



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOLUME 14, ISSUE 2, APR – JUN 2003

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- William Harris, MD
- Ruth Heidrich, PhD
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Public Lectures*

STEVEN DRUKER, ESQ

“Genetically Engineered Foods: Unique Health Risks for Vegetarians”

Wed., April 9, 7 p.m.
Ala Wai Golf Course Clubhouse

KIMBERLY D. CLARK, PhD

“Organic Foods: Their Future Is Up to You”

Wed., May 14, 7 p.m.
Ala Wai Golf Course Clubhouse

GENE BAUSTON

“The Dangers of Factory Farms”

Wed., June 11, 7 p.m.
Ala Wai Golf Course Clubhouse

*See page 8 for more info.

An Interview with Joanne Stepaniak and Vesanto Melina

The following interview is with Joanne Stepaniak and Vesanto Melina, coauthors of the recently released and highly acclaimed book, *Raising Vegetarian Children: A Guide to Good Health and Family Harmony* (McGraw-Hill, 2002).

VB: What inspired you to write *Raising Vegetarian Children*?

Joanne: Over the years I've responded to hundreds of letters and questions from both parents and young people around the world relating how vegetarianism has affected their relationships and families, and I realized there was no comprehensive resource available to help support them and offer guidance. I became a vegetarian as a young girl and was and still am the only vegetarian in my family. Surprisingly, almost forty years later, the same issues and problems are experienced between parents and their children. When I was young, I made a promise to myself to be an advocate for young vegetarians when I became an adult. I'm thrilled to have been able to fulfill this promise by writing *Raising Vegetarian Children*.

Vesanto: I have a daughter who has been vegetarian from birth. From early on she had no interest in eating meat and seemed to have come into life with vegetarianism ingrained in her character. We can learn so much from our children! I've had wonderful times teaching vegetarian cooking to my son; he comes up with excellent ideas. Beyond that, my family's dietary practices have been, and continue to be, very mixed, from veganism to staunch meat-eating, though I notice that the meat-eaters are becoming more vegetarian-friendly with time.

I do nutrition consultations with individuals and families all over North America and present seminars from Hawaii to England. Time after time the same sorts of questions emerge. Writing *Raising Vegetarian Children* has given me the opportunity to share some of the knowledge and wisdom I've gained while teaching nutrition at the university level and acting as a health department nutritionist and consultant.

It was a pleasure to collaborate with Joanne on this project. By combining our individual areas of expertise, we created a work that is better than either of us could have created alone.



Vesanto Melina, RD, MS presented “Vegetarian Diplomacy” at the March VSH meetings on Oahu and Maui.

(See Interview on page 18)



President's Message

by Alida Rutchick, MEd

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 a generous software donation.

Dear friends,

Events have certainly overtaken us in recent days. As I write this message, we are ending the third day of the U.S.-led attack on Iraq. We can only hope now for a swift ending with minimal loss on all sides. In trying and distracting times like these I believe that it's important to keep before us our personal missions. The mission of our organization has been clear and unwavering since its creation; we will continue in our own way to work toward a world that is free of violence and pain.

In my president's message last quarter I spoke about the continuum of awareness in the field of vegetarianism and our increased concern about the human rights impacts of eating animals. Recently I've experienced additional movement on my own continuum. A year ago I began to be more consistent with having no added oil in my diet, eating more fruits and veggies, and eating only organic produce. These changes led gradually to a largely raw food diet, which I've been enjoying for the past few months. I must say that I feel wonderful. Not cooking my plants means that more of their nutrients are available to me. With this lighter diet, I myself feel lighter, more energetic, less stressed, and healthier overall.

VSH membership is now just under 1400. This is very good, as it indicates that people are continuing to realize the importance of being concerned about their health in spite of -- or maybe because of -- the stressful events in the world around us. This, I believe, is a most important time to reassess our values and make a commitment to ourselves to do whatever we can to enhance the general quality of life of the planet. Admittedly there's a lot that we don't have direct control over, but this one thing we do, and it can go a very long way.

By this time next quarter we will be in a very different place, I expect. The next 12 weeks I hope will bring healing to the world and also to each of us.

Aloha,



**HELP
WANTED**

Be a part of one of the largest and fastest growing vegetarian societies in the country by helping to spread our healthful and compassionate message in our community. Volunteers are vital to our success and every little bit helps. Call 944-VEGI (8344) or e-mail info@VSH.org. Thanks!

“...Money Where Your Mouth Is...”

by William Harris, MD
VSH TV Coordinator

Tracking the spoor of the USDA and its handout subsidiary, the Commodities Credit Corporation (CCC), is a personal hobby of mine. Cometh now confirmation from the Produce for Better Health Foundation (PBHF), sponsors of the National 5-A-Day Program, that there is a wide discrepancy between what the USDA food pyramid adviseth and what the USDA giveth away in cash.

Concluded the PBHF, relying on figures from the General Accounting Office (GAO): “Despite comprising 33 percent of the recommended food servings in the Food Guide Pyramid, fruits and vegetables account for less than 5 percent of USDA spending.”¹

Presently the majority of USDA “Production Flexibility Contracts” (aka “subsidies,” aka

“political booty”) go to feed-grain production.² As Pattrice Le-Muire Jones pointed out in her VSH lecture “Food Sovereignty, Environmental Justice, and the Geopolitics of Meat” in December of last year, this situation is the result of a buyer’s monopoly controlled by the animal food industry that has enough market clout to set a low price for feed grain. The midwest grain farmers then force their duly subservient U.S. senators

Despite comprising 33 percent of the recommended food servings in the Food Guide Pyramid, fruits and vegetables account for less than 5 percent of USDA spending.

and representatives to uphold 1933 legislation that extracts from the rest of us the difference between what the grain farmers want and what the chicken farmers, dairy folks, and ranchers will pay. Docile taxpayers provide that difference apparently unaware that the end products—eggs, dairy, and meat—produce further budgetary mayhem in the form of higher health care costs and lots of animal and human misery.

As the editor/curmudgeon of the old American Mercury, H.L. Mencken, once said in describing the American farmer: “...we are asked to venerate this prehensile moron as the Urburgher, the citizen par excellence,

the foundation-stone of the state! And why? Because he produces something that all of us must have--that we must get somehow on penalty of death. And how do we get it from him? By submitting helplessly to his unconscionable blackmailing--by paying him, not under any rule of reason, but in proportion to his roguery and incompetence, and hence to the direness of our need...He simply cannot imag-

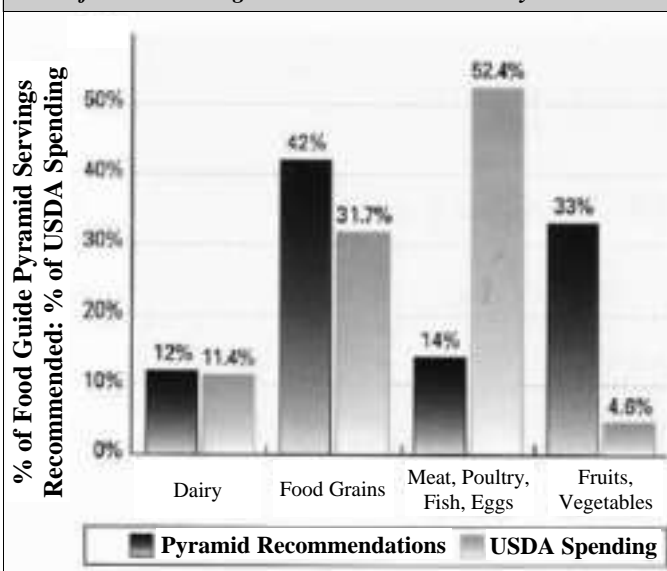
ine himself as a citizen of a commonwealth, in duty bound to give as well as take; he can imagine himself only as getting all and giving nothing. I doubt that the human race, as a whole, would submit to that sort of high-jacking, year in and year out, from any other necessary class of men.”³ And this he said even before the CCC started up in 1933.

Any “blackmailing.. high-jacking... roguery and incompetence” on the part of farmers is really the result of government intervention on behalf of the least nutritious products of American agriculture.⁴ The PBHF and the 5-A-Day program are life buoys in a sea of misinformation, but food is indeed “something--that we must get somehow on penalty of death” and precisely because it *is*, it doesn’t really need to be advertised or supported.

Producers of the approximately 162 different fruits and vegetables grown and commercially marketed in the United States have always survived on their own. When quizzed by the GAO in 1991, they also said in effect, “the nutritional benefits of fruits and vegetables are already well known, so why waste the money on advertising?”⁵

What ol’ cigar smoking, meat eating H.L. didn’t mention is that without USDA/CCC market distortions animal food aficionados would quickly discover the virtues of beans.

FY 2000 USDA Spending Promoting Consumption and Production of Fruits and Vegetables Was Inconsistent with the Importance of Fruits and Vegetables in the Food Guide Pyramid.



1. www.5aday.com/html/press/pressrelease.php?recordid=50
2. www.fsa.usda.gov/pas/publications/facts/html/Prodflex'99.htm. FY 2002 \$4.008B
3. H.L. Mencken b. Sept. 12, 1880, d. Jan. 29, 1956. *The American Scene*. LOCCC 65-1127. New York. Alfred A-Knopf 1965
4. www.fsa.usda.gov/pas/about_us/mission.htm#ccc—The Farm Service Agency (FSA), on behalf of the Commodity Credit Corporation (CCC), administers nonre-course marketing assistance loans for wheat, corn, grain sorghum, barley, oats, soybeans, oilseeds, rice, and ... cotton.
5. *GAO/RCED-92-15 Generic Promotion of Produce*. p 2. Resources, Community, and Economic Division. United States General Accounting Office. Washington, 1991.

Veggie Viagra

by Ruth Heidrich, PhD

Have you heard the one about the doctor who used to treat sick people, but ever since he discovered Viagra is now raising the dead? Or, what's the difference between Niagara and Viagra? Niagara Falls! Did you know there is more money being spent on breast implants and Viagra than on Alzheimer's research? By 2020 there should be a large elderly population with perky breasts and erections and no recollection of what to do with them.

Folks, this is serious. Although it's a sensitive, sometimes taboo, subject, impotence, technically known as Erectile Dysfunction (E.D.), must be very, very common. When the drug Viagra was first introduced, its sales skyrocketed into one of the top-selling drugs in America.

Viagra was originally developed for the treatment of pain caused by angina. In test groups from 1980-1990 it did nothing at all for that condition, but test subjects wouldn't give it up because of its now-famous side effect.

Here's the logic of how both problems, angina and impotence, occur. Eating the Standard American Diet (SAD), which is high in animal protein, cholesterol, and fat, causes plaque to develop in the arteries. It was discovered in the 50s that the process of laying down plaque in the arteries starts as young as two years of age in those eating the SAD diet. Although the coronary arteries is where this plaque is found, no one



thinks that this process would selectively occur in these arteries and not the arteries to the genitals as well.

Just one high-fat meal (e.g., a fast-food breakfast of 50 grams of fat and 900 calories) narrows the arteries, putting you at risk of a heart attack, coronary artery disease, and, of course, the dreaded affliction, E.D.

How Viagra Works

An erection depends on several factors, most importantly, a good blood supply, nerve tissue, and enzymes. Viagra

If these men would switch to a low-fat vegan diet and add some vigorous, daily exercise, most, if not all, of those symptoms would disappear.

(sildenafil) enhances the effects of nitric oxide, the chemical that relaxes blood vessels of the penis, allowing increased blood flow and, therefore, erection. There are, however, side effects such as headaches, visual disturbances, and nasal congestion.

Is Testosterone the Answer?

Last year doctors wrote 1.5 million prescriptions for testosterone, mostly for middle-aged and older men seeking relief from low libido, E.D., fatigue, depression, bone and muscle loss. These are also the symptoms of an unhealthy lifestyle, usually the SAD diet and little or no exercise. Instead of another pill, patch, or injection, if these men would switch to a low-fat vegan diet and add some vigorous, daily exercise, most, if not all, of those symptoms would disappear.

What About Us Women?

All of the above applies. The SAD diet clogs the same arteries. Although there are obvious anatomical differences, each has functional counterparts. For example, Skene's

glands are the female equivalent of the male's prostate. Scientists in Italy have identified an enzyme called PDES that destroys the nitric oxide that allows erections to occur, and Viagra works by blocking this enzyme. Researchers believe that anti-impotence drugs work on women in a similar way.

Veggie Viagra

The Western medical model is based more on treatment of symptoms than on getting to the cause and/or prevention of disease. The cause of blockage of arteries is the SAD diet, but how many medical doctors tell their patients to reverse the clogging by changing to a low-fat vegan diet? A few, but not many. Most just write a prescription for a pill to lower blood pressure and/or cholesterol or to take Viagra.

What we really need are more doctors to prescribe "Veggie Viagra" – healthy doses of broccoli, cabbage, tomatoes, carrots, apples, oranges, and bananas. Then all the Viagra jokes will be on them.

This article first appeared in the Jan/Feb 2003 issue of VegNews. It appears here, edited, with permission.

Ruth Heidrich is a past president of VSH. See her website for more information: RuthHeidrich.com.

“Given the many health benefits men can reap from a diet change, maybe insurance companies should look beyond paying for pills and start picking up our grocery tabs. Maybe it's time to jump off the Viagra bandwagon and head for the nearest health food counter.”

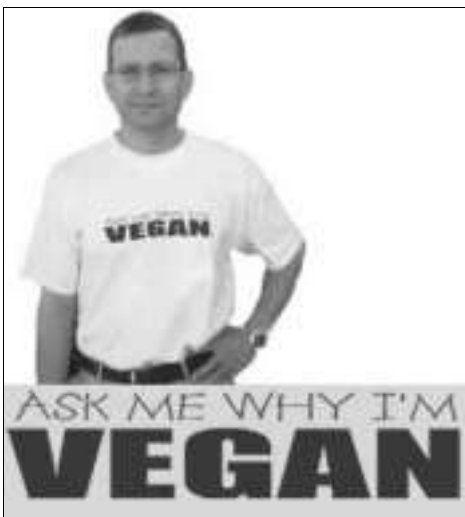


Neal Barnard, MD, Founder of the Physicians Committee for Responsible Medicine

Vegetarian Fashion

by Helen Wells, MA

People are always asking me where I got my baseball-style red ringer t-shirt that says "vegan." I ordered it from The Fund For Animals (fund.org) internet site. The Internet is the best source for vegan wear. Most t-shirts cost less than \$20, and often a percentage of the purchase goes to help animals.



This shirt was seen around town when PETA's director of vegan outreach Bruce Friedrich was the VSH meeting speaker last year. Bruce, pictured above, called it his favorite (available for \$15.95 from animalrightstuff.com).

I recently searched the web for "vegan fashions" and "vegan clothes" and got 1,060 sites for the former and 16,500 for the latter! I looked at three in particular: thevegetariansite.com, veganstore.com, and animalrightstuff.com. There were many articles of clothing other than shirts. You name it and someone out there is making a vegan version of it; wallets, shoes, luggage, and more. You can also find products that are ecologically friendly or that are produced as a part of a project to employ people in the third world.

Some examples of slogans on the

t-shirts include "83, the Average Number of Lives Saved by a Vegetarian in One Year," "Go Vegan: Practice Nonviolence," "Please Don't Eat the Animals," "VEG" (in a star), "Live & Let Live," and "Veg Peace," (these are \$16.95 from animalrightstuff.com.) There are many more slogans and designs available from this and other companies. The designs on the shirts range from cute, beautiful, and New Age, to philosophical, thought-provoking, and graphic or shocking. T-shirts are a marvelous way to convey your message of vegetarianism. If you don't have access to the Internet, or if you simply prefer to shop from a catalog, you can call Pangea at 1-800-340-1200 and ask for one.

I hope to see you wearing the veggie message!

Govinda's International

Will you be travelling to Malaysia, India, Canada, the U.S. mainland, Ireland, England, Scotland, Germany, Hungary, Italy, Poland, Spain, Sweden, Switzerland, Denmark, Russia, Australia, New Zealand, Fiji, Papua New Guinea, Ghana, Nigeria, South Africa, Argentina, Bolivia, Brazil, Peru, Mexico, etc.?

In all of these countries there are Govinda's restaurants, the food is vegetarian, and much of it is vegan. You can find them on the Internet before you leave for your trip, or you can ask Gokulshyam or Sruta Kirti (595-7369, 595-3947) at our local Govinda's to use their catalog to help you find the location of the restaurant closest to where you will be staying.



Celebrate Cinco de Maio

You're invited to celebrate the Mexican holiday of *Cinco De Mayo* VSH style with a special vegan dinner. Govinda's Restaurant will host.

This will be the first in a series of theme dineouts sponsored by VSH. Check *The Island Vegetarian* for the next one.

Dineouts are a great opportunity to get to know other members, socialize, and make contacts with fellow vegetarians. And they are an excellent way to introduce non-vegetarians to vegetarianism and vegetarians. We hope to see you there.

Saturday, May 3, from 5 to 7 p.m.

**Govinda's Restaurant
50 Coelho Way in Nuuanu**

\$12 at the door. For reservations, call 753-7068 or 595-7369.

El Menú

Tossed Green Salad
Spanish Rice
Tortilla
Salsa
Mexican Stir Fry with Black Beans
Imitation Beef with Tomato Sauce
Refried Beans
Fried Corn Fritters with Green Bell Peppers and Other Vegetables
Other in Season Vegetables
Sweet Cinnamon Tostada
Herbal Tea

Muchos Gracias!

Animal Rights Corner



**AND NO
ONE GETS
HURT**



Dairy Industry Mounts Assault on Nation's Health

by Laurelee Blanchard, VSH Maui Meeting Coordinator

The dairy industry is attempting to deceive the American public with a new "3-A-Day" logo campaign designed to get us to consume three servings a day of cheese, milk, and yogurt, all of which are high in saturated fat and cholesterol.

The "3-A-Day" program was launched by the dairy industry as a marketing program but portrays itself as a public health campaign. Consumers will likely confuse "3-A-Day" with the government endorsed "5 a Day for Better Health" program, which promotes the daily consumption of five fruits or vegetables to reduce the incidence of cancer and diet-related diseases.

The National Cancer Institute is actively opposing the "3-A-Day" dairy campaign, and the National Institutes of Child Health declined to endorse or be a part of this ploy by the dairy industry. The campaign is cunningly designed to trash the National Cancer Institute's highly successful 12-year-old "5 A Day" program, a partnership of more than 750 government agencies, public interest organizations, and companies that encourages consumption of wholesome vegetables, fruits, and grains. The law, however, enjoins a government agency from suing for trademark infringement.

The "3-A-Day" program was launched by the dairy industry as a marketing program but portrays itself as a public health campaign.

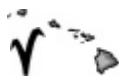
The "3-A-Day" campaign recommendations violate Dietary Guidelines for Americans and other national dietary standards. The Center for Science in the Public Interest warns that dairy products and meat are the largest sources of saturated fat in the American diet at a time when heart disease is still the #1 killer of Americans.

A full-page "3-A-Day" ad that ran in the latest issues of Shape and Parenting magazines shows a slice of cheese on a ham sandwich. Given that obesity is at epidemic proportions in the U.S., the last thing we need is for the dairy industry's con artists to persuade us to load up on more fatty foods.

The "3-A-Day" recommendations violate Dietary Guidelines for Americans and other national dietary standards.

As consumers our best defense against the dairy industry's manipulative advertising practices is to dismiss the deceptive logo and boycott its product. We can also express our outrage to the industry perpetrators at www.dairycheckoff.com/contact.asp, or Dairy Management Inc. 10255 West Higgins Road, #900 Rosemont, IL 60018 800-853-2479.

Laurelee Blanchard is the Communications Director for FARM (Farm Animal Reform Movement).



The Importance of Humane Education

by Pamela Davis, VSH Member

Why do Animal Rights Hawaii and the Vegetarian Society believe that a program of humane education in our public schools is a necessity? To understand, we must first define humane education. This involves imparting facts and sensitizing students and educators to the social philosophies, attitudes, and behaviors humans exhibit toward the other animals with whom we share our planet. It helps students understand ethical dilemmas, make informed judgments, and take compassionate action. It encourages greater respect for the intrinsic value and worth of animals. It illustrates the relationship between human well being, environmentalism, and the interests of animals while teaching the connections between our daily choices and their global impact.

We vegetarians know that a vegetarian diet, free of all animal protein, makes us healthy and reduces incidents of diseases, helps save the earth from environmental destruction caused by the livestock industry, and reduces the nearly incomprehensible suffering and death of billions of farm animals raised for human consumption each year. Humane education brings this awareness to others.

A number of states have laws that prohibit the use of live animals as subjects in scientific or other experiments in which they are injured, medicated,

(See Humane on page 15)

Does Your Dinner Wag Its Tail?

by Elaine Johnson, MBA,
VSH Board Member
with Cathy Goeggel, Founder
of Animal Rights Hawaii

Have you ever wondered why some animals are considered pets and others dinner? In the U.S. it is generally considered to be okay by most people's standards to eat a cow, but not a dog. In reality, both animals have consciousness and the ability to feel fear and pain, so ethically it is the same to eat one or the other.

In Hawaii anyone can slaughter an animal with impunity so long as the killing is considered "humane." Federal law prohibits the selling of meat from animals who have not been slaughtered at federally inspected abattoirs, but by law dogs and cats are not foodstuffs, so there is no oversight of the sale of their meat. These types of slaughters are usually even more horrendous than even U.S. slaughter house practices, as even the very basic protections afforded those animals are ignored.

Animal Rights Hawaii received a



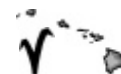
"KC" with animal advocates Melissa Rosenberger and Dan Hoedemaker

tip recently that a restaurant in Honolulu was killing dogs and selling the meat and that the local humane society had declined to intervene. ARH members surveilled the site. They saw a small dog tied by a rope to a tree. When they approached, the animal cringed and slunk down. He was surrounded by pools of odiferous diarrhea, testament to reports that dogs destined to be eaten are fed a diet of rice and Kim Chee for several days prior to slaughter to add flavor to the meat. The proprietors of the restaurant came out, and after a short discussion the ARH group took control of the animal. A subsequent veterinary examination showed him to be a healthy two- to three-year-old terrier mix. The dog, KC (for Kim Chee), is a loving, happy animal who loves human company and seems partial to helping folks drive their cars. He is now neutered and looking for a gentle household where he will be cherished.

International Aid for Korean Animals and the Korean Animal Protection Society have been urging the

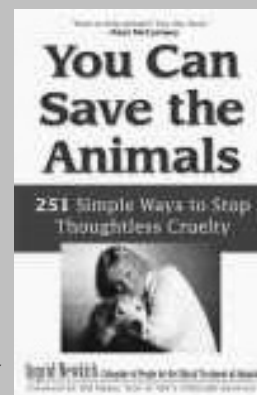
South Korean government for several years to enforce their laws against animal cruelty as they pertain to dogs and cats; ARH has campaigned for an end to the dog and cat trade in Korea for several years. The South Korean government has recently given some indication that they will try to enforce their cruelty laws more effectively.

For more information on KC, the campaign with the South Korean government, how you can help, and other animal issues, contact ARH at 941-9476. If you still eat any animal products, you can also help the animals by adopting a cruelty-free, vegan diet.



Be a Helpful Guest

“When you're a guest, explain clearly what you do eat and what you don't. Many meat eaters are unaware that vegetarians eat no flesh whatsoever — no meat or chicken or fish. Let your host know this. If the dinner is very informal, you could help your host by suggesting some easily prepared, familiar meatless dishes — a casserole or stir fry, for example. Even better, volunteer to bring a special vegan entrée for all to share.



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

“Can you really ask for what reason Pythagoras had for abstaining from flesh? For my part I rather wonder both by what accident and in what state of soul or mind the first man did so, touched his mouth to gore and brought his lips to the flesh of a dead body.”



Plutarch, A.D. 46?–A.D. 120?, Greek essayist and biographer

On the Menu

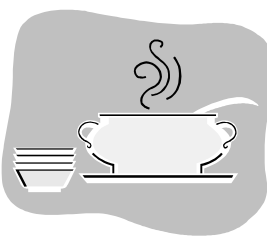
Recipes for Kids (that grownups love, too)
by Vesanto Melina



African Stew

Makes 6 cups

This nutrition-packed stew is an excellent source of iron, copper, magnesium, manganese, potassium,



folate, niacin, thiamin, vitamins A, B6, and C, plus it provides selenium, zinc, and vitamin E. Children

*love the creamy, peanut butter-based sauce, and the whole family will enjoy the combination of flavors. Vegetable stock can be made easily with stock cubes or powder. (This recipe is from *Cooking Vegetarian and Raising Vegetarian Children*.)*

- 1 onion, chopped
- 1/4 cup vegetable stock or water
- 4 cups vegetable stock or water
- 2 cups peeled, diced sweet potatoes or yams
- 1 cup cooked or canned chickpeas
- 1 cup brown rice, dry
- Tamari or Bragg's Liquid Soy to taste (optional)
- 1/4 cup peanut butter
- 2 cups chopped collard greens or kale (stems removed)
- 2 tablespoons fresh or frozen lemon juice
- 1/2 teaspoon pepper
- Dash hot chili sauce or chipotle sauce (optional)

In a large saucepan over medium heat, sauté onion in 1/4 cup vegetable stock or water for 5 minutes or until

beginning to brown. Add stock, sweet potatoes, chickpeas, rice, and tamari or Bragg's Liquid Soy; bring to a boil, then lower heat and simmer for 45 minutes. In a small bowl blend peanut butter and 1/2 cup of hot liquid from stew to make a smooth paste. Stir peanut butter mixture into stew along with kale and cook for 5 minutes. Stir in lemon juice and add hot sauce to taste (if using). Serve over rice or with fresh bread or rolls.



Strawberry Popsoycles

Makes 4 popsoycles (about 1 cup)

*These are easily made using a 6 ounce container of soy yogurt. Instead of fruit plus a sweetener, you may use sweetened frozen fruit. (See more popsoycle recipes in *Raising Vegetarian Children*.)*

- 3/4 cup fruit-flavored soy yogurt
- 3/4 cup frozen or fresh strawberries
- 2 tablespoons pure maple syrup

Place all ingredients in a blender and puree for 1 to 2 minutes until smooth. Pour into Popsicle molds. Freeze until solid.

PER STRAWBERRY POPSOYCLE: Calories: 74, Protein: 2 g, Carbohydrate: 13 g, Fat: 2 g, Dietary fiber: 1 g, Sodium: 4 mg. Percent Calories from: Protein 12%, Fat 21%, Carbohydrates 67%.

Popsoycle Tips: Popsoycles may take 4 hours to freeze and be ready to eat. However, the exact time will depend on your freezer temperature. Each popsoycle can be removed from its mold by dipping it in warm water or even by squeezing it in you hand for a few minutes. The number of popsoycles produced can vary with different sizes of molds.

*Vesanto Melina was the VSH meeting speaker in March. She's a registered dietitian and the author of the newly released *Raising Vegetarian Children* and her classics *Becoming Vegetarian* and *Becoming Vegan*. Her other well known books are *Cooking Vegetarian* and *Healthy Eating for Life to Prevent and Treat Cancer*.*

Thanks, C&C



Plenty of frozen foods are available at C&C Vege Health Food (1123 Kapahulu Ave.—735-9919). C&C displays and gives out VSH brochures and other vegetarian information to its customers.

Short Takes

by Helen Wells, MA

More and more of my vegetarian friends are cooking for their friends. It's a wonderful way to share information about vegetarian cuisine. Invite neighbors, friends, and/or relatives. Fix them something nice. It will be fun! Alternate: Take your coworkers to eat at a vegetarian restaurant. Bring your shut-in neighbor some veggie dim sum. Take a big bowl of fruit salad to work for no special occasion. Make vegan yummys and distribute as far and wide as your wallet will allow.

...

Some government, utility, and neighborhood publications include a recipe in their newsletter or monthly bill. For example, the Hawaiian Electric Company's newsletter, *Consumer Lines*, recently published a recipe for "Korean-style fresh watercress salad." When they publish a vegetarian recipe, contact them (heco.com, P.O. Box 2750, Honolulu, HI 96840), thank them, and ask them to run only healthy, vegetarian recipes.

...

Wow! On my recent trip to Los Angeles I discovered "Venus of Venice," a LOVELY vegetarian restaurant at 12034 Venice Blvd. in Mar Vista, CA 90066, phone 310-392-1989, venus@venusofvenice.com. This place is cuteness to the max. It's pink and decorated with intriguing frou-frou from all over the globe. Apparently, happy patrons donate knickknacks to the shop. I plan to mail them some-



thing with a pineapple. There is a Major Menu here -- several pages, and it's all vegetarian (from what I saw, all vegan). (Thanks to Jim Brown for this referral and to other restaurants in California.)

...



Sean Maupin, store manager at Mr. Goodburger's, tells me that all of the burgers are now vegan. Be sure to ask for the whole wheat bun.

Mr. Goodburger's (Queen St. just diamond head of Alakea, downtown) is selling franchises. If you're interested, contact Wes Zane at 808-479-4790 or wzane@mrgoodburgers.com.

...

Speaking of Mr. Goodburger's, I thank them for the door prizes they've been giving VSH for monthly meetings. If you or your business would like to donate a prize, please contact me at lovely.goldenrat@verizon.net or see me at one of our monthly meetings. Door prizes must be vegan and healthy (if edible) or have a veggie theme such as a book, dish, ornament, pot holders, jewelry, etc.).

...

Someone recently asked me why VSH should care about genetically modified organisms. There are several reasons, but the reason I personally hear about the most is the concern shown by those who are vegetarian for religious reasons. Their religions prohibit the consumption of animals and they are concerned that animal genes will be put into plants.

...

Finally, remind your friends and

acquaintances who express interest in your vegetarianism and in reducing their meat intake that they don't have to go it alone. VSH is here to help them. Remind them that we have an associate membership to help them get on board. While they are transitioning to vegetarian, they can come to any and all of our free lectures to learn why and how to be vegetarian. If they become an associate member, they'll receive newsletters that educate them and tell them when meetings and social events will be held.

...

Important Dates

April

- 7: World Health Day
- 18: John Muir born 1838
"Surely a better time must be drawing nigh when godlike human beings will become truly humane, and learn to put their animal fellow mortals in their hearts instead of on their backs or in their dinners."
- 22: Earth Day
- 22: World Week for Animals in Laboratories.

May

- 5: Be Kind to Animals Week begins
- 11: Mother's Day, National Veal Ban Action Day
- 29: Two dolphins rescued from UH Kewalo Marine Laboratory, 1977

June

- 5: World Environment Day
- 27-July 13: Animal Rights National Conference, Washington, DC. (Also in Los Angeles Aug. 1-5)



Vegetarian Society of Hawaii

Calendar of Events April - June 2003

Maui meetings: All three speakers will also be appearing on Maui. For details visit VSH.org or call 944-8344.

STEVEN W. DRUKER, ESQ



Wed., April 9, 7 p.m.
Ala Wai Golf Course
Clubhouse*

“GENETICALLY ENGINEERED FOODS: UNIQUE HEALTH RISKS FOR VEGETARIANS”

The health benefits of a vegetarian diet are well documented. It is less well known that within recent years many important food plants have been genetically transformed in a manner that increases their health risks.

This presentation explains the risks of GE foods and discusses the extensive body of evidence indicating that genetic engineering tends to cause unintended and potentially harmful effects in the food-yielding organisms it reconfigures.

Steven W. Druker is a public interest attorney and executive director of the Alliance for Bio-Integrity. He has become well known as one of the leading figures discussing the problems of GE foods and has made many presentations in the U.S. and around the world.

Co-sponsored by **Down to Earth Natural Foods, HI GEAN (Hawaii Genetic Engineering Action Network), and IKOH (Invisible Kingdom of Humanity).**

KIMBERLY D. CLARK, PhD



Wed., May 14, 7 p.m.
Ala Wai Golf Course
Clubhouse*

“ORGANIC FOODS: THEIR FUTURE IS UP TO YOU”

The use of chemicals in factory farming has laid claims on our water and land. Working together with nature provides a healthy society with nutritious food and strong community bonds to nurture our children and provide a positive outlook for the future.

Kimberly D. Clark, Ph.D. is owner-operator of Just Add Water, a 6-year-old Community Supported Agriculture (CSA) program growing, teaching, and cooperatively marketing organic products for a dozen farms, including her own ¼-acre garden. She is a founding board member of Hawaii Organic Farmers Association (HOFA).

Dr. Clark has a doctorate in agricultural economics from UH Manoa. Through numerous local programs she's shown her dedication to the organic movement to preserve culture, health, and the wonder of nature.

Annual reports by VSH Board members will be given at the beginning of this meeting.

GENE BAUSTON: CO FOUNDER OF FARM SANCTUARY

“THE DANGERS OF FACTORY FARMS”

Wed., June 11, 7 p.m. Ala Wai Golf Course Clubhouse*



In his eighteen years with Farm Sanctuary, **Gene Bauston** has established America's first and premier farm animal shelters. He's waged campaigns to stop farm animal cruelty, including his No Downers, No Veal, and Farm Animal Defense campaigns and his efforts have resulted in precedent-setting cruelty convictions of stockyards, factory farms, and slaughterhouses.

Farm Sanctuary's ground-breaking investigative campaigns have been featured on CNN Larry King Live, National Public Radio, and CBS This Morning and in the The New York Times, The Wall Street Journal, USA Today, The Los Angeles Times, and news stories around the country.

Farm Sanctuary launched the first-ever Public Service Announcement Campaign for farm animals, and its television PSAs, starring actresses **Kim Basinger, Charlotte Ross, and Lindsay Wagner**, have aired on over 100 television stations across the U.S., educating millions of people about the plight of farm animals. In addition, Farm Sanctuary promotes a vegan lifestyle.

Mr. Bauston holds a Masters degree in Agricultural Economics from Cornell University.

See the 13-minute video *Life Behind Bars*. a rare first-hand look inside factory farms narrated by Mary Tyler Moore.

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

Books

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

Miscellaneous

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

VSH Membership Form & Bookstore

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

Send order/application to:

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

**Gift & Multi-Year Memberships/
Renewals Available!**

Join or renew today!

Vegetarian Society of Hawaii Membership Application/Order Form

Please Print

Name(s): _____

Street: _____

City, St., Zip: _____

Home Phone: () _____

Work Phone: () _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.
My dues are enclosed (add \$4 for a foreign address):

Regular

1 yr \$20 2 yrs \$40 3 yrs \$60

Full-time student

1 yr \$12 2 yrs \$24 3 yrs \$36

Couple or Family

1 yr \$30 2 yrs \$60 3 yrs \$90

Life membership \$400

\$_____ additional donation

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

Books/Merchandise



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

Help Spread the Veg. Message

by Helen Wells, MA

Tabling for VSH can be fun and educational. I learn a lot every time I help at a tabling event. Recently Mary Arakaki organized the VSH booth at the Health and Fitness Expo at the Blaisdel, and I worked the last shift with Leila Ishiki and David Bourgoin. We enjoyed talking with each other and with the many people who came by the table.

One man in particular stands out in my mind. He was elderly and in a wheelchair and stopped by twice to talk. He credited his survival from exposure to radiation in the military to vegetarianism. He said that the other men in his crew had all died some time ago but he had been able to live to an old age because he wasn't poisoning his body with meat and thus had healed from the radiation exposure. There's no scientific basis for his story, but it was fascinating. The point is that many interesting people come by and share accounts of their experiences of being vegetarian and it is a pleasure to hear them.

While tabling at events, I also enjoy the visits of other vendors and volunteers to our table and visits to their tables. I learn about their goals or products, and they learn about VSH. VSH tablers also get to visit other booths on our breaks. Another enjoyable aspect to tabling is that many of our 1300+ VSH members come by to visit and socialize. It's great fun. Of course, you get "warm fuzzies" inside when you help other people by giving them the educational materials and answering their questions.

It's always a profound experience when children come by and realize for the first time that their chicken nugget came from a once live animal. Invariably the initial reaction is shock and horror. This shows me that human na-

ture is against eating animals, against killing them.

A final example is the person who comes by the table to get health information. Sometimes the person or a friend or relative is having a medical problem and has decided to reduce or eliminate meat and/or dairy. The VSH table is full of information to help someone like that, and we let the visitor know that he or she has come to the right place.

If you're interested in tabling (shifts are only a few hours long), let our volunteer coordinator, Robert Moses, know by e-mailing him at info@vsh.org, sign up on the volunteer sheet at one of our monthly meetings, or leave a message on the VSH line: 944-8344. Thanks!

VeggieDate.org Getting Bigger and Better

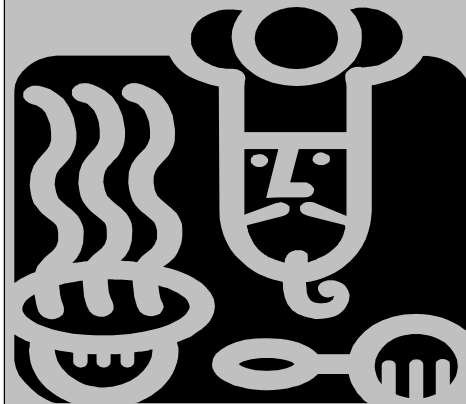
by Helen Wells, MA

Over a year ago I wrote an article about the vegetarian dating service, VeggieDate.org. I recently logged on and was amazed at how the site had grown. Not much appeared in last year's search. This time, with the same criteria, there were hundreds of listings from all over the globe.

VeggieDate.org is "A nonprofit vegetarian singles dating service and networking service. Currently has over 6,000 visible ads and will soon expand into roommate and business networking for vegetarians."

Many categories can be searched, including different levels of vegetarianism and the fee is reasonable. After a 2-week free trial period U.S. membership starts at \$9.95 for 3 months.

A testimonial section is enjoyable reading and if these vegetarians found someone special, perhaps you can, too. I look forward to seeing their roommate and business networking listings when those become available.



What's Cooking?

This quarter's cooking classes:

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

May 17 - Great Greens
June 7 - Vegetarian Pantry
July 19 - Sandwiches...
Vegetarian Style

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

All classes are vegan.

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

April 3, 7 - 8:30 p.m.
Healing Foods Forum:
"Food Choices to Build Your Strength Against Cancer"

April 10, 7 - 8:30 p.m.
Veggie Life Cooking Class:
"Cooking with the New TV Series Tasty and Meatless"

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

All classes are vegan.

Down To Earth Natural Foods
2515 S. King St.

Classes are held on the first Saturday of each month. Call 949-0298 for more information.

Behind the Scenes at Tasty & Meatless

by Helen Wells, MA



and meatless” meals out of the deal and we have met many vegetarians and produce farmers.

There is a marvelous veggie world here in Hawaii and very little effort is required to reveal and enjoy it. One of my favor-

ite filming sessions so far was at the Hawaii Kai farmer’s market. The fruit and vegetable growers are friendly and sincere about offering healthy and delicious products. I think it’s neat how the market starts and stops when an air horn sounds.

I also enjoyed a show that was filmed in the home of Dr. Bill Harris -- Georgie Yap had grown much of the meal in her own community garden. Bill showed viewers how to make frozen fruit into a dessert that tasted incredible.

The show will be traveling to Maui later this year. If you have an idea for a “Helen and Karl’s Meatless Adventure” please see me at a VSH meeting, or e-mail your idea to our producer at the website: tastyandmeatless.com.

The show appears on Oceanic Cable 16 on Monday, Wednesday, and Saturday at 6:30 p.m., and there’s a new show each Monday. The information is educational and entertaining for those who are beginning to go meatless, so encourage your friends and associates to tune in.

Working on the Tasty and Meatless show has been an adventure, going to various locations and filming interesting stories about vegetarian topics. Producer Joy Waters prefers that we use the word “meatless” on the show rather than “vegetarian” in order not to intimidate or discourage beginners. I don’t



“Behind the scenes” photograph of a recent *Tasty and Meatless* filming. Pictured are Karl Seff and Vesanto Melina. Joy Waters is behind the camera. Karl and Vesanto are discussing how to get meatless meals on airplane flights.

know if it’s this strategy or some other element of the show that is appealing to people, but the show is becoming more popular each week

Of course I enjoy working with (VSH Board member) Dr. Karl Seff. We were doing food reviews for VSH when Joy came to a VSH meeting and asked for volunteers for her new TV show. Karl and I volunteered independently and Joy put us into a fun segment titled “Helen and Karl’s Meatless Adventures,” a guide for beginners. We show people where to buy healthy vegetarian foods and how to handle social situations.

Karl and I get some good “tasty



The “Vegetarian” TV program (see sidebar) airs all VSH meetings several times. The schedule is available by e-mail. To subscribe, send a message to VSH-News-Group-Subscribe@yahoo.groups.com.



On TV...

“Vegetarian”

Olelo, Channel 52
Thursdays 6-7 p.m.

“Animal Rights”

Olelo, Channel 54
Sundays 11-11:30 p.m.

“Tasty & Meatless”

Olelo, Channel 16
Mon., Wed., Sat., 6:30-7 p.m.



...and Radio

Nutrition & You

John Westerdahl, PhD
Ruth Heidrich, PhD
Terry Shintani, MD
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

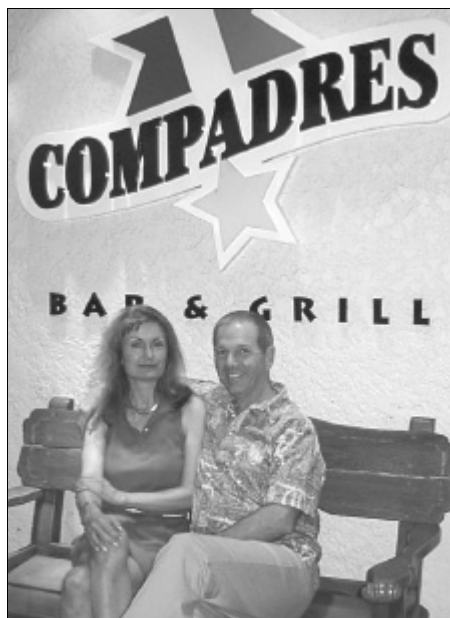
Restaurant Reviews

Compadres Bar & Grill

Ward Center, 591-8307

by Helen Wells, MA

Thank you to the VSH members who had been recommending this restaurant to me for some time. Thanks to co-food-reviewer Karl Seff, I finally found it and enjoyed some delicious vegan fare there.



VSH public relations director Elaine Johnson and Brian Hart.

Although, disappointingly, we learned that the chips and fried bread are fried in the same oil used to cook meat, the salsa is fine and the guacamole is fresh and excellent.

The restaurant is lively and popular. It is brightly decorated in a Mexican motif. Of course. Karl and I saw other VSH members there enjoying

vegan tostados, what manager Dave Pfitzner calls the restaurant's "most popular vegetarian dish. It's a nice light meal for only \$9.50."

Karl and I had the vegan enchilada. I had the plate with one enchilada for \$9.50 and Karl had the plate with two enchiladas for \$13.75. The plate included refried beans (tell the waiter "no cheese"), Spanish rice, and Mexican salad. According to Pfitzner, the Spanish rice has no "chicken anything" and the refried beans contain "no lard." The Mexican salad consisted of diced romaine lettuce, cabbage, and carrots. It was fresh and tasty. The hot items were piping-hot-good, too. I usually put salsa on my refried beans, and I can tell you that the salsa here is definitely worthy of this action.

Two other vegan items on the menu: "Classico Burrito (\$9.00) and Vegetable Fajita (\$12.00)." Say, "no cheese" to make sure you get vegan. The Classico Burrito has red sauce and green sauce. The Vegetable Fajita has your choice of flour or corn tortillas. It also has beans and guacamole. The guacamole is dairy-free. Tell the wait staff to leave off sour cream.

The kitchen closes at 11 p.m. every night except Sunday when it closes at 10 p.m. Vegetarian, but not vegan, pupus are available until midnight.

Ward Center really understands vegetarians. Here is yet another restaurant there that is vegan-friendly. When you crave some good animal-free Mexican food, check out Compadres Bar and Grill.

"It will become us to invoke in our daily prayers the blessings of God, the compassionate, if we in turn will not practice elementary compassion towards our fellow creatures."



Mahatma Gandhi, 1869-1948



Tastes of Saigon

1035 University Ave., 943-0507

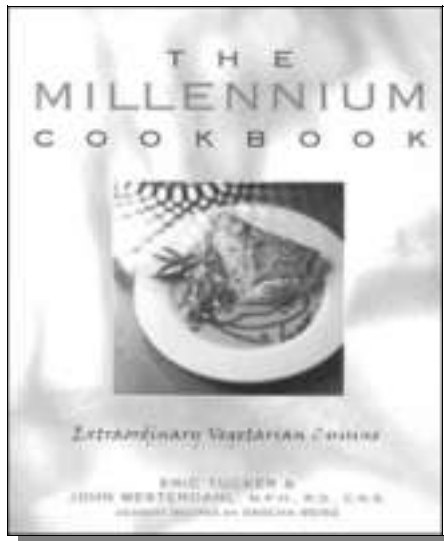
by John Swindle, VSH member

Got Pho?

Pho ("fuh," usually translated "beef noodle soup") may be the Vietnamese dish that is best known in Hawaii. More than one restaurant offers a "vegetarian pho" that, on inquiry, turns out to be vegetarian except for the broth! Is there really such a thing as vegetarian pho?

There is at Tastes of Saigon, a small, inexpensive restaurant across from Varsity Theatres on University Avenue. The menu has a vegetarian section with eleven items including the elusive vegetarian pho. The latter is a bowl of rice noodles in a hot, somewhat bland, vegetarian broth with chunks of tofu and lightly cooked cabbage, broccoli, carrot, onion, and mushroom. On the side is a little plate piled high with fresh basil leaves, another leaf (the waitress and I didn't know what it was called), mung bean sprouts, and a piece of lime. Chopped green peppers are available on request. You tear up the basil leaves, put as much as you want of all this bounty into the soup, and enjoy a hearty meal. That's a treat!

Open Monday-Saturday 10 a.m. to 10 p.m. and Sundays from 10:30 a.m. to 2 p.m. and 5 p.m. to 10 p.m.



The Millennium Cookbook

MILLENNIUM TOFU SPREAD

MAKES 2 ½ CUPS

When you sit down for a meal at Millennium,¹ this spread and some bread are one of the first things to greet you. Tofu spread seems to have developed its own cult following, and why not? With its mixture of caramelized onions and garlic, herbs, and miso, it's a lot more flavorful than butter. It can even be served as a dip or pâté at a party. This recipe is easily doubled.

- 1 yellow onion, cut lengthwise into thin crescents
- 3 cloves garlic, peeled but left whole
- 1 teaspoon sea salt
- ¼ cup nonalcoholic dry white wine, sherry, or vegetable stock
- ½ tsp dried thyme
- ½ tsp dried sage
- ½ tsp minced fresh rosemary
- ½ tsp dried basil
- ½ tsp dried oregano
- ¾ tsp ground pepper
- ¼ tsp ground nutmeg
- ½ cup light vegetable stock or water

12 ounces firm tofu, drained
¼ cup light miso

In a large sauté pan or skillet, cook the onions, garlic, salt, and wine over medium heat until the onions just start to soften, about 5 minutes. Add the thyme, sage, rosemary, basil, oregano, pepper, nutmeg, and vegetable stock. Cover and cook until the liquid evaporates and the onion and garlic are very soft and light brown, about 20 minutes. Remove from heat and let cool to room temperature.

Crumble the tofu into a medium bowl. Add the miso and the onion mixture and blend well. In a food processor, process this mixture, in batches if necessary, until smooth. Serve at room temperature or chilled.

NUTRITIONAL INFORMATION PER TABLESPOON:

33 Calories (27% from fat), 2 g Protein, 4 g Carbohydrate, 1 g Fat, 0 mg Cholesterol, 294 mg Sodium, 0.3 g Fiber

¹ The Millennium Restaurant, San Francisco

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

Thank You Door Prize Donors

Beginning in December 2002 we have awarded door prizes at the start of the VSH monthly public lectures. Arrive a few minutes early to get your ticket.



We wish to thank all those who donated door prizes:

- December—Down To Earth gave three large and lovely vegan prod-

uct baskets.

- January—Mr. Goodburger's gave a gift certificate, Castle Wellness Center gave a gift certificate to a cooking class, and an anonymous donor gave fruit books.
- February—Mr. Goodburger's gave two gift certificates, an anonymous donor gave fruit books and a strawberry platter, and Patrick Moore gave the tape *Milk the Deadly Poison*.
- March—Patrick Moore gave the tape and the book *Milk the Deadly Poison*, an anonymous donor gave fruit books, stationery, and a lady's cherry brooch.

If you would like to donate a door prize, please contact Helen Wells at lovely.goldenrat@verizon.net or see her at one of the meetings. Food items must be vegan and packaged. Other door prizes such as books, tapes, and decorative items, must be on the theme of healthy foods. Mahalo for helping to promote vegetarianism by making our meetings more enjoyable.

(Humane from page 6)

or drugged, and that require that any student expressing a moral or religious objection to performing or witnessing the dissection of an animal be allowed to participate in alternative projects to fulfill academic requirements; these laws also often require instruction in ethics and morality that includes awareness of kind and humane treatment of living creatures.

There is an established link between animal abuse and human violence, including murder, family violence, and property crimes. Humane education challenges the cycle of violence at its core and addresses oppression of human and non-human animals in all forms.

As Socrates said, "The highest realms of thought are impossible to reach without first attaining an understanding of compassion."

TARAHUMARA OF BARRANCAS DE CUPRE

by Ruth Heidrich, PhD

I wanted to see for myself. The Tarahumara runners are legendary for their 24-, 36-, even 72-hour runs. On top of that stunning stamina, they are

shy and reclusive Tarahumara selling their primary handicrafts, beautifully woven baskets.

An early French missionary named them Tarahumara. They call themselves “Raramuri” with “rara” meaning “runners” and “uri” meaning “steep.” Because they are so reclusive, their culture has remained relatively unchanged for the hundreds of years they have lived in these steep-cliffed canyons.

people on each side with a single ball. A player lifts the ball onto the top of his foot and flips it as far as he can. The rest of the players run to it, with either team gaining possession. When the last player remains, the game is over. This may take up to three days - and nights. They play with lighted torches after dark, and their only food is tesguino, milled corn mixed with water to a drinkable consistency. Tesguino comprises 75% of the Tarahumara diet, the remaining food being beans and squash. Tesguino is also their sole food when they travel, since it is lightweight, doesn't spoil, and is easily prepared by being mixed with water in a half gourd that they carry with them. This gives the Tarahumara great stamina and, more importantly, none of them appeared to be protein- or calcium-deficient eating this plant-based diet.

The Tarahumara are such good runners that, for example, in the Leadville 100-miler in 1991 they took first, second, and fourth places. All of this was run on shoes consisting of old tires cut into soles and tied onto their feet with sisal. In fact, most all the children wore these “shoes” as well.



supposed to do this on a diet consisting primarily of corn!

Checking this out, however, was no easy task. The Tarahumara, 60,000 in number, live in Copper Canyon, or Barrancas de Cupre, a very isolated area of Northern Mexico. To get there we traveled by bus to El Fuerte, a quaint, colonial town in the State of Sinaloa, where we boarded the El Chihuahua Pacifico Railroad, also known colloquially as “El Chepe.” The coaches have been beautifully restored and had much of the romance of riding on the Orient Express.

The views crossing the Sierra Madre were nothing less than spectacular. We climbed from near sea level to a high of almost 8,000 ft. Getting there entailed crossing 39 bridges and going through 88 tunnels, at times with switchbacks so extreme we could see ourselves coming and going.

Arriving at Divisadero five hours later, we were greeted by a few of the

Here the soil was poor, and growing their primary crop, corn, was very difficult. Periodic droughts have added to their problems. As a result 70% of the children die before reaching age five from malnutrition resulting from not enough calories, polluted drinking water, and parasites.

Nevertheless, if a child survives, he or she becomes a runner. They grow up playing a game called “Rarajipare.” Two teams consist of seven



Dr. Heidrich out for a run among the huge and unusual cactus plants.

F.R.I.E.N.D.S

Being a Good Citizen & Friend

- Bring veggie soup to a sick friend.
- Show a “beginner” vegetarian where to buy imitation meats.
- Send a vegetarian cookbook to someone you love who lives far away.
- When you pay a bill, attach a veggie-themed sticker or enclose a leaflet.
- Make a little extra of something vegan and yummy, and then treat your neighbor.
- Contact the health teacher at a nearby school and volunteer to be a “veggie” guest speaker (even if they won’t let you discuss vegetarianism *per se*, you can discuss the importance of fruits and vegetables).
- Give Peter Singer’s *Animal Liberation* to high school and college graduates.
- Reward children with fruit, such as grapes or tangerines, not with candy.
- Carry some packaged healthy vegan snack bars in your purse, backpack, or glove compartment for when homeless persons ask for money.
- Post VSH meeting flyers in your office, apartment building, library, place of worship, or school.
- Wear a veggie button or have a bumper sticker to stimulate conversation.
- Try to buy from veggie-friendly stores, but when you can’t, ask the proprietors to carry some, and, most importantly, tell them

(nicely) why.

- Take visitors on a “fruit and vegetable tour” of Chinatown.
- Thank 7-Eleven for starting to sell Silk® soy milk.

Can you think of more?



Lingle, Harris Celebrate “Great American Meatout”

by Laurelee Blanchard

Governor Linda Lingle proclaimed March 20th as “Great American Meatout Day in Hawaii” and urged all citizens to “join her in this special observance.” She encourages citizens to “explore a wholesome diet of whole grains, vegetables, and fresh fruits.”

Honolulu mayor Jeremy Harris also issued a proclamation in support of Meatout.

Meatout events throughout the state included vegetarian food sampling, lectures, videos, letters to officials, leafleting, and school activities.



Laurelee Blanchard with the newest addition to her extended family. Baby Annabelle’s mother goat was killed by a hunter.

Whose Sacrifice?

by Helen Wells, MA

I got into a debate in the middle of McCully Shopping Center parking lot recently when someone tried to sell me a coupon for a chicken dinner fundraiser. Instead of asking him about the reason for the fundraiser, I, of course, focused on the chicken and its death. He gave a rebuttal I’ve heard before: “The world needs sacrifice to go round.” If a vegetarian then responds, “No, it doesn’t,” the meat-eating side argues that even the eating of plants constitutes sacrifice of the plants. (There are fruitarians on the vegetarian side who say this, too, and who only eat certain fruits, saps, and possibly nuts, whose gathering does not result in the death of the parent plant.)

So, what is a good, logical rebuttal to the “sacrifice” argument that is propounded by the meat-eaters? Try this: “Why don’t *you* make the sacrifice? Why don’t *you* give up the chicken?” And in this particular instance: “Why can’t people be asked to *give* to this charity and not expect anything in return, especially not chicken carcasses?”

Really, this so-called “sacrifice” is just abuse -- of power and of animals. It’s also a fallacy of logic. There is no way a chicken is going to volunteer to be tortured and killed, thus the chicken is not sacrificing itself. Instinctively it will wish to preserve its life. So, who is doing the sacrificing? Answer: Nobody! It’s not a sacrifice!

The human might kill the chicken, but doing so in order to eat the chicken is not the same thing as making a sacrifice. In fact, it’s actually the opposite -- selfishness. “Sacrifices” are offered up to something else, usually as an appeasement to, thanks to, or favor-asking of a higher power -- nothing to do with killing a chicken for a fundraiser. Give me a break. There is no sacrifice going on here.

(Interview from page 1)

Joanne: I totally agree with Vesanto. It has been a joy to work with her.

VB: Can you give us an overview of what the book is about? Did you write about specific age groups?

Joanne: The book contains three basic sections: Part One addresses approaches to vegetarian living. This includes the various types of vegetarianism and the myriad reasons people have for becoming vegetarian. It then delves into the psychological effects of choosing an alternative way of eating and/or living, both inside and outside the family structure. Next we cover the sociological ramifications of being “different” and how to navigate effectively within various social settings and groups. We then move into creating a nurturing, supportive environment in the home and keeping the channels of communication and trust flowing. Finally, we cover issues relating to food safety for vegetarians and how to develop a sound protocol for the home kitchen.

Vesanto: Part Two covers all aspects of nutrition beginning with infancy (including nutrition for nursing moms) and going through the teen years and addresses the needs of special groups such as athletes and those who are struggling to maintain a healthy weight. We examine the nutrients of particular interest during the growing years—protein, calcium, and iron—and describe practical and delicious ways to get these into our family’s diet. We also discuss nutrients that are of prime importance in planning vegetarian diets: vitamin B₁₂, zinc, and omega-3 fatty acids and then demonstrate how to assemble simple eating patterns that meet nutrient needs and that your family will like. The menus in the book are accompanied by in-

depth nutritional analyses.

Joanne: Part Three could easily stand alone as a separate cookbook. It contains recipes for all occasions and age groups that are carefully coordinated with the dietary guidelines and sample menus provided in Part Two. We’ve also included a section on resources to give readers a head start on where to find specific products or information beyond the scope of the book.

VB: What do you see as the greatest challenges facing vegetarian parents and their children?

Joanne: There are various challenges for parents, including feeling obligated to explain and defend the choice to be vegetarian to extended family members, other parents, and other adults involved in their children’s lives. There’s also a constant clash with the media, which sends a barrage of contradictory yet persuasive messages to young people. And there’s pressure from children’s peers and often from extended family members. Children must understand *why* their family is vegetarian, and their families need to equip them with the awareness and confidence to feel good about this choice while living in a culture that counters it at every turn.

Vesanto: There are certain nutrient challenges. For example, some parents are not aware, or not convinced, that vegetarians need to include a reliable source of vitamin B₁₂ (which means a fortified food or a supplement) at all

Some parents are not aware, or not convinced, that vegetarians need to include a reliable source of vitamin B₁₂ at all ages. This nutrient is essential to life!

ages, and particularly for our little ones. This nutrient is essential to life!

VB: Do you include any information or thoughts about families that aren’t all vegetarian?

Joanne: Definitely! Our intention with *Raising Vegetarian Children* was to address the needs of families of every size and shape, including families with multiple and diverse eating patterns.

VB: I’m vegan and raising my daughter this way. She’s two and already aware that we eat differently from most everyone around her, but she’s still too young to understand the compassionate reasons.

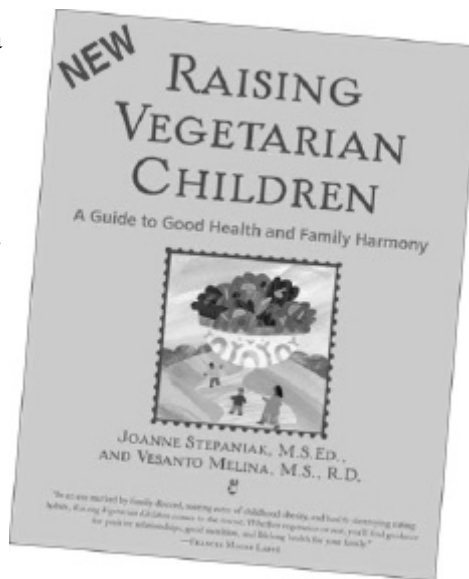
Joanne: We believe that each family must decide how to handle their children’s education around food choices. How parents explain food issues to their children depends on the child’s age and cognitive ability and what the

parents’ motivation is for being vegetarian (ethical, health, environmental, religious, etc.).

VB: Have you included a section in *Raising Vegetarian Children* for parents to use with doctors, other health professionals, and their children’s teachers?

Vesanto: Several decades ago the primary focus of

research on vegetarian diets was whether or not these diets were nutritionally adequate. In recent years themes in the medical literature have shifted to the protective aspects of vegetarian diets and the use of plant-centered diets in the prevention and treatment of chronic disease. *Raising*



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Vegetarian Children includes references from the scientific journals commonly read by physicians.

Joanne: In *Raising Vegetarian Children* we have addressed challenges that could arise when children begin school or preschool and what parents can discuss with teachers, health professionals, or interim caregivers who are not knowledgeable about vegetarian nutrition. We also include a number of practical approaches and resources to help make these potentially sticky situations as productive and supportive for children as possible.

VB: Joanne, did you have to significantly alter your recipe style when coming up with children's menus? What did you draw upon for kid food inspiration?

Joanne: Vesanto and I both were involved with the recipe development, many of which received gold-star approval from young taste-testers. Over the years we've both taught vegetarian cooking classes to children of various ages, so we have a good idea of what appeals to kids and what doesn't.

VB: Do you offer advice to counteract the media and peer pressure to conform?

Joanne: Absolutely! We provide sound, current, scientific information about healthful eating so that parents and children are equipped with the knowledge necessary to respond to opposition. However, the most convincing argument in favor of vegetarianism is example: healthy, happy, satisfied kids who are confident and feel good about their choice.

VB: Many parents are trying to steer clear of meat and dairy analogs because they are processed and higher in sodium or sugar and can contain isolated soy protein or wheat gluten as opposed to "whole food" protein sources. What is your opinion of vegetarian "convenience foods" and their

place in a child's diet?

Vesanto: In our experience some vegetarians prefer a "whole foods" approach—it suits their budgets and food preferences, and they enjoy creating dishes made from less processed ingredients. We are very supportive of this way of eating.

Yet for others veggie meat alternatives save the day. They allow a working parent or busy teen to create bag lunches and snacks in minutes. Vegetarian burgers or dogs from a package let children eat the same sorts of foods as their friends when they're away from home, and they can have the same types of instant meals at home. Recognizing and respecting these different eating styles, we created nutritious menus that suit a variety of lifestyles.

VB: Do you offer resources for vitamin-mineral supplementation for different age groups?

Vesanto: Yes, we are very specific on this topic. We include amounts for different age groups and make recommendations regarding which supplements are required and which are optional.

VB: Have you provided any information for parents of vegetarian children with food allergies?

Joanne: Oh, yes! Many of the recipes in the book were created with food sensitivities in mind. We included information on specific foods to avoid or introduce gradually, especially in families where there is a history of food allergies. In addition, there are a number of menus (with nutritional analyses) that are soy-free, and many of the recipes can be easily adapted. Of course, it's impossible to address every scenario. But because all our recipes are free of dairy and eggs, we already have a jump on two very common food allergens.

Joanne Stepaniak, M.S.Ed., is a columnist, coauthor of Raising Vegetarian Children, and the author of The Vegan Sourcebook,

Being Vegan, Vegan Vittles, The Un-cheese Cookbook, and nine other books on veganism and compassionate living. For more information about her books visit her website at vegsource.com/joanne

Vesanto Melina, M.S., R.D., is an international speaker and dietitian in private practice. She also is the coauthor of Raising Vegetarian Children, Becoming Vegetarian, Becoming Vegan, and Cooking Vegetarian. For more information about her consultation services and workshops visit her website at nutrispeak.com

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Folks, here's a reminder about another popular VSH activity: Hiking! We go every third weekend in the afternoon for about four hours. If you want to be on the e-mail notification list, please email your full name, address, e-mail address, and phone number to Robert Moses at robert@mosesrealty.com.

Remember, we love potatoes on our plate -- not on our couch!
No e-mail? Call 944-VEGI.

WEAPONS OF MASS DESTRUCTION



It doesn't take an arms inspector to spot one of the biggest dangers facing kids today: School lunches are loaded with saturated fat and cholesterol. The reason? The U.S. Department of Agriculture props up sagging farm profits by buying pork, beef, and other products and dumping them into school lunches and other government programs. In September, Secretary of Agriculture Ann Veneman announced that she'd buy another \$30 million worth of pork and push it on kids in school lunches. Last year's total was 420 million pounds of surplus meat. Does anyone really think America's already out-of-shape kids need more pork chops?

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