



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

supporting human health, animal rights, and ecology

Volume 13, Issue 2, Apr –Jun 2002

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Public Lectures

VEGAN POTLUCK & CONTRADANCE

Wednesday, April 10, 6:30 p.m.
Ala Wai Golf Course Rec. Ctr.

DR. EDWARD K. FUJIMOTO

“What are Dioxins? And What Are They Doing In My Food?”

Wednesday, May 8, 7 p.m.
Ala Wai Golf Course Rec. Ctr.

BRUCE FRIEDRICH

“Veganism: The only diet for a small planet”

Wednesday, June 12, 7 p.m.
Ala Wai Golf Course Rec. Ctr.
(Annual Meeting Begins at 6:45 p.m.)

600 Mad About Lyman

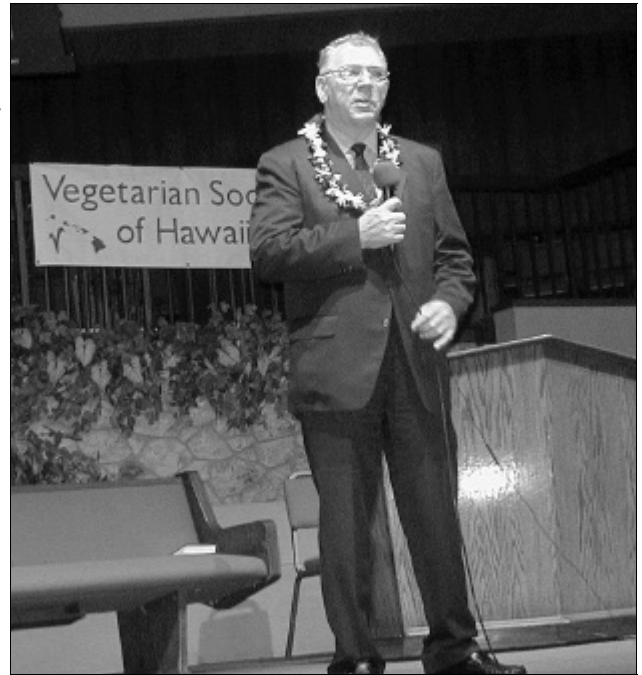
by Jim Brown
VSH Board Member

Just prior to his appearance on the Oprah Winfrey TV show in 1996 Howard Lyman's wife gave him this sterling piece of advice, "Don't say anything stupid." Lyman pondered whether there was a comma in her sentence. So began his talk about the libel suit filed against him and Oprah by the Texas Cattle-men's Beef Association for remarks made on her show.

The "Mad Cowboy's" shocking comments about roadkill and euthanized dogs and cats being fed to farm animals, and even cows being ground up and fed back to cows, didn't sit well with the good old boys in Amarillo, and they invoked the "Food Disparagement" law. But the truth shall set you free, and a cattle-country jury found for the defendants. However, the appeals continue to this day as the cattlemen attempt to stifle free speech through intimidation. Howard Lyman is not easily intimidated.

He told of his days as a Montana dairy farmer and cattle rancher who learned of the benefits of a plant-based diet after a life-threatening illness that he attributes to exposure to the chemicals used in producing meat and dairy products.

He may have surprised some with his ranking of the different animal foods to eliminate from our diet. Dairy products topped the list—the first and worst, followed closely by chicken, fish, and, finally, red meat. He discussed the environmental devastation caused by pollution from factory farms and stated that the one billion malnourished people in the world could easily be fed with the grains cur-



“Mad Cowboy” Howard Lyman

Set your VCR now! The Lyman talk will air on April 4, 11, and 18 on the *Vegetarian*, the VSH TV series seen Thursdays at 7 p.m. on OIelo Channel 52.

(See Mad Cowboy on page 19)



President's Message

by Alida Rutchick, M.Ed.

1000 VSH Members—Dreams Do Come True

The Island Vegetarian

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Mahalo to all our volunteers.

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

Mahalo to the Adobe Corporation for its generous software donation.

I'm happy to report in this issue that our "little" organization has reached two milestones. The first I have long dreamed of – a membership of over 1000 individual and family members. When memberships were processed the day prior to the recent Health and Fitness Expo, we totaled 999. Over the next three days at Expo and the following week several new memberships were received. On our next weekly membership processing day Elizabeth Anderson was designated the 1000th member and her fiancée Vladimir Ciglar our 1001st. See an introduction of Elizabeth and Vladimir elsewhere in this issue. Reaching a membership milestone may not seem at first to be as significant as a legislative victory or similar large-scale project, but it nevertheless symbolizes to me the strength of our movement in Hawaii and a giant step toward fulfilling our organizational mission. Welcome, Elizabeth and Vladimir!

The second exciting development is a sudden and dramatic increase in our volunteer activity. Pat Miyasawa, CPA and Internal Audit Manager at Kaiser Permanente, is our new treasurer candidate. It's great to have a pro handling this important function. Gayle Lim is our new Assistant Publicity Director. Gayle too works at Kaiser -- as Marketing Communications Coordinator. She became a vegetarian under the influence of her new husband 4 years ago! There's nothing like synergy -- Gayle

and Publicity Director Elaine Johnson have created many new and innovative ways to spread the vegetarian word in our community. That they have made a difference is attested to by our record-breaking attendance at the recent Howard Lyman lecture in March (see article on page 1). And there's more – Patti Won, new VSH member and gift shop manager at Foster Botanical Garden, has volunteered to work on updating the VSH Dining Guide, a never-ending process. Other vital VSH functions have also recently attracted volunteers, such as inventory (books and t-shirts) management, which we'll report on in future issues.

This is not to say that we don't still welcome more of our members' participation. We need people to serve as greeters at monthly meetings and to help with setting up and staffing the the book table; we need a corresponding secretary, a newsletter content manager, a print manager, a dine-out coordinator, legislative advocates, a volunteer coordinator, an office manager, people to distribute flyers around the island, people to speak to various groups in the community who request our assistance, and more.

As we approach the end of our 12th year as an organization, we have a lot to be proud of and much that we look forward to accomplishing.





Science Corner

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



Osteoporosis & Amino Acids

There are 20 different amino acids in protein, 10 of them termed “essential” because animals (including humans) can’t make them and must therefore get them from their food. Of those 10, one contains sulfur, and it’s called methionine.

Methionine is a limiting nutrient in the vegan diet, which means that if you eat plant foods only, this is one of the items that could be in limited supply.

However, if you eat nothing but an assortment of vegetables, you’ll still get 200%-400% of the RDA for

cysteine finally metabolizes itself to sulfate. Your body doesn’t much like sulfate because, as you might guess, it’s pretty much the same thing as sulfuric acid. So to keep that stuff from cauterizing the urinary tract on its way out, the body buffers it (it’s more complicated than that, but that’s the general idea) with calcium taken from your blood. So you can see that there’s a direct correlation between urinary sulfate and urinary calcium.

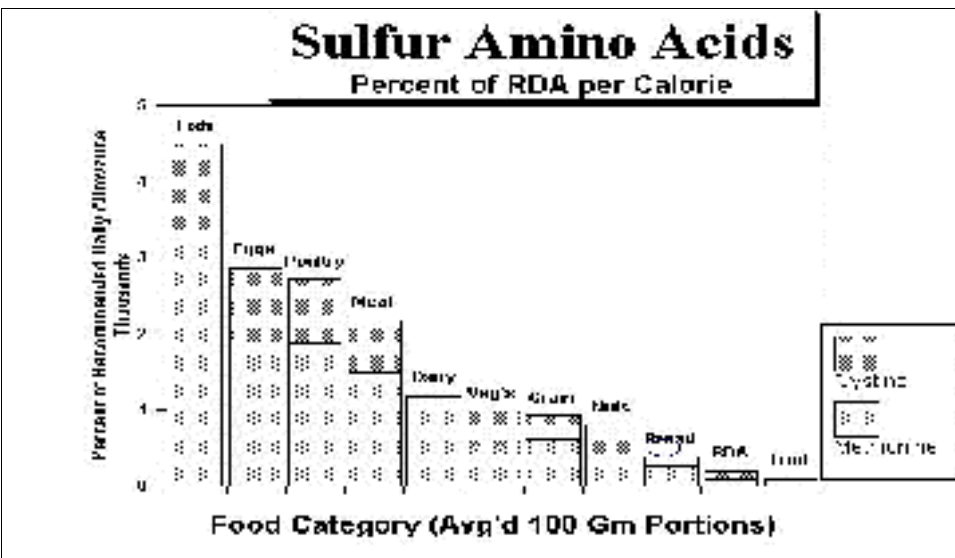
Lost blood calcium has to be replaced with calcium from bones, and

bad you’re afraid you’ll live.” These studies include:

Eur Urol 1982;8(6):334-9. *Prevalence of urinary stone disease in vegetarians.* Robertson WG, Peacock M, Marshall DH “A study was carried out to determine the effect of a low animal protein diet, such as taken by vegetarians, on the risk of urinary stone disease.... The findings support the hypothesis that a diet low in animal protein reduces the risk of urinary stone formation.”

Borghetti L, Schianchi T, Meschi T, et al. *Comparison of Two Diets for the Prevention of Recurrent Stones in Idiopathic Hypercalciuria.* Am J Clin Nutr 2002; 346:77-84. “We conducted a five-year randomized trial comparing the effect of two diets in 120 men with recurrent calcium oxalate stones and hypercalciuria.... Conclusions: restricted intake of animal protein and salt, combined with a normal calcium intake, provides greater protection than the traditional low-calcium diet.”

It seems reasonable to summarize: The sulfur amino acids methionine, cystine, and cysteine are in highest concentration in animal source foods. They are most likely major reasons for the increased urinary calcium loss that leads to both osteoporosis and kidney stones. Therefore, the lower levels of these in the vegan diet may not be a cause for concern. Rather, these may be one of the primary benefits of this diet.



methionine (N-Squared Computing *Nutritionist IV*, v2.0 Salem OR, 1992). That’s less than you would get from a diet limited to animal foods, but it’s enough.

You should know that methionine, the sole essential sulfur amino acid, breaks down to cystine and cysteine, two other sulfur aminos, and

a bucket load of references show that urinary calcium loss that’s greater than dietary calcium intake produces negative calcium balance, and that is really what causes osteoporosis.

Now several studies report that the calcium that goes out in your urine may also precipitate into a kidney stone causing “the pain that’s so



Vegetarian Nutrition Update

by John Westerdahl, PhD, MPH, RD

Animal Products & Cancer

An important question about diet and cancer is whether animal products specifically increase cancer risk. Studies conducted and published in journals internationally show that meat- and dairy-based diets are associated with an increased incidence of breast, colon, prostate, kidney, and endometrial cancer. High intakes of animal products are associated with diets that are correspondingly lower in plant foods, however -- and specifically lower in fiber, complex carbohydrates, and phytochemicals -- and that are higher in fat, and it's been suggested that the absence of these nutrients is what leads to disease.

A study published in 1983 -- as well as other similar studies -- found insufficient evidence to indicate definitively that meat in and of itself increases cancer risk. Nevertheless, several important studies have found that animal intake is especially *associated* with an increase in cancer risk, particularly colon cancer.

- In one large study of Seventh-Day Adventists, although no relationship was found between animal product consumption and breast cancer, both meat and egg consumption raised the risk of ovarian cancer. The combined effect of eating meat, eggs, milk, and cheese increased cancer risk by a factor of 3.5.

“There is much evidence to show that including more fruits and vegetables in the diet can reduce the risk of several forms of cancer.”

- Seventh-Day Adventists who consumed meat, fish, or poultry three times or more a week were 2.5 times more likely to develop bladder cancer than those who were vegetarian and those who consumed these animal products fewer than three times a week.
- A Harvard study of 88,000 nurses found that meat intake, especially intake of red meat, raised the risk of colon cancer.

those who ate meat less than once a month.

- In the Health Professional Follow-Up Study, researchers looked at the meat intake of 50,000 male health professionals. Those who ate red meat (beef, pork, and lamb) more than four times a week had a greater than threefold increase in the risk of colon cancer than did

Although the data on the relationship between animal food intake and cancer are sometimes conflicting, much attention has been directed toward the role of meat in producing heterocyclic amines (HCAs). HCAs are potent mutagens that are formed when meat is cooked at high temperatures, especially when grilled. Most research has emphasized the relationship between HCAs and colon cancer. In experimental studies HCAs have been shown to increase the risk of a wide

array of cancers, including cancer of the liver, lung, breast, and the small and large intestines. Higher temperatures increase HCA formation, whereas microwaving foods produces only small amounts of mutagens. HCAs are also present in pan scrapings and fat drippings.

A case-control study found that total meat intake, frequent consumption of brown gravy, and a heavily grilled meat surface each independently increased the risk of colorectal cancer.

There is some data to suggest that dietary cholesterol increases colon cancer risk by increasing the level of cholesterol in the large intestine. Cholesterol (which is found in all animal food products) can undergo extensive oxidation, possibly promoting cancer.

There is much evidence to show that including more fruits and vegetables in the diet can reduce the risk of several forms of cancer. Today the research shows that when it comes to cancer, we are better off avoiding animal products and eating more fruits, vegetables, whole grains, and legumes.

Dr. John Westerdahl is Director of Health Promotion and Nutritional Services at Casle Medical Center in Kailua and 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 cohost of the Honolulu talk radio show, *Nutrition and You* on KWAI 1080 AM Radio (8 p.m. Sundays).

Meet Our Members



Elaine Johnson, MBA VSH Public Relations Director

Elaine Johnson grew up in a small, serene, coastal town north of Boston, and her animal rights leanings extend back to that time. From childhood she remembers bringing home stray and injured wild animals. She remembers bringing home a "tired" pet rabbit that was actually being eaten by parasites, having a pet mole that had somehow injured his foot, and, later, bringing a large stray dog with flatulence problems into her college dorm during a snow storm at the University of Massachusetts. Her roommates were not impressed!

Elaine initially became vegetarian for health reasons in 1976. She said that it just seemed to her intuitively to be the right diet for health, even though there were very few "experts" to rely on at the time. She hadn't become aware yet of the cruelty involved in the meat industry. Although she knew that animals ended up dying to become food for humans, she assumed that they had lived the good lives depicted in propaganda pieces on TV and elsewhere, courtesy of the meat and dairy boards.

It was when she was on the Board of Overseers for the Massachusetts Society for the Prevention of Cruelty to animals (SPCA) in 1987 and doing other "socially acceptable" animal-related volunteer work that she first learned of People for the Ethical Treatment of Animals (PETA) via a TV message. The mes-

sage and PETA opened a whole new world for Elaine, she reports. After discovering the truth about the various animal industries, from food production to biomedical businesses, she had many sleepless nights. This sudden awakening permanently fixed



VSH Publicity Director Elaine Johnson

her attitudes and opened her eyes to all facets of how animals were being treated in our society.

Elaine became active in a number of local animal rights groups in addition to PETA. She began leafletting in downtown Boston during her lunch hours in protest of the use of furs while employed as a vice president of human resources for a large medical organization. She was also at this time completing an MBA program at Northeastern University, and she used that setting as a platform to speak about animal rights (and wrongs!) in virtually all of her speeches and papers.

Elaine moved to Hawaii for the second time accompanied by her then spouse and Hana, a poi dog she had acquired when living here two years earlier. She joined Animal Rights Hawaii (ARH) around 1994. She's since given a number of classroom presentations for ARH and has performed a variety of other needed tasks.

About the time that Elaine joined AARH she and a friend who had been feeding stray cats began bringing in for neuter or spay large numbers of the cats they found on Makakilo Hill. It was like trying to get rid of lava rock in Hawaii, but they did make some dent in the population, they believed. Elaine also began trying to semi-tame the lead dog of a mixed pack of ferals and strays on the hill in an effort to bring these sick and starving dogs to a better end. Unfortunately, the dog she was working with was caught and put to sleep by overly enthusiastic "humane" workers, and the remainder of the dogs retreated back into the hills. As a result of Hana's strife in the quarantine program, Elaine also sits on the State's Animal Quarantine Advisory Board. She eventually joined VSH and became a vegan around 1996 after being exposed to the VSH board members' ideas on health and diet; she joined the board soon after. The vegan diet has reduced Elaine's allergy-related problems, and it has sent her already low cholesterol plummeting even further.

Animal Rights Corner

Tax Meat

www.TaxMeat.com

How USDA Farm Subsidies in Hawai'i Benefit Animal Agriculture

by Cathy Goeggel, Animal Rights Hawaii and VSH Member

The table on page 18 lists ranches, piggeries, dairies, and egg farms that have all fed well at the government trough; they are among the top 60 recipients of USDA subsidies in Hawaii, where 712 farms received \$3.129,166 from 1996-2000.

Other recipients include Harold Freddy Rice, Hawaii Island rancher who went bankrupt and publicly blamed the animal rights movement for his financial losses (\$12,000); Ulupalakua Ranch on Maui (\$10,000); J&J Livestock, recently cited for violating state and federal pollution laws (\$5,000); and WATCO Slaughterhouse in Kaneohe (\$5,000).

Many other farms not directly involved in livestock agriculture receive subsidies for producing animal feed and therefore are linked to the enormous support of the meat industry. These farmers could plant their

fields to feed people rather than animals; it would benefit human health and could feed many more people than they currently do by supporting animal agriculture.

How You Can Make a Difference

Contact your senators and representatives:

Akaka (808) 522-8970 or
senator@akaka.senate.gov

Inouye (808) 541-2542 or
senator@inouye.senate.gov

Abercrombie (808) 541-2570 or
Neil.Abercrombie@mail.house.gov

Mink (808) 541-1986
www.house.gov/writerep/

(See Farm Subsidies on page 18)

What You Can Do

Make a Vegetarian Line

Ask your grocer to create a vegetarian line at the store so you won't have to put your groceries on a conveyor belt full of blood and salmonella leaked from packages of red meat and chicken."

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



If everyone switches to vegetables and grains, will there be enough to eat?

We feed so much of the grain we produce to animals in order to fatten them up for consumption that, if we all became vegetarians, we could produce enough food to feed the entire world. In the U.S., animals are fed more than 80 percent of the corn we grow and more than 95 percent of the oats. The world's cattle alone consume a quantity of food equal to the caloric needs of 8.7 billion people--more than the entire human population on Earth.

(Source: MeatStinks.com)

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VSH Legislative Update

by Bill Harris, MD
VSH Legislative Liaison
Committee Chair

Last year the VSH Legislative Liaison Committee initiated two resolutions that were combined into one that passed both houses of the Hawaii Legislature in the form of (House Concurrent Resolution) HCR 151 HD 1 SD1, the 5-A-Day and alternative vegetarian school lunch resolution.

This year Rep. Dennis Arakaki and Sen. Suzanne Chun-Oakland introduced HB2062 and SB2156, House and Senate companion bills of the 21st Hawaii Legislature of 2002 incorporating our recommendations into a broader appropriations bill to fund a three-year public school nutrition demonstration project.

Here are some excerpts from the bills: "The legislature finds it alarming that the rate of obesity among Hawaii's children is twice that of children on the mainland United States...The purpose of this Act is to reduce obesity and improve the health of Hawaii's children by establishing a three-year school nutrition demonstration project that implements stricter standards of nutrition in public schools...one hundred per cent fruit juices...are the only beverages that may be sold to pupils...increasing the availability of organic fruits and vegetables and school gardens."

As of March 4, 2002 SB2156 and HB2062 appear to be stalled. However, VSH VP Laurie Veatch

and Board member Bill Harris, MD have written two more resolutions, which have been filed by Rep. Dennis Arakaki and are online at www.capitol.hawaii.gov.

HCR37 is titled "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" The full text is found at: [www.capitol.hawaii.gov/sessioncurrent/bills/hcr37 .htm](http://www.capitol.hawaii.gov/sessioncurrent/bills/hcr37.htm)

HCR44 and HR25 are titled: "URGING THE DEPARTMENT OF EDUCATION TO ENCOURAGE THE DEVELOPMENT AND USE OF FOOD GARDENS AS A TEACHING TOOL IN THE HAWAII ELEMENTARY SCHOOLS...BE IT ALSO 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." This one was inspired by the successes of Antonia Demas, Ph.D., our 10/03/01 speaker. The full text is found at: <http://www.capitol.hawaii.gov/sessioncurrent/bills/hcr44 .htm>

By the time this newsletter reaches you, these issues may have been resolved. However, as the resolutions move through the legislature, we plan to keep you apprized *via* the VSH e-mail news group, and request your testimony, either in person or by contacting the appropriate legislators by telephone, fax, or e-mail.

You can subscribe to the VSH e-mail news group by sending a message to info@vsh.org. Also, you now can e-mail testimony directly to testmony@capitol.hawaii.gov. Based on our experience with hearings, I'd say that that's probably as good as fax testimony and certainly a lot easier.

Important Dates

April

- 7: World Health Day
- 18: John Muir born 1838
- 22: Earth Day
- 22: World Week for Animals in Laboratories. "The history of cancer research has been a history of curing cancer in the mouse," said Dr. Richard Klausner, director of the National Cancer Institute. "We have cured mice of cancer for decades--and it simply didn't work in humans." Los Angeles Times, Wednesday, May 6, 1998

May

- 5-12: Be Kind to Animals Week
- 8-11: All Things Organic: Conference and Trade Show (Austin, Texas)
- 12: Mother's Day/National Veal Ban Action Day
- 29: Two dolphins are rescued from UH Kewalo Marine Laboratory, 1977

June - National Nutrition Month

- 5: World Environment Day
- 28-July 3: Animal Rights National Conference, Washington, DC

“Shake the World” ...and Some Rice Milk, Too!

by Eileen Towata, PhD

Vegetarians happily promote and celebrate World Vegetarian Day each year in October. It's a great way to share the health, environmental, and ethical messages we associate with vegetarianism while celebrating delicious plant-based cuisine from around the globe! In April we have a chance to be part of a worldwide effort to share another important message. April 7 is World Health Day 2002, and its theme is “Agita Mundo -- Move for Health.” “Agita” means “shake” in Portuguese, with “Agita Mundo” meaning “shake the world.”¹ The World Health Organization (WHO) has announced that this special day will highlight the importance of physical activity and a healthy lifestyle. Why choose this message as a focal point? “A major cause of cardiovascular diseases, diabetes, and obesity is lack of physical activity. WHO estimates that lack of activity leads to more than 2 million deaths a year. It is likely that one third of all cancers can be prevented by maintaining a healthy diet, normal weight, and physical activity. A combination of improper diet, lack of physical activity, and tobacco use is estimated to be the cause of up to 80% of premature coronary heart disease. In countries as diverse as China, Finland, and the U.S. studies have shown that even relatively modest lifestyle changes are sufficient to prevent the development of almost 60% of type 2 diabetes cases.”²

Do YOU need any more convincing, compelling reasons to make physical activity a treasured part of

your own life and to share it with those around you? It's not too late for some “second quarter” resolutions for the year! It's even possible to take a little global activity tour inexpensively right here at home. Chi Kung, Tai Chi, yoga, Middle Eastern belly dance classes, and more opportunities abound on our islands! And speaking of home, how many of us here in Hawai'i have ever experienced the joy of movement by learning hula?

A whole world of activities awaits the adventuresome activity “explorer.” By the way, April 7 promises to be a busy one in Sao Paulo, Brazil. On that day is held the successful grassroots campaign known as “Agita” that serves as an inspiring model for the global “Agita Mundo” movement. Individuals, communities, and countries are encouraged to invest in prevention strategies for health and well-being, especially by becoming physically active.

Exercise physiologist Marcie Nowack offers encouragement to people of all ages. “It's never too late to start,” she says, adding that, “You can increase your muscle strength at any age. Studies with 80- and 90-year-old men and women have shown great improvement following a strength training program. People become less active as they get older. The result is a continual loss of muscle strength, which leads to a loss of coordination and balance. By maintaining and increasing muscle strength, you can help prevent injuries and maintain your ability to do everyday activities.” As the coordinator of Kapi'olani Women's Center's Osteoporosis Program, Marcie has seen participants gain muscle strength, coordination, balance, and confidence. Those sound like great benefits for *everyone*, and her class,

Structural Strength Training and Resistance Training, is open to all adults. She also offers a monthly one-time class option for those who want to learn effective exercises to

do at home with minimal equipment such as resistance tubing, free weights, and the stability ball. Build and/or maintain the strength, flexibility, and endurance you need for those important things in life -- enjoying a walk around Ala Moana

Beach Park, kicking up your heels in your favorite line-dancing class, or whatever else is your pleasure. If you would like information about Marcie's class or any of the many others offered at the Women's Center, call 535-7000.

For a little fuel for that active body, here's one of Marcie's favorites, a delicious combination of peanut butter and bananas!

The PB & B Blend:

1 large banana (peeled/frozen)
About 2 Tablespoons smooth peanut butter
Several ounces of chilled rice or soy milk
Small amount of ice, if desired

Combine frozen banana, peanut butter, and a little of the rice/soy milk in a food processor or blender. Blend until smooth, adding a little more rice/soy milk as needed. Add in ice if desired, and blend until smooth. To make a thinner, drinkable, version, add more liquid. For a thicker, “ice-cream” like version, try adding another frozen banana.

¹ <http://www.who.int/world-health-day/>
² World Health Day 2002 presentation, December 10, 2001. Communicating Physical Activity and Health Messages, Whistler 2001 conference.



World Health Day 2002
April 7

Reviews

by Helen Wells, MA

Mocha Java Café

Ward Centre

Mon-Sat 7 a.m. to 9 p.m.

Sun 8 a.m. to 4 p.m.

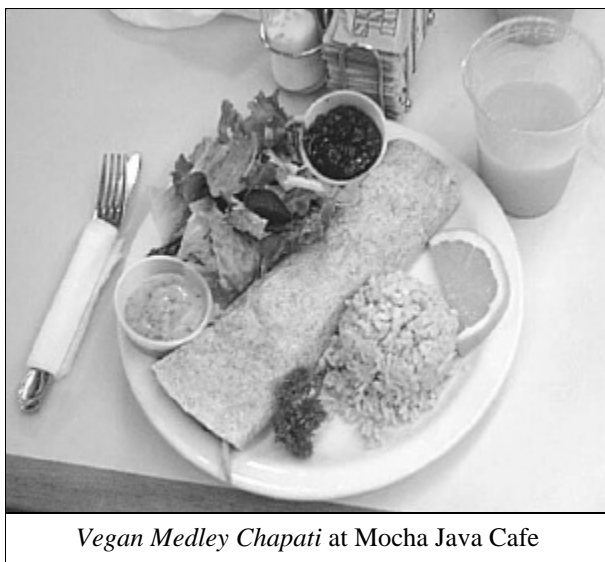
My husband is always reading menus for me, and he found this place for me over the holidays. We saw a movie and then walked over to the Mocha Java Café to try out some of its vegan specialties. It's in Ward Centre, so you can eat a lot and then walk it off by looking in all the shops. Movie, eating vegan food, shopping -- made for a nice day.

The restaurant is smallish with some indoor and some outdoor seating. We chose to sit outside. A variety of hot sauces and other condiments was available. It was a simple but pleasant *alfresco* dining experience.

Ask to see the "Vegetarian and Vegan Menu Special." Here is some information off the menu: Vegan Items: Pan Fried Red Potatoes: steamed red potatoes in their skins sautéed in olive oil, \$3.25. Tofu scramble: eggless tofu omelet with Italian veggies, olive oil pesto, brown rice, \$7.95. Vegan Burrito: spiced beans, steamed potatoes, onions, peppers, and tomatoes, served with rice and salad and a side of salsa, \$7.95.

Assorted fresh Bagels, \$1.25. Cup of Fresh Fruit, \$ 2.75. Granola with apple strawberry juice instead of milk, \$3.75. Vegan Medley Chapati: steamed red potatoes topped with diced onions, green peppers & tomatoes (salsa on request), served with brown rice and green salad. There are also approximately 15 non-vegan vegetarian items, including East Indian, French, and Mexican dishes. You may request "Egg Beaters" in place of eggs.

I had the Vegan Burrito, and another in our party had a vegetarian burger with curry. Every one of us raved about the food. It wasn't that we were all hungry as much as it was that the food was extraordinarily GOOD. Every one of us declared that the brown rice was the best we had ever had. I plan to go back to this



Vegan Medley Chapati at Mocha Java Cafe

restaurant often, if only because the brown rice there calls me....

My Vegan Burrito was huge, filling, and tasty with nice chunks of red potatoes and other veggies wrapped up in what

looked and tasted like sun-dried tomato tortilla bread. My friend's burger looked fat and juicy. Everyone at the table ogled it and made mental notes for next time. My friend said that it tasted as good as it looked, but he doused it with the Oahu Hot Sauce, anyhow.

You will like this restaurant. During this economic crunch we need to support the restaurants that are going the extra mile for us vegans and vegetarians.

Green Papaya Café Vietnamese & Vegetarian Cuisine

Kingsgate Plaza, corner of
N. King and Dillingham
10 a.m. to 9 p.m. daily

I decided I had to review this restaurant because it advertises vegetarian cuisine. Karl Seff and I went by on a Thursday evening toward the end of the holidays and were pleased with everything except the service, which was a bit perfunctory. As to the food, however, if you like tofu and a multiplicity of incredible variations thereof, you have come to the right place when you're at the Green Papaya Café.

The Garden Rolls were tasty and well proportioned, but the peanut sauce needed a shot of red hot sauce, which we quickly requested. Perhaps our favorite dish of the evening was the Vegetable Tofu Sour Soup for \$8.25. Karl particularly enjoyed its lotus root, and I was surprised and delighted by the pineapple chunks. Indeed, the soup was full of surprises, but it all "worked" really well. Some people may want to add a jot of the red hot sauce to the soup to fire it up. I didn't, preferring to taste the emphasized sourness of this one.

A dish of Steamed Okra for \$5.95 was basic but very well done. The okra was not overcooked and was a healthy green color. The brown rice was worthy; it came in a hefty mound. Lemon Grass Tofu was yummy at \$7.25. Some of the other tofu options include Tofu Salad for \$6.95, Spring Tofu Salad for \$6.95, and Mixed Veg. with Curry Tofu & Vermicelli for \$7.95. This is one of the few Asian restaurants willing to make Sweet and Sour Tofu. The staff promised us that the tofu was fried in vegetable oil. You might also want to try the Green Papaya Salad for \$7.25,

(See Green Papaya on page 19)

The Millennium Cookbook

LEMONGRASS MISO SOUP

MAKES 6 SERVINGS

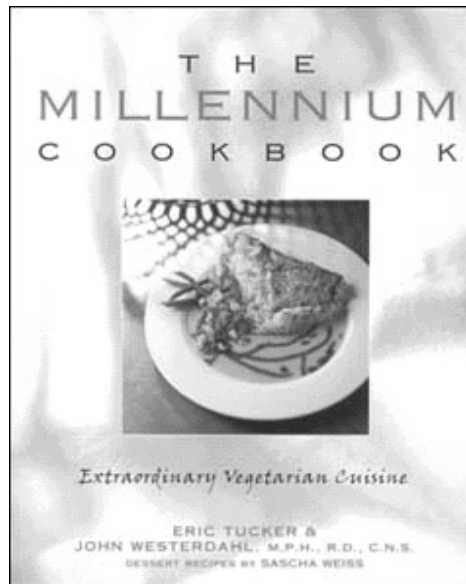
This recipe is a variation on Asian themes borrowing from Thai, Japanese, and Chinese cuisine. The relish adds wonderfully bright, sour, and herbal flavors.

4 leeks, white part only, washed well and cut into ¼-inch crosswise slices
2 carrots, peeled and cut into ¼-inch matchsticks
4 ounces shiitake mushrooms, stemmed and cut into thin slices
8 cups vegetable stock
2 tablespoons dried arame or kombu strips
2 stalks fresh lemongrass, coarsely chopped and tied in a cheese-cloth square
2 tablespoons minced fresh ginger
½ cup white miso
Sea salt to taste
Cayenne pepper or ground white pepper to taste

1 cup cooked bean thread noodles
4 snow peas, julienned
1 cup fresh corn kernels
4 ounces firm silken tofu, cut into ½-inch dice

Enoki Mushroom and Basil Relish (recipe follows) or 2 minced scallions

1 tablespoon sesame seeds, toasted
In a soup pot combine the leeks, carrots, mushrooms, and ½ cup of the stock. Cook over high heat until the liquid evaporates. Add the remaining stock, arame, and lemongrass. Lower



the heat and simmer for 20 minutes. Remove the lemongrass, add the ginger, and whisk in the miso. Add salt and cayenne.

Divide the noodles, snow peas, corn, and tofu among the serving bowls. Ladle the soup over the vegetables. Top each with 1 tablespoon relish and sprinkle with sesame seeds.

NUTRITIONAL INFORMATION PER SERVING OF SOUP:

232 Calories (12% from fat), 8 g Protein, 43 g Carbohydrate, 3 g Fat, 0 mg Cholesterol, 560 mg Sodium, 6 g Fiber

Enoki

Mushroom and Basil Relish

One 2-ounce package enoki mushrooms, bottom part of stem trimmed
½ red bell pepper, seeded, deribbed, and cut into ¼-inch cubes (optional)
½ cup ¼-inch-diced English cucumber

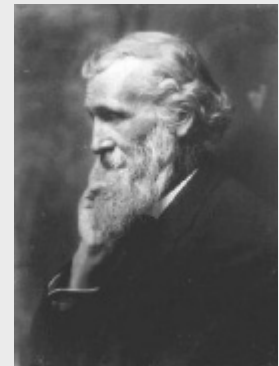
2 scallions, cut into thin diagonal slices
¼ cup fresh Thai basil or Italian basil leaves, cut into julienne
¼ cup fresh lemon juice
2 teaspoons tamari soy sauce (optional)
teaspoon ground white pepper or cayenne pepper (optional)

Toss all the ingredients together just before serving so the relish remains crisp.

NUTRITIONAL INFORMATION PER TABLESPOON RELISH:

4 Calories (0% from fat), 0 g Protein, 1 g Carbohydrate, 0 g Fat, 0 mg Cholesterol, 5 mg Sodium, 0.1 g Fiber

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



“The world, we are told, was made especially for man—a presumption not supported by all the facts. Why should man value himself as more than a small part of the one great unit of creation?”

John Muir, Sierra Club founder (1838-1914)



Mr. Goodburger's The Original Healthy Burger Joint

801 Alakea Street, Honolulu
479-4790
wzane@mrgoodburgers.com

by Helen Wells, MA

In a perfect world all the burgers would be Goodburgers, that is, burgers that did not require that the life of any animal be taken to make the food. A glimpse of such a world is provided by the Mr. Goodburger's restaurant at Queen's Plaza at Queen and Alakea Sts. (next to Quizno's).

The small, well-appointed and sprightly decorated veggie burger shop is bright and cheerful, and the staff is eager to answer your questions. Of course, I had a lot of questions. What is this place? What is this bold approach that is filling a great need? Finally! Here is the bravery to open a burger business that is popular and yet based on values of non-killing!

The menu is simple but delightful. All burgers are \$3.75. An extra patty is \$1.00 more. There are six vegan burgers to choose from: "San Antonio -- A Spicy Southwest Chili Masterpiece, New Orleans -- A Ragin' Cajun that Tastes Like Chicken, Memphis -- In the Great Tradition of BBQ Pork, Honolulu -- The Original Hawaiian Tofu Burger, Kansas City -- The Classic Beefy

Delite, Sacramento -- A Tasty Vegetable Garden on a Bun." Wow!! And I'm told the buns don't have egg or milk. Mayonnaise is not used. The Sacramento comes with Veganise. Customers can ask for mustard, ketchup, and Veganise.

Other items on the menu include "Oh So Good Veggie Chili" for \$3.25, "Chili & Brown Rice" for \$3.75, "Soup of the Day" for \$3.50. I reserve any recommendation on the "Oven-Baked 'Taters" because the staff could not confirm what the seasonings were in these. I know that industrial potato companies have had a bad reputation for adding beef flavorings. Also, the cookies have eggs and milk, but the shop says it is looking for a vegan cookie supplier.

I ate a New Orleans (fake chicken) sandwich with whole wheat bread and was quite satisfied with it. It was tasty and spicy, but not too spicy. The lettuce and tomato were great! I skipped the potatoes and had some Veggie Chili instead. This chili was really great because the tomato sauce in it was masterfully done. All the sauces are made fresh in the premises, we're told.

Drinks are fountain sodas, Ocean Spray juices, and Arizona teas. I had a cranberry juice for \$2.00. My total bill was \$11. Is this a bit more than the dead animal burgers at McDeath? Of course, but as a friend of mine said to me recently, "You can pay the grocer or pay the doctor." The store accepts Visa and MasterCard. It is giving VSH members a 5% discount if you show your membership card. I've run across other VSH members

who told me that they had gone to this burger shop and absolutely stuffed themselves

This store really fills a niche. It is a great shop for those who are "in transition." If you still need your veggie food to look and taste like what you've been used to eating as an omnivore, Mr. Goodburger is there for you. Get your order to go, or sit on one of the snazzy stools by the window and listen to some Sinatra-like music while you sup. Enjoy the lovely purple orchids and the busy lunchtime atmosphere. Downtown is lucky to have this Mr. Goodburger shop with its logo: a hamburger with

wings and halo. I hope that we will patronize this shop long after Murder King and McDeath have finally instituted their vegan burger patties. I think it's important to remember who was there for us first. Who went out on a limb for us with investment, insight, and sincerity. We're told that there are plans for Mr. Goodburger's stores across the U.S. and Canada over the next few years.

To me personally, the greatest thing about Mr. Goodburger is that I finally have a "burger" place where I can take friends of all food genres. I daresay that even some of my carnivore acquaintances and coworkers would enjoy eating there.

"Nothing more strongly arouses our disgust than cannibalism, yet we make the same impression on Buddhists and vegetarians, for we feed on babies, though not our own."

Robert Louis Stevenson (1850-1894)

**Get 5% off with
your VSH card!**

International Vegetarian Union (IVU)



35th World Vegetarian Congress

'Food for all our futures'

Heriot Watt University, Edinburgh, Scotland
July 8-14, 2002

www.ivu.org/congress/2002/



There are Vegetarians Among Us!

by Helen Wells, M.A.

From the "carnivore" ads for Jack in the Box to the ad for a meat pizza at Pizza Hut that tells vegetarian viewers to not watch, it seems that 2001 showed a renewed theme that "Vegetarianism is Funny." Perhaps the corporate meat companies have realized that vegetarian and animal rights issues are NOT going away. Previously, some companies did a few things in the vegetarian's favor. Vegetarian pizzas are standard on most pizzerias' menus now, and 25 years ago that was not the case. We can even order the pizzas with "no cheese" and usually we aren't laughed at. I could order a "Meatless Whopper" back in my college days, and there was even a button for it on the Burger King cash register.

But these preliminary types of gestures by the Big Death Industry are not enough. Instead, in recent years our activists have forced some of the biggest meat fast food companies to revise their policies on treatment of animals destined for slaughter. We've forced some of them to use larger cages for chickens, and we've sued them when they've lied to us about what's in their products. Now they're on the lookout for us and trying to anticipate what we'll do

next. They're trying to neutralize some of our efforts with humor.

Humor is a great leveler, and obviously they know this. If they can get the masses to relieve their guilt by laughing at us, they will be (literally?) "killing two (zillion) chickens with one stone." Laughing at a sub-group has been a way of those who control the masses for centuries, perhaps since mankind began talking. I see this behavior frequently in the middle school setting where I work. It takes a stronger than average youngster to withstand the teasing of classmates.

We vegetarians need to recognize three important points: First, we too must begin to think far ahead. Yes, we must continue to work in the here and now and push our issues to the forefront of the world's consciousness, but we must also begin to anticipate the meat-industries' reactions. Second, we must not be discouraged when the pro-meat-consumption advertisements come on the media and non-vegetarians around us use those ads as occasion to laugh at vegetarian and animal rights values. We can express our feeling about the insulting nature of the advertisement and use the opportunity to educate others. Third, we must be "stronger-than-average." Someone who is a meat-eater with a majority is usually weaker in conviction than someone who is in the vegetarian minority. We are stronger because we survive in a hostile environment. We have and will use this strength to further our cause.

I don't doubt that vegetarianism will one day be the way of the majority, for vegetarianism and animal rights are causes that follow other causes that have left patterns in history. In the general public's psyche is now the belief that eventually the world will be vegetarian, but we still have huge amounts of work ahead of us to get to that point -- it isn't going to happen by itself. Please do everything you can do to educate your

family, friends, associates, and even strangers. Working with the Vegetarian Society or any number of organizations now on the Internet is also a great step forward. If you believe in vegetarian issues, continually seek ways to help out.

Recently I went to a buffet where the manager was actually praying for my soul because I was a vegetarian. I suppose that being a vegetarian meant to him that I was "godless." There are some people who still think this way, who see meat-eating as a God-given right and who believe that vegetarians are thus against God. These people still regard us as if we were strange beings from another planet. "There are vegetarians among us," is their frantic reaction.

Although their behavior still nettles me, it doesn't bother me as much as before. Why? Our ongoing efforts to educate the masses are gaining great results. Maybe the world isn't vegetarian now, but more people are thinking about vegetarian issues than ever before. So, the number of people who see us as aliens and want to pray for our vegetarian souls is diminishing.

And because the meat companies are pitting humor against us, we see that they do consider our efforts a threat. They're fighting to prolong their established money-getting setup that is based on a meat industry. Similar to the auto industry's reluctance to switch from gasoline power to alternative fuels, the companies that depend on meat are not yet ready to give up their profiteering that is based on the lives of innocent animals. Unfortunately they aren't going to give up easily, and that's a shame because the logistics of offering plant-based alternatives to the public would be tremendously more cost-efficient for them. There must be some big death-to-animals companies out there that realize this and are

(See Among Us on page 19)

On the Menu

Recipes from our veggie friends



Black Bean Hummus

Keeep this very low-fat, high-protein dip or spread in your refrigerator as a quick snack to serve with carrot sticks, crackers, or bread. It's also a great source of trace minerals and folate.

- 2 cups cooked or canned black turtle beans or regular black beans
- 2 tbsp liquid from cooking beans or from can
- 2 tbsp lemon juice
- 1 tbsp tamari or soy sauce
- 1 clove garlic, chopped
- 1/2 tsp ground cumin
- Pinch cayenne pepper
- 2 tbsp chopped fresh parsley

Combine beans, liquid, lemon juice, tamari, garlic, cumin, and cayenne in food processor and puree until smooth. Add parsley and blend for 5 seconds.

Makes 1 - 1/2 cups

PER 1/2 CUP: calories 168, protein: 11 g, carbohydrate: 32 g, fat: 0.5 g, dietary fiber: 7 g, sodium: 341 mg

Excellent source of: iron, folate,

Good source of: magnesium, potassium, thiamin, vitamin C

% Calories from: protein 25%, fat 3%, carbohydrate 72%

From Cooking Vegetarian by Vesanto Melina and Joseph Forest (Wiley/Chronimed, 1998)

Gee Whiz Spread

Here's a tasty, nutrition-packed, easy-to-make spread without the saturated fat and cholesterol of cheese. It's great for veggie "cheezeburgers," on crackers, and in sandwiches.

- 1-1/2 cups Great Northern beans (cooked or canned)
- 1/2 cup chopped pimiento or roasted bell pepper
- 6 tbsp nutritional yeast
- 3 tbsp fresh lemon juice
- 2-3 tbsp tahini
- 1/2 tsp onion powder
- 1/2 tsp prepared yellow mustard
- 1/2 tsp salt

In food processor blend beans, pimiento, yeast, lemon juice, tahini, onion, mustard, and salt until smooth. Chill thoroughly before serving.

Makes 2 cups

PER 1/2 CUP: calories 40, protein: 3 g, carbohydrate: 8 g, fat: 1 g, dietary fiber: 1 g, sodium: 77 mg

Excellent source of: zinc, folate, niacin, riboflavin, thiamin, and vitamins B6, B12, and C (Vitamin B-12 comes from Red Star Vegetarian Support Formula Nutritional Yeast)

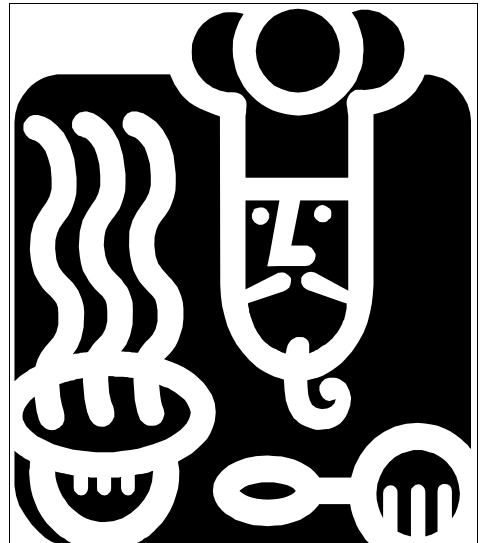
Good Source of: iron, magnesium, potassium

% Calories from: protein 27 %, fat 26 %, carbohydrate 47 %

From Cooking Vegetarian by Vesanto Melina and Joseph Forest (Wiley/Chronimed, 1998) and from

The Uncheese Cookbook by Joanne Stepaniak (The Book Publishing Company)

Thank you to Vesanto Melina, VSH December 2001 speaker, for graciously sharing these healthful recipes.



What's Cooking?

This quarter's vegan cooking classes:

Kapi'olani Women's Center
535-7000—kapiolani.org

April 13: "Cooking for Your Keiki"

May 4: "Tea Time for Mom"

June 8: "Wake Up With Breakfast!"

Down To Earth Lifestyle Center
Call 947-7678—DownToEarth.org

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



Know Your Produce: Part II

by Helen Well, MA

This is the continuation of an interview with Tim Anthony, produce manager at *Down to Earth Natural Foods*. Where we left off: Breadfruit. Is bought from local producers. May have a white resin leaking out of it. That's okay.

"I think most people in Hawaii already know about this one here -- papaya. Is there anything else that might be useful to know?"

"There has been some confusion about Hawaii "Gold" papaya. There are quite a few cross breeds in Hawaii, and "Hawaii Gold" is a term used for some new varieties that are very nice, and, yes, some of them are genetically modified. It's not always easy to tell what's genetically modified and what isn't. Gold Solo is not, and Sunrise is not. Their genetically modified cousin is Sunup, a red papaya. In the yellow variety you have unmodified Solo in addition to some that *are* modified. Hawaii Gold is one of them that sometimes is. There was a pure Hawaii Gold, but then they started cross breeding it. You have to be careful if you want to avoid genetically modified."

"So, at a health food store are the odds better for avoiding genetically modified produce?"

"Yeah, we definitely are looking to avoid bringing those in. Also, genetically modified doesn't meet organic standards, so if it's certified organic, it wouldn't be genetically modified."

"Okay, great. Now, we're going to skip most of the tomatoes, but these yellow ones, I had some of these the other day, and, um, how do you tell when a yellow tomato is ripe? I mean, with a red one you're looking for redness and feel, and the yellow one is the same? The way it feels?"

"Yeah, the same and -- no green. I like my tomato very soft; that's an indication of ripeness. Sometimes restaurants might like them firm because they're easier to deal with, but softness is good, especially for cooking; you get your full flavor."

"Now what are these yellow ones called?"

"Yellow tomatoes."

"Alright. What's this? I just recently bought some of these, too. I hadn't bought sweet potatoes in a long time. Essentially, if a sweet potato is in the store, it's ready to be baked, right?"

"Yes, there's no ripening. What's interesting is that they're only harvested during a short period in the fall of each year and then stored at precise temperatures throughout the year. Once they leave the controlled environment where they're grown, they can break down and get weak toward the end of the year -- in the summer."

"Should they be stored in a cool environment, or what?"

"Sweet potatoes should be stored around 57 or 58 degrees. It's a temperature not as cold as most of our refrigerators but cooler than room temperature. There are quite a few foods that should be stored that way -- pineapple, banana, potatoes..."

"So people in non-air conditioned Hawaiian apartments, maybe they shouldn't store their potatoes and sweet potatoes for a long period of time?"

"Yes, definitely. If it's not something you want to keep in the frig at 40 or at room temperature, it's a good idea to buy it fresh every week or so."

TO BE CONTINUED



You're in good company! Just a few of the famous faces who never eat animals ...

Alec Baldwin
Paul McCartney
Pamela Anderson
Alicia Silverstone
Prince
Woody Harrelson
Drew Barrymore
James Cromwell
Chrissie Hynde
Natalie Portman
Kim Basinger
Shania Twain...

HELP WANTED

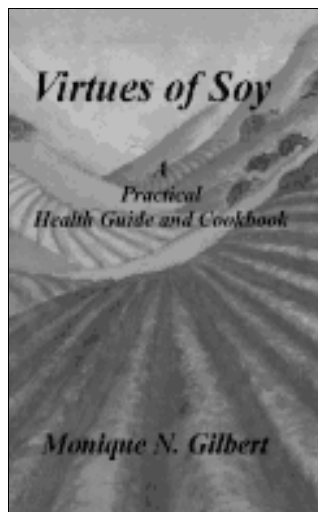
Help spread the healthful and compassionate VSH message in our community. Several important volunteer positions need to be filled, including **Volunteer Coordinator**. Call 944-VEGI (8344) for more information.

You can make a difference!

Fight Heart Disease and Cancer with Soy Antioxidants

by Monique N. Gilbert

Antioxidants are compounds that prevent or repair damage to cells caused by pollution, sunlight, and normal body processes. These elements cause oxidation in our body, which produces dangerous chemical compounds called free radicals. These compounds are highly reactive and



have the potential to damage DNA, causing mutations that can result in the malignant transformation of cells. Free radicals can easily cause harm to the immune

system, whose cells divide often. They may also be responsible for some of the changes of aging.

We can enhance the body's ability to scavenge and destroy free radicals before they cause harm by providing it with natural substances that act as antioxidants. These substances block the chemical reactions that generate free radicals in the first place and destroy the ones that have already been formed.

Many laboratory studies have documented the strong antioxidant properties of soy isoflavones in the fight against heart disease. Oxidation, the same process that leads to rust on metal, causes fats to harden and form the blockages that damage arteries.

Isoflavones incorporate into lipoprotein particles, such as LDL, and protect them from oxidation. This antioxidant effect can reduce the onset of atherosclerosis by decreasing LDL accumulation in blood vessel walls.

A reduced level of oxidative damage is also associated with a decreased risk of cancer. Research has found that the antioxidants in soy foods efficiently and effectively protect cells from free radical damage while boosting the immune system. This, in turn, helps to prevent cancer and premature aging.

Foods high in antioxidant-rich isoflavones include:

- Tempeh -- 55-65 mg isoflavones per 1/2 cup (4 oz.) serving
- Whole Soybeans -- 55-60 mg isoflavones per 1/2 cup (4 oz.) serving
- Edamame (sweet green soybeans) -- 55-60 mg isoflavones per 1/2 cup (4 oz.) serving
- Textured Soy Protein (TVP) -- 55-60 mg isoflavones per 1/2 cup (4 oz.) serving cooked - 1/4 cup dry
- Roasted Soybeans -- 55-60 mg isoflavones per 1/4 cup (1 oz.) serving
- Soy Flour -- 50-60 mg isoflavones per 1/2 cup (3 oz.) serving
- Tofu -- 35-40 mg isoflavones per 1/2 cup (4 oz.) serving
- Soymilk -- 25-30 mg isoflavones per 1 cup (8 oz.) serving

Article excerpted from the book [Virtues of Soy: A Practical Health Guide and Cookbook](#) by Monique N. Gilbert (Universal Publishers, \$19.95, available at most online booksellers). virtuesofsoy.com

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Monique N. Gilbert, B.Sc., is a Health Advocate, Certified Personal Trainer/Fitness Counselor, recipe developer, soy food connoisseur, and author of [Virtues of Soy: A Practical Health Guide and Cookbook](#) (Universal Publishers, \$19.95, available at most online booksellers).

E-mail: monique@chef.net - virtuesofsoy.com. She also has an "Ask the Expert" column at the Veggies Unite! website (vegweb.com).

Review: *Vegetarian Voice* Magazine

by Helen Wells, MA

Did you know that VSH is an affiliate of *Vegetarian Voice* magazine? I just received another issue of this great resource and wanted to tell you about it.

This magazine is easy to read and provides a lot of news about what is happening to/for by vegetarians in the world. It announces and advertises seminars and programs of interest to vegetarians, and it offers great articles on vegetarian and related animal rights topics.

I get ideas when I read this magazine. I learn about the programs that others are sponsoring and how I can emulate them or help them. Some of the articles are personal and touching, and there are many recipes in every issue. I like the calendar of events and the mail order bookshop.

If you join the North American Vegetarian Society, you'll receive "*Vegetarian Voice*" as part of your membership. I gave subscriptions to this magazine as gifts last year. I feel very positive about that.

The "Vegetarian Voice" is published quarterly by the North American Vegetarian Society, sponsor of Vegetarian Summerfest 2002, July 31—August 4, at the University of Pittsburgh at Johnstown, PA. For more information, see navs-online.org.

Be Young and Healthy by Building Strong Bones

by Monique N. Gilbert

Having strong, dense bones is essential to good posture, strength, and balance. The better we stand, walk, and move around, the more youthful we look and feel. Building and maintaining strong, healthy bones is a lifelong concern because our bones are living tissue in a constant state of renewal. Most people believe that thin, weak bones are an inevitable part of aging. However, research is showing that bone loss and osteoporosis can be prevented and possibly reversed with proper diet and lifestyle -- that is, eating calcium-rich foods and engaging in weight-bearing activities.

An important factor in keeping our bones strong and healthy is the ability to absorb and retain calcium. It doesn't matter how much calcium we take in if our body isn't assimilating it properly. Diets high in animal protein leach calcium from the bones. They cause acid loads to increase, forcing more water to be pumped into the kidneys to help flush the acid out. This diuretic response results in excessive calcium and magnesium excretion, which in turn leads to osteoporosis.

Independent studies conducted at various universities in the United States and Hong Kong indicate that soy foods can have a protective effect on our bones. These foods enhance calcium retention and absorption, resulting in less excretion in the urine. They found that soy protein and isoflavones increase bone mineral content, density, quality, and strength. They

also noted that soy helps the body's ability to rebuild bone and may even reverse osteoporosis. Soy foods such as tofu made with calcium sulfate, tempeh, and fortified soy milk provide calcium, magnesium, and isoflavones that our body can more easily absorb and retain.

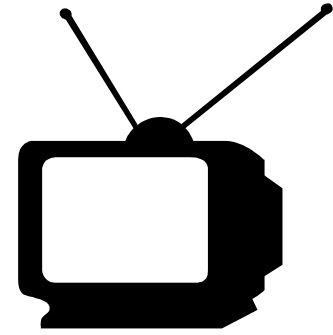
While diet can help build strong, dense bones, when combined with weight bearing and aerobic exercise, the effects are even greater. Any activity that causes you to lift weight, including your own body weight, is considered a weight bearing exercise. Some examples include stair climbing, squats, pushups, sit-ups, or any movement with some kind of heavy weight

“Research is showing that bone loss and osteoporosis can be prevented and possibly reversed with proper diet and lifestyle...”

involved. Even gardening and house cleaning can become weight bearing if we do a squat instead of just bending over to pick things up. Walking, hiking, jogging, and dancing are both weight-bearing and aerobic. Among these, walking is the simplest method of building and maintaining healthy bones. No equipment or training is needed, and it's easy on the joints. Walking strengthens bones and muscles while increasing stamina and endurance. Begin by walking 30 minutes at a time, 3 to 4 days a week, at a pace that provides good workout while still allowing you to holding a conversation.

As life expectancies increase, preventive measures must be taken to ensure that we keep our bones strong and dense. By eating more soy foods and eliminating animal protein, we'll better absorb and retain calcium in our bones and help prevent osteoporosis. By walking and increasing our activity levels, we strengthen bones and improve muscle tone. These simple dietary and lifestyle changes will increase energy levels, enhance mobility, and help us stay young at any age.

See Monique's bio on page 15.



On TV...

“Vegetarian”

Olelo, Channel 52
Thursdays 7-8 p.m.

“Animal Rights”

Olelo, Channel 52
Tuesdays 10-10:30 p.m.

“McDougall, M.D.”

KHET, Cable Channel 11
Saturdays 4:30-5 p.m.



...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!

Listen on the Internet
Wednesdays 6-7 p.m.
GoVeganRadio.com



VSH Tops 1000 Members

by Karl Seff, PhD

At the end of February an application for membership was received at the VSH business office. It is always nice to have someone new join our cause, but this new member brought our rolls into the four digits. Elizabeth Anderson had become our 1000th member. Yes, you can feel the excitement that was present at that moment. Yes, time stood still. The VSH is not yet 12 years old, and we are proud of this accomplishment.

Elizabeth came to Hawaii from the Bay Area in August 2001 to join her fiancée Vladimir Ciglar (a licensed acupuncturist and now our 1001st member) and to found with him The Wellness and Healing Therapy Clinic. Elizabeth was born in Berkeley, earned her bachelor's degree from San Francisco State University, worked for a number of years as a trainer, coach, and consultant in corporate industry, and then began to study hypnosis. She is a certified clinical hypnotherapist, a Reiki practitioner, and a Ph.D. student in clinical hypnotherapy. Welcome aboard, Elizabeth and Vladimir; your celebrity status with us will last and last and last.



Govinda's Restaurant "95% Vegan"

by Helen Wells, MA

51 Coelho Way (off Pali Hwy in the Krishna Temple in Nuuanu)
Honolulu, 595-3947

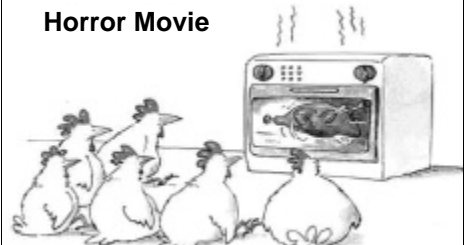
In recent visits to *Govinda's Restaurant* (formerly *Gauranga's*), I noticed more and more vegan food on the menu. I asked the chef if this vegan fare is the new policy. He said

that it was and that they are now 95% vegan. Sometimes the dessert has dairy but the rest is vegan and labeled as such.

Pass the word so that we can support this really big shift.

And there's more good news. The price has gone down to \$5 per meal for all you can eat, juice included.

Horror Movie



VEGAN FOOD GUIDE DAILY PLAN FOR HEALTHY EATING

Get at least 30 minutes of physical activity each



Fortified Soy milk & Alternates
6-8 SERVINGS

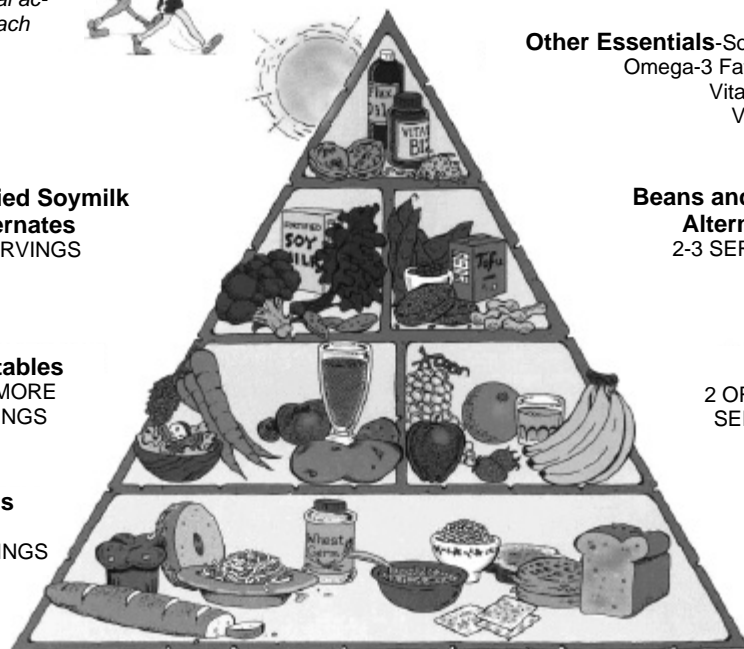
Vegetables
3 OR MORE SERVINGS

Grains
6-11 SERVINGS

Other Essentials-Sources of
Omega-3 Fatty Acids
Vitamin B12
Vitamin D

Beans and Bean Alternatives
2-3 SERVINGS

Fruit
2 OR MORE SERVINGS



Artwork by Dave Brousseau

Eat a variety of foods from each of the food groups.
Drink 6-8 glasses of water and/or other fluids each day.
Limit intake of concentrated fats, oils, and added sugars, if used.



© 2000 Vesanto Melina, Brenda Davis, and David Brousseau. All rights reserved. Reprinted with permission from [Becoming Vegan](#), Book Publishing Co., Summertown, TN.

Farm Subsidies (from page 6)

Ask that subsidies to the meat and dairy industries be ended because of the impact on the health of Americans and on the environment.

For more information on the bizarre way that the United States Department of Agriculture dispenses taxpayer monies, visit www.ewg.org (Environmental Working Group). These data are publicly available thanks to a 1996 lawsuit brought by The Washington Post, arguing that the public has a right to know how billions of their tax dollars are spent. EWG then built the Farm Subsidy database by assembling computerized records, obtained through a Freedom of Information Act request, of tens of millions of farm program checks written by the U.S. Dept of Agriculture during calendar years 1996 through 2000.



BEEF

It's what's rotting
in your colon

**Hawaiian Ranches, Piggeries, and Dairies
Receiving Government Subsidies**

Kapapala Ranch (Hilo)	\$80,400
S&S Dairy (Naalehu)	\$78,000
Haleakala Ranch (Makawao)	\$70,700
James Sakugawa & Sons (piggery, Kula)	\$69,000
Brendan Balthazar (livestock, Makawao)	\$63,900
Kuahiwi Contractors (livestock, Naalehu)	\$58,000
Kaupo Ranch (Makawao)	\$52,800
Maui Fresh Eggs (Makawao)	\$50,000
Freddy Nobriga Ent. (livestock, Kamuela)	\$38,000
Flying R Livestock (Waiialua)	\$35,000
PDP, LP (dairy, Kahului)	\$34,500
Walter Andrade (livestock, Naalehu)	\$34,000
Henry Gibson (livestock, Waimanalo)	\$30,000
Kahua Ranch (Kamuela)	\$30,000
Charles Ota (livestock, Kahului)	\$29,000
Kawaihae Ranch (Kawaihae)	\$28,800
Meadow Gold, Honolulu	\$9,287
Pacific Dairy, Waianae	\$9,287
Mountain View Dairy, Honolulu	\$9,287
Evergreen Hillside Dairy, Waianae	\$9,287
Wayne's Dairy, Waianae	\$9,287
Waialea Livestock Research Farm, Honolulu	\$4,954
Y. K. Hog Farm, Mililani	\$4,290
Suzuki Hog Farm, Waianae	\$3,490

**Wanted:
Board
Nominations**



The current VSH Board of Directors term ends on June 30, 2002. VSH Members are invited to send nominations for the new term by mailing them to VSH at P.O. Box 23208, Honolulu, HI 96823. Nominations must be postmarked by May 15 to be included on the ballot.

Board positions are: president, vice president, treasurer, secretary, and four directors.

Ballots will be mailed to vegetarian members on or about June 1 and must be returned to VSH with a postmark no later than June 15 to be counted. The new board will take office on July 1.

Thank you for participating in this process.



600 people filled the Honolulu Central Seventh-Day Adventist Church for the Howard Lyman talk on March 9, 2002.

(Mad Cowboy *from page 1)*

rently grown to feed farm animals. He concluded by challenging the audience to listen not only to him, but to do their own research and to share what they learn with others.

The approximately 600 people who attended the March 9, 2002 meeting at the Honolulu Central Seventh-Day Adventist Church in Nuuanu gave a standing ovation to a dynamic and enthusiastic speaker for an entertaining and compelling presentation of the benefits of a vegan diet.

We thank our co-sponsors Down To Earth Natural Foods (the primary sponsor) and Castle Medical Center for helping to make this event possible. Also, many thanks to Pastor Walt Nelson, Tyler & Tracy Crouch, and all the volunteers at the Honolulu Central Seventh-Day Adventist Church for allowing us to use their beautiful sanctuary and grounds and for their unqualified support. Let's do this again soon.

(Mr. Lyman spoke the following night at Maui Community College.)

(Green Papaya *from page 9)*

since the restaurant is named after this dish.

I thought the restaurant had a better than average variety of vegetables. Tell the wait staff that you want everything strictly vegetarian. Try broccoli, asparagus, snow peas, mushrooms, bitter melon, eggplant, or lemon grass. Get a green paper menu that has the prices for catering. Let me put it this way; I know where the food for *my* next party is coming from. For example, Spicy Lemon Grass Tofu catered is \$18.15 to serve five, \$36.25 to serve 10, and \$72.50 to serve 20. Those are really good prices.

Yes, it is worth battling the traffic to get over to this restaurant. The evening Karl and I visited, the restaurant was almost full by 7:30. The décor is pink, small, clean. The menu has a last page that is the vegetarian section. Be patient with the wait staff. Try it for the first time or try it again if you haven't eaten there in a long time.

* * *

(Among Us *from page 12)*

planning for the switch. But they're not going to do it until they know it's a "sure thing" and that they can do it in a way that maintains or increases their profit margins.

So, like it or not, we vegetarians have the grunt work of getting society to the point where the corporate giants have to comply. And, who knows, maybe one day we'll be able to sue them for all the deaths of the innocent animals -- in the same way that the states have sued the cigarette industry.

When you wear a t-shirt with a vegan or vegetarian sentiment, you are educating. When you eat vegetarian food during major holidays, you are educating. When you put up vegetarian flyers or posters, you are educating. When you share vegetarian information or foods with others, you are educating. When you forward vegetarian e-mails, you are educating. Let us continue with our efforts.



Try to relate to who's
on your plate
GoVeg.com

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