



Life on the VEG

Russell Lissack plays guitar with Bloc Party. Their debut album, 'Silent Alarm', sold a million copies, was the New Musical Express' album of the year for 2005 and achieved chart success in 17 countries. They are currently on a tour which has taken them to Mexico, the USA, Canada, Iceland, Ireland and mainland Europe. They also managed to squeeze in performances at this year's Reading and Leeds Festival. In July this year their latest single, 'Hunting For Witches', climbed to number 22 in the UK charts. Their biggest hit, 'The Prayer', reached number 4 in 2005. Their latest single, 'Flux', is coming out on 12th November.

Russell, who lists his musical influences as Suede, Radiohead, New Order, The Smiths, Prince, Tennessee Ernie Ford and Weezer, took a break whilst in Columbus, Ohio to answer questions from young veggies.

Hello Russell! What made you decide to become a vegetarian and how old were you?

It was only 3 or 4 years ago... a combination of reading 'Fast Food Nation', realising what actually goes on in the real world, and a health issue making me want to become more... well, healthy.

What did your parents say when you told them you were a veggie?

I lived with my gran at the time... she didn't really understand the concept at first, and kept asking if I could still eat bacon, etc, but she's really good with it now and makes me lovely dinners when I go to visit :)

Do you often find yourself having to explain to people why you're a veggie?

Not really... I don't think people are interested in the reasons behind it, they usually just reach their own conclusions.

Have you toured in any places that were really bad for veggies?

Well, Europe is pretty bad in general, especially Portugal, where they just don't seem to understand the concept at all, and you're lucky if you can get a plate of chips.

What's been the best place to tour as a veggie?

I love eating in New York; they have so many good



vegetarian places to eat... America in general seems to have all these meat substitutes that don't exist in England, which I find very odd.

Do you love or loathe fake meat products?

Personally I love them. I'm very fussy with my vegetables so they're usually an essential part of a meal for me. And unless I'm wrong, they're usually pretty healthy too, e.g. tofu. I had a vegan donna kebab in America once, which I found quite funny.

Have you met any veggies in other famous bands?

Yeah, all the time... Alan, the singer of the Rakes is vegan... I remember feeling great sympathy for him in Japan, when he ate rice and cucumber three times a day.

What is your all-time favourite veggie meal and drink?

I don't have a favourite... I like bangers and mash at home, and I like Thai tofu dishes when I'm out.

Is it annoying being in a band with meat eaters?

It's not annoying, I just feel like a burden if we go out to eat, because then we have to spend time finding somewhere to cater for me.

Is there anything you really wish was veggie but isn't?

Not really... I think I've found a replacement for pretty much everything.

If you could resolve one huge problem today what would it be?

Where do I begin?... I wish people weren't so horrible to one another.

Thank you very much Russell.

For more information on Bloc Party try www.bloccparty.net or www.bloccparty.com