



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOLUME 15, ISSUE 3, JUL – SEP 2004

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- William Harris, MD
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- Calendar of Events & Bookstore
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Public Lectures*

LINDA DAY

“Green Cuisine: What You Eat Can Save the World”

Wed., July 14, 7 p.m.
Central Union Church
Beretania @ Punahou

KENNETH SHAPIRO, PhD

“The PSYCHOLOGY OF THE DINNER PLATE: VEGETARIANISM VERSUS CARNISM”

Wed., Aug. 4, 7 p.m.
Ala Wai Golf Course Clubhouse

MARY ARAKAKI & RAUL HAYASAKA

“Cooking & Meal Planning Demo/Lecture”

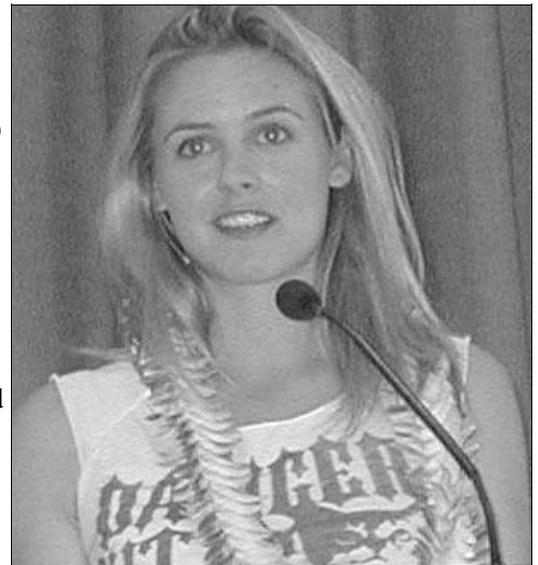
Wed., Sept. 8, 7 p.m.
Ala Wai Golf Course Clubhouse

*See page 10 for descriptions and Maui meeting dates.

April Was Quite a Month

Big Crowds Greet Vegan Actress, “Mad Cowboy,” Tennis Pro

by Eri Okada-Berkeley
VSH Media/Public Relations
Director



Alicia Silverstone in Hawaii

This past April was one of the busiest and most fruitful months in VSH history. Not only did we have three guest speaker events instead of the usual one, we also presented our first real celebrity guest, popular actress Alicia Silverstone. Known for her starring roles in such movies as Clueless and Blast From the Past and TV's Miss Match, she has been one of the most vocal and dedicated vegan and animal rights activists in the entertainment world for the past several years.

On April 1st at Hawaiian Mission Academy Ms. Silverstone spoke to a packed audience of 500+ about her personal journey and transformation from a hamburger gobbling teenager to a vegan and animal rights activist. Relating her own experience, she told the audience that one person can make a difference, whether it's for the animals, the environment, or one's personal health, by gaining knowledge and taking positive steps. She also spoke on Maui, where 300+ people enjoyed her compassionate talk and the rare personal appearance. Her talks were covered favorably by several members of the media, including The Honolulu Advertiser, which ran a long feature article.

Her Hawaii appearance was possible thanks to VSH vice president Jim Brown. He had met Ms. Silverstone four years earlier at an animal rights conference and extended an invitation to her to come to Hawaii to speak for VSH.

Also in April “The Mad Cowboy” Howard Lyman spoke in both Honolulu and on Maui about the dangers of mad cow disease in this country and generated an audience of 600+ combined. Later in the month Peter Burwash, former Davis Cup champion and world renowned tennis coach, spoke at UH Manoa about maximizing our health and potential by being vegetarian.

VSH will continue efforts to bring to Hawaii interesting guest speakers for the benefit of our members and community.



PRESIDENT'S MESSAGE

by Alida Rutchick, MEd

The Island Vegetarian

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Mahalo to all our volunteers.

The opinions expressed in this newsletter are those of the writers and do not necessarily reflect those of the Vegetarian Society of Hawaii.

Greetings, friends,

With this issue of the Island Vegetarian we enter VSH's fifteenth year as an organization and its eighth Board term. Here are some excerpts from my combined president's/treasurer's address at the VSH general meeting in May:

- *New Volunteer:* We welcome Eri Okada-Berkeley, newly arrived from Seattle, as Board candidate for our public and media relations position, which she has been ably handling for the past few months.
- *Growth:* Membership is at almost 1700. Much of our growth is due to the efforts of our outreach and publicity functions covered by Helen Wells, Outreach Coordinator, VP Jim Brown, and Eri as well as to the high profile speakers arranged by Jim with the help of Dr. Karl Seff. Elaine Johnson, our previous PR director, has also been instrumental.
- *VSH Shirts:* We have new VSH t-shirts, which we hope many will purchase and wear with pride. Our hope is that this will raise the profile of VSH and help to spread our message.
- *Treasury:* Our treasury is working hard to keep up with the demands we put on it. As we bring in more speakers from farther distances and experiment with more creative advertising venues -- including our commercial TV debut on Tasty and Meatless -- we inevitably use more of our budgeted funds.
- *Funding:* We have several sources of funding. Our primary source is membership dues. We also receive approximately \$1200 twice a year in donations in response to a fund raising letter sent to our membership -- thanks to Jim Brown for instituting and implementing this. Another source is NALITH, an organization in Florida that grants us approximately \$2,000 a year to help cover travel costs of speakers and other meeting expenses.
- *Expenses:* We spend each month slightly under the amount that we take in. Expenses include office rent, a paid bookkeeper, mailing the newsletter, publicity, office supplies, computer equipment and maintenance, and the like.
- *The Bottom Line:* Currently there is somewhere over \$12,000 in the VSH checking account, up from \$8,000 this time last year, and we have investments valued at somewhere over \$16,000.
- *The Office:* At the end of July we will be closing the VSH office. Do not be alarmed if you notice the VSH banner missing from the 2nd floor of Puck's Alley. We still exist and are stronger than ever! We found, however, that we've been using the office primarily for storage and related activities such as drop off and pick up, and after much discussion we made the decision that a storage

(See **Excerpts** on page 19)



SCIENCE CORNER

by William Harris, MD, VSH Board Member
www.vegsource.com/harris/



Glycemic Index: A Good Idea in Search of Good Data

Of 1691 rows of data in the International table of glycemic index (GI) and glycemic load (GL) (American Journal of Clinical Nutrition, Vol. 76, No. 1, 5-56, July 2002 <http://www.ajcn.org/cgi/content/full/76/1/5>) only 171 rows contain unprocessed plant foods. The other 1520 rows are proprietary breakfast cereals, cookies, cakes, and recipes, many containing dairy and meat. The data variance is high since different preparation methods lead to different GI values. Most of those foods aren't worth eating in the first place, so I have winnowed the list to 58 (otherwise this entire newsletter would be a spreadsheet).

Absent from the tables: fresh broccoli, spinach, romaine, kale, and almost all raw nuts except salted peanuts and cashews. Cauliflower, lettuce, tomatoes, and most other above ground vegetables are present only as parts of meat-based recipes. In other words, most of the fruits and vegetables people should be eating for good health according to the Hawaii 5-A-Day Coalition, the Produce for Better Health Foundation, the American Cancer Society, the American Heart Association, and even the USDA, haven't been studied.

The idea of GI is physiologically sound; it's a measure of the ability of a food to raise blood glucose levels relative to pure glucose and is particularly important for those with dia-

betes who need to keep their blood sugar swings to a minimum. The catch is that the blood glucose studies have to be done on individual human subjects, and since the GI concept has only been around since 1984, the data is limited. Also, included in the study in addition to healthy normals are Type I and II diabetics, probably skewing the data.

The foods shown in this abbreviated table have been sorted by "Glycemic Load" (GL) defined as "Glycemic Index multiplied by the dietary carbohydrate content." Although I normally object to the use of the term "serving," it seems logical here since at least it nominally adjusts for the amount of a given test food. I have included "Glycemic Index" also, but the numbers are in a different order since only one sort can be presented at a time and the two values are not identical.

The GI concept may be pertinent to the rise of the Atkins Diet, The Barry Sears "Zone" Diet, the South Beach Diet, and others that succeed by shunning high GI foods. As Sears pointed out in "Enter the Zone" (Regan Books, New York 1995), one function of the insulin released from the pancreas in response to dietary glucose is to store fat (my review of the Sears book is in VSH v7#2 at <http://www.vsh.org/newsletter-1996-06.htm>).

A number of journal articles re-

port that these high protein diets are effective in weight loss. That they are also setting up their aficionados for long term health problems is the response of many dieticians as well as the Physicians Committee for Responsible Medicine that has now accumulated a small collection of horror stories related to the Atkins diet at www.atkinsdietalert.org/survivor.html.

I think the high protein diet gurus have been scoring points off us veg*ns because *our* diet gurus have been telling us for the past 30 years to base our diets on starches and grains (carbohydrates, in the general parlance). I never believed it for a minute; however many other vegetarians do well on this advice. Others don't, because starches and grains, on a per-Calorie basis, are deficient in half a dozen nutrients, (calcium, riboflavin, vitamins A, B12, C, E, and zinc). Vegetables, in particular leafy greens, are deficient only in vitamin B12. As you can see, starches and grains also tend to have relatively high GI and GL values, so you have to eat more to get the missing nutrients, and the food itself produces larger serum glucose and insulin fluctuations and that leads to fat storage.

(See **Glycemic Index** on page 19)

Dr. Greger's Newsletter

by Michael Greger, MD

Macular Degeneration: Go Nuts for Your Eyes

Every disease is personal to me as a physician. In the case of macular degeneration, it is particularly so, as my 94-year-old grandfather suffers with this debilitating condition, the leading cause of blindness in the United States. We've suspected that total fat consumption increases risk of



the disease, but for the first time ever Harvard researchers studied people in the early stages and tried to correlate all the different kinds of fat with progression of vision loss. They took a few hundred folks, found out what kind of fat they were eating, and followed them for 5 years. [Archives of Ophthalmology 171:1728.]

The study found that overall the more fat people ate, whether in meat, dairy products, or processed baked goods, the faster was the progression of the disease, with only one exception: nuts. Those who ate just one or more servings of nuts a week seemed to cut the rate of progression in half. The researchers weren't sure if it was the cholesterol-lowering fiber, the vitamin E, the copper or magnesium, or the special anti-inflammatory antioxidant phytonutrients in nuts. The hope is that the 8 million Americans suffering macular degeneration may be driven less nuts by their vision loss if they can only be driven to eat more nuts.

HIGH Carb Diet for Safe Weight Loss With- out Hunger?

Any diet that restricts calorie intake can cause people to lose weight. Many fad diets accomplish this by being so restrictive or monotonous that people end up eating less. But lifelong weight control requires dietary changes people can safely and satisfactorily live with for

a lifetime. And high carb diets may fit the bill.

A recent study published in the Archives of Internal Medicine showed that people randomized to an all-you-can-eat high carbohydrate diet actually lost weight. [Archives of Internal Medicine 164 (2004):210.] People were

provided with piles of food, 50% more than they needed to cover daily caloric requirements and were specifically told to eat as much as they wanted. Not only did those eating the high carb diets lose weight, but CT scans of their thighs showed that while those eating the control diet increased their percentage body fat, **those on the high carb diet lost thigh fat mass while preserving muscle mass.** And all this despite exercising less than the control group (who ate unlimited amounts of a lower-carb, higher-fat diet). The researchers theorized that the explanation lay in the fact that carbohydrate-rich foods tend to be more satiating and less calorie-dense than higher fat foods.

Proponents of low carb diets like the Atkins Diet claim that carbs stimulate insulin production, which leads to increased fat storage and decreased fat breakdown. Studies like this one, however, show exactly the opposite. Reputable scientific organizations like the American College of Sports Medicine, the American Heart Association, and the American Die-

tetics Association have all issued statements that high-protein, high-fat, low-carbohydrate diets are not only mostly ineffective, but that they may cause harm.

By eating a whole foods plant-based diet, one can control weight without risking health.

Insulin Sensitivity and Vegetarianism

Impaired insulin sensitivity sets people up for a whole host of life-threatening problems, including obesity, hypertension, atherosclerosis, and diabetes. It is also thought to be at the heart of so-called syndrome X (now called metabolic syndrome) affect-

The longer the research subjects were vegetarian, the better their values became.

ing 50 million Americans. [JAMA 287(2002):356.]

A new study in China compared the insulin sensitivity of vegetarians and meat eaters, and even though the vegetarians were on average years older, they were significantly more insulin sensitive — yet another clue to the explanation of why vegetarians have so much less cardiac mortality. And the longer the research subjects were vegetarian, the better their values became.

The researchers summarize: "In conclusion, the vegetarian diets had significant beneficial effects on insulin sensitivity of subjects in a low-risk population. The degree of beneficial effects appeared to be correlated with years on a vegetarian diet." [European Journal of Clinical Nutrition 58(2004)312.]

It seems vegetarians are sensitive in more ways than one. :)

(Continued on page 5)



The Buddhist Association of Nuuanu celebrated the Buddha's birthday on May 23rd in a traditional ceremony that includes bathing an image of the baby Buddha followed by a vegetarian jai meal. Temple volunteers happily serve delicious vegetarian jai, which includes rice noodles, mushrooms, broccoli, snow peas and other vegetables.

(Continued from page 4)

Skim Milk Versus Soy Milk: Head to Head

Last month researchers in Brazil studied the effects of skimmed cow milk consumption compared to soy milk consumption using what's called a double-blind randomized crossover study. People were randomly split into two groups and given four cups of either soy or skimmed milk to drink every day. The milks were identically packaged and flavored, such that neither the research subjects nor the researchers knew who was drinking which type of milk. At six weeks the skimmed milk group was secretly switched to soy and *vice versa*. So after three months each participant had spent six weeks on soy and six on skimmed in random order.

The codes were broken and data tallied: Soy won hands down. When the subjects were drinking soy milk,

their bad cholesterol went down and their good cholesterol went up — exactly the reverse of what happened when they were drinking milk from a cow. The amount of rancid fat circulating in the subjects' blood streams (a further risk factor for heart disease) was also reduced by drinking the soy milk, while it was marginally higher in those drinking cow milk.

The American Heart Association recommends that people switch from whole milk to skimmed milk. But this new research suggests that it would be much healthier for people to wean themselves from bovine milk altogether and switch from veal milk to real milk — soy milk. [Nutrition 20(2004):200.]

Michael Greger, MD is a general practitioner specializing in vegetarian nutrition. For more information visit his website: VeganMD.org. To subscribe to his free monthly email newsletter, send a blank email to: drgregersnewsletter-subscribe@lists.riseup.net.



On TV...

"Vegetarian"

Oceanic Cable Channel 52

Thursdays: 6-7 p.m.

VSH meetings & more

"Tasty & Meatless"

Oceanic Cable Channel 16

Sat. 7:30 p.m.

Sun. 3:30 a.m., 11:30 a.m.

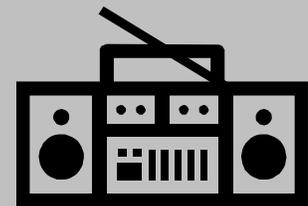
Mon. 5:30 p.m.

Tues. 1:30 a.m., 9:30 a.m., 5:30 p.m.

Wed. 1:30 a.m., 9:30 a.m., 5:30 p.m.

Thurs. 1:30 a.m., 9:30 a.m.

New show on Saturdays



...and Radio

"Nutrition & You"

Ruth Heidrich, PhD

Terry Shintani, MD

John Westerdahl, PhD

Sundays: 8-9 p.m.

K108 (AM 1080)

Call-in line: 524-1080

"Health Talk"

Hosted by Hesh

Saturdays: 8-9 a.m.

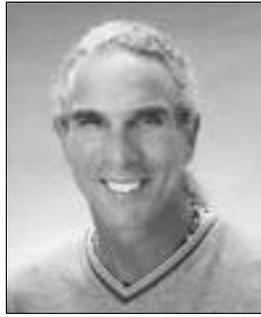
K108 (AM 1080)

Call-in line: 524-1080

WMDs, Part 2

by Hesh Goldstein
VSH Member

We have already established that our nation's schools are doing their part to create future participants in the pharmaceutical-medical-insurance alliance that costs this country billions of dollars and does nothing more than hook people on prescription drugs, help their friendly doctor make his monthly Mercedes payments, and make health insurance premiums exorbitant.



Why is food suddenly so dirty that it has to be irradiated?

Now what has happened is that on May 29, 2003 the U.S. Department of Agriculture announced that it would offer irradiated meat in the school lunch program beginning in January, 2004, the justification being that irradiated meat can kill most dangerous food pathogens such as E. coli and salmonella. It is interesting that the USDA never thought to recommend cleaning up filthy slaughterhouses, slowing down the processing lines, increasing the number of federal meat inspectors, or encouraging local and organic agriculture.

Could there be any drawbacks to irradiation? Hmm, let's see. Well,

- food irradiation exposes food to the equivalent of 30 million chest X-rays;
- irradiation creates new chemicals in foods called radiolytic products, some of which are known cancer-causing substances such as benzene, formaldehyde, and lipid peroxides (others are unique to the irradiation process and no one knows what effects they have on human health);
- irradiation destroys essential vita-

mins and nutrients that are naturally present in food, and no studies have been done to show that a long-term diet of irradiated foods is safe;

- irradiation plants pose environmental threats to workers and surrounding communities, as does the transportation of nuclear materials to irradiation facilities;
- irradiation damages the quality of food, resulting in second-rate nutrition and "counterfeit freshness;"
- irradiated fats tend to become rancid;
- irradiation a) creates harmful free radicals and b) destroys the antioxidant vitamins necessary to fight them;
- in Europe food irradiation has been used to camouflage spoiled seafood;
- irradiation produces toxic by-products in food;
- studies have shown increased tumors, reproductive failures, kidney damage, and chromosome abnor-

malities in children from India who were fed freshly irradiated wheat;

- irradiation is a quick fix with long-term consequences. It does not kill all bacteria, and those that survive are radiation-resistant;
- irradiation doesn't kill viruses or the bacteria that cause botulism;
- irradiation cannot be used on dairy products, which are a major cause of food poisoning;
- without labeling, irradiation will be used widely because producers will "follow the leader" and irradiate everything and anything to protect themselves from liability from food poisoning, no matter how remote the possibility. The costs, as usual, will be passed on to the consumer; and, as we have seen, irradiation doesn't solve the problem, it just covers it up.

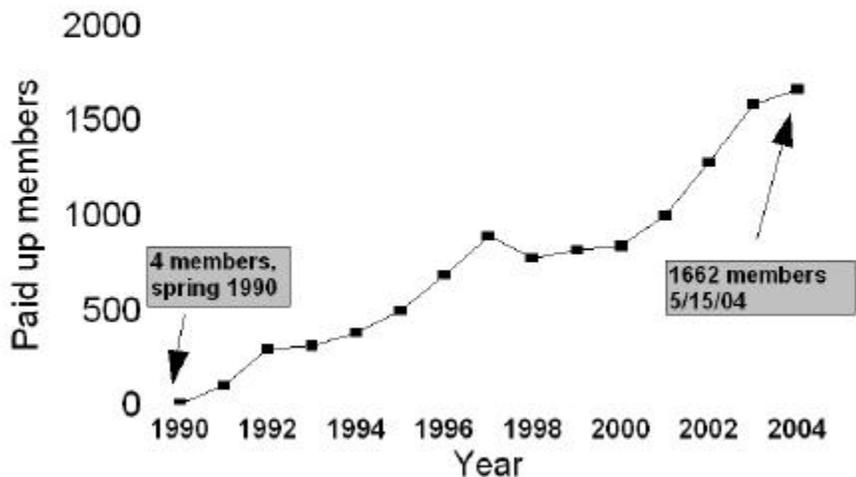
This certainly raises the question, Why is food suddenly so dirty that it has to be irradiated?

Aloha!

Hesh Goldstein is the host of Health Talk on K108 radio (AM 1080) on Saturdays 8-9 a.m.

VSH Growing at *Healthy Clip*

VSH Membership Vegetarian Society of Hawaii



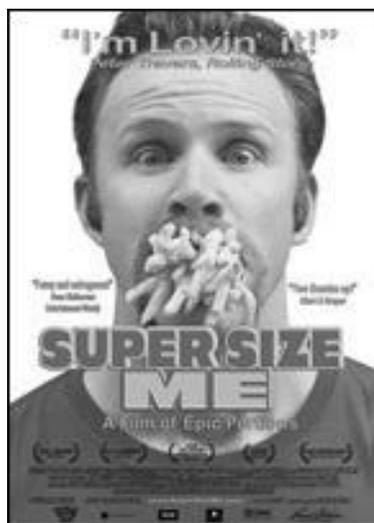
Movie Review

Super Size Me

by William Harris, MD
VSH Board member

The director and star, Morgan Spurlock, won best director honors at Sundance in 2004, and Roger Ebert gave the movie two thumbs up. It finally reached the Varsity Theater in Honolulu, and when we went to see it on June 11th, it had attracted a full house of attentive patrons. It's a fast and funny movie but in the manner of a director who once persuaded a participant on his TV show, "I Bet You Will," to eat a Madagascar hissing cockroach for a prize of \$100.

Synopsis: Spurlock dines only on a rotated McDonald's menu and is sedentary for 30 days. He gains 24 pounds, his cholesterol rises 40 percent, he feels lousy, and his sex life collapses. Some of this movie is contrived, but the visuals of hundreds of American buttocks so fat they resemble rogue hippos on the loose are real. So are the clips of obese Caucasians wailing over their social rejection, two skinny black teens who LOVE junk food but work it off with athletics, school cafeteria managers and the mouthpiece for the Grocery Manufacturers Association absolving themselves of guilt, and a lawyer suing McD's for causing his plaintiff's obesity but admitting he's in it for the money. Spurlock is stonewalled 15 times by the McDonald's PR office when he asks for an interview. The editing style runs the gamut from brilliant to sleazy, but it's always fun.



Heavy hitters appear: Marion Nestle, Professor and Chair of the Department of Nutrition, New York University, talks about cozy government-food industry ties. Neal Barnard, M.D., PCRM's founder/director, discusses the addictive effects of the breakdown products of casein, the casomorphins in dairy and chocolate. John Robbins talks about the ice cream-related health problems of his father and the early coronary death of partner Baskin of Baskin & Robbins.

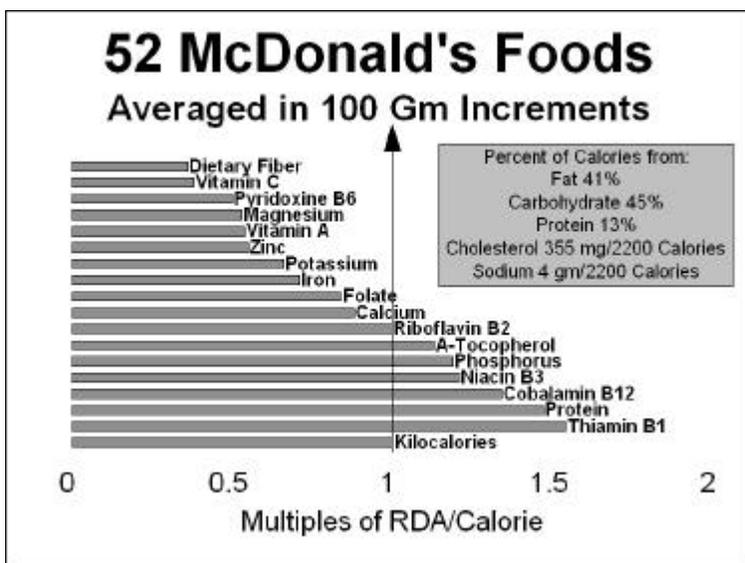
Lawyer John Banzhaf, executive director of *Action on Smoking and Health* (<http://ash.org/>) (90% of the reason you no longer have to breathe tobacco smoke on the airlines and most public places), has some tips for lawyers eager to cut themselves in on the obesity pie by blaming it on somebody else. Somebody rich. Like McDonald's.

McDonald's "Nutrition Facts" (www.mcdonalds.com/usa/eat/nutrition_info.html) include the usual FDA-approved smoke and mirrors: % Daily Value (that's the smoke that obscures myriad mathematical deceptions), Serving Size, (more smoke), Calories, Calories from Fat, Total Fat, Saturated Fat, Cholesterol, Sodium, Carbohydrates, Dietary Fiber, Sugars, Protein, Vitamin A, Vitamin C, Calcium, and Iron. The numbers omit many

important nutrients, are not directly referenced to Calories, and just hang there like satellites in outer space.

However, Nutritionist IV (N-Squared Computing, Salem OR 1988) lists 55 McDonald's menu items that can be added in 100 gram increments. After condiments, dressing, and syrup are removed, here's how the remaining 52 averaged items (Quarter Pounders, McNuggets, Filet of Fish, French fries, etc.) shape up relative to Recommended Daily Allowances (RDAs) and Calories (see graph below). All the 6 nutrients to the right of the arrow meet 100% or more of the RDA/Calorie but the 10 to the left do not, so it's no mystery why the more Spurlock ate, the more his hunger drove him to eat, in an attempt by his regulatory centers to make up the nutrient shortfalls.

In the end, after his three physicians (so convincing in their roles that they may really be actors) advised him to quit or die, his lively girlfriend, billed as a "vegan chef," saved him with her food, bringing his weight, liver function tests, and lipid levels down out of the stratosphere. But the punch line probably explains the whole American obesity/disease conundrum. Spurlock eats hamburgers and junk food because he loves them. He quit being a vegan two months after his girlfriend rescued him.



Animal Rights Corner



Restaurants Pledge Not to Serve Veal

by Laurelee Blanchard
VSH Maui Meeting Coordinator

Veal production is an especially cruel procedure. It involves tearing newborn male calves from their mothers at 1 to 2 days of age and chaining them in cramped, dark crates without room to turn around, stretch their limbs, or even lie down comfortably. The severe confinement and resulting immobility makes the calves' meat "tender" because their muscles cannot develop. The animals are fed a diet deficient in iron that is designed to produce pale-colored flesh caused by anemia. At approximately twenty weeks of age the calves are slaughtered and marketed as veal.



Farm Sanctuary has been working to raise awareness about the cruel fate of baby calves that are exploited for veal production. As more consumers and restaurant proprietors have learned about the cruelty of the veal industry, the rate of veal consumption has declined. A growing number of restaurants in Hawaii have pledged not to serve veal. A list of these follows:

Blue Lagoon Tropical Bar & Grill,
Lahaina

Down to Earth Natural Foods, Oahu & Maui
Fort Street Bar & Grill, Honolulu
Fresh Mint, Paia
Kobe Japanese Steak House,
Lahaina
Postcards Café, Hanalei
Teshima's, Honalo
The Willows, Honolulu
Upcountry Café, Pukalani
Volcano Joe's Island Bistro, Honolulu
Wailua Marina, Wailua
Well Bento, Honolulu

Cruelty in the Production of Dairy and Egg Products

by Laurelee Blanchard

Many people continue eating dairy products and eggs because they believe that to get milk and eggs, you don't kill the animal. The reality is that milk-producing cows and egg-laying chickens are killed after their products are taken from them. This is the case for free-range dairy and eggs as well as for factory farmed.

In fact, dairy cows and egg-laying hens often suffer much worse than their for-flesh counterparts. Most dairy cows live inside milk parlor stalls where they can't walk or turn around. Egg-laying hens are de-beaked and live crammed inside tiny, crowded cages with wire floors.

The males born in dairy cow and

egg-laying hen breeding operations don't live long. In the case of egg-laying hens, the male chicks are often discarded in trash bags to suffocate or starve, or they are ground up into fertilizer while still alive. Male offspring of dairy cows, being of the wrong stock for beef, are taken from their mothers and raised for veal. As veal calves, they spend 16 weeks chained by the neck in crates so small they cannot even stretch their limbs or lie down comfortably.

Giving up meat is a good step toward not contributing to the suffering of other animals, and if you are going to cut out animal products in the order of which suffer the most, you should stop consuming dairy and egg products first.

Avoid Heifer Project International

by Laurelee Blanchard

We all receive numerous invitations to donate to charities, including Heifer Project International (HPI), an organization that claims to work against world hunger by donating animals to families in developing countries. Animal-based foods, however, are the least cost-effective. They require more land, water, and energy per unit of protein than plant-based foods. It takes many pounds of

(Continued on page 9)

(Continued from page 8)

grain or other feed to produce a pound of meat. Worldwide, 840 million people live with chronic hunger, and 8.8 million people die of hunger-related causes each year. Most hunger deaths are due to chronic malnutrition caused by inequitable distribution and inefficient use of existing food resources. We could feed the world while preserving the planet if plant-based foods were eaten by people directly rather than being channeled through livestock, which in comparison produce a small amount of food. More efficient and equitable use of existing world food resources, combined with increased sustainable cultivation of traditional food plants in regions where people are malnourished, will ensure a world of plenty.

In addition, animal agriculture is responsible for the clear-cutting of forests and the destruction of other sensitive ecosystems for the purpose of accommodating livestock grazing. To make matters worse, consumption of animal products contributes significantly to life-threatening diseases such as heart disease, stroke, diabetes, and a variety of cancers. Plant-based foods offer the healthiest, most sustainable, and most cost-effective methods of ending hunger and malnutrition.

Economics of Animal Agriculture

by Laurelee Blanchard

The meat and dairy industries are a drain on the American economy. The U.S. government stores billions of pounds of surplus milk equivalent (milk, cheese, and butter) at a cost to taxpayers of billions of dollars. Subsidies to ranchers on public lands cost American taxpayers about \$500 million annually. Taxpayers subsidize

cheap water for the animal agriculture industry to the tune of \$80 billion every year. If the meat industry had to pay going rates for water, hamburger meat would cost at least \$20 a pound.

Dr. Colin Campbell of Cornell University estimates that excessive meat consumption is responsible for as much as a \$120 billion of health care costs in the U.S. alone. People who consume animal products are more likely to suffer from heart disease, cancer, osteoporosis, and obesity. These ailments result in increased health insurance premiums for everyone.

Laurelee Blanchard is a Campaign Coordinator for Farm Sanctuary.

Cow

by Helen Wells, MA
VSH Outreach Coordinator

In January of 1994 newsman Steve Woodward published a long article in many newspapers across the country. Locally it ran in the Star-Bulletin under the headline, "How now, one cow?" but elsewhere it also ran under the headline, "One Cow, Hundreds of Uses." It enumerated all the products that Americans use that have bits of cow in them. Or, another way to look at it, it showed where all the parts of

the cow go. This information is horrible, and yet we need to know this so that we can avoid using these products. For example, did you know that hooves are in fire extinguisher foam and fertilizer? Did you know that the tonsils (and a lot of other parts) go into pet food? Did you know that cow fat goes into chewing gum and toothpaste?

When I read this article, my reaction was, "I am so thankful for health food stores that sell products that don't have cow in them." I don't care so much that they are more expensive than they would be at "regular" supermarkets. Let's face it, it's worth it to pay a little more for food and products that aren't taken from cow body parts.

The tone of Woodward's article was one of just information-giving, but there was one paragraph where the cow-cutters are proud of their "recycling" and how they found uses for all the parts of the cow. Is there anyone else horrified by this? It reminds me of Nazi "efficiency."

Alas, I hadn't been that strict about white sugar. But, white sugar may have been filtered through cow bone char, and now we know that cow bones can carry "mad cow" disease prions. Goodbye, white sugar, hello maple syrup and agave (cactus sweetener).

We really need to praise the Star-Bulletin for printing these kinds of articles. I feel that the Star-Bulletin is responsive to vegetarian and AR issues.

Pacelle Named CEO of HSUS



The Humane Society of the United States (HSUS) named Wayne Pacelle as its new leader and Chief Executive Officer. Wayne had served as a senior vice president since 1998 and a vice president since 1994 and had acted as the organization's primary spokesperson.

In accepting his new position, Wayne said, "The HSUS will continue

to focus on protecting companion animals and wildlife, but we will make aggressive and unprecedented efforts to halt institutional forms of animal abuse, including the mistreatment of animals on industrial factory farms. In order to succeed, we need the participation of millions of Americans in our cause to root out suffering and abuse. I want to invite every American who cares about animals to join with us in pursuing our important mission."

Wayne was the VSH meeting speaker on Oahu and Maui last August.



Vegetarian Society of Hawaii

Calendar of Events: July - Sept 2004



LINDA DAY

“GREEN CUISINE: WHAT YOU EAT CAN SAVE THE WORLD”

Wed., July 14, 7 p.m.
Central Union Church
S. Beretania (at Punahou)

Our planet provides everything we need to live: oxygen, fresh water, food, and energy. But these vital natural resources are being contaminated and depleted by large-scale animal agriculture at an accelerating and unsustainable rate. Rainforests are being cleared for grazing land, rivers and lakes are becoming polluted, and massive amounts of fossil fuels are being burned, all to support the “factory farms,” slaughterhouses, and processing plants that produce meat for human consumption.

Join Linda Day on a fact-filled but fun exploration of how your diet can reduce the enormous threat we pose to our life-supporting environment.

Linda has been involved professionally and personally in environmental, animal rights, and human health issues nearly all her life. Currently she is Communications Coordinator for the University of Hawaii’s Office of Sustainability, which earlier this year facilitated the opening of Ono Pono, a vegetarian café on the Manoa Campus that has become highly popular with students, faculty, staff, and the community members.

Ms. Day will also be speaking on Maui on Saturday, July 10 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave. (enter on Wakea) in Kahului.



KEN SHAPIRO, PhD

“THE PSYCHOLOGY OF THE DINNER PLATE: VEGETARIANISM VERSUS CARNISM”

Wed., Aug. 4, 7 p.m.
Ala Wai Golf Course Clubhouse*

Who are the vegetarians? Do they espouse certain values, ideologies, politics? How do vegetarians and meat-eaters (carnists) differ on issues such as violence, empathy, and connectedness to the world? Being a vegetarian is more than avoiding meat-based foods. It is a way of living in and looking at the world that can involve a change in consciousness, self-concept, and personal relations. In this talk Dr. Shapiro will present findings from the emerging literature in the social sciences on the psychology of vegetarianism and, as well, of carnism.

Both an advocate and an academic, Kenneth Shapiro is the executive director of Society and Animals Forum, formerly Psychologists for the Ethical Treatment of Animals; editor of “Society and Animals: Journal of Human-Animal Studies;” and coeditor of the “Journal of Applied Animal Welfare Science.” Shapiro earned his BA from Harvard University and his PhD in clinical psychology from Duke University. His most recent book is *Animal Models of Human Psychology: Critique of Science, Ethics and Policy.*

Dr. Shapiro will also be speaking on Maui on Saturday, August 7 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave. (enter on Wakea) in Kahului.

MARY ARAKAKI, RD & RAUL HAYASAKA

“VEGETARIAN COOKING & MEAL PLANNING”

Wed., Sept. 8, 7 p.m., Ala Wai Golf Course Clubhouse*

Are you a new or transitioning vegetarian? Are you a vegetarian or vegan but not sure if you are meeting all of your nutrient needs? Would you like some new scrumptious vegan recipes and suggested meal plans? Do you want to be entertained by chef Raul who has a true passion for sharing the benefits of plant foods and can sing and cook at the same time both in Spanish and English?

If so, join registered dietitian Mary Arakaki and chef Raul Hayasaka from the Castle Wellness & Lifestyle Medicine Center on September 8th. Mary is a long time VSH member and serves on the board of directors as recording secretary. She is a nutrition counselor at the Wellness Center and she’d like to show you how to put together a meal plan that will include all the nutrients you need for optimal health. Raul is a retired teacher and principal but is a “rehired” chef. Born in Mexico, he first learned to cook while watching his mother, and he excels in Mexican cuisine. He is a certified dietary manager and a wellness cuisine instructor at Castle. Raul will demonstrate how fun and easy vegetarian cooking can be.

(No meeting will be held on Maui in September.)



***The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Ave., .2 miles behind the Waikiki-Kapahulu Library. Lectures are FREE and open to the public. Donations are appreciated and tax-free. Call-944-VEGI or visit VSH.org for more info.**

Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan).....	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan).....	\$12.95
Cooking with Natural Foods (Muriel Beltz).....	\$14.95
Deep Vegetarianism (Michael Allen Fox).....	\$19.95
Eco-Cuisine (Ron Pickarski).....	\$16.95
Fabulous Beans (Barb Bloomfield).....	\$9.95
Fat-Free & Easy (Jennifer Raymond).....	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.).....	\$11.95
Intro. to Animal Rights: Your Child or the Dog (Francione).....	\$19.95
Luscious Low-Fat Desserts (Maria Oser).....	\$11.95
McDougall Quick & Easy Cookbook (Mary & John McDougall)	\$19.95
Most Noble Diet (George Eisman, R.D.).....	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries).....	\$19.99
Nonna's Italian Kitchen (Bryanna Clark Grogan).....	\$14.95
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.).....	\$9.95
Race for Life (Ruth Heidrich, Ph.D.).....	\$14.95
Race for Life Cookbook (Ruth Heidrich, Ph.D.).....	\$9.95
Scientific Basis of Vegetarianism (William Harris, M.D.).....	\$15.95
Table for Two (Joanne Stepaniak).....	\$12.95
Uncheese Cookbook (Joanne Stepaniak).....	\$11.95
Vegan In Volume: Vegan Quantity Recipes for Every Occasion.....	\$19.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.).....	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, RD)..	\$21.95

Miscellaneous

NEW! VSH T-Shirt (Specify S M L XL).....	\$10.00
"I Speak Vegetarian" T-Shirt (Specify S M L XL).....	\$15.62
Diet For All Reasons video (Michael Klaper, M.D.).....	\$22.00
Four Food Groups poster	\$6.00

VSH Membership Application & Bookstore

To order items from the bookstore, complete the form below, check "Books/Merchandise," circle the item(s) you wish to order, and mail this page with payment to VSH. Please add 20% to the total for shipping. Make check payable to *Vegetarian Society of Hawaii*.

Send order/application to:

Vegetarian Society of Hawaii
P.O. Box 23208
Honolulu, Hawaii 96823

Join or renew today!

Vegetarian Society of Hawaii Membership Application/Order Form

Please Print

Name(s): _____

Street: _____

City, St., Zip: _____

Home Phone: () _____

Work Phone: () _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.

My dues are enclosed (add \$4 per year for a foreign address):

1 yr. 2 yrs. 3 yrs. 4 yrs. 5 yrs.

\$20 \$38 \$54 \$68 \$80

\$12 \$24 \$36 \$48 \$60

\$30 \$57 \$81 \$102 \$120

Life membership \$400

\$_____ additional tax deductible donation

Please check one:

- Vegan (no animal products at all)
Vegetarian (no flesh, fish, or fowl)
Associate (not yet a vegetarian)

Books/Merchandise

**SAVE
on Multi-Year
Memberships/
Renewals!**

Members receive a quarterly newsletter and discounts on products and services at many vegetarian-friendly restaurants and health food stores.

On the Menu...

Recipes from our members

Healthy Food in a Flash

by Mary Arakaki, RD

Our busy schedules make eating well a real challenge. Many people opt for ordering take-out or they buy frozen dinners, but neither of these options is as healthful and comforting as a home-cooked meal. Quick, delicious, and nutritious meals can be made with as little as four ingredients. Below are some tips for quick meals along with simple recipes for maximum satisfaction with minimum fuss:

- For an instant green salad use pre-washed salad mix and commercially prepared fat-free dressing. Add some canned kidney or garbanzo beans for a more substantial meal.
- Stock up on a variety of Instant Rice Noodle Soups. I recommend the Thai Kitchen brand from the health food store, noodles are not fried, no egg. Add some chopped fresh vegetables for a heartier soup.
- Burritos are quick to make and very portable. They can be eaten hot or cold. For a simple burrito, spread fat-free refried beans on a flour tortilla, add prewashed salad mix and salsa, and roll it up.
- Drain garbanzo beans and spoon onto a piece of pita bread. Top with prewashed salad mix and fat-free salad dressing for a quick pocket sandwich.
- Keep baked or steamed potatoes in the refrigerator. For a quick meal, open a can of vegetarian chili, top the potato, and heat in the microwave.

Miso Soup with Tofu and Watercress (Serves 4)

1 pound extra-firm tofu
3 cups vegetable broth
3-4 tablespoons miso paste
1 bunch watercress, roughly chopped

1. Cut tofu widthwise into eight ½-inch thick slabs. Blot tofu dry between clean kitchen towels. Cut each slab lengthwise into four ½-inch strips, and then cut each strip into eight ½-inch cubes.
2. Place broth and 3 cups of water in medium saucepan, add tofu, stir to separate pieces, and bring to boil over high heat. Reduce heat to low and simmer, uncovered, for 10 minutes. Place miso in medium bowl, add ¼ cup soup liquid, and whisk to blend well. Stir blended miso mixture and watercress into soup and simmer just until watercress wilts, about 30 seconds, being careful not to boil soup. Serve immediately.

Per Serving: 193 Calories, 15 g protein, 8 g fat, 0 mg cholesterol, 16 g carbohydrates, 3 g fiber, 893 mg sodium, 12% calcium.

Barbecue Beans with Butternut Squash and Kale (Serves 4)

Serve this hearty, full-flavored stew over instant polenta, couscous, or rice

2 15-ounce cans kidney beans, drained and rinsed
½ medium butternut squash (about ¾ pound), peeled seeded, and cut into ½-inch cubes (about 3 cups)
¾ cup barbecue sauce
4 ounces kale, stems removed and discarded, leaves torn into bite-size

pieces (about 4 cups packed)

Mix together beans, squash, sauce, and ½ cup water in large saucepan and bring to boil over high heat. Reduce heat to medium-low, cover, and simmer until squash is almost tender, about 20 minutes. Stir in kale and return to simmer. Cover and continue to cook until beans are hot and bubbling, squash is tender, and greens are cooked, about 5 minutes more. Serve.

Per Serving: 422 calories, 23 g protein, 3 g fat, 0 mg cholesterol, 82 g carbohydrate, 21 g fiber, 634 mg sodium, 19% calcium.

Curried Red Lentil Soup with Carrots and Spinach (Serves 4 to 6)

This dish stores well; if you make ahead of time, wait and add the spinach when you reheat it. Delicious served with crusty whole grain bread.

2 cups (about 1 pound) red lentils, picked clean and rinsed well
4 teaspoons curry powder
1 large carrot, peeled, cut into quarters lengthwise, then into ¼-inch slices (about 1 cup)
2 ½ ounces baby spinach

Bring 7 cups of water, lentils, curry powder, carrot, and ¾ teaspoons salt to a boil in large saucepan over high heat, stirring occasionally. Reduce heat to low and simmer uncovered, stirring occasionally, until lentils have softened and thickened, about 35 minutes. Add spinach and cook, stirring constantly, until spinach is wilted, about 1 minute. Taste and adjust seasonings. Serve.

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Per Serving: 350 Calories, 25 g protein, 2 g fat, 0 mg cholesterol, 60 g carbohydrates, 12 g fiber, 428 mg sodium, 7% calcium.

Resources:

German E., "4-Ingredient Dinners." *Natural Health Magazine* September (2003): 82-85

Physicians Committee for Responsible Medicine *Healthy Eating for Life to Prevent and Treat Cancer*. New York: John Wiley & Sons, Inc. (2002): 145-146

Short Takes

by Helen Wells, MA
VSH Outreach Coordinator

Dream Fashion at 627 South Street #1 has morphed into an Indian spice grocery that sells a variety of Indian spices in bulk at good prices and also some well-priced mixes that are vegetarian and/or vegan. Get curry, cumin, fennel, ajwain seeds in bulk, many only \$4.25 for a large bag. Roasted chick pea snacks are \$2.25, methi seeds (7 oz.) \$3.25, whole red chilies are \$3.00 (7 oz.). A good portion of powdered red chili is \$3.25, and mustard seeds are \$3.25 for about 1/2 lbs. You will also find cans of mixed pickles and 12-oz. cans of curried taro leaves for \$5. My favorite is one packet of saffron for \$8. Hours are 11 a.m.-5 p.m. daily, but call 536-7997 or 372-1444 to make sure and to check the availability of any particular spice you are seeking. Each new container brings more spices as this one-time clothing store shifts toward being a great spice store. Stop in for a look.

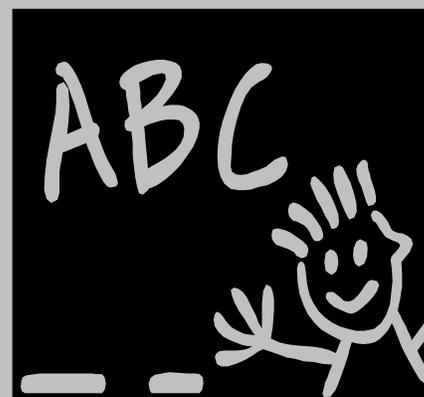
Pet's Discount on Kapiolani near Ala Moana Center now features vegetarian dog food called Natural Balance. The

formula includes oatmeal ("An exceptional source of: carbohydrates, fiber, thiamin and vitamin E. Not widely used in pet food because of cost."), carrots ("An excellent source of beta carotene."), potatoes ("Rich in potassium and an excellent source of highly digestible carbohydrates for energy."), Omega 3 and Omega 6 ("Lecithin, Linoleic Acid, Whole Grain Flaxseed, Vitamin E, Biotin and Kelp are combined to result in an excellent skin and coat."), and brown rice ("Rice grain with the bran portion intact, an excellent source of carbohydrates. Contains increased levels of B vitamins."). There is no corn, wheat, soy, dairy, or sunflower oil. "These items, suspected of causing allergic reactions such as hair loss, scratching, hives, tail biting, chewing feet, and ear infections, are not used." So, vegetarian dog food is healthier for your dog than dog food with animal products and by-products. Also, you aren't taking the life of a cow to feed your pet. Call Pet's Discount at 955-3774 for more information on this product.

Vegan Sushi. People have been asking me for an affordable source of good vegan sushi for years. Try Boba Loca Hawaii at 2615 S. King St., #104, 942-1770. The vegan sushi is hot and delicious: seaweed outer, sushi kine rice, pickled vegetables, pristine avocado. Say "no mayonnaise," because it is made to order by hand while you wait (watch if you want to). They didn't have wasabi when I went there. If you really need wasabi, BYO Wasabi. This shop also has a good number of fruit drinks with yummy tapioca pearls. Specify "no cow milk" and they will show you two columns of drinks on the menu that qualify. Boba Loca will prepare large orders of vegan sushi for your party! Parking is validated.

India Market is a new Indian Spices store located in the same building as Well Bento at 2570 S. Beretania St.

#105 (across from Kinko's), phone 946-2020. Features Indian, Middle Eastern, & South Pacific groceries. I bought pre-made vegetable samosas for microwaving and some saffron.



What's Cooking?

This quarter's cooking classes:

Kapi'olani Women's Center
1907 S. Beretania St.

Sat., June 19, 10 a.m.—noon
"Vegetarian Sandwiches"

Sat., July 31, 9 a.m.—10 a.m.
"Meatless Makeovers Workshop"
(learning how to adapt recipes)
9 a.m.—10 a.m.

Sat., Aug. 7, 10 a.m.—noon
"Vegetarian Quick Tricks"

For registration, fee information, and other details "Call-a-Nurse" at 535-7000 or visit kapiolani.org.

Castle Medical Center
Pali Hwy. at Ulukahiki St., Kailua

Vegan classes are held monthly.

Call 263-5400 or visit CastleMed.org to register (required) and for more information.

All classes are vegan.

Restaurant Reviews

Mary Jane's Kitchen

by Karl Seff, PhD
VSH Meeting Planner

1694C Kalakaua Avenue
Honolulu, HI 96826
943-2109
Sun.-Fri.: 9 a.m.-9 p.m.

Vegetarian and vegan Korean food, without worries about animal broth or fishy things, can be had at Mary Jane's. However, you *must* say "vegetarian" or "vegan" as you order, and you must be clear about egg content.

This clean and bright 24-seat family-run restaurant is actually on Fern St., in a corner building that fronts on

Kalakaua. It is the third door Diamond Head (east) of Kalakaua. Its parking lot, free after 4 p.m. and all day Sunday, validated otherwise, is two doors beyond that, adjacent to Makiki Stream.

The two waitresses, Ellen and Kellie, are sisters, Korean, and U.S. college graduates who speak English perfectly. The whole family is somewhat vegetarian. Although the menu at Mary Jane's is relatively standard with vegetarian items not obvious on the list, your waitress will understand your requests quickly and fully, make suggestions, and give assurances. Their mother, Jane Shin, does cooking that is revered in Korea — the traditional cooking of Chollan-nam province located in the southwest corner of the country.

On the wall to help you order are twenty big color pictures of the dishes available. An unwanted ingredient is easily replaced with tofu, more vegetables, or whatever else makes sense.

Try the Korean pizza (pajun) at about \$10. It is a dinner plate-sized

second dish was dwen jang shige (somewhat mistranslated on the menu as miso soup), a flavored stew of vegetables and tofu for \$6.50. Complimentary with any order come about a dozen little dishes of assorted prepared vegetables, only three of which were kim chee-like (hot), and the dessert of

On the wall to help you order are twenty big color pictures of the dishes available.

the day for us, a vegan squash custard. Eat away at the little vegetable dishes: as they empty, they are refilled. Our bill was just over \$17 for a full and authentic Korean vegan meal for two.

Also on the menu are bi bim bap (mixed Korean vegetables with rice and sauce to your taste), bi bim kook soo (noodles and vegetables with flavorings including sesame oil), and vegetable tofu soup, each for \$7. Kim bap (sushi) at \$3/roll will be made fresh upon your order.

Mashijosumnida!

Fresh Mint

by Eva Uran
VSH member

A New Vietnamese Vegetarian Restaurant on Maui

115 Baldwin Ave., Paia
(808) 579-9144
Mon.-Sun.: 11 a.m.-9 p.m.

During my trip to Maui in May I came across a neat little vegetarian restaurant in the picturesque town of Paia. Cool, green, and gleaming, it's a nice place to relax and dine in the heat of the day and enjoy some delicious Asian cuisine. It's just up the street from the well known health food store, Mana Foods (which has lots of wonderful deli items but no seating whatsoever!). Actually, the owner told me that this is why she started her own

pancake with vegetables baked in a pan without oil. We had the original stone-pot rice with various Korean vegetables for \$10. It came sizzling to our table, and we were taught to stir it as the last step in the cooking process.

Our

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restaurant, because there was nowhere to relax and dine on good vegetarian food. This is definitely a big plus, to be able to eat comfortably. I decided to check it out. First of all, I made sure that everything was totally vegetarian, since menu items mentioned fish, chicken, crab, shrimp, and oyster. I have come across so-called "vegetarian" restaurants in the past that included real



Fresh Mint owner Mai Beck

fish in their menu! Not this one. Fear not, all these delicacies are made from soy only. The two ladies who operate it are sweet and soft-spoken; so happy to please.

A glance at menu items reveals a list of sumptuous appetizers such as Fried Imperial Rolls, Fresh Summer or Autumn rolls (plum sauce filling for summer, peanut sauce filling for autumn), sautéed veggies, and Fresh Oyster Mushroom Delight. You have a choice of soy chicken salad, green papaya salad, fresh island salad, or "Fresh Mint" salad (which is what the restaurant is named after). This salad (choice of soy shrimp or crab imitation) is made with green beans, carrots, sweet Kula onions, cucumbers, red bell peppers, and fresh herbs tossed in a sweet pineapple sauce and topped with peanuts and dried onion flakes. Another Fresh Mint specialty is bamboo soup with

tofu, veggie ham in a simmering fresh island vegetable broth served with vermicelli noodles, bean sprouts, and fresh mint leaves.

I had Pad Thai, a favorite rice noodle dish stir fried with onions and tofu topped with peanuts and basil. I can attest to its delicious flavor. However, I should have watched out with the spicy lemongrass noodle soup. I didn't notice that the particularly hot items displayed in the menu were followed by chili pepper icons. Be forewarned by those symbols if your mouth is sensitive. They are only in the Chef's Special, a total of 3 items. No matter, there are plenty of milder entrees in the menu that will melt in your mouth. These include fresh lemon grass tofu (not the hot, spicy kind), soy fish, deluxe combination stir fry, stuffed tofu or tomato, grilled eggplant with basil, golden chicken curry, and fried rice with mixed vegetables and veggie ham.

Noodles are of four kinds: veggie beef with lemon grass; imperial rolls served with cucumbers, bean sprouts, fresh herbs, and vermicelli noodles sprinkled with peanuts and tossed in a sweet vinegar sauce; Chow-mein noodles; and Chow Fun Noodles. You can also create your own Vietnamese Burrito, either seasoned Grilled (mock) Fish, or Tofu Roll Delight.

Prices are reasonable, \$1-2 for side dishes and beverages, \$7-13 for Chef's Specials, and from \$5 to \$10 for all the rest of the menu items.

Next time I visit, I'll be sure to sample – no, rather, feast on - a whole lot more of these items.

Nothing's changed my life more. I feel better about myself as a person — being conscious and responsible for my actions. And I lost weight and my skin cleared up and I got bright eyes and I just became stronger and healthier and happier. Can't think of anything better in the world to be but vegan."

--Alicia Silverstone



Veggie Sandwiches

Brown baggers will love the sandwich recipes found on the FatFree.com website. Among the nearly one hundred listings are these tantalizing selections:

Baked mushroom
Bean burgers
Couscous croquettes
Grilled eggplant
Lentil burgers
Spinach falafel
Tofu, lettuce, & tomato

<http://www.fatfree.com/recipes/sandwiches/>

Attention VSH Volunteers

If you're interested in participating in the American Heart Association 11th Annual Heart Walk on August 14, please contact Robert Moses at robert@mosesrealty.com or 941-0191. We plan to carry the VSH banner and wear our new VSH t-shirts. We need 25 or more members. Do your heart a favor -- and walk!

Oahu Heart Walk

August 14, 2004

6:30 -- 11:30 a.m.

Fee: Free

Location: Kapiolani Park

Vegetarian Epiphany

by George Simms

My vegetarian epiphany took place during the course of a single dinner — at Nuuanu’s Hare Krishna restaurant now known as Govinda’s — as I was concurrently devouring Swami Prabhupada’s philosophy on human diet from a dog-eared paperback provided for patrons’ meal-time reading.

What initially caught my attention were anatomical comparisons between the digestive systems of true carnivores and true herbivores — and where humans fit in on the chart. That evidence alone ought to be enough to convince any non-believer. Our intestinal tract is simply too long! We can’t quickly eject the garbage the way wolves do.

Fully realizing the high incidence of colon disease among mature men, I now understood the most likely culprit: walking around for 48 hours carrying

in your intestines the putrefying, burnt dead animals you’ve just eaten. I then also made an assumption (since proven to be true) that “making the switch” to vegetarianism would provide me with consistent, smooth, and comfortable results during the all-important morning sit-down.

But there were a few more chapters in Swami’s book. Next came a brilliantly clear, common-sense treatise on the utilization of agrarian land resources.



You could perpetually devote one given acre of land to fatten one cow, slaughter it, and thereby provide meat to a handful of people for a few days, or you could use that same acre to grow soybeans and spelt and satisfy the nutritional needs

of a small village, year after year, with better quality and better tasting protein. And what’s more, you’ve got a happy cow to love.

The results of this five and a half year journey are that I haven’t been sick once since the day I gave up flesh — no colds, virus, flu, sniffles, or allergies. I eat when I’m hungry — as much as and whatever I want; some days I’ll eat next to nothing. My

weight has held steady for nearly 40 years; I haven’t outgrown a garment since junior high school. I’ll attribute a lot of that to having chosen good ancestors, but will rely on my good diet to keep me trim and fit for the next 40 years.

Born in Oklahoma, raised and schooled in Connecticut, George has made Hawaii his home since 1998. In a musical career spanning more than 35 years, he has recorded studio albums and circled the globe several times as a band member (backing vocalist) with David Bowie and Billy Joel as well as French superstar Serge Gainsbourg. His voice has been heard on number-one hits by Madonna (“Li-ving...in...a...ma-te-ri-al...world”), Harry Chapin’s Cat’s in the Cradle, Bowie’s Let’s Dance, China Girl and Modern Love, Joel’s River of Dreams, and many others. For nearly four years he was a semi-regular actor and full-time voice-over specialist for the NBC daytime drama Another World.

George, who resides in Nuuanu, is also a 37-year veteran of the fire service, a retired chief from Stamford, Connecticut. He currently works from his home as an editor of business documents for a mainland IT consulting firm. He speaks 10 languages and travels the world extensively.

Let Businesses Know What You Want

by Eri Okada-Berkeley
VSH Public Relations Director

Always wishing there were more vegetarian/vegan items at restaurants and supermarkets you frequent? Are you tired of having the same thing over and over again? Then tell them you want more veg. items. We live in a consumer society, and the customers have the right to tell them what they want; businesses are always trying to find out what the customers want and are more than willing to listen to con-

sumers’ demand if it is reasonable. The more requests for veg. items they hear, the more likely they are to start carrying them. At the same time, if the businesses already carry what you want, make sure to praise and thank them for having them. Look what happened to Burger King and McDonald’s. Even they had to start carrying veg. burgers after so much demand was made.

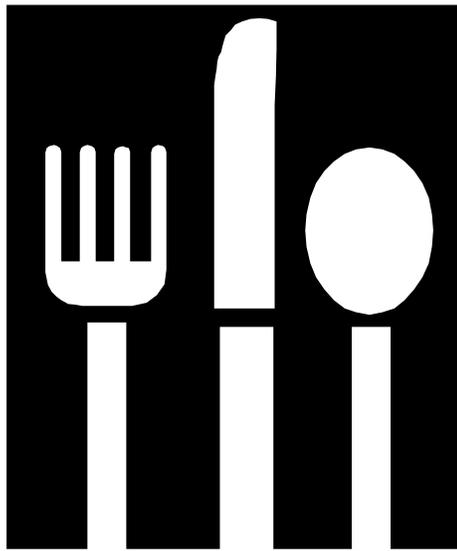
When talking to businesses, try to talk to decision makers. If it’s not possible, ask the person you are talking to to relay your message to the manager or owner. You could also email and write letters. When making requests, don’t be afraid to be specific, but make sure to always be polite and friendly, too.

Good luck!



Michael Klaper, MD, seen here at the Ala Wai Golf Course Clubhouse, was the June VSH speaker at the Oahu and Maui public lectures. A combined 260 people heard his compelling presentation on “Things About Vegetarian Nutrition That I Don’t Believe Anymore.”

Watch for replays of his talk on the “Vegetarian” TV series on Wednesdays at 6 p.m. on Oceanic Channel 52. The schedule can be found on VSH.org.



VSH Dine Outs

Popular Dinner

Place: California Pizza Kitchen
Ala Moana Shopping Center,
Top Level

Date: Sunday, July 25
Time: 5:30 p.m.
Cost: \$12-15 plus tip
Dress: Casual (Hawaii style?)

Reservations required. Call 537-3754.

Lunch

Place: India House
2633 S. King St.

Date: Saturday, Sept. 4
Time: 1 p.m.
Cost: Less than \$10 for lunch,
drink, and tip

Dress: Casual
Parking: University Square (Diamond
Head makai corner of Univer-
sity Ave. at King St.) —
validated.

No reservations needed.

**Reminder: Please order only vegeta-
rian or vegan foods at VSH dine
outs.**

The Atkins Diet

by Laurelee Blanchard
Maui VSH Meeting Coordinator

The Atkins diet has in recent years single-handedly restructured the diets of many Americans — shifting them away from eating healthy fruit and vegetables to a more meat-centered menu — and we now have the worst obesity epidemic in the history of the United States. Health studies prove that a high fat, cholesterol-laden diet based predominantly on meat consumption is unhealthy. Medical doctors have been telling us for years to increase our intake of vegetables and fruit. The reason is simple: a vegetarian diet is the best for our bodies.

The healthiest diet — one comprised primarily of high-fiber fruits and veggies — is also the most environmentally friendly. Animal agriculture — especially “factory farming,” in which thousands of animals are concentrated into long, enclosed sheds — is incredibly taxing and polluting to the environment. Anyone striving for good health, protection of the environment, and reduction of animal suffering should steer clear of the Atkins diet. Resource websites such as vegforlife.org offer nutrition information on the Atkins diet and healthy vegetarian diet options.

Protecting the Environment

by Laurelee Blanchard

One of the most powerful ways we can protect the environment is to shift toward a plant-based diet centered on fruits, vegetables, grains, and legumes and to eliminate meat and other animal products from our diets. Raising animals for food is a leading cause of resource depletion and environmental degradation. Meat production is

inefficient and results in the needless waste of precious environmental resources. One acre of land could produce 50,000 pounds of tomatoes, 40,000 pounds of potatoes, and 30,000 pounds of carrots — or just 250 pounds of beef. In the United States and around the world millions of acres of forests are cleared and burned to create grazing land for cattle and crop lands to grow animal feed.

Furthermore, the nearly *10 billion* animals raised for human consumption each year in the United States excrete massive quantities of urine and feces. Because these animals are injected, fed, and sprayed with antibiotics and pesticides, their waste is filled with toxic chemicals, much of which is washed, untreated, by rains into our waterways. Arguably, animal agriculture poses a greater threat to our natural environment than all other human activities combined. We directly contribute to massive amounts of ecological devastation by eating meat, eggs, and dairy products. Every dollar spent to purchase animal products subsidizes this devastation. Each of us can refuse to subsidize environmental destruction every day by boycotting animal foods. Becoming vegan is crucial for putting our principles into practice.



The “Vegetarian” TV series airs VSH meetings on Thursdays at 6 p.m. on Olelo Channel 52. The schedule is available on the VSH.org website or by e-mail. To subscribe, send a message to: VSH-News-Group-Subscribe@yahoo.groups.com.

Opinion

USDA Subsidies

by William Harris, MD
VSH Board Member

From June 2 - 4, 2004 CNN and Time magazine collaborated on a series, "Obesity in America" with much gnashing of teeth over the 66% of Americans now either overweight or, frankly, obese. They were again it and trotted out experts suggesting that the cause is housing tracts located beyond walking distances to shopping centers, genetic bad luck, food industry advertising aimed at kids, etc.

Experts invited to the ball included at least one from an advertising agency, no doubt selected to deflect blame from the food industry from whence she came, over to "lack of exercise," the mantra favored by the soda

pop and junk food purveyors to explain why their patrons get fat.

The dreaded "V" word only surfaced once even though dozens of peer-reviewed articles indicate that vegetarians have a far lower incidence of bariatric problems. While there was lip service to the notion that government policy might have something to do with obesity, the hard facts of those policies never came up.

Here are those hard facts. The government in the form of the Commodities Credit Corporation (CCC) www.fsa.usda.gov/ccc/default.htm of the United States Department of Agriculture (USDA) has, since its inception in 1933 as part of Roosevelt's New Deal, given slavish and unrelenting support to the very foods that cause obesity while giving the foods that prevent it -- fruits and vegetables -- almost no support at all. In spite of that, F&V do nicely on the free market (remember that concept, the one that's supposed to run the U.S. economy?).

The USDA is coy about releasing

its program costs at www.usda.gov/ but the Environmental Working Group has a nice summary at www.ewg.org/farm/region.php?ips=00000&progcode=total&yr=2002.

Most of the money goes to corporate farmers who already exceed average U.S. incomes.

The Rogues Gallery

This graph (below left) from EWG data shows that apples were the only F or V the USDA helped out from 1995-2002 in the amount of ~ \$169,437,769/yr, which is .16% of the total \$15.26 billion/yr. All the money went to Washington and Oregon growers, and since apples were not on the support list in 1987, it's probably compensation after Meryl Streep wiped 'em out in 1989 with the Alar scare that set the stage for the food disparagement laws that set up Howard Lyman and Oprah Winfrey for their legal battle with the Texas cattlemen in 1996.

Of course you could argue that the big winner, corn, is a vegetable, but it's deficient in niacin and tryptophan and causes pellagra if eaten exclusively. Sixty percent of this crop goes to feed

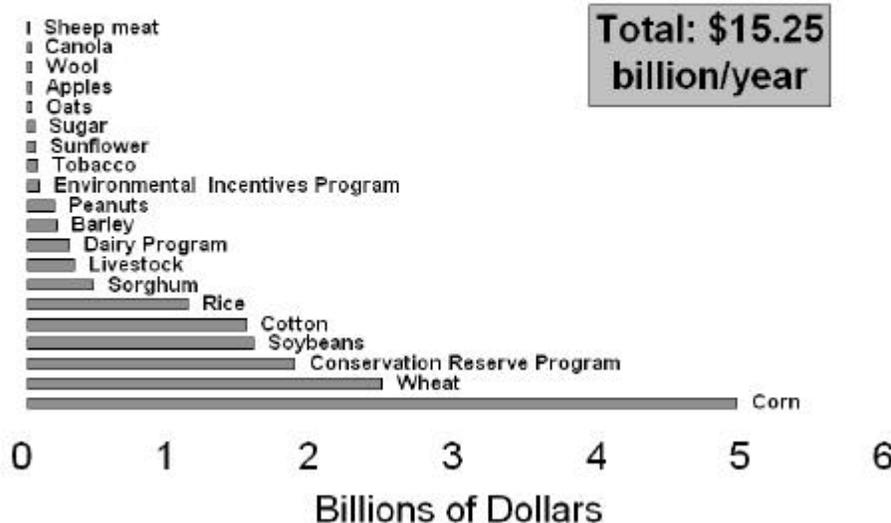
animals, anyway. (<http://www.ncga.com/livestock/main/>) High fructose corn syrup, starch, corn oil, and ethanol fuel are other ubiquitous corn products, so that occasional ear at the July 4th picnic isn't a big part of the picture.

USDA intervention in the cotton fiber market causes economic mayhem at home and abroad; however, cotton's only relation to food is cottonseed oil, which is 100% fat, beloved of the potato chip industry, and, as with all refined oils, a splendid way to get fat if that is your desire. The cottonseed mash is used as cattle feed in the southwestern U.S. Similar comments apply to ca-

The USDA...has given slavish and unrelenting support to the very foods that cause obesity.

Average USDA Subsidies

1995-2002



Total: \$15.25 billion/year

(See **Subsidies** on page 19)

(Subsidies from page 18)

nola, and although raw sunflower seeds are very nutritious, that's not why the USDA helps them: it's because they're part of the USDA "oilseed" program.

That the USDA still tinkers with tobacco and sugar subsidies inspires the thought, "Well, at least it's less than they used to."

U.S. health expenditures in 2001 were \$1.4 trillion (www.cdc.gov/nchs/fastats/hexpense.htm), or 14.1% of the Gross Domestic Product. In the opinion of this writer most of that hefty monetary index of human suffering can be laid squarely on the government itself. Except for the occasional true accidents that would still occur even in the best of all possible worlds (driving drunk on USDA supported grain alcohol does not cause a "true accident"), most of our disease would dry up in a couple of generations if the USDA simply left agricultural finance to the free market and the IRS cut health sensitive product advertising from its list of corporate tax deductibles. (The food industry gets a ~ \$4 billion deduction on its \$12 billion/year advertising costs because it's listed as a business expense on line 23 of IRS Form 1120. In other words, you can lie as much as you want and the taxpayers will have to pick up one third of your tab).

There's not a single food on this graph that's indispensable to human health, and the ones that really are, ~93 readily available vegetables and 58 fruits (not counting the apples), are making it on their own without much advertising.

Why not give *them* the supports instead? Because they don't *need* the supports. All they need is for the government to stop bailing out their animal food and processed food competitors, a tax saving policy that would automatically raise prices for unhealthy foods and make the F&Vs look even more like the nutritional bargains they really are.

(Excerpts from page 2)

locker could serve these purposes at a lower cost. We have earmarked the saved funds (close to \$400 a month) for additional advertising.

• *Goals:* Our financial goals, admittedly long term, include a part time executive director, and some of us even envision office space that we own and that would serve as a center and gathering place for vegetarian education, support, and socializing.

• *Conclusion:* So while we are holding our own on a monthly basis, to expand and improve our services we hope to increase our reserves (that is, the balance in the checking account) by increasing membership, book sales, and tax deductible contributions.

• We are happy to welcome a new treasurer to the Board -- Mel Hertz. Mel is a 33-year vegetarian and 13-year vegan. He's been a VSH member since the beginning, and he has 25 years of experience in the financial planning industry. Mel is well known to many of us, and we warmly welcome him to the Board.

To all, a happy and healthy summer!

Alida

“The human body has no more need for cows' milk than it does for dogs' milk, horses' milk, or giraffes' milk.”



Michael Klaper, MD
Author of *Pregnancy, Children, and the Vegan Diet*

(Glycemic Index from page 3)

Let's hear it for 15-A-Day! (Fruits and vegetables that is, not grains and starches).

	Glycemic index	Glycemic load
Jasmine rice, white, cooked in rice cooker	109	46
Glutinous rice	92	44
Dates, dried (Australia)	103	42
Raisins (Canada)	64	28
Baked potato	85	26
Millet	71	25
Barley, rolled	66	25
Rice, white	64	23
Rice, brown	55	18
Sweet potato	61	17
Figs, dried, tenderized	61	16
Buckwheat	54	16
Wheat	41	14
Rye, whole kernels	34	13
Yam	37	13
Orange juice	50	13
New potato	57	12
Haricot and navy beans	38	12
Banana, raw	52	12
Apple juice	40	12
Cracked wheat (bulgur)	48	12
Grapes, black	59	11
Papaya, raw	59	10
Carrot juice	43	10
Pinto beans, dried, boiled	39	10
Prunes, pitted	29	10
Sweet corn	54	9
Brown beans	38	9
Mango, raw	51	8
Grapes, raw	46	8
Pineapple	59	7
Black beans	30	7
Kidney beans	28	7
Baked beans	48	7
Brown beans	24	6
Apples, raw	38	6
Semolina	55	6
Oranges	42	5
Plum, raw	39	5
Lentils, red	26	5
Apricots	57	5
Lentils	29	5
Peach, raw	42	5
Tomato juice, no added sugar	38	4
Pinto beans, boiled	14	4
Pear, raw	38	4
Watermelon, raw	72	4
Mung bean, germinated	25	4
Taro root	55	4
Green peas	48	3
Grapefruit, raw	25	3
Carrots	47	3
Cherries, raw	22	3
Cashew nuts, salted	22	3
Soya beans	18	1
Peanuts	14	1
Strawberries, fresh, raw	40	1
Hummus (chickpea salad dip)	6	0

go vegan!



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