



# The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOL. 19, ISSUE 1, JAN-MAR 2008

## Inside this Issue:

President's Message	2
Vegan Tidbits	4
In the News	6
Calendar of Events	9
Keeping a Healthy Heart	10
Bruce Friedrich, Peta VP	12
Book Reviews	16
Around the World	17

## Public Lectures:\*

**TERRY SHINTANI, M.D.**

**"HOW TO LOSE UP TO TEN POUNDS IN TEN DAYS AND TURN YOUR HEALTH AROUND"**

Sat., January 12th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

**JEFF NOVICK, M.S., R.D., L.D./N.**

**"HEALTH FOOD V. HEALTHY FOOD"**

Sat., February 9th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

**REP. JOE BERTRAM**

**"REACHING THE SWEET SPOT: THE VEGETARIAN SOLUTION TO GLOBAL WARMING AND OBESITY"**

Sat. March 8th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

\*See page 9 for more information and for Maui meeting dates.

## Maui Vegan Holiday Festival a Grand Success

by Home Le'amohala

VSH member and

Cofounder of the Optimum Living Alliance



On November 17th the Optimum Living Alliance hosted its first major event—the Vegan Holiday Festival—in Haiku, Maui. Maile Moore and Saradha Johnson of Down to Earth flew over from Oahu to give a vegetarian food preparation demonstration, and Brook Le'amohala of the Optimum Living Alliance and Dajah from the Abundant Aina Café gave wonderful eye-opening presentations.

Jerome Kellner, the author of *The Maui Diet*, delivered a robust performance of enthusiasm for life with his insights and wisdom on attaining optimum health *via* the vegetarian lifestyle.



Celebrants pile their plates with a seemingly limitless variety of vegan dishes.

David Johnston provided a moment of joviality with a new form of yoga called "Laughter Yoga," which is based on the notion that laughter in itself is therapeutic and therefore useful as a health aid. David led participants in a warm-up session (it's important to prepare your muscles for a vigorous laughter workout) and had everyone genuinely bubbling with joy. Eloquent keynote speaker author of "Healing Medicine" and "Vitamins and Minerals Demystified," Steve Blake, drew the audience in with his unique ability to present complex dietary concepts in easy-to-

(see *Maui Festival* on page 5)



# PRESIDENT'S MESSAGE

by Alida Rutchick, M.Ed.

## The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii.

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Visit our website for a restaurant guide, TV and meeting schedules, newsletter archives, and more.

### Board of Directors

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Scott Owen Snarr  
William Harris, M.D.  
Alida Rutchick, M.Ed.

Mahalo  
to all our volunteers!

Greetings. As we begin another year, the usual resolutions come to mind. Who of us doesn't vow to eat better, exercise more, sleep earlier, drink more water, and take more time to smell the roses? A great way to become inspired to carry these out is to attend the VSH monthly lectures, where like-minded people gather to support each other in creating healthier lifestyles. I hope we see you there in the future.

The other good news is that the American Medical Association has determined that a healthy diet actually costs less than the Standard American Diet (the "SAD" diet)—on average approximately \$230 a year less. The high cost of meat and other animal products, packaged foods, processed snack foods, and other calorie-laden convenience foods outweighs possibly even the the freshest organic produce. And of course short-term financial advantage is not the only benefit of a high fiber, high nutritional content, low fat, low salt, cholesterol-free lifestyle. Indeed, the American Journal of Clinical Nutrition informs us that those with a higher intake of whole grains may have a higher sensitivity to insulin and would thus be at lower risk of Type 2 diabetes. And even the American Cancer Society is recommending vegetables in the fight against cancer: cruciferous vegetables (broccoli, cauliflower), tomatoes (lycopene for protection against prostate and ovarian cancer), blackberries, blueberries, strawberries, carrots, oranges, pomegranates (look for bright and yellow pigments), hot red peppers (containing capsaicin, a potential cancer-fighter) and more. In fact, one European study, the largest to date on this topic, found that the higher the fiber intake, the lower the likelihood of colorectal cancer (and as we have been reminded, plant foods are nearly entirely fiber, while animal food have zero fiber). We are also told (*Neurology*, v. 67) that the high levels of antioxidants in veggies seem to protect memory and thinking in older adults—those who ate more veggies daily had up to "40% less mental decline" over a six-year period than those who ate less.

Our kudos to Scott Snarr on the occasion of his debut issue of Island Vegetarian. In the midst of moving and adjusting to another country (Taiwan), starting a new career as a teacher, learning a new layout program (for the Mac), and missing his friends (us!), he is facing this new challenge with enthusiasm and responsibility. This gives me hope that we may in fact have a next generation of VSH leaders in the wings. Scott plans to return to Hawaii in the future to continue his active participation with our organization. In the meantime, it's a wonder what can be accomplished with the Internet and other technology. We welcome our long-time volunteer Scott to this important position.



## Annual Meatout Observance to Focus on Heart Health

This March, animal, consumer, environmental protection, and health advocates in a thousand communities in all 50 states and two dozen other countries will welcome spring with the slogan “Kick the Meat Habit—It’s Good for Your Heart!” They will ask their friends and neighbors to “kick the meat habit on March 20th (first day of spring) and to explore a healthy plant-based diet.”

Some will offer passersby samples of wholesome, convenient, delicious veggie burgers, soy dogs, and “chicken” nuggets. Others will hold a gamut of colorful educational events ranging from elaborate Lifestivals and a Congressional reception to public dinners, cooking demonstrations, exhibits, and information tables called Steakouts. They will promote plant-based deli slices, veggie burgers, soy dogs, heat-and-eat dinners, and soy-based milk and ice cream—all available in local supermarkets.

A vigorous billboard and bus card advertising campaign combined with extensive media coverage will carry the Meatout message to millions. Nearly 30 governors and mayors, including Hawaii Governor Linda Lingde and Honolulu Mayor Mufi Hanemann, are expected to issue

Meatout proclamations promoting consumption of vegetables and fruits.

This is the 24th annual observance of the Great American Meatout, the world’s largest annual grassroots diet education campaign. Celebrity headliners include Joaquin Phoenix, Alicia Silverstone, Bill Maher, James Cromwell, Casey Kasem, Mary Tyler Moore, and Ed Asner.

Meatout draws massive support from public officials, health care providers, educators, the mass media, and meat-free food manufacturers and retailers. They believe that consumers are entitled to a respite from and a response to the relentless barrage of meat industry propaganda in schools, in the media, and in the streets.

This year’s observance reflects major dietary developments:

- Hardly a month passes without another study linking consumption of animal products to heart disease, stroke, cancer, or other chronic diseases that kill 1.3 million Americans annually.
- All mainstream health advocacy organizations now encourage greater consumption of vegetables and fruits, including meat substitutes such as dried beans, peas, lentils, or tofu.
- California, New York, Florida, and Hawaii legislatures have called for daily vegan school lunch options.
- Meat and dairy replacement products are now available in nearly every supermarket.

## LETTERS TO THE EDITOR

*The Island Vegetarian welcomes letters to the editor. Submissions should be 75-200 words in length and clearly marked as “Letter to the Editor.”*

*We also welcome articles on vegetarianism 300-700 words in length, especially those of local interest or about current events.*

*We reserve the right to edit all submissions for accuracy, clarity, length, and relevance to the mission of our organization.*

*The submission deadline for the next newsletter is March 1, 2008.*

*Please send submissions to:*

[info@vsh.org](mailto:info@vsh.org)

OR

Vegetarian Society of Hawaii  
P.O. Box 23208  
Honolulu, HI  
96823-3208

- An increasing number of fast food chains provide vegetarian options.

The global Meatout observances are coordinated by FARM, a U.S. nonprofit public-interest organization. Individual events are conducted by local consumer and animal protection groups.





## Vegan Tidbits

by Scott Owen Snarr  
VSH Newsletter Editor

### Come Sign All Ye Faithful

Over twenty faiths were represented at Best Friends Animal Society's November 7th "Religious Proclamation for Animal Compassion."

The historic proclamation calls on people of all faiths to recognize animals as an important part of creation and to help end their suffering by making "conscientious food and clothing choices by reducing meat consumption and refusing to wear fur," among other things. Read the full proclamation and help Best Friends collect one million signatures by signing your name at [www.bestfriends.org/signproc](http://www.bestfriends.org/signproc).

### Got Lawyers?

The California Milk Processor Board (CMPB) is filing a lawsuit against People for the Ethical Treatment of Animals for their parody of the "Got Milk?" trademark.



PETA appears confident that the law is on its side and that the conflict will only bring about a flood of much wanted attention to its campaign. "They basically handed this one to us on a silver platter," remarks PETA campaign manager Lindsey Rajt.

Among the other milk spoofs that PETA has created are Got Zits?, Got Diabetes?, and Got Sick Kids?.

*Google news search: "Got Milk? PETA"*

### Fast Food Gets Slowed

South Los Angeles is considering banning the establishment of any more fast food restaurants in the area for the next year or two. City councilwoman Jan Perry, who is spearheading the proposed ordinance, explains that the area has the highest percentage of fast-food restaurants in the city while grocery stores are few and far between. Called "health zoning," the ordinance is intended to bring more choices about what to eat to the people in the area, of whom a whopping 30% are obese.

*Google news search: "Jan Perry fast food ban"*

### Vegetarian Wednesday

Thanks to the simple idea of a ten-year-old Michigan girl and her dad, thousands of Americans are cutting back their meat consumption by 1/7th.

Josh Mugele and his daughter Eleanor decided to stop eating meat one

## VSH Dining Guide Updated

The VSH online Dining Guide to Oahu has been freshly updated, thanks to the work of our Board members Jim Brown and Karl Seff. The guide contains over one hundred listings of vegetarian-friendly restaurants, caterers, and natural food stores and mentions a few of the more veg-friendly items available at each one. A new printed version of the dining guide will also be available soon. You can find the online version on our website at:

[www.vsh.org/Veg-Friendly-Businesses.htm](http://www.vsh.org/Veg-Friendly-Businesses.htm)

day a week because of a combination of concerns about animals, the environment, and health. Their "Vegetarian Wednesday" blog has brought them more attention than they ever expected. Articles about the campaign have appeared in Ann Arbor News and the Humane Society of the United States website, and the idea has caught on with people as far away as Mumbai, India.

For full-time vegetarians, one meatless day a week may seem like a small step. But for friends and family who are ready to take that step, there is a bandwagon heading in the right direction.

Visit [www.VegetarianWednesday.net](http://www.VegetarianWednesday.net)

*Design by Andy Kerr*



The wildly successful Got Milk? campaign has spurred more than a hundred spoofs, including everything from Got Jesus? to Got Democracy? to Got Polyester?. The CMPB has laughed off these spoofs all the way to the bank until now. Apparently, PETA's "got pus? Milk does" slogan has hit them where it hurts.



**vegetarian wednesday**  
**take a break from your usual habits.**

*(Maui Festival continued  
from page 1)*

comprehend layman terms. Drawing the connection between a meat-based diet and heart disease, osteoporosis, and diabetes, he provided insights on ways to avoid and dismantle these ailments that are so common in our culture.

Master chef Paul Fiske assisted by Marshall Paul and Forest Chyz delivered a grand, holiday-themed vegan feast. Consuelo Bronick generously allowed the use of her catering kitchen by the Optimum Living Alliance cooking staff, including her serving ware. As the feasting waned, Home and Brook Le'amoahala took the stage and presented some of the lesser known attributes of adherence to a vegetarian lifestyle, partly in prose and partly in song. To punctuate their performance they announced the winners of the Food Preparation Contest as well as the raffle prize winners and gave away over eight hundred dollars' worth of prizes that were donated by generous vendors in the community, including massages, colonics, home prepared dinners by master chefs, dinner for two at the Blossoming Lotus Restaurant on Kauai, and the Vegan Fusion World Cuisine recipe book.

To top off the event, Mateus and his band Positivity played spirited, uplifting music for dancers and toe-tappers alike. The sound system was contributed by a generous A.V. company and an independent sound man named Robin.

Unique to this event was the "no trash" policy that bade comers to bring their own non-disposable plates, cups, and utensils, consistent with the environmental values of a plant-based diet and lifestyle. A station was provided for washing the plates and composting uneaten food.

Tagi Gorg oversaw the children's play area and activities with help from

Magician Neil Bruce and kid entertainer Happy Dan the Music Man.

Total attendance was just over two hundred people, all of whom departed with a newfound sense of how delightful the holidays can be without resorting to complicity in the suffering of our fellow inhabitants on Earth. Peace on earth may have come just a little closer to us that evening.

*More information on the Optimum Living Alliance is available at [ola-life.org](http://ola-life.org).*

## **The Most Vegetarian-Friendly Universities Announced**

PRESS RELEASE—More than 10,000 people have spoken, and Northwestern University—a newcomer to the contest this year—has been voted the most vegetarian-friendly university in the U.S. in an online contest sponsored by peta2, the world's largest youth animal rights organization.

Among the options that have both vegetarian *and* non-vegetarian Northwestern students raving are the vegan riblets, egg-and-dairy-free pancakes, and faux chicken pitas. Moving up from fourth place last year to first runner-up this year is Yale University, which offers vegan pizza, curried sweet potatoes, and Indonesian noodle dishes.

Why are more and more students choosing meat-, egg-, and dairy-free foods? One reason

is for better health. Consumption of meat and other animal products has been conclusively linked to heart disease, strokes, diabetes, obesity, and several types of cancer. Both the American Dietetic Association and the Dieticians of Canada have endorsed vegetarian diets. And going vegetarian is also the best way to help stop the daily abuses of billions of animals raised and killed for food every year.

"We congratulate all our winners for meeting their students' growing hunger for healthy, delicious, and humane vegetarian food," says peta2 Assistant Director Dan Shannon. "At every meal these schools are proving that keeping fit, trim, and healthy—and helping animals at the same time—has never been easier."

The winners were chosen from among 30 U.S. nominees *via* student recommendations, feedback through MySpace and Facebook, and direct communication with the schools. The University of Toronto took top honors among Canadian schools.

To read more about the U.S. and Canadian winners, please visit [peta2.com/College](http://peta2.com/College).

### **2007 Top Ten Most Vegetarian-Friendly Universities in the U.S.**

1. Northwestern University, Chicago, IL
2. Yale University, New Haven, CT
3. University of California-Berkeley, CA
4. Humboldt State University, Arcata, CA
5. University of Puget Sound, Tacoma, WA
6. Brown University, Providence, RI
7. Indiana University, IN
8. Boston University, MA
9. Georgetown University, Washington D.C.
10. University of Florida, Gainesville, FL



# IN THE NEWS

## Morningstar Farms To Use One Million Fewer Eggs

Earlier this year Compassion Over Killing (COK) and Vegan Outreach (VO) teamed up with caring people everywhere in urging Morningstar Farms, a Kellogg subsidiary that has been

making vegetarian foods for over 25 years, to offer more vegan items by removing eggs from its products.

After receiving thousands of letters from consumers and after discussing this topic with COK and VO, Morningstar Farms is taking a meaningful step in that direction.

According to company spokeswoman Kathleen Eckler, in 2008 “Kellogg is reducing the amount of eggs we use in our Morningstar products by a minimum of one million eggs. We’re committed to announcing even more new vegan products for our customers.”

By reducing Kellogg’s egg usage by more than a million eggs per year, nearly 4,000 fewer laying hens will suffer in factory farms each year.

Please call Kellogg today to thank the company for its compassionate decision and to let it know that you’re looking forward to seeing more vegan products from Morningstar Farms in the near future: 1-800-962-1413 (press 9).

More than 95% of eggs produced in the U.S. come from hens confined

inside barren wire battery cages so restrictive they can barely move, let alone engage in many of their most natural behaviors including spreading their wings, perching, or walking. Battery-caged hens are typically provided with a meager 67 square inches of space in which to live—that’s less

floor space than the size of one sheet of

book paper. For more information about the horrors of egg factory farms, please visit [EggIndustry.com](http://EggIndustry.com).

The Vegetarian Society of Hawaii was one of more than fifty groups who joined the campaign and helped bring about this victory for animals.

## Milk and Egg Allergies Harder to Outgrow

NEWSWISE—Considered “transitional” a generation ago, milk and egg allergies now appear to be more persistent and harder to outgrow, according to new research from the Johns Hopkins Children’s Center.

In what are believed to be the largest studies to date of children with milk and egg allergies, researchers followed more than 800 patients with milk allergy and nearly 900 with egg

allergy over 13 years. They found that, contrary to popular belief, most of these allergies persist well into the school years and beyond. Reports on the two studies appear in the November and December issues of the *Journal of Allergy and Clinical Immunology*.

“[T]he prognosis for a child with a milk or egg allergy appears to be worse than it was 20 years ago,” says lead investigator Robert Wood, M.D., head of Allergy & Immunology at Hopkins Children’s. “Not only do more kids have allergies, but fewer of them outgrow their allergies, and those who do, do so later than before.”

Earlier research suggested that three-quarters of children with milk allergy outgrew their condition by age 3, but the Johns Hopkins team found that just one-fifth of children in their studies outgrew their allergy by age 4, and only 42 percent outgrew it by age 8. By age 16, 79 percent were allergy-free.

Similar trends were seen in the egg-allergy group. Only 4 percent outgrew this allergy by age 4, 37 percent by age 10, and 68 percent by age

16. Milk and egg allergies are the two most common food allergies in the United States, affecting

3 percent and 2 percent of children, respectively.

“We’re committed to announcing even more vegan products for our customers.”

“Not only do more kids have allergies, but fewer of them outgrow their allergies, and those who do, do so later than before.”



## State Is Feeding Inmates' Hunger for Healthy, Nonviolent Meals

Honolulu—With the demand for meatless options rising at an unprecedented rate, the healthy and humane trend has even found its way behind bars. PETA researched which states are doing the best job of meeting their prison inmates' hunger for meatless meals, and the results are in: Hawaii has placed seventh on PETA's list of the Top 10 Vegetarian-Friendly State Prison Systems.

Prison food has traditionally gotten a bad rap, but you won't hear many complaints from vegetarians and vegans who are serving time in Hawaii. The vegetarian shepherd's pie, grilled tofu slices, and vegetarian teriyaki burgers have inmates asking for seconds.

PETA wants every state to mandate vegetarian options for prisoners—just as the federal prison system did after a PETA member and then-federal inmate filed a lawsuit because he was being denied vegan meals. Numerous inmates who are hoping to make positive changes in their lives have written to PETA for information about going vegetarian for health or animal welfare-related reasons.

"Whenever you see convicted criminals turning away from a violent animal-based diet, it's a good sign," says PETA Vice President Bruce Friedrich. "We commend Hawaii for helping to protect its inmates' health and deeply held beliefs."

Idaho took first place on PETA's list with menu items such as lentil shepherd's pie, vegan pizza and hotcakes, meatless sausage, and an array of vegan cakes, cookies, and pies. Massachusetts—with its mock-chicken cutlets, nuggets, and stew as well as the standby veggie burger—locked up second place. New Hampshire, Georgia, Utah, Pennsylvania, Tennessee, Kansas, and North Dakota rounded out the top 10. Each state will receive a framed certificate and a letter of appreciation from PETA.

To read the complete results of the survey, please visit PETA's website [GoVeg.com](http://GoVeg.com).



# WE WILL

by M. 'Butterflies' Katz



We will always be mindful of spreading the word,  
that the vegan ideal is the best we have heard.  
Our love for the animals will guide what we say—  
We will express what we know in a gentle way.  
We will be the example of the truth that we teach,  
so that people can witness the heights they can reach.  
By maintaining our bodies in excellent health,  
we exemplify a vegan's bountiful wealth.

We will share all the plant foods that vegans can eat;  
all the vibrant colors; both savory and sweet.  
With our food and our stamina being so good,  
people will see that they haven't understood  
how important it is for our diet to evolve,  
and the planetary problems we could resolve.  
For the vegan concept will magically bring  
a multitude of benefits to everything.

We will strive to expand our heartfelt compassion  
until loving animals is world-wide fashion.  
We won't pay for by-products like "blood and bone,"  
but will make our gardens "veganically" grown.  
We will read the ingredients before we buy.  
Our dollars won't ask for an animal to die.  
We will oppose cruelty with each passing year  
until all the animals can live free of fear.

We won't give up until that longed-for day arrives  
when it's inconceivable to exploit other lives.  
There will come a time, when people will wonder how,  
man could earn his "living" by slaughtering a cow.  
We will bring about a gentle and new age  
where the innocent are free from all human rage.  
We will be vegan and usher in a world of peace,  
heading for that time when speciesism will cease.

See [www.veganpoet.com](http://www.veganpoet.com)



“Healthy Whole Foods in a Flash” was the topic of Chef Leslie Ashburn’s demonstrations on Oahu and Maui in October.

## VSH Events 4Q2007



The touching film, “Peaceable Kingdom,” was shown in place of a lecture in November.



In December Jim Mason gave a superb, balanced, and articulate presentation of the contents of his book *The Way We Eat: Why Our Food Choices Matter*; followed by a lively question-and-answer session.

# Donate, Join, or Renew today!

## Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_

Work Phone: (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

# \_\_\_\_\_ D \_\_\_\_\_ Ex \_\_\_\_\_

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

1 yr.    2 yrs.    3 yrs.    4 yrs.    5 yrs.

Regular

\$20     \$38     \$54     \$68     \$80

Full-time student

\$12     \$24     \$36     \$48     \$60

Couple or Family

\$30     \$57     \$81     \$102     \$120

Life membership \$400

\$\_\_\_\_\_ additional tax deductible donation

Contact me about volunteer opportunities.

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

**SAVE  
on Multi-Year  
Memberships/  
Renewals!**

**Members receive a  
quarterly newsletter  
and discounts on  
products and serv-  
ices at vegetarian-  
friendly restaurants  
and health food  
stores.**





# Vegetarian Society of Hawaii

## Calendar of Events January-March, 2008

### TERRY SHINTANI, M.D.

**“How to Lose up to  
10 Pounds in 10 Days and  
Turn Your Health Around”**

**Saturday, January 12th, 7 p.m.  
McCoy Pavilion,  
Ala Moana Beach Park**

- 10 days to better health
- 5 big weight loss lies
- Why America is fat: our obesity epidemic
- How to eat more carbs and control blood sugar
- 7 dangers of protein

For more info, go to [WebHealthForYou.com](http://WebHealthForYou.com)

Terry Shintani, MD, JD, MPH is a Harvard-trained nutritionist and physician. He currently serves as the Associate Chair of the Dept. of Complementary and Alternative Medicine of the University of Hawaii Medical School. He is on the national advisory board to the American College of Lifestyle Medicine. He is the author of the *Eat More, Weigh Less® Diet*, and the *Good Carbohydrate Revolution*. His program won the highest national award from the U.S. Secretary of Health and he has been featured in Newsweek, CNN News, CBS This Morning, Dateline NBC, and the Encyclopedia Britannica.

**Dr. Shintani will also be speaking on Maui:  
Tuesday, January 15th, 7 p.m.,  
Cameron Center, 95 Mahalani St., Wailuku.**



### JEFF NOVICK, M.S., R.D., L.D./N.

**“Health Food v. Healthy Food”**

**Saturday, February 9th, 7 p.m.  
McCoy Pavilion, Ala Moana Beach Park**

Jeff Novick, R.D., will take us on an eye-opening and often hilarious walk down the grocery store aisles. He will demonstrate how to tell the difference between "health food" and healthy food and how to understand food marketing and labels, and he will tell us why this is so important to our health.

Jeff Novick is a nutrition educator in Florida, where he teaches the prevention, management, and reversal of disease through nutrition and lifestyle modification. He is also the most recent addition to the staff at the prestigious McDougall Program. Jeff is known for his insightful, humorous workshops that have audiences laughing and learning. He is a registered dietitian and holds undergraduate and graduate degrees from Indiana State University in Food and Nutrition and in Exercise Science. He combines all this with a background in culinary arts.



**Mr. Novick will also be speaking on Maui:  
Friday, February 8th, 7 p.m.,  
Cameron Center, 95 Mahalani St., Wailuku.**



### REP. JOE BERTRAM

**“Reaching the Sweet Spot:  
The Vegetarian Solution to Global Warming and Obesity”**

**Saturday, March 8th, 7 p.m.  
McCoy Pavilion, Ala Moana Beach Park**

Legislatures nationwide are beginning to grapple with these seemingly disparate issues, and recent studies have shown that vegetarianism can provide answers for both. Rep Bertram will share research and legislation that take advantage of this confluence of crises to reach that “sweet spot”—a new awareness of the comprehensive vegetarian solution.

Joe Bertram III is a member of the Hawaii State House of Representatives for the 11th District, Island of Maui—Kihei/Makena/Wailea. He is vice-chair of the House Higher Education Committee and a member of the Education Committee, the Health Committee, the Human Services & Housing Committee, and the International Affairs Committee. He is known for his work in establishing green belts, open spaces, bikeways, and coastal management plans on the island of Maui. He is also working toward the construction of a second general hospital there.

**Rep. Bertram will also be speaking on Maui: Friday, March 7th, 7 p.m.,  
Cameron Center, 95 Mahalani St., Wailuku.**

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## Keeping a Healthy Heart

Heart disease is the number one health problem in the United States, accounting for more than 1 million heart attacks and 500,000 deaths each year.<sup>1</sup> Because we now know what causes heart attacks, we can prevent them. Studies show that people who have heart attacks often have high cholesterol levels; many also have high blood pressure. Heart attacks are rare when these symptoms are controlled.

### Cholesterol and Your Heart

A total cholesterol value above 200 mg/dL may indicate a greater risk for heart disease.<sup>2</sup> [Editor's note: *It has been found that men with a cholesterol level of 200 have a 50% chance of dying from MI (heart attack). On the other hand, we have never heard of an MI in a patient with a cholesterol below 150.*] Elevated cholesterol levels promote atherosclerosis—the buildup of cholesterol, fat, and cells in the arteries that feed the heart muscle. When these arteries become clogged, a section of the heart loses its blood supply, leading to a heart attack.

Fortunately, this process can be reversed without drugs and their side effects. Dr. Dean Ornish demonstrated this fact in his landmark study of patients with advanced heart disease. Ornish put a group of patients on a completely vegetarian diet, which was less than 10 percent fat. They were also asked to begin a moderate exercise program—consisting of walking a half hour each day—and were taught relaxation techniques. Patients in this group found that their chest pain disappeared and their cholesterol levels dropped at a rate comparable to that of cholesterol-lowering drugs—but without the side effects. Because the patients felt so much better, they were motivated to stick with

this program. The plaques that had been growing in their hearts for decades actually started to dissolve within one year.<sup>3</sup>

A study of more than 29,000 healthy postmenopausal women concluded that those who got a lot of their protein from red meat had a 40 percent greater chance of dying from heart disease within 15 years than those who got most of their protein from other sources; the study also found that women who relied on plant-based protein sources, such as nuts and beans, were 30 percent less likely to die of heart disease than women who ate more meat.<sup>4</sup> *The American Journal of Clinical Nutrition* published a study in which patients with high cholesterol and at a high risk of heart disease were prescribed a diet rich in soy, fiber, and vegetables; those who stuck to the diet for a year lowered their cholesterol levels by an average of 29 percent.<sup>5</sup>

As Ornish and other researchers have demonstrated, a vegan diet is the best way to reduce cholesterol levels. Plant foods contain no cholesterol, whereas meat, eggs, and dairy products contain high amounts of cholesterol, saturated fat, and concentrated protein—all of which are harmful substances. Also, the high fiber content of a vegetarian diet helps “wash away” excess cholesterol in the body’s digestive tract; meat, eggs, and dairy products do not have any fiber at all.

### What You Can Do

It’s never too late to change your habits and improve your health. For breakfast, enjoy flavored oatmeal, cereal, bagels, or fresh fruit. For lunch, try salads, vegetable-stock soups, or soy-based burgers and hot dogs. For dinner, make spaghetti with marinara sauce instead of meat sauce, bean burritos, or vegetable lasagna (using soft tofu instead of ricotta cheese). Virtually any meat-based dish can be made with vegetables or

low-fat soy substitutes that mimic the taste of meat.

The following are some other ways to keep a healthy heart:

- Eat legumes, grains, vegetables, and fruits, and avoid meat, eggs, and dairy products.
- Include high-fiber foods in your diet. Whole-wheat bread, brown rice, oats, and vegetables supply fiber, which helps lower cholesterol.
- Avoid dairy products—they contain cholesterol and saturated fat. Calcium can be obtained from vegetables, nuts, and beans.
- Avoid tobacco. Smoking promotes atherosclerosis and robs the body of oxygen.
- Have your blood pressure and cholesterol level checked regularly.
- Exercise regularly. Walking, running, tennis, and other activities that increase the heart rate are helpful.

Visit [GoVeg.com](http://GoVeg.com) for delicious vegetarian, eggless, and dairy-free recipes.

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# Vegetarianism in Popular Culture

by Alyssa Tsuchiya,  
VSH member

“History, it has been said, is the province of winners,” wrote Oxford Professor Andrew Linzey in the foreword of *Vegetarian America: A History*. “Overwhelmingly the omnivores have



won, and have, perhaps unconsciously, written history from their point of view.”<sup>1</sup> This lack of good vegetarian representation is with us still. The poor portrayal of vegetarianism in popular culture perpetuates this stigma.

Hippie-esque Phoebe on “Friends” introduced vegetarianism to the masses. However, with her bizarre past, lack of common sense, and tendency to promote unusual ideas (she believes that her friend was reincarnated into a pencil),<sup>2</sup> she is regarded as radical, flaky, and even insane. Because of this, vegetarians are often seen as lunatics.

The media scrutiny of the death of 6-month-old Woyah Andressohns also promoted this stigma. Woyah



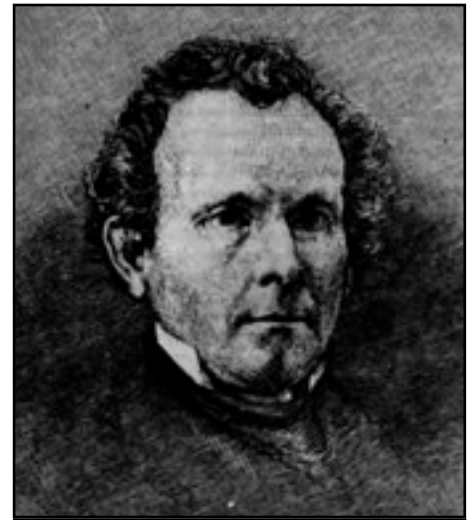
Shows like “Friends” have contributed to negative stereotypes about vegetarians.

starved to death on a diet of wheat grass and almond and coconut juice. Every year about 1,500 children die of child abuse or neglect.<sup>3</sup> However, the case blew up when the press learned that Woyah's parents kept her, along with their four other children, on a

vegan diet. Although all of the Andressohns’ children were underweight for their ages, it was not because they were vegan—they simply were underfed.

America’s omnivorous disposition originated ages ago. The frontiersman “entered the North American mythology as a symbol of masculinity, the crackshot who could always put meat on the table.”<sup>4</sup> “To overeat was common, to be overweight was considered healthful...”<sup>5</sup> Another American’s misconceptions about food: “... until late in the nineteenth century, all foods were thought to have the same nutritional value.”<sup>6</sup> America’s love affair with meat and its dislike of vegetables may be rooted in the cholera epidemic of 1832, when physicians recommended that “one should eat large portions of meat and drink plenty of port to cheat the cholera.” Even the government backed the plan.<sup>7</sup> Of course, these recommendations were not based on science—the belief was that all sickness was God’s will.<sup>8</sup>

In the years following, outspoken vegetarian advocates made the cause even more unpopular. Realizing that many vegetarians had survived the epidemic, a man named Sylvester Graham (yes, the guy who invented Graham crackers) became a vegetarian crusader.<sup>9</sup> Despite his following of “Grahamites,” his passionate speeches against meat and the delusions of the American public (“especially physicians”) about health were met with death threats from physicians and meat-makers. When he



Sylvester Graham (1794-1851)

died at 56, his credibility had been destroyed, and the American public went on their meat-eating ways.<sup>10</sup>

Even modern-day activists can be off-putting. People for the Ethical Treatment of Animals (PETA), one of the more well-known animal advocacy organizations, often uses shock tactics in its campaigns to bring attention to various animal welfare problems. PETA’s president, Ingrid Newkirk, believes that “by being rude and in your face, the activists are turning up the volume on abuse.”<sup>11</sup>

However, there is hope that vegetarianism will become mainstream, not despite, but because of, shows like “Friends.” A look at the media’s portrayal of “alternative lifestyles” reveals a pattern. At first looked down upon and poorly stereotyped, even negative exposure eventually results in degrees of acceptance: Before “Three’s Company,” bachelorhood was seen as a diseased state, but that stereotype is very different today.<sup>12</sup> The same goes for attitudes toward the disabled, women, and homosexuals. Hopefully someday the public will not remember a time when vegetarians were stereotyped, and ironically, much of the thanks for this will be to Phoebe. And maybe by then omnivores will have achieved a stereotype of their own!

(References on page 18)





# PETA VP Argues Vegetarianism is the Best Way To Help the Planet

by Bruce Friedrich

In 1987 I read “Diet for a Small Planet” by Frances Moore Lappé and—primarily for human rights and environmental reasons—went vegan. Two decades later I still believe that, even leaving aside all the animal welfare issues, a vegan diet is the only reasonable one for people in the developed world who care about the environment or global poverty.

Over the past 20 years the environmental argument against growing crops to be fed to animals so that humans can eat the animals has grown substantially. In November 2006 the environmental problems associated with eating chickens, pigs, and other animals were the subject of a 408-page United Nations scientific report titled, “Livestock’s Long Shadow.”

The U.N. report found that the meat industry contributes to “problems of land degradation, climate change and air pollution, water shortage and water pollution, and loss of biodiversity.” The report concludes that the meat industry is “one of the...most significant contributors to the most serious environmental problems, at every scale from local to global.”

## Eating Meat Is the No. 1 Consumer Cause of Global Warming

Al Gore and Leonardo DiCaprio have brought the possibility of global cataclysm into sharp relief. But what they have failed to mention is that raising pigs, chickens, cattle, and other animals contributes to 18 percent of global warming emissions, which is more than all SUVs, 18-wheelers, jumbo jets, and other forms of transportation combined.

Gore and DiCaprio might not be talking about the connection between meat and global warming, but the Live Earth concert that Gore inspired is. The recently published “Live Earth Global Warming Survival Handbook” recommends, “Don’t be a chicken. Stop being a pig. And don’t have a cow. Be the first on your block to cut back on meat.” The Handbook further explains that “refusing meat” is “the single most effective thing you can do to reduce your carbon footprint.”

And Environmental Defense on its website notes, “If every American skipped one meal of chicken per week and substituted vegetables and grains...the carbon dioxide savings would be the same as taking more than half a million cars off of U.S. roads.” Imagine if we stopped eating animal products altogether.

## Eating Meat Wastes Resources

Feeding grains, soy, or oats to livestock is exponentially more wasteful than eating grains directly. An animal is fed ten times the calories it gives back in food. That’s like tossing more than ten plates of spaghetti into the trash for every one plate you eat.

And think about the extra stages of production that are required to get dead chickens, pigs, or other animals from the farm to the table:

- Growing more than 10 times as much corn, grain, and soy (with all the tilling, irrigation, pesticides, and so on)
- Trucking the feed to the factory farms

- Operating the feed mills (which require massive amounts of resources)
- Operating the factory farms
- Trucking the animals many miles to slaughterhouses
- Operating the slaughterhouses
- Trucking the meat to processing plants and then to supermarkets
- Operating the meat processing plants
- Keeping the meat refrigerated

With every stage come massive amounts of extra energy usage, and with that come heavy pollution and massive amounts of greenhouse gases.

## Eating Meat Wastes and Pollutes Water

All food requires water, but animal foods are exponentially more wasteful than vegan foods. Enormous quantities are used to irrigate the corn, soy, and oat fields that are dedicated to feeding farmed animals, as well as in factory farms and slaughterhouses. According to the National Audubon

“...raising animals for food takes about as much water as all other uses of water combined.”

Society, raising animals for food takes about as much water as all other uses of water combined. Environmental author John Robbins estimates that it

takes about 300 gallons of water to feed a vegan for a day, four times as much water to feed an ovo-lacto-vegetarian, and about 14 times as much water to feed a meat eater.

Raising animals for food is also a water-polluting process. According to a report prepared by U.S. Senate re-

*(continued on next page...)*

(...continued from previous page.)

searchers, animals raised for food in the U.S. produce 86,000 pounds of excrement per second—that's 130 times more than the amount of excrement produced by the entire human population of the U.S.! Farmed animals' excrement is more concentrated than humans' and is often contaminated with herbicides, pesticides, toxic chemicals, hormones, antibiotics, and other harmful substances. According to the Environmental Protection Agency, the runoff from factory farms pollutes our rivers and lakes more than all other industrial sources combined.

### Eating Meat Destroys the Rain Forests

The World Bank recently reported that 90 percent of all Amazon rain forest land cleared since 1970 is used for meat production. It's not just that we're destroying the rain forests to make grazing land for cows—we're also destroying it to grow feed for them and other animals. KFC was the target of a Greenpeace campaign against the destruction of rain forests



because the Amazon is being razed to grow feed for chickens that end up in KFC's buckets, but KFC isn't the only culprit.

### What About Eating Fish?

Anyone who has read the news lately should know that commercial fishing fleets are plundering the oceans and destroying sensitive aquatic ecosystems at an incompre-

hensible rate. One super-trawler is the length of a football field and can take in 800,000 pounds of fish in a single netting. These trawlers scrape along the ocean floor, clear-cutting coral reefs and everything else in their paths. Hydraulic dredges scoop up huge chunks of the ocean floor to sift out scallops, clams, and oysters. Most of what the fishing fleets pull in isn't even eaten by human beings; half of it is fed to animals raised for food, and about 30 million tons of fish are tossed back dead into the ocean with disastrous and irreversible consequences for the natural biological balance.

Then there is aquaculture, or fish farming, which is increasing at a rate of more than 10 percent annually. Aquaculture is even worse than commercial fishing because, for starters, it takes about four pounds of wild-caught fish to reap just one pound of farmed fish, which eat fish caught by commercial trawlers. Farmed fish are often raised in the same water that wild fish swim in, and fish farmers dump antibiotics into this water, contaminating the oceans and seas. Researchers at the University of Stockholm demonstrated that the horrible environmental impact of a fish farm extends to a volume of space up to 50,000 times larger than the farm itself.

### Conclusion

The case against eating animal products is ironclad; it's not a new argument, and it goes way beyond just global warming. Animals will not grow or produce flesh, milk, or eggs without food and water; they won't do it without producing excrement; and the stages of meat, dairy, and egg pro-

duction will always cause pollution and be resource-intensive.

The U.N. report looks at meat at a global level and indicts the inefficiency and waste that are inherent in its production. No matter where meat comes from, raising animals for food will require that exponentially more calories be fed to animals than they can produce in their flesh, and it will require all those extra stages of CO<sub>2</sub>-intensive production as well.

As Leonardo DiCaprio has noted, this is the 11th hour for the environment. Where something as basic as eating animals is concerned, the choice could not be any clearer: Every time we sit down to eat, we can choose to eat a product that is, according to U.N. scientists, "one of the...most significant contributors to the most serious environmental problems, at every scale from local to global," or we can choose vegan foods. It's bad for the environment to eat animals.

It's time to stop looking for loopholes.

There's no need or excuse to eat chickens, pigs, eggs, and other animal products. Vegan foods are available everywhere and taste great. As with all foods, you just need to find the ones you like.

You can find out more at [GoVeg.com](http://GoVeg.com) and get great-tasting recipes, meal plans, cookbook recommendations, and more at [VegCooking.com](http://VegCooking.com).

*Bruce Friedrich is vice president for campaigns at People for the Ethical Treatment of Animals (PETA). He has been an environmental activist for more than 20 years. He was the VSH guest speaker in June 2002.*

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"Ninety percent of all Amazon rain forest land cleared since 1970 is used for meat production."

# October



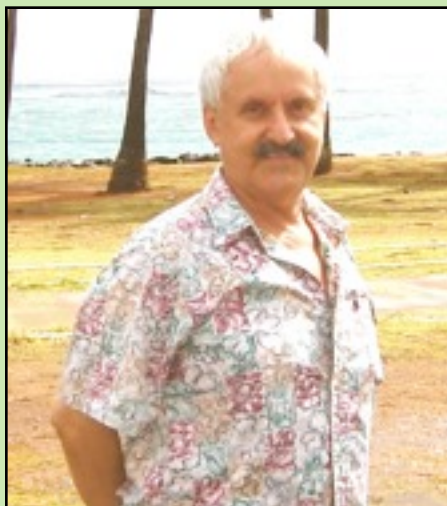
The book *Bloodless Revolution* was the prize for best recipe (below) won by Diana and Chris Hayden at the October potluck/lecture. Recipe judge Jennifer Murray (left), co-owner of the Blossoming Lotus restaurant, made the presentation.

# Kauai Potlucks and Lectures

# November



Lloyd Clayton's Lemon Cheesecake with Strawberry Topping took the cake at the recipe contest, luncheon, and lecture in November.



VSH Board member Karl Seff, Ph.D., was the November speaker at the Kauai potluck luncheon and lecture. His topic was "Our Hunger for Antioxidants."

# December



Kaiser physician Gordon LaBedz, M.D., gave a presentation entitled "Losing Weight in 2008" at the Kauai potluck and lecture in December.



Tom and Trish Lee won a gift certificate to Papaya's Natural Foods for their kale salad recipe at the Kauai potluck and lecture in December. Recipe judge Mark Reinfeld (right), co-owner of the Blossoming Lotus restaurant, presented the award.

## Mediterranean Green Beans

Recipe by Diana Hayden

Remove the tips from 1-2 pounds of fresh organic green beans, then steam until tender. Place in a dish.

Add:

- 2 Tbs. extra virgin olive oil
- 2 tsp. sea salt
- ½ tsp. ground fresh pepper
- 3 cloves of fresh pressed garlic
- 3 Tbs. pine nuts
- ½ tsp. organic no-salt seasoning

Toss and serve at room temperature.

Monthly vegan potluck luncheons and lectures are held at noon on the first Sunday of each month at the Kapaa Neighborhood Center on Kauai. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.



## Cause for Significant Concern

by Pam Davis, VSH Member

U.S. Department of Agriculture FSIS (Food Safety and Inspection Service) Notice No. 65-07 (issued 11-12-07), titled "Notice of Reassessment for Escherichia Coli [E. coli] O157:H7 Control and Completion of a Checklist for all Beef Operations," is for internal use only. Its purpose is to "make inspection program personnel aware of a number of significant developments involving E. coli O157:H7 in beef products that occurred since the beginning of the high prevalence season for this pathogen in April." It acknowledges a serious problem with increased meat product contamination, yet the information is not made public.

FSIS Notice 65-07 instructs inspection personnel to meet with establishments that slaughter, fabricate, grind, mechanically tenderize, or "enhance" beef products and to review "developments" that could affect the establishment's hazard analysis. Inspectors will document their findings so that FSIS can determine "approaches for the risk-based verification testing program." The FSIS monitors the percent positive rate (i.e., the percentage of raw ground beef samples analyzed by FSIS) for E. coli O157:H7. The maximum target percent positive rate is 0.200%.

The percent positive rate in the calendar year 2002 from raw ground beef samples collected by FSIS (in federal plants, retail stores, and import houses) was 0.787%. In 2003 the percent positive rate dropped to 0.305%. Since then through 2006 the Notice indicates a "decrease in the percent positive rate." However, thus far in 2007, FSIS found 20 E. coli

O157:H7 positive samples, compared to 20 positives for the entire 2006. Stated another way, for 2007 the FSIS has requested 13 recalls involving about 29 million pounds of meat "associated with E. coli O157:H7." By contrast, there were 8 recalls involving less than 200,000 pounds of meat for the entire 2006.

In July 2007 FSIS found an "unusual number" of positive samples in a short span of time: 5 positives in only 3 days, with no linkage among the samples and no evidence of FSIS laboratory contamination. FSIS says, "This is believed to be a rare event in the 13-year history of verification testing by FSIS for this pathogen" and it "presents a basis for concern that the control measures implemented by beef operations may not be adequate to address the degree of contamination by E. coli O157:H7." The increased number of recalls is "specifically initiated as a consequence of human illness." If the government is this concerned about the threat to public health, why wasn't the public informed of the large-scale contamination? The alarm was sounded, but only for those within the government itself.

**"If the government is this concerned about the threat to public health, why wasn't the public informed?"**

Notice 65-07 says there has been an "adverse trend" for certain "source materials" used in ground beef production, including "boneless manufacturing trimmings" and components beyond the traditional boneless manufacturing trimmings, such as "primal/sub-primal cuts; head, cheek, weasand (throat, gullet), and heart meat; low temperature rendered beef;" meat from "advanced meat recovery systems;" and, "specially handled beef" (a product treated with an anti-

(see *E. Coli* on page 19)

On TV...



"Vegetarian"

View VSH lectures.

**Oahu**—Oceanic Cable Ch. 52

Thurs. 6-7 p.m.

The shows are also online at 6 p.m. on Thursdays.

Go to [olelo.org](http://olelo.org) and click on "Oahu Channel 52."

**Maui**—Calabash Cable Ch. 52

Tues. 8-9 p.m.

Wed. 6:30-7:30 a.m.

Maui schedule is at [akaku.org](http://akaku.org)

**Big Island**—Na Leo O Hawaii

Cable Ch. 54, Sat. 2-3 p.m.

**Kauai**—Hoike Cable Ch. 52

Kauai schedule is at [hoike.org](http://hoike.org)

McDougall, M.D.

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## Book Reviews

### The Joy of Vegan Baking: The Compassionate Cooks' Traditional Treats And Sinful Sweets



by Colleen Patrick-Goudreau

288 pages

Publisher: Fair Winds

(October 1, 2007)

ISBN-10: 1592332803

#### Publisher's description

Whether you want to bake dairy- and egg-free for health, ethical, or environmental reasons, *The Joy of Vegan Baking* lets you have your cake and eat it, too! Featuring 150 familiar favorites—from cakes, cookies, and crêpes to pies, puddings, and pastries—this book will show you just how easy, convenient, and delectable baking without eggs and dairy can be.

A seasoned cooking instructor and self-described “joyful vegan,” author Colleen Patrick-Goudreau puts to rest the myth that vegan baking is an inferior alternative to non-vegan baking, putting it in its rightful place as a legitimate contender in the baking arena.

More than just a collection of recipes, this informative cookbook is a valuable resource for any baker—novice or seasoned.

Learn just how easy it is to enjoy your favorite homespun goodies without compromising your health or values:

- Chocolate Chip Scones
- Cranberry Nut Bread
- Lemon Cheesecake
- Dessert Crêpes
- Strawberry Pie & Chocolate Chunks
- Cinnamon Coffee Cake
- Chocolate Peanut Butter Cupcakes
- Raspberry Sorbet
- Oatmeal Raisin Cookies
- Soft Pretzels
- Blueberry Cobbler
- Chocolate Almond Brittle

Free of saturated fat, cholesterol, and lactose but full of flavor, flair, and familiarity, each and every recipe will have you declaring, “I can’t believe it’s vegan!”

Complete with luscious color photos, this book will be an essential reference for every vegan.

#### About the Author

Colleen Patrick-Goudreau is the founder of Compassionate Cooks, an organization whose mission it is to empower people to make informed food choices and to debunk myths about veganism. A recognized expert on healthful plant-based cuisine, Colleen has appeared on the Food Network and is a columnist for VegNews magazine. She lives in Oakland, CA with her human hubby and feline boys.

## Animal Ark

Series by Ben M. Baglio

Publisher: Scholastic

Paperbacks

Overview by Eva Uran,

VSH member in Naalehu

Island of Hawaii

Just recently I came across a treasure trove of books for children, an entire

*Animal Ark* series by Ben M. Baglio. It started when *Tabby in the Tub* caught my eye at the Hilo library a few weeks ago. Soon I learned that it was the 29<sup>th</sup> in the series, and I eagerly hunted down any others I could find in nearby library branches. So far I’ve read seven of them, enough to discern a general pattern.

The reason I recommend these books for our VSH members and children is that the heroine of this storybook series, Mandy Hope, is both a vegetarian and an avid animal lover. Granted, she is only a lacto-ovo-vegetarian, not a vegan; yet her activism for the animals and her genuine care and concern for creatures of all kinds are worthy of a true-green vegan and animals rights activist. It’s so nice to read about family meals and picnics with only vegetarian food only and no fishing or hunting—and they wear fake furs in winter.

Living up to her name, Mandy Hope is hopeful, spirited, adventurous, and ready to confront challenges head on, whether rescuing a stray animal, a beloved pet, or an unwanted “pest” targeted for destruction. An adopted daughter of a pair of devoted veterinarians who run Animal Ark Clinic from their home cottage in a small English village, she meets plenty of animals in need, both at home and in the field, and a few by pure chance when she hears their cries for help in the wild. With her best friend James she rescues and nurses a

variety of critters back to health, among them kittens, puppies, piglets, foxes, lambs, rab-

bits, dolphins, squirrels, hamsters, horses—you name it. Although some of them are farm animals, no mention is made of eating them.

(see *Animal Ark* on next page)





# Around the World

## A Tradition of (Nearly) Cheeseless Pizza

by Karl Seff  
VSH Board Member



While in Zaragoza, Spain, Karl's hosts took him to this popular vegetarian restaurant.

SPAIN—In October at the University of Zaragoza in Spain I encountered a colleague and a countryman, an Italian-American who had married a Spanish chemist. They were not vegetarians, but it was very clear in my colleague's mind that the consumption of animal flesh, animal fat in particular, impacted health severely.

At dinner at their home he made two rectangular 8" x 12" vegan pizzas from scratch, beginning with flour and yeast and ending with different toppings for the two. He added loudly within earshot of their 16-year-old daughter that cheeseless pizzas, except for Romano that might as

an option be sprinkled on top, had been the tradition in his family for generations. He said that he and his greater family in Eastern Pennsylvania found the heavy-handed laying on of cheese, as seen in modern American pizzas, foreign and disgusting.

In an e-message I received upon my return to Hawaii he said that my visit had stirred a lot of conversation in their family of three and that his daughter had chosen to write a school paper about the effects on global warming of animal food production. (You will recall that a recent report by

the United Nations' Food and Agriculture Organization concluded that greenhouse gases resulting from animal husbandry had a greater impact on global warming than those produced by all forms of human transportation combined.)

Many of our visiting lecturers envy us because we have two cheese-



Piled high with eggplant, pimentos, olives, sauteed onions, and oregano, this pizza lacks nothing.

less pizza restaurants in Honolulu. Rosarina Pizza on Maunakea St. and La Pizza Rina on South King are very accustomed to leaving the cheese off their vegetarian pizzas upon request.

*(Animal Ark continued from previous page)*

The plots are well crafted, and there is a sprinkling of villains that vegetarians would love to conquer or reform. Hence, not all of the people Mandy meets are cooperative and compassionate. In the book *Lamb in the Laundry* when she tries to bring in a tiny lamb to comfort an injured and lonely child in patient care, the head nurse fiercely objects, regarding animals as dangerous germ carriers. She calls them "mere animals." Mandy can only huff! In her eyes they are wonderful animals with thoughts and feelings, capable of empathizing with humans and saving their lives. In *Cub in the Cupboard* Mandy discovers a vixen in a trap and only one surviving cub nearby. Outraged and determined, she springs the trap and rescues the vixen and cub, brings them home for medical care, and does her utmost to find the illegal trappers and prevent them from hurting more foxes. In all her adventures you'll find yourself cheering her on, applauding her courage, resourcefulness, and spunk.

Children's books with vegetarian heroes and heroines are far and few between. All in this series are charming and heartwarming and are ideal gifts for the holidays or any time. Most of them are available in Oahu libraries and can be purchased through Scholastics paperback publisher. Enjoy!



# The Perfect Weapon

by Hesh Goldstein

VSH member



If you had to choose the perfect weapon that would immobilize, control, and destroy the people, what do you think that would be?

Would you believe *FOOD*? If you look at the effects of the most recognized and advertised foods today, what do you see? For one thing, you see an obesity epidemic that starts with small children. You also see an alarming rate of degenerative disease plaguing people in their 40's and 50's. You see millions of people hooked on expensive Rx and over-the-counter meds. You see the "disease care" business booming. And, you always see advertising dollars promoting a consistent bill of fare of high fat, heavily sugared or artificially sweetened, highly processed, refined (stripped of nutrients) and genetically modified foods loaded with chemicals, preservatives, artificial colors, taste enhancers (MSG), and other ingredients that defy pronunciation. Why?? Because large corporations make huge profits off of people eating foods guaranteed to keep them in a state of ill health.

We consume soda, containing genetically modified high fructose corn syrup, as if it were life-supporting non-fluoridated water. We consume various shapes of white flour clumps that are baked or cooked in grease and bathed in sugar, aka cookies, cakes, doughnuts, malasadas, and bread. We consume french fries, which produce cancer-causing acrylamides as a result of oil they're being cooked in. Also, we eat various chips cooked in rancid oils (after exposure to oxygen)—and

if they are non organic corn chips the likelihood of that corn being a GMO is very high.

How does this take its toll? In 2003 Americans spent \$117 billion dollars on obesity-related conditions. Each year about 300,000 Americans die from fat-related causes. We spend an estimated \$50 billion a year on weight loss things. Three-year-olds are tar-

getted for junk food advertisements. McDonald's spends \$500 million on one ad campaign while the National Cancer Institute, which gets large donations from meat packing companies, spends about \$1 million a year to promote fruits and vegetables. Last but not least, the Hawaii chapter of the American Heart Association, at its "Heart Ball," serves prime rib, filet mignon, and veal to raise money to find a cure for heart disease. Talk about the theater of the absurd!

So, where do you turn? The government won't help you because elected officials still want to receive their campaign contributions from the corporations that keep us sick. The media won't help you because they don't want to lose advertising dollars from all the restaurants and food

companies that keep us sick. So, like I said, where do you turn to? You turn to your intelligence. You avoid all those things that you see advertised

and you do the opposite. You go vegan. You eliminate flesh foods, eggs, milk products, all processed foods with their cancer-causing sodium nitrites, brain-destroying MSG, and artificial sweeteners

like aspartame, with its formaldehyde forming qualities. You eliminate all sugary foods, all refined grains, foods with long ingredient lists. You eat only organically grown food, and above all, **YOU READ LABELS.** By doing these things, you will greatly reduce your risk of getting a degenerative disease or reverse the degenerative disease you may already be plagued with.

The road to good health begins with the first step. Don't be afraid. Take it!

*Hesh Goldstein is the moderator of Health Talk on K-108 radio (AM 1080) on Saturdays, 8-9 a.m. (808) 258-1177, fax: (808) 848-8640, [heshgoldstein@gmail.com](mailto:heshgoldstein@gmail.com).*

**"You eliminate all sugary foods, all refined grains, foods with long ingredient lists. You eat only organically grown food, and above all, YOU READ LABELS."**

## Vegetarianism in Popular Culture (from page 11)

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*(E. Coli continued from page 15)*

microbial, designated for grinding). It concludes that there is reason to believe that establishments are not effectively ensuring that *E. coli* O157:H7 is adequately controlled at the slaughter and fabrication operations, and that the development “is cause for significant concern.”

Why hasn't the USDA made any effort to inform the public about the threat from contaminated meat products? Recently Totino's/Jeno's frozen pizzas were recalled because the pepperoni was contaminated with *E. coli*. I called the FSIS Circuit Supervisor on Oahu and was informed that they're aware of Notice 65-07 and that the “program is being implemented.” I was told that no other information could be released because the agency is charged not only with food safety but also food security, and I was instructed to call the USDA Public Affairs Office in Washington if I had further questions.

On November 6, 2007 I checked the USDA website (“Open Federal Cases”) and found updated data as of November 3rd that showed that

slightly less than one month after issuance of Notice 65-07 there were nearly one-third more recalls for *E. coli* contamination in less than 20 days. But how accurate are these reports? In a November 11th Chicago Tribune article USDA inspectors revealed “the *E. coli* loophole,” which they say affects millions of pounds of beef each year. The USDA allows companies to sell meat testing positive for the virulent strain of *E. coli* O157:H7 by placing the *E. coli*-positive meat in a special “cook only” category. The USDA inspectors say this practice is part of the reason for this year's rise in *E. coli* contamination. Was the “cook only” meat on Totino's/Jeno's pizza?

I'd like to think that Hawaii legislators have enacted laws to increase raw meat inspections. An employee of the State Department of Agriculture (DOA) informed me that since about 1995 the state no longer inspects/tests meat products for contamination. On November 7, I called the DOA Director to see if she was aware of FSIS Notice 65-07 but was told she was unavailable. Instead I spoke with the Public Information Officer, who said

that DOA was not aware of FSIS Notice 65-07. She said that in August 2007, because of high incidences of *E. coli* contamination, the DOA began sending letters to farmers, ranchers, and livestock operations reminding them about “best management practices” such as mitigating runoff. She said DOA offers “food safety audits” for those who choose to take advantage of them. I realize the DOA is not involved in enforcement efforts, but shouldn't it at least inform the public? I don't know about you, but I'm glad I'm a vegan!

*Pam Davis is president of Animal Advocate, Inc.*

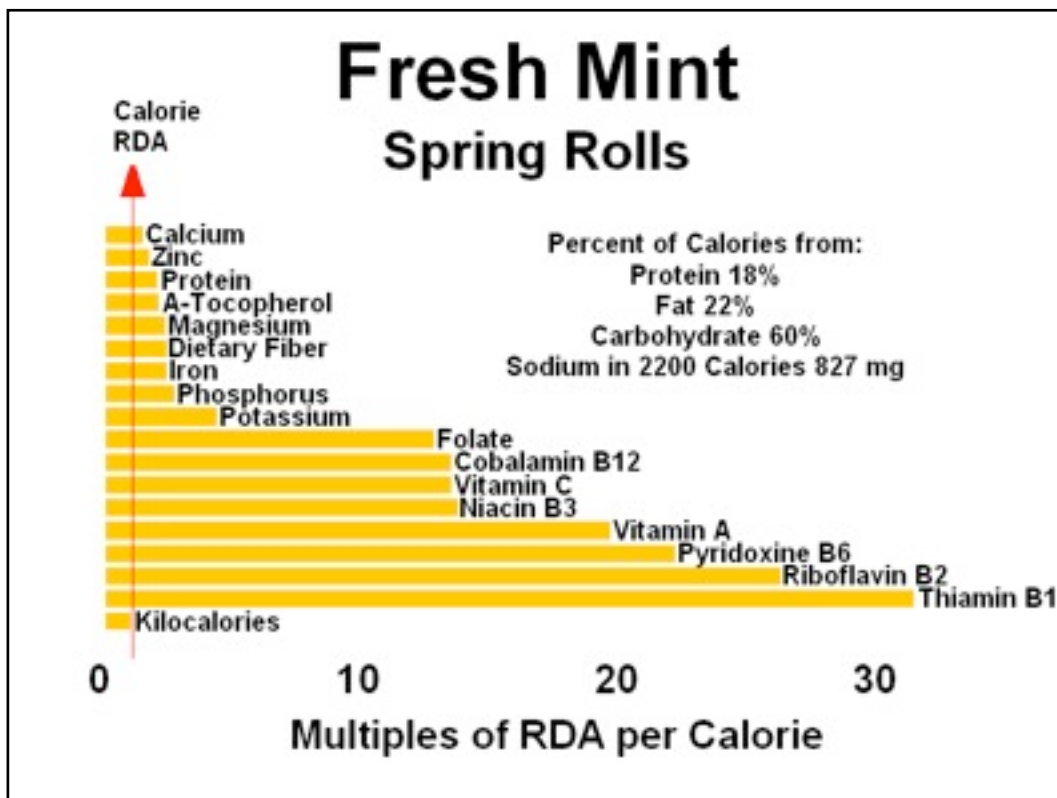
## Correction

**Q:** The nutrient values given for the Fresh Mint Spring Rolls on p. 16 of v. 18-4 of the Island Vegetarian seem way off. Specifically, protein is listed at ~13 Multiples of the RDA per Calorie and this seems awfully high for a recipe of peanut sauce and vegetables. —A.W.

**A:** You're right; my goof. I mislabeled the data input from Nutritionist IV to Quattro Pro. The chart on the left shows the corrected protein value to be ~1.8 Multiples of the RDA per Calorie. The extraordinarily high values for the B vitamins are from the nutritional yeast added to the peanut sauce, while the high vitamin C value is due to the vegetable strips. For more on the concept of nutrient/Calorie analysis see [www.vsh.org/getting\\_started.htm](http://www.vsh.org/getting_started.htm).

Nutrient Analysis

—William Harris, M.D.





# SILENT BUT DEADLY

Did you know that farmed animals produce more greenhouse gas emissions (18%) than the world's entire transport system (13.5%)? Or that nitrous oxide from animal manure is around 300 times as damaging to the climate as carbon dioxide? Or that methane (cow and sheep farts/burps to you and me) has 23 times the global warming impact of carbon dioxide?

**Makes you think doesn't it?**

The only genuine way to cut down on these harmful emissions is to stop eating meat.



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