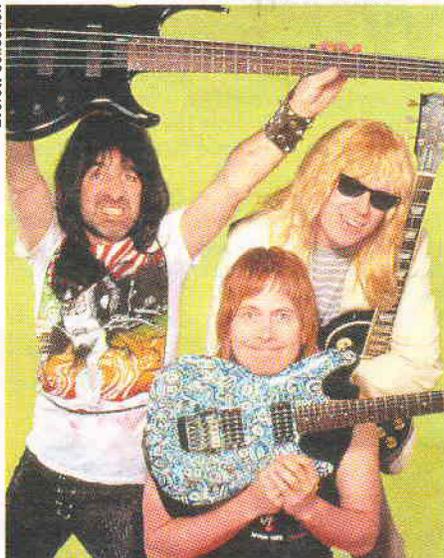


thinking of doing smack because I want to be an individual," Snider jokes.

Meatloaf taunting a crowd into throwing mountains of refuse; Motley Crue getting girls to squat in kitty litter boxes — the 49-year-old Long Island native saw it all.

"My favorite was the face-off between Ozzy Osbourne and Motley Crue," Snider says of Metal Moment No. 7. "They were trying to one-up each other and Ozzy ended up snorting a line of red ants. One of the Motleys, I can't remember which one, peed on the floor and then Ozzy got on all fours and licked it up. You can't beat Ozzy."

Everett Collection



Metal moment No. 5: "This is Spinal Tap."

Snider's own key metal moment may have come when he testified in front of Congress and proved himself a passionate and intelligent defender of free speech. Now he breeds dogs and rereads the sweetly nostalgic work of Jean Shepherd. Snider's also working on a sequel to his cult film, "Strangeland" (the most stolen video in America, he claims), and doing occasional gigs with Twisted Sister, clad in full mid-'80s regalia.

"The bad news is we look like a bunch of aging drag queens," Snider says. "The good news is we *always* looked like a bunch of aging drag queens." —Michael Giltz

100 MOST METAL MOMENTS

Monday, 10 p.m., VH1

MUSIC

Twisted Sister lives

5/31/04

WHICH heavy metal artist shredded a live chicken on stage? You'll find out as VH1 delves into some of the most outrageous, shocking, and hilarious antics of the genre's notorious artists on Monday's "100 Most Metal Moments."

The cable channel chose the perfect narrator for this freak-out show: Dee Snider of Twisted Sister. Snider maintained his sanity and stayed away from chemically altering his perspective — he's one of the few people left from that era who can actually remember what really happened.

"Being clean and sober and healthy and intelligent in the '80s, I was essentially an alien," laughs Snider, taking a break from recording "House of Hair," his nationally syndicated radio show heard on 165 stations that celebrates metal.

"I've been married to the same woman for 28 years! Now they're all coming [over] to my side and cleaning up. I'm