



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 21, Issue 2, April-June 2010

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Public Lectures

DAN PIRARO

“COMEDY, KARMA, AND KALE”

Tuesday, April 20th, 7 p.m.
Ala Wai Golf Course Clubhouse

ANN TANAKA

“URBAN GARDENING”

Tuesday, May 18th, 7 p.m.
Ala Wai Golf Course Clubhouse

RORY FREEDMAN

“GET REAL WITH *SKINNY BITCH*”

Tuesday, June 15th, 7 p.m.
Ala Wai Golf Course Clubhouse

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

Healthy School Meals Act to reward schools for offering low-fat options

School cafeterias across the country may soon serve more fruits, vegetables, and healthy plant-based meals. A new bill in Congress would reward school districts for offering plant-based vegetarian options and healthful nondairy beverages. Making healthier options available would help schools fight obesity, comply with federal nutrition standards, and meet all children’s dietary needs.

The **Healthy School Meals Act of 2010, H.R. 4870**, introduced in March by Rep. Jared Polis of Colorado, would reward school districts with additional food aid if they offer most students plant-based vegetarian food choices every day. The bill, which has already drawn support from Rep. John Conyers and thirty other cosponsors, would create a pilot program to provide select schools with high-fiber, low-fat vegetarian protein products and nondairy milk options.

“Schools want to serve healthy meals, but they need help from Congress,” says PCRM nutritionist Kathryn Strong, R.D. “The Healthy School Meals Act would give school cafeterias the power to offer more fruits, vegetables, and low-fat plant-based options. All students, including those who are vegetarian or lactose-intolerant, deserve healthful options in the lunch line.”

Even students who choose a plant-based vegetarian meal option once a week could reap important benefits: A typical veggie burger, for example, has the same amount of protein as a hamburger, but only one-third the fat, no saturated fat, no cholesterol, fewer calories, and more fiber.

Congress will soon take up reauthorization of the federal Child Nutrition Act, which helps shape the school breakfasts and lunches served to 30 million children. More than 70% of schools



This vegan school lunch features a veggie burger and carrot sticks.

See **School meals**, page 3

The Island Vegetarian

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

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Mahalo
to all our volunteers!

The opinions expressed in this newsletter are those of the writers and 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.

Vegan unlimited

by Scott Owen Snarr

“Does it feel limiting to be a vegan?” asked a friend of mine. A fair question deserves a fair answer: Yes and no, and it depends on how you look at it.

Eschewing any category of food is by definition a restriction, but that doesn’t necessarily translate to practical limitations. For example, the same friend who posed this question won’t eat dog or dolphin (or a whole range of other “meats”) but never feels inconvenienced by that.

So why should I feel restricted by swearing off cows, chickens, pigs, turkeys, fish, shellfish, dairy, and eggs? Because unlike dog and dolphin meat, these foods are found in most restaurant dishes and supermarket products. They are served at nearly every banquet, barbecue, party, wedding, sports arena, and gathering of people. When dining out, I’m limited to certain menu items from certain restaurants. At special events either the host makes special accommodations for me, or I make special accommodations for myself. And in many situations no alternatives are offered. So it’s not only limiting — at times it’s downright frustrating.

But that doesn’t tell the whole story.

Although being vegan can be limiting in the context of culture, it need not be limiting in an absolute sense. It does not mean settling for monotonous meals or deriving less enjoyment from eating. On the contrary. My self-imposed restrictions have forced me to think outside the box, exposing me to a much greater variety of flavors, textures, and dishes than I ever experienced as a meat eater. I believe that most veteran vegans could say the same thing.

I have found that vegan dishes are equal or superior in taste and quality to their traditional counterparts, whether pizza, pasta, salads, ice cream, burgers, beverages, or desserts. There are no limits to the variety of delicious, satisfying dishes that a vegan can have. But it often takes more time or determination to find or create them.

In the long run, a balanced vegan diet can be even more satisfying than a non-vegetarian one. And as more restaurants, chefs, caterers, hosts, airlines, food manufacturers, retailers, neighbors, and event organizers become more vegan friendly, it will demand less sacrifice.

But whether being vegan feels limiting is not the right question, because it has always been about something more than “what’s in it for me?” A better question is whether or not it is *worth* it — not just for our own health and pleasure, but also for the animals, the world, and future generations. The answer is on all counts an absolute yes!

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.*

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 June 1, 2010. Please send submissions (electronically only) to:

info@vsh.org



Lunchroom Bulletin

School meals, *continued from page 1*

serve meals too high in saturated fat to comply with federal dietary guidelines, according to the government's own School Nutrition Dietary Assessment Study. About 86% of school districts do not offer alternatives to dairy milk.

The proposals in the Healthy School Meals Act have drawn support from school food service directors. Gary Petill, director of food services for San Diego Unified in California, says his district struggles to afford fresh fruits and vegetables. "We need strong federal programs that make it easier for schools to provide options for plant-based meals," Petill wrote in a letter to Congress. "This would encourage healthful eating patterns that are high in fiber, low in fat, and virtually cholesterol free."

Vegetarian school lunch options are also supported by the American Medical Association, the American Public Health Association, and celebrity parents such as Tobey Maguire and basketball star John Salley.

Call or e-mail your representative today. Urge him or her to support the Healthy School Meals Act of 2010 and fight childhood obesity by giving kids the healthy school lunch choices they deserve.

VSH Board Nominations Requested
Vegetarian members, please submit your nominations by May 15th for president, vice president, secretary, treasurer, and director positions. Ballots will be sent out around June 1st and must be returned (postmarked) by June 15th to be counted. The new board takes office on July 1st, 2010. Mahalo!

Children who eat school lunch more likely to be overweight

Middle school children who regularly eat school lunches are more likely to be overweight or obese and develop poorer eating habits compared to those who bring lunches from home, according to a new study by the University of Michigan (U-M) Health System. Although previous studies have looked at the nutritional content of school lunches, this study assesses the impact of school lunches on children's eating behaviors and overall health — a critical issue amid skyrocketing rates of childhood obesity, which can set the stage for future heart disease and premature death.

A team of U-M Cardiovascular Center researchers collected and analyzed health behavior questionnaires completed by 1,297 sixth graders at Michigan public schools over a period of almost three years. They discovered that compared to children who brought lunch from home, children who consumed school lunches were more likely to be overweight or obese (38.8% vs. 24.4%), more than twice as likely to consume fatty meats (25.8% vs. 11.4%) and sugary drinks (36% vs. 14.5%), and eat fewer fruits and vegetables (16.3% vs. 91.2%). They also had higher levels of low-density lipid cholesterol (or "bad cholesterol") than their brown-bag counterparts.

"[T]here is a real opportunity to promote healthy behaviors and eating habits within the school environment."

"This study confirms the current and escalating national concern with children's health and underscores the need to educate children about how to make healthy eating and lifestyle choices early on," says Elizabeth Jackson, M.D., MPH, assistant professor of internal medicine at the U-M Health System. "Although this study doesn't provide specific information on nutrient content of school lunches, it suggests there is a real opportunity to promote healthy behaviors and eating habits within the school environment. This is where kids spend a majority of their time."

Researchers looked at sixth graders' self reports of physical activity and sedentary behaviors in addition to dietary habits. They also collected information on students' height, weight, blood glucose, and cholesterol levels.

There are other potentially confounding issues that Jackson and her team are teasing out. More research is needed to better understand whether healthier school lunches will lead to healthier behaviors among school-aged children.

Additionally, children who bring meals from home are also exposed to competing foods from school cafeterias, vending machines, and trading with other students. Jackson says that although parents can't be completely sure that their children are actually eating what they take to school, parents can help shape food choices by modeling good eating behaviors at home and on the go.

Recent data show that while an estimated 30.6 million U.S. students consume school lunches, only 6% of school lunch programs meet the requirements established by the School Meals Initiative for Healthy Children.

Source: American College of Cardiology.



Health Update

Power Plate offers healthy alternative to USDA Pyramid

Fill your plate with fruits, vegetables, whole grains, and legumes each day to keep the doctor away, say doctors and dietitians with the Physicians Committee for Responsible Medicine. The nonprofit organization ran a full-page advertisement in March's *Today's Dietitian* urging nutrition professionals to use its new Power Plate graphic as a healthful alternative to the USDA Food Pyramid.

PCRMs Power Plate is a colorful, user-friendly graphic that depicts a plate divided into four new food groups: fruits, grains, legumes, and vegetables. PCRMs nutrition experts researched Institute of Medicine and World Health Organization reports and concluded that plant-based foods are the most nutrient-dense and aid in preventing cancer, diabetes, and other chronic diseases. The Power Plate, unlike the Pyramid, has no confusing portion sizes and food hierarchies; it simply asks that people eat a variety of all four food groups each day.

"People eat from plates, not pyramids," said PCRMs nutrition education director Susan Levin, M.S., R.D. "We need easy-to-use dietary guidance tools that teach people how to eat right to fight chronic diseases. Studies show that people who eat

mostly from the four Power Plate food groups have the lowest risk of obesity, heart disease, and diabetes."

An interactive Web site, *ThePowerPlate.org*, includes more information on disease-fighting plant-based diets as well as special sections for educators and health professionals.

The USDA will soon unveil its latest dietary guidelines. The USDA's Food Pyramid, introduced in 1991, was a major step forward from past dietary recommendations because it asked people to eat more fruits and

vegetables. But the Pyramid and its later versions recommend two to three servings each of meat and dairy products daily despite evidence that these foods raise cholesterol, increase blood pressure, and speed the onset of diabetes.

The average American now consumes more than 215 pounds of meat each year — up from 144 pounds in 1950. Meanwhile, two-thirds of Americans are now overweight or obese, and one in three children born in 2000 will develop type 2 diabetes in their lifetimes.

Source: *Physician's Committee for Responsible Medicine*

Healthy vegetarian diet rejuvenates coronary arteries

A low-fat vegetarian diet may help prevent heart attacks, according to a

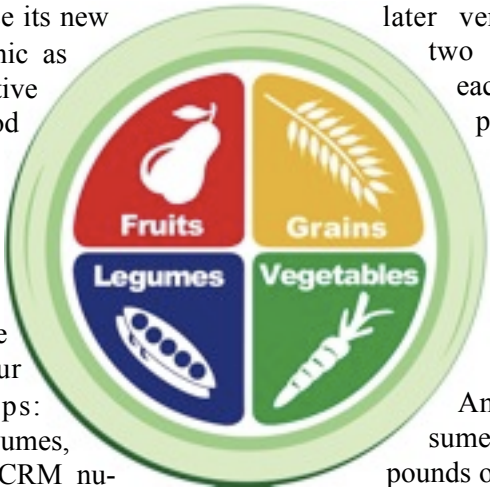
new study in February's *American Journal of Cardiology*. Researchers found that individuals who followed a low-fat vegetarian diet along with a moderate exercise plan and stress management measurably improved the function of their endothelium — the inner lining of arteries that is key to preventing heart attacks. This 12-week study included 43 participants in Dr. Dean Ornish's Multisite Cardiac Lifestyle Intervention Program. In the control group the endothelial function worsened.

Dod HS, Bhardwaj R, Sajja V, et al. Effect of intensive lifestyle changes on endothelial function on inflammatory markers of atherosclerosis. Am J Cardiol. 2010;105:362-367.

Vegetable intake increases ovarian cancer survival rates

Women with the highest fruit and vegetable intakes have better ovarian cancer survival rates than those who generally neglect these foods, according to a new study in the *Journal of the American Dietetic Association*. Researchers examined food patterns prior to ovarian cancer diagnosis in 341 Illinois women. They found that yellow and cruciferous vegetables in particular contributed to longer survival, whereas consumption of dairy products and red and processed meats shortened lifespan. The authors concluded that low-fat, plant-based diets are not only beneficial for cancer prevention, but they may also play a role in increasing survival time after diagnosis. Ovarian cancer is the fifth leading cause of cancer-related death among women in the United States.

Dolecek TA, McCarthy BJ, Joslin CE, et al. Prediagnosis food patterns are associated with length of survival from epithelial ovarian cancer. J Am Diet Assoc. 2010;110:369-382.



Animal protein bad to the bone

Animal protein is associated with decreased bone health, according to a study in the March issue of *British Journal of Nutrition*. In Beijing, China 757 girls with an average age of 10 years were randomly assigned to a group consuming cow's milk fortified with calcium, one consuming cow's milk fortified with calcium and vitamin D, or to one that served as a control group. Bone mass was measured at the beginning of the study and 12, 24, 48, and 60 months later. Calcium intake was positively associated with bone health, but animal protein, especially from meat and eggs, was negatively associated with bone mineral density and content.

Zhang Q, Ma G, Greenfield H, et al. *The association between dietary protein intake and bone mass accretion in pubertal girls with low calcium intakes*. *Br J Nutr*. 2010;103:714-723.

Animal protein linked to increased diabetes risk

Diabetes risk increases with higher intake of total protein and animal protein, according to a new study in January's issue of *Diabetes Care*. Researchers analyzed the diets of 38,094 Dutch participants from the European Prospective Investigation into Cancer and Nutrition (EPIC) study and found that for every 5% of calories consumed from protein instead of carbohydrate or fat, the risk of developing diabetes increased 30%. Increased animal protein intake coincided with increased intakes of saturated fat, cholesterol, and heme iron and with increased body mass index, waist circumference, and blood pressure.

Vegetable protein intake was not associated with diabetes risk.

Shuijs I, Beulens JWJ, Van Der A DL, Spijkerman AMW, Grobbee DE, Van Der Shouw YT. *Dietary intake of total, animal, and vegetable protein and risk of type 2 diabetes in the European Prospective Investigation into Cancer and Nutrition (EPIC)-NL study*. *Diabetes Care*. 2010; 33:43-48.

Fruits and vegetables help vision

Carotenoids, obtained in green leafy vegetables and colored fruits, have been found to increase visual performance and may prevent age-related eye diseases, according to a study in the *Journal of Food Science*, published by the Institute of Food Technologists. Authors from the University of Georgia compiled the results of multiple studies on the effects of the carotenoids lutein and zeaxanthin on visual performance.

After reviewing the various studies, the authors concluded that macular pigments, including the carotenoids lutein and zeaxanthin, do have an effect on visual performance. They can increase the visual range, enhance contrast, and reduce glare from light absorption, disability and discomfort from glare, and photostress recovery times.

Lead author Dr. Billy R. Hammond Jr. noted that the research of the effects of lutein and zeaxanthin are important because "[I]t is clear that they could potentially improve vision through biological means. For example, a study conducted in 2008 suggests that the pigments protect the retina and lens and perhaps even help prevent age-related eye diseases such as macular degeneration and cataract."

Source: *Institute of Food Technologists*

Soy protects against lung cancer

Soy consumption may help fight lung cancer, according to a new study. Researchers in the Japan Public Health Center-based Prospective Study looked at 76,661 participants' lifestyle factors and lung cancer risk and found that those who consumed the most soy had the lowest risk of lung cancer. Among men who never smoked, researchers saw a significantly lower risk of lung cancer in those who consumed the most soy compared with those who consumed the least. Researchers saw similar results in non-smoking women, but they could not rule out statistical chance as the reason for these results. People who consumed the most soy may have also participated in other activities that

"Those who consumed the most soy had the lowest risk of lung cancer."

could lower risk such as eating more fruits and vegetables. Soy foods in this study included

miso soup, soy milk, a variety of tofu dishes, and fermented soybeans.

Schimazu T, Inoue M, Sasazuki S, et al. *Isoflavone intake and risk of lung cancer: a prospective cohort study in Japan*. *Am J Clin Nutr*. Published ahead of print January 13, 2010. doi:10.3945/ajcn.2009.28161.





IN THE NEWS

Animals killed for food in the U.S. on the decline

According to data released by the USDA, the total number of animals killed for food in the U.S., not including sea life, has been steadily decreasing since 2008. The USDA estimates that such deaths decreased by 6% in 2009 (from 10.3 billion in 2008 to 9.6 billion in 2009) despite the fact that the U.S. population increased by 1% in both years.

Six percent fewer deaths translate into millions of animals' lives spared. While there is still vast work ahead of us to be done, we should take heart that the collective efforts of animal advocates, health experts, and environmentalists to fight factory farming seem to be significantly impacting the lives of farmed animals.

Livestock manure is fastest-growing threat to our planet

by Mercy for Animals

The Washington Post recently reported that since the first Earth Day 40 years ago the United States has significantly reduced the amount of manmade pollutants known to cause acid rain, global warming, and dead zones (areas in lakes, rivers, and oceans that are too oxygen-depleted to sustain most forms of life). However, the amount of "natural" pollutants generated by the United States has increased dramatically in the form of animal manure from modern mega-factory farms.

Because animals are so densely packed on today's industrial farms, they produce more manure than can be absorbed by the land as fertilizer.

This excess manure emanates methane and is the fastest-growing source of this greenhouse gas. It also generates manure runoff that travels into our nation's waterways, resulting in the 230 dead zones along the U.S. coast (up from 16 dead zones in the 1950s).

While the EPA and the USDA are taking steps to address the threat of mounting manure from a rampant factory farming system, they are already being met with fierce resistance by big animal agribusiness.

Reference: <http://www.washingtonpost.com/wp-dyn/content/article/2010/02/28/AR2010022803978.html>

Maldives bans shark fishing

Thirty percent of shark species around the world are currently threatened or near-threatened with extinction, and yet up to 73 million sharks continue to be killed every year for the shark fin trade, largely for shark fin soup.

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Number of Land Animals Killed For Food In the U.S.

Species	2007			2008		2009/2008	2009	
	Slaughter	All Causes	Born	Slaughter	Other	Ratio	All Causes	
Cattle/Calves	⁽¹⁾ 35.3	⁽²⁾ 39.5	⁽³⁾ 36.1	⁽¹⁾ 35.6	⁽⁵⁾ 4.1	39.7	⁽¹⁾ 0.96	38.1
Pigs	⁽¹⁾ 109.3	^(2,4) 127.3	^(2,4) 123.9	⁽¹⁾ 116.5	^(2,4) 18.4 ^d	134.9	⁽¹⁾ 0.97	130.8
Sheep/Goats	⁽¹⁾ 4.1	^(1,5) 5.2	^(2,4) 5.7	⁽¹⁾ 4.3	^(5,1) 1.1	5.4	⁽¹⁾ 0.96	5.2
Rabbits	^(6,8) 2.3	^(6,8) 2.3	⁽³⁾	⁽⁸⁾ 2.3	⁽³⁾	2.3	N/A	3
Chickens (meat)	⁽⁷⁾ 8903	^(8,9) 9372	⁽⁸⁾ 9414	⁽⁷⁾ 8921.2	378.4	^(8,9) 9299.6	⁽⁹⁾ 0.94	8742
Chickens (eggs)	⁽⁷⁾ 132.5	^(8,9) 446.5	⁽⁸⁾ 467.2	⁽⁷⁾ 153.9	313.3	⁽⁸⁾ 467.2	⁽⁹⁾ 0.9	420.5
Turkeys	⁽⁷⁾ 262.7	^(8,9) 311.8	⁽⁸⁾ 306	⁽⁷⁾ 269.1	35.3	⁽⁸⁾ 304.4	⁽⁹⁾ 0.9	274
Ducks	⁽⁷⁾ 27.3	^(8,9) 29.1	^(7,8) 25.7	⁽⁷⁾ 24.1	1.6	⁽⁸⁾ 25.7	⁽⁹⁾ 0.93	23.9
TOTAL	9476.5	10333.7	10378.6	9527	752.2	10279.2	0.94	9637

1) Livestock Slaughter - 2008 Summary; USDA-NASS, March 2009

2) Meat Animal Production, Disposition, and Income 2008 Summary; USDA-NASS, May 2009

3) Livestock Slaughter; USDA-NASS, October 23, 2009

a) An additional uncounted number of lambs die on the range before counting

b) Based on a 2002 speculation [6]. Number does not include the imported meat from approximately 8 million additional rabbits.

4) Swine 2006, Part 1; USDA APHIS, 2006

5) Sheep and Goats - Death Loss; USDA-NASS, May 6, 2005

6) U.S. Rabbit Industry Profile; USDA-APHIS, June 2002

7) Poultry Slaughter - 2008 Summary; USDA-NASS, February 2009

c) Rabbit Industry Profile only estimates number slaughtered, not born or otherwise killed

d) Represents the number born, since lifespan is generally >1 year, minus the number exported <http://www.fas.usda.gov/gats/default.aspx>

8) Hatchery Production - 2008 Summary; USDA-NASS, May 2009

9) Poultry Slaughter; USDA-NASS, October 2009

e) Projections based on January-September 2009 reports.

f) Number born calculated using slaughter number multiplied by 1.255, which is the proportion for chickens.

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The Maldives, an island group in the Indian Ocean, is home to more than 30 species of sharks, and “shark tourism” is a growing industry there (and in other countries as well). On March 9th the Maldives’ 90,000-square kilometer exclusive economic zone (EEZ) was designated a sanctuary from all shark fishing. Imports and exports of shark fins to and from the Maldives were also banned.

“Countries are beginning to recognize just how important vibrant shark populations are to healthy ocean ecosystems and to their ecotourism industries,” said Matt Rand, director of Global Shark Conservation for the Pew Environment Group. “[This] announcement protects the Maldives’ tourism industry — the largest segment of their economy — from the ravages of the shark fin trade. It is a bold and farsighted move on the part of the government of the Maldives.”

Source: *Pew Environmental Group*

UN calls for tax on livestock

The State of Food and Agriculture 2009 report, published last February, urges local, national, and international governments to tax livestock to help mitigate the strain they put on natural resources and to protect ecosystems and human health. While the United Nation’s Food and Agriculture Organization (FAO) is by no means aiming to end the practice of rearing livestock, it does call for urgent corrective measures to help counter the rapidly expanding sector.

“Livestock occupy about 80% of all agriculture land. That’s for pasture and for feed crops. Livestock also consume about 8% of global freshwa-

“... most communicable diseases in humans originated in livestock.”

ter resources,” said Terri Raney, editor of *The State of Food and Agriculture*. “We also know that livestock contribute to the production of greenhouse gases.” Raney added that most communicable diseases in humans originated from livestock.

Source: *The State of Food and Agriculture 2009: Livestock in the Balance*
www.fao.org/publications/sofa/en/

The HSUS launches cruelty-free pet food

Selecting a high-quality pet food is one of the most important decisions a pet parent can make. In February The Humane Society of the United States announced a nationwide launch of a cruelty-free, all natural, and certified organic “Humane Choice” dog food. The HSUS developed this new product to offer consumers a wholesome and nutritious dog food that does not contain animal-based proteins or support the factory farming industry.

Consumers have become more aware of the quality and humane standards of their pets’ food after the recent pet food adulteration scandals, massive pet food recalls, and the increased exposure of inhumane factory farming practices. The HSUS’ new Humane Choice dog food is nutritionally complete and balanced, contains the finest quality organic plant-based ingredients, and meets the nutritional levels established by the Association of American Feed Control Officials for adult dog food. The food

was not tested on laboratory animals, is cruelty-free, and does not contain any fats or proteins derived from animals.

For every 6.6-pound bag sold The HSUS will receive 6% of the wholesale price to help fund spay and neuter, rescue, and veterinary programs and also to help fund undercover investigations of animal abuse.

“Americans are concerned about the food we eat, and it just makes sense that we’d be concerned about the food we provide to our pets,” said Wayne Pacelle, president and CEO of The HSUS. “Humane Choice is a nutritious, environmentally friendly, and ethically responsible food for our best friends. Every bag of Humane Choice helps us celebrate the pets we love and provides us with additional resources to help animals through our programs.”

The Humane Choice dog food is currently available in several independently owned pet supply stores and at PETCO.com and will soon be on store shelves at selected PETCO locations and Whole Foods locations.

Humane Choice is produced by a USDA Organic-certified grower and manufacturer in Uruguay. The family-owned and operated business has been growing grains and vegetables and making and exporting organic and vegetarian dog food for many years. Humane Choice does not contain corn, dairy, artificial coloring, wheat, wheat gluten, animal-based protein, or ingredients produced by genetic engineering.

For more information, visit <http://thehumanechoice.com/about.htm>.





Animal Rights Arena

Cruelty at New York's largest dairy farm

by Mercy For Animals

Far from leading the carefree lives portrayed in the dairy industry's "happy cow" commercials, the vast majority of cows used for dairy production today lead lives of deprivation, confinement, painful mutilations, and cruel handling. These curious and intelligent animals are denied access to open pasture and treated as mere milk-producing machines — forced to live on manure-coated concrete floors in overcrowded sheds.

A new Mercy For Animals (MFA) investigation is pulling back the curtains on the largest dairy factory farm in New York State — Willet Dairy in Locke. In early 2009 an MFA undercover investigator worked at the mega-dairy and secretly documented egregious acts of animal cruelty and neglect with a hidden camera.

Evidence gathered during the investigation revealed:

- cows with bloody open wounds, prolapsed uteruses, pus-filled infections, and swollen joints, apparently left to suffer without veterinary care
- downed cows — those too sick or injured to stand — left to suffer for weeks before dying or being killed
- workers hitting, kicking, punching, and electrically shocking cows and calves
- calves having their horns burned off without painkillers as a worker shoved his fingers into the calves' eyes to restrain them
- calves having their tails cut off — a painful practice opposed by the

American Veterinary Medical Association

- newborn calves forcibly dragged away from their mothers by their legs, causing emotional distress to both mother and calf
- workers injecting cows with a controversial bovine growth hormone to increase milk production

In a joint statement, internationally renowned experts, including Dr. Bernard Rollin, an expert witness on animal welfare issues in the U.S. and abroad, and Dr. Temple Grandin, a world-renowned cattle welfare expert and advisor to the USDA, said that the conditions documented at Willet were at least as bad as those at the infamous Hallmark slaughterhouse, where undercover video exposing abuse of downed cows resulted in the largest beef recall in U.S. history.

New York veterinarian Dr. Holly Cheever said bluntly, "[I]t is my professional opinion that the environment this dairy provides and its cattle-handling techniques are improper, unhygienic, dangerous, and inhumane."

Despite the overwhelming evidence that the dairy operation repeatedly violated New York's animal cruelty laws, which was meticulously compiled by MFA and presented to the Cayuga County District Attorney, the law enforcement agency refuses to uphold the state's laws to protect animals — allowing abuse to continue at Willet unchecked.

Sadly, the inhumane conditions uncovered at this factory farm are not isolated. Whether raised for meat, dairy, or eggs, animals used in food

production are frequently subjected to appalling confinement, mutilations, brutal handling, and slaughter. Because agribusiness values profit over ethical principles, cruelty to animals continues to run rampant on factory farms. Compassionate consumers can choose to withdraw their support of these abusive industries by adopting a vegan diet. Each time we eat we can choose kindness over cruelty.

USDA officials accused of covering up animal abuse

In an eye-opening testimony given to the U.S. House Oversight and Government Reform Committee on March 4th Dr. Dean Wyatt, a supervisory veterinarian at the USDA's Food Safety and Inspection Service, accused senior USDA officials of attempting to cover up reports of cruel and illegal slaughterhouse practices.

Describing numerous incidents of egregious cruelty to animals at multiple slaughterhouses, including workers butchering pigs while they were still conscious and able to feel pain

"[I]nspectors who cited slaughterhouses for unsafe and illegal practices were often overruled and threatened with transfer or demotion."

and repeatedly shocking and beating calves who were too weak to even stand, Wyatt testified that he and other inspectors who cited slaughterhouses

for unsafe and illegal practices were often overruled and threatened with transfer or demotion.

After citing an Oklahoma slaughterhouse when workers were caught stabbing conscious pigs, Wyatt said that the plant appealed his decisions to district supervisors based hundreds of miles away in Arkansas. In 2008 and early 2009 he ordered Bushway Pack-

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ing in Vermont to suspend operations three times for the cruel mishandling of animals, but USDA officials allowed the plant to reopen each time. Following the release of undercover video taken at Bushway last fall, which uncovered extreme cruelty to animals, including a worker attempting to skin a calf alive, the USDA suspended operations at the facility pending further investigation.

Calling for reform, Wyatt told the House Oversight and Government Reform Committee, "I truly believe that the USDA inspector is the only advocate animals have in slaughter plants. When we turn our backs on the helpless, when we fail to speak on behalf of the voiceless, when we tolerate animal abuse and suffering, then the moral compass of a just and compassionate society is gone."

Fortunately, each one of us has the power to help end this abuse by simply choosing to adopt a vegan diet.

Humane contradiction

by Scott Owen Snarr

The Daily Mail broke a story in January about some horrific abuses that were going on at an England slaughterhouse. Investigations like these have been making headlines for years, but what made this one more remarkable was that "this particular slaughterhouse was chosen not because it was one of the worst in Britain but because it was assumed to be one of the best."

The slaughterhouse, where footage showed pigs and sheep being beaten, kicked, punched, shocked, and having their throats slit while conscious, was certified organic, which

means that it was required to adhere to stringent animal welfare regulations. The organic label appeals to consumers who want a more "humane" meat product, yet the slaughterhouse failed to meet even minimum standards set by British law.

If one of the best slaughterhouses in England failed egregiously on humane standards, is there such a thing as "humanely" produced meat?

This question was central to Jonathan Foer's 2009 book, *Eating Animals*. Foer considered the ethics of eating meat after examining the best and most humane conditions he could find across the U.S.A. But after nearly three years of searching, what he found was so intolerable that he concluded the only ethical way to eat was to go completely vegetarian.

Can the failures be corrected? Could humane meat become viable? I don't think so for two reasons. First, because there is no humane way to kill an animal. Slaughter doesn't just *involve* violence, it *is* violence. It is killing. Even under the best conditions it would be specious to call it humane. Humane slaughter is a contradiction in terms.

Second, because the best conditions don't exist and never will. The atrocities like the ones exposed in *The Daily Mail* are not merely aberrations of a philosophy of humane stewardship. They are the logical extensions of a killing system. To take the life of a creature is the ultimate denial of its rights. If we don't grant animals mercy, how can we ever do them justice? The abominable factory farms and slaughterhouses that exist today are the inevitable manifestations of an ethic of killing.

That is not to say that I don't support animal welfare laws that are meant to eliminate some of the worst conditions for farmed animals. I believe they make a difference. But the

difference is only relative. Animal welfare is a concession — not a solution.

The solution to the problem of mistreating animals is to stop eating them. If we didn't consume them, there would be no profit to drive the system that abuses them. If you care about animals, don't eat them — it's the only humane thing to do.

References:

<http://www.dailymail.co.uk/news/article-1242503/Think-going-organic-lets-eat-meat-clear-conscience-This-shocking-investigation-humane-slaughterhouse-make-think-again.html>

Foer, Jonathan. *Eating Animals*. 2009. New York: Little, Brown and Company.

Congress given humane scorecard

Every year the Humane Society Legislative Fund creates a federal "Humane Scorecard" that gives a snapshot of the animal protection issues considered by the U.S. Congress. The Humane Scorecard lets you see if your legislators are voting or taking action to help protect animals. The scorecard tracks key votes as well as cosponsorship of important pro-animal bills. It is designed for animal advocates like you to assess the performance of your two U.S. Senators and your U.S. Representative.

Hawaii's congresspersons scored as follows (out of 100 possible):

- Senator Akaka 100+
- Senator Inouye 50
- Rep. Abercrombie (D-1st) 92
- Rep. Hirono (D-2nd) 92

www.hsflf.org/humanescorecard/
www.hsflf.org/pdfs/111_2009_Humane_Scorecard.pdf





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 for the movement. Here's what some of them had to say:

William Harris, M.D.:

In the past twenty years there have been lots more vegans, vegan websites, vegan activism, public understanding of "vegan," and scientific support for the vegan diet.

We need to press the U.S. and Hawaii governments to abolish all agricultural financial support, thus putting the animal and junk food industries on the same free market footing now faced by the plant food growers.

Dr. Bill Harris is a founding member of VSH.

Gene Baur:

Over the past 20 years awareness about the harms of animal agriculture and the benefits of vegan living has grown substantially. While vegans are still a small segment of the population, there is increasing understanding and respect for those of us who have chosen vegan lifestyles. Businesses and food retailers are beginning to provide more vegan options. In the next 20 years I believe that there will continue to be increased awareness about these issues, and with that, a growing vegan movement.

Gene Baur is president and cofounder of Farm Sanctuary.

Caldwell B. Esselstyn, Jr. M.D.:

Considering all who are against plant-based nutrition — government,

industry, and some of the medical profession — we must continue with absolutely ironclad research as the foundation for evidence-based teachings that will ultimately turn the tide. The seismic revolution in health will not come from insurance reform, another pill, or a new procedure. It will come from plant-based nutrition that trumps all else in achieving a healthy lifestyle that can help to eliminate chronic illness. Enlightened employers and a revised school lunch program can also help in leading the way. Ultimately our medical profession is responsible for providing the members of the public with the knowledge that they themselves may be the locus of control to eliminate illness and achieve optimal health.

Dr. Esselstyn is a physician and surgeon and author of Prevent and Reverse Heart Disease.

Ingrid Newkirk:

Almost everything has changed in the past twenty years. For one thing, from having to mix up soy milk powder bought from a co-op and make veggie burgers by hand from soaked lentils, you can now walk into almost any store anywhere on earth and feast your eyes on a variety of ready-made soy, rice, and nut milks in a myriad of flavors and a wealth of every kind of vegan burger, not dog, fakin' bacon, and faux chicken drumstick you could imagine.

It is not enough to be vegan ourselves; the health of our neighbors, our community, and our planet depends on our doing all we can to educate others. We can cook for them. We can provide information on bulletin boards, in doctor's offices, and through word of mouth. We can also use agitation and persuasion to urge

others to take the same environmentally friendly, resource-preserving, health-giving, cruelty-free path. PETA offers Vegetarian Starter Kits (they're vegan) and all the pamphlets and videos, such as Sir Paul McCartney's narrated *Glass Walls*, for free. Just go to peta.org.

Ingrid Newkirk is cofounder and president of PETA.

Mark Hawthorne:

One of the biggest changes has been the cookbook section of the bookstore. Look at how many books there are with "vegan" in the title. Also, the variety of vegan options today is staggering. And when you've got media mavens like Oprah Winfrey, Ellen DeGeneres, and Martha Stewart talking about vegan cooking on their shows, you know we're going mainstream.

I believe we're witnessing a consumer awakening that will have reached a mass tipping point in 20 years. It will still be a mix of good news and bad news, though.

The most important thing we can do now is communicate. We should tell everyone — family, friends, co-workers, people on the subway, the bank teller, the supermarket checker — why we are vegan and the positive change it makes for the planet, human health, and animals. This may seem like obvious advice, but the truth is that most of us are too shy or worried that we'll sound preachy. Tell your story with confidence and make it a conversation. Ask questions — don't make it all about you. People need to understand that veganism isn't about limiting your choices — it's about expanding your compassion and opening yourself up to a wide variety of flavors and experiences. Meat eating is a habit, and habits can be broken.

Mark Hawthorne is an animal advocate and author of the book, Striking at the Roots. Visit his blog at <http://strikingattheroots.wordpress.com/>



Local Happenings

VSH online videos watched worldwide

by Willam Harris, M.D.
(VSH) TV Coordinator and
Board Secretary

Since June 2007 electrical engineer James Thompson has given us 16 gigabytes of space on his Voice over Internet Protocol (VOIP) server for worldwide access to the 125 videos of our monthly speakers dating back to 1996 with *A Potpourri of Previous*

Presentations. The most recent addition is Dana Lyons — *Cows With Guns: Vegetarian Music & Comedy* from February 2010. James wrote a new encoding batch file, so you should note a significant improvement in video quality compared with earlier videos.

Google Analytics allows us to see how many people have visited the VSH video site. During the period covering June 15, 2007 through February 28, 2010 visits totaled 33,793 from 41 countries and territories. Worldwide traffic in January 2010 is indicated as follows (1373 visits):

- | | | |
|------------------------|---------------------|-------------------|
| 1. United States (983) | 15. Mexico (3) | 29. Moldova (1) |
| 2. Slovenia (92) | 16. Japan (3) | 30. Indonesia (1) |
| 3. Canada (58) | 17. Netherlands (3) | 31. Sudan (1) |
| 4. United Kingdom (53) | 18. Switzerland (3) | 32. Argentina (1) |
| 5. Israel (36) | 19. Turkey (3) | 33. Finland (1) |
| 6. Australia (30) | 20. Brazil (3) | 34. Ireland (1) |
| 7. Sweden (18) | 21. Romania (3) | 35. Russia (1) |
| 8. Greece (12) | 22. Denmark (2) | 36. Poland (1) |
| 9. Germany (11) | 23. Austria (2) | 37. Singapore (1) |
| 10. Kuwait (9) | 24. Italy (2) | 38. Thailand (1) |
| 11. Norway (8) | 25. New Zealand (2) | 39. Jersey (1) |
| 12. India (6) | 26. Belgium (2) | 40. Spain (1) |
| 13. Taiwan (5) | 27. Puerto Rico (2) | |
| 14. France (5) | 28. Croatia (1) | |

Spring Calendar

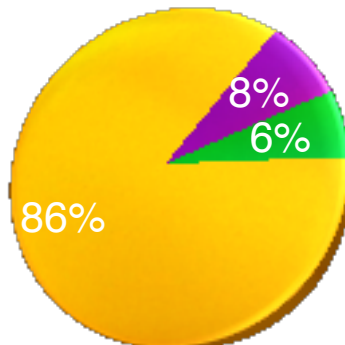
April:

- 7: World Health Day (WHO)
- 22: Earth Day
- 30: Arbor Day
- 24-May 2: Worldwide Vegan Bake Sale

May:

- 2-8: Be Kind to Animals Week (The Humane Society of the United States)
- 4: International Respect for Chickens Day
- 24-30: National Vegetarian Week (UK)

Traffic to www.vsh.org



- Referring sites (960)
- Direct traffic (90)
- Search engines (70)

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

“Vegan World Radio”
Telling the story of the vegan revolution that’s saving animals, the planet, and our health.
www.veganworldradio.org



VSH Events on Kauai



Abby (left) and Charity Brooks (center) of Kapaa were the winners for their Fresh Frozen Fruit Salad recipe at the January potluck. Judge Vigil Alkana congratulated the winners. See page 19 for recipe.



Sixty-two people attended the lecture by organic gardener Kelly Ball entitled "Growing Our Own" at the January potluck.



Recipe judge Chef Mark Reinfeld (left) shakes hands with John Franzen for his winning Roasted Beet Pate recipe in February. See page 19 for recipe.



Dana Lyon's "Cows with Guns" performance in February was attended by 82 people.



FOOD, INC.

The 2009 documentary Food, Inc., was screened at the March 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.



VSH Events on Oahu & Maui

January



Terry Shintani, M.D. offered a better solution to the healthcare crisis — eat a healthy, whole food, plant-based diet and greatly reduce your need for costly healthcare.

February



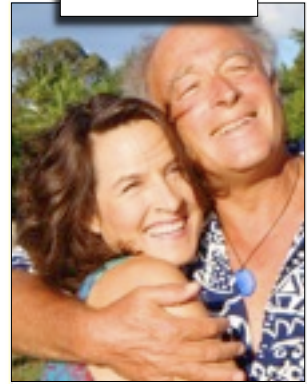
Dana Lyons had the audience thinking, laughing, and singing along as he inspired people to appreciate animals and our environment rather than destroying them.

March



Chef Paul Onishi served the audience tasty vegan dishes while giving eye-opening information about food production from an industry insider's point of view.

March



Laurelee Blanchard and Barry Sultanoff, M.D. shared touching stories of rescued animals now living peacefully at Leilani Farm Sanctuary on Maui as well as tips on moving to an animal-free diet.

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.

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



Calendar of Events April-June 2010

DAN PIRARO

“Comedy, Karma, and Kale”

**Tuesday, April 20th, 7 p.m.
Ala Wai Golf Course Clubhouse***



Internationally syndicated cartoonist Dan Piraro discusses his humorous journey to finding the logic behind veganism. His talk will include elements of his stand-up routine and images from his award-winning cartoon feature, Bizarro. Questions and discussion, meet & greet, and book signing will follow.

Dan Piraro first published his internationally syndicated comic feature Bizarro in 1986. He has also published fourteen books and has won numerous awards including an unprecedented three consecutive “Best Panel” awards from the National Cartoonists Society. Since 2002 he has toured the U.S. with his one-man stand-up comedy show called “The Bizarro Boloney Show.” The show’s debut in the 2002 New York International Fringe Festival was voted “Best Solo Show,” and The New York Times called it “. . . a shrewd tour of a cartoonist’s imagination . . . wildly applauded.”

**Mr. Piraro will also be speaking on Maui:
Thursday, April 22nd, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

ANN TANAKA

“Urban Gardening”

**Tuesday, May 18th, 7 p.m.
Ala Wai Golf Course Clubhouse***



Ann Tanaka, Master Gardener at the University of Hawaii College of Tropical Agriculture and Human Resources, will discuss starting plants from seeds, potting mix, fertilizer, watering, transplanting, plant care, and gentle pest control, focusing on leafy greens and tomatoes as well as on plants that are easy for the backyard gardener to grow in the ground, such as papaya. She will also explain how she constructed her auto-drip system.

Ann hopes to convey that even with no special skills, no background in farming, little time, and a tiny lot that is not conducive to gardening, something fresh and delicious can be grown — and that if she can do it, so can you!

Ms. Tanaka has done volunteer work teaching research-based home gardening. She also works as an engineer for the U.S. Naval Facilities Engineering Command at Pearl Harbor. As a cancer survivor, she is a certified volunteer in the American Cancer Society’s Reach to Recovery program.

**Ms. Tanaka will also be speaking on Maui:
Thursday, May 20th, at 7 p.m.
Kaunoa Senior Center, 401 Alapaka Place, Paia**

RORY FREEDMAN

“Get Real with *Skinny Bitch*”

Tuesday, June 15th, 7 p.m., Ala Wai Golf Course Clubhouse*

Don’t expect any handholding or coddling — this Skinny Bitch will give it to you straight. With her trademark sass, wit, and humor, Rory will:

- describe her own journey from junk-foodie to health-foodie
- reveal which demon-food product took her ten years to exorcise from her diet
- share what keeps her motivated to stay on course

Just by changing her diet, Rory dramatically changed her life. Get Real with Rory, and you’ll leave more educated, inspired, and committed to changing your own life.

#1 New York Times bestselling author Rory Freedman was always obsessed with food, but she wasn’t always a healthy eater. So eventually, when she did change her ways, she experienced firsthand the difference a healthy diet could make. And the more she learned for herself, the more she wanted to share her knowledge and help others. With two million copies in print and translations in 27 languages, Skinny Bitch sparked a worldwide movement. It’s a wake-up call that exposes the problems with the food industry while inspiring people to eat well and enjoy food. Voted VegNews magazine’s first-ever “Person of the Year,” Rory has successfully counseled models, actors, athletes, and other professionals using the Skinny Bitch method. Learn more about Rory at www.SkinnyBitch.net.

**Ms. Freedman will also be speaking on Maui, Thursday, June 17th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



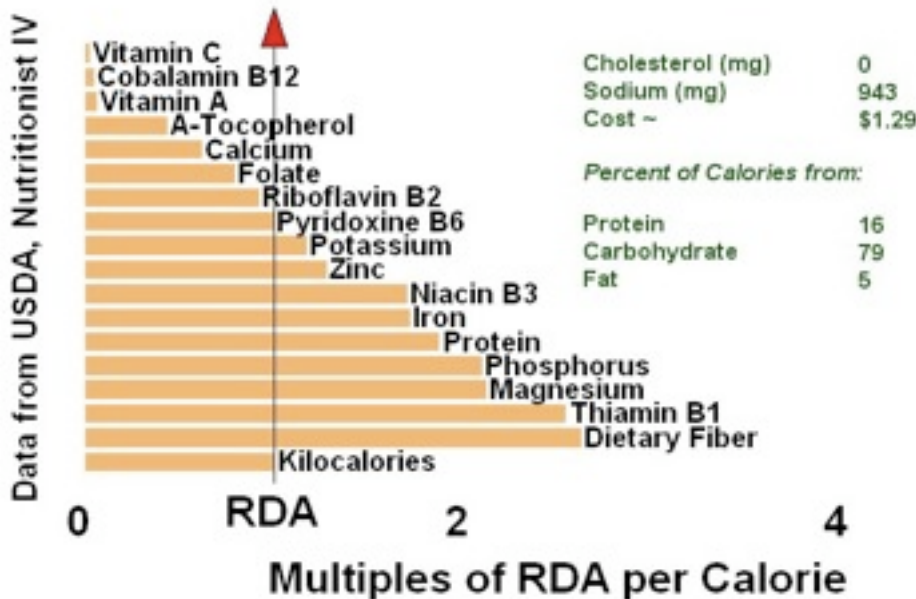
***The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Avenue,
0.2 miles behind the Waikiki-Kapahulu Library, across from the Chevron Station.**



Ask Dr. Bill

by William Harris, M.D.

18 Averaged Grains Nutrients in 2200 Calories



Gluten-free foods

So many vegetarian foods have gluten in them. Could someone do an article on how to eat gluten-free and be a vegetarian (easy-to-digest vegetarian gluten-free foods, etc.)?

~Cheryl

Dear Cheryl,

The reason for avoiding gluten is sensitivity to one of its proteins, gliadin, that in the extreme case can cause an autoimmune reaction that leads to destruction of the villus structure of the small intestine, greatly reducing its surface area and leading to Celiac malabsorption syndrome. Gluten is associated with barley, Kamut, rye, triticale, wheat, and sometimes oats. Other cereals such as amaranth, buckwheat, corn, millet, quinoa, rice, sorghum, teff, and wild rice are thought to be safe for Celiac patients.

One should be aware that grains are deficient in half a dozen nutrients on a per Calorie basis, as the chart on the upper left (18 Averaged Grains) shows. Although grains have been the basis of agriculture for the past 12,000 years, it appears that their major attribute is their cheapness: roughly \$1.29 for an entire day's 2200 Calories. Their low cost reflects their storability, not their healthfulness.

By contrast, 2200 Calories of 97 averaged vegetables would exceed the nutrient requirements for all but vitamin B12. However, this would relatively cost about \$11.35, because without refrigeration many of them have no storability at all.

Suggestion: Consider fewer grains, more greens.

Reference: www.vegsource.com/harris/ten_categories.htm

If you have a question about health or nutrition, send an email to Dr. Bill at info@vsh.org.

Category	Gluten-free foods	Foods with gluten
Cereals & flours	Arrowroot, buckwheat, corn, potato flour, rice, rice flour, tapioca, soya	Wheat, whole wheat, wheat bran, barley, rye, pasta, noodles, semolina
Fruits & Vegetables	All fruits and vegetables are naturally gluten free.	Some fruits and vegetables may be cooked with a gluten-containing sauce.
Nuts, seeds, & pulses	All nuts, seeds, and pulses are naturally gluten free.	Some beans may be cooked with a gluten-containing sauce.
Sweets & sweeteners	Jam, marmalade, sugar, molasses, some brands of chocolate	Sweets that contain flour
Soups & sauces	Gluten-free if thickened with a suitable flour	Shoyu, many manufactured sauces, stock cubes, and soups
Miscellaneous	Salt, pepper, vinegar, herbs, spices, tamari, yeast	Some pepper compounds, ready-mix spices, some seasoning powders. Certain medicines may contain gluten.
Adapted from <i>The Vegetarian Society [of the United Kingdom]</i> www.vegsource.com/harris/ten_categories.htm		



Book Reviews

Why We Love Dogs, Eat Pigs, and Wear Cows: An introduction to carnism

by Melanie Joy, Ph.D.

\$19.95

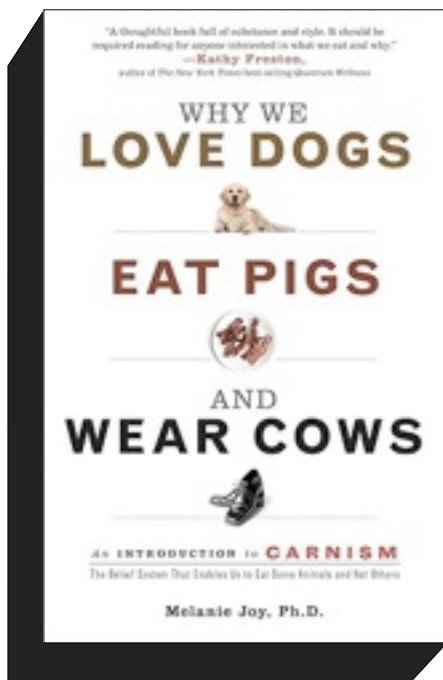
208 pages (hardcover)

Publisher: Conari Press

(November 15, 2009)

ISBN-10: 1573244619

ISBN-13: 978-1573244619



Review by Eva Uran

Here's a brilliant book that you'll eagerly lend to non-vegetarian friends. It was based on the author's own doctoral research. No doubt it is one of the best advocacy books I've ever read. It is eloquent and yet simple and succinct enough for the layperson to comprehend. As the title hints, this book explains the pervasive paradox of how people who love cute

and cuddly creatures such as dogs are able to consume other animals without compunction. It compellingly demonstrates our capacity for compartmentalization.

The author terms this phenomenon *psychic numbing*, a complex array of powerful, pervasive, and invisible defenses operating on both social and psychological levels. They include denial, avoidance, routinization, justification, objectification, de-individualization, dichotomization, rationalization, and dissociation, all of which she explains in clear, vivid detail.

The first chapter starts with a startling example (see video at http://www.youtube.com/watch?v=v3CsceN26_E) where houseguests are tricked into believing that the meat they are offered is actually dog meat. Note how their perception changes suddenly and irrevocably. This demonstrates the working of the the key word for the entire book: *perception*.

In her position as a social psychology professor, the author conducted repeated experiments by asking different student subjects to describe what came

to mind when they thought of dog and pig. Through a series of Socratic questions she had them discover that their conditioned perceptions were far from the truth.

Here's a sample exchange: Are all pigs ugly? Yes. What about piglets? Piglets are cute, but pigs are gross. They all agree that dogs have emotions and maybe pigs as well and learn that pigs are as intelligent as dogs. So why do we eat pigs and not

dogs? Good question!

Consequently, Dr. Joy coined a term of her own — *carnism*: a set of beliefs that allow people to eat (certain) animals; an antonym of vegetarianism. She details the harmful effects of carnism on animals, meat-processing workers, consumers, and the environment at large.

She cogently dispels the three myths of meat eating: that it is normal, natural, and necessary, a grand illusion perpetuated by the pillars of society — namely, parents, educators, doctors, legislators, and the media. No wonder we are blinded! She employs a clever analogy to the carnistic schema — a modern film classic called *Matrix* about life being a virtual perception in which we are imprisoned. We do, however, have the free will to question authority and not take anything for granted just because “that’s the way things are.” We can break out of our limited vision, connect the dots, and live in congruence with our values.

The final chapter offers hope and inspiration, calling upon us to bear witness and move from carnism to compassion. The author tells the story of a runaway cow named “Emily”

who managed to escape from a slaughterhouse and remain at large for forty days thanks to a supportive community. Her story touched people all

over the world to such an extent that many stopped eating meat!

Even a hunter (and dog lover) admitted in an Amazon.com review that he found this book “compelling and thrilling” and said that he was able to absorb the message because it was presented in a “non-shaming, non-blaming way.” He claimed that he’d never buy factory-processed meat again. Bravo!

“The author cogently dispels the three myths of meat eating: normal, natural, and necessary.”

The Kind Diet: A simple guide to feeling great, losing weight, and saving the planet

by Alicia Silverstone

\$29.99

320 pages (hardcover)

(October 13, 2009)

Publisher: Rodale Books

ISBN: 1605296449

ISBN-13: 978-1605296449



Publisher's Description:

In *The Kind Diet* actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to clear skin, off-the-chart energy, and smooth digestion. She explains how meat, fish, milk, and cheese are the culprits behind escalating rates of disease and the cause of dire, potentially permanent damage to our ecology.

Going meat-and-dairy free doesn't mean suffering deprivation; on the contrary, *The Kind Diet* introduces irresistibly delicious food that satisfies on every level. Alicia also addresses the nutritional concerns faced by many who are new to a plant-based diet and shows how to cover every nutritional base.

Changing life-long dietary habits is a process, and each person progresses at a different pace. For that reason *The Kind Diet* encompasses three separate levels. *Flirts* learn to dip a toe into the vegan pool to see how even small changes can reap big results quickly. *Vegans* get to experience the life-altering effects of forgoing animal products entirely. True enlightenment comes with the *Superhero* program, based on the principles of macrobiotics and built on a foundation of whole grains, vegetables, and other yummy foods described in detail.

Whether your goal is to drop a few pounds, boost your energy and metabolism, or simply save the world, Alicia provides the encouragement, the information, and the tools you need to make the transition to a plant-based diet deliciously empowering.

The Perfect Formula Diet

by Janice Stanger

\$18.95

278 pages (paperback)

Publisher: Perfect Planet Solutions

ISBN: 0984106731

ISBN-13: 978-0984106738

Review by Ruth Heidrich

Is *The Perfect Formula Diet* just another diet book? Not by a long shot!

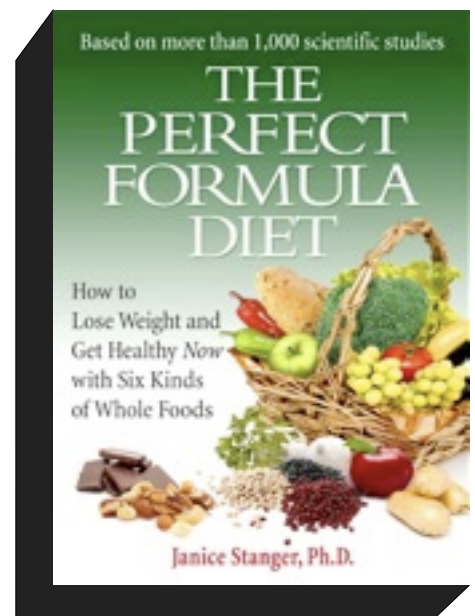
This book presents just the facts but in a way that is so convincing that you have to wonder why anyone would put up with anything less than the best possible health. Janice Stanger, with a doctorate in Human Development and Aging from the prestigious University of California, San Francisco, is well qualified to show everyone how to eat bowls and plates full of satisfying yet slimming plant foods. This eating plan, based on six kinds of whole foods, can prevent or reverse the health problems that are

threatening to bankrupt this country.

The book busts many common nutrition myths that may be blocking you from your perfect weight and health. For example, you don't need a specially identified source of protein in your diet any more than you need a special source of oxygen when you breathe; animal protein is nothing but recycled plant protein; calcium has little to do with the strength and durability of your bones; supplements with unnaturally high levels of vital nutrients can damage your health.

Dr. Stanger pulls together over 1,000 scientific studies using a readable jargon-free prose. All the scientific evidence is there for those inclined to see for themselves how the conclusions are reached. Those who just want to see the results can look to the author herself. Also, there are summaries at the end of each chapter. Pioneering researchers T. Colin Campbell, Ph.D. and medical doctors John McDougall, Joel Fuhrman, and Neal Barnard have all strongly endorsed *The Perfect Formula Diet*.

And, as one who was diagnosed with advanced breast cancer 28 years ago and not only survived that but went on to prove that this diet even supports marathons and the Ironman Triathlon, I can tell you that this program works! We need to get this book in everybody's hands — NOW!





Restaurant Review

Roy's Waikiki

Waikiki Beach Walk
226 Lewers St.
Honolulu, HI 96815
(808) 923-7697
10:30 a.m. - 11 p.m. daily
reservations recommended
www.roysrestaurant.com

by Phyllis Fong and Jim Day,
VSH members

Roy's Waikiki on the corner of Kalia Road/Lewers/Beachwalk should be the next stop for those wanting vegan haute cuisine. On three separate occasions Jason Peel, RW's executive chef, has proven that he is a master at improvisation. With just a few days' notice he can whip up a special, totally vegan menu to titillate the palate. The end result is as attractive as it is delicious.

On each visit we were given our own menu (see menu at right), and Jason personally explained each course to us. The experience consists of five courses for just \$35 per person. The waiters are very friendly, and a greeter stops by to make sure everything is up to expectations.

Dishes such as watermelon &

Kamuella tomato gazpacho with Big Island hearts of palm in a basil emulsion, grilled Hamakua mushroom lasagna with garlic pesto and Provencal pickled peppers, tempura Hamakua shiitake mushroom with roasted eggplant caviar, cilantro chips, and curry-scented coconut froth convinced us that vegan eating is the wave of the future! (We were told that the hot chocolate soufflé could be made as a vegan dish as well.)

While we don't know how long we will enjoy a menu prepared just for us once word of this vegan delight is discovered, we intend to keep going back to see what new surprises Jason has in store for us.

Go there and tell Jason that Phyllis and Jim sent you!

Best Cookbooks of the decade

The Sublime Restaurant Cookbook (2009)

Nanci Alexander

The Kind Diet (2009)

Alicia Silverstone

Skinny Bitch in the Kitch: Kick-Ass Recipes for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!) (2007)

Rory Freedman and Kim Barnouin

The Conscious Cook (2009)

Tal Ronnen

The Engine 2 Diet (2009)

Rip Esselstyn

Cooking the Whole Foods Way (2007)

Christina Pirello

Vegan Soul Kitchen (2009)

Bryant Terry

Source: www.pcrm.org/news/release100128.html



Fresh Frozen Fruit Salad

by Abby and Charity Brooks
(see page 12)

- 28 oz. organic probiotic Soyogurt High Fiber Vanilla
 - 3 lb. frozen blueberries
 - 5 lb. frozen fruit mix with mango, peaches, pineapple, strawberries
- Add any of your favorite frozen fruits. Enjoy any time of day.

European Style Fried Rice

by Leslie Ashburn
VSH Member

One of the most frequent questions people ask me is, "How do I make time to cook in today's busy and fast-paced life?" Eating well *can* fit into your lifestyle, and when we take this time in the kitchen, we often notice how much better we feel and how much more energy we have as a result. This fried rice recipe is perfect for busy people. My friend Melanie Waxman, who lives on the East Coast, shared it with me. We once served this with rave reviews at the Community Dinner. It's a fast, easy, and nutritious dish that can be prepared with leftover rice.

- 2 cups long grain brown rice, cooked
- ½ cup spring water
- 1-2 tsp salt
- 1 onion, diced
- 1 carrot, washed and grated
- 1 cup cabbage, finely sliced
- 1 cup fresh or frozen peas
- 1 can chickpeas or leftover beans from another dish
- 2 cloves garlic, sliced (optional)
- 1-2 tablespoons olive oil (or less, to taste)

Warm the skillet over a high flame for a few seconds and add the oil. Add the onion and garlic to the oil and saute for 2 minutes. Add the cabbage and then the carrots. Saute for another minute. Add the peas, chickpeas or beans, and the rest of the salt. Mix through the other vegetables. Place the cooked rice on top of the vegetables. Add the water and cook with a lid over a low flame for about 5 minutes. Mix the rice and vegetables together and serve from the skillet.

Serves: 4-6 people
Preparation time: 15 minutes

Leslie Ashburn is a Kushi-certified personal chef and cooking teacher. She offers a range of vegan whole foods that change stereotypes about eating healthfully. Visit her website at www.macrobiohawaii.com.

Roasted Beet Pate

by John Franzen (see page 12)

- 2 large beets, washed
- 4 cloves garlic, unpeeled
- ½ cup walnuts, chopped
- 2 carrots
- 2 Tbs. olive oil (or less, to taste)
- 1 tsp balsamic vinegar
- ½ tsp sea salt
- ginger and cayenne pepper to taste (optional)

Preheat oven to 350. Lightly oil the beets and carrots and place them in oven in a covered pot or cast iron Dutch oven with ¼ cup filtered water. After 45 minutes add garlic and cook for another 15 minutes.

Take veggies out of oven and allow them to cool. Remove skins from beets and garlic. Combine all ingredients in a food processor and process until smooth.

Vegan Tidbits

by Scott Snarr

Peels on wheels

What weighs 1800 pounds, is loaded with vitamin C, and rolls from place to place? No, it's not a genetically modified tomato gone wrong. It's Veg Van.



The electric-powered vehicle was used for delivering milk door to door before being converted to a not-for-profit mobile produce stand. Veg Van hooks up with local farms and community gardens to help bring much needed fresh fruits and vegetables to Hackbridge, a food desert in the London Borough of Sutton. Although liquor, candy, and fast food abound in Hackbridge, residents had to travel miles to the nearest supermarket. Now they can buy their five-a-day in front of the rail station on their commute, at local schools, or at other convenient locations.

Veg Van was created by the non-profit environmental group, BioRegional for the One Planet Food project, which aims to transform Hackbridge into England's first sustainable suburb.



The Veg Van awaits the next trainload of customers outside Hackbridge rail station.



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