



# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

supporting human health, animal rights, and ecology

Volume 13, Issue 1, Jan - Mar 2002

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## Public Lectures

**TERRY SHINTANI, MD**  
**“The Truth About Carbohydrates”**  
 Saturday, January 12, 7 p.m.  
 McCoy Pavilion

**VESANTO MELINA**  
**“Fine Tuning Your Diet”**  
 Saturday, February 2, 7 p.m.  
 McCoy Pavilion

**HOWARD LYMAN**  
**“Mad Cowboy”**  
 Saturday, March 9, 7 p.m.  
 McCoy Pavilion  
 (TENTATIVE)

## Farewell, Elaine & Jerry

by Dave Crooks

**H**ave you ever wondered how VSH came into being? Or how Elaine French and Jerry Smith got together? Did you know that the life cycle of a "Daisy" matched Elaine's and Jerry's involvement with VSH? If you enjoy interesting stories, read on. The following will first discuss Elaine and Jerry separately and then as a team. Unfortunately this article must also serve as a sad and cheerless farewell. If you haven't already heard, Elaine and Jerry have decided to move from their Hawaiian paradise to seek new challenges in the rugged but picturesque terrain near Zion National Park in southern Utah.

### Elaine

Raised in Oregon, Elaine became a flight attendant after college. She followed a diet of Pop-Tarts, Big Macs, and food on the fly. Her conversion to vegetarianism started around 1974 when she began dating a low-fat non-vegetarian whom she looked up to as a "healthy eater." When he became a graduate student, Elaine empathetically decided to begin cooking for her "poor starving student," using

### Diet For A Small

Planet as her conceptual guide and cookbook. To her surprise and delight, he and others liked what she cooked. Soon after this Elaine received a copy of the popular Pritikin diet book; she stopped using alcohol and coffee and began weaving Pritikin's new ideas into her recipes. Also around this time she attended one



“Elvis,” Elaine French, Jerry Smith

of John McDougall's lectures and soon found herself editing his first book and teaching cooking classes to his patients. Jerry Smith attended one of those classes, and that is how he and Elaine met -- Elaine, the practiced cook full of ideas, and Jerry, as you will soon see, the desperate cook running out of ideas.

(See Farewell on page 19)



# Science Corner

by William Harris, MD, VSH Board Member  
<http://www.vegsource.com/harris/>



## The Origins of Specious

### The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii  
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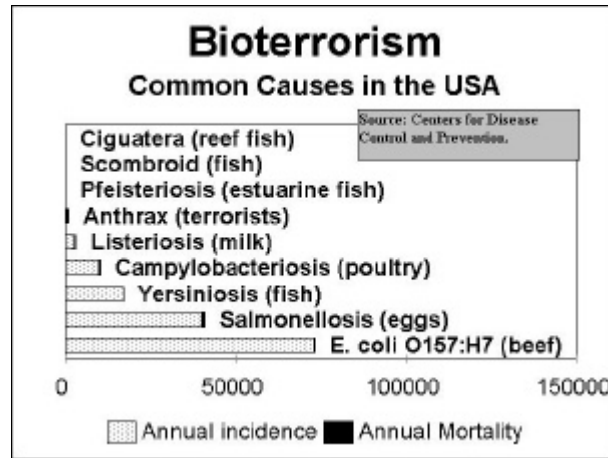
Mahalo to all our volunteers...

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

Mahalo to the Adobe Corporation for its generous software donation.

Amidst the hysteria over deliberately introduced anthrax with ~24 cases and ~5 fatalities to date no one apparently has noticed that a number of other diseases -- those associated with animal foods -- are much commoner than anthrax in the U.S. 73,000 cases of E. coli O157:H7 (primarily from beef) result in ~100 fatalities yearly. Salmonellosis (usually from eggs) takes ~1000 lives with an incidence of 40,000. These and other animal-related diseases are shown below in descending order.

Source: Centers for Disease Control and Prevention. [http://www.cdc.gov/ncidod/dbmd/diseaseinfo/escherichiacoli\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/escherichiacoli_g.htm)



Occasionally plant foods are listed as the cause of food-borne outbreaks, but almost invariably the plants have been contaminated by animal feces. Plants are not good culture media for human pathogens, while animals are. If our opponents were serious about killing us, a few cc's of E. coli O157:H7 dumped into the hamburger mixture in the typical poorly supervised slaughterhouse would make white powder in an envelope look like a Halloween prank.

Source: Centers for Disease Control and Prevention. [http://www.cdc.gov/ncidod/dbmd/diseaseinfo/escherichiacoli\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/escherichiacoli_g.htm)

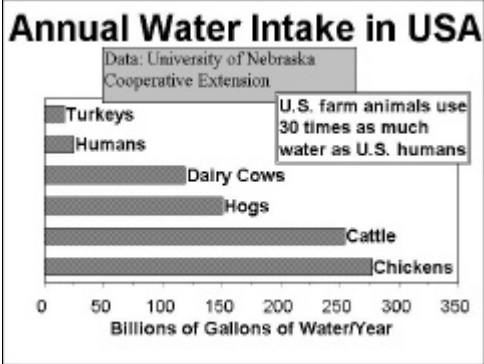
Anthrax itself is also animal-borne; it used to be called "wool sorters disease." Texas agricultural officials say that more than 1,600 animals died of anthrax in the summer of 2001. Why? Because from 1866-1890 cattle were herded along the Chisholm Trail from San Antonio, Texas, to Abilene, Kansas, whence they were railroaded east for slaughter. Diseased cattle were simply abandoned on the trail and the carcasses left to rot, allowing anthrax spores to migrate into the soil. This year Texas had a rainy spring after a prolonged period of heat and drought, perfect conditions for the anthrax spores to percolate up through the soil and infect today's cattle.

While I share everyone's concerns over *chemical* warfare, it seems to me that the lesson since 9-11 is that *biological* warfare is a bust. Anthrax spreads more terror than disease. Animal foods spread disease like crazy, but no one notices, and the same government that wails over anthrax supports the production of animal foods.

There are some other unpleasant realities about animal agriculture as well. First, it's extraordinarily waste-

(Continued on page 3)

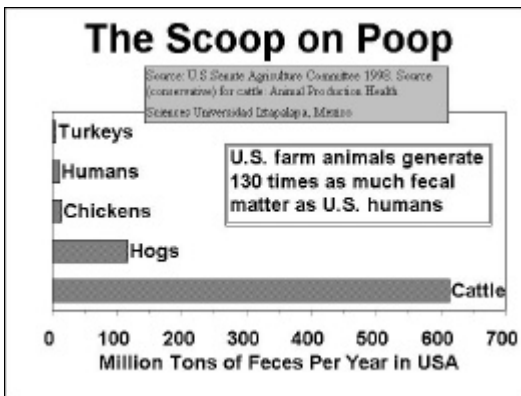
(Continued from page 2)



ful of water, since, like us, the farm animals insist on drinking it. When all the animal populations and individual water consumption figures are factored in, it turns out that U.S. farm animals drink 30 times as much water as U.S. humans.

Sources: (US Geological Service) <http://ga.water.usgs.gov/edu/wulv.html>. The Idaho Department of Water Resources, <http://www.idwr.state.id.us/info/water/wateruse.htm>

In addition to the water going in one end, there's stuff coming out the other. U.S. farm animals generate ~130 times as much fecal matter per year as U.S. humans, who mess up the planet adequately all by themselves. Manure washed from feedlots is blamed by the U.S. Fish and Wildlife Service for impairing fisheries along 60,000 miles of streams and for degrading 1,785 bodies of water in 39 states. To deal with the problem, this year's U.S. House Farm Bill proposes to utilize \$1.2 billion/year of taxpayers' money for the next ten years for the cleanup of manure



spillage that would disappear by itself if people would just stop eating animals.

However, the pig farmers like the idea. Said one, a former North Carolina tobacco grower, "In my view, we're feeding the country. If they want to eat cheap, someone's got to pay the costs." Now *there's* logical thinking raised to the nth power. If the food has already been paid for by the taxpayers, it's no longer cheap -- it only looks cheap to the near-sighted.

Source: Report compiled by the Minority Staff of the United States Senate Committee on Agriculture, Nutrition, & Forestry for Senator Tom Harkin

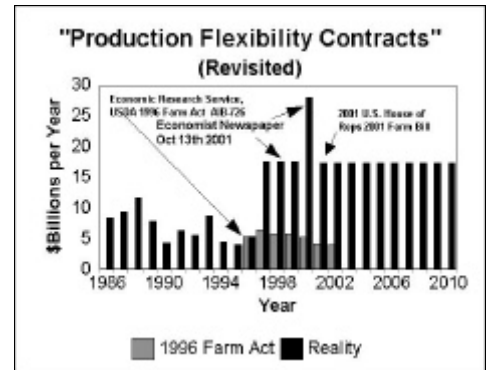
Pam Rice at Viva Veggie (<http://www.vivavegie.org/>) put it nicely: "Pollute your land, get paid to stop."

The manure problem is not limited to the mainland. A Waianae pig producer of some 300 breeder sows was recently fined \$600,000 by the Department of Health for allowing manure runoff on the streets, and a Kailua dairy was fined \$16,000 for manure overflow into the Kapaa stream.

Through the 1980s the USDA/CCC (United States Department of Agriculture/Commodities Credit Corporation) price supports averaged out at \$12.5 billion/year. However, if a government program is a fiasco, the first thing we do is change the name. The 1996 Freedom to Farm Act re-christened the giveaways "Production Flexibility Contracts" and proposed to phase out many farm subsidies by 2002. Since then, however, subsidies have increased to record levels -- \$20 billion last year -- as Congress has doled out "emergency" payments aimed at helping farmers through "rough economic times."

The following chart shows the reduced amounts of taxpayers' money that was supposed to be

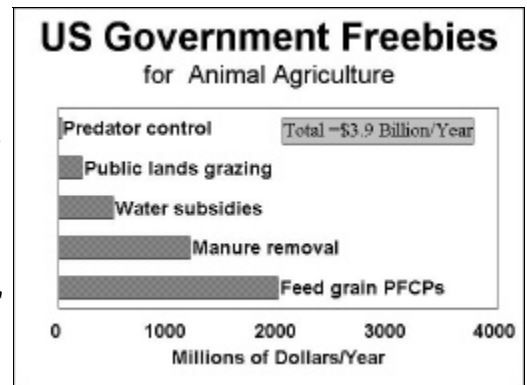
used as U.S. farmers transitioned to a "market orientation" in contrast to the monies that were actually paid.



One critic says, "The amount of money being shoveled out is incredible, and the fact is that it's having no effect on keeping average farmers in business." That is so because, according to the General Accounting Office, farms of 1,000 or more acres received 52 percent of farm payments even though they make up just 8 percent of the nation's farms.

Over 50% of the payout goes to feed grain production, a *de facto* support for the meat and dairy biz, and there appear to be no funds given for the production of the healthy vegetables and fruits that nevertheless make it on their own in the free market.

Sources: 1996 Farm Bill, U.S. House of Reps 2001 farm bill. [www.turnpoint.org/grazing.doc](http://www.turnpoint.org/grazing.doc) Hudak, Sierra club 1998. <http://www.predatorconservation.org/4Campaigns/WS/WShome.htm>



Hawaii has seen its own share of giveaways to those chronic mendi-

(See Origins on page 17)



# Vegetarian Nutrition Update

by John Westerdahl, PhD, MPH, RD

## Calcium in Vegetarian Diets

The relationship between diet and bone health is a complex one; it is therefore difficult to assess the impact of vegetarian diets on the health of the bone. Most of the scientific research

indicates that calcium intake of lacto-ovo vegetarians is comparable to or greater than that of omnivores and that their bone health is similar. Vegans, particularly ve-

gan women, often have been found to have calcium intakes that are lower than the dietary recommendations, and limited research suggests that vegans who do not have adequate calcium intake have lower bone density than omnivores. Vegetarians therefore are advised to assure that there is adequate calcium in their diets.

### Factors That Affect Calcium Needs

There are a number of factors that may affect calcium needs. Some studies indicate that diets high in protein, especially animal protein, which is high in sulfur-containing amino acids, cause increased urinary calcium losses. This is so because high animal protein diets can increase the acidity of the blood, in turn requiring the leaching of alkaline bone tissue into the bloodstream to serve as a buffer. This has led many scientists to speculate that

vegans have a lower calcium requirement than omnivores because of their lower protein content overall and the absence of animal protein in their diets. (Some studies indicate that the *ratio* of

**“Vegans who eat well balanced and well planned meals easily meet their calcium needs.”**

protein to calcium in the diet is more predictive of bone health than calcium *intake* alone.). Cross-cultural comparisons suggest that low protein intake protects bone

health even when calcium intake is low. More research is needed to determine whether the lower protein intake of vegans is in fact protective.

### Meeting Calcium Needs with a Vegan Diet

Calcium needs can easily be met by plant-based diets. Plant foods that are naturally rich in calcium include low-oxalate green leafy vegetables (collards, kale, mustard greens, and turnip greens), broccoli, bok choy, calcium-set tofu, almonds, and blackstrap molasses. The growing number of calcium-fortified foods includes soy and rice milk, breakfast cereals, and some brands of fruit juices. Vegetarian-formulated calcium supplements can also provide significant levels of calcium without the saturated fat and cholesterol found in dairy products.

Vegetarians should be aware that calcium absorption is inhibited by ox-

alates (types of acids) found in some vegetables such as Swiss chard, spinach, and beet greens. However, calcium is very well absorbed (at rates about twice the absorption from cow's milk) from *low-oxalate* leafy green vegetables.

Note that calcium in beans and nuts is absorbed at lower rates than the calcium in greens. Overall, however, vegans who eat well balanced and well planned meals consume a variety of calcium sources with varying absorption rates and thereby easily meet their calcium needs.

### Calcium and Osteoporosis

Controlled clinical studies using calcium supplements show a protective effect of calcium on bone health. However, most observational studies show little or no effect on bone health of *higher* calcium intakes from foods (such as the levels obtained from dairy foods).

As mentioned earlier, it is difficult to determine the effect of dietary calcium on bone health because of the many factors involved. For example, while meeting dietary calcium needs is obviously important for bone health, weight-bearing exercise and adequate vitamin D also play a role. In addition, factors such as high sodium intake, excessive weight loss, alcohol, smoking, and excessive animal protein intake may all contribute to poorer bone health, while factors such as soy isoflavone intake may be protective.

(See Nutrition Update on page 18)

# Eye on the Environment

by Laurie Veatch, M.A., VSH Vice President



## The Environment is Hurt by Eating Animals: Part Two

**R**aising animals for people to eat hurts the environment in several ways:

- Far more land, energy, and water are required to raise animals for food than would be used to feed humans a plant-based diet.
- Large quantities of manure often adversely affect land, water, and air.
- Cattle emit methane into the air, contributing to greenhouse climate change.

### Energy

Fossil fuels are used to run farm machinery and to manufacture fertilizers and pesticides. David Pimentel of Cornell University has found that a typical American uses the equivalent of 42 gallons of gasoline a year by eating red meat and poultry.

### Water

Livestock production uses enormous quantities of water directly, and it indirectly threatens the purity of streams, rivers, and underground aquifers. Nearly one third of California's irrigation water goes to livestock. Kansas, Nebraska, Colorado, and Texas pump out of an underground water resource, portions of which have been severely depleted. Producing a pound of American beef uses approximately 300 gallons of water.

### Manure

Factory farms accumulate millions of

tons of animal waste that can pollute rivers and groundwater. Nitrogen and phosphorus in manure, when it infiltrates rivers or open bodies of water, over-fertilizes algae, which then grows rapidly, depletes oxygen supplies, and suffocates aquatic ecosystems. Some waterways polluted in this way are the Chesapeake Bay, the oxygen-starved Baltic Sea, and the polluted Adriatic Sea, where animal wastes add to the nutrient loads from



fertilizer runoff, human sewage, and urban and industrial pollution. Underground water contaminated with manure nitrogen and nitrogen from artificial fertilizers can cause nervous system impairments and cancer in humans. In the United States roughly one fifth of the wells in Midwestern livestock states have nitrate levels that exceed health standards. (WHO guidelines 1984)

### Climatic Change

As noted in Part I of this series, forest destruction for ranching contributes to climate change. When living plants are cut down and burned, or

when they decompose, they release carbon into the atmosphere in the form of the greenhouse gas carbon dioxide. In the atmosphere carbon dioxide traps the heat of the sun, thereby warming the earth. In addition, livestock are a source of the second most important greenhouse gas, methane. Ruminant animals release perhaps 80 million tons of this gas each year in belches and flatulence, while animal wastes at feedlots and factory-style farms emit another 35 million tons. In the farms waste is commonly stored in the low-oxygen environments of sewage lagoons and manure piles, where methane forms during decomposition. Manure that falls in the fields, by contrast, decomposes without releasing methane because oxygen is present. Livestock account for 15 to 20 percent of global methane emissions -- about three percent of global warming from all gases.

From the most immediate impacts -- nitrogen contamination and retreating grasses -- to the most far-reaching -- loss of species and climate change -- rearing animals around the world takes a toll on nature. Resource-intensive animal agriculture is out of alignment with the Earth's ecosystems.

*Information for this article is based on the Worldwatch Institute's "Taking Stock: Animal Farming and the Environment," Alan B. Durning and Holly B. Brough.*

# Reviews

by Helen Wells, MA



**The Little Village, 113 Smith Street, Downtown Honolulu, Open 7 Days 10 a.m. to midnight, 545-3008.**

This is a cute little restaurant with a farmhouse décor. Whoever decorated the restaurant did a fine job. Little touches, such as the quaint little container in which the rice is served, have appeal. A recording of chirping birds was playing when I was there. One certainly feels a bit of the ambience of rural China of yesteryear. I mention also that the prices here are really excellent, some of the best I've seen in Honolulu for Chinese food. The restaurant is attracting vegetarian customers by offering vegetarian substitutes for all dishes.

I had deep-fried mochi, turnip pancakes, an eggplant dish, and rice. Although it was hard for the waiter to answer my questions because of the lunch rush, I felt confident that what I was getting was in fact vegetarian. But I made a note to myself to go there at a less busy time so that I could ask more detailed questions.

Karl Seff told me about this restaurant and said he likes its kung pao tofu (minus meat bits, of course). He said to tell the waiter to make it "strictly vegetarian." He also likes the black bean sauce, the bitter melon, and the brown rice.

A negative for me was that there were some scary items on the menu that made the animal rights part of me trip out. By looking at the menu, one can surmise that the accommodation of vegetarians has been done for the "health" vegetarians, not the "animal rights" vegetarians. So, you are warned. In effect, some vegetarians may prefer to get their orders "to go."

**La Bamba, 847 Kapahulu Ave., open Sunday - Friday 11 a.m. (-ish) to 2 p.m. and 5 to 9:30 p.m., closed Saturdays, 737-1956**

Someone told me to seek out their "potato burrito." I did, and I recommend that you do, too. It's actually on the menu under "Burritos, a large soft flour tortilla filled with beans or mixed vegetables \$7.95." Thumbs up that the beans don't have lard! Thumbs down that the rice has chicken broth. The waiter said, "But it's only a *little* chicken broth." When are the restaurants going to learn? I told him that even a little was too much and that he would get more vegetarian customers if he didn't put any chicken broth in the rice at all. Nevertheless, he was willing to give more salad in place of the rice. You also have to request no cheese. What I got was really delicious, and the prices were reasonable.

Other things to mention, the lemonade was incredibly good as was the guacamole. Overall there wasn't a lot of variety for vegetarians in this menu, but the staff seemed glad to substitute the beans for meat and to make other accommodations.

So, if you have been frustrated by not finding a lard-free Mexican place, I definitely recommend La Bamba -- it is now my official Mexican restaurant!

Editor's note: As delicious as the food is at La Bamba (including the chunky cilantro guacamole and the very fresh salsa made on the spot, be aware that, the last we heard, cotton-

seed oil, which is very high in saturated fat, is used there exclusively.



**Aloha Country Market at Ward Stadium 16**

Finally, next time you go to the movies, check out the Aloha Country Market at Ward Stadium 16. It's a counter with fresh oranges, apples, bananas, and grapes. Maybe the price is high compared with sneaking in your own fruit in your purse, but you have to figure they probably have a huge overhead. And of course it's a great idea for them to be selling fruit there! If you can afford to buy some of it, please do so. The money is better spent than on the junk food, and you'll be helping to keep it available for the little kids.

If you would like me to check out a vegetarian dish, tell me about it at [ironrat@gte.net](mailto:ironrat@gte.net).



# VSH Legislative Update

by Bill Harris, M.D., VSH  
Legislative Liaison Committee  
Chair

In the recent Hawaii legislative session VSH sponsored two resolutions supporting locally the Five-A-Day fruit and vegetable advisory of the National Cancer Institute and the USDA as well as a second resolution in support of an alternative vegetarian menu in the Hawaii School Food Service. These were combined into a single resolution, HCR 151 HD 1 SD1, which we were happy to see passed.

Following the persuasive VSH talk by Antonia Demas, PhD this past October we have two more resolutions in the mill. Representative Dennis Arakaki will introduce these, and we'll keep you posted on their progress. We will request your support via Veg-HI (Veg-HI@waste.org) and the VSH website (www.vsh.org) after their HCR numbers are known. Some of the language of these bills includes:

HCR (TBA) URGING THE DEPARTMENT OF EDUCATION TO ENCOURAGE THE DEVELOPMENT AND USE OF FOOD GARDENS AS A TEACHING TOOL IN THE HAWAII ELEMENTARY SCHOOLS.

WHEREAS, nutritious food is a fundamental necessity for both children and adults; and

WHEREAS, many children and adults would not presently know how to grow their own food in the event of a famine, national emergency, or other social upheaval; and

WHEREAS, children who develop sound eating habits early in life are known to exhibit higher academic performance, fewer behavioral problems, a lower risk for obesity, better attendance records, and a reduced frequency of common childhood illnesses.....

BE IT ..... RESOLVED that principals and teachers in Hawaii elementary schools be encouraged to integrate the growing of healthy plant food as a fundamental educational tool into such areas as arithmetic, history, nutrition, personal hygiene, physical education, science, and social studies.....

HCR (number tbd) URGING THE DEPARTMENT OF EDUCATION AND THE DEPARTMENT OF HEALTH TO NEGOTIATE THE INTRODUCTION OF HEALTHY JUICES AND SNACKS INTO THE DISPENSING MACHINES ALLOWED ON HAWAII SCHOOL PREMISES

WHEREAS, the high sugar and fat content of these (soft drinks and snacks) and the lack of nutrients are known risk factors for both dental caries and obesity; and

WHEREAS, the Hawaii Health Department recognizes the incidence of childhood caries here to be among

the highest in the nation; and

WHEREAS, an Hawaii Obesity Task Force was recently formed to deal with the skyrocketing incidence of obesity in Hawaii school children; and

WHEREAS, the purveyors of these popular items are in no way held financially responsible for the health costs generated by their use in the State of Hawaii; and

WHEREAS, the soft drink and candy companies are now underwriting some of the extracurricular expenses in Hawaii schools; and

WHEREAS, it thus appears likely that both school children and school finances are now dependent on these unhealthy choices, therefore

BE IT RESOLVED by the House of Representatives of the Twenty-first Legislature of the State of Hawaii, Regular Session of 2002, the Senate concurring, that the Department of Education, and the Department of Health, in order to gradually introduce healthier snack choices to Hawaii school children, are urged to negotiate with the companies operating the vending machines on Hawaii school premises to provide at least one (1) healthy juice, (preferably vegetable juice, since it has a higher nutrient index and a lower cariogenic potential than fruit juice) and one (1) healthy snack such as fresh fruit or trail mix in each machine.

HCR



**“There’s no reason to drink cow’s milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today.”**

Dr. Frank A. Oski,  
former director of pediatrics,  
Johns Hopkins University

# Waimanalo's Garden of Good Eating

by Eileen Towata, PhD

Using a garden as a classroom is a great idea although not a new one. In 1995 the State of California encouraged putting "a garden in every school" with integrative curricula, garden-based nutrition education, and support for developing family/community relationships. The "Edible Schoolyard," a project centered at Martin Luther King Jr. Middle School in Berkeley, makes the garden a focal point. Children are involved in growing fruits and vegetables as well as in moving them from garden to table by participating in kitchen activities. Chicago's "Garden Initiative" program also uses gardens to teach lessons, hands-on skills, and responsibility. Garden projects have been carried out at several schools in Hawaii, most recently at Wheeler Elementary. The Vegetarian Society's Dr. Bill Harris and Laurie Veatch have been working to introduce legislation supporting the establishment of gardens at schools and other locations. These efforts will help educate children about better food choices as well as motivate them to *make* such choices.

There's another benefit that comes from linking up kids (and adults!) with gardening. The garden can become a "playground" of sorts. Experts in the fitness arena point out that gardening can be an excellent form of exercise. A 120-pound person, for example, burns about 5 Calories a minute while gardening. This rate is higher than activities such as social dancing (2.9 Calories per minute), golfing and carrying clubs (4.6 Calories per minute), and hiking (4.5 Calories per minute).<sup>1</sup> Typical gardening chores such as turning compost can provide oppor-

tunities to increase strength throughout the body: upper body muscles are utilized when raking, and they as well as lower body muscles are used while digging. Core strength (abdominal/back) is important in all of the activities. And just having kids active and moving around in the garden means they're spending that time away from the TV and computer

games! Growing nutritious, fresh foods and doing something wonderful for the body in the process makes for a winning combination.

Now look at another benefit. What about planting a garden as a way of beginning to understand the importance of the ahupua`a, the land division extending from the uplands to the sea? What about using organic methods to help protect the land and people from chemical pesticides and herbicides and to protect the ocean from runoff pollutants? What about growing Hawaiian food plants that can be enjoyed and shared with the family? A project that was funded in December 2001 by the Kailua Bay Advisory Council takes this novel approach. Fifth and sixth grade participants in the Waimanalo-based Hui Malama o ke Kai after-school program will be working with organic farmer Kimberly Clark, PhD to plant a 1.5-acre garden on University of Hawai'i land in Waimanalo. Stephanie Kim, staff member for the after-school program, worked diligently with Kimberly to come up with a feasible -- and fundable -- project that will be educational as well as fun for the keiki. Stephanie reports that "the children are excited to build a garden that will also be their classroom. For some of them this will be their first time planting and harvesting vegetables, especially in a farm setting." In the meantime Kimberly concentrates on developing

a plan for the garden, which began with a blessing on December 11. She's planning to grow many foods, including taro, banana, papaya, edi-

ble Hibiscus, Okinawan spinach, sweet potato, and Hawaiian pumpkin. She and Stephanie are excited about empowering our children with knowledge about caring for the land and

the sea; they expect that the children will be eager to eat their "5-A-Day"<sup>2</sup> from the bounty of the garden.

Here's a simple garden-based recipe that is one of Kimberly's favorites.

## Kimberly's Kalo Crisp:

Begin with a layer of WELL COOKED\* kalo, then alternate layers of kalo and banana in a baking dish until you have the amount desired. Pour some coconut milk over the layers and top with hemp seeds or chopped nuts such as macadamia nuts. Place in a preheated 350° oven and bake until heated through (about 20 to 30 minutes). Broil a few minutes to toast the topping, watching carefully so it doesn't burn. Serve small pieces as a dessert, as this is a rich recipe.

<sup>1</sup> American Council on Exercise, *Diggin' In The Dirt*, ACE FitnessMatters, Vol. 3, No. 2. 1997.

<sup>2</sup> Minimum five servings of fruits and vegetables per day.

\*The kalo (taro) must be well cooked to avoid painful irritation produced by calcium oxalate crystals. See last VSH newsletter articles!

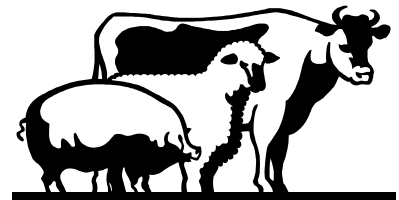
Note: To reduce fat/Calories, use less topping and a low-fat version of canned coconut milk, sold in many health foods stores.

\* \* \*

*“Children are excited to build a garden that will also be their classroom.”*



# Animal Rights Corner



## Resolutions For A Kinder, Gentler New Year

by Elaine Johnson, MBA

**H**ave you made any resolutions for the new year yet? If, like many of us, you have procrastinated in doing this, I offer some suggestions that would be beneficial to the planet and all of the creatures who inhabit it.

Here are my top 10 resolution picks:

1. **Go vegan** If you are a vegetarian, you are already most of the way there. Going vegan is the single best thing you can do for your health, for the millions of hapless, non-volunteer food animals that are slaughtered each year, and for the environment. What many people don't realize is that the dairy and egg industries are just as tough on the animals, equally bad for your health, and as harmful to the environment as is the meat industry. Environmentally, the chicken and egg business is a major polluter of our waterways. Dairy cows produce tons of waste that also causes pollution. Health-wise, eggs are loaded with cholesterol, and milk has been associated with juvenile onset diabetes and food

allergies; it is also too high in protein to be a useful source of calcium. Dairy cows and laying hens are treated no better than are meat animals, and they also have unnecessarily short lives.

2. **Adopt an animal** Do you have room in your home and heart to add to your family? There are many homeless animals here in the islands; some are literally right under our noses. If a stray cat tries to make friends with you, this could lead to a worthwhile friendship. Even though pet abandonment is illegal in Hawaii, many of the cats we see in our neighborhoods are dumped house pets. If you prefer the company of a dog or want a more controlled method of picking a cat, you could visit our local humane society. Unadopted animals are put to sleep, so you could save a life.

(See **Resolutions** on page 16)

## Factory Farms? In Hawai'i? .... The Sad Truth

by Cathy Goeggel

**A**nimal Rights Hawai'i has discovered that even in our tiny

## What You Can Do Enter Competitions

Enter your vegan recipes into cooking competitions and bake sales, and make it clear that no animal ingredients were used. Dan Handley, a chef at the Virginia Beach Hilton Hotel, won a barbecue cookoff contest with his vegan recipe!

You Can Save the Animals: 251 Simple Ways to Stop Thoughtless Cruelty (1998), by Ingrid Newkirk. Available at [PETA.com](http://PETA.com).

island home there exist battery cages for laying hens as well as a motley variety of cages, stalls, and scrap metal enclosures for pigs -- a sort of Rube Goldberg version of mainland intensive livestock incarceration. The resulting misery of the imprisoned animals and the squalid conditions in which they are forced to exist combine to make Hawai'i another place that is hell for animals.

Drive past the Pacific Poultry killing plant on Nimitz Highway on weekday mornings and you'll see chickens by the hundreds hanging by their feet from a conveyor belt that

(See **The Sad Truth** on page 12)

## Don't vegetarians have difficulty getting enough protein?

In the United States our problem is too *much* protein, not too little. Most Americans get about seven times more protein than they need. You can get plenty of protein from whole wheat bread, oatmeal, beans, corn, peas -- even mushrooms or broccoli. Almost every food contains protein. Unless you eat a great deal of junk food, it's almost impossible to eat as many calories as you need for good health without getting enough protein. By contrast, too *much* protein is the major cause of osteoporosis and contributes to kidney failure and other diseases of affluence. (Source: PETA.com)

## Animal Rights Hawaii

P.O. Box 10845  
Honolulu, HI 96816  
(808)941-9476



[www.AnimalRightsHawaii.org](http://www.AnimalRightsHawaii.org)  
Email: [info@AnimalRightsHawaii.org](mailto:info@AnimalRightsHawaii.org)

# The Millennium Cookbook

## Millennium Fruit Crisp

Makes 8 servings

**W**e serve this dessert throughout the year with a gamut of different fruit combinations.\* During the winter we serve some combinations of apples, pears, persimmons, cranberries, and blueberries, and in the spring, apples, strawberries, blueberries, and ginger. In the summer we use peaches, plums, and fresh berries, and in the fall we're back to apples, pears, ginger, and perhaps some figs.

### Oat Topping

2 cups rolled oats  
2 teaspoons ground cinnamon (optional)  
1/8 teaspoon sea salt  
1/3 cup maple syrup

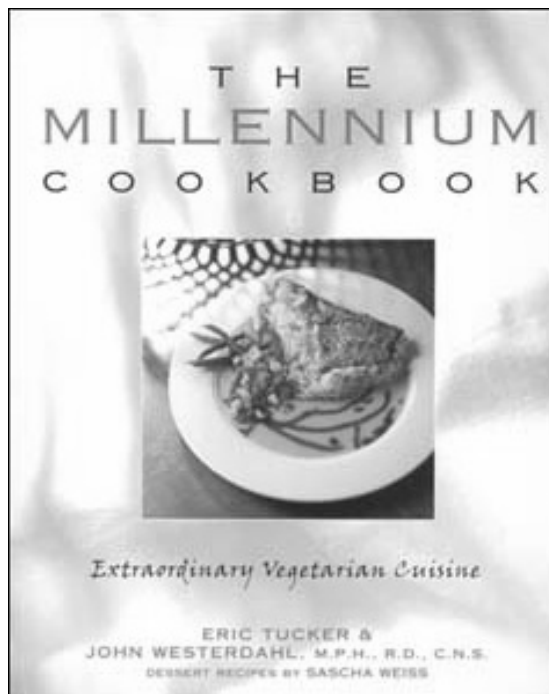
### Filling

8 cups berries and/or cubed seasonal fruit  
2 teaspoons ground cinnamon  
1/2 teaspoon ground nutmeg  
3/4 cup maple syrup  
2-inch piece fresh ginger, peeled and minced  
1/4 cup fresh lemon juice  
2 tablespoons arrowroot

**To make the oat topping:** Preheat the oven to 350°. Line a sided baking dish with parchment paper. In a small bowl combine the oats, cinnamon, and sea salt. Stir until combined, then stir in the maple syrup. Spread the oats on the prepared pan and toast for 10 minutes or until they appear dry. Let cool. Leave the oven at 350°.

**To make the fruit filling:** In a large bowl combine the berries and fruit. Add the cinnamon, nutmeg, maple syrup, ginger, and lemon juice. Mix until combined. In a blender combine one third of the fruit mixture with the arrowroot and puree until smooth. Pour the pureed mixture back into the bowl and mix.

Pour the fruit mixture into an ungreased 9x9-inch baking dish and bake for about 35 minutes or until it begins to bubble and has thickened. Remove from the oven and allow to cool for 5 to 10 minutes.



Remove the crisp from the oven and allow to cool for 5 to 10 minutes. If you like, serve with Vanilla Sauce on page 223 or any sorbet found in this book (The Millennium Cookbook).

### Nutritional Information per Serving

Calories: 310  
% of Calories from Fat: 6  
Protein: 4g  
Carbohydrates: 69g  
Fat: 2g  
Cholesterol: 0mg  
Sodium: 75mg  
Fiber: 7g

## Blackberry Sorbet

Makes about 4 cups

**B**lackberry sorbet is a real treat on its own or garnished with some fresh berries -- raspberries and strawberries create a wonderful contrast of taste and color. You can serve this sorbet in a wine glass.

6 cups fresh blackberries  
1 cup water  
1/4 cup fresh lemon juice  
1/2 cup Sucanat  
pinch sea salt

In a blender puree the blackberries. Strain them through a fine-meshed sieve into a bowl. Rinse the blender and pour the blackberry puree back into it. Add the water, lemon juice, Sucanat, and salt. Blend until well combined.

Freeze in an ice cream maker according to the manufacturer's instructions.

To make granita style, pour the mixture into a large shallow baking dish and place it in the freezer. Stir the mixture every hour for 4 to 6 hours or until frozen. Store in an airtight container in the freezer for up to 4 days. After 4 days the sorbet may become icy; when this happens, it can be melted and refrozen.

### Nutritional Information per Half Cup

Calories: 104  
% of Calories from fat: 0  
Protein: 0.4g  
Carbohydrates: 26g  
Fat: 0g  
Cholesterol: 0mg  
Sodium: 5mg  
Fiber: 1g

\*The Millennium Restaurant, San Francisco

*The Millennium Cookbook*, by Erik Tucker; John Westerdahl, MPH, RD, CNS; Sascha Weiss - 1998, Ten Speed Press



## Vegetarian Way

by Helen Wells, MA

In my last essay I asked that others judge me not by *where* I eat, but by *what* I eat. This made me start to think a lot about judgment, and particularly about self-evaluation. I realized that it was time for me to re-evaluate myself, where I am along the Vegetarian Highway, and where I want to go with vegetarianism next.

Some of the issues I'm dealing with right now include my piece of leather furniture, my leather shoes, honey, mother of pearl, silk clothing, a feather duster, coral beads, etc.

I also have to sort through my feelings about issues that pit the general good against that of the individual. For example, do I boycott a vegetarian store that is accused of discriminating against certain employees or do I continue to patronize that store because of its tremendous efforts on behalf of vegetarians? Another toughie: one of the religious organizations of which I am a member advocates a healthy diet, yet it offers a cooked snapper on an altar almost every month. How do I feel about this, and what should I say and do about it?

I have to make a decision about where I stand. I also need to be able to justify my decision to myself. The path of vegetarianism takes me farther each year.

I admire the doctors, scientists,

professional writers, and animal rights activists who have brought the big and small vegetarian issues to our attention. They are the leaders of the dawning Vegetarian Era because they have accepted the consequences of taking on a vegetarian philosophy and lifestyle. I admire and support the vegetarians who are working within established government and religious organizations, using their influence to change those organizations toward vegetarian philosophies and lifestyles.

I have to ask myself, am I working at the front line of *my* conscience? Am I making the hard decisions? Am I making progress? Am I getting where my heart, mind, and soul want me to go? Am I gathering enough information to make informed decisions? The better informed I am, the stronger my decision. The stronger my decision, the better my ability to act upon it.

Perhaps "deciding and acting" is a better way of thinking about self-evaluation than "judging," anyhow. At any rate, I'm taking the time for the mental work I need for making decisions about vegetarian and animal rights issues, and I hope that when we meet again I'll be farther along the path.

Addendum: Since I first wrote this essay some weeks ago, I decided to get rid of much of my leather and silk, and I'm phasing out the rest of it as it wears out. I didn't realize how much silk was in my house until I started to think about it. I think I'm typical of a lot of modern consumers who need to educate themselves as to where things come from. In the modern world we're so removed from the manufacture of goods we consume, that we often don't have a clue about this.



## Thai Kitchen Dineout Enjoyed by All

by Elaine Johnson, MBA

Our first restaurant dineout in several years was held recently at Thai Kitchen in Waipahu. Eight people attended, including people new to the Vegetarian Society as well as old friends. Diners came from as far as downtown and Makaha Valley to enjoy this event. The restaurant is a casual, small, friendly place that has been serving good food and catering to vegetarians for years.

The dishes were interesting and fresh tasting, as usual. My favorite is vegetable curry, a delicious blend of coconut, curry, tofu, and lots of *al dente* vegetables. Several people chose the salad at varying degrees of heat. All were generous portions of fresh veggies in a nice vegan sauce. The garlic vegetable dish was a subtle blend of garlic with tofu and a variety of fresh vegetables. The Pad Thai got high marks also. Many inviting dishes remain to be tried.

We hope to make dineouts a regular VSH event again. They're a great way to meet other vegetarians and to find new restaurants.

## HELP WANTED!

Help spread the VSH message in our community. Several important volunteer positions need to be filled. Call 944-VEGI (8344) for more information. You can make a difference!

# What to do about Weevils

by Helen Wells, MA

Usually I don't have fits over insects. There was one time on Guam when I went to Talafofo waterfall to splash around and quickly found baby leeches sucking on various parts of my body. It is an understatement to say that I freaked out that time.

The second place incident would be this year when I had a frightening encounter with weevils. One of the little things actually bit me while I sat meditating at home one day, and I knew I could not remain in denial about their infestation any longer. When I finally caught one of the insects and inspected it up close, I was terrified. I know they are a form of their function, but before I knew

what their function was, I was terrified. What was this little snouty thing that had bitten me?

I had not yet associated it with the grains in my kitchen. I had never had a weevil problem before. I had heard of boll weevils; that was it.

There were some boxes of grains on my top shelves that I hadn't examined since I'd put them there months ago. I inspected them and found that weevils had attacked all my dry goods. I know that weevils are God's creatures, but something primitive arose in me -- that cave woman feeling that my food supply, my food stores, were ruined was quite primitive, quite physical, cellular within me.

I don't know for certain how the weevils got into my home. I thought they came in with a bag of wild rice; therefore, I thought they were rice weevils. I found a very useful website on weevils, [www.ag.ohiostate.edu](http://www.ag.ohiostate.edu) that told me, "Adult rice weevil is a dull reddish-brown with round or irregularly shaped pits on the thorax and four light spots on the wing covers" and "the granary weevil cannot fly, whereas the rice weevil can fly...." Having been dive-bombed by one of my weevils, I felt confident that I was indeed dealing with a rice weevil. (There's also a maize weevil "similar to the rice weevil, but larger.") This web site offers drawings of the types of weevils, so I feel that my identification was accurate.

I was amazed when I found the body of a weevil stuck halfway through a very thick plastic bag. This showed me that these insects have quite a bit of determination. I refuse to do any kind of fumigation, so I decided to throw out all the contaminated grains (that regrettably included boxes of cereals, pastas, flours, etc. -- a lot), mourn my loss, and then invest in thick plastic containers. This was also what the web site advocated, for the weevils are determined enough to get through even thin plastic containers. The in-

vestment in the thick plastic, airtight containers paid off immediately and permanently. Thankfully, I am ever since devoid of weevils.

Here are the lessons I learned from my weevil encounter: Inspect all dried goods at the store and again when bringing them into the home. Look for tiny black-snout insects. Don't buy anything that moves. At home, immediately transfer the dried goods into clean, dry, thick plastic containers. Store in a dry place. Make sure the plastic containers are sealed airtight. If even one weevil is found, assume that there is infestation and check every package thoroughly.

May all your encounters with insects be good ones!

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## (The Sad Truth from page 9)

will deliver them to the killing floor where they will have their throats slit -- no pre-stunning to ameliorate their suffering -- that's island fresh!

ARH has observed pigs living in filth and darkness, confinement, and misery at many farms across O'ahu. We have visited farms that are in direct violation of State health codes and federal law. We have reported the violations to the proper government agencies, but still pigs suffer whilst the wheels of justice slowly grind.

In the 2002 Hawai'i Legislative session we'll be asking for your support for a bill, introduced by Senator Suzanne Chun-Oakland, that will set standards for housing of pigs. These standards will require humane housing, including bedding, space, and light. This bill will not prohibit pig farming, but it will remove the economic benefits of cruelty and will, we believe, require an overhaul of the local livestock industry. The potential impact on the industry is substantial.

Please check our website [www.animalrightshawaii.org](http://www.animalrightshawaii.org) for updates.

## Important Dates

### January

- 14 **Albert Schweitzer's Birthday** *"Think occasionally of the suffering of which you spare yourself the sight."*
- 21 **Martin Luther King's Birthday** (observed) *"The arc of history is long, but it bends towards justice."*
- 30 **Mohandas Gandhi Assassinated:** *"Be the change you want to see in the world."*

### February

- 18 **President's Day** *"I care not much for a man's religion whose dog and cat are not the better for it."* Abraham Lincoln

### March - National Nutrition Month

- 20 **Great American Meatout**

# On the Menu

## Recipes from our members



### Feelin' Green!

by Marcia Deutch, MA

#### Brussels Sprouts with Fennel Seed

1 teaspoon fennel seeds  
1 pound Brussels sprouts, trimmed  
1/3 cup vegetable broth (more if needed)  
cider vinegar  
freshly ground pepper

Warm a nonstick skillet and lightly spray with vegetable oil. Add the fennel seeds and toast lightly. Add the Brussels sprouts and broth, cover and simmer until tender. If the skillet becomes dry, add small amounts of broth or water as needed. Toss with cider vinegar, pepper to taste. Serve hot.

#### Colcannon

This is a tasty Irish classic, perfect for St. Patrick's Day. Celebrate!

2 cups finely chopped cabbage  
3 scallions, sliced white and green parts  
4 large potatoes, cooked and coarsely mashed  
1 cup soymilk  
2 tablespoons minced fresh parsley  
freshly ground pepper

Warm a nonstick skillet and lightly spray with vegetable oil. Add the cabbage and sauté, covered, over moderate heat. Lift the lid and stir occasionally until limp. Add the scallions and sauté, uncovered, until the cabbage begins to turn golden. If the skillet becomes dry, add small amounts of water as needed. Combine the potatoes and soymilk in a mixing bowl and stir together. Turn the heat up to moderately high and

stir the potatoes and parsley in with the cabbage mixture in the skillet. Sauté without stirring until the bottom of the mixture gets nicely browned. Fluff with spoon and season to taste. Serve hot.

#### Kale with Sun-Dried Tomatoes

3 cloves garlic, minced  
1/4 cup finely chopped onions  
3/4 cup vegetable broth  
6 cups kale, finely chopped  
1/2 C sun-dried tomatoes coarsely chopped and soaked in water until soft.

Warm a nonstick skillet and lightly spray with vegetable oil. Add garlic and onions; sauté for 2 minutes. Stir in vegetable broth and greens. Reduce heat to low and cook, stirring occasionally, for 8 minutes. Add sun-dried tomatoes; toss with greens. Cook 2 minutes or until heated through. Serve hot.

#### Sesame Broccoli

The dressing for the broccoli in this recipe can be used on any seasonal green.

1 teaspoon pureed fresh gingerroot  
1 tablespoon soy sauce  
1 teaspoon dark sesame oil  
1 tablespoon lemon juice  
2 pounds broccoli florets  
1 tablespoon sesame seeds  
freshly ground pepper

Whisk together ginger, soy sauce, oil, and lemon juice in a shallow serving bowl. Set aside. Steam broccoli until crisp-tender. Transfer to serving bowl and toss with ginger sauce. Sprinkle with sesame seeds. Serve immediately. Add freshly ground pepper to taste.

#### Spinach with Pine Nuts

4 cloves garlic, minced  
1 pound well-rinsed coarsely chopped spinach leaves  
4 teaspoons fresh lemon juice  
2 tablespoons lightly toasted pine nuts  
freshly ground pepper

Warm a nonstick skillet and lightly spray with vegetable oil. Add the garlic and stir-fry for about 1 minute, taking care not to burn. Add the spinach and continue to stir-fry briefly, just until wilted but still bright green. Remove the skillet from the heat and add the lemon juice and pepper. Serve immediately. Garnish with the pine nuts. Add freshly ground pepper to taste.

#### Wilted Mustard Greens with Kalamata Olives

2 tablespoons prepared stone-ground mustard  
2 tablespoons apple cider vinegar  
4 scallions, sliced thin  
4 cloves garlic, minced  
1 pound mustard greens, well rinsed and coarsely chopped  
2 tablespoons chopped pitted Kalamata olives (2 to 4)  
freshly ground pepper.

Whisk together the mustard and vinegar; set aside. Warm a nonstick skillet and lightly spray with vegetable oil. Add the scallions and garlic; stir-fry for about 1 minute, being careful not to burn. If the skillet becomes dry, add small amounts of water as needed. Gradually add the greens, stir-frying until they wilt but are still colorful. Stir in the mustard and vinegar mixture and season with pepper.

(See Green on page 20)

# Know Your Produce: Part I

by Helen Wells, MA

I had a long talk with Tim Anthony, produce manager at *Down to Earth Natural Foods* on South King Street near University Avenue, and was able to ask many questions about particular vegetables.

We started with persimmons. “Not many people know that there are two kinds of persimmons, fuyu and hachiya. Hachiya, sometimes referred to as Japanese persimmons, are pointy and somewhat elongated. They’re meant to go totally soft, to where you would think they’re overripe. You eat them like jelly,” Tim said. You don’t eat the dark skin or the seeds. If you eat them before they’re ripe, they pucker your mouth. The fuyu is larger, rounder, more tomato-shaped and may be eaten while still crisp, like an apple. It’s a little whiter in color. Over-ripe fuyu persimmon can still be made into great breads or cookies.

Next we looked at pomelo, the local grapefruit, which has a very thick skin. Some are juicy and some are dry. Tim indicated that many people don’t like pomelo because it’s so much work to get to the inside. These fruits range from light green to pale yellow and are larger than a regular grapefruit.

Tim noted next that, “The Casaba melon is a summer item, and, like all melons, best when a little soft, when there’s a little bit of give on one end.” He stopped at one of his favorite items, Frog Hollow Farms peach jam, sold in the produce department. This is an organic jam and is available when fresh

peaches are not.

We then moved on to the pineapple section. First we examined sugarloaf white pineapple. This is a special variety, low acid, very sweet and mel-low. Regular pineapples are acidic and strong, and you feel them on your tongue and in your stomach. “We also have yellow low-acid varieties. We carry Maui Gold; Dole and Del Monte also put out Hawaiian Gold pineapples that are not acidic.” I asked if any of these were genetically modified. “They’re good cross breeds. It’s our policy not to carry anything genetically modified.” Sugarloaf are very seasonal, available only a few months a year.



Tim Anthony, *Down To Earth* Produce Manager

“We have organic pineapple grown by Maui Pineapple. Unfortunately they mixed up low acid and the

higher acid varieties, so you don’t know for sure if you’re getting a low acid or not. However, every one that I’ve had has been sweet. I’ve never had one that wasn’t a superior flavor,” Tim indicated.

Leaving the pineapples, we discussed breadfruit. Tim said this can be eaten two ways. When it’s hard like a potato, one can take the skin off and cut it up to be boiled, baked, or made into fried chips. And when the texture is that of a cross between potato and taro, when its inside is white in color and a bit pasty, it still can be cooked in the above-noted potato-like ways. “If you let it sit and get totally soft like a soft banana, then it’s sweet. Cooking it with some pineapple, coconut milk, sweetener, and cinnamon makes a good dessert.”

“That’s pretty much the way they eat it in the Marshall Islands,” I commented. “Looks like it has a thick

green skin. It looks like some serious knife work to cut that up.”

“That’s true, and it has a sticky resin that coats your knife,” Tim answered. It’s an unusual item similar to pomelo in that some people find it too much work.

“Does the white resin on the outside tell me anything about its ripeness?” I asked.

“Well, sometimes you see that on the tree, just oozing out, and that’s a good indication of ripeness, but another indication would be if it also runs down the side when it’s cut.”

“To somebody who doesn’t know about it, and they just see the white stuff, they’re going to think, ‘Oh, this has spray on it.’”

“No, that’s totally resin.”

“So this particular batch was from a local farmer.”

“Yeah.”

TO BE CONTINUED NEXT ISSUE

## What’s Cooking?

Here are some vegan cooking classes being held this quarter:

**Kapi’olani Women’s Center**  
535-7000

**Jan. 5:** “The Vegetarian Pantry”  
**Jan. 12:** “Beyond Two Scoops”  
(learn many ways to use rice)  
**Feb. 9:** “From the Heart – Quick Tricks for Special Meals”  
**Mar. 23:** “Springtime Salads”

**Down To Earth Lifestyle Center**  
947-7678

**Jan. 5:** “Cooking with Super Nutritious Spirulina,”  
Andrew and Kim Arakawa  
**Feb. 2:** “Heart Healthy Recipes,”  
Yana Lehua  
**Mar. 2:** “2nd Spring Salads,”  
Carol Lent

Call in advance for fee, location, time, and registration.

# The Transformative Work of Antonia Demas

by Kekai Irwin

*"Nothing will benefit health and increase the chances for survival of life on Earth as the evolution to a vegetarian diet." Albert Einstein*

Antonia Demas, PhD of upstate New York has effectively promoted in over 60 public schools a hands-on curriculum called "Food is Elementary," which aims to increase the "food literacy" of students. The curriculum is 100% vegan and has received an award for the most creative implementation of the USDA guidelines. Students learn essential nutrition concepts and cooking skills through experiential learning that integrates subjects from science and math to art and dance. They collaboratively prepare Three Sisters Stew from native America; Egyptian Barley Salad with artichoke hearts, leeks, and peas; hummus from the Middle East; and other legume recipes from around the globe. While gaining awareness and appreciation for the traditions of other parts of the globe, they come to accept new plant-based foods prepared by their own hands.

"I tried serving healthy stuff and they threw most of it in the rubbish can." This is a common defense of food service managers for continuing to serve school meals with frightening levels of fat and cholesterol. Dr. Demas' work provides a resounding two-part answer to this legitimate concern: 1) we need to liberate our curricula from industry influences (the American Dairy Council, fast food chains, and soda vendors, to name a few) and integrate wholesome nutrition lessons in the classroom, and 2) the cafeteria can become an extension of these lessons with teachers and food service personnel working together to create new dietary patterns in our society. In her doc-

toral work at Cornell Dr. Demas showed, through meticulous field research in classrooms and cafeterias, that students who participated in her curriculum accepted the same vegan foods when they were served in the regular school meal program.

When I learned about this groundbreaking work, I nearly jumped out of my seat. I'm a vegan of 12 years and a nutrition curriculum developer and tester at a small Hawaiian immersion school, Ke Kula o Samuel M. Kamakau, in Kailua. I immediately ordered a copy of Food is Elementary and began trying it out with our students. The curriculum worked beautifully in the Hawaiian language and cultural setting of the school. The end

result of this new approach to teaching nutrition was a Hawaiian language curriculum, Nā Ono Puni Honua, incorporating vegetarian versions of many of the ethnic foods characteristic of Hawaii. Dr. Demas' recent visit here was a major part of a professional development workshop that our school coordinated for Hawaiian language immersion teachers across the state.

Dr. Demas' non-profit Food Studies Institute recently completed research in a residential school for male juvenile delinquents in Miami, Florida, where a group of culinary arts students voluntarily adopted a plant-based diet for one month. The students experienced remarkable changes, documented by lab tests, behavioral and academic records, and the students' own eloquent personal journals. One student wrote that "while on the vegan diet I was full of energy. My mind would stay focused, I was looking better, and it was easier to

wake up." This student's GPA rose from from a 2.9 to a 3.7. Over half the students had significant drops in cholesterol, all had rises in GPA, and all but one had improved behavior to the extent that they were released early. These and other amazing results are being analyzed. Dr. Demas is also planning a larger scale follow-up study with juvenile groups in several cities, possibly including Hawaii.

Meeting Dr. Demas was a great inspiration. Here is someone with a powerful vision and a clear methodology for achieving it. As global population continues to swell toward 8 to 10 billion in this century, placing more pressure on already stressed water sources and food production

systems, I believe her work will play a vital role in facilitating the shift towards a more plant-based diet, a shift that is rapidly becoming a global ethical imperative.

## Students on the diet prescribed by Dr. Demas wrote:

*"Sometimes when i want to be mad, I just be calm...I think well and clear now...I think positive, always have a positive frame of mind...I am not going to go back out in society and do what I did to come to (this reform school). i am going to use my talent and take it to another level...I have felt way better towards myself...I used to have all C's, now I have only A's and B's...I feel like I am making more mature decisions for myself...I was able to run longer and lift more weight than before."*

**"F**or all too many humans, the first decision they consciously make about their health is the stark one between by-pass surgery and angioplasty or between chemotherapy and radiation. In reality, however, we knowingly make choices every day that can either lead us toward these grim options or else toward happier ones. We do so, of course, every time we decide what fuel to put in our bodies."

Howard Lyman



# Thanksgiving Eve Dinner Draws 150

by Elaine Johnson, MBA

The VSH annual Thanksgiving Eve dinner took place this year at Govinda's for the second year in a row. Approximately 150 people dined on vegan holiday favorites and enjoyed

the festive atmosphere.

The restaurant is located at the Hare Krishna temple, an old mansion with large, tranquil rooms and beautiful private back yard seating. Although temple president Kusha (the first woman president of the temple) and staff are comparatively new, the dinner arrangements fell nicely into place.

In attendance were both old and new friends. Some wanted to learn

more about our organization and picked up membership applications.

We thank everyone who participated in this special event and helped to make the evening so enjoyable.

*Editor's note: Thank you, Elaine, for again arranging this event!*

\* \* \*



Pictured (from left): Pete Hamer, Elaine French, Jerry Smith, Jeff Gore, Brian Hart, Elaine Johnson, Julie Hamer

## (Resolutions from page 9)

**3. Volunteer** Our own Vegetarian Society and Animal Rights Hawaii are always looking for enthusiastic people to help out. Many other worthwhile organizations would also welcome your help.

**4. Have a cruelty-free household** Do you know if you have things in your home that were tested on animals or contain animal ingredients? There are numerous books that tell which companies still test on animals or use animal ingredients. You can also find this information online at the PETA website and others.

**5. Dress humanely** Choose synthetics or natural plant fibers for your clothing, accessories, and shoes.

**6. Invest wisely** Avoid buying stocks that are unfriendly to human health, animals, or the environment. If you already own such stocks, use your ownership status to tell the company man-

agement your views on their practices.

**7. Pay attention to politics** Each year many bills that involve health, animals, and the environment are introduced nationally as well as at the state and city level. Give your views on these bills to your elected officials. Your input can make a difference.

**8. Speak out** Share your views on these issues with your acquaintances -- often. People generally need to hear a new idea more than once for it to make a lasting impression.

**9. Help animals in trouble** If you see animal abuse, call the Hawaiian Humane Society and also report the incident to the police. If a dog in your neighborhood lives its life staked to a 5-foot chain and never gets walked, consider asking your neighbor if you can walk him. Stop to help injured animals.

**10. Donate** Support organizations that you think can make a difference.



### On TV...

**"Animal Rights"**  
Olelo, Channel 52  
Tuesdays at 10 p.m.

**"McDougall, M.D."**  
KHET, Cable Channel 11  
Saturdays at 4:30 p.m.

**"Vegetarian"**  
Olelo, Channel 52  
Thursdays at 7 p.m.

**"Braceface"**  
Orthodontically-challenged teen struggling with life and being newly vegan on Fox Family, Olelo Ch. 30  
Check your local listings

## ...and Radio

### Nutrition and 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

### Go Vegan with Bob Linden

Listen on the Internet  
**New Time:** Wednesdays 7-8 p.m.  
[www.GoVeganRadio.com](http://www.GoVeganRadio.com)





## Volunteer Appreciation Dinner Held

by Karl Seff, PhD

It doesn't work, it just doesn't work, without volunteers. With only a single exception in the handling of our financial matters, we in the VSH are all volunteers. Even our bookkeeper, Al-lene Ishikawa, volunteers plenty extra hours of her time.

Our Third Annual Volunteer Ap- preciation Dinner took place on Sun- day, November 11 at Chiang Mai Thai Cuisine on South King Street. Two long tables were set up for us in the deeper half of the restaurant, and there were twenty-five people in attendance, including honorees and significant oth- ers. Most folks dressed up pretty, and the food was both delicious and volu- minous; the last course was boxes and bags for bundling up the excess to take home. This was a most cordial event with lots of conversation and good stand-up conversations both before and afterwards. Folks who came on time and left when it was over missed some good party time. And we needed no speeches to remind us who we are, what we do, and that everyone else present was grateful. Our president, Alida Rutchick, and ARH co-founder Cathy Goeggel were honored with beautiful leis.

Invitations were mailed to about thirty people who had helped the VSH significantly during the year with ser- vice of various kinds, including tabling at community events, assisting with our vegan Thanksgiving for the home- less, contributing articles to this news-

letter and editing it, setting up and breaking down at our meetings, taping our speakers and scheduling tapes with Olelo, working with the legislature, and additional heavy-duty service to the board and to the community. Marcia Deutch produced some beauti- ful invitations (too good to throw away when it was all over) on her computer and mailed them out. Please help our cause. Please volun- teer for something. Do what you need to do to get your- self invited next year.

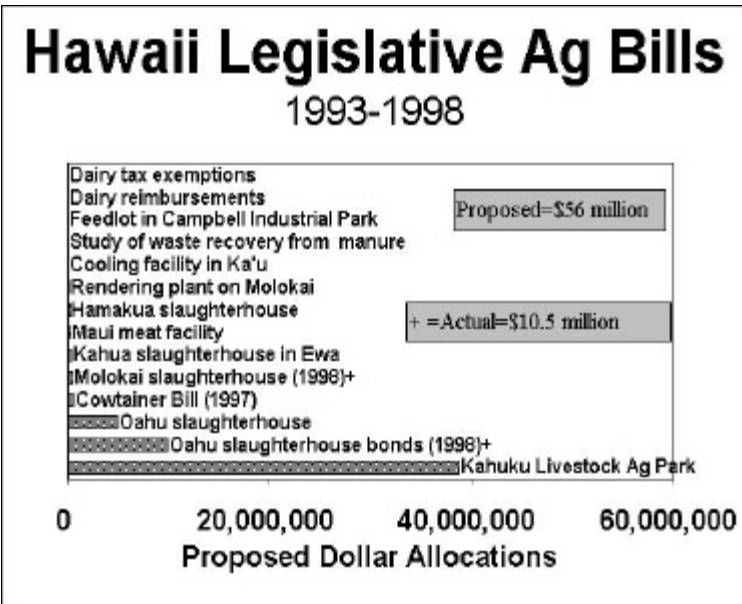
*Editor's note: Thank you, Karl, for arranging this im- portant annual VSH event.*

### (Origins from page 3)

cants who call themselves ranchers and dairymen.

From 1993 to the present VSH op- posed all of the bills for these give- aways, but about \$10.5 million got through in spite of our efforts.

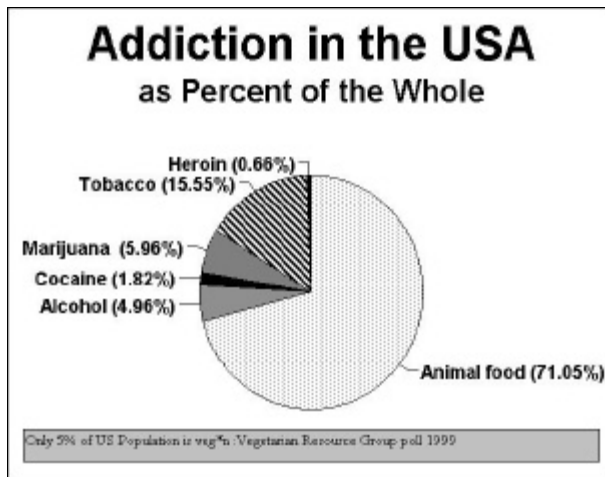
*Source: Hawaii Legislature records*



All of the essential organic nutri- ents in the human diet are synthesized by plants and microorganisms, none of them by animals. So the question is: why do humans keep eating animal

foods in spite of the ecological, ethical, and health issues associated with their use?

*Source: Lindner M. Nutritional Bio- chemistry and Metabolism. Elsevier Science Publishing Co., New York, 1985 ISBN 0-444-01241-9. p 70-71 (nutrient origins)*



Our government prides itself on its war against addiction, in which it spends ~\$7 billion a year protecting us from ourselves. The really serious ad- dictions -- alcohol and tobacco -- it actually supports, so perhaps we

should add one more. About 5% of the U.S. population is vegetarian, so if we hypothesize that animal food belongs up there with alcohol, tobacco, and recreational drugs, the chart above shows how the addiction pie actually looks.

*Source: U.S. Na- tional Center for Health Statistics, Vital Statistics of the United States, annual; and National Vital Statistics Reports (NVSr) for- merly Monthly Vital Statistics Report; and unpublished data.*



This tribute to Mohandas Gandhi stands in a peaceful banyan-shaded park in Waikiki not far from the information booth at the corner of Kalakaua and Kapahulu Avenues. Dedicated in 1990, the statue was presented to the people of Hawaii by the Gandhi Memorial International Foundation (the Jhamandas Watumull Fund was the major benefactor). An inscription quotes the Mahatma (great soul), "It is possible to live in peace."

Visitors to the statue sometimes leave leis and food, and if you look deeply into the Mahatma's venerable eyes and ask his advice, he just might provide the answers you seek.

Gandhi was a staunch supporter of a vegetarian diet. Early in his adult life he was a volunteer with the London Vegetarian Society, and he promoted vegetarianism throughout his life.

He once said he would live 125 years. But after surviving nine attempts on his life, three bullets from an assassin's pistol penetrated his chest, and on January 30, 1948, Mohandas Karamchand Gandhi was dead. He was 78.

Albert Einstein, another promoter of vegetarianism, said, "Generations to come will scarce believe that such a one as this ever in flesh and blood walked upon this earth."

## Book Review

by Helen Wells, MA

**V**ictor, the Vegetarian, Saving the Little Lambs, by Radha Vignola, illustrated by Julia Bauer, was published in 1994 by Aviva!, P. O. Box 1471, Santa Cruz, CA 95061-1471. I've enjoyed giving this book to vegetarian friends who have children.

This is the simple story of a little boy named Victor who lives on a farm and becomes attached to two baby lambs. When he overhears his father talking about eating lamb chops, he runs away to the woods with the lambs. His parents discover that he is missing and realize what has happened. When the lambs get hungry, they begin to cry, and Victor's parents follow the sound. Victor cries for his parents not to kill his



lambs. He says, "They're my friends, and I don't ever want lamb chops again." The lambs are reunited with the sheep, and at a family discussion Victor says he doesn't want to eat any other animals, either. He plans to go to the library to find out what else he can eat, and his parents suggest that he eat more vegetables from their garden. Victor is now a vegetarian.

The illustrations are cute. The story is written at about second grade level. The book is in paperback, and the last one I bought cost \$6.95. The ISBN is 0-9640394-2-7. Order several copies, then just give them out as your friends and family have children.

(Nutrition Update from page 4)

## Some Approximate Calcium Contents of Foods

### 300 mg of Calcium

- Cows milk, 8 ounces (not recommended)
- Fortified soy or rice milk, 8 ounces
- Fortified orange juice or V-8 Juice, 8 ounces

### 200 mg of Calcium

- Blackstrap molasses, 1 tablespoon
- Collard greens, ½ cup, cooked
- Tofu, calcium-set, ½ cup
- Soy cheese, 1 ounce

### 100 mg of Calcium

- Turnip greens, kale, or broccoli, ½ cup, cooked
- Soy nuts, ½ cup
- Instant oatmeal, 1 package
- Dried figs, 5

### 75 mg of Calcium

- Almond butter or tahini, 2 tablespoons
- Bok choy or mustard greens, ½ cup
- Tempeh, ½ cup

### 50 mg of Calcium

- Navy beans, great northern beans, or black beans, ½ cup, cooked
- Vegetarian baked beans, ½ cup
- Orange, 1 medium
- Almonds, 2 tablespoons

John Westerdahl is Director of Health Promotion and Nutritional Services at Castle Medical Center in Kailua. He also serves as the Hawaii State Coordinator for the Vegetarian Nutrition Dietetic Practice Group of The American Dietetic Association. He is Nutrition Editor for *Veggie Life* magazine, coauthor of *The Millennium Cookbook: Extraordinary Vegetarian Cuisine*, and co-host of the Honolulu talk radio show, *Nutrition and You* on KWAJ 1080 AM Radio (8 p.m. Sundays).

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## **(Farewell** *from page 1)*

### **Jerry**

Jerry can't remember when he wasn't a sports participant and enthusiast. Raised in Southern California, after college he was a professional baseball pitcher with the San Francisco Giants' farm team before becoming an airline baggage handler. He later moved to the airfreight department, from which he retired last June. Like Elaine, Jerry enjoyed Big Macs, Double Cheeseburgers, and fat-filled dairy products. Although he ran marathons and considered himself a fit hard-body, he had to work at keeping his weight down.

In the early 80's he and his family moved to Hawaii. His transition to a vegetarian diet began around 1983 when his children experienced health problems. A friend suggested that he listen to what John McDougall had to say. He did, and after some thought came to the conclusion that changing his family's diet might improve his children's health. A person of action not liking the gradual approach to anything, he went home one day and "cleaned out" his food supply. He trashed it all and slammed down the lid in a flash of sanity -- or insanity, depending on your point of view -- his wife viewed his action as an act of lunacy. Further complicating matters, he had no real idea of what or how to prepare food for his envisioned new lifestyle. Undaunted, he ploughed straight ahead with bold, desperate determination. He began doing all the cooking, and for the next several years his family subsisted on steamed vegetables, lasagna, brown rice, spaghetti, and oatmeal. By the fall of 1986, realizing that he needed some new ideas, Jerry enrolled in one of Elaine's cooking classes. This is where the friendship began that culminated in the creation of the Vegetarian Society of Hawaii and Elaine and Jerry's far-off, way-out, Elvis-guided marriage ceremony in Las Vegas at San Francisco Sally's. More about that later.

### **Elaine & Jerry**

Elaine and Jerry began dating after Jerry's divorce (Elaine's healthy grad student had drifted onto a divergent path). In 1989 they attended a vegetarian convention in Arcata, California, where they learned how to organize a vegetarian group. 1989 also saw Jerry active in the Great American Meatout. He got his name splashed in a few papers and received many friendly calls from people who would later support his and Elaine's nascent vegetarian organization, later to be called VSH. Dr. McDougall had moved from Hawaii around 1986, leaving behind an assemblage of devoted followers and vegetarians. With his departure, the McDougall-style cooking demonstrations and potlucks waned, as did his lectures. A hollow spot remained among his sad supporters. However, after the convention in Arcata Elaine and Jerry knew what to do. They formed a vegetarian organization, set up a lecture series, and encouraged potluck suppers. Years of exhausting work and commitment resulted in the present VSH organization, one of the largest in the country.

### **Getting Personal**

Readers might enjoy hearing about Elaine's personal interests. She obviously likes nutrition, cooking, and serving the public. But did you know that she uses "The Firm" videotapes along with yoga, hiking, and weight lifting to stay fit? She also enjoys foreign films; she has scuba dived all over the Pacific and has traveled extensively in Asia; she enjoys reading news and finance; and she continues to enjoy travel to out-of-the-way destinations. Elaine became a vegetarian first for environmental concerns, second for issues of health, and third because of her interest in animal rights. Feeling most knowledgeable about nutrition, she focuses her energy and commitment on that aspect of vegetarianism. Jerry's interests are sports: baseball, football, basketball, hiking, and moun-

tain bikes. Perhaps his strongest attribute is his open, friendly manner. He enjoys talking to people and has done a superb job manning the VSH book table over these many years. In this position he never missed an opportunity to "talk story" about vegetarianism. Once Jerry helplessly witnessed his dog Rocky being killed by a sadistic motorist. Rocky was on his leash well off the road, and the car intentionally veered off the highway, barely missed Jerry, and hit Rocky full force. Although Jerry has participated in animal rights protests in the past and obviously empathizes with the movement, he, like Elaine, now commits himself to nutrition and physical health. One should add that the "dynamic duo" live with a cat named Pumpkin who especially likes corn and broccoli. Their dog Daisy (1989-2001) came from the Humane Society to live with them after Rocky's sad demise, just as the Vegetarian Society came together. Daisy departed this world as Jerry and Elaine began packing to leave Hawaii and the Vegetarian Society. She was a loyal, loving companion whose life marked the beginning and ending of Elaine and Jerry's active VSH involvement.

### **Why Journey To Zion?**

Jerry and Elaine are leaving Hawaii to help establish a vegetarian fitness resort near Southern Utah's Zion National Park. Patrons will be surprised by the healthy vegan meals they'll be served and will enjoy exercise opportunities such as hiking, yoga, and aerobics, including water aerobics. The resort will promote a healthy lifestyle, science-based lectures, exercise, and nutrition to minimize or avoid cancer, heart disease, obesity, and diabetes. In Elaine and Jerry's new life there they will enthusiastically continue to promote vegetarianism. They look forward to hiking, taking pictures with their new digital camera, and riding mountain bikes in their spare time. Elaine will retire from her flight attendant career as soon as the resort is ready.

*(See Elaine & Jerry on page 20)*

**(Elaine & Jerry** *from page 19)*

**Elvis and San Francisco Sally's**

Last year Elaine and Jerry were married at San Francisco Sally's Wedding Chapel in Las Vegas in a ceremony led by "Elvis." Elaine wore a 1920 flapper outfit, and Jerry dressed as a riverboat gambler. They ex-



Dave Crooks

changed wedding bands with a gold "carrot" (the edible type) wrapped around each ring. After a spirited rendition of "Viva Las Vegas" and the traditional "I do's,"

family and friends headed for a vegan feast. Elvis skipped the meal but reminded both of them, "Don't be cruel," as he left the building. That is how Elaine and Jerry got married. "Viva Las Vegas!"

**Aloha**

Jerry and Elaine, you will be missed. Thank you both for your commitment to vegetarianism, your organizational skills, and your friendship. Return soon and aloha. May a fair wind always be at your back and may calm seas lie before you. Don't forget to eat your vegetables and always wear a helmet when riding mountain bikes.

**(Green** *from page 13)*

and salt. Stir in the olives. Serve immediately.

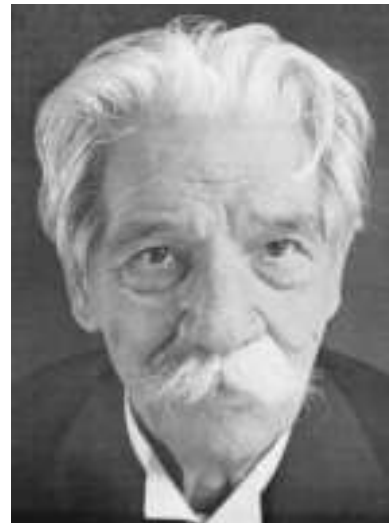
- 1) Brussel Sprouts with Fennel Seed: The Modern Vegetarian Kitchen, Peter Berley
- 2) Colcannon: Vegetarian Celebrations, Nava Atlas
- 3) Kale with Sun Dried Tomatoes: Calci-Yum!, David and Rachel Bronfman
- 4) Sesame Broccoli: www.vegetariantimes.com, 7/00
- 5) Spin with Pine Nuts: Stir Crazy!, Susan Jane Cheney

Note: These recipes have been slightly modified from the published versions.

**Bay Area Veg. Fair  
Heidrich Featured Speaker**

**T**he first annual Bay Area Veg. Fair will be held at the Santa Clara Convention Center on February 9. There will be national speakers, free vegetarian food samples, cooking demonstrations, a restaurant fair, a veg. bookstore, and more! Speakers include John Robbins, Erik Marcus, and Dr. Ruth Heidrich, president emeritus of VSH.

Visit <http://www.vegfair.com> or call 408-349-3683 for details.



*"It is a man's sympathy with all creatures that truly makes him a man. Until he extends his circle of compassion to all living things, man himself will not find peace."*

**Albert Schweitzer  
1875-1965**

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