



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 21, Issue 1, January-March 2010

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Public Lectures

TERRY SHINTANI, M.D.

"THE HEALTH CRISIS CURE:

**HOW TO GET OFF YOUR MEDICATION
WITH YOUR DOCTOR'S HELP"**

Saturday, January 16th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

DANA LYONS

"COWS WITH GUNS:

VEGETARIAN MUSIC & COMEDY"

Saturday, February 13th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

CHEF PAUL ONISHI

"BUYER BEWARE"

Saturday, March 20th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

See page 14 for more details,
including Maui & Kauai meeting times.

Livestock responsible for half of global warming

PRESS RELEASE — The environmental impact of the life cycle and supply chain of animals raised for food has been vastly underestimated and in fact accounts for at least half of all human-caused greenhouse gases (GHGs), according to Robert Goodland and Jeff Anhang, coauthors of "Livestock and Climate Change" in a recent issue of *World Watch* magazine.

A widely cited 2006 report by the United Nations Food and Agriculture Organization, *Livestock's Long Shadow*, estimated that 18% of annual worldwide GHG emissions are attributable to cattle, buffalo, sheep, goats, camels, pigs, and poultry. But recent analysis by Goodland and Anhang finds that livestock and their byproducts actually account for at least 32.6 billion tons of carbon dioxide per year, or 51% of annual worldwide GHG emissions.

Reviewing both direct and indirect sources of GHG emissions from livestock, the study finds that previous calculations have both underestimated and overlooked certain emissions sources and have also assigned livestock-related emissions to the wrong sectors. The authors locate these discrepancies in previous analyses of livestock respiration, land use, and methane.

Based on their research Goodland and Anhang conclude that replacing livestock products with soy-based and other alternatives would be the best strategy for reversing climate change. "This approach would have far more rapid effects on GHG emissions and their atmospheric concentrations — and thus on the rate the climate is warming — than actions to replace fossil fuels with renewable energy."

The full report is available at <http://www.worldwatch.org/files/pdf/Livestock%20and%20Climate%20Change.pdf>

Source: Worldwatch Institute

HAPPY 20th
BIRTHDAY,

VSH

Read what leaders in the movement are saying about the past 20 years of veganism — and the next 20.

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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.

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Mahalo
to all our volunteers!

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

The information contained in this newsletter is for educational purposes. It is not intended as medical advice, and it is not intended to replace the advice of a qualified, licensed medical practitioner.



President's Message

by Lorraine Sakaguchi

Greetings!

As the world completes the first decade of the new millennium, we are delighted to announce that the Vegetarian Society of Hawaii is celebrating the 20th year of its existence.

We have a lot to celebrate: Not too long ago in many of our lifetimes it was "common knowledge" that vegetarians were somehow practicing dangerous eating habits. Now we have much research indicating that a diet based on vegetables, fruits, legumes, nuts, and seeds is not only healthy, but likely the optimal diet for humans, and that it is the people eating animal-based diets who are the ones practicing dangerous eating habits!

We also have far to go: Many of our fellow human beings are suffering needlessly from degenerative illnesses, many of which are caused by animal-based diets. And animals are still being sacrificed to maintain that lifestyle and are treated as economic units without regard to their basic needs.

Happily, however, when people realize that they don't need to eat meat, they also feel freer to cast a more compassionate eye on the lives of cows, pigs, sheep, chickens, and other animals and to help create laws that eliminate the harsh treatment of these animals.

Another benefit of plant-based diets is that they limit the spread of dreaded diseases, like the bird flu virus, which are created when animals are kept in crowded and unhealthy living conditions.

We also now know more about how our food choices can help to shape our environment for the better. For example, when we eat a plant-based diet, we create a carbon footprint that is a fraction of that created by people who consume animal protein: more greenhouse gases are released into the atmosphere from animal agriculture than from transportation sources.

We are grateful that the Vegetarian Society of Hawaii has been here for nearly 20 years to help bring the best possible information on the above topics to you in person in our monthly lectures as well as in our newsletter and vsh.org. We are also happy to inform you that we now have a page on Facebook, and we invite you to join us there!

Wishing you good health and peace!



Health Update

Meatless meals could cut health care costs

A scientific review in October's *American Journal of Cardiology* finds that vegetarian and vegan diets rich in nuts, soy, and fiber cut cholesterol and triglyceride levels more effectively than other dietary approaches commonly used to reduce the risk of cardiovascular disease, America's number one killer. Study coauthor Hope Ferdowsian, M.D., M.P.H., says that these findings have clear implications for the debate over health care reform.

In "The Effects of Plant-Based Diets on Plasma Lipids," Dr. Ferdowsian and her coauthors reviewed 27 previously published scientific studies and compared the effects of four diet interventions on cholesterol and triglyceride levels. Individuals following a vegetarian or vegan diet including nuts, soy, and fiber experienced the greatest reduction in risk factors for cardiovascular disease, including up to a 35% reduction in low-density lipoprotein cholesterol levels. Dietary interventions including small amounts of lean meat were less effective at reducing total cholesterol and thus preventing a cardiac event.

"If we don't find ways to cut the cost of treating cardiovascular disease, our health care system is headed for intensive care," says Dr. Ferdowsian, associate director of the Washington Center for Clinical Re-

search. "Heart-healthy plant-based diets could dramatically reduce spending on cholesterol-lowering drugs, cardiac surgery, and blood pressure medication."

More than 48% of the adult population in the United States has total cholesterol levels above the desirable upper limit established by the National Cholesterol Education Program. High blood pressure affects 74 million Americans; coronary heart disease affects 17 million. Diseases related to high cholesterol, including heart disease, vascular disease, and stroke, account for more than 885,000 deaths and \$634.2 billion in direct and indirect costs annually.

Daily dose of color may boost immunity

Hoping to keep the flu at bay? A strong immune system helps. Enjoying the bounty of colorful fruits and vegetables available right now can be an important step toward supporting your family's immune system.

Fruits and vegetables contain not only vitamins, minerals, and fiber, but also phytonutrients. Believed to come from the compounds that give these foods their vibrant colors, they provide a wide range of health benefits, including supporting a healthy immune system.

A new study, America's Phytonutrient Report, found that 8 in 10 Americans are missing out on the

health benefits of a diet rich in colorful fruits and veggies, resulting in a phytonutrient gap. The report looked at fruit and vegetable consumption in five color categories — specifically green, red, white, blue/purple, and yellow/orange — and the phytonutrients found in each color category.

Foods in the red category are especially helpful to our immune systems, and they also support heart health. Tomatoes, pomegranate, red cabbage, cranberries, even pink grapefruit provide the phytonutrients lycopene and ellagic acid.

The health benefits of foods in the yellow/orange category also support a health immune function. Further, they enhance vision and heart health and help maintain skin hydration. They provide beta-carotene, alpha-carotene, lutein, quercetin and other phytonutrients that can be converted into vitamin A. Delicious and nutritious yellow/orange fruits and vegetables available this season include carrots, squash, sweet potatoes, and pineapple.

For optimal health, aim to eat two foods from each of the 5 color categories — green, red, white, blue/purple, and orange/yellow — for a total of 10 servings each day.

Source: Weber Shandwick Worldwide via www.eurekalert.org

Fruit and vegetable intake correlated with cognitive performance

Researchers investigated the relationship between fruit and vegetable intake, plasma antioxidant micronutrient status, and cognitive performance in healthy subjects aged 45 to 102 years. Their results, published in the August issue of the *Journal of Alzheimer's Disease*, indicated higher cognitive performance in individuals with high daily intake of fruits and vegetables.

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"Dietary interventions including small amounts of lean meat were less effective at reducing total cholesterol and, thus, preventing a cardiac event."

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Subjects with a high daily intake (about 400 g) of fruits and vegetables had higher antioxidant levels and lower indicators of free-radical-induced damage against lipids as well as better cognitive performance compared to healthy subjects of any age consuming low amounts (less than 100 grams a day) of fruits and vegetables. Modification of nutritional habits aimed at increasing intake of fruits and vegetables, therefore, should be encouraged to lower the prevalence of cognitive impairment.

The research was led by scientists at the Institute of Biochemistry and Molecular Biology I of the Heinrich-Heine University, Düsseldorf, Germany and performed in collaboration with the Department of Pharmacology at Temple University in Philadelphia, Pennsylvania, the Department of Geriatrics at Perugia University, Italy, and the Department of Neurology of the St. Elisabeth Hospital in Cologne, Germany.

Dr. M. Cristina Polidori, currently at the Department of Geriatrics, Marienhospital Herne, Ruhr-University of Bochum, Germany, explains: “With this work we show a multiple link between fruit and vegetable intake, antioxidant defenses, and cognitive performance in the absence of disease and independent of age. Among other lifestyle habits, it is recommended to improve nutrition in general and fruit and vegetable intake in particular at any age, beginning as early as possible. This may increase our chances of remaining free of dementia in advanced age.”

These findings are independent of age, gender, body mass index, level of education, lipid profile, and albumin

levels, all factors that may influence cognitive and antioxidant status. The relevance of the findings is also strengthened by the large sample that included 193 healthy subjects.

Further studies are planned that will include larger subject cohorts, patients with Alzheimer’s disease at different stages, and patients with mild cognitive impairment without dementia.

Polidori MC, Pratico D, Mangiascasche F, Mariani E, Aust O, Anlasik T, Mang N, Pientka L, Stahl W, Sies H, Nelles G. High fruit and vegetable intake is positively correlated with antioxidant status and cognitive performance in healthy subjects. J Alzheimers Dis 17:4 (August 2009).

Vegetables could protect unborn child against diabetes

Expectant mothers who eat vegetables every day seem to have children who are less likely to develop type 1 diabetes, as revealed in a new study from the Sahlgrenska Academy at the University of Gothenburg, Sweden in collaboration with Linköping University. The results have been published in the journal *Pediatric Diabetes*.

Blood samples from almost 6,000 five-year-olds were analyzed in the study.

In type 1 diabetes certain cells in the pancreas gradually lose their ability to produce sufficient insulin, resulting in insulin deficiency. Children at risk of developing type 1 diabetes have antibodies in their blood that attack these insulin-producing cells.

Of the 6,000 children tested, 3% had either elevated levels of these antibodies or fully developed type 1 diabetes at the age of five. These risk markers were as much as twice as common in children whose mothers rarely ate vegetables during pregnancy. The risk was lowest among children whose mothers stated that they ate vegetables every day.

“We cannot say with certainty on the basis of this study that it’s the vegetables themselves that have this protective effect, but other factors related to vegetable intake, such as the mother’s standard of education, do not seem to explain the link,” says Brekke. “Nor can this protection be explained by other measured dietary factors or other known risk factors.”

The term *vegetables* in this study included all vegetables except root vegetables.

Plant foods help prevent kidney stones

Researchers have found another reason to eat well: a healthy diet helps prevent kidney stones. Loading up on fruits, vegetables, nuts, and whole grains, while limiting salt, red and processed meats, and sweetened beverages is an effective way to ward off kidney stones, according to a study appearing in an upcoming issue of the *Journal of the American Society of Nephrology (JASN)*. Because kidney stones are linked to higher rates of hypertension, diabetes, increased body weight, and other risk factors for heart disease, the findings have considerable health implications.

Eric Taylor, M.D. (Maine Medical Center) and his colleagues at Brigham and Women’s Hospital conducted a large study to determine the effects of healthy eating habits on the formation of kidney stones. The investigators collected information from individu-

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als enrolled in three clinical studies: the Health Professionals Follow-up Study (45,821 men followed for 18 years), the Nurses' Health Study I (94,108 older women followed for 18 years), and the Nurses' Health Study II (101,837 younger women followed for 14 years).

Dr. Taylor's team assigned a score to each participant based on eight components of a DASH-style (Dietary Approaches to Stop Hypertension) diet: high intake of fruits, vegetables, nuts, and legumes, low-fat dairy products, and whole grains as well as low intake of salt, sweetened beverages, and red and processed meats. Individuals with higher DASH scores consumed diets that were lower in sodium and higher in calcium, potassium, magnesium, oxalate, and vitamin C.

A total of 5,645 kidney stones developed in the participants in the three studies. In each study participants with the highest DASH scores were between 40% and 45% less likely to develop kidney stones than participants with the lowest scores. The reductions in kidney stone risk were independent of age, body size, fluid intake, and other factors.

Because a DASH-style diet may affect the development of hypertension, diabetes, and other chronic diseases associated with kidney stones, the researchers also performed an analysis limited to study participants without hypertension or diabetes. Even among those individuals the DASH diet reduced the risk of kidney stones.

Many of the medications used to treat kidney stones have unpleasant side effects. This study indicates that adopting a DASH-style diet may be an effective alternative.

Source: American Society of Nephrology via www.eurekalert.org.

Cutting meat out of diet improves mood

Omnivores who cut all meat out of their diets experience mood improvements, according to a poster session presented this week at the annual American Public Health Association conference. Researchers at Arizona State University divided 39 omnivorous participants into three dietary groups: control (made no changes to their diets), fish (consumed three to four servings of fish per week and no other meat), and vegetarian (consumed no meat and no eggs). The vegetarian group experienced mood improvements in both tension and confusion categories, while the meat-eating participants and fish eaters showed no significant changes in mood.

Beezhold BL, Johnston CS, Daigle DR. Restriction of flesh foods in omnivores improves mood: a pilot randomized controlled trial. Poster presented at: American Public Health Association's 137th Annual Meeting and Exposition; November 9, 2009; Philadelphia, PA.

Eating fish: no protection against heart failure

In a study out this month researchers found that consuming fish does not reduce the risk of heart failure. After 11 years of follow-up of 5,000 men and women almost 670 developed heart failure. Those who consumed the most fish had no protective effect compared with others. This research was part of the Rotterdam Study in the Netherlands where, as in all Western nations, heart failure is common.

Dijkstra SC, Brouwer IA, van Rooij FJA, Hofman A, Witteman JCM, Ge-

leijnse JM. Intake of very long chain n-3 fatty acids from fish and the incidence of heart failure: the Rotterdam Study. Eur J Heart Fail. 2009;11:922-928.

Soy intake decreases risk of hip fractures

In a new study published in the *American Journal of Epidemiology*, intake of soy products reduced the risk of hip fractures by as much as 36% among women who consumed more than the least amount of soy. All intakes above one-fourth cup of tofu per day averaged a 30% protective effect. The study, part of the Singapore Chinese Health Study, looked at more than 63,000 male and female adults.

Koh WP, Wu AH, Wang R, et al. Gender-specific associations between soy and risk of hip fracture in the Singapore Chinese Health Study. Am J Epidemiol. 2009;170:901-909.

SUBMISSIONS

The Island Vegetarian welcomes letters to the editor. We also welcome book, movie, and restaurant reviews and articles about various aspects of vegetarianism of up to 500 words. Questions about health or nutrition should be addressed to William Harris, M.D., or "Ask Dr. Bill."

All submissions must be accompanied by a full name and phone number. 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 March 1, 2010. Please send submissions (electronically only) to:

info@vsh.org

On TV...



“Vegetarian” VSH lectures

Oahu—Oceanic Cable Ch. 52
Thursday 6 p.m.
Go to olelo.org and click on
“Oahu Channel 52.”

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

Maui—Calabash Cable Ch. 52
Wednesday 9:30 p.m.
Thursday 5:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii
Cable Ch. 54, Saturday 2 p.m.

Kauai—Ho‘ike Cable Ch. 52
Kauai schedule is at hoike.org

Online—www.vsh.org/videos.htm

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



...and Radio

“Healing & You”
Terry Shintani, M.D.
Dr. Diane Nomura
Ruth Heidrich, Ph.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
www.healthtalkhawaii.com



Local Happenings

Caring community makes Maui festival a huge success

by Home Le‘amohala

In November the Optimum Living Alliance (OLA) hosted its 3rd annual Vegan Holiday Festival. Thanks to the dedication of dozens of people, the event was a big success.

The festival featured three community speakers. OLA founder Home Le‘amohala delivered a multimedia PowerPoint presentation entitled, “The Benefits of a Plant-Based Diet and Lifestyle: Personal Solutions for Global Challenges,” Steve Blake delivered his PowerPoint presentation on “Perfect Food,” and Lenny Watson discussed the need and ideal methods for detoxifying our bodies.

Many of Maui’s vendors were on hand to support the event and offer their wares. Mama Earth Café, headed by Brook Le‘amohala, provided vegan refreshments during the day, and with the help of growers and

chefs throughout the community produced a fabulous hearty holiday feast for approximately 250 people who came to enjoy the evening.

As the diners enjoyed their meals, Home entertained and educated the guests with a trivia giveaway contest. Immediately following was the raffle prize drawing — with help from many of the children. Over \$750 worth of prizes were given away, including two vegetarian dinner cruises for two on Quicksilver Cruises, thanks to the efforts of Andrea Kowol and her husband Mickey.

After-dinner entertainment was provided by Omar, who sang several powerful songs with thought-provoking and heartfelt messages, accompanied by professionally recorded music. Next came Brian Whitman and Carlos Garcia (of Monkeys With Drums), who played live dance music into the night. The visual aids and incredible sound and projection system to support the presenters

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Photo: Brook Le‘amohala

The Vegan Holiday Festival drew hundreds of people from across Maui.

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and entertainers were provided by audio-visual technician extraordinaire and owner of Celestial Cinema, Andre Deslauries for the second year in a row. Mohala, Bruce, and Keone entertained the kids with magic, coloring, and games. Several of Maui's volunteers provided enthusiasm and gusto as they supported the event from morning setup all the way to late night cleanup.

People were greeted on arrival by the smiles of Anya and Andrea, who answered questions and provided information. Paul Fiske, Daniel, and Brook conspired to create the holiday feast. Special thanks to Lake, Keone, Donna, Daniel, and Jan for coming in early to get things up and running. Lake was the all-day gopher guy who worked with alacrity and integrity throughout the event. And a very hearty mahalo to Lake and Nikhilananda for going the distance and helping to clean the entire hall and haul out all of the boxes, decorations, and gear that were used during the day. The OLA would also like to thank Down to Earth Natural Foods, Mana Foods, and Alive and Well for

their generous contributions. We would also like to thank the many farmers who contributed another year's abundance of locally grown organic produce. It is encouraging to know that we are supported by such a strong and caring community.

All in all, minds were brightened, hearts were lifted, tummies were filled, and consciousness was elevated as many more members of Maui's compassion-oriented community experienced realms of clarity and mirth through the 2009 Vegan Holiday Festival.

Maui restaurants told to dump the foie gras

by Scott Snarr

September, October, and November saw a spate of gatherings to protest the sale of foie gras at a handful of Maui restaurants. The rallies were organized by activist Barbara Steinberg and supported by In Defense of Animals.

Foie gras is the liver of ducks and geese unnaturally enlarged by brutal

force-feeding. Metal funnels are pushed down the birds' throats so that four pounds of grain and fat a day can be pumped into their stomachs. When the livers reach eight to ten times their normal size, the birds are slaughtered so that this "delicacy" can be enjoyed by diners.

State Rep. Joe Bertram III (D-Maui) is planning to introduce a bill to the state legislature in January that would ban the sale and production of foie gras statewide. This action would follow that of California, where Governor Schwarzenegger has already signed a bill that will outlaw foie gras in 2012. Bertram says that Hawaii's NFG (No Foie Gras) bill will need widespread public support in order to see the light of day. Once the bill is introduced, he says, we must all contact our senators and council members.* The bill will also need the support of Governor Lingle.

In the meanwhile, please ask the following restaurants to take foie gras off the menu:

- Sansei Seafood Restaurant and Sushi Bar (Kihei) 879-0004
- Sansei Seafood Restaurant and Sushi Bar (Kapalua) 669-6286
- Main Street Bistro (Wailuku) 244-6816
- Lahaina Grill (Lahaina) 667-5117
- David Paul's Island Grill (Lahaina) 662-3000
- Gerard's Restaurant (Lahaina) 661-8939

For information on upcoming NFG protests, contact Barbara Steinberg: h2ocolor@webtv.net, 879-0025.

*Contact your state legislators:

<http://www.capitol.hawaii.gov/site1/house/members/members.asp>

<http://www.capitol.hawaii.gov/site1/senate/members/members.asp>



Young animal rights activists Brooke (left) and Chase (right) protest the sale of foie gras in front of Sansei Seafood Restaurant in Kihei.



IN THE NEWS

Al Gore, other bigwigs condemn factory farming

by Scott Owen Snarr

The case for eating meat took a nose-dive in November when several high-profile individuals came out with strong statements against animal agriculture.

Lord Nick Stern, United Kingdom's climate chief, said in an interview with *The Times*, "Meat is a wasteful use of water and creates a lot of greenhouse gases. It puts enormous pressure on the world's resources. A vegetarian diet is better." He believes that eating meat will one day be unacceptable among the general public. His comments created a stir in England, earning him enemies as well as supporters, but at least people are talking about it.

A few days later a journalist asked former U.S. Vice President Al Gore to respond to Stern's comments. He did not go so far as to say that people should be vegetarian, but he conceded the point:

"I'm not a vegetarian, but I have cut back sharply on the meat that I eat. And it's absolutely correct that the growing meat intensity of diets around the world is one of the issues connected to this global crisis — not only because of the CO₂ involved, but also because of the water consumed in the process."

Gore's comments were welcomed by many activists who had been wait-

ing years for him to acknowledge the central role of animal agriculture in global warming. Gore also made an appearance on Saturday Night Live, where after a bout of joking, he said in all seriousness that "we need to stop factory farming and start using sustainable agriculture."

Gore is one of the world's most eminent environmentalists today, having earned the Nobel Peace Prize in part for his film *An Inconvenient Truth*. But he has also been chastised for his heretofore silence about the primary culprit in global warming.

Less well known than Gore and Stern but also less equivocal in his condemnation of animal agriculture is renowned biochemist Pat Brown. In addition to revolutionizing the field of genetics, Brown helped create the Public Library of Science. Now he is again putting aside his regular scientific work for the benefit of the world.

His goal this time is to "eliminate animal farming on planet Earth." Extreme as those words will sound to some people,

he argues that we have no choice: "There's absolutely no possibility that 50 years from now this system will be operating as it does now. One approach is to just wait, and either we'll deal with it, or we'll be toast."

So just how does one go about ending animal farming on planet Earth? According to Brown, it involves convincing food makers that the cost of meat will rise to unaffordable levels (taxing greenhouse gas emissions and raising the price of water, even slightly, could force enormous rises in the price of meat) and persuading them to push delicious

vegetarian fare on the masses. The economic details of such matters will be the subject of Brown's work for the next six months. After that he will deal with culinary, political, legal, and behavioral aspects. Like Stern, Brown knows that attitudes about meat eating can change drastically over time, and he has the vision and courage to help make that happen.

Sources:

www.timesonline.co.uk/tol/news/environment/article6891362.ece#at

www.youtube.com/watch?v=4bLb23cPd_4

www.youtube.com/watch?v=2yEar70-xFo

www.forbes.com/forbes/2009/1130/though-t-leaders-mcdonalds-global-warming-drip-that-burger.html

Tackling climate change will benefit public health

Strategies to reduce greenhouse gases also benefit human health, according to recent studies published in the medical journal *The Lancet*. A series of studies in *The Lancet* highlights case studies of four climate change topics — household energy, transportation, electricity generation, and agricultural food production. Researchers say that cost savings realized from improving health will offset the cost of addressing climate change and therefore should be part of all policy discussions related to climate change.

The studies were commissioned to help inform discussions at the U.N. Framework Convention on Climate Change in Copenhagen in December 2009.

Each study in the series examines the health implications of actions in high- and low-income countries designed to reduce the release of carbon dioxide and other greenhouse gases.

The food production study showed that the food and agriculture

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sector contributes 20% or more of the global greenhouse gas emissions and that a 30% reduction in consumption of saturated fats from animal sources would reduce heart disease by about 15% while also reducing greenhouse gas emissions.

“We are learning that the health of our planet and the health of our people are tied together. It’s difficult for one to thrive without the other,” said U.S. Department of Health and Human Services Secretary Kathleen Sebelius. “Climate change is not a problem that one country or one organization can solve on its own. It’s a problem that affects us all.”

“If we work to reduce pollution,” added Sebelius, “we will also reduce deaths from respiratory and cardiovascular diseases.”

Source: NIH/National Institute of Environmental Health Sciences

Humane Society exposes factory farming in India

Humane Society International has launched an innovative advertising campaign in the Delhi-National Capital Region of India to educate the public about the conditions under which animals are raised for meat and eggs. The advertisements, which began airing in October, can be seen on video screens in 475 locations across the area, including fast food restaurants, food courts, and health clinics.

Rapidly increasing meat and egg consumption in India has led to the expansion of factory farms. A typical egg or chicken meat factory farm confines thousands of birds in a single shed, and several sheds may be located on a small piece of property.

“We hope these ads will make people think about the suffering en-

duced by animals raised for meat, eggs, and milk and the ways in which our food choices impact those animals,” said Chetana Mirle, HSI’s campaign manager. “Science is clear that a primarily plant-based diet is better for our personal health, and it’s obviously better for animals and the environment.”

The advertisements also direct viewers to visit hsi.org/kindness, where they will have the opportunity to sign a petition against battery cages and to learn about the threats factory farming poses to the environment and human health in India.

Source: www.hsus.org

Coalition asks EPA to regulate factory farms

PRESS RELEASE — The Humane Society of the United States (HSUS) and a coalition of environmental and public health organizations filed a legal petition with the Environmental Protection Agency seeking to regulate air pollution from factory farms.

The petitioners joining The HSUS include Association of Irrigated Residents; Center on Race, Poverty, and the Environment; Clean Air Task Force; Dairy Education Alliance; El Comité para el Bienestar de Earlimart; Environmental Integrity Project; Friends of the Earth; and Waterkeeper Alliance.

“Unregulated air pollution from massive factory farms has a devastating impact on human health and the environment,” says Jonathan Lovvorn, vice president and chief counsel for Animal Protection Litigation and Research at The HSUS. “The EPA should hold these big agribusiness corporations accountable for the enormous harm they are inflicting on local communities, independent family farmers, and the environment.”

The 69-page petition provides detailed scientific and legal information about the significant emissions of methane and nitrous oxide (two greenhouse gases), hydrogen sulfide, and ammonia from factory farms. It also reveals how all of these pollutants have been shown to have negative effects on human health and welfare, including adverse effects on climate and the environment in the United States.

The petition further explains how reducing emissions of major pollutants from concentrated animal feeding operations (CAFOs), which are massive industrial facilities confining thousands or even millions of animals in warehouse-like conditions, will improve human health, reduce suffering of farm animals, protect habitat for wildlife, and reduce the effects of climate change and other environmental problems.

The Food and Agriculture Organization of the United Nations (FAO) has deemed the livestock sector “one of the top two or three most significant contributors to the most serious environmental problems at every scale, from local to global.”

In the United States confined farm animals produce 500 million tons of waste every year, more than 3.3 times the amount created by humans. Nevertheless, the EPA does not currently require these animal factories to meet any testing, performance, or emission standards under the Clean Air Act.

“The people who live in the communities devastated by unregulated air pollution from animal factories deserve protection,” said Charlie Tebbutt of the Western Environmental Law Center and co-chair of the Dairy Education Alliance. “Implementing this petition will get animal factories into the Clean Air Act process and give communities better opportunities to protect themselves.”

Source: *Friends of the Earth*



Celebrating 20 years of veganism

The Vegetarian Society of Hawaii is celebrating its 20th birthday in 2010. We asked leaders of the vegan movement in Hawaii and around the globe to share their thoughts with us about the past twenty years and the next twenty years for the movement. Here's what some of them had to say. (We'll be printing more of these throughout the year.)

John McDougall, M.D.:

I have been trying to teach people a low-fat, starch-based diet for 32 years now. My efforts began in Hawaii where eating rice, poi, and sweet potatoes was common practice, so I didn't seem too strange. Over the years people in Hawaii have become fatter and sicker because they have abandoned a diet based on starchy plant foods in favor of meats, dairy, and junk. At the same time some progress has been made in that people know the word *vegan*, and they are beginning to understand that our current food choices are destroying our planet. With the rapidly declining health of the Earth and its inhabitants there will be a growing interest in getting our calories from starches rather than meats, dairy, and junk foods. The question is, will this overdue change happen fast enough to save us.

Dr. McDougall is founder and medical director of the McDougall Program and author of 11 bestselling books.

Richard Schwartz, Ph.D.:

Veganism has become far more mainstream. There has been a flood of books promoting veganism and a wide variety of vegan foods. There is still a long way to go, but there has been increasing awareness of the mis-

treatment of animals on factory farms, the epidemic of diseases caused by animal-based diets, and the significant contributions of animal-based agriculture to climate change and many other environmental problems that threaten all of humanity.

I foresee a major shift toward vegan diets. As more people increasingly understand that the production of meat and other animal products is a major contributor to global warming, as the effects of climate change become more apparent in terms of increased melting of polar ice caps and glaciers and more severe heat waves, droughts, wild fires, storms and flooding, as more people become aware that plant-based diets can help reduce hunger, thirst, energy, poor health, and other current crises, they will increasingly reduce their meat consumption.

Our best strategy is to point out repeatedly that a major societal shift to plant-based diets is essential in avoiding an unprecedented climate catastrophe that will threaten all life on the planet.

Dr. Schwartz is Director of Veg Climate Alliance.

Brenda Davis, R.D.:

Twenty years ago the average consumer had no clue what a vegan was. Today it is common to see the word *vegan* on a bottle of shampoo or a box of cookies in a grocery store. Today the world is a more vegan-friendly place.

The vegan cause will continue to gain momentum. As our environmental situation worsens, people will be compelled to shift toward a more

ecologically sustainable diet. People will be more knowledgeable about the sensibilities of animals and more outraged by factory farming conditions. The use of animals as resources will be questioned on a wider scale. Vegan options in the marketplace will continue to expand, and being vegan will be easier than ever.

Set an example of great health and well being. Exercise regularly. Eat more healthfully. Be positive, be kind, be compassionate. Make being vegan fun and easy. Make no apologies for being vegan. Ask for vegan options wherever you go. Increase the demand for vegan alternatives. If we are to succeed in moving the mainstream population to a vegan way of life, we need to set an example that is simply too powerful to ignore. We need to demonstrate to the world that people do not need animal products to live a happy and healthy life.

Davis is coauthor of Going Raw: The Comprehensive Guide to a Nutritious Raw Diet and other books on vegetarian nutrition.

Erik Marcus:

The most visible change in the vegetarian world over the past twenty years has been the explosion of vegan food offerings. Going vegan was once a daunting prospect on many levels, but it's amazing how quickly the natural food market has expanded and restaurant offerings have improved. Meanwhile, the animal protection movement has recently made enormous

“Make being vegan fun and easy. Make no apologies for being vegan.”

progress, both in terms of banning the worst factory farm cruelties, and in doing unprecedented amounts of outreach. Vegan Outreach's Adopt-a-College program is something that every aspiring activist needs to know about.

(continued on next page)

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Thanks to books like *Eating Animals*, I expect veganism to make great strides in visibility and acceptance. Right now it's vital that people who care about animal agribusiness issues figure out ways to get more involved in outreach. Leafletting is a wonderful and amazingly effective approach. Likewise, making use of Facebook and Twitter offers additional great outreach opportunities. At every turn we should be working to make the case against animal agribusiness and to show people that veganism is a healthful, delicious, and environmentally responsible alternative.

Marcus is publisher of vegan.com and author of the Ultimate Vegan Guide.

John Westerdahl MPH, R.D.:

In the next 20 years the vegan diet will become significantly more recognized by healthcare professionals as well as by the general public as the optimal diet for the prevention, treatment, and reversal of disease. In the next two decades nutritionally balanced vegan diets will be regarded as optimal for contributing to anti-aging and longevity. As a result, food companies, restaurants, and food services will make vegan foods and menus much more readily available for the consumer.

It is exciting to see that being a vegan is coming to be seen less as a food fad and more as a lifestyle that contributes to health and well-being for both our bodies and our planet.

Westerdahl is director of the Bragg Health Foundation.

Jack Norris, R.D.:

A number of things have changed in 20 years. The most important one is that there are now many more vegans than ever before. It has been our experience that a higher proportion of college students are now vegan than 20 years ago (based on the frequency with which we come across them.) It

also seems that most people have now heard of the word *vegan* and know what the concept means. There has been an explosion in news media articles and popular books about veganism. There are now many vegan alternatives, and vegan restaurant dishes are much more common.

Over the next 20 years I see more of the same but probably at a faster pace. In the meantime you can ensure that the pace increases by supporting efforts like Vegan Outreach's Adopt a College program, which is persuading new people every single day to go vegetarian or vegan. If interested, go to VeganOutreach.org.

Norris is President of Vegan Outreach and publisher of www.veganhealth.org and <http://jacknorrisrd.com>.

Bruce Friedrich:

The average vegan saves dozens of farmed animals from the worst suffering any of us can image — it is literally true that the vast majority of farmed animals lead lives that are categorized by unmitigated misery from birth to death. Because of drugs and genetic breeding, chickens — the most abused of all farmed animals and the greatest in number by far — grow so quickly that their hearts, limbs, and lungs can't keep up. They die from this intensive breeding at a rate of 1% per week.

These realities lead me to the conclusion that the most important step anyone can take right now is to maximize the value of our time as advocates for animals. It is not enough to say "I'm doing something." We need to do what is going to be the most valuable. Fortunately there are a variety of actions that have animal-saving potential, some requiring almost no time at all. For example, time neutral but still very valuable actions include wearing animal rights T-shirts and putting bumper stickers on our cars. More time-consuming actions offer even greater benefits for animals. A few

examples include keeping our libraries stocked with free vegetarian literature, taking the time to write letters to our local paper, volunteering for VSH, and inviting non-vegan friends to VSH events.

If we all work together, we will make this next century the one that stops the unscientific and immoral exploitation of other animals for human ends.

Friedrich is vice president of policy at PETA and coauthor of The Animal Activist's Handbook (details at www.AnimalAdvocacyBook.com).

Charles Stahler:

In 1975, though vegetarian, I had never heard of the word *vegan*, and I didn't know any vegans.

When I became vegan in 1977, I could count the vegans I knew on my fingers. Vegan products and alternatives were almost nonexistent in mainstream stores. I thought I'd never have "ice cream" again. People ordered powdered soy milk through the mail. In 1990 there were some changes to this with groups like the Vegetarian Society of Hawaii popping up, but certainly everyone promoting veganism was a pioneer.

Today the word *vegan* is widely known in numerous circles, and there are vegan products in many restaurants and stores. According to The Vegetarian Resource Group polls, about 1% of people in the United States are vegans. This is incredible since we started with a negligible number and there are very powerful animal industries. As activists, health professionals, businesspeople, parents, and others advocate veganism in their own ways, the growth of veganism will continue. Good luck with your next 20 years! Thanks for all your work for a more vegetarian world.

Stahler is a coordinator of The Vegetarian Resource Group. www.vrg.org



VSH Events on Kauai



So You Have Cancer, Now What? This was the subject of the October lecture by Gordon LaBedz, M.D.

November potluck participants enjoyed a video of Will Tuttle, Ph.D. speaking on the World Peace Diet.



Linda Brooks (center) and Abi Brooks (right) were the October recipe winners. Jennifer Murray (left) was the judge.



Sandy Breckenridge (right) was the November recipe winner for her Millet Pudding. Eliel Starbright (left) was the judge.



Kimie Sadoyama demonstrated how to make nori wraps at the December potluck.

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.



Meryl Abrams (right) was the winner for her Harvest Soup recipe in December. Kauai VSH steering committee member Gordon LaBedz (left) congratulated her.



VSH Events on Oahu & Maui

October



Brook and Home Le'amohala opened with their song "Go Vegan" and then cooked up a holiday feast. Home also spoke on Maui about the benefits of a plant-based diet while Brook prepared refreshments.

November



John McDougall, M.D. presented the evidence that a starch-based diet (tubers, winter squashes, grains, and legumes) is the human diet that allows people and populations to thrive.

December



Jack Norris, R.D. shared a wealth of knowledge about the most comprehensive and up-to-date science about vegan and vegetarian nutrition.

See these and other talks online at www.vsh.org.

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.

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

\$12 \$24 \$36 \$48 \$60
Full-time student

\$30 \$57 \$81 \$102 \$120
Couple or Family

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 at
vegetarian-friendly
restaurants and
health food stores.**



Calendar of Events January-March 2010



TERRY SHINTANI, M.D.

“The Health Crisis Cure: How to Get Off Your Medication with Your Doctor’s Help”

**Saturday, January 16th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

Dr. Shintani will cover topics such as

- Why our health system is going broke
- The Missing Piece in health care reform
- How to get rid of holiday pounds
- How to control diabetes with less medication
- How to lower cholesterol with less medication
- How to control blood pressure naturally
- How to lessen chronic pain with diet

Terry Shintani, M.D., J.D. M.P.H., K.S.J., is a Harvard-educated nutritionist and physician. He currently serves as the Associate Chair of the Department of Complementary and Alternative Medicine at the University of Hawaii Medical School, he is on the national advisory board of the American College of Lifestyle Medicine, and he is the author of the Eat More, Weigh Less Diet and The Good Carbohydrate Revolution.

**Dr. Shintani will also be speaking on Maui:
Thursday, January 14th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



DANA LYONS


“Cows with Guns: Vegetarian Music & Comedy”

**Saturday, February 13th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

Musician, storyteller, and comedian Dana Lyons will present an evening of environmental and vegetarian songs and entertainment. Great for the whole family.

Hear some of Dana’s tunes for free at www.cowswithguns.com/cgi-bin/all_albums.cgi.

Dana Lyons is a singer/songwriter best known for his dynamic performances and outrageous hit songs, “Cows With Guns,” “RV,” and “Ride the Lawn.” A global radio and web hit, “Cows With Guns” was #1 for the year on The Dr. Demento Show, #2 on the Australian Country charts, and #1 in Seattle. It spent six months on the Irish Top 40.

Mr. Lyons will also be performing on Kauai: 
**Sunday, February 7th, at 12:30 p.m.
Kapaa Neighborhood Center, 4491 Kou Street, Kapaa**

**He will perform on Maui Thursday, February 11th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



LAURELEE BLANCHARD & BARRY SULTANOFF, M.D.

“Want to Be Happy? How Food Choices Matter”

**Thursday, March 18th, 7 p.m.
Kaunoa Senior Center,
401 Alakapa Place, Paia, Maui**

In this presentation Laurelee Blanchard and Barry Sultanoff, M.D. will give practical tips for transitioning to a healthy diet free of animal products. They will also share interesting stories about the Leilani Farm Sanctuary and describe the healing effects that animals have on people.

Laurelee Blanchard founded Leilani Farm Sanctuary, a non-profit 501(c)(3) organization, to provide shelter to rescued animals and humane education to the community. The sanctuary offers programs for youth groups and gives tours to the general public.

Barry Sultanoff, M.D., a vegan marathoner, received his medical degree from the University of Rochester and his undergraduate degree from Cornell University. He is the co-author of Putting out the Fire of Addiction. He runs, swims, paddles, practices yoga, and plays Japanese Taiko drums. He also hosts a popular radio show on Mana’o Radio, FM 91.5, on Wednesdays from 6 to 10 a.m.



A Cooking Demonstration and Lecture by CHEF PAUL ONISHI

“Buyer Beware”

**Saturday, March 20th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

Chef Onishi has seen many “healthy” food products come and go, and he is concerned that as consumers we are often the victims of marketing and flash-in-the-pan advertising. In this presentation he will share his viewpoint as a culinary practitioner and consumer.

Chef Paul Onishi has been demonstrating and instructing people in food preparation and presentation for over 25 years. He was one of the first sushi chefs trained in America, he owned and managed catering businesses in California and Hawaii, and he has taught cooking classes around the country, including at Castle High School in Kaneohe. He presently works for the D.O.E. as a department head/instructor at Farington High School’s new Culinary Academy.

Promoting veganism: Finding the message that works

by Virginia Messina, MPH, R.D.

As an educator and an activist, I'm always curious about what causes a person to go vegan, and I always ask. I like to know exactly what message grabbed someone's attention and put them on the road to veganism. My background is in public health nutrition, which means that I studied both nutrition and education. I've also taught nutrition education courses to dietetics students and have spent a lot of time looking at the literature on how we craft messages to persuade people to change their behavior.

But the answers remain elusive for public health experts and are much more so for vegan advocates. We don't have any real data on what works. So I continue with my informal surveying, asking individuals what they were reading or looking at or to whom they were talking at the moment they began thinking about veganism.

The names that come up most often are, not surprisingly, PETA and Vegan Outreach (or an individual working on behalf of those organizations). The books most commonly mentioned are *Diet for a New America* by John Robbins and *Animal Liberation* by Peter Singer — especially among those who have been vegan for 20 years or so. People will also often say that a friend got them to look at a video from an animal rights group and that this had a big impact on them. And very recently I've been

promoting the book, *Eating Animals*, by Jonathan Safran Foer, to friends and colleagues and have been gratified by the feedback. None of that surprises me since these groups and books have powerful messages. But other responses have been unexpected.

I've recently been chatting with a new online friend who is on the fast track to veganism. She was first inspired by the Meatless Monday campaign to decrease her meat intake for health reasons. Here is what she wrote to me a couple of weeks ago:

"From Meatless Mondays to veganism! . . . What started out as an investigation into diet for health reasons has morphed into something completely different. I feel as though my sensitivity sensors have been awakened from a long sleep with regard to animals. I tried to watch Meet Your Meat last night and only made it 5 minutes in before I had to stop. I am really starting to question the way we human beings not only do what we want with animals because we can, but also our right to use them at all for anything."

I've been critical of promoting a reduction of animal foods for [only] health reasons, but I'm being forced to re-evaluate my position. This is not the first time that someone has told me that they started out reducing meat for health reasons and ended up as an

"People are more likely to feel ready to hear an ethical vegan message when they are already comfortable with vegan food . . ."

ethical vegan. It shouldn't really be a surprise, I guess. Clearly, people are more likely to feel ready to hear an ethical vegan message when they are comfortable with vegan food or even when they have consciously decreased their animal food intake.

Anyone who is involved in public education knows that different types

of messages reach different groups of people. In her excellent book, *Strategic Action for Animals* (a must-read for all serious activists), psychologist Dr. Melanie Joy gives sound advice about crafting messages. But she also admits that the animal liberation movement doesn't have the answers to some important questions about the use of different types of materials for different groups. She points to the important work being done in this area by the Humane Research Council and suggests that market research should be a priority for this movement.

Until we have that research, we have to be humble enough to know that we're all stumbling around to some extent. We shouldn't be dismissive of any (non-offensive) campaign or message or book just because we don't like the way the message is presented. Nobody knows the one and only true way to promote veganism and animal liberation. And we are likely to end up being surprised by some of the things that work.

Virginia Messina has been a dietitian and a public health nutritionist for over 20 years who writes and consults about vegan nutrition. This article originally appeared December 3rd on her blog, The Vegan Dietitian at <http://veggiedietitian.blogspot.com>. Reprinted with permission.



Winter Calendar

January:

18: Dr. Martin Luther King, Jr. Day
30: World Day for Abolition of Meat

March:

Meat-free Month (UK)
National Nutrition Month (US)
20: Great American Meatout (US)
22: World Water Day



Animal Rights Arena

Europe recognizes all animals as sentient beings

by Mercy For Animals

December 1st marked a major victory for animals in the European Union. As a result of a campaign initiated by Compassion in World Farming (CIWF), the European Union accorded all animals — including farmed animals and fish — the status of “sentient beings,” a designation that promises to shape all future European policies relating to raising, transporting, and slaughtering animals.

Philip Lymberry, Chief Executive of CIWF, sums up the victory:

“I remember how our late founder dreamed of changing the EU’s underpinning treaty to better address the status of animals. I remember how that goal was seen as impossible, impractical by some, even laughable. Now that dream has come true. Now to make that other dream come true: an end to factory farming itself. . .”

The status of animals as “sentient beings” had been declared in previous European treaties; however, these declarations were non-binding and carried little legal weight. Now this status has been granted in a core Article of the Lisbon Treaty, the governing document of the EU, giving it real legal force. The Article states that in formulating policy, the EU must “pay full regard to the welfare requirements of animals.”

The EU is worlds ahead of the U.S. as far as farmed animal protection is concerned. It has already

banned battery cages, gestation crates, and veal crates. Such actions not only open the door for greater advances in the EU, they also provide a new platform for activists in the U.S., where seven states have banned one, two, or all three of these confinement systems.

Hidden camera catches abuse of pigs and piglets

by Mercy For Animals

A new Mercy For Animals (MFA) undercover investigation, which broke on FOX National News, reveals unconscionable cruelty to mother pigs and their young piglets at a Hatfield Quality Meat supplier, “Country View Family Farms,” in Fannettsburg, Pennsylvania. The hidden camera video provides consumers with a jarring glimpse into the nightmarish world of factory pork production.

MFA’s investigation uncovered:

- Workers grabbing piglets by their fragile ears or legs, throwing them across the room, and slamming them into transport carts.
- Workers tattooing sows by repeatedly driving sharp metal spikes into their flesh.
- Sows with untreated rectal prolapses and deep, infected sores and scrapes from constant rubbing against the bars of their stalls.
- Workers cutting off piglets’ tails with dull pliers and castrating them

by ripping out their testes with their bare hands without anesthesia.

- Thousands of pregnant pigs confined in two-foot-wide metal stalls so small that they could only take one step forward or backward and could not turn around or lie down comfortably.
- Injured, sick, and runt piglets being tossed into overcrowded gassing kill carts, slowly suffocating from CO₂.
- Workers firing steel rods into sows’ heads, sometimes as many as four times, before the sows fell and died.

Numerous veterinarians and animal welfare experts have condemned the conditions documented at this “family farm,” which confines nearly 3,000 breeding sows. Dr. Neditim C. Buyukmihci, Emeritus Professor of Veterinary Medicine at the University of California-Davis, asserts, “I can state unequivocally that the pigs in this facility suffered immensely.”

The findings of MFA’s newest investigation are consistent with those documented at pig farms across the country in recent years and illustrate that animal neglect and abuse are the pork industry norm, not the exception.

And not only are the abuses documented at this facility standard within the industry, they are legal in the state of Pennsylvania. As in most states, in Pennsylvania the anti-cruelty statute exempts farmed animals from legal protection. Pigs, like all farmed animals, also lack federal protection while confined on factory farms.

As consumers we can choose compassion over cruelty at every meal. Adopting a compassionate vegan diet is the most powerful action we can take to put an end to needless animal suffering and the conditions documented by this investigation.

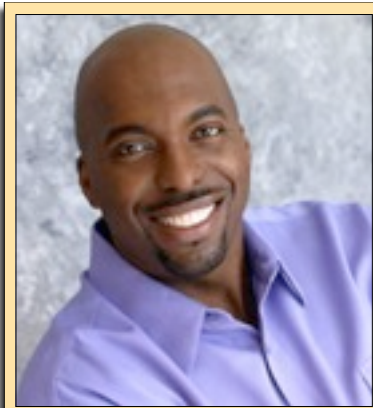
“As consumers we can choose compassion over cruelty at every meal.”



Lunchroom Bulletin

NBA star teams up to press Congress for vegetarian school lunch options

A diverse team of activists came together on Capitol Hill recently to press Congress for vegetarian school lunch options in public schools. The team included Former NBA star John Salley, Representative Jared Polis (D-Colorado), Chef Von



Retired NBA star John Salley.

Der Pool, Elizabeth Kucinich, wife of Rep. Dennis Kucinich, and Neal Barnard, M.D., of Physician's Committee for Responsible Medicine (PCRM).

The group was joined by Washington D.C.-area students to discuss how improving school lunches could reduce the nation's health care costs. The briefing, which took place on November 18th at the Rayburn House Office Building, also featured food samples and a chance to get a basketball signed by Salley.

Speakers discussed how federal policies, especially the Child Nutrition Act, actually contribute to our nation's high rates of diet-related diseases and stress our health care system.

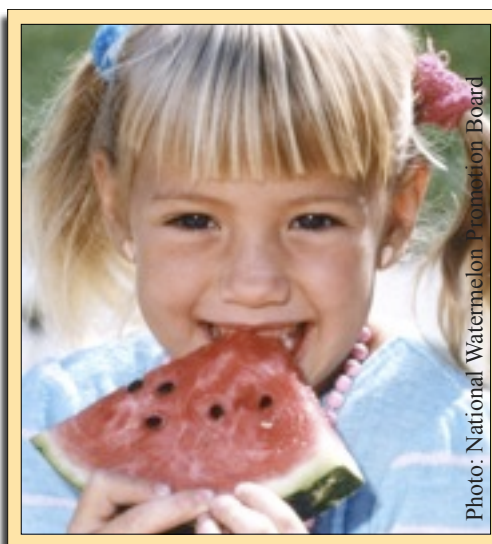
At center stage John Salley asked Congress to help schools serve more fruits, vegetables, and healthful vegetarian foods. "Succeeding as a champion athlete or champion student takes plenty of nutritious fuel for the mind and the body," Mr. Salley said, "Stu-

dents need more fruits and vegetables that will help them stay healthy, fit, and ready to learn. That's why it's important for Congress to stay on top of its game by reforming the Child Nutrition Act."

Rep. Polis discussed his plan to improve school nutrition. And PCRM experts Neal Barnard and Elizabeth Kucinich (who has recently become director of public affairs) explained how improving school lunches would also lower our nation's health care costs.

Celebrity Chef Von Der Pool prepared an array of healthful, child-friendly foods. She specializes in exotic, vegan, and raw food cuisine.

The Child Nutrition Reauthorization Act of 2009, which regulates the National School Lunch Program and School Breakfast Program, will soon come up for Congressional review. Many doctors and health professionals are urging Congress to revise the act to encourage schools to offer more healthful vegetarian meal options.



Baltimore schools first to adopt Meatless Mondays

The Humane Society of the United States applauded the Baltimore City public school system for launching a Meatless Mondays initiative this week. The program offers meat-free options for its students each Monday, with the goal of providing a more balanced, healthier, and more humane school lunch program.

Spearheaded by the Bloomberg School of Public Health at Johns Hopkins University and supported by 28 other schools of public health, the goal of Meatless Mondays is to help Americans reduce meat consumption in order to reduce the risk of heart disease, maintain a healthy weight, and improve the overall quality of our diets. Baltimore is the first U.S. school system to join the Meatless Mondays program, which enables people to make food choices that improve health, protect the environment and prevent animal cruelty.

A Centers for Disease Control and Prevention report released last fall noted that more than 9 out of 10 teens were failing to meet the minimum recommended daily intake of fruits and vegetables.

"Reducing meat consumption and integrating healthy meat-free foods into our diets is a critically important tool in the fight against obesity, heart disease, certain cancers, diabetes, and other preventable yet serious diseases," stated Michael Greger, M.D., director of public health and animal agriculture at The HSUS. "The Baltimore public school system's leadership in joining the Meatless Mondays effort provides a model for other schools interested in promoting better health in both children and adults."



Book & Movie Reviews

Eating Animals

by Jonathan Safran Foer

\$25.99

352 pages (hardcover)

Publisher: Little, Brown and Company
(November 2, 2009)

ISBN-10: 0316069906

ISBN-13: 978-0316069908

Review by Jessie Schiewe

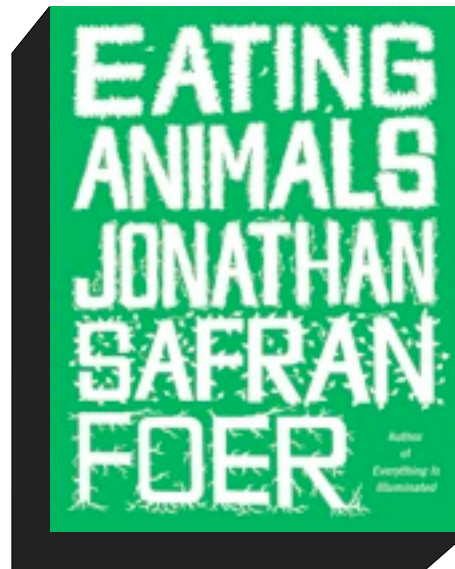
Food choices are determined by a variety of factors, but reason (even conscience) is not generally high on the list. In Jonathan Safran Foer's new book, *Eating Animals*, the consumption habits of omnivores are questioned in the context of how food choices affect the ecology of our planet and the lives of its animals. By means of personal recollections, interviews, and accumulated data, Foer makes his case, ultimately forcing the reader to consider, "Just how destructive does a culinary preference have to be before we decide to eat something else?"

Eating Animals is Foer's first foray into nonfiction, and his fondness for storytelling is apparent. Speaking directly to the reader, he explains that the impetus for writing this book was the birth of his first child. Faced with the daunting responsibility of bringing new life into the world, he began to question his own behaviors and how improving them might enhance his son's life.

Focusing his attention on sustenance and nutrition was a decision that surprised even Foer himself. Foer, a self-described vegetarian "who from time to time ate meat," never really thought about the food he was consuming. But nothing can inspire as

much shame as being a parent, and this led Foer to set off on a quest for his own personal holy grail — the quest, that is, to find out what meat really is.

As Foer puts it, the question of eating animals is a "slippery, frustrating, and resonant subject," which is why there is very little public awareness about it in the first place. The book is the result of his investigation and addresses the issues of where meat comes from, how it is produced, how the animals are treated, and what the economic, social, and environmental effects of eating animals are.



Over 99% of the animals killed for meat in America come from factory farms. As Foer states, "The factory farm has succeeded by divorcing people from their food, eliminating farmers, and ruling agriculture by corporate fiat."

Economics aside, it is the treatment and killing of animals that is at the forefront of the book. Foer describes in great detail the living and slaughtering conditions of the most popularly consumed animals in the Western world — fish, chickens, turkeys, pigs, and cows. Some readers

may cringe at the extreme detail of his accounts, but this is necessary for the understanding of consumers who are separated from their food by the silence surrounding meat production and the appearance of the product.

Eating Animals is an enlightening, forceful account of meat consumption and production and the detrimental effect that these can have on society and the environment. By the time the book was finished, Foer confessed that he had successfully converted into a 100% true vegan, and he hopes that his book will help others to do so as well.

Fowl Play: The untold story behind your breakfast

\$10.00

Motion Picture (2009)

Running time: 50 min.

Director: Adam Durand

Producer: Mercy For Animals (MFA)

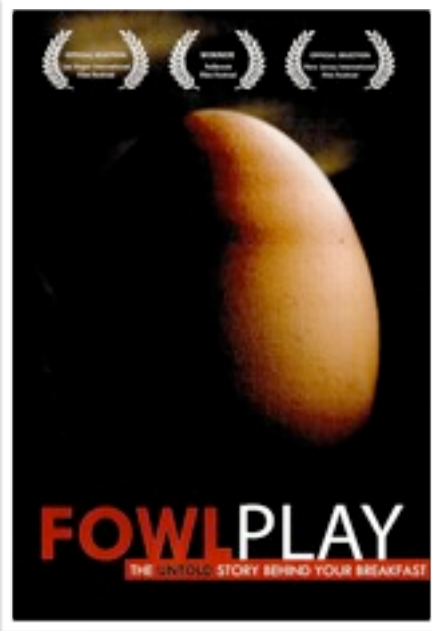
www.fowlplaymovie.com

Review by Scott Snarr

Of all the animals victimized by industrialized farming, egg-laying hens are perhaps the worst off in terms of numbers used (250 million in the U.S. at any given time) and the conditions they are forced to endure. *Fowl Play* is MFA's worthy effort to illuminate the sad, hidden truth about the plight of the modern-day hen.

Be forewarned — the movie contains disturbing images. There is no way around it; any attempt to document battery-cage conditions without being nightmarishly graphic would fall short of the truth. There are scenes that would make anyone but the most hardened sadist shudder.

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But there are also heartwarming rescues. And there are uplifting interviews with investigators, rescuers, volunteers, a scientist, a veterinarian, a sanctuary founder, and MFA founder Nathan Runkle.

My favorite part of the film was a soliloquy by animal behaviorist Jonathan Balcombe, who discusses the surprising intelligence and linguistic capabilities of chickens, which scientists are just beginning to understand. I only wish that the director had delved deeper into this subject. It is not only a fascinating one, but it would foster greater awe and affection for this majestic but much maligned creature.

Given the ubiquity of eggs in our culture, I wish everyone could see this film. But since that won't happen by itself, I hope as many people as possible will buy the DVD and show it to their friends, families, students, classmates, and anyone with the courage it takes to see where their breakfast really comes from.



Vegan Tidbits

by Scott Snarr

Royally vegan

How do you satisfy the appetites of leaders of nine religious faiths without offending anyone? That was the challenge faced by UN Secretary-General Ban Ki-Moon and England's Prince Philip, hosts of Many Heavens, One Earth: Faith Commitments for a Living Planet.

The solution was a first in Windsor Castle's 900-year history: a vegan banquet. Among the delicacies served were a roasted pear salad with toasted cobnuts, portabello mushrooms stuffed with artichoke atop a pearl barley risotto, and roasted root vegetables. Guests were offered fruit juice and tap water to wash it down.

The Alliance of Religions and Conservation, which sponsored the November celebration, works with religions to develop environmental programs. Among the announcements made were plans to green religious buildings, plant millions of trees in Tanzania, and print holy scriptures on environmentally friendly paper.

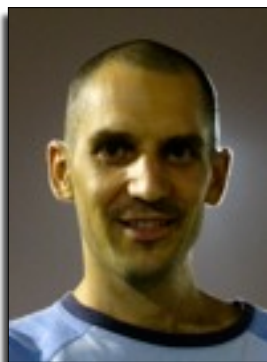
Meats are tabooed by religions and cultures more often than any other kinds of food. Vegan fare is not only delicious, nutritious, and satisfying; it is also the most inclusive.

Google search: Windsor Castle vegan

Turtles of the Caribbean

It took two years, but a conservation group finally got the Bahamian government to come out of its shell and protect sea turtles from slaughter. Until the ban took effect last September, turtle meat was used in soups, stews, and pies, and shells were sold in tourist shops as souvenirs.

There are seven species of marine turtles in the world, all of which are currently threatened or endangered.



The five species found in the waters around the Bahamas will now enjoy protection from human predators.

Google search: Bahamas sea turtle ban

Meatless metropolis

Meatless Monday has just gone megalopolis — São Paulo, Brazil became the largest city in the world so far to take up a meatless day each week.

The city kicked off the *Dia Sem Carne* (day without meat) campaign in October with food demonstrations, seminars, and a big bash in the park. Four cartoon characters — a cow, a pig, a chicken, and a fish — were introduced to provide the public with information about health, environment, ethics, and taste.

The campaign will reach São Paulo's 11 million citizens, but it won't stop there. The head of the Vegetarian Society of Brazil, Marly Winckler, explains: "There has been so much interest nationwide that we are planning to launch Meatless Mondays in Rio, Salvador, Brasília, Florianopolis, and Campinas. All sorts of people and organizations want to be involved."

Google search: Sao Paulo meatless Monday



A female turtle comes ashore to nest.



Vegetarian Society of Hawaii

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