



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOL. 19, ISSUE 3, JULY-SEPT 2008

Inside this Issue:

Message from the Editor	2
TV & Radio Listings	3
Readers' Voices	4
In the News	6
Local Happenings	8
2008 Farm Bill	9
Calendar of Events	11
Animal Rights Corner	12
VSH Election Results	13
Kauai Potlucks/Lectures	16
Vegan Tidbits	18

Public Lectures:*

DR. WILLIAM HARRIS, M.D.

**"OPTIMIZING YOUR DIET
FOR BETTER HEALTH"**

Tuesday, July 8th, 7 p.m.
Ala Wai Golf Course Clubhouse

BRUCE FRIEDRICH

**"EATING FOR
PLANETARY SURVIVAL"**

Tuesday, August 12th, 7 p.m.
Ala Wai Golf Course Clubhouse

HAROLD BLOOMFIELD, M.D.

**"MAKING PEACE WITH YOURSELF,
YOUR FAMILY, AND YOUR DIET"**

Tuesday, September 9th, 7 p.m.
Ala Wai Golf Course Clubhouse

*See page 11 for more details and
Maui meeting times.

Vegetarian School Lunch Resolution Passes

by William Harris, M.D.

Senate Concurrent Resolution SCR 84, "Requesting the Department of Education and the Hawaii Public School Food Service to Develop Nutritionally-sound Public School Menu Plans That Include Vegetarian and Vegan Meals," passed the 2008 Hawaii Legislature. Most of the original provisions had been removed from its predecessor SB2136, because of objections from the Departments of Education and Health, and from the Hawaii School Food service itself, but in its final form it received the blessings of both the DOE and the DOH. From my position the most pertinent parts are 1 and 3:

1. The Department of Education and the Hawaii school food service [should] consider nutritionally-sound public school menu plans that give students the option of vegetarian and vegan public school meals

3. **The DOE [should] post on its website a list of schools that have vegetarian and vegan menu options**

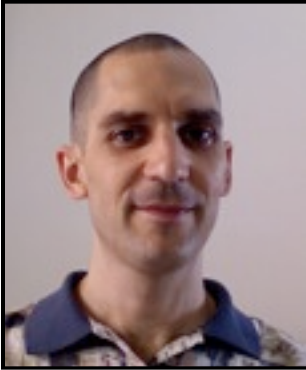
History: our December 1991 newsletter included a petition by member Eliot Rosen requesting support for HB3195 in the Hawaii State House of Representatives, which required that an optional low-fat vegan diet to be made available in schools where students, faculty, or school lunch managers express interest.

The bill went nowhere, but in the intervening years members Cheryl Chung, Carol Gabbard, Laurie Veatch, Jim Deutch, and I continued to encourage vegetarian school lunch options with Hawaii Food Service manager Gene Kaneshiro, who has since been succeeded by Glenna Owens.

In 2001 SCR151, very similar to SCR 84, made it through the Senate, but HCR152, its companion, failed in the House. However, the resolutions generated some interest on the Mainland and the language was used for a similar bill in California.

Finally in 2008 Freshman Rep. Joe Bertram III, 11th District (Makena-Wailea-Kiheie on Maui), a raw-food vegan himself, introduced SB2136, a mandate bill "To Require the Department of Health to Develop Nutritionally-sound Public School Menu Plans That Give Students the Option of a Vegetarian School Lunch Meal." The video of Bertram's March 2008 VSH talk is on line (all URLs are listed at the end of this article.)

(see **School Lunch** on page 18)



MESSAGE FROM THE EDITOR

by Scott Owen Snarr

The Island Vegetarian

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

P.O. Box 23208
Honolulu, HI 96823-3208
808-944-VEGI (8344)

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

info@vsh.org
VSH.org
VegHawaii.org

Board of Directors

President: Alida Rutchick, M.Ed.
Vice Pres: Jim Brown
Secretary: William Harris, M.D.
Treasurer: Mel Hertz, MBA, CFP
Directors: Karl Seff, Ph.D.
Laurelee Blanchard
Patrick Moore

Newsletter Committee

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

Mahalo
to all our volunteers!

Aloha!

Last fall when I heard that Jim Brown was retiring from his editing duties after seven admirable years, I jumped at the opportunity to take his place. It is an honor for me to be the editor of *The Island Vegetarian*. This issue marks my third.

As editor I acquire, evaluate, and select content, lay out the design, and do other miscellaneous production tasks. Our President Alida and I copyedit, proofread, and make editorial decisions together. I find this work very involving, but every minute of it brings me joy, and the final product gives me great satisfaction. I feel grateful to be able to dedicate to this project the time and attention it deserves.

The publication looks essentially the same as before but with slight changes. In the absence of feedback to the contrary, I'm assuming it isn't broken, so it doesn't need fixing. On the other hand, I believe there is always room for improvement, and I am aiming for gradual refinements. Comments and suggestions are always welcome.

In the previous issue I launched the *Readers' Voices* column but without a proper introduction. There are a mere three people on the newsletter committee, and most of our local articles come from a small core of contributors. Letters to the editor have been few and far between. I wanted to create a forum in which everyone could participate, including readers who did not necessarily have the time or interest to write full articles. Thus, *Readers' Voices* was born. *Readers' Voices* is for you and by you—and we need your participation to make it a success. It appears on pages 4 and 5 in this issue. A topic will be announced, and responses will appear in the following issue. I also want to hear your ideas for future topics.

The "submission guidelines" inset on page 4 is intended to serve as a reminder that we always welcome letters to the editor, book reviews, and full-length articles. Pieces with a fresh slant are gladly received. I encourage students and first-time writers to give it a try. Not all submissions are right for our publication, but if you have an idea, you are always welcome to run it by me. I will take the time to provide feedback and suggest ways to make it work. You can contact me at info@vsh.org. Include my name or "editor" to ensure that it gets to me, or mail me directly at snarrscott@yahoo.com.

Finally, I'd like to give thanks the volunteers who fold, staple, and mail the newsletter and to all of our regular writers who continue to produce appealing reading material. Their articles are the heart of our publication and make its continued production worthwhile.

—SoS

Meeting with The Veggie Club at Peking University

By Karl Seff, Ph.D.
VSH Board member

An undergraduate student met me at my hotel in Beijing at 3 p.m. on Sunday, May 18th. We took a taxi to Peking University (the Harvard of China), walked around for a few hours, and then took another taxi to dinner at an elegant vegan restaurant in a modern building. A pine forest stood outside a wall of windows. (Beijing now has about 30 vegan restaurants.) After that we took a taxi back to The University for my 7 p.m. lecture.

I asked my student why she was a vegetarian. She replied unselfconsciously: (1) for beauty, and (2) for the animals.

Before inviting me, the students (1) had requested to see my vegetarian C.V. (they were not satisfied with my professional (chemistry) C.V.), and (2) had apparently viewed my VSH lectures on the web. From those, they asked me to talk about "My Three Best Meals." That was not what I had intended to talk to them about, so I merged the two topics to give the



funny title that you see in the illustration.

In my talk I emphasized the behavioral causes of death in the U.S. In 2002,

400,000 Americans died from tobacco, 300,000 from improper diet/exercise, 100,000 from alcoholism, and fewer from each of a series of other behavior-related causes. I told them in one slide what I personally eat. I read and explained a list of quotations from famous people: these addressed health, animal welfare, and environmental concerns. I ended with a description of my three best meals.

The students were quiet, smiley, and wide eyed. They listened attentively without the squirming that I usually see from students who do not understand English well. At the end some questions were ordinary: "Do you take supplements?" They seemed to expect the B₁₂ response. "Where do you get calcium if not from dairy, protein if not from meat?" One was remarkable: "Our government advises us to eat one egg per day. That is not what you said. Please discuss that."

I told them that China's increasing affluence is leading to an increased consumption of animal products. Therefore expect more obesity, diabetes, heart disease, and cancer. I exhorted them to save themselves from that.



On TV...



"Vegetarian" VSH lectures

Oahu—Oceanic Cable Ch. 52
Thurs. 6-7 p.m.

Go to olelo.org and click on "Oahu Channel 52."

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

Maui—Calabash Cable Ch. 52
Tues. 8-9 p.m.

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

Maui schedule is at 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

Online—www.vsh.org/videos.htm

McDougall, M.D.
Check your local listings.

"Cook Healthy Fast"
with Dick Allgire
Short, quick, vegan recipes
Tuesdays: 5 p.m.
KITV-4



...and Radio

"Healing & You"
Ruth Heidrich, Ph.D.
Dr. Diane Nomura
Terry Shintani, M.D.

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

SUBMISSION GUIDELINES

The Island Vegetarian welcomes submissions.

Have a comment about a current event, an article we printed, or the newsletter in general? Write a letter to our editor, 75-200 words in length and marked as "Letter to the Editor."

Have a question about health or nutrition? Mark it as "Ask Dr. Bill" and it will be answered by VSH Board Member Dr. William Harris.

Want to try your hand at writing? We are always in need of articles by local writers about the various aspects of vegetarianism, especially those of local interest or about current events. Articles should be 300-500 words in length. We also need book reviews on current books with a pro-vegetarian message. If you inquire, we can supply you with titles of some books that we would like to see reviewed.

All submissions must be accompanied by a full name and phone number so that we can verify the author. Students may wish to include their ages, grades, or schools. We reserve the right to edit for accuracy, clarity, length, and relevance to the mission of our organization.

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

Please send submissions (electronically only) to:

info@vsh.org

Readers' Voices

Why are you a vegetarian?

In the last issue we asked you to send us your "elevator speech" in 150 words or less that answers this question. Thanks to those of you who participated in the first *Readers' Voices*. Your responses are below. A few submissions may have been lost because of a glitch. If you submitted one but don't see it here, please resend it, and we will print it in the next edition.

Karl Seff, VSH Board Member:

(All of the following is said softly with a little grin, as though it were unimportant)

"I am 70 years old, and my chances of getting a heart attack are pretty close to zero."

If there is time for more, I say, "My dad had two heart attacks, so when I turned 50 I realized that I was getting into the age range for those and began to worry about it. When I was 53, I became a vegan. I could be dead in the morning for any number of reasons, but it won't be because I stood in the heart-attack line."

I might add in further discussion, "Well, I'm 70, and there's nothing wrong with me and there never has been, except that I'm a little plump (then I pinch a little spare tire and broaden my grin)."

Hesh Goldstein:

I have been a vegetarian since 1975 and a vegan since 1990 because it is easier on my body. I have a bowel movement after every

meal, blood pressure of 118/72, total cholesterol of 150, enormous energy as evidenced by still playing half-court basketball 2-3 hours a week as well as doing regular cardio and weight training 3 times a week. I take no Rx or OTC meds and do not suffer from arthritis, heart disease, constipation, obesity, type 2 diabetes, or anything that requires meds. I firmly believe that that all creatures have a right to life and not just be relegated to satisfy a tongue that has overridden intelligence and developed a craving for flesh and blood.

Mary Young:

For a long time I've believed vegetarianism was the most ethical way to eat because of the environmental damage caused by raising livestock and transporting it to market and also because of what I've learned about fish farming. But I didn't know if I had the willpower to give up meat and fish permanently. So a few years ago I joined the Vegetarian Society of Hawaii hoping to get some positive influence from like-minded people. That's when I became more aware of the animal-rights side of things. I came to believe that as a human I have lots of choices in healthy food—an animal should not have to suffer and die so that I can enjoy a meal. I've been a vegetarian for over a year ago now, and it's much easier than I expected.

Kevin Nesnow:

Becoming a vegan has been the greatest choice of my life. I feel

(continued on next page)

(continued from previous page)

better physically, mentally, and spiritually. Physically I'm in the best shape of my life. Eating a plant-based diet coupled with regular exercise has given me enormous energy, strength, and confidence to be my best. I love trying new foods, and with thousands of edible vegetables on this planet, I have no shortage of choices. Also, vegans have the lowest rates of physical and mental diseases in the world. Mentally, I feel good knowing that no beings were harmed in feeding me. I enjoy tending plants in my garden, and so spiritually I feel balanced and in communion with nature. Finally, I can look into the eyes of animals with a great sense of compassion and love knowing that I live to help them live.

Eva Uran:

I was born a vegetarian. Originally our species was designed to be vegetarians and frugivores like the apes. Our teeth and intestines are structured for vegetarian diets, not for meat. I can think of every reason under the sun—health, moral, ethical, aesthetic, environmental, and planetary—to be vegetarian. Meat is just revolting, and it stinks!

I've just recently viewed "Fast Food Nation," more powerful than a thousand words, a must-see DVD showing the evils of the slaughterhouse and the callous attitude toward feces in your meat and pollution of rivers! Makes me so glad I'm a vegetarian.

If we want to save the forests of the Amazon from being converted to cattle grounds, it is imperative that we all become vegetarian or we lose our "green lungs" forever. Becoming a vegetarian will save our natural re-

Have an idea for a topic you'd like to see in *Readers' Voices*? We'd love to hear it. Share it with us at info@vsh.org, and we'll consider using it in a future issue.

sources and save our planet, not to mention saving the animals and our health.

Leatrice Wolfe:

I am a vegan for ethical and humane reasons. I stopped eating meat forty years ago because I became aware of the suffering the animals go through for food. Once my eyes and heart were opened to the facts, I chose what I felt was the path of least harm, the path of perpetuating life. By being vegan, I am creating more peace instead of violence in the world. I am respecting all life rather than inflicting harm.

Animals are sentient beings. They want to live just like human beings do. Who am I to take away their freedom and right to live? I am here to protect them, to live in harmony with them, and to learn about love and compassion. Being vegan is a conscious way I share my love and compassion every day. I feel grateful that my eyes and heart were opened so many years ago.

Bonnie Yang:

One day I realized that I love dogs, and whenever I see a dog I can't help but touch it and smile. But why did I eat chicken, steak, and mutton?

This question annoyed me for a long time. Then I figured it out. No matter whether chickens, sheep or cows, they have emotions like humans, they have their own families like we do, they feel frightened when they are killed. If one of our family members was bullied, we'd feel very angry, and if a relative was killed, we'd be very sad and never forgive the killer. But why do we kill animals and ignore their quivering like a person? When I realized the rich emotions of animals, I stopped eating them. I decided to stick to being a vegetarian, because no matter what kind of beings they are, their lives are all equally important.

Nicole Gose:

I went vegetarian when I first really made the connection between actual living, breathing animals and the meat on my plate. I had known before what animal a steak came from, for example, but I had never really thought about it too much.

One day, however, I actually thought about the consequences of my actions and learned that by going vegetarian I could save over 100 animals' lives each year. Less than a year later I read "Diet for a New America" and decided to go vegan. From the book I discovered that consuming dairy contributes to more beef and veal consumption and that the eating of eggs supports even more torture and death for chickens. I essentially became vegan for animal compassion reasons, but I have also since discovered the health and environmental benefits.

The Greatest Book on Vegetarianism

What's the greatest book on vegetarianism ever written? It's up to you to answer this question for the next edition of *Readers' Voices*. It could be a book covering any aspect of vegetarianism—health, nutrition, science, lifestyle, animal rights, environment, or all of the above. It could be anything from a cookbook to a religious text.

Tell us the title of the book, the author(s), and if possible, the publisher and original publication date. Then, in your own words (150 or less) tell us why it's so great.

Send your answers to info@vsh.org with the subject line "Greatest Book." We'll print as many as we can in the next issue of *Island Vegetarian*. Responses that are too long or off topic will be truncated or omitted. Thanks for your participation!



IN THE NEWS

Food Recalls Spoiling Consumers' Appetites

PRESS RELEASE—Food safety fears have moved to the front of the checkout line—well over half of Americans (57%) say they have actually stopped eating a particular food, temporarily or permanently, as a result of a recent recall.

Additionally, close to three-fourths

of Americans (73%) say they believe that the number of food-related recalls has increased in the past year. An even higher percentage (76%) indicate they are more concerned about the foods they eat than they were five years ago.

The survey results show that concerns are especially high around recalls of meat products. Specifically, consumers say they are most concerned by beef recalls (78 percent), followed by chicken recalls (67%), recalls of fresh fruit and vegetables (53%) and recalls of dairy products (53%). One-third (33%) say they think fresh fish is “not at all” or only “somewhat” safe.

“These findings underscore how urgent it is for food manufacturers to do all they can to address the problem of food recalls head-on,” said Pat Conroy, Deloitte LLP’s vice chairman and U.S. Consumer Products practice leader. “The results of the survey indicate that over half of today’s consumers may drop your product if they believe you are not doing what it

takes to protect them and their families.”

Indeed, the survey found that nearly nine out of ten Americans (89%) would like to see food stores sell more fruits and vegetables that come from local farms, and over two-thirds (69%) said they would pay slightly more for such produce.

“Nearly nine out of ten Americans would like to see food stores sell more fruits and vegetables that come from local farms, and over two-thirds said they would pay slightly more for such produce.”

“In today’s environment consumers are seeking fresher ingredients, giving locally grown food providers an important advantage they

haven’t really had in the past,” said Conroy.

The survey was commissioned by Deloitte and conducted online by an independent research company on April 21, 2008. The survey polled a nationally representative sample of 1,110 consumers. The survey has a margin of error of +/- three percentage points.

Increased Egg Consumption Linked to Mortality

PRESS RELEASE—In the Physicians’ Health Study I, which included 21,327 participants with an average 20-year follow-up, researchers found that those who consumed seven or more eggs per week had an almost 25 percent increased risk of death than those with the lowest egg consump-

tion. For participants with diabetes, the risk of death was twofold compared to those who consumed the fewest eggs.

Cholesterol intake is positively correlated to an increased risk of coronary heart disease. One large egg contains approximately 215 mg of cholesterol. The American Heart Association advises eating less than 300 mg a day and less than 200 mg for those with heart disease. There is no biological requirement for dietary cholesterol.

Djoussé L, Gaziano JM. Egg consumption in relation to cardiovascular disease and mortality: the Physicians’ Health Study. Am J Clin Nutr. 2008;87:964-969.

American Egg Board Meddling with California Anti-Cruelty Ballot Initiative

PRESS RELEASE—Government documents recently obtained by The Humane Society of the United States (HSUS) reveal that the American Egg Board (AEB) is involved in an illegal scheme to divert \$3 million of federal funds to lobby voters against an anti-cruelty ballot initiative that would provide basic protections to California farm animals. The same documents show that the USDA—charged with overseeing the activities and expenditures of the AEB—has known about the AEB’s planned illegal activities for months.

(continued on next page)

(continued from previous page)

California Secretary of State Debra Brown certified The Prevention of Farm Animal Cruelty Act for placement on the November 4, 2008 ballot after Californians for Humane Farms (CHF) submitted the signatures of nearly 800,000 citizens in support of the initiative. The measure would prevent some of the worst factory farming abuses such as confining animals in small crates or cages—specifically, veal crates for calves, battery cages for egg-laying hens, and gestation crates for breeding pigs.

But the AEB had already approved a resolution to reserve \$3 million to oppose the act—despite the fact that it is legally prohibited from undertaking any activity designed to influence voters, legislation, or ballot initiative campaigns. In March CHF requested that the USDA prevent the AEB from using the funds for illegal political activity. In response, the USDA and AEB claimed that the money was for general consumer education in any state and not intended to influence the political process. However, internal USDA documents obtained by The HSUS reveal that the AEB clearly intends to use the \$3 million to defeat the California ballot initiative and that the USDA is well aware of the AEB's plan. CHF has renewed its call for the AEB and USDA to rescind the Egg Board's unlawful plans to use these funds to influence the outcome of an election and threatened to litigate, if necessary, to prevent AEB from inter-

fering.

“The jig is up,” said Wayne Pacelle, president and CEO of The HSUS. “The Egg Board is permitted to market eggs to consumers, not to serve as a war chest for factory farm lobbyists fighting to deny animals enough living space merely to turn around and spread their wings.”

Visit the following websites for more information:

Veal Crates:

www.hsus.org/farm/camp/totc/

Battery cages:

www.hsus.org/farm/camp/nbe/

Gestation crates:

www.hsus.org/farm/camp/totc/

Californians for Humane Farms is a nonprofit organization sponsored by

the Humane Society of the United States, Farm Sanctuary, and other animal protection groups, family farmers, veterinarians, and public health professionals who have joined together in an effort to launch a statewide initiative for the November 2008 ballot—one that will improve the lives of millions of farm animals in California.

Dairy Products Don't Help Weight Loss

Paper in May's *Nutrition Reviews* Has Strong Implications for Dairy Industry's Multimillion-Dollar Ad Campaign

PRESS RELEASE—A new scientific review in May's peer-reviewed journal *Nutrition Reviews* shows that people who consume dairy products are likely to gain weight or show no effect in terms of body weight or body fat. Two large observational studies led by Harvard researchers, one including 12,829 adolescents and the other involving more than 19,000 adult men, found that dairy consumption is linked to weight gain. Of the 49 randomized controlled studies analyzed for this review, two showed weight gain, and most of the studies, 41, showed no effect. The only studies showing weight loss were led by industry-funded researchers.

“A thorough analysis of the scientific literature shows that dairy industry claims about weight loss have no factual basis,”

(See *Dairy Ads* on page



This milk ad aimed at teens is part of a deceptive campaign that suggests drinking milk can help you lose weight.

VSH Reaches Out to Schools

by Bill Harris, M.D.,
Founding VSH Board member

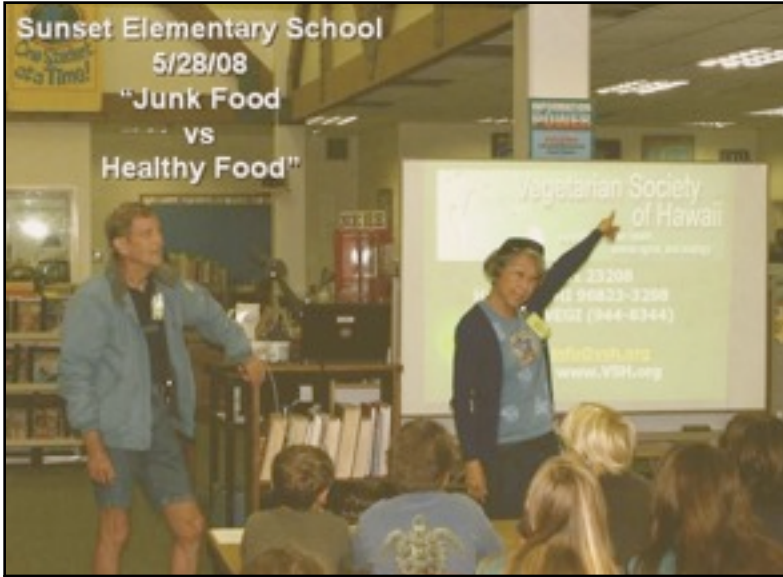
At the invitation of Jim Frisbie, school counselor at Sunset Elementary School across from Sunset Beach on the North Shore, VSH members Pat Moore, Georgie Yap, and Bill Harris participated in the annual Children's Health & Safety Fair

on May 28th. As one of 13 groups discussing such topics as "Gangs & Graffiti in Your Community" and "Cyber Bullying/Internet Safety" and with two exercise stations manned by the USMC, we presented "Healthy Foods v. Junk Food." As examples of the former, Georgie brought carrot and celery sticks, raw almonds and walnuts, one baggie per child, for four 25-minute, 16-child groups of 3rd through 6th graders.

We tried to stay on topic, but the contrast between the healthy fruits and vegetables in our PowerPoint slides and the chips and soft drink pictures was pretty obvious. The kids already knew most of it, and Georgie recorded some informed comments "They (fast food joints) only care about the money, not the customers," "Don't eat anything fried," and "Artificial sugar causes cancer."

Sunset Elementary School has the look and feel of old Hawaii but with the perks of modern educational technology. The children seemed to really

enjoy their yearly fair, and I envied them, from my vantage as an alumnus of Groveland Park Grade school in St. Paul, MN, where the snowdrifts reached the window sills in January 1938, and the radiator chatter drowned out our teacher's voice.



Georgie Yap addresses children at the Health & Safety Fair.

Local Health Food Stores Revitalized

Two locally owned and operated natural foods stores, Huckleberry Farms and Down to Earth, are revitalizing their stores with major renovations and have launched customer rewards programs.

Huckleberry Farms comprises two stores, a natural foods store and a vitamin and supplement store, both located in the Nuuanu Shopping Plaza on the corner of Nuuanu Ave. and School St. Recent remodeling has made these stores more attractive. The

company has introduced a Rewards Card, designed to reward their best customers. Customers simply complete an application form and begin earning points, one for every dollar spent. For every 250 points earned, the customer earns a ten dollar discount. Huckleberry also offers a 5% discount on non-sale vegetarian food items to VSH card-holding members. The discount, however, cannot be piggy-backed with the Rewards Card.

In May Down to Earth also unveiled a new customer rewards program. Rewards Card members, who can sign up for free, receive a free reusable Down to Earth shopping bag, exclusive manufacturers' coupons, deep-discount Super Saver specials, advance notice of store specials, discounts on Down to Earth wear, a free Down to Earth newsletter, and "Exciting Rewards." Their three locations on Oahu will continue honoring a 5% VSH discount, which currently is given on top of the Rewards Program; just show your cards at checkout. The King Street store in Honolulu has been enlarged with new and more modern shelving and wider aisles. Down to Earth also has two locations on Maui.

Both Huckleberry Farms and Down to Earth have long been supporters of the Vegetarian Society. In addition to giving discounts to our members, Down to Earth has been generously donating vegan refreshments for VSH monthly lectures on Oahu.



The soup and sandwich bar at Huckleberry Farms boasts a variety of quick vegan snacks and meals.

2008 Farm Bill Fails to Fight Childhood Obesity

The 2008 Farm Bill recently enacted into law by Congress is a dramatic disappointment. The number one cause of death in this country is chronic disease related to the over-consumption of fat and cholesterol—yet the new Farm Bill continues to support, in the main, the production of foods high in fat, sugar, and cholesterol.

The Farm Bill affects American eating habits through the three pillars of nutrition policy: promoting a particular food environment, education, and incentives for healthy behavior. Any new programs bolstering the pillars of incentives and education will continue to be destabilized by the decrepit first pillar, which is dominated by

“Subsidies for unhealthy food production designated in the 2002 bill—the most wasteful in Farm Bill history—are being continued under the 2008 bill.”

subsidies for unhealthy foods. Subsidies for unhealthy food production designated in the 2002 bill—the most wasteful in Farm Bill history—are being continued under the 2008 bill. Given the higher cost of fresh fruits and vegetables, and the growing concern about child obesity, it is a tragedy that this Food Bill does not prioritize a healthier food environment.

Here are some key aspects of the 2008 Farm Bill:

- There was one conspicuous victory for healthy food policy. The 2008 Farm Bill aids the fresh fruit and vegetable market through an incredible expansion of the Fresh Fruit and Vegetable Snacks Program. Incidentally, this program also gets fruits and vegetables to kids. Funding is more than \$1 billion for 10 years. The program will

include schools in all 50 states and Washington, D.C. Previous funding was for only 14 states, with a budget of \$9 million per year.

- Food production policy continues to remain “fat and sugar” production policy. About 1 percent of Farm Bill payments go to fruit and vegetable growers. *Most disturbing is the fact that 80 percent or more of the commodity payments benefit producers of meat, cheese, and junk food.* Therefore, a reduction of overall subsidies is generally positive. The new Farm Bill decreases aggregate outlays for specific commodities in part by lowering the income limit for a farmer to be eligible for payments. The income limit was lowered from \$2.5 million to \$750,000. While a step in the right direction, this is far from the target income limit of \$200,000 sought by the President and reform-minded Members of Congress.

While a step in the right direction, this is far from the target income limit of \$200,000 sought by the President and reform-minded Members of Congress.

- Congress eased planting restrictions on subsidized land until 2012 for selected fruits and vegetables destined for canning and for only a small percentage of farm land in a handful of states. For the vast majority of agricultural land, this Farm Bill maintains that fruits and vegetables “must be destroyed prior to harvest” or the land permanently loses eligibility for federal support. This provision illustrates well that Congress has yet to associate food production policy with Americans’ health.
- Funding for the Department of Defense Fresh Fruit and Vegetable Program was maintained at a paltry

\$50 million per year. This is the only federal program that actively

“Congress abstained on a perfect opportunity to fight the most serious public health problems of this country: childhood obesity and skyrocketing rates of heart disease, cancer, and diabetes.”

integrates fresh fruits and vegetables into school meals.

- Funds authorized for USDA to purchase fruits and vegetables

(mostly processed) and other high-fiber plant foods were reduced. Since 2002 the budget for these foods has been \$200 million per year. It is now \$190 million with slight annual increases. With inflation the budget will remain below the 2002 level when the next Farm Bill comes up in 2012.

Congress abstained on a perfect opportunity to fight the most serious public health problems of this country: childhood obesity and skyrocketing rates of heart disease, cancer, and diabetes. Precisely because of poor diet today’s youth will live fewer years than their parents for the first time in history. With its override of the President’s veto, Congress has passed a Farm Bill that will provide food production subsidies that continue to focus on inputs for fatty, sugary, and processed foods. The price tag for this Farm Bill will average \$60 billion per year. America spends \$1 trillion each year on health care related to chronic disease. Half a decade is too long to wait. We urge Congress to make the best of every chance to promote a healthier food environment. Congress will have another chance to support good nutrition when the Child Nutrition Act comes up in 2009.

Founded in 1985, the Physicians Committee for Responsible Medicine (PCRM) is a nonprofit organization that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.



At his lecture and cooking demonstration in May, Maui Chef John Cadman explained the complexities of creating attractive and appetizing school lunch meals.

VSH Events 2Q2008



Professional Ironman triathlete Brendan Brazier discussed elements of his best-selling book *The Thrive Diet* at the VSH meetings in June.



Chef Jennifer Flynn drew a crowd of 150 people to watch her demonstrate simple cooking techniques for superfoods that will "get you glowing."

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 July-September, 2008



DR. WILLIAM HARRIS, M.D.

“Optimizing Your Diet for Better Health”

**Tuesday, July 8th, 7 p.m.
Ala Wai Golf Course Clubhouse***

Dr. Harris brings 57 years of personal experience to the topic, having gone from lacto-vegetarian to raw vegan. He will discuss the pros and cons of each step with referenced Power-Point slides, including the origins of all nutrients, protein, limiting nutrients, supplements or no, snake oil salesmen past and present, health controversies, and how the U.S. government makes people fat and sick by its own bureaucratic policies.

A vegan for more than 40 years, William Harris, M.D., is a founding and current director of the Vegetarian Society of Hawaii. Prior to his retirement he was an emergency physician and the director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco and is the author of The Scientific Basis of Vegetarianism.

**Dr. Harris will also be presenting on Maui:
Tuesday, July 15th, 7 p.m.,
Cameron Center, 95 Mahalani St., Wailuku**

BRUCE FRIEDRICH

“Eating for Planetary Survival”

**Tuesday, August 12th, 7 p.m.
Ala Wai Golf Course Clubhouse***

We all love animals, care about global poverty, and want to conserve resources and minimize our carbon footprint. In this provocative talk long-time peace and social justice advocate Bruce Friedrich will apply Socrates’ admonition that “the unexamined life is not worth living” to our food choices, examining recent science around the global food crisis, global warming, nutrition, and animal sentience.

Bruce Friedrich is vice president of campaigns for PETA, the world’s largest animal rights organization. Bruce has appeared on the Today Show, Hardball, The O’Reilly Factor, and most other cable news shows and has been interviewed repeatedly by all of the United States’ most influential newspapers. Before joining PETA 12 years ago, Bruce spent six years running a shelter for homeless families and the largest soup kitchen in Washington, D.C.

**Mr. Friedrich will also be speaking on Maui:
Friday, August 15th, 7 p.m.,
Cameron Center, 95 Mahalani St., Wailuku**



HAROLD BLOOMFIELD, M.D.

“Making Peace with Yourself, Your Family, and Your Diet”

**Tuesday, September 9th, 7 p.m.
Ala Wai Golf Course Clubhouse***

To make peace with yourself, you may have to give up a lot. You may have to stop worrying about what others think and forgive yourself, your parents, and your ex. You may have to grow to appreciate yourself exactly as you are and not as you wish you could be.

Why bother? Or who cares, you might say. Your peace of mind, your love and work relationships, and your moment-to-moment vitality may be at stake. Making peace with yourself and others is a personal challenge that is certain to bring you enormous and lasting satisfaction. To live peacefully, be a vegan.

Over the past twenty-five years Harold H. Bloomfield, M.D., has been a leading light in the movement to return health and the human spirit to all of us. A Yale-trained best-selling author, he has led millions of people to integrative healing, emotional literacy, and quintessential peace.

Dr. Bloomfield has appeared on national television shows including 20/20, Oprah, Larry King Live, Good Morning America, and CNN. His work has been featured in Time, Newsweek, Forbes, USA Today, the New York Times, and many other magazines and newspapers. He is a faculty member with the International University of Professional Studies on Maui.

**Dr. Bloomfield will also be speaking on Maui Wednesday, Sept. 10th, 7 p.m.
Cameron Center, 95 Mahalani St., Wailuku**

***The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Avenue
0.2 miles behind the Waikiki-Kapahulu library, across from the Chevron Station.**

Animal Rights Corner

Update on Live Pig Transport

by Cathy Goeggel
VSH member
Animal Rights-Hawaii founder

Pigs are no longer being imported from Canada because the Canadian dollar is worth more than the US dollar; however, the cruel transport continues from Hutterite colonies in Montana and ranches in northern California, and there is an increased number of pigs going to Maui for slaughter. This adds at least two more days to the poor pigs' journey.

Don Quijote grocery stores have ceased selling "Island Pork" following our campaign launch in February. However, Star, Times and Safeway still sell this, even though the label is deceptive.

We are also have a petition against long distance live animal transport, and we welcome assistance getting signatures. We hope to persuade retailers to stop selling "Island Pork." Contact Cathy at selkie@hawaii.rr.com.

It's about Compassion, Not Culture

by Cathy Goeggel
VSH member
Animal Rights Hawaii founder

The 2008 Hawaii State Legislature was, we hoped, an opportunity to see the passage of a law prohibiting the human consumption of dogs and cats. SB 3146 passed easily through the senate and was then heard by the

house judiciary committee, where it was held.

We thought that this year, with the grisly theft and murder of Caddy Manuma fresh in the minds of so many, the politicians would respond to the public outrage over his death. The slaughter of dogs has always been treated with a wink and a nod in Hawaii society and exists because our politicians have been unwilling to take a stand for suffering animals.

Calls to the Chair of the Judiciary Committee produced no information on the votes of the individual members. I e-mailed every member of the committee, asking that he/she state his/her position on SB 3146. Only two responded—and neither answered my simple question.

The members of the House Judiciary Committee are:

Tommy Waters, Chair
Kyle Yamashita
Blake Oshiro, Vice-Chair
Ryan Yamane
Cindy Evans
Hermina Morita
Alex Sonson
Josh Green
Ken Ito
Alex Sonson
Sylvia Luke
Joseph Souki
Angus McKelvey
Barbara Marumoto
Kimberly Pine
Cynthia Thielen

We have begun a petition drive to present, hopefully, thousands of signatures to the next legislature in 2009. If you would like to help, please contact Anjie at potteringpuck@yahoo.com.

Slaughter Investigation Prompts Changes in Law

PRESS RELEASE—On May 20th the Humane Society of the United States welcomed news from Agriculture Secretary Ed Schafer that the USDA will implement a ban on slaughter for human consumption of cattle unable to stand and walk unassisted.

"This is long-anticipated but welcome news," said Wayne Pacelle, president and CEO of The HSUS. "For too long sick and crippled animals have been allowed into the food supply, putting consumers at risk and subjecting injured and sick animals to needless torment. This loophole contributed to the unacceptable abuses we documented at the Hallmark slaughter plant. . . . We hope USDA broadens the rule to include auction houses, to require immediate euthanasia of downers, and to apply the rule to pigs and other livestock, not just cattle."

The New York State Senate Consumer Protection Committee unanimously passed legislation that will also safeguard the state's food supply. S. 7847, sponsored by Sen. Frank Padavan (R-11), would require all animals too sick or injured to walk to be immediately and humanely euthanized. It will also prevent these animals from entering the food supply. The bill will now be considered by the full state Senate.

"We are delighted that this legislation moved through committee unanimously, and we look forward to passing it in the Senate. It's a measure that is long overdue," said Sen. Padavan.

(continued on next page)

(continued from previous page)

Just four days earlier California lawmakers approved legislation to strengthen the state's food safety and humane slaughter laws. A.B. 2098, introduced by Assembly member Paul Krekorian (D-43rd), passed the Assembly unanimously yesterday.

A.B. 2098 strengthens California's current law protecting downed animals by prohibiting slaughterhouses, stockyards, auctions, or dealers from buying, selling, or receiving them and by prohibiting slaughterhouses from butchering or processing them. The HSUS praised the action and urged the Senate to follow suit and send the bill on to Gov. Schwarzenegger for signature.

San Bernardino County District Attorney Michael Ramos, who pursued animal cruelty charges against two employees of the Hallmark/Westland plant, also testified at the hearing. One of the employees has pleaded guilty to illegally moving a non-ambulatory animal.

Haven on Earth: Leilani Farm Sanctuary

by Barry Sultanoff, M.D.

This article originally appeared in the Maui Weekly, June 25, 2008. Reprinted with permission of the author.

Become the peace you wish to see in the world.

—Mahatma Gandhi

Leilani Farm Sanctuary (LFS), in Haiku, is an idyllic, peaceful place, a microcosm of the kind of harmonious planet that some idealistic humans dream of and wish to actualize. On nearly eight heavenly acres of rolling tropical land a community of goats, donkeys, cats, and chickens enjoys its full measure of animal life, nurtured by human helpers. For those who choose to volunteer at LFS this represents a deep calling—to the practical task of extending kindness and support to these four-legged and finely-feathered beings.

Laurelee Blanchard, the sanctuary's founder and visionary, is unwavering in her mission to foster the humane treatment of animals. She's a devoted educator who believes that exposing others to the joy of interacting with animals living in healthy natural environments can awaken their hearts and help evoke compassionate behaviors toward all non-human life.

In Laurelee's view the human-animal interface has become deeply corrupted in modern times by a prevailing attitude of commercialism, which in its worst aspect promotes the torture of animals for food production through a barbaric system of factory farming. LFS has been created, in part, as a modest antidote to such callous indifference: it is becoming a model community that offers a hopeful window into a new, more enlightened way of interacting with animals.

For Blanchard, farm animals are not "commodities" to be exploited by humans as food and labor. Rather, each one is to be appreciated as a unique individual with real personality and flair. Indeed, every animal at the sanctuary has its own special story, the thumbnails of which are told, along with engaging photos, on the colorful LFS web site, www.LeilaniFarmSanctuary.org.

Most of the rescued animals at the sanctuary escaped deplorable conditions. Lehua the donkey had been living under the dark crawl space of a dilapidated house, Larry the goat spent ten lonely years tied up in a rancher's front yard, and Charlee the cat had been discarded in a restaurant dumpster before giving birth to kittens. Ned the goat was saved from the butcher's knife.

Daisy the hen, rescued from the now-defunct Makawao Egg Farm, was one of several dozen chickens

(continued on next page)

VSH Board Re-Elected

The results of the VSH Board election for the 2008-2010 term are as follows:

161 ballots, including two abstentions, were returned, and the current Board members were re-elected overwhelmingly. Congratulations to these devoted volunteers. We also thank those who participated in this process by sending in their ballots.

Please be aware that new volunteers, including potential new Board members, are always welcome. Call the vegi hotline (808-944-VEGI) to learn more about opportunities.

Mahalo!



Leilani Farm Sanctuary founder Laurelee Blanchard cradles Ned the goat, who was saved from the butcher's knife.

(continued from previous page)

who had been de-beaked, then crammed together inside of tight cages. When that commercial operation suddenly shut down, the chickens were left, abandoned and suffering, without food and water. Blanchard and her friends proceeded to rescue them on a moonlit night last summer.

Now, at LFS, life is very different for these rescued animals: Lehua and Jenny, the resident donkeys, amuse with their antics—and for the more adventurous Lehua offers wet kisses; Lewis the goat skillfully massages visitors with his head; people-friendly Maizee, a “broiler chicken” rescued from the dinner table of a kind doctor who decided to donate her to LFS rather than eat her, loves to be embraced and scampers with a quick, lively step toward visitors; elegant Pearl, an indoor-outdoor cat, engages humans with her soft touch and winning ways.

Judy Elam, a recent visitor to the sanctuary, comments: “I think when you go there, you realize this is more than just another happy ‘animal rescue’ story. These animals clearly adore Laurelee as much as she loves them, and their friendliness is clear

testimony to how happy and fearless they now feel.”

Blanchard, who is also a Coldwell Banker real estate agent and a director of the Vegetarian Society of Hawaii, has this to say about the evolution of her home into a sanctuary for animals, and her lifetime calling as an animal rights activist: **“Helping animals is richly rewarding for me. These animals are lucky to have been saved but unfortunately are only a drop in the bucket compared to the ten billion farm animals raised and killed for food each year in the U.S. I believe the best way for anyone to help animals is to stop eating them. By adopting a vegan diet we can make the biggest difference for the animals.”**

LFS is in need of volunteer help. Tasks include barn cleaning, brushing the animals, and trimming the goats’ hooves. Fundraising and graphic de-



Henny, Penny, and Jenny enjoy their perch on a swing at Leilani Farm Sanctuary.

sign skills are also sought. Also on the LFS wish list are volunteers for installing rain gutters on the goat house and painting the barn.

Monetary donations to LFS, even small amounts, can go a long way toward giving these and other rescued animals a new lease on life. Checks can be mailed to LFS, P.O. Box 792200, Paia, 96779. (Non-profit 501(c)3 status is pending.)

LFS can be contacted via the website, www.LeilaniFarmSanctuary.org or by email at info@leilanifarmsanctuary.org.

There are some who believe that human beings rightly have exclusive dominion over all the animals, which are to be used to satisfy human whims. Others, however, view the human role as one of responsible stewardship and cooperative living in harmony with all life on earth. LFS exists as a living testament to the birthright of every sentient being to have a quality life of gentle companionship, in safe community with others.



At Leilani Farm Sanctuary the love flows both ways.



(Dairy Ads continued from page 7)

says Amy Joy Lanou, Ph.D., an assistant professor at the University of North Carolina at Asheville and the lead author of the new paper. "Consumers who see ads featuring slim celebrities and add dairy to their diets in hopes of losing weight are likely to gain weight instead. Even children who consume low-fat milk are at risk for unhealthy weight gain."

These findings have important implications for a multimillion-dollar dairy industry advertising campaign featuring Brooke Shields, Glenn Close, and other celebrities.

Two national dairy organizations agreed last year to halt dairy weight loss advertising because existing research does not support its claims. That agreement came in response to a petition filed by the Physicians Committee for Responsible Medicine (PCRM) with the Federal Trade Commission. Rather than honor this agreement, however, the dairy industry has reworded its ads. The current ads, such as one featuring Brooke Shields, still falsely imply that dairy product consumption is linked to weight loss.

Dr. Lanou, a senior nutrition scientist with PCRM, has also published a paper in the highly regarded journal *Pediatrics* and is an authority on child health as well as weight maintenance in both adults and children. For a copy of the new paper or an interview with Dr. Lanou, please contact Jeanne S. McVey at 202-686-2210, ext. 316, or jeannem@pcrm.org.

Founded in 1985, the Physicians Committee for Responsible Medicine is a nonprofit health organization that promotes preventive medicine, especially good nutrition. PCRM also conducts clinical research studies, opposes unethical human experimentation, and promotes alternatives to animal research.

Protecting Our Planet

by Hesh Goldstein, MSNutri

Whenever anyone talks about protecting our planet, they always bring up two issues: cutting emissions and developing clean alternative energy. Sounds great, huh? Nothing would be near as effective in cutting emissions, protecting our resources, and helping our planet as the masses adopting a vegan diet. Consider these facts as depicted by John Robbins in his book, "The Food Revolution."

According to studies, it takes 5,214 gallons of water to produce four "quarter pounders," 1,630 gallons to produce 1 lb. of pork, and 815 gallons to produce 1 lb. of chicken, whereas it only takes 23 gallons to produce 1 lb. of lettuce, tomatoes, or potatoes. Let me put it another way: if you shower each day for seven minutes using a shower with a flow rate of two gallons a minute, you are using 14 gallons of water a day (seven minutes times two gallons), or 98 gallons a week. Rounding that up to 100 gallons a week, in 52 weeks you would be using 5,200 gallons of water each year to take daily showers. Compare that to the 5,214 gallons of water it takes to produce 1 lb. of beef: you can save more water by not eating those four "quarter-pounders" than you will by not showering for a year.

The calories of fossil fuel expended to produce 1 calorie of protein from flesh is 78, whereas the calories of fossil fuel to produce 1 calorie of protein from corn or wheat is 3. If the grain that is currently fed to animals to get them ready for consumption were made available to humans, there would be no grain shortages in the world.

The amount of greenhouse-warming carbon gas released by driving a typical American car in one day, is about 6.5 lbs., whereas the amount released by clearing and burning enough rain forest to produce beef for



one hamburger is roughly 165 lbs. If the people of Indonesia ate as much beef per person as the people in the U.S., it

would take only 3.5 years to clear Indonesia's 280 million acres of forests. Likewise with Costa Rica and its people, it would take a year. There are more species of birds in one square mile of Amazon rain forest than in all of North America. The life forms destroyed in the production of each fast-food hamburger made from rain forest beef are 20-30 different plant species, 100 different insect species, and dozens of bird, mammal, and reptile species.

If these same 2.5 acres are used to produce wheat, corn, rice, potatoes or cabbage, then 15-23 people can be fed. If that same 2.5 acres is used to produce beef or eggs, one person can be fed. To produce milk or chicken, two people can be fed.

If the subsidies to the flesh industry were taken away and the costs of clearing forest in India were included, the cost of one hamburger would be \$200.00.

So, the next time you read an article or editorial about "saving the planet," and none of the above is mentioned, you should realize that profits are being protected over the welfare of the people. Do the math yourself and you will realize that it is not rocket science to know the road to travel is the vegan road. Its destination? The health of the planet and its inhabitants.

Aloha!

Source: The Food Revolution (2001), John Robbins, Berkeley, USA: Conari Press



Chef Jennifer Murray shows off her “Divine Baking” samples at her cooking demonstration at the VSH Potluck/Lecture held April 6th.

Kauai Potlucks and Lectures



Recipe judge Mark Reinfeld, co-owner of The Blossoming Lotus Restaurant, presents a gift certificate from Papaya’s Natural Foods to Carol Ann Davis-Briant for her winning recipe (below) at the VSH potluck luncheon and lecture in May.



“A Vegetarian Diet Is the Easiest and Best Way to Protect the Earth” was the title of the lecture by Gordon LaBedz, M.D. at the June potluck luncheon. Dr. LaBedz is a family physician who resides on Kauai. He’s been a vegetarian advocate for more than thirty years.



Recipe judge Jessica Murray (right), co-owner of The Blossoming Lotus Restaurant, congratulates Annalia Russell of Kapaa for her winning Japanese-American Rice recipe in April.

Carol Ann’s Raw Carrot-Ginger-Coconut Soup

by Carol Ann Davis-Briant

- 1 cup organic almond milk or coconut water (unsweetened)
- 1 pkg. Hawaiian Sun Frozen coconut milk or other coconut milk
- 6 to 8 organic carrots
- 4 large cloves garlic
- 1 piece fresh ginger, about 1-1½”
- Curry (to taste)
- Turmeric (to taste)
- Cumin (to taste)
- Dill, fresh (to taste)
- Organic tamari or organic veggie “Better than Bouillon” (to taste)
- Spices (to taste)

Blend all in Vitamix until smooth and warm—around 100 degrees



Hollan Hamid (left) of Poipu was the winner of the recipe contest at the June VSH potluck luncheon and lecture on Kauai. Hollan is joined by recipe judge Jennifer Murray, co-owner of the Blossoming Lotus Restaurant in Kapaa.



A video lecture, “Health Food vs. Healthy Food,” by Jeff Novick, R.D., recorded at a VSH meeting on Oahu earlier this year, was well received by the more than 50 people who attended the Kauai event in May.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. 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.

Slaughterhouse Workers: Dying for a Job

by Lindsay Rajt

The “head table” at the Quality Pork Processors slaughterhouse in Austin, Minnesota, is not a place of honor. Until recently, it was where workers cut up pigs’ heads and shot compressed air into their skulls, causing their brains to come tumbling out. At least 18 employees who worked the head table have developed a mysterious neurological illness as a result, with symptoms ranging from weakness and fatigue to acute paralysis.

In all, according to figures recently released by researchers, at least 24 slaughterhouse employees—possibly more—in Minnesota, Indiana and Nebraska have the illness. All of the affected employees worked in a part of the plants that used compressed air to remove pigs’ brains. Researchers believe the air turned some brain matter into a fine mist that was inhaled by the workers; the plants have since discontinued the practice.

While these are isolated incidents—most slaughterhouses do not use this technique, and the condition is not thought to be transmittable—illnesses, injuries and even deaths at slaughterhouses are shockingly routine. What’s even more shocking? If you eat meat, you are funding the daily exploitation of these workers.

Correction

In the previous issue of *The Island Vegetarian*, page 18, we mistakenly truncated the email address of James Han of Salad Creations. His correct email address is jhan@saladcreations.net. We apologize for any inconvenience this may have caused.

According to the Department of Labor, nearly one in three slaughterhouse workers suffers from illness or injury every year; in other manufacturing jobs, the rate is one in 10. Killing animals who do not want to die is inherently dangerous work. As chickens are hung by their legs to be killed, they fight back—beating their wings and scratching and pecking workers. Cows and pigs who are still conscious when they are hung up by their hind legs kick and thrash.

Workers on the killing floor are in constant contact with feces, vomit and diseased animals, so it’s no surprise that they often fall ill themselves. One study of slaughterhouse workers by the Johns Hopkins Bloomberg School of Public Health found that half tested positive for campylobacter bacteria, which can cause diarrhea, stomach cramps and fever.

A worker at a Smithfield slaughterhouse told Human Rights Watch that he had breathing difficulties at work and red rashes on his arms and hands: “I think I have an allergic reaction to hogs. But I’m afraid to say anything about this because I’m afraid they will fire me.”

One of the most serious hazards for slaughterhouse employees is the high line speed. Workers must hoist, kill or cut several animals each minute, usually with few breaks. Some aren’t even given time to relieve themselves during their shift. A Teamster investigator told *The Nation* magazine that during meetings with slaughterhouse workers, “People were crying, talking about being covered in diarrhea the entire shift because the supervisor wouldn’t let them go to the bathroom.”

When employees are forced to work covered in their own waste, you can imagine how the animals are treated. Improperly stunned hogs kick and scream as they are drowned in tanks of scalding-hot water, used to soften their skin. Cows struggle as the skin is ripped from their bodies.

Chickens, who aren’t even included in the only federal law designed to protect animals killed for food, have their throats slit while they’re still conscious and are scalded to death in tanks of hot water by the millions.

Even if you aren’t sympathetic to the plight of workers or animals, consider this: The same uncaring system that allows workers to be exposed to a toxic mist of animals’ brains and animals to be scalded alive also allows carcasses contaminated with feces and vomit, tapeworms and abscesses, to be sent down the line. The meat industry is not going to change, but we can: It’s time to leave the broken bodies of animals off our plates and go vegetarian.

Lindsay Rajt is the assistant manager of vegan campaigns for People for the Ethical Treatment of Animals; 501 Front St., Norfolk, VA 23510; www.GoVeg.com.



THE CANCER PROJECT

Finally!
A prescription with side effects you want.

Blueberries and red beans are powerful remedies against cancer. Research shows that fruits, vegetables, and other low-fat vegetarian foods may help prevent cancer and improve survival rates. A plant-based diet can also help lower cholesterol.

For a free nutrition booklet with cancer fighting recipes, call toll-free 1-866-906-WELL or visit www.CancerProject.org

(School Lunch continued from page 1)

SB2136 failed as noted above, but after modifications to some of its *Whereases* and *Therefore*s it became SCR84 SD1, cleared the last hurdles, and was passed with the assistance of about 34 individuals and organizations (including HMSA) who sent in positive testimony

So, after sporadic VSH efforts spanning 15 years, the 2008 Hawaii Legislature has finally endorsed the concept that vegetarian meals may be a healthy school option. Where it goes from here is anyone's guess. However, VSH has put up a school lunch page and will link it to the DOE Vegetarian School Lunch URL when it appears. Using these as a springboard, perhaps some interested vegetarian parents can continue the process we began.

A fitting finale to this win was our May 13th speaker, John Cadman from Haiku Elementary School on Maui. To our knowledge, John is the only school food service manager in Hawaii offering USDA-reimbursable vegetarian options to students on a regular basis. John's strategy to meet the USDA requirement of 18% protein by weight of food is to use beans, and his web page displays many veggie bean recipes, bean lore, and strategies for properly cooking beans. His video "A Successful Vegetarian School Lunch Program: One Man's Commitment," will show on Olelo and the other Public Access TV stations sometime after June 1, 2008, but it's already on line.

Cadman gave us a very clear and entertaining overview of the history and practicalities of the school lunch program, and I hope that interested parties country-wide will take advantage of it in concert with the veggie school lunch pages at DOE and VSH.

"After sporadic VSH efforts spanning 15 years, the 2008 Hawaii Legislature has finally endorsed the concept that vegetarian meals may be a healthy school option."

For my part, I don't hold the school lunch program responsible for childhood obesity. It's the junk food that permeates society and TV advertising, all federally subsidized by the USDA and tax-deducted by the IRS that's causing it. But the Hawaii DOE got soft drinks out of the school vending machines a couple of years ago and that was huge step. SCR84, if implemented vigorously, could be another.

Contacts and Websites

Patricia Hamamoto: Superintendent
Hawaii Department of Education:
doe.k12.hi.us/about/meet_the_supt.htm
patricia_hamamoto@notes.k12.hi.us

Hawaii Board of Education:
www.boe.k12.hi.us/

Office of School Facilities and Support Services, School Food Service Director, Glenna Owens at 733-8400
glenna_owens@notes.k12.hi.us

Office of Hawaii Child Nutrition Programs, Child Nutrition Specialists, Alice Toguchi-Matsuo or Kenneth Ortiz at 587-3600

Office of Curriculum, Instruction, and Student Support, Coordinated School Health Specialists, Dave Randall or Shirley Robinson at 733-9141 ext. 329

Department of Health, Departmental School Health Coordinator, Cathy Yamamoto Tanaka at 586-4437
cathykt@doh.hawaii.gov

DOE school lunch website:
doe.k12.hi.us/foodservice/toolkit/index.htm

VSH school lunch website:
www.vsh.org/links_Lunch.htm

Rep. Joe Bertram III, 11th District at 808-586-8525
repbertram@Capitol.hawaii.gov
"Vegetarian School Lunch Meal":
vsh.voip-info.org/Bertram.html

John Cadman:
mauisurfer1961@gmail.com,
www.thebeanpages.com
vsh.voip-info.org/Cadman.html

Positive testimony to SCR84 SD1:
www.vsh.org/SCR84%20SD1.pdf
Text:
www.capitol.hawaii.gov/site1/docs/getstatus2.asp?billno=SCR84

Vegan Tidbits

by Scott Snarr

Oprah's Vegan Makeover

Few people on Earth can thrust a cause into the spotlight the way Oprah Winfrey can. In May, twelve years after declaring she would never eat another hamburger, Oprah put the vegan diet on center stage as she undertook a 21-day vegan cleanse under the guidance of bestselling author and spiritual counselor Kathy Freston.

"I never imagined meatless meals could be so satisfying," Oprah proclaimed on the second day of her new regimen. But after her vegan chef departed, she confessed to occasional frustration and meat cravings.

Although in the end she did not devote herself entirely to veganism, she said she will never think about food in the same way again. "I've reached a new level of awareness about food, eating, and the whole process of how it gets to my table. . . .

(continued on next page)

(continued from previous page)

I consider it true grace to be able to eat anything in a world of increasing food shortages and starving people.

“This has been exactly what we intended: enlightening. I will forever be a more cautious and conscious eater.”

You can read her full blog at www2.oprah.com/foodhome/food/cleanse/blog/blog_main.jhtml

Seventh-Inning Dissent

Where in the world can one witness five men in seven-foot-tall flamboyant sausage costumes racing around a baseball diamond except at a Milwaukee Brewers home game. An homage to the local meat-processing industry, the seventh-inning Sausage Race is a surefire crowd-pleaser. But not everyone in Milwaukee is pleased about it.

Brewers' first baseman and home run wonder Prince Fielder, who announced in the pre-season that he had become a vegetarian, took his commitment one step further by protesting the Sausage Race. Objecting to the glorification of a product of animal cruelty, Fielder vowed not to swing at any pitches at the bottom of the sixth inning or field any balls at the top of the seventh. He has even held a sign during the race that read “Baseballs, not Meatballs.”

When asked how he felt about the fact that baseballs are made with leather, he retorted, “I think you should express your anger by hitting them as hard as you can with a bat.”

More Island Vegetarians

Politicians in Taiwan who talk about slowing global warming are putting their veggies where their mouths are. A number of prominent public officeholders have pledged to become vegetarian to show their commitment to cutting greenhouse gas emissions. Among those who took

the veggie vow are the island nation's environmental minister, the legislative speaker, and the mayors of the two largest cities, Taipei and Kaohsiung (a sister city of Honolulu).

If their hopes were that more of public would follow their lead, then their wishes came true. An impressive one million people signed the pledge to go veg. It's likely, however, that the bulk of them were already vegetarians, since an estimated 1.6 million, or seven percent of Taiwanese, eschew meat.

Also during the anti-global warming drive, Taiwan's third largest city, Taichung, introduced its 10-measure “No Regrets” policy. Every Thursday from July onward will be Green Thursday, when people are encouraged to eat vegetarian and ride a bike. The policy also encourages people to eat more fruits and vegetables and take the stairs more often instead of the elevator.

2 Wheels Good; 4 Wheels Bad

The journey of ten thousand miles begins with the first step. These ancient words of Lao-Tzu ring true today for ‘Sam’ Yeoh Beng San, who in

March began a bicycle journey stretching 3000 miles from Singapore to the Great Wall of China in an effort to raise awareness about global warming.

Citing the meat industry as the top contributor to global warming, Sam hopes the attention he draws will move others to adopt a vegetarian diet and take up cycling as an alternative to driving cars.

Sam set off from his home in Singapore on March 10th with the equivalent of a mere US \$1000 and a bicycle nicknamed ‘Xiao-Hei’ (‘Little Black’). Over the past hundred days his journey has taken him through his homeland Malaysia as well as Thailand, Laos, and his last known location, Hanoi, where he participated in the environmental event, “CO₂, Kick the Habit: Towards a Low Carbon Economy.”

Sam expects to reach his destination, Beijing, in early September. He says from there he will continue on to Europe if time and finances permit.

You can see hundreds of pictures in his blog and leave some words of encouragement in his guest book:

www.crazyguyonabike.com/doc/3268



Friends and supporters gathered to wish Sam Yeoh (right, on bicycle) good luck as he embarked on his 3000-mile bicycle journey.

Animal Rights 2008



**National Conference
Aug 14-18, Washington DC**

- * World's largest & oldest animal rights conference
- * 100 sessions, including workshops, raps, reports
- * 90 speakers from 60 animal protection groups
- * Reports on whale and seal defense wars
- * Sessions on activism, organizing, and outreach
- * Newcomer Orientation * Networking Receptions
- * Cruelty-free Shopping * Delicious Vegan Food
- * 80 Videos * 90 Free Exhibits * Awards Banquet

Heather Mills
Celebrity Award



Free
Exhibits and
One Free
Session

Early
Registration
Discounts
Now!

**www.ARCConference.org
800-632-8688**



Vegetarian Society of Hawaii

P.O. Box 23208
Honolulu, Hawaii USA
96823-3208

Address Service Requested

NONPROFIT
U.S. POSTAGE PAID
HONOLULU, HI
PERMIT NO. 645