 69 cents regardless of how much you talk. This is not as good as a percentage, but the lack of a minimum call length means that 1010297 will be cheaper than 1010811 if you make more than a few calls per month.

Again, you may have noticed that the big boys, AT&T, Sprint, and MCI, are all missing from this report. Simply put, none of their plans are worth crowing about. AT&T has a 7 cents a minute plan, but only with a monthly fee. MCI has a 5 cent plan, but it is only good during the evenings and also carries a monthly fee.

With both 1010636 and 1010811, you can have the local phone company switch you to it so that you need only dial a 1 to call long distance. There is a 53 cent Monthly Carrier Line Charge for this service which all companies charge. (AT&T charges nearly double for this). One plus dialing service is not available with 1010297.

So as of right now, **you can save the most on your long distance crowing by using 1010636 for calls out of the state, and either 1010811 or 1010297 for calls inside the state.**

## Refreshments for the Meetings

October	Maryann Van Heusen
November	Laura Perryman
December	Christmas Party

Please notify Mike Robinson if you will be needing the club's hotplate for your refreshments. Also, kindly label any dishes that contain chicken as a courtesy to those who don't eat it.

## September Meeting

by Lee Salmon

We had guest speaker from the Solid Waste Authority. He was very interesting. We discussed buying two rolls of cage wire for the benefit of our members who only need a small amount of wire. There are currently no stores in town that will sell cage wire by the foot. The club can sell this wire to club members and others who need it for about \$2 to \$3 per foot. This represents approximately 100% profit and will be a good income for the club. If you are in favor of this, let me know.

The Showmanship workshop has been rescheduled for Dec. 4th. Our annual IN-CLUB POULTRY SHOW will be held during our October Meeting. We have ribbons and I ordered some very pretty Trophys. Every body please show up and lets do a good show for Dr.Porcher who will be judging. Newly elected officers; Lee Salmon : President, Mike Robinson : Vice President, Arvis Okerson : Secretary, Rose Greggs : Tresurer. Something very imprtant is coming to the November meeting, so don't miss it!!!

## Classified

**Rate: \$1 per line. Members get first three lines free. Send check payable to PBCPFA to Rose Greggs, 8643 El Paso Dr., Lake Worth, FL 33467-1109.**

### FOR SALE:

**PBCPFA T-shirts**, excellent quality, beautiful logo. Assorted sizes are available for \$10.00 Contact Richard Greggs (561) 433-8157. Don't be chicken, get yours today.

**Chickens for sale.** Various breeds, ages, and prices. We also have live meat birds. Call Richard or Linda Wright at Heavenly Acres: 561-793-5696.

**Rhode Island Chicks** will be available mid September. Contact Richard Greggs at (561) 433-8157.

### FOR LOAN OR RENT:

**Don't let your flock fall victim to predators!** The poultry club owns a trap that members may use free of charge. To reserve your time to use the trap, contact our Property Manager, Richard Greggs, at (561) 433-8157.

### WANTED:

**Newsletter articles** for the PBCPFA newsletter. The deadline is the fourth Friday of the previous month. Submit articles to the editor by mail, Email, or in person at the meeting.

## New Artificial Sweetener

If you are one of the many people who get sick after consuming products that contain aspartame, then this here is some good news for you. A new artificial sweetener is now available that, so far, has not shown any of the negative side effects that has plagued aspartame. This sweetener is called Sucralose and is made by chemically stripping the calories and carbohydrates from real sugar (sucrose). It is currently being marketed under the trade name of **Splenda** and can be found in **Diet RC Cola** and **Log Cabin Pancake Syrup**. It will soon be available in single serving packets as shown above.



There are several things about Sucralose that set it apart from other artificial sweeteners. The most noticeable is its lack of any kind of funny aftertaste that some artificial sweeteners have. Unlike all other sweeteners, Sucralose can be used to cook with and does not break down at higher temperatures. It is also safe to give to children and nursing mothers.

Aspartame has been linked to a number of neurological disorders - especially in children. Many children with an aspartame sensitivity have been misdiagnosed with Attention Deficit Syndrome and similar conditions. Removal of "Sugar-Free" and "Diet" products that contain aspartame from these children's diet have shown a drug free improvement, and sometimes cure, of the disorder.

Saccharin is not harmful to humans despite a printed warning on the label of each product that contains it. It turns out that this warning was based on bad science and crooked politics. Saccharin does cause cancer in male rats in extreme concentrations because of a chemical reaction with a hormone that is unique to male rats. Humans don't have this hormone and don't get cancer from saccharin. The main problem with saccharin is that it sometimes has an unpleasant aftertaste.

Sucralose is the best artificial sweetener out there because it doesn't have the health problems associated with aspartame and it has no funny aftertaste like saccharin.

If you like diet soda, try out the new Aspartame Free Diet RC. This beverage is sweetened with Sucralose (Splenda) and contains no aspartame or saccharin. This product is located in the grocery store next to the regular RC cola. Unfortunately, because of a high demand and low production, there might not be any on the shelf when you get to the store. If this happens to you, ask the grocer to check in the back for you. Many times they keep extra in the back that hasn't been stocked on the shelf yet. Other times, people have bought all of that as well. Lastly, it should also be noted that Diet Rite is not the same thing as Diet RC, even though they are made by the same company. Diet Rite still contains aspartame.

## CHICKEN SAYINGS

A car in every garage and a chicken in every pot.  
A cock and bull story.  
A few eggs short of a dozen.  
A nest egg.  
As broody as a hen.  
As hard-boiled as a picnic egg.  
As mad as a wet hen.  
As scarce as hens' teeth.  
As tough as an old hen.  
Bantam-weight boxers.  
Before the cock crows.  
Cocky.  
Didn't hear a peep out of her.  
Don't count your chickens before they're hatched.  
Don't get your hackles up.  
Don't put all your eggs in one basket.  
Don't ruffle your pinfeathers.  
Don't that just stick in your craw?  
Handwriting like chicken scratch.  
He crushed it like an eggshell.  
He flew the coop.  
He's a henpecked husband.  
He's a rotten egg.  
He's an egghead.  
He's chicken.  
He's no spring chicken.  
He's one tough gizzard.  
Hey! Isn't she a gorgeous chick!  
It has no more rules than a cockfight.  
Like a fox in the hen house.  
Like a mother hen.  
Noise proves nothing. Often a hen who has merely laid an egg cackles as if she had laid an asteroid.  
Not worth crowing' about.  
Pecking order.  
So hot you could fry an egg.  
Sure as the chickens come home to roost.  
A hungry rooster doesn't cackle when he finds a worm.  
A cock makes the noise, but a hen delivers the goods.  
To feel cooped-up.  
To get up with the chickens.  
To gossip like a bunch of old hens.  
To hatch a plan.  
To have something to crow about.  
To have your wits scrambled.  
To lay an egg.  
To play chicken.  
To raise your hackles.  
To rule the roost.  
To run around like a chicken with its head cut off.  
To scratch out a living.  
To show your spurs.  
To strut your stuff.  
To take someone under your wing.  
To type by the hunt-and-peck method.  
To walk on eggshells.  
To work for chicken feed.  
When a hen cackles she's either laying or lying.  
Which came first, the chicken or the egg?  
Yesterday's egg is tomorrow's feather duster.  
You can't make an omelet without breaking an egg.  
You only need one rooster in the hen house.  
As white and hairless as an egg.  
Cocksure.  
He's a bad egg.

## PEDIALYTE LINKED TO DEATHS

by Dennis Hawkins

Years ago, coal miners used to take a canary with them down into the mine to give an early warning of toxic gases. If the bird dropped dead, it was time to leave. For various biological reasons, the bird was more sensitive to the toxins than humans and other animals. Today, birds are still dying from things that appear to be harmless to humans. Apparently, Grape Pedialyte is one of those things.

After giving a severely dehydrated chicken 35CCs of Grape Flavored Pedialyte by mouth, she was dead within 24 hours. Not making the connection, it was given to another hen which also died within 24 hours. Subsequent research found that Grape Flavored Pedialyte had been suspected in cockatiel deaths as well. What was puzzling is that there were no mysterious deaths resulting from Unflavored Pedialyte.

The main difference between Flavored and Unflavored Pedialyte is the addition of two controversial artificial sweeteners - aspartame and acesulfame potassium. Considering that the primary ingredient in Pedialyte after water is real sugar, the addition of artificial sweeteners is rather malicious.

Aspartame breaks down into formaldehyde, phenylalanine, and aspartic acid. Formaldehyde is known to further break down into formic acid (wasp sting poison). Acesulfame potassium has also been linked to negative side effects, but is generally believed to be much safer than aspartame. These substances appear to be too toxic for birds.

I notified Ross Pediatrics by phone that their Grape Flavored Pedialyte product appeared to be lethal to birds. In a nervous, obviously tense, voice, the spokesperson essentially told me that the product was not labelled for use in birds and that the deaths were all my fault. I responded with the question, "Since it *is* labelled for human use, would *you* give this product to **your** child knowing that it kills birds?" She retorted that she was not going to answer any personal questions. She may not have said so, but I think she answered it anyway.

The Ross spokesperson also made the statement that aspartame was "The most tested food additive in US history with no side effects at all." A little probing into the FDA's archives shows this to be a lie with over 10,000 complaints filed against it. Furthermore, the safety tests were primarily conducted using small lab mammals such as rats, mice and occasionally primates. Very little, if any, testing of this product has been done with birds.

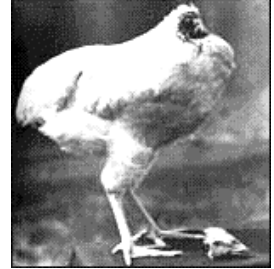
An employee of a testing laboratory who raises her own chickens agreed to put Grape Pedialyte to the test. She caged a healthy hen and rooster and gave them Grape Pedialyte. In three days, the rooster had died. The hen had escaped from her cage on the second day and now won't let anybody near her. Other than that, she was in good health.

Further research is clearly needed to determine whether or not a conclusive link exists between Grape Flavored Pedialyte and avian fatality. However, there is more than enough circumstantial evidence at this time to warrant the use of the Unflavored Pedialyte instead of the Flavored Pedialyte in cases of avian dehydration.

## MIKE THE HEADLESS CHICKEN

While most communities observe Colorado Heritage Week with events dedicated to pioneers, the town of Fruita has decided to celebrate with something that only the Western Slope town can crow about.

Mike the Headless Chicken Day honors a 1940s rooster who for 4 1/2 years strutted around without a head.



According to old accounts in the Fruita Times newspaper, Mike's determination first showed itself Sept. 10, 1945, when farmer L.A. Olsen tried to please his mother-in-law while he was slaughtering dinner. Her favorite fried-chicken piece was the neck, so Olsen carefully placed his ax to leave as much neck as possible on Mike's body.

Chickens have been known to flutter around for seconds or minutes after being decapitated, but after a few shaky steps, Mike fluffed up his feathers and went about his business in the barnyard with the other chickens. He went through the motions of pecking for food, preening his feathers and tucking what used to be his head under his wing when he slept. He tried to crow, but only gurgled.

When he was still alive the following morning, Olsen decided he might be more valuable as an oddity than a dinner and started dropping grain and water into his gullet opening with an eyedropper.

When Mike was still alive a week later, Olsen packed him up and took him to Salt Lake City so incredulous University of Utah scientists could study him. From that time on, Olsen and a manager he hired were the ones running around like chickens with their heads cut off. They took Mike and Mike's head, which Olsen had preserved in alcohol, to Los Angeles, San Diego, Atlantic City and New York City. They set up photo shoots with magazines and newspapers and kibitzed with scientists across the country.

He was studied by scientists, who determined an intact brain stem was keeping Mike going. Mike's fame faded out after he finally died from choking on a corn kernel, but now headless Mike is in for a revival.

Mike the Headless Chicken Day will feature a 5K Run-Like-a-Headless-Chicken race, egg tosses, chicken jokes, a chicken lunch and chicken bingo, in which numbers are chosen by where chicken droppings fall on a numbered grid.

"To celebrate our history in Fruita, we wanted to have something light-hearted," said Sally Edginton, executive director of the Fruita Chamber of Commerce. "We wanted to celebrate this little guy because he was very determined to live. We like that."

Olsen also dealt with predecessors of animal-rights activists, who blasted him for leaving a chicken alive in such a state. They begged him to finish the hatchet job on the Mike. But Fruita old-timers remember that Mike grew and thrived and didn't seem much bothered by being minus a head. Gayle Meyer, who interviewed Olsen in the 1980s before he died, said he described Mike as "a robust chicken - a fine specimen of a chicken except for not having a head."