



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Publication

supporting human health, animal rights, and ecology

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Ask Dr. Klaper

By Michael Klaper, M.D.

Dear Dr. Klaper:

I have recently become a lacto-vegetarian, and I've had one sore throat episode after another. Do you have any ideas as to why this may be happening and some suggestions for the best way to treat a full-blown sore throat?
D.T., Kaneohe

Dear D.T.:

Recurring sore throats in a dairy-consuming vegetarian raise several possibilities. The membranes lining the throat are well endowed with mucus-secreting glands. Smearing dairy proteins, like casein and lactalbumin, on these sensitive throat membranes several times a day (in milk, yogurt, ice cream, cheese, etc.) may cause mucus to drip down the back of the throat, causing frequent swallowing and resulting inflammation.

Dairy proteins are not the only possible allergy-inciting culprit in foods – other proteins from soy, peanut, or wheat (or for that matter, most any other plant or animal protein in a given individual person) may incite a mucus drip – and resultant irritated sore throat. If such a food-based allergy is suspected, eliminate that food for several weeks and see if the symptoms clear. Then, reinstitute the food and see if the symptoms recur. If so, plan to avoid that food long term.

Another cause of frequent sore throat episodes is a chronic bacterial infection of the paranasal sinuses (spaces in the skull bones that make our voice more resonant and that connect into the nasal cavity). Whether a case of acute or chronic infectious sinusitis is discharging bacteria-laden secretions down the back of the throat is a question to be answered with the help of your physician. Appropriate diagnostic tests (physical examination, scans, etc.) may be required to confirm or rule out this diagnosis. Other serious causes of sore throats (tumors, etc.) can also be investigated at that time.

More likely your frequent sore throats are a sign that the resistance

(See Ask Dr. Klaper, page 2)

Ask Dr. Klaper
continued from front page
of your throat tissues, as well as
your general body immunity,
has temporarily decreased –
largely as a result of how you
have been operating your body

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Post Office Box 23208
Honolulu, Hawaii 96823-3208
(808) 944-VEGI (944-8344)
Email: iv@vsh.org

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<http://www.vsh.org> for newsletter
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Newsletter Committee

Alida Rutchick, M.Ed.
Eileen Towata, Ph.D.
Donovan Watts

Contributing Editors

Michael Klaper, M.D.
William Harris, M.D.
Eileen Towata, Ph.D.
Elaine Johnson, M.B.A.
Ruth Heidrich, Ph.D.
Helen Wells

Mahalo to all our volunteers...



Popular immune-depressing
forces include late night cel-
ebrations, hours spent in ciga-
rette smoke-filled rooms,
alcohol ingestion, prolonged
exposure to air conditioning, an
unbalanced diet that may be
top-heavy with refined sugars,
processed, salty and excessively
spicy foods and is deficient in
immune-enhancing fruits and
vegetables), emotional stress,
etc. Such common immune-
crippling features of Twenty-
First Century life may allow
microbes that normally live in
your throat but are usually
prevented by your normally
healthy immune system from
causing infection – to take
advantage of your now weak-
ened defenses. Thus, while
unwise choices and actions can
open the door to frequent sore
throats, better decisions can
fortify us against them.

Once the sore throat is in full
force, you can help your body
overcome the problem by
correcting the imbalances that
fostered the sore throat as well
as improving the local condi-
tions in the throat tissues. Start
by enhancing your immune
status through:

- a) getting enough sleep,
- b) drinking enough pure,
room temperature water, and
- c) eliminating any immune-
damaging influences such as
cigarette smoking, and refined
sugar eating.

Important: If your throat is
very inflamed when you look in
the mirror (red, swollen tissues,
possibly with white spots on
the tonsils), and if you feel
systemically ill (chills, fever,

muscle aches, etc.), you should
see your doctor to determine
whether your throat infection
is caused by Streptococcus
bacteria. If any lab test your
doctor performs confirms that
you have a true “Strep throat,”
respect this microbe – it can
cause serious damage to your
heart valves and kidney (rheu-
matic fever). In this situation it
is important to follow your
physician’s advice.

To help improve local condi-
tions in the throat tissue, take
advantage of an old fashioned
remedy – **gargling** really
works! Why? Gargling three to
six times in 24 hours with warm
salt water will:

- a) wash the throat mem-
branes free of the overlaying
mucus layer, which contains
inflammation-incident proteins,
microbes (including Strep
bacteria), and more, and
- b) dilate the blood vessels and
bring the white blood cells,
natural antibodies, and any
antibiotics to the throat area.

To prepare an appropriate
solution for safe gargling, take a
glass of water just slightly
warmer than room temperature
and add a pinch of salt - just
enough to make it taste slightly
salty Do not “pickle” your
throat membranes with too
concentrated a salt solution.

A solution of healing herbs
may also be used to gargle.
Steep 1/3 teaspoon golden seal
powder in 1 cup warm water,
strain, and gargle. (A quart of
golden seal solution can be
made and stored in the refrig-
erator – 1 teaspoon of golden
seal powder per quart.) Avoid

gargling with hydrogen peroxide and/or tea tree oil, as these potent substances can actually injure the hypersensitive throat membranes.

To gargle, hold the glass of salt water in your hand, open your mouth, and take a deep breath in. Tilt your head back, slide a generous mouthful of salt water to the back of your throat, and, with your mouth still open, breathe out through the water. Continue until the end of the breath, and then expectorate the salt water into the sink. Repeat until the full glass of salt water is used.

Finally, remember that your throat membranes are inflamed. To avoid retarding their healing, do not do **anything to inflame them further**:

1. Don't burn your **already-irritated** throat membranes with **heat** (hot soups, coffee, tea) or acidliquids (orange juice, citrus fruits, pineapple, cola drinks, etc.)
2. Don't injure your throat membranes **mechanically!** Avoid scratchy foods such as potato chips, celery stalks, etc., until your throat is pain free.
3. When your throat is very sore, it is not important to eat solid foods at all. Just keep up with your fluid losses by drinking at least two quarts of water daily. When it's comfortable to swallow, soft, room temperature, non-acidic foods (peaches, carrot juice, non-citrus fruit smoothies) will aid healing.
4. When swallowing is comfortable, a daily high-potency multivitamin tablet can help restore the body's metabolic

balance. If you're going to take Vitamin C tablets, don't use a chewable form, which can make the throat more irritated.

Most sore throats subside **almost** completely within **24** to **72** hours of initiation of treatment. If you aren't experiencing relief in that time, check back with your physician.&

Michael Klaper, M.D. is a nationally recognized author, lecturer, and authority on vegetarian nutrition. Readers should consult with their own physicians for issues of concern.

President's Message

by Alida Rutchick, M.Ed.

Aloha. More change is happening at VSH that we think will be appreciated by our membership. You may have noticed that this issue of our newsletter covers a four-month period. That's because we're currently transitioning to a new quarter system. While in the past we've divided the year into seasons (summer, fall, etc.), we've decided that it would be simpler for all if we followed the usual calendar quarters. Thus beginning with our October issue, newsletter periods and our calendar of events will cover three months of activities that begin in October, January, April, and July of each year. Keeping membership expirations consistent with this calendar will result in some memberships being extended for a month or so. Our office

(See President's Message, page 9)

Man's Best Friend— Unrequited Love?

by Elaine Johnson, MBA
Animal Rights Hawaii

It has been recognized for years that companion animals have multiple positive effects on the physical and mental health of humans. The Hawaii Veterinary Association's Pet Exposition, to be held on May 13-14, celebrates the bond between animals and their humans. Is there a dark side, though, to pet ownership?

The benefits of pet ownership are obvious to anyone who has ever taken an animal into the home. They provide companionship when we're lonely, affection when we've had a difficult day and a sense of play when we get too serious. In clinical settings dogs and other animals have been used in a variety of circumstances. Autistic children have responded to animals in cases where nothing else has worked. Extreme depression in the elderly has often responded well to animal therapy, and there are many known cases where people who don't respond to any other therapies respond to affection from an animal.

What do companion animals get in return for their relationships with us? Sometimes they get a loving home and family for life. All too often, though, they get heartache and betrayal. I answer calls to the Animal Rights Hawaii telephone line,

(See Man's Best Friend, back page)

A Serving of Turkey and Greece

By Ruth E. Heidrich, Ph.D.

No, I didn't get served any turkey in Turkey, but I sure had to fend off a lot of grease in both Turkey and Greece – in the form of olive oil. In fact, I was informed by a proud Turkish guide that Turkey was now the world's leading producer of grease, I mean, olive oil. Traveling in foreign countries as a vegan is challenging, but it certainly can be done.

Let me back up a bit. On March 21, 2000, I boarded a plane bound for Istanbul, Turkey. It was a grueling overnight flight (over 9 hours in the air), but fortunately I had ordered vegan meals, which helped ease the discomfort of such a long time in the air. Most airlines have available decent and sometimes delectable vegan meals as long as you order at least 24 hours in advance and specify exactly what you want, e.g., no dairy, no oil, etc.

We were heading for an Islamic country, and I had concerns about being able to adhere closely to a strict, mostly raw, vegan cuisine. As a runner, too, I had a concern about being able to run in my typical running attire, abbreviated by Islamic standards.

After arriving at our hotel in downtown Istanbul, we walked several blocks and found a shop where we purchased fresh fruit. Through hand gestures and

body movements, I purchased a "lunch" of tomatoes, parsley, pears, and bananas. Different but satisfying! That night the hotel served an all-you-can-eat buffet for the equivalent of about \$10. There were loads of fresh veggies and fruits and even some whole grain breads, which I rarely eat, but I did have to sample Turkish bread that night. The next day we had a bus tour of Istanbul and some of the outlying areas. I took on board the bus extra fruit and veggies from the morning breakfast – just in case we ran into vegan-unfriendly territory.

We left Istanbul for Athens by cruise ship. After unpacking, I decided to explore the place that would be "home" for the next six days and five nights. Naturally, hunger led to a search for the three restaurants on board. The one that best suited any vegan's needs was the buffet: its hours and freedom of selection made it our favorite.

After exploring the restaurants, the next priority was the fitness center. It was perfect: treadmills, stationary bikes, stairmasters weight machines...and a great sauna! Outside the fitness center, there was a small pool and a small running track (which was wasted since the ship stopped in a different port each day, allowing for "real" running).

Our first port of call was the ancient and historically important site of Ephesus, on the coast of Turkey. Everything seemed so bright, especially because the weather was sunny and warm, and because so much

of ancient Ephesus was built with white marble and limestone. Ancient history surrounded us, facing us at every step and turn. Magnificent! So many Kodak moments, including one of the goddess Nike!

Then we were off to Crete. Lunch was included and everyone wanted to slather our food with olive oil and crumbly goat's cheese. They look so shocked when we refused, as if you can't really mean "no oil, no feta"! After the tour it was time to go for another run to "earn" the wonderful array of fresh fruits and veggies on board the ship.

At last we arrived in Athens. It's huge with people everywhere. Time for sightseeing, running on the actual course of the original Olympics, climbing up to the majestic Parthenon, running and hiking up and down hills.

While at sea, I gave a lecture on why veganism and daily vigorous exercise were good for you. You might imagine that on a cruise ship not a lot of people wanted to hear what I was saying. They somehow have the idea that clogging your arteries, depressing your immune system, and developing flabby muscles is fun! And when I tell them that fruits and vegetables really do taste the best and that running can feel great, they seem to have a hard time understanding that. I really did have fun and came home just as fit as when I left! 🏃

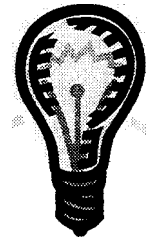
School Lunch Nutrition

In the past there has been skepticism that a vegan meal entree could meet Recommended Dietary Allowances (RDAs) and be both acceptable to students and practical for the Hawaii School Food Service (SFS) kitchen workers. We might turn the question on its head and ask if a “meat-a-tarian” diet could meet the RDAs. The answer is probably no. I added 129 commonly available dairy, egg, fish, meat, and poultry foods in one hundred gram increments into Nutritionist IV software (1) and averaged them for nutrients. In a day’s RDA of Calories (about 2000 Cal.) there was no fiber, very little vitamin C, and a shortage of magnesium. The fat content was 59% of Calories and the cholesterol content was 424% of the upper limit RDA of 300 mg/day.

By contrast, 93 vegetables treated in the same way had a mean fat content of 17% and no cholesterol, and they were deficient only in vitamin B12. I have always felt that the way to raise healthy children at home is to keep the refrigerator stocked only with nutritious and healthy foods and let the kids eat as much as they want of whatever they want, which is what they usually do anyway. The same philosophy might well apply to the school lunch program. Suppose that we start with a balanced vegan entree that everyone can eat and then let the ovo-lacto-vegetarian

Science Corner

By **William Harris, M.D.**



students add on cheese, eggs, and milk, and the omnivores add fish, meat, and poultry as they go down the line.

What are the results nutritionally? Let’s start with a simple vegan mix of 1 cup cooked black beans, 1 cup broccoli, 1 raw carrot, 1 cup kale, 1 tomato. The kids won’t eat it like this, so for flavor let’s add 1 lemon, 1 onion, 1 clove garlic, 1 fluid ounce of salsa. Now we have a fairly nutritious mix and, depending on how much cooking, grinding, and mixing the chefs perform, a reasonably tasty one as well. However, the **dieticians** will be noting that this very low fat mix, healthy for adults, does not have enough fat for kids who need more Calories for growth. So we add in 2 tbsps peanut butter, seeds, or nuts. One gram of Red Star T-6635+ Nutritional Yeast insures enough vitamin **B12**, adds flavor, and increases everybody’s intake of the other B vitamins as well. The retail cost for this much yeast is about 1.5 cents and is probably less in bulk.

Without going into recipe and preparation details, we now have an entree that meets 100% of the RDA/Calorie for carbohydrate, fat, protein, and 15 minerals and vitamins. However, some students are now grousing because they want the

animal foods that

they’re used to. We explain that it’s easier for them to add in these foods than for their (admittedly few) vegan classmates to take them out and point them further down the line where those items are waiting. Here is the nutrient analysis for three types of school lunch all based on the simple vegan entree. (See chart, page 6)

“But those vegan meals are monotonous. Same stuff every day no variety” In fact there are 208 readily available beans, breads, fruits, grains, nuts, and vegetables, as opposed to 129 animal source foods. Furthermore, all nutritionally balanced diets are monotonous because they deliver the same mix of essential nutrients day after day. That’s the whole idea. The meals change but the nutrients remain the same. The challenge to SFS meal planners is to find combinations of inexpensive healthy foods put together in such a way that the kids will eat them. It’s not too difficult, and there’s nothing unique about the basic vegan meal shown above.

There are some caveats. Vegan children have no trouble achieving their nutrient re-

(See Science Corner, page 6)

Science Corner

continued from page five

quirements, but they need to eat about a third more food by weight or volume to get enough Calories. The human stomach maxes out at a volume of about 1 liter and that's why vegans are usually slender. By contrast, omnivores have no trouble getting enough Calories but in the process pick up cholesterol and too much fat. In the table above the numbers jump around as animal food Calories are added. Some of them go up and some go down, but as long as the kids eat enough food, no one is in danger of beriberi, B12 deficiency, pellagra, protein deficiency, or several other classic nutritional deficiencies over which the dieticians agonize.

However, something is causing 20-30% of the nation's school children to be overweight (2). Any guesses what that might be? (Hint: check out how much a slice of "lean beef" adds to the % of Calories from fat.)

References:

1. N-Squared Computing Nutritionist IV, v2.0. Salem OR, 1992
2. <http://www.mayohealth.org/mayo/9705/htm/overweig.htm>

"The third National Health and Nutrition Examination Surey (NHANES III), conducted from 1988 to 1994 by the National Center for

Nutrient Analysis

% of Calories from:	RDA	Vegan	Vegan (+ 1 cup 2% fat milk)	Vegan (+ milk + 1 slice lean beef)
Carbohydrate	60%-80%	53	50	34
Fat	10%-20%	26	27	44
Protein	10%-20%	22	23	22
Cholesterol (mg)	<300	0	18	96
Nutrient % Percent of (Recommended Daily Allowance [RDA] per Calorie):				
Calcium (Mg)	800	125%	231%	154%
Fiber (gm)	22	368%	313%	205%
Folate (ug)	400	885%	760%	505%
Iron (mg)	3	316%	260%	213%
Magnesium (mg)	300	299%	275%	190%
Potassium (mg)	2000	419%	407%	289%
Phosphorus (mg)	1200	275%	320%	258%
Riboflavin (mg)	1.6	316%	506%	357%
Thiamin (mg)	1.4	482%	591%	398%
Vitamin A (RE)	1000	1004%	861%	566%
Vitamin B12 (ug)	3	108%	330%	437%
Vitamin B6 (mg)	2.2	305%	369%	265%
Vitamin E (mg)	10	626%	509%	337%
Vitamin C (mg)	60	1476%	1202%	790%
Zinc (mg)	15	109%	115%	145%

Health Statistics, a division of the Centers for Disease Control and Prevention (CDC), shows that approximately one in five children in the United States between the ages of 6 and 17 is overweight (i.e., body mass index [BMI] exceeded the 95th percentile of BMI for those of their same age and sex). In the 30 years since NHANES I was begun the number of overweight children in the U.S. has more than doubled. And, it seems, children are just keeping up with their parents. The NHANES III study found that over one-third of adults are overweight." &

Vegetarian on Olelo
 VSH presents "Vegetarian," a weekly Public Access TV program. Channel 52 on Thursdays at 7:00 - 8:00 p.m.

Nutrition and You
 John Westerdahl, M.P.H., R.D., C.N.S.
 and Terry Shintani, M.D.
 Sundays 7:00 - 9:00 p.m.
 on K108 (AM 1080).
 Call in to 524-1080.

Quick and Easy Dinner in Ten Minutes
 by Alyssa Moreau

Sesame-Tamari Kale & Pasta Dish

- 12 oz whole wheat spaghetti noodles
- 1 bunch kale, deribbed and chopped
- 2 T sesame oil, to taste
- 2 T tamari, to taste
- 2 T sesame seeds, toasted

Cook whole wheat pasta in boiling water for five minutes. Add chopped kale to cooking water and continue to cook for 3 more minutes.

Drain pasta and kale mixture. Place in a bowl and add the tamari, sesame oil and toasted sesame seeds.

Serves 4

* Variation: Saute Mrs. Chenq's soy cheese with some garlic and add to cooked pasta

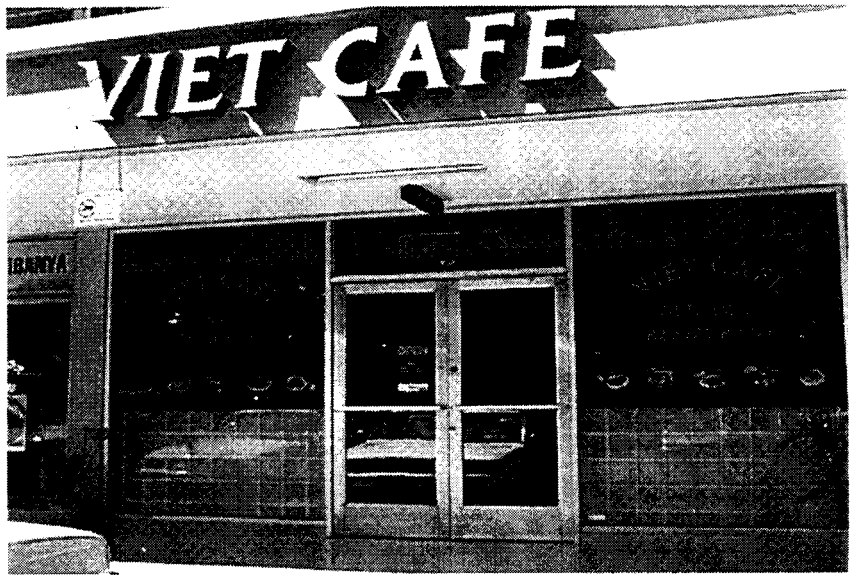
Restaurant Review Viet Cafe

By Helen Wells

Being picky about vegetarian food, I'm always on the lookout for restaurants that will gladly modify a dish to meet my vegetarian preferences. I recently found such an agreeable place at the Viet Cafe in McCully Shopping Center. The restaurant is small and done in a contemporary decor of black, lavender, and neon-esque lighting. It caught my eye because every time I passed it, it was full of customers. Although it serves meat, it also has an adequate vegetarian section on the menu, including wonderful fresh juices and smoothies.

On this my first visit there I decided on summer rolls for \$4.25, sauteed vegetables in season for \$8.95, fresh lemonade for \$2.00, and fresh young coconut juice for \$3.00. Other vegetarian items included spring rolls for \$7.95, salad for \$7.95, curry for \$7.95, fried rice for \$7.95, soft fried rice noodle for \$8.95, and hot and sour soup for \$8.95.

Fresh juice and bean drinks were \$2-\$3.50. These delighted me most, and I can see myself frequently stopping in for the simple pleasure of one of these well-priced juices. The juice/shake selection included soursop, coconut, pineapple, papaya, avocado, strawberry, green azuki, mung bean with tapioca stripe, and combinations thereof. My lemonade was served in a cold, tall fountain glass and was delightfully light and fruity I quickly guzzled that and then



tried the fresh young coconut juice. This took a bit longer in preparation but was worth the wait. What I initially thought was crushed ice at the bottom of the glass was actually smooth, delicious young coconut meat, the likes of which I used to enjoy on Guam and in the Marshall Islands. I drank this juice slowly, allowing it to warm up a bit so that I could better taste its sweetness.


The spring rolls came arranged attractively with a bowl of peanut sauce and a dollop of hot sauce on the side. Ingredients were rice noodles, lettuce, and tofu. They were simple but very fresh, and that's just the way I like them.

What I appreciated about the sauteed vegetables was that they could be made to order for me with what I wanted in them. This is always a good test for restaurants. If the restaurant cannot make something to order, the chances are pretty good that they have already cut and mixed things up well in advance. You have no idea how long those ingredients have been prepped -

since morning? yesterday? the beginning of the week? Here I got what I wanted — cabbage, broccoli, green bell pepper, carrots, and some tofu. It came out hot and good.

The waiter was extraordinarily patient with me. In fact, all of the wait staff was polite and professional in spite of the full house. I observed another table where a vegetarian couple was enjoying hot and sour soup and vegetarian rice noodle dish, and I detected nothing but satisfaction.

The only negative of my experience was that the smoking and the non-smoking "sections" are really only the two different sides of the restaurant, divided by three large plants. I had to move over to the far right wall to escape the fumes when one person lit up.

In conclusion, I was impressed by the freshness of the ingredients used and the great juice menu. Perhaps if enough vegetarians try Viet Cafe, it will expand its vegetarian menu. Lets ask them for dishes we want and see if they add them. Why not? 



Feasting on Five

by Eileen M. Towata, Ph.D.

Five A Day! The catchy slogan reminds us to eat at least five servings of vegetables and fruits each-day for better health. The average American falls short of that goal; one recent survey of over 15,000 American adults found less than 1/5 of those questioned ate five or more servings. Other surveys reach similar conclusions – we just aren't including enough vegetables and fruits in our daily diets.

How are you doing? If you're eating a vegetarian diet, chances are pretty good that you're getting more vegetables and fruits than the typical American. (Hopefully you're not a peanut butter and jelly sandwich/french fries kind of vegetarian!) One-fourth cup of raisins on your morning oatmeal, 3/4 cup of grapefruit juice – you've had two servings already; That large salad of two cups of dark greens you had at lunch gives you another two servings and the banana you had before your late afternoon run gives you yet another. Add in more for the vegetable-laden dinner you'll have. If you're doing well on the servings per day, getting at least five and trying for more like nine, is it time to consider **variety**? Health experts recommend that we eat a diversity of vegetables and fruits. Think about what you eat over a typical

week – do you tend to eat the same few foods? Are your fruit choices limited to oranges and bananas? Is romaine lettuce your only leafy green? We should strive to eat vegetables and fruits of many colors, a virtual rainbow of nature's best. Some experts recommend eating foods from each of these categories: citrus fruits, dark leafy green vegetables, dark yellow/orange/red vegetables, and cruciferous (cabbage family) vegetables. Even within these groupings we have many choices. Broccoli, for example, is probably the best known cruciferous vegetable, but its relatives like Brussels sprouts, kale, cauliflower, and others deserve a place on our plates, too.

To learn more about vegetables and fruits, log on to sites like www.dole5aday.com for nutrition facts, games for kids, educational materials and more. For information about events and other items of local interest, visit Hawaii's Five A Day Coalition site at www.orgsites.com/hi/hawaii5aday/.

On your next trip to the grocery store, health foods store, open market, or wherever you shop, why not try something new? You can often get helpful suggestions on preparation simply by asking.&



Take the Five A Day Fun quiz by choosing the correct fruit or vegetable for each clue.

Looking somewhat like a large green pinecone, this fruit has juicy custard-like pulp inside. You may know it by another name – custard apple.

7 The “spiny” red skin hides delicious, sweet white fruit.

7 It's hard to imagine that desserts can be made from this strong-smelling fruit! The taste is reputed to be good – if you can get past the smell!

Peel off the dark brown skin and cook well to soften. Pieces of this carrot-like root vegetable are often included in Japanese dishes.

Peel off the thin papery brown skin and enjoy the crispy, mild, slightly sweet insides either raw or cooked. It's an ingredient most often associated with Mexican cuisine.

Thin, papery brown husks cradle a small green fruit. It's often cooked with other ingredients to make salsa verde or other green sauces.

1. CHOP SUEY YAM (JICAMA)
2. CHERIMOYA
3. DURIAN
4. TOMATILLO
5. BURDOCK (GOBO)
6. RAMBUTA

(Answers are: 2;6;3;5;1;4)

Al ways Ask, “What’s Vegetarian?”

by Helen Wells

A couple of my friends and I on Guam always made a point of asking “What’s vegetarian?” wherever we went — to restaurants, to picnics, to wedding celebrations, to pot luck dinners. Since I’ve moved to Hawaii, much more vegetarian food is available (and I’ve gained the weight to prove it), but I still make a habit of asking, “What’s vegetarian?”

The more we ask for vegetarian foods, the more the food industry will hear us. In other words, we vegetarians have money and we want to buy vegetarian, so sell us what we want. It’s unfortunate that in today’s economic climate many people’s ideals are not shaped by introspection but by whatever drives the economy. We can still hand out “Why Vegan?” pamphlets on campuses to reach the impressionable, educated, and/or philosophical, but we must also, more and more, work through the economic structure. We must work subtly as well as overtly, and we must work tirelessly:

“What? Nothing vegetarian on your menu? Nothing at all?”

“Can you make this without chicken?”

“Would you please add a tofu dish to your menu?”

One thing that pleases me greatly is that we vegetarians are not ridiculed to the degree that we once were. In fact, I

can’t recall the last time anyone offered up a tiresome “rabbit food” joke. In addition, vegetarian items are showing up on menus and finding their way to major grocery store chains. I am delighted by this progress, but we still have far to go.

We have to attack on two fronts. Certainly one approach is to support the animal rights activists and those vegan and vegetarian organizations that consistently lead the fight by educating the world about the dangers and evils of meat-eating. Spread the philosophy. But simultaneously the other approach that should be made is that of popularizing vegetarianism by verbalizing, every chance we get, our preference for vegetarian products.

“What do you have that is vegetarian?”

“Do you have a vegetarian section?”

“Is there meat (or chicken stock or fish sauce) in this sauce?”

We must ask in front of strangers, our teenagers, our parents, our bosses, our clients, our students, our neighbors. In this way also the vegetarian philosophy is spread. Day to day we have to ask, “What’s vegetarian?” even if we already know the menu inside and out.

Once I was handing out “Why Vegan?” flyers at the University of Guam. I was surprised by how many people wanted to learn more about how to be a vegetarian. In fact, some people told me that they would like to change the aspect of the Chamorro culture that

emphasized meat-eating because they saw so many Chamorros with medical conditions that were attributable to this habit.

If vegetarianism has a toe-hold on Guam, a place that many residents call “The Spam Capital of the World,” can there be any doubt that the movement now has a bit of momentum? We must realize that this momentum is here. We must not waste any time, but must make all efforts, big and small, to encourage the expansion of vegetarianism.

“What, you don’t have tabbouleh?”

President’s Message
continued from page 3

volunteers will be working on making this adjustment, which we expect to go smoothly. Thanks for your patience if we run into any unexpected hitches or glitches in the process.

In the next few weeks vegetarian members will be receiving in the mail a ballot for the upcoming board of directors election and a brief survey in which we’ll be asking for your input regarding the quality of our newsletter and for any suggestions you may have for content. **Please return your completed ballot and survey.** We want to be sure that our actions reflect the wishes of the majority of our members. **Mahalo** for your input and have a happy and healthy **summer!**



On the Menu...

Greens... From the Garden to the Plate

by Eileen Towata, Ph.D.

Sample various ethnic cuisines and even regional U.S. fare, and you're likely to see that leafy greens have found their way into many dishes! A peek at the menu in a Chinese restaurant, for example, will often show **choi sum** as a featured vegetable. At New Year's we see an abundance of feathery and delicate mizuna in the grocery stores, often used in the Japanese soup called **osoni** traditionally eaten on January 1 for good luck. When eating a green papaya salad in your favorite Thai restaurant (hold the fish sauce, please), take a bit of the crisp lettuce and shredded cabbage usually served along with the shreds of green papaya. Won bok kim chee? What a great accompaniment, especially if it's hot and spicy, to some brown rice! Growing up in the eastern US. I especially recall the importance of cabbage in the dishes prepared by peoples of eastern European roots who had settled in the area. My grandmother made these humble leaves into a delicious, peppery filling for a homemade flattened bread. "Wilted" salads of lettuces and spinach were often popular dinner fare. I don't recall making use of the overly abundant dandelion greens in the area,

supposedly tender and a favorite for wilted salads. We worked hard to rid our yards of them when perhaps we should have been cultivating them for dinner instead! Although I spent a good many years on the mainland, it wasn't until moving to Hawai'i that I tasted collards and beet greens. Often associated with the southern U.S., greens such as these are now finding their ways into markets all over the country Other greens like Swiss chard and kale are also common in markets. It's easier than ever to get more greens into our diets!

Most of the above-mentioned greens are used commonly as "cooking" greens. There are also many leafy greens that are more often eaten raw They can be enjoyed in combination with other garden favorites to make salads or tucked into whole grain breads, for example, to make sandwiches. Try romaine, peppery arugula (a favorite in Italian markets), slightly bitter endive, escarole, pungent watercress or a mix of these. Those who like to juice will no doubt have their favorite concoctions that include some greens as well.

If you're inclined to try your hand at gardening, greens can be a rewarding and useful

"crop." Several years ago we were fortunate to get cuttings of two different varieties of edible Hibiscus. We found the plants to be "low-maintenance" with a good number of healthy leaves always ready to be picked. Like spinach, the leaves cook down quickly and are great additions to soups and stews such as the recipe below Check with your garden center specialist to be sure you get the right varieties for consumption, not ornamentals. Collard greens also proved to be fairly low-maintenance. Aside from the occasional feeding-frenzy festivals hosted by our resident slugs, we usually have a decent amount of leaf matter to harvest. These tougher greens take a bit more cooking time. On an interesting aside, collards are similar to the primitive nonheading cabbages domesticated in Europe long ago. They do well in hot weather, a condition that we experience in Hawaii year 'round. A relative of watercress is another constant in our garden. It grows well in soil and requires little attention beyond that offered by our automatic sprinkler system, yet yields plenty of peppery leaves. These are wonderful in salads and excellent when wilted and sprinkled with sesame seeds and a little

shoyu. Pak wan, whose new young branch tips and leaves are most often consumed (either raw or cooked), is another resident of our garden. This plant, native to areas from India to Malaysia, has received attention recently as a nutritional powerhouse. A mere half cup provides the following percentages of daily requirements: 22% of Vitamin A; 15% of iron; 10% protein; 5% calcium; 138% Vitamin C (*Hawai'i Horticulture*, Feb. 2000, Vol. 3, Number 2). Although we haven't yet used this plant extensively, I plan to work with it more now that I've seen the nutritional breakdown! We plan to add vine spinach to our greens selection soon, as a gardening friend also on the Windward side describes it as easy to grow with tasty leaves. Much of our gardening has been done by trial and error – and hasn't included many local/ethnic vegetables. Recently we came across a great little publication called ***Hawai'i Horticulture***, which features growing hints for ornamentals as well as edible plants. Information about plant origins as well as uses and recipes are included. Check out the website at www.hawaiihorticulture.com for ordering information as well as all kinds of good info. 🐸

Plate Lunch and

Potluck Favorites Class

Sat, July 8 8:30 - 11:30 a.m.

Windward School for Adults

To register call 254-7955

Greens and Lentil Stew

4 cups vegetable stock (or 11.5 ounces tomato/vegetable juice diluted to 4 cups with water)

1 cup red lentils, rinsed/sorted

2 cloves garlic, minced

1 medium onion, diced

1 tablespoon curry powder

1 small dried chili pepper, chopped

3 to 4 cups coarsely chopped dark leafy greens (collards, chard, kale, etc.)

1 1/2 cups okra (1" length pieces)

2 tablespoons lemon juice

1 tablespoon nutritional yeast flakes
salt, to taste

Bring stock and lentils to a boil in a large pot, reduce heat and simmer (lightly covered) about 15 minutes. Stir frequently to prevent sticking. Yield = 4 1/2 cups.

In the meantime, put several tablespoons of water in a non-stick skillet and heat it. Add garlic and onion and cook until onion begins to soften. Add curry powder and chili pepper, stirring constantly for about 1 minute. Remove from heat and add the mixture to the lentils.

Stir in the chopped greens and okra after the 15 minutes. Simmer an additional 15 minutes, until greens and okra have reached desired tenderness. Just before serving, stir in lemon juice, nutritional yeast flakes, and season with salt to taste.

Notes: Use red lentils, not brown. They can be found in health foods stores; you can also find nutritional yeast flakes there. For those who like a spicier dish, add a little more curry powder and a bit more chili pepper. For handling chili peppers, use gloves; avoid rubbing eyes, nose, etc. after handling chili peppers and wash hands well. (Reprinted by permission: From the Produce Isle – The Cuisine of Greens, Fruits, Grains and Beans from an Island Kitchen. Copyright 1999. Eileen M. Towata. Available through VSH.)

Vegetarian Cooking Classes by Eileen Towata

Kapi'olani Women's Center

To register call 535-7000

The Vegetarian Pantry

Sat., June 3 9:30 - 11 a.m.

Sat., Aug 5 1 - 2:30 p.m.

I'm Giving Up Meat...

Now What Do I Eat?

Saturdays, June 10, 17, & 24

9:30 - 11:30 a.m.

Creative Cuisine: Palate-Pleasing

Plant-Based Dishes

Saturdays, Aug 12, 19, & 26 from 12 - 2 p.m.

Man's Best Friend
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and I am frequently appalled by callers' attitudes toward their own and others' animals. Often the calls are from someone who is moving and has decided that it will be inconvenient to take the family pet along. They've decided that their animal will somehow be better off starting with a new family than being moved, and the pet is supposed to understand that the abandonment is for his own good. If he's lucky enough to get a home instead of being killed along with all the other unwanted pets, it may become a lifelong home, or just another temporary stop until the next family finds him inconvenient or too expensive. On a variety of occasions I've been at the Hawaiian Humane Society within hearing distance of owners who are leaving their pets behind. Once I heard a teenage boy say that no one in the family had time to walk the dejected looking, older terrier whose leash he handed over to the intake worker. A woman actually turned in a pet because she had reupholstered, and the pet's hair showed too much on the new furniture. In many of our neighborhoods, "pet" dogs

are kept on 5-6 foot chains for their entire lives and not walked or played with. Pet cats are routinely "set free" and the resulting overpopulation of wild, starving, sick cats is daunting. The State Department of Health showed its lack of concern for these poor creatures recently by proposing an administrative rule making it illegal for people to feed wild animals, even the colonies of cats that have been neutered and are being cared for by heroic souls.

Of course, everything is relative. Even these animals' lives compare favorably with those of the millions of animals that are killed in this country each year for food, and the millions more, many of them domesticated animals, who die excruciating deaths alone in research labs, often in filthy conditions on a cement floor.

What can be done to level the playing field? Becoming involved in the legal battles as well as on a personal level is of great importance. On a personal level, speak up whenever you see someone mistreating an animal, either through cruelty or neglect. Avoid buying products that are made from animal parts, like leather, or are tested

on animals, such as Proctor and Gamble products. Animal Rights Hawaii will have a table at the Pet Expo to educate the public on these issues and others and would welcome the help of anyone who shares our philosophy that all animals have a right to live their life without being hurt or killed for human convenience. We'll also be at the 50th State Fair, opening May 26, protesting performing animal shows. This year the fair is featuring nine brown bears wearing muzzles and four sea lions (two of whom were wild and captured in Chile). In July we'll be at the Hawaii Farm Fair protesting the fact that 4H teach children to nurture an animal on a very personal, one to one level and then selling it for slaughter to the highest bidder.

If you can join us at any of these events, please call 941-9476 or write to arh@pixi.com. You can also write to us if you would like to receive news on other upcoming events and legislative hearings.✉

ANIMAL RIGHTS HAWAII
PO BOX 10845
HONOLULU, HI 96816

Vegetarian Society of Hawaii
Post Office Box 23208
Honolulu, Hawaii
96823-3208, USA

William Harris M.D.
1765 Ala Moana #1880
Honolulu HI 96815

Vegetarian Society of Hawaii

Calendar of Events

June - Sept 2000



Membership Meeting and Video Presentation

A Diet for All Reasons
June 14

Come together for our Annual Membership Meeting. Officers **will** summarize activities during the past year and report on major changes and decisions that have been made. Input from the membership is invited and welcome. In Part II of this evening, the excellent video A Diet for AD Reasons by Michael Klaper, M.D. **will** be shown. In this fast-paced, well illustrated presentation Dr. Klaper concisely presents all of the reasons for a vegan lifestyle. Dr. Klaper is the Director of the Institute for Nutrition Education and Research, a non-profit organization that provides seminars for physicians and other health professionals on the utilization of nutrition in therapy and in the prevention of disease. He maintains a private practice, lectures widely, and is actively involved in research on vegans. You know him also from his frequent articles in our Quarterly Newsletters.

Neal Pinckney

Heart Disease-Is There a Magic Bullet?
August 9

More than 725 people have graduated from Dr. Neal **Pinckney's** ten-week Healing Heart Support Groups at Kaiser, HMSA, Tripler, and Castle Hospitals. By their own statements, 49 of these have avoided heart bypass surgery. Dr. **Pinckney** has his **Ph.D.** in psychology, taught for many years in the California State University system, and was in private practice for 30 years. His very successful book, The Healthy Heart Handbook, is his story, the result of his personal encounter with heart disease. He also devotes **time** daily to a healthy-heart discussion group that he maintains on the internet. Tonight he will discuss the pros and cons of many of the current diets, such as the Ornish, **McDougall**, Shintani, Atkins, Pritikin, The Zone, and dozens of others (new books are published every week), in the prevention of heart disease.

Alyssa Moreau

Dips and Spreads
July 12

It's fun and easy to dip! Alyssa Moreau and Sharon **DuBois**, her partner this evening and in Devine Creations, their new vegetarian catering company, will show us how many dips and how many dippers there can be, opening up this area of easy summer "dining." With breads and crackers dips may be used as spreads. Dips and spreads can be healthy and low fat, and they can be good sources of fiber and the B vitamins. **Adding** a few nuts or pumpkin seeds can "boost" them to another satisfying level. Dips and dippers such as raw veggies or homemade flax seed crackers are a good way to combat **falling** blood-sugar levels in the mid-afternoon. Come let Alyssa and Sharon spread your dipping imagination. Of course, this demonstration **will** end with a tasting session.

Arthur Brownstein

The Therapeutic Value of a Vegetarian Diet
September 13

Physician and author Arthur Brownstein from the **Princeville** Medical Clinic on Kauai delivered a close and personal message to us in August, 1998. Since then, his book Healing Back Pain Naturally has been published, and he is working on his second book, which discusses the body's healing system, and achieving a state of vibrant health. In his practice he sooner or later points out the benefits of a plant-based diet to nearly all of his patients. Dr. Brownstein is an Assistant Clinical Professor at the John Burns School of Medicine at U.H. He is board certified in preventive medicine, and his experience includes work with Dean **Ornish**, M.D. Trained in yoga in India, he uses that as well as diet in the treatment of disease. With his wife **Nutan**, a 19th generation vegetarian since birth, they are raising their son in the same style.

Books

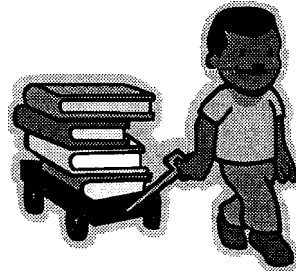
The (Almost) No Fat Cookbook (Bryanna Clark Grogan)	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan)	\$12.95
Animal Connection (Agatha/Calvin Thrash, M.D.)	\$6.95
Cook Healthy Fast (Dick Allgire)	\$15.95
Cooking with Natural Foods (Muriel Belts)	\$14.95
Diet for a New America book (John Robbins)	\$14.95
Eco-Cuisine (Ron Pickarski)	\$16.95
Fabulous Beans (Barb Bloomfield)	\$9.95
Fat-Free & Easy (Jennifer Raymond)	\$10.00
From The Produce Isle (Eileen Towata)	\$11.99
Garden Cuisine (Paul Wenner) SALE	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.)	\$11.95
Luscious Low-Fat Desserts (Oser , Marie)	\$11.95
McDougall Health-Supporting Cookbook Vol. II (Mary McDougall)	\$9.95
MegaHealth (Marc Sorenson, Ed.D.)	\$14.95
Most Noble Diet (George Eiiiman, R.D.)	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries)	\$19.99
Nonna's Italian Kitchen (Grogan , Bryanna Clark)	\$14.95
Peaceful Palate (Jennifer Raymond)	\$15.00
Pregnancy, Children, and the Vegan Diet (Michael Klaper , M.D.)	\$9.95
Race for Life book (Ruth Heidrich, Ph.D.)	\$14.95
Scientific Basis of Vegetarianism (William Harris, M.D.)	\$15.95
Simply Good Recipes and More from C.C.C.T. (C.C.C.T.)	\$7.95
Table for Two (Joanne Stepaniak)	\$12.95
Uncheese Cookbook (Joanne Stepaniak)	\$11.95
Vegan Nutrition: Pure and Simple (Michael Klaper , M.D.)	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, R.D.)	\$21.95
Vegetarian Secrets Atsuko Kitchen, HB (Atsuko Tsubota)	\$29.95
Why Do Vegetarians Eat Like That? (David A. Gabbe)	\$11.95

Misc

I Speak Vegetarian T-Shirt (Specify S M L XL)	\$15.62
VSHT-Shirt (Specify S M L XL Women's One Size)	\$15.62
Diet for All Reasons video (Michael Klaper , M.D.)	\$22.00
Vegetarian Chef video (Elaine French)	\$19.95
Four Food Groups poster	\$6.00

VSH Bookstore

To order items from the bookstore, on a separate sheet of paper enter your name and address and list the items you would like to purchase. Add 20% to the total for shipping. Please make check payable to Vegetarian Society of Hawaii.



Send order/application to:
Vegetarian Society of Hawaii
PO Box 23208
Honolulu, Hawaii 96823

Vegetarian Society of Hawaii Membership Application

Please Print:

Name(s) _____

Street Address _____

City, State, Zip _____

Home Phone () _____

Work Phone () _____

Fax () _____

Email _____

_____ D _____ Ex _____

Yes, please enroll me as a member.
My dues are enclosed.

Please check one:

- \$20 regular (1 year)
- \$12 full-time student (1 year)
- \$30 couple or family (1 year)
- \$400 life membership
(add \$4 if for a foreign address)

\$ _____ additional donation

Please check one:

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

Vegetarian Society of Hawaii Membership Survey -- June 2000

(for all VSH members, both vegetarian and non-vegetarian)

Aloha, VSH members. We are requesting input from you with regard to the value you receive from the VSH newsletter. Because this activity is labor intensive and is one of the largest cost items in our annual budget (**each issue costing our organization over \$800 to print and mail, which amounts to approximately 21% of our total quarterly expenses**), we want to assure that it is meeting a genuine need. Please assist us in serving our membership in the best way we can by completing and returning the following survey.

1. Do you read the VSH newsletter? Yes No

2. How valuable to you overall is the information in the newsletter?

1	2	3	4	5	6	7	8	9	10
Not at All			Somewhat				Extremely		

3. Do you consider the newsletter a major benefit of VSH membership? Yes No

4. How valuable to you are the following regular features?

a. Ask Dr. Klaper	1	2	3	4	5	6	7	8	9	10
b. Calendar of Events	1	2	3	4	5	6	7	8	9	10
b. President's Message	1	2	3	4	5	6	7	8	9	10
c. Recipes	1	2	3	4	5	6	7	8	9	10
d. Restaurant Reviews	1	2	3	4	5	6	7	8	9	10
e. Science Corner	1	2	3	4	5	6	7	8	9	10

5. Which of the following topics would you like to see more on in the newsletter:

a. animal rights <input type="checkbox"/>	c. gardening <input type="checkbox"/>	e. recipes <input type="checkbox"/>
b. environment <input type="checkbox"/>	d. legislation <input type="checkbox"/>	f. other _____

6. What would you like to see less of? _____

7. Do you prefer a standardized format for the newsletter, or would you prefer a more "whatever-is-current" format? _____

8. Any other suggestions for improving the newsletter? _____

9. Do you regularly access the VSH **website**? Yes No

10. If the hard copy newsletter were discontinued, would you access the **website** more often? Yes No

11. Do you recommend that VSH continue to publish this newsletter in hard copy? Yes No

12. website only? Yes No

13. If the newsletter were discontinued, what would you suggest replace it? _____

14. Any additional comments? _____

(Please fold this survey in half, tape or staple, affix postage to the addressed portion, and mail to VSH.)

Mahalo!