



The **VEGETARIAN**

SOCIETY of

HONOLULU Quarterly

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*supporting human health, animal rights, and ecology**

President's Message



Greetings!

Several years after the completion of the well known Cornell University "China Diet Study," which hypothesized that a diet that is rich in a variety of good quality plant foods prevents a range of chronic diseases, less than 3% of the findings have been published. Since the general conclusion of this largest-ever study of its kind is, in fact, that a low-fat vegan diet is the "perfect diet," we are naturally eager to hear more about this as it becomes available to the general public.

In a recent edition of the Physicians Committee for Responsible Medicine's "Good Medicine," Dr. Colin Campbell, the principal investigator in the study, has offered some additional insights into the relationships between diet and disease. In particular he cites the dangers of consuming animal protein, including effects on the immune system, cholesterol levels, hormonal actions, enzyme systems, and cells' likelihood of absorbing carcinogens. (Other research has found significant relationships between increasing animal protein levels and such common afflictions as osteoporosis, rheumatoid arthritis, asthma, and kidney disease, to name a few.) Dr. Campbell's conclusion is that the use of animal protein is actually more closely related to disease than is the total fat an individual takes in, a close relationship in itself. Precautions such as removing the skin from chicken or substituting chicken for beef, while a small step in the right direction as far as fat is concerned, does not help the problem of excess animal protein; if anything, doing this may serve to increase levels that are already too high. In addition, in the widely publicized Harvard Nurses' Health Study it was shown that minimal fat level reductions like those described above have not been associated with a decrease in breast cancer rates. What is called for is a more radical dietary change --namely, the elimination of these animal products from the diet altogether. As Dr. Campbell has told us, "...modest changes in fat intake are not going to achieve the kind of disease prevention that is theoretically possible." And theory has been shown to be reality time and again in studies that show close relationships between disease and dietary animal protein and fat.

VSH applauds all of the efforts that people make to change to a healthier diet for themselves and their families, as these efforts indicate a heightened awareness and result in fewer abused animals and a better chance for the survival of the planet that nurtures us. However, as has been shown, partial measures cannot be counted on to have the desired effect. For the greatest impact on our health and on these other critical areas, we have always promoted strict vegetarianism as the most effective and humane. For some people the change that we are suggesting may seem daunting -- however, that's where the Vegetarian Society comes in. I myself received tremendous support and invaluable information attending VSH meetings so that taking that last step to strict vegetarianism was not only easy, but a true source of joy.

-Alida



Honolulu Herbivore Happenings



Winter 1994

December 5, Monday:

Dinner and conversation at Diem's, 2633 S. King St., at 6 P.M. Parking available on the corner of King and University.

December 13, Tuesday:

Monthly meeting of the Society, 7:00 p.m. at St. Clement's Episcopal Church, 1515 Wilder at Makiki St. A video presentation by Michael A. Klaper, M.D., Director of the Institute of Nutrition Education and Research, titled "A Diet For All Reasons" will be shown.

December 16, Friday:

Meet for dinner at the Buddhist Vegetarian Restaurant, 100 N. Beretania (Chinese Cultural Plaza), at 6 p.m. For more info call Freeman at 528-5412.

January 10, Tuesday:

Monthly meeting of the Society, 7 p.m., at St. Clement's Episcopal Church, 1515 Wilder at Makiki St. Gerald Prickett, Public Health Nutritionist, Hawaii Department of Health, will speak on the topic "Fruits and Vegetables for Better Health: Why the National Cancer Institute, the Centers for Disease Control and Prevention, and Others Recommend Increasing Your Intake of Fruits and Vegetables."

January 14, Saturday:

Pot Luck dinner at Freeman and Eva's, 1201 Wilder St., in Makiki at 6 p.m. Bring swimsuits if you like for the pool/jacuzzi. Only nonbreakable utensils please for our Recreation Area. Bring your own plates and utensils, and a dish containing no meat, fish, or fowl. Also bring a list of ingredients for your dish. For more info call Freeman at 528-5412.

January 26, Thursday:

Meet for dinner at the Maple Garden Restaurant, 909 Isenberg, at 6 p.m. For more info call Freeman at 528-5412.

February 8, Wednesday:

Meet for dinner at Gauranga's (Krishna Temple), 51 Coelho Way, in Nuuanu, at 6 p.m. For more info call Freeman at 528-5412.

February 14 Tuesday:

Monthly meeting of the Society, 7 p.m. at St. Clement's Episcopal Church, 1515 Wilder at Makiki St. Elaine French, past President and Cofounder of VSH, will speak on the topic, "Twenty Nutrition Secrets the Government Doesn't Want You to Know."

February 25, Saturday:

Join us at 9 a.m. for a hike to Makapu'u Point and Lighthouse. Bring a hat, sunscreen, water, and

Related Events:

Every Sunday from 7:00-9:00 p.m., K108 AM radio presents "Nutrition and You", with Terry Shintani, M.D., and triathlete Ruth Heidrich Ph.D., a "pair-o-docs". Call in to the show at the new number 524-1080. Events of the Vegetarian Society will be announced on the program.

On KITV-4's 5:00 news, Dick Allgire's Health Report often mentions vegetarian ideas, and on Thursdays Dick presents his vegetarian recipes.

VSH has a regular half-hour TV show Mondays at 7:00 p.m. on cable access Channel 22 (Oceanic) and Channel 8 (Chronicle). The Vegetarian Chef episodes 3,4,5,and 6 featuring Elaine French will show through the end of the year. In January the show moves to Sundays on *TEC* (The Education Channel) 26 (Oceanic) and Channel 3 (Chronicle). We will then alternate half hour and hour shows including some veggie tapes from the mainland. Watch for "Vegetarian" in your TV guide and eventually you'll see John Robbins' "Diet for a New America", Michael Klaper's "A Diet for All Reasons," Marc Sorenson's "Matters of the Heart" and "Obesity", Farm Sanctuary's "The Down Side of Livestock Marketing", the Veg. Soc. of UK's "Food Without Fear", Dick Allgire's "The Truth, the Whole Wheat, and Nothing but the Veggies", Ruth Heidrich's "A Race for Life," and Bill Harris' "Scientific Basis of Vegetarianism" and "Veggie Jox".

Healing Hearts, a weekly cardiac support group facilitated by Neal Pinckney, Ph.D. and utilizing the advice of Doctors Ornish, McDougall, Shintani, Harris, and others, meets at two Kaiser Hospital locations. Groups are filled presently but new groups will begin quarterly. Information at 696-2428.

Low fat vegan cooking classes! Beginning January 22, Masa and Harriet Yafuso will conduct eight classes at the Kailua Seventh Day Adventist Church, 160 Mookua St. Kailua HI 96734. Sundays 2:00-4:00 p.m. Free! For information call 247-5779. (Free samples, too!). Church phone: 261-1560.

The National Scene:

The First Vegetarian Art Show is set for May 6-25 1995. Vegetarian artists are invited to share their art illuminating any aspect of the philosophy of vegetarianism. Contact Sunnen Gallery (New York) before sending any art. 212/966-3188 or 212/679-8008 FAX.

Get ready for the 8th International Vegan Festival hosted by the Vegetarian Union of North America at San Diego State University from Sunday August 6 to August 13, 1995. Speakers will include VSHers Ruth Heidrich, Dick Allgire, and Bill Harris. Details: The American Vegan Society, P.O. Box H, Malaga NJ 08328.

VSH thanks all the volunteers who picked up litter on the Koko Head-Sandy Beach road over the years. It was a good idea to do it and it was a good idea to stop doing it, too. Eva and Freeman Wright presided over the last cleanup on Sept 18 with help from an unidentified VSH member who we also thank.

Volunteers who tabled for VSH

Oct 20-23 Food and New Products Show at Blaisdell Center

- Jan Branham

- Cromwell Crawford
- Nancy Dangler
- Ed Dangler
- Elaine French
- Ruth Heidrich
- Eva Martin
- Andy Mertz
- Karen Mertz
- Neal Pinckney
- Daniel Resnik
- Allen Schubert
- Karl Seff
- Jerry Smith
- David Snow
- Eva Wright

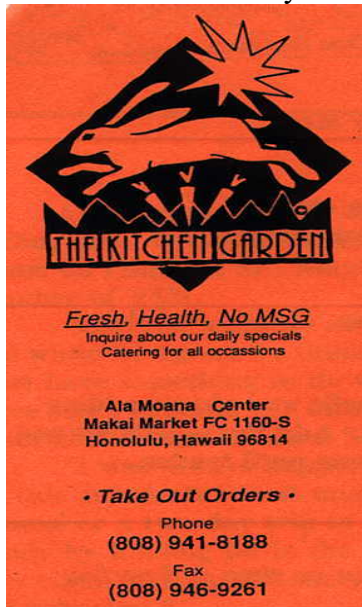
Kaiser Health Fair Nov 14

- Mary Arakaki
- Ruth Heidrich
- Alida Quistgard

Fine Dining at the Bottom of the Food Chain

VEGANS IN SHOPPERS' PARADISE

Yes, the Christmas decorations are up at Ala Moana Center, and parking lots, even the more obscure sections, are full. Hungry vegans (and even ovo &/or lactos) will be pulled by the magnetic forces of the munchies to the Makai Market, mecca to seekers of cheap and convenient sustenance. If you've given up trying to find something healthful to eat there, try again. Starting your expedition at the Thirst Aid Station, your first stop is at Little Cafe Siam. They have 4 cold vegan options ordered by number posted on colorful signs. There's a hot but



fried tofu with vegetable dish and some mixed vegetables to go with the brown rice or noodles that are standard with the hot food. Of particular interest is a tasty dessert called Red Bean Sticky Rice. Moving along, you'll find Cactus Jack's Mexican food stall. The usual tacos & burrito are available vegetarian, which means plain beans and vegetables. This spot's claim to fame is their choice of 3 side dishes from about 6 each of hot and cold choices. I liked the Gazpacho (cold tomato vegetable soup), chili cucumber and pineapple salsa. This place gets 3 stars for creativity & low fat, tasty fare. Down the road a piece is Panda Chinese food. They have steamed or fried rice or noodles with Vegetable Chop Suey and Vegetable (fried) Tofu, similar to Siam's, but no brown rice. Yunnies Korean next door to Panda has a vegetarian plate with 2 scoops white rice plus your choice of 4 vegetables. The selection varies daily. The shoyu potatoes and sea weed are my favorites. The Kitchen Garden has several pasta and fresh vegetable salads. Try the fruit salad at Paradise Cafe. They had a vegetarian vegetable soup and oriental cold noodle dish on my last visit there. And you can smell the cookies baking. That's the only Calorie-free treat around. Bon Appetit, and happy shopping. The Makai Market is located on the ocean side of Ala Moana Shopping Center in the center

Mall area near the Centerstage

-Eve Wright

RECIPES

Root Stew

Recipe By : Marcia Deutch

Serving Size : 8

An easy, hearty old-fashioned stew. Earthy root vegetables make a warming winter meal.

- 1/4 cup water
- 8 cloves garlic
- 2 tablespoons fresh ginger root, minced
- 1/4 cup tamari
- 2 tablespoons brown rice syrup
- 2 tablespoons lemon juice
- 1 pinch black pepper, optional
- 4 potatoes, cubed
- 3 carrots, cut in 1-inch chunks
- 2 yams or sweet potatoes, cubed
- 2 turnips, cubed
- 2 onions, sliced
- 1 bunch greens, (turnip, collard or kale), chopped

Choose a large, heavy pot with a tight fitting lid. Heat the water and saute the garlic and ginger adding more water if necessary. Stir in the tamari, rice syrup, lemon juice, and pepper. Add the vegetables and stir lightly to coat with the sauce. Cover and simmer for 45 minutes over low flame until tender.

Sesame Biscuits

Recipe By : Marcia Deutch

Serving Size : 24

These little biscuits go great with stews and hearty soups. They are ready in no time and perfect for any occasion.

- 8 ounces lite silken tofu (extra firm), about 1 cup
- 1/4 cup apple juice
- 2 tablespoons lemon juice
- 1 cup whole wheat pastry flour
- 1/4 cup rye flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt, Optional
- 1/4 cup toasted wheat germ
- 2 tablespoons toasted sesame seeds

Preheat oven to 450 F. Oil a baking sheet. Start with chilled ingredients (including the tofu). Blend tofu until smooth in a food processor or blender. Blend in apple and lemon juices. Transfer to a medium-size mixing bowl and set aside.

Sift together the flours, baking powder, soda, and salt. Fold flour mixture, wheat germ, and sesame seeds into the tofu mixture. Work with quick yet gentle hands. As soon as the flour is incorporated into the mixture, turn the dough out on a lightly floured surface and form into a ball. Press the dough gently because heavy kneading will make the dough tough. Pat lightly with your hands to a rectangle $\frac{1}{4}$ " thick. Cut with a knife into 24 squares (they will be small). Place on the prepared baking sheet and bake until golden, about 12 minutes. Serve immediately.

You'll get equally good results if you double the recipe. These biscuits keep refrigerated for a few days and frozen for a few months. Either way, once you serve them, don't count on having many leftovers!

	Root Stew	Sesame Biscuits
<i>% of Calories from:</i>		
Carbohydrate	84	60
Fat	4	20
Protein	12	20

Nutrient - Percent of (Recommended Daily Allowance per Calorie)

	(%)	(%)
Calcium	142	201
<i>Cholesterol</i>	0	0
Fiber	374	249
Folate	199	303
Iron	180	246
Magnesium	225	431
Potassium	641	198
Phosphorus	185	436
Riboflavin	121	125
Thiamin	238	396
Vitamin A	2033	0
Vitamin B12	0	0
Vitamin B6	367	209
Vitamin E	1291	60
Vitamin C	1237	46
Zinc	71	281



Meet the Members

Our member of the month is Maybelle Roth, born July 9, 1898 in Bellingham, Washington. Living since 1987 at the Arcadia Retirement Home on Punahou St., Maybelle is now 96 years old and thus the senior member of VSH.

"Exercise and diet are the key to a long and happy life," says she, and while we agree, we think good disposition, good luck, and good genes must have something to do with it too. Maybelle didn't turn veggie until



three years ago and her father lived to age 95. Before encountering Ruth Heidrich, George Bernard Shaw was the only vegetarian she'd heard of.

"I was always happy," she says. "I had a good childhood. We had all this wonderful food and we'd go on long camping trips." She can remember a two day trip to Twin Lakes, WA when she kept up with the family by holding on to the tail of a horse. Always a vigorous hiker she later climbed Mounts Baker, Hood, Rainier, and St. Helen's "when it was still behaving."

The family moved to Portland in 1912 and Maybelle graduated from Oregon State in 1921 with a B.S. in Home Economics, which she then taught for five years. She married in 1923 but was widowed in 1927, at which

point she came to Hilo, Hawaii where she taught for a year. She also learned to dive, and we present our first Playboy edition of the VSH newsletter with the photo (which we pulled out of her wastebasket) of Maybelle poised at the edge of a Hilo cliff in 1928 .

Wanderlust took her to New Zealand, Australia, and finally "I took the train down from Korea to Peking," where she taught English for five months in a Methodist mission school. She also rode out the depression, in Spain which never had one, by teaching English there from 1927-29. Our top picture circa 1931 (also exhumed from the wastebasket) shows her in a Valencian costume she bought in Madrid.

Returning to California she started on a masters' degree in education at Berkeley and got the M.A. at UH. She taught foreign languages at UH until she retired in 1963. Since then it's been travel, travel, travel and we found in her discarded pictures shots of everything but the other side of the moon. But modest Maybelle never took any close-ups of herself with those camels and Great Walls and Ponapean love sticks.

The Vegetarian-Roth Fund is in the final stage of approval now. She has made a bequest in the amount of \$75,000 to the University of Hawaii Foundation administered by Mr. Howard Salmon with another \$75,000 to follow at a later date. The interest will be used to fund a scholarship for a vegetarian (no meat, fish, or fowl) U.S. citizen working toward the degree of Registered Dietician or for other vegetarian educational activities suggested by the UH School of Public Health, chaired by Carol Waslien, Ph.D. R.D. The student or alternate activity is then to be approved or disapproved by the Board of Directors of The Vegetarian Society of Honolulu.

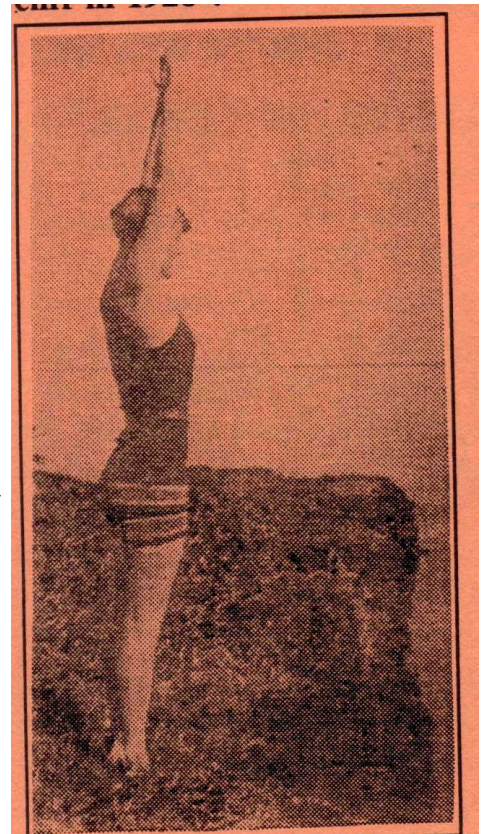
"Vegetarianism is the coming thing," says Maybelle. "It's the right food to eat for health."

-Bill Harris, M.D.

For an upgrade on Maybelle on her 100th birthday and beyond see the VSH webpage at

<http://www.vsh.org/articles/maybellehurt.html>

Book Reviews



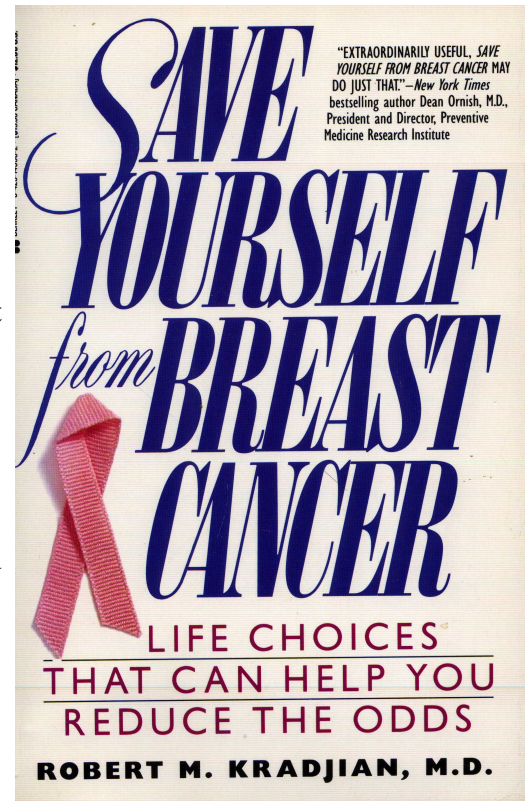
Save Yourself From Breast Cancer

- Robert Kradjian, M.D.
- Berkley Books 1994
- ISBN: 0-425-14390
- \$12 paperback.

Another experienced and conservative physician has come over to our side. Robert Kradjian was Chief of Surgery at Seton Medical Center in San Francisco for thirty years with extensive experience in general surgery. He's now limiting himself to breast cancer surgery, but more importantly to counselling women on ways to reduce their risk of getting the disease in the first place. The central theme? Animal fat consumption is the major controllable risk for cancer of the breast, a disease projected to affect 12% of American women in their lifetimes. U.S. dietary fat averages 38% of Calories and when one plots animal fat consumption against breast cancer incidence, country by country, there appears to be a direct correlation. Animal fat increases estrogen levels and since many breast cancers are hormone dependent breast cancer is as American as, not apple pie, but the Standard American Diet.

"The ideal for breast cancer prevention would be 10% of Calories from fat," says Kradjian. That figure is hard to reach without a vegan diet and so the diet he recommends is based on vegetables, fruits, and grains and animal proteins are minimized or eliminated.

The book is well referenced and takes careful and well documented aim at the alliance which has grown up between the animal food industry and nutrition educators. One section questions extensively the Harvard Nurses' Study; Kradjian concludes the study did not fail to find a correlation between fat intake and breast cancer but only that women already on a high fat diet do not reduce risk by cutting back to 30% fat.



Healthy Heart Handbook

- Neal Pinckney, Ph.D.
- ISBN 0-9643880-0-6
- \$15.95 Paperback

VSH author Neal Pinckney has already sold out his first printing (1000 copies). It's embarrassing but appropriate that a psychologist, not a physician, should write such a definitive book on the prevention of cardiovascular disease. After all it's clear that animal source food is the major external risk factor; the big challenge now is to figure out why humans are so dense about acting on the evidence. Pinckney's Healthy Heart Program is now running at Castle and Kaiser Hospitals and he's doing it gratis with good results in blood pressure, blood sugar, cholesterol, and weight reduction in those individuals gifted with the ability to accept responsibility for their own health. The book is well crafted with a persuasive bibliography, a glossary, good illustrations, an index, attractive layout, readable style, and 52 no oil vegan recipes.

Another plus: Dr. Pinckney sorts foods by nutrient/Calorie ratio rather than nutrient/weight, a necessary step if nutritional education is ever to rise above the level of animal food advertising.

-Bill Harris, M.D.

Animal Rights Hawaii



ARH members met with the Hawaii Livestock Board on 9/16/94 at the Farm Federation Building on Rose St. Gailynn Williamson and Cathy Goeggel requested permission to buy a lamb at auction at the next Hawaii Farm Fair with the option to take it to a safe haven to live out a natural life. Presently 4H regulations specify that all auctioned animals must be slaughtered after

sale. George Peabody, publisher of the Molokai Advertiser News and recent Libertarian Candidate for Governor described their "grim and bloody death: throats slit, skins ripped off, gutted, and their lifeless bodies...consumed by humans."..Bill Harris requested permission to film the slaughter of those lambs not purchased by ARH. There seemed to be a problem here: the Livestock Board says there's nothing wrong with killing animals but they seem reluctant to have people taking pictures of this innocent process...VSH member Janice Roberts sent us some clippings which support The Nature Conservancy position in the conflict over pig snaring on the outer islands. It's not a simple problem but ABC recently did a special on Jay Kirkpatrick's contraceptive vaccine which will eventually provide a simple answer...Honolulu Councilmember John Felix introduced Bill 95 at the request of ARH and hearings were held 11/15/94 at Honolulu Hale. The bill follows in the wake of Tyke, the rampaging circus elephant who killed her trainer and was shot by police on 8/20/94. Bill 95 would ban all travelling performing vertebrate animals on Oahu, but because of this overly broad definition every cowboy and rodeo rider in the state showed up to testify against it. We'll try again with a more precise target: "All circus animals performing on City and County property where an injured bystander might collect damages from the taxpayers..." Politicians don't understand ethics but they know about money.

The American Anti-Vivisection Society will award its 1995 AAVS Student Animal Advocate Award in April 1995 (deadline Mar. 31). Criteria and details: AAVS Student Animal Advocate Award, 801 Old York Road #204, Jenkintown, PA 19046-1685. Phone (215) 887-0816.

10/12/94 "It is inconceivable that a little girl might eat a hamburger...and die of it." Thus spake "Deadly Meat: When a Hamburger Can Kill" a documentary on ABC's *Turning Point* about Hemolytic Uremic Syndrome (HUS) caused by E. coli 0157:H7 from bovine feces. Much Sturm und Drang. Much blaming of Jack-In-The-Box for serving bad cow, much gnashing of teeth at the USDA for letting it past their "inspection" process. No mention of the solution: vegetarianism. No mention that parents should not feed their kids intrinsically unhealthy food. Much lamenting over dead kids. No mention that cows don't like having *their* kids ground into hamburger. (Cows aren't much good at sound bites.) It was the best squirming display since Mike Wallace skewered General Westmoreland. "Our food inspection is the best in the world," said USDA's Mike Espy, who blamed the meat processing company. The meat processing company blamed Jack-In-The-Box for not cooking the meat properly. "We're a moral company," said Jack-In-The-Box. "Right!" said a chorus of cows. Clinton, as usual solved the problem by throwing money at it: more meat inspectors. Lysol got in a nifty commercial, in effect-"Just wipe away the E. coli with Lysol!" Finally the Marines landed. An agitated parents group promised



to be "confrontational" with the USDA. By insisting on an end to animal agriculture price supports? The end of tax deductions for fast food advertising? Abolition of USDA involvement in nutritional (mis)education? Nope. Just better testing for good ol' 0157:H7. But Dick Allgire sent us an AP clip: suits filed by the supermarket and meat industries have asked a federal court to end USDA testing for 0157:H7 because of the possibility of expensive recalls and prosecution. A moderately intelligent gorilla could probably solve this problem...

-Bill Harris, M.D.

The Island Vegetarian

10/2/94 We thank volunteer coordinator Kirsten Wong for setting up the World Farm Animals Day/ World Vegetarian Day/ Gandhi's Birthday observance at the Gandhi Statue fronting the zoo. In spite of threatening weather two dozen people materialized to hear Drs. Gailynn Williamson, Cromwell Crawford, and Shankar Bhat speak (and sing) the praises of a non-violent life. People stayed on for an hour after the ceremony to enjoy the tranquil surroundings, the food which seemed to appear mysteriously, and each other's company. Kirsten also came up with a simplification: In the future VSH will combine WFAD and the Great American Meatout with the regular monthly VSH meeting in an attempt to block volunteer burnout... 10/30/94 John Harvey Kellogg, the somewhat kinky vegetarian impresario of the 19th century Battle Creek Sanitarium and inventor of cornflakes takes a pounding in *The Road to Wellville* starring Anthony Hopkins, Bridget Fonda, and Matthew Broderick. So also do the requirements of honest documentation. While the movie does re-create a time and a place the overall effect is that of being assaulted with a blunt weapon, namely director Alan Parker's wit. Unless you're a scholar of the period better regard this one as a thumbs down... 11/3/94 Hedy Hager, Acting President of the Vegetarian Society at the University of Hawaii-Manoa (VSHUM) reported the club's first meeting. Hedy can't guess at the number of vegetarians on campus but there must be a bunch because the first meeting drew 30 interested students and faculty and Ka Leo didn't even announce it in their calendar. Chemistry Prof. Karl Seff spoke on "The Scientific Basis of Vegetarianism."... 11/8/94 Representative Marshall Ige was defeated in his bid for State Senate District 24 (Kaneohe, Enchanted Lakes). During his tenure as chair of the Hawaii House Agriculture Committee during the 1993-94 State Legislature Ige authored more than six bills which all told would have allocated over \$6,304,500 in taxpayer's money to bail out the local meat industry. None of them passed. Unfortunately Senator Rosalyn Baker, initiator of the infamous \$500,000 Molokai slaughterhouse bill was re-elected as Senator for District 4 (Molokai). Her bill did pass and was incorporated into HB 2500, the 1994 Hawaii Budget Bill signed into law by Governor Waihee on 6/29/94.

11/10/94 Masa and Harriet Yafuso spoke to VSH and proved to be the dynamic duo. Harriet provided a virtual banquet of pupus arranged in artistic style for after the meeting... The September *Annals of Allergy* ran an article from Georgetown University School of Medicine confirming what vegetarians have said for a century: dairy products cause allergies and the result is upper respiratory infections, in this case otitis media in children... A Hare Krishna Vegetarian fast food place is scheduled to open up at Aloha Tower Marketplace. We'll keep you posted... A plague of locusts descended on the Waioli Tea Room Weds. evening 11/23/94 and cleaned the place out. 140 people showed up for the 5th annual VSH Thanksgiving dinner, and while the food was delicious and vegan, it ran out. The staff, used to throwing away huge buckets of omnivorous leftovers, was astounded to find vegetarians eat everything, and leave the plates clean. A few strands of Robert Louis Stevenson's grass shack were reported missing. Thanks to Freeman and Eva Wright, Elaine French, Jerry Smith, The Loving Harps Ensemble, and Paul Onishi and his Waioli staff for a splendid evening.

Merry Christmas

