



# The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 21, Issue 3, July-September 2010

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## Public Lectures

**WILLIAM HARRIS, M.D.**

**“HEALTH CARE REFORM:  
EMPTYING A FLOODED BASEMENT  
WITHOUT TURNING OFF THE TAP”**

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

**HESH GOLDSTEIN**

**“HOW A VEGAN DIET CAN SAVE  
YOUR HEALTH AND MONEY”**

Tuesday, August 17th, 7 p.m.  
Ala Wai Golf Course Clubhouse

**MICHAEL GREGER, M.D.**

**“THE LATEST IN  
HUMAN NUTRITION: 2010”**

Tuesday, September 21st, 7 p.m.  
Ala Wai Golf Course Clubhouse

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

## United Nations says eat less meat and dairy to save the planet

by Brandon Bosworth, VSH member

In June the United Nations issued a dramatic report calling on the world to reduce its consumption of animal products.<sup>1</sup> According to the U.K. *Guardian*, the U.N. believes that a “global shift towards a vegan diet is vital to save the world from hunger, fuel poverty, and the worst impacts of climate change.”<sup>2</sup>

As the U.N. report makes clear, animal agriculture is extremely wasteful: “Animal products, both meat and dairy, in general require more resources and cause higher emissions than plant-based alternatives.” According to *Time*, “worldwide livestock farming generates 18% of the planet’s greenhouse gas emissions. By comparison, all the world’s cars, trains, planes, and boats account for a combined 13%.”<sup>3</sup> More than half of all the food grown globally goes to feeding farmed animals. And according to Professor Edgar Hertwich, the lead author of the report, the production of animal products causes more damage than the burning of fossil fuels or the production of construction minerals such as cement, plastics, or metals.

Sadly, however, in many places people are eating *more* meat rather than less. “Meat consumption per capita in China rose by 42% in the eight years from 1995 to 2003,” says Sangwon Suh of the University of California, Santa Barbara.<sup>5</sup> As a nation becomes richer, its citizens become more carnivorous, and the Earth suffers the consequences.

Many will resist the United Nations’ call to consume fewer animal products. Yet it is now obvious that a vegetarian or vegan diet is about more than saving the animals. It’s about saving the planet.

*Honolulu-based writer Brandon Bosworth is a long-time animal lover. Since giving up meat, he has become increasingly concerned with issues relating to animal rights and animal welfare. This article originally appeared on [www.change.org](http://www.change.org). Reprinted with permission from the author.*

References: See UN report on page 19.

### Hawaii shuns shark finning



See page 10 for details.

# 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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[VegHawaii.org](http://VegHawaii.org)

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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.*



## Message from the President by Lorraine Sakaguchi

Aloha!

As the Vegetarian Society of Hawaii continues to celebrate its 20th birthday, we'd like to salute the four people who, back in 1990, started it all: Elaine French, Jerry Smith, William Harris, M.D., and Andy Mertz.

These folks have left us a wonderful legacy: Because of their efforts, we in Hawaii have had an unparalleled opportunity to see and hear in person many of the experts in the fields of plant-based nutrition and health, animal rights, and environmental protection who have spoken at our free monthly meetings over the past twenty years. While VSH members enjoy an informative newsletter and veggie discounts, both members and non-members everywhere can enjoy the valuable resources on our website, [www.vsh.org](http://www.vsh.org). Our founders can take pride in the fact that the educational mission they undertook so long ago continues to serve people today.

What are our founders doing now?

In 2002 Elaine and Jerry left Hawaii for Utah, where they opened a vegan restaurant and helped to start the Vegetarian Society of Utah (VSU). They eventually moved to Nevada and continue to promote the benefits of a healthy vegan diet ([www.vegan-weight-loss.com](http://www.vegan-weight-loss.com)) and exercise. They attend VSH meetings when they visit Hawaii.

Dr. Harris retired after many years as an emergency physician and volunteer director of the Kaiser Permanente Vegetarian Lifestyle Clinic, but his current life is anything but retiring! He still serves on the VSH board and continues to videotape and edit our monthly public lectures for viewing on local cable TV as well as on our website. He is physically active as he enters his eighties, engaging in pursuits ranging from a regular fitness routine to extreme sports such as scuba diving, acrobatic trampolining, and skydiving (he's logged well over a thousand dives). He maintains his own website ([www.vegsource.com/harris](http://www.vegsource.com/harris)) and continues to speak at various venues. He, Elaine, and Jerry also serve as consultants to the VSU board of directors.

Andy continues to work as a pool service owner and volunteers in areas he is passionate about. A lifetime VSH member, he still drops by VSH meetings from time to time and continues to enjoy the good health he achieved after becoming a vegan in 1987 when he met Elaine and Jerry in their cooking class.

Mahalo Elaine, Jerry, Bill, and Andy, and all of the VSH volunteers.

Thanks to all VSH members who voted in our recent board election, including those who took the time to write us with comments ([see www.vsh.org/comments](http://www.vsh.org/comments)). Congratulations to all elected board members, and welcome to our new treasurer, Anjie Pham. Sincere thanks and best wishes to our outgoing treasurer, Mel Hertz, who has done much for VSH and continues to volunteer his services.



# Opinions

## What's the big beef about Meatout Day?

by Scott Owen Snarr

It seemed like a great idea. Give people a little encouragement to explore healthy eating and protect the planet — even if only for one day. That's what Michigan Governor Jennifer Granholm envisaged when she declared March 20th Meatout Day for her state. But then the backlash began.

The outpouring of protest that followed the proclamation was so forceful that Granholm had little choice but to rescind Meatout Day. She redeclared the day Michigan Agriculture Day, in which people were encouraged to enjoy all kinds of Michigan-grown foods “including but not limited to meat, vegetables, and dairy products.”

The outrage, of course, had come from local ranchers, dairy farmers, and other animal growers — with state senators and conservative bloggers on their side. They called it unconscionable, insulting, insensitive. They decried the “food police.” They called Granholm a sock puppet for radical special interests. Some even went so far as to blame Michigan's economic woes on “such proclamations.”

“It's inconceivable to us that the governor could stoop to this level of telling people what they should and shouldn't eat based on the philosophies of ‘food elitists,’” said Farm Bureau President Wayne Wood.

Let us set the record straight. The governor *encouraged* people to eat veggies for one day a year. If these

critics consider *that* offensive, don't they have bigger fish to fry? Where is the outrage about government telling us what to eat 365 days a year, year after year? Here's what I mean:

- **Industry manipulates the USDA food guide:** The most direct way the federal government tells people how to eat is through the food guide pyramid. Though it's supposed to be based on science, we have yet to see a version that hasn't been tainted with financial interests of food industries whose representatives have sat in at the creation and every revision of the food guide.
- **Companies write advertising off their taxes:** Ads. They are everywhere. We are exposed to thousands of them a day whether we realize it or not, and a huge proportion of them tell us what to eat. And guess what? They're sponsored in part by the IRS.
- **Meat served at school lunch:** Every single school day all across the country children are served meat and milk for lunch. For kids who pass on them there's little else to eat.
- **USDA subsidizes meat and dairy:** Every year billions of taxpayer dollars are forked over to grow corn and other feed crops that are fed straight into the mouths of livestock to fatten them up for cheap meat. Hundreds of millions more dollars are given away free to dairy farmers.

We know who the real food elitists are. They are the powerful meat and dairy lobbies whose radical agenda is to use their close ties with government to push unhealthy, wasteful foods on everyone at taxpayer expense.

### On TV...



#### “Vegetarian” VSH lectures

**Oahu**—Oceanic Cable Ch. 52  
Wednesday 11:00 a.m.  
First and third Thursdays 6 p.m.  
Go to [olelo.org](http://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](http://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](http://hoike.org)

**Online**—[www.vsh.org/videos.htm](http://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](http://www.veganworldradio.org)



## IN THE NEWS

### Animals rue Golden Girl's death

by Scott Owen Snarr

Rue McClanahan, the actress best known for her saucy role as Blanche Devereaux in the 1980s sitcom *The Golden Girls*, suffered a fatal stroke June 3rd at the age of 76.

Behind her onstage amorous, cheesecake-eating alter ego was a vegetarian (some say vegan), a tireless activist who traveled down the road and back again for the sake of animals. As a celebrity McClanahan used her high profile to set an example of compassion for the voiceless. In the 1980s she became one of the first spokespersons for PETA when she appeared in an anti-fur ad and even recruited *Golden Girls* costars Bea Arthur and Betty White to join the cause. She appeared in many public service announcements over the years and lobbied and wrote letters to high-ranking politicians to push for things like ending cockfighting in New Mexico and providing for pets stranded by Hurricane Katrina.

Let us remember McClanahan not only for her theatrical gift but also for the message that she spread: "Compassion is the foundation of everything positive, everything good. If you carry the power of compassion to the marketplace and the dinner table, you can make your life really count."

### Hard Rock Cafe honors legend with meatless offering

by Daelyn Fortney

Hard Rock Cafe in London is offering a three-course vegetarian meal every Monday in honor of Paul McCartney's Meat-Free Monday campaign. The meat-free dishes include the Linda McCartney vegetarian burger, wild mushroom soup, and grilled eggplant lasagna.



Rue McClanahan (February 21, 1934 — June 3, 2010)

"When the Hard Rock first opened its doors in 1971, we were a unique family restaurant and I was serving burgers, fries, and milkshakes," recalls Rita Gilligan, Cultural Attaché and original Hard Rock waitress. "It wasn't until The Beatles and Linda McCartney started coming in that we embraced vegetarianism and introduced the veggie burger. Almost forty years on, our customers' needs are varied and discerning, and I'm pleased we're able to now introduce Meat-Free Mondays. I know Linda would be proud that her legacy lives on!"

"I think many of us feel helpless in the face of environmental challenges, and it can be hard to know how to sort through the advice about what we can do to make a meaningful contribution to a cleaner, more sustainable, healthier world," said Paul McCartney. "Having one designated meat-free day a week is actually a meaningful change that everyone can

make that goes to the heart of several important political, environmental, and ethical issues all at once. For instance, it not only addresses pollution, but better health, the ethical treatment of animals, global hunger, and community and political activism."

*This article originally appeared on [www.thisdishisvegetarian.com](http://www.thisdishisvegetarian.com). Reprinted with permission.*

### Foie gras farm forced to pay for mess it made

A federal court in Manhattan ruled in favor of The Humane Society of the United States (HSUS) in its federal lawsuit charging the nation's largest foie gras factory farm with numerous violations of the federal Clean Water Act. Judge Harold Baer, Jr. granted in part The HSUS' motion for summary judgment and issued extensive injunctive relief against Hudson Valley Foie Gras (HVFG).

"This facility has flouted federal pollution laws for years, and we are delighted to see justice done for the environment, animals, and local residents, who have all suffered at the hands of this factory farm," said Jonathan R. Lovvorn, vice president and chief counsel for animal protection litigation at The HSUS.

In its ruling the court issued an injunction against further Clean Water Act violations by HVFG, ordered the company to hire an expert to help them take remedial action, exacted \$50,000 for an environmental project in lieu of paying civil penalties, and imposed a fine of \$25,000 a day for each further violation.

Hudson Valley Foie Gras raises and slaughters ducks to produce the controversial French "delicacy" foie gras. Birds are force-fed an unnatural amount of food through a pipe thrust

*(continued on next page)*

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down their throats until their livers expand to ten or more times their natural size. This process not only results in extreme suffering for the birds, but it also produces a significant amount of waste, including manure and slaughter waste. The case alleges that some of this waste has been discharged into the Middle Mongaup River.

The HSUS was represented in the case by Shearman & Sterling LLP, New York, Egert and Trakinski, New York, and lawyers with The HSUS' animal protection litigation section.

For more information visit The HSUS' website on foie gras production: [www.humanesociety.org/issues/force\\_fed\\_animals/](http://www.humanesociety.org/issues/force_fed_animals/)

Source: *The Humane Society of the United States*

## People catching on to Meat-Free Mondays

by Scott Owen Snarr

It's Monday, and that means no meat for the Lin family. Instead, Stella orders *hóng qǐ*, a fermented red rice topped with pine nuts, and her husband Eric will have the *old style lǚ wèi*, a textured vegetable protein with pickles and tofu over rice.

Like many people in Taiwan, Eric and Stella were inspired to change their diets after reading about the Meat-Free Monday campaign in the news. "Eating less meat is healthier for the body," explains Stella. "Going meatless can help slow global warming and help you do your part for the environment."

Stella has been observing one vegetarian day a week since March. If for some reason she can't do it on Mon-

day, she'll do it another day in the week. She also skips meat at breakfast every morning.

Eric has taken his commitment one step further. He hasn't taken a bite of meat for three months, despite the temptations. "If I cannot stop myself from eating meat, that means I cannot control my mind. By refusing to eat meat, I stay in control of my mind."

He says he has to eat more food than before to feel satisfied, but he's learning to like more kinds of vegetables.

The couple admits that it's sometimes a challenge to get their ten-year-old son Henry to go along with meatless days. There are lots of vegetables he doesn't like, and he'll pick them out of his food.

Henry's school, Shu-Yi Elementary in Taichung, is one of many public schools across the country that began implementing meatless days this year. The first time the school served a soy-based chicken patty instead of the usual fried chicken, Henry — and a lot of his classmates — complained. "He came home and said it was terrible," recalls Eric. "But after three or

four times, the kids got used to it, and the school doesn't get complaints anymore."

Dining with clients presents another sticky situation for the Lins. Chinese meals are traditionally served communally — everybody eats from the same dishes. Rather than risk offending them, the Lins often let their clients order the meal and just eat from the vegetable side dishes themselves.

Despite the challenges, the Lins have no intention of turning back. "Being vegetarian gives you more energy, more power," says Eric.

Taiwan is just one of many locales around the world promoting a meat-free day a week — San Francisco, Baltimore, Sao Paulo, Cincinnati, and Ghent, Belgium are among the cities that have adopted the idea. In Taiwan the cause has the support of nearly two million full-time vegetarian residents. And there is little doubt that others are being swayed as well.

Chen Wei-Ru, manager of First Green Vegetarian restaurant in Taichung, is tickled by the increase in business she has seen this year. "I see more and more customers every Monday. Some of them have told me that they come here to observe Meat-Free Day."

Chen Hui-Ju, First Green's chef added, "Some teachers come in to eat vegetables, lose weight, and feel more energetic. They know that eating vegetarian is healthier and that they can protect the environment by eating less meat."

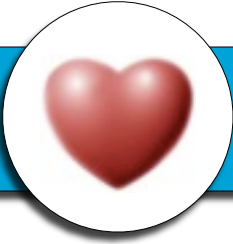
*Karen Jiang contributed to this article.*

*Like many people in Taiwan, Eric and Stella were inspired to change their diets after reading about the Meat-Free Monday campaign.*



Photo: Scott Snarr

Stella and Eric Lin enjoy every last bite of their vegetarian meals in observance of Meat-Free Monday in Taiwan.



## Health Update

### Brown rice better for avoiding diabetes

Consuming more white rice appears to be associated with a higher risk of developing type 2 diabetes, whereas consuming more brown rice may be associated with a lower risk for the disease, according to a report in the June 14 issue of *Archives of Internal Medicine*, one of the JAMA/Archives journals.

Qi Sun, M.D., Sc.D., of Harvard School of Public Health, and colleagues assessed rice consumption and diabetes risk among 39,765 men and 157,463 women in three large studies: the Health Professionals Follow-Up Study and the Nurses' Health Study I and II.

After adjusting for age and risk factors, researchers found that those who consumed five or more servings of white rice per week had a 17% increased risk of diabetes compared with those who consumed less than one serving per month. In contrast, eating two or more servings of brown rice per week was associated with an 11% reduced risk of developing type 2 diabetes when compared with eating less than one serving per month.

Based on the results, the researchers estimated that replacing 50 grams (about one-third of a serving) of white rice per day with the same amount of brown rice would be associated with a 16% lower risk of type 2 diabetes. Replacing white rice with whole grains as a group could be associated with a risk reduction as great as 36%.

Sun and his colleagues found that the biggest consumers of white rice were less likely to have European an-

cestry or to smoke and more likely to have a family history of diabetes. Eating brown rice was not associated with ethnicity but with a more health-conscious diet and lifestyle.

In general, white rice has a higher glycemic index than brown rice, which "is likely the consequence of disruption of the physical and botanical structure of rice grains during the refining process, in which almost all the bran and some of the germ are removed," they write. "The other consequences of the refining process include loss of fiber, vitamins, magnesium and other minerals, lignans, phytoestrogens, and phytic acid, many of which may be protective factors for diabetes risk." The authors conclude that refined grains should be replaced by whole grains to help stave off type 2 diabetes.

*Sun Q, Spiegelman D, van Dam RM, Holmes MD, Malik VS, Willett WC, Hu FB. White Rice, Brown Rice, and Risk of Type 2 Diabetes in US Men and Women. Archives of Internal Medicine, online June 14, 2010.*

### Puberty starts earlier in girls who eat more meat

According to a new study, girls who eat the most meat products during childhood may have an earlier occurrence of puberty, increasing their risks of diseases such as cancer, heart disease, and osteoporosis. Researchers followed 3,298 girls in Bristol, England and gathered their dietary intakes when they were 3, 7, and 10 years old. Of girls who ate more than 12 portions of meat per week, 49% started

their periods by age 12, compared with 35% of girls who ate fewer than four portions of meat per week.

*Rogers IS, Northstone K, Dunger DB, Cooper AR, Ness AR, Emmett PM. Diet throughout childhood and age at menarche in a contemporary cohort of British girls. Public Health Nutr. Published ahead of print June 8, 2010.*

### Vegetarian diet can lower toxins in body

A new study suggests that a vegetarian diet can dramatically reduce levels of unwanted chemicals in the body within days.

Twenty-five adults participated in a five-day "Temple Stay" program in Korea, following the daily routines of Buddhist monks and maintaining a vegetarian diet. Participants completed a questionnaire about their dietary habits prior to the study. Also, urine samples collected before and after the program were analyzed for levels of three antibiotics and their major metabolites, metabolites of four major phthalates, and malondialdehyde (MDA) as an oxidative stress biomarker.

Participants' levels of antibiotics and phthalates dropped substantially during the program, as did MDA levels (0.16 versus 0.27 mg/g creatinine). Although the results might be influenced by other factors, the findings suggest that even short-term changes in diet have considerable potential in helping people avoid exposure to harmful contaminants.

*Kyunghee Ji, Young Lim Kho, Yoonsuk Park and Kyungho Choi. Influence of a five-day vegetarian diet on urinary levels of antibiotics and phthalate metabolites: A pilot study with "Temple Stay" participants. Environmental Research, Volume 110, Issue 4, May 2010, Pages 375-382.*

## Meat and fish triple the risk of bowel disease

For the first time, researchers have identified an association between high protein intake and a significantly increased risk of inflammatory bowel disease (IBD). While doctors have long suspected that diet contributes to IBD, studies have been retrospective, which are less informative because they rely on participants' ability to recall what they have consumed in the past. This study prospectively examined the effects of different sources and amounts of protein on 77 women who developed cases of IBD.

Lead researcher Prévost Jantchou, M.D. found that more than two-thirds of participants had elevated levels of protein intake. Animal protein, specifically from meat and fish, represented a threefold risk of developing IBD in the group with the highest intake compared to the group with the lowest. Vegetable protein created no increased risk of developing IBD.

Said Dr. Jantchou, "For years we've known there was a connection between diet and IBD, and we now know specifically which aspect of diet is related to disease occurrence."

*Jantchou P, Morois S, et al. Animal Protein Intake and Risk of Inflammatory Bowel Disease: The E3N Prospective Study Am J Gastroenterol advance online publication 11 May 2010; DOI: 10.1038/ajg.2010.192*

## Meat raises risk of bladder cancer

Meat consumption increases the risk of bladder cancer, according to a new study presented at the American Association for Cancer Research's annual meeting. Re-

searchers studied the diets of 884 participants with bladder cancer and 878 controls and found that those who ate the most meat were up to 58% more likely to develop bladder cancer. Eating well-done meat was linked to an almost twofold increased risk of bladder cancer. Cooking meat at high temperatures produces carcinogens called heterocyclic amines. Study participants who consumed the most bacon, pork chops, fried chicken, and fried fish also had a higher risk.

*Lin J, Wang JM, Grossman BH, et al. Red meat and heterocyclic amine intake, metabolic pathway genes, and bladder cancer risk. Report presented at American Association for Cancer Research 101st Annual Meeting; April 17, 2010; Washington DC.*

## Study says fish oil not brain food

Fish oil does not improve cognitive function, according to new research. Researchers in England found that fish oil did not benefit the cognitive function of elderly adults after two years of daily supplementation. In a double-blind control trial 867 people with a mean age of 75 years were as-

signed to either a fish supplement (200 mg EPA plus 500 mg DHA) or placebo (olive oil) group. Participants were given various tests for cognition including reaction time, spatial memory, and processing speed measurements. No significant differences were seen between groups.

*Dangour AD, Allen E, Elbourne D, et al. Effect of 2-y n23 long-chain polyunsaturated fatty acid supplementation on cognitive function in older people: a randomized, double-blind, controlled trial. Am J Clin Nutr. Published ahead of print April 21, 2010. DOI: 10.3945/ajcn.2009.29121.*

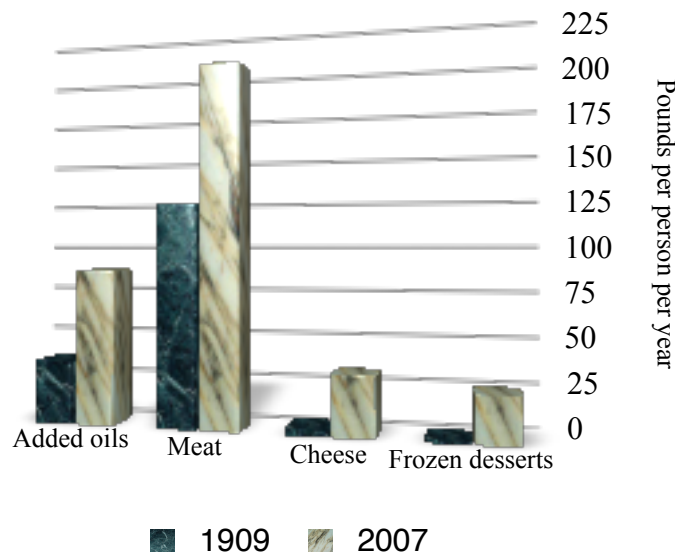
## Fats making kids fat Who would have guessed?

An increase in childhood obesity reflects increased intake of oils, meat, cheese, and frozen dairy desserts, according to a new PCRM study published in May in the *American Journal of Clinical Nutrition*. Neal Barnard, M.D., looked at food availability data maintained by the USDA from 1909 to 2007. Oil intake increased from 35 pounds to more than 86 pounds per person per year. Meat intake rose from 123 pounds to more than 200 pounds per person per year (with a greater than sixfold increase

in chicken and turkey intake alone). In 2007 Americans also ate nine times more cheese and 16 times more frozen desserts than they did in 1909. Since 1970 sweetener consumption doubled, mostly because of an increased consumption of carbonated beverages.

*Barnard ND. Trends in food availability, 1909-2007. Am J Clin Nutr. 2010;91(suppl):1S-7S.*

**Food consumption trends in the U.S.**





## Animal Rights Arena

### New leader envisions cage-free world

by Scott Owen Snarr

In Defense of Animals (IDA) appointed the second president in the history of its organization. In June of this year Scotlund Haisley succeeded Elliot Katz, DVM, who founded the animal rights group in 1983.

Haisley has confidently stepped up to the task of leading the international group, whose efforts have ended cruel experiments on monkeys at universities across the country, freed forty dolphins caught in a net off the coast of Japan, and negotiated the release of two elephants from zoos to sanctuaries — to name just a few victories. As the new president, Haisley will focus attention on the cruel contraption that enslaves billions around the globe: the cage. “The cage represents the imprisonment and mistreatment of the animals of this world. I have focused my career on tearing down these cages in their many forms and uses.”

Haisley’s views about the cage have been distilled over a long, impressive career in animal protection that often put him in day-to-day contact with a wide cast of creatures. He began twenty years ago as a humane officer and most recently served as Senior Director of Emergency Services for

The Humane Society of the United States. He has led the rescue of tens of thousands of animals from puppies to horses to roosters.

While director for the Washington Animal Rescue League he pioneered an innovative cageless animal shelter that raised the bar for humane standards.

“Putting an animal in a cage is a violation of that creature’s innate right to live naturally and without suffering,” wrote Haisley. Yet the cage is only a tool. The ultimate cause of the cruelty “is the humans who stand to profit from the suffering. . . . [W]e must change the mindset of those who profit from their misery.”

Departing president Katz remarked, “Scotlund is the ideal individual to maximize IDA’s efforts to become a more powerful voice and force for our animal friends by ending the rampant mistreatment of animals, not only in the U.S., but around the world.”

Source: *In Defense of Animals*  
[www.idablog.org](http://www.idablog.org), [www.idausa.org](http://www.idausa.org)



IDA president Scotlund Haisley hopes that one day all animals can live cage free like his porcine friends at this sanctuary.

### Egg producer pleads guilty to animal cruelty

by Nathan Runkle  
Mercy For Animals

Factory-farmed egg-laying hens, perhaps the most abused, exploited, and overlooked animals on the planet, finally got their day in court June 7th.

In a Lewiston, Maine courtroom the owner of Quality Egg of New England (QENE), one of the largest egg producers in the nation, pleaded guilty to ten civil counts of cruelty to animals. As part of a landmark civil settlement, the factory farm also agreed to pay over \$130,000 in fines and restitution and to let the state of Maine conduct unannounced inspections for the next five years.

The settlement breaks new ground in the battle to protect farmed animals — leveling what may be the largest financial penalty in United States history against a factory farm on grounds of animal cruelty.

The historic agreement is the result of a 2008-2009 Mercy For Animals (MFA) investigation at the factory farm, which documented shocking cruelty to egg-laying hens at QENE’s Turner, Maine facility.

During the time of the undercover investigation QENE was certified by the United Egg Producers’ (UEP) voluntary animal care program. This factory farm’s admission to ten counts of cruelty to animals is further evidence that the UEP program fails to prevent cruelty and abuse.

The findings of MFA’s investigation at this facility are similar to those documented at numerous egg farms across the country in recent years — illustrating that

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animal neglect and abuse are the industry standard, not the exception.

Adopting a compassionate vegan diet is one of the best actions consumers can take to prevent needless animal suffering and end the conditions documented by this investigation.

## Dairy farm sadist caught on camera

by Mercy for Animals

Captured on hidden camera, shocking scenes of abuse revealed a culture of cruelty at Conklin Dairy Farms (CDF) in Plain City, Ohio. During a four-week investigation between April and May MFA's investigator documented farm workers:

- Violently punching young calves in the face, body slamming them to the ground, and pulling and throwing them by their ears
- Routinely using pitchforks to stab cows in the face, legs, and stomach
- Kicking downed cows in the face and neck — engaged in and encouraged by the farm's owner
- Maliciously beating restrained cows in the face with crowbars — some attacks involving over forty blows to the head
- Twisting cows' tails until the bones snapped
- Punching cows' udders
- Bragging about breaking bones and stabbing, dragging, shooting, and beating cows and calves to death

Dr. Bernard Rollin, distinguished professor of animal science at Colorado State University, stated, "This is probably the most gratuitous, sustained, sadistic animal abuse I have ever seen. The video depicts calculated, deliberate cruelty, based not on momentary rage but on taking pleas-

ure through causing pain to cows and calves who are defenseless."

Immediately upon completion of the investigation Mercy For Animals contacted the City Prosecutor's Office of Marysville regarding the ongoing pattern of abuse at Conklin Dairy Farms.

As a result, Billy Joe Gregg, Jr. faces twelve counts of animal cruelty. He asked the judge not to put him in jail because he has animals that he needs to take care of. The judge then set a \$100,000 bond and ordered Gregg not to be a caretaker or have any contact with animals. Prosecutors are considering filing charges against other individuals involved.

In addition to the abuses documented at Conklin Dairy Farms, MFA undercover investigations at dairy farms, pig farms, egg farms, hatcheries, and slaughterhouses have revealed that violence and abuse of farmed animals — whether malicious or institutionalized — run rampant nationwide.

The deplorable conditions uncovered in the film highlight the reality that animal agriculture is incapable of

*Violence and abuse of farmed animals — whether malicious or institutionalized — run rampant nationwide.*

self-regulation and that meaningful federal and state laws must be implemented and strengthened to prevent egregious cruelty to farmed animals.

Compassionate consumers can end their direct financial support of farmed animal abuse by rejecting dairy and other animals products and adopting a vegan diet.

The disturbing undercover video can be viewed at [www.mercyforanimals.org/ohdairy](http://www.mercyforanimals.org/ohdairy).

Source: Mercy For Animals



## Abusers fly the coop while ducklings left to drown

On a hidden camera Compassion Over Killing (COK) caught shocking abuses forced upon newly hatched chicks and ducklings at a hatchery in 2009. While employed as a maintenance worker at Cal-Cruz Hatcheries, Inc. for nearly a month, the undercover investigator witnessed and painstakingly documented miserable conditions forced upon thousands of newly hatched birds:

- A chick drowning in a bucket of liquid waste
- Birds entangled in machinery, their dead bodies mangled, decapitated, or missing limbs
- Sick or severely injured birds left to suffer for hours
- Unwanted hatchlings dumped down the egg shell disposal chute and sprayed with a high-pressure hose
- Birds thrown five to six feet across the room into buckets where they languished

The evidence was immediately turned over to the Santa Cruz County Animal Services Authority as well as the District Attorney's Office, who sat on the case until April of this year before declining to prosecute. The follow-up investigation conducted by humane law enforcement not only corroborated COK's evidence but also resulted in the impoundment of 88 ducklings. Of those, the two dozen surviving birds were given a new chance at life at a nearby sanctuary.

Animal cruelty is standard in the meat, egg, and dairy industries. The most effective action each of us can take to help stop it is simply to leave animals off our plates.

The video can be viewed at [www.cok.net/camp/inv/calacruz09](http://www.cok.net/camp/inv/calacruz09).

This article was compiled from a series of articles at [www.cok.net](http://www.cok.net).



## Local Happenings

### Hawaii takes shark fin off the menu

by Brandon Bosworth  
VSH Member

April marked a milestone in efforts to protect sharks. The Hawaii state legislature in a near unanimous vote passed Senate Bill 2169, which prohibits the possession, sale, and distribution



of shark fins in the state. It is the first law of its kind. The bill was introduced by Senator Clayton Hee, who has compared the practice of killing sharks for their fins to killing elephants for their ivory.

The cruel practice of shark finning is neatly summed up in the bill's text:

The practice of shark finning, where a shark is caught, the fin is cut off, and the shark is returned to the water, causes tens of millions of sharks to die a slow death each year. Some sharks starve to death, others are slowly eaten by other fish, and some drown because most sharks need to keep moving to force water through their gills for oxygen.<sup>1</sup>

Karyn Herrmann, a Honolulu marine biologist, notes that "sharks, which grow slowly, have late sexual maturity, bear few young, and are especially vulnerable to overfishing."<sup>2</sup> And sharks are most certainly overfished. According to Hee, around 89 million sharks are killed for their fins globally each year. Shark Savers puts the number at over 100 million.<sup>3</sup>

(Conversely, sharks kill fewer than five people each year.<sup>4</sup>) An estimated 97% to 99% of regional populations of shark species are already gone. At least fifty species of shark are at high risk for extinction, and scores more are threatened.<sup>3</sup>

According to Wild-Aid, "Sharks play a very important role in the oceans in a way that an average fish does not. They are at the top of the food chain in virtually every part of every ocean. In that role they keep populations of other fish healthy and in proper proportion for their ecosystem."<sup>5</sup>

Without sharks the entire ocean ecosystem would face collapse.

Though sharks seldom kill humans, they can be dangerous if you eat them. According to studies conducted by Hong Kong Baptist University and WildAid, a quarter of shark fins analyzed had mercury levels higher than the highest allowable standards set by the World Health Organization.<sup>6</sup> And it isn't just mercury; sharks can contain high levels of arsenic as well. Ironically, in China shark fin soup is traditionally thought of as a health food. Some believe it is an aphrodisiac, which is even more ironic, as mercury can lead to impotence and loss of sex drive in men.<sup>7</sup>

Wesley Fong, former president of the Chinese Chamber of Commerce and a leader in the Chinatown community in Hawaii, said

that given the choice between protecting a gourmet dish and preserving the ocean ecosystem, "The ocean's ecology should come first."<sup>8</sup>

Former Hawaii first lady Vicky Cayetano probably put it best: "Sharks are more valuable in the ocean than in soup."<sup>9</sup>

Sharks are revered in Hawaiian culture. As Senator Hee (himself part Chinese and part Hawaiian) explains, "the shark is the 'aumakua, the family guardian of Hawaiians."

*This article originally appeared on [www.change.org](http://www.change.org). Reprinted with permission from the author.*

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9. Ibid.



A diver discovers a pile of mutilated sharks. Hawaii's ban on fins will spare numerous sharks this agonizing fate.



## 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 about the past and next twenty years of the movement. Here's what some of them had to say:

### **Suzanne Havala Hobbs:**

One of many changes in the past twenty years is the perception of veganism as a positive lifestyle choice. There's much greater recognition of the nutritional and health benefits of this diet as well as the environmental and ethical implications. This understanding will increase over the next twenty years, and the concept will be embraced and become much more mainstream — even if people only make incremental steps toward a more plant-based diet.

One of the most effective things individuals can do to support the trend is to model the lifestyle. Show others by your actions how pleasurable — and doable — it can be to live a vegan lifestyle. Be a positive influence for change.

*Suzanne Havala Hobbs, Dr.PH, M.S., R.D. is a nationally recognized author on issues relating to food, nutrition and health policy.*

### **Matt Ball:**

The most important change by far is that there actually is something like a vegan "movement," as opposed to a self-contained support system. Twenty years ago in the United States most

vegans kept within closed societies, and most people concerned with animals focused on fur and vivisection. Now, more and more thoughtful individuals are recognizing that about 99% of all animals killed in the U.S. die to be eaten and that we should focus on working for them.

In other words there has been a growing recognition that those who eat animals are in a key position to help animals, so we should focus on effective advocacy toward them rather than on further refinements of our own veganism.

If we believe that being vegan is important, being the most effective

*Show others by your actions how pleasurable — and doable — it can be to live a vegan lifestyle.*

advocate for the animals must be seen as even more important!

The impact of our individual veganism — several hundred animals over the course of a lifetime — pales in comparison with what

we have the potential to accomplish with our example. For each and every person inspired to change his or her habits, the impact we have on the world multiplies!

*Matt Ball is cofounder and executive director of Vegan Outreach. Read his blog at <http://whyveganoutreach.blogspot.com>*

### **Nathan Runkle:**

The growth — and mainstream acceptance — of animal rights has been a key factor in the momentum of the vegan movement. Within the past twenty years we have seen farmed animal protection go from the fringe to the frontline, with more and more conscious consumers waking up to the power and consequences of their food

choices. Also, the explosion in meat, dairy, and egg alternatives has made veganism easier and more appealing to the masses.

We need to focus our efforts on young adults — who are open minded, compassionate, and willing to make personal changes for the betterment of our society, world, and the beings with whom we share it. Individual activists now have easy and important tools at their fingertips to reach out to their circle of friends and family with information on veganism and animal rights: social networking sites. Every vegan advocate should open Facebook, Twitter, My-space, and other social networking accounts to spread the word about these important issues. It's quick, easy, and effective activism.

*Nathan Runkle is founder and executive director of Mercy For Animals.*

### **Michael Greger, M.D.:**

The quality and availability of analog products has certainly improved (e.g., Silk soymilk, Daiya cheese, that new fake chicken, etc.), and they will continue to improve. Perhaps more important is a recognition of vegan eating as a means to reduce suffering rather than an end in itself (see Matt Ball's excellent Vegan Outreach essays).

We should support the reformist strategies of organizations like The Humane Society of the United States to reduce the suffering of millions of animals and continue to open the eyes of the masses to the worst abuses of factory farming.

*Michael Greger, M.D., is a physician, author, and internationally recognized speaker. He currently serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States.*



## VSH Events on Kauai



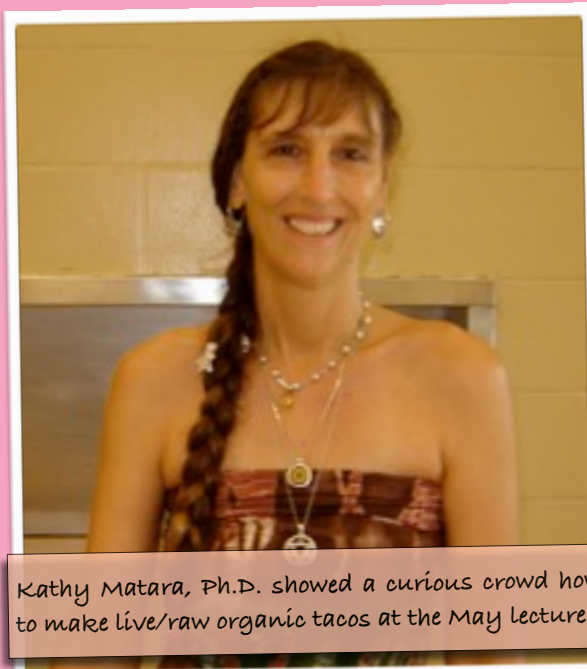
At the April gathering Gordon LaBedz, M.D. shared his knowledge of diabetes: "What Your Doctor Won't Tell You (or Maybe Doesn't Know)."



Sandy Herndon won the hearts of the recipe judges in May with her 'ulu curry rice.



Diana LaBedz (right) crowned Kurtis Kanesh the April recipe winner for his red Indian dahl.



Kathy Matara, Ph.D. showed a curious crowd how to make live/raw organic tacos at the May lecture.

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.

June potluck-goers enjoyed a screening of Dan Piraro's earlier talk on Oahu.



## VSH Events on Oahu & Maui

April



The most entertaining way to learn about veganism is to hear it from Dan Piraro. His witty talk was interspersed with panels from his award-winning comic strip, Bizarro.

May



In a talk attended by 170 people Ann Tanaka presented a wealth of tips and valuable advice on raising organic vegetables at home. She insisted that if she can do it, anyone can.

June



Rory Freedman, a.k.a. "Skinny Bitch," told an inspiring tale of how her love for animals prompted her transition from eating canned dog food and bacon cheeseburgers to being a no-regrets vegan.

See these and other talks online at [www.vsh.org](http://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 July-September 2010



**WILLIAM HARRIS, M.D.**

**“Health Care Reform:  
Emptying a Flooded Basement  
Without Turning Off the Tap”**

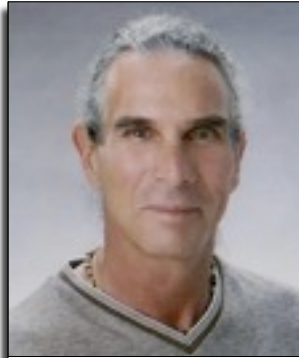
**Tuesday, July 20th, 7 p.m.  
Ala Wai Golf Course Clubhouse\***

In his presentation Dr. Harris will explain how government food policy is itself the cause of our rising rates of obesity and degenerative disease. He will also discuss the alleged deficiencies of omega-3 fats and “vitamin D:” Are they real? And if so, how did it happen, considering that the deficiencies never affected our distant ancestors?

*A vegan for more than 45 years, William Harris, M.D., is a founding and current director of the Vegetarian Society of Hawaii. Prior to his retirement he was an emergency physician at Kaiser Permanente and the director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco and is the author of The Scientific Basis of Vegetarianism, now online at his website ([www.vegsource.com/harris/](http://www.vegsource.com/harris/)).*

*Dr. Harris swims and does other aerobic exercise daily and continues to maintain his trampoline skills. He’s been a pilot for many years and is a current skydiver with more than 1100 jumps to his credit.*

**Dr. Harris will also be speaking on Maui:  
Thursday, July 22nd, 7 p.m.  
Kaunoa Senior Center, 401 Alakapa Place, Paia**



**HESH GOLDSTEIN**

**“Why Vegan?  
How a Vegan Diet Can Save  
Your Health and Money”**

**Tuesday, August 17th, 7 p.m.  
Ala Wai Golf Course Clubhouse\***

Illustrating with the persuasive booklet *Why Vegan?* by Vegan Outreach ([veganoutreach.org](http://veganoutreach.org)), Hesh will describe the numerous ethical, health, and environmental advantages of a vegan diet. He will also explain how the U.S. “Health Care Crisis,” so hotly debated in Washington recently, is in actuality the result of the government’s own USDA agricultural subsidies, which give financial aid to the unhealthiest products of U.S. agriculture.

When the USDA subsidies and the advertising tax deductions given by the IRS are exploited by the U.S. food industry with all of its unhealthy offerings, we have an explanation for the blackout of real health news by the ad-driven American media.

*Hesh Goldstein has been hosting a radio show called “Health Talk” since 1981 when he managed Down to Earth. He pays for his air time and has no sponsors, so his opinions are not influenced by others’ interests.*

**Hesh will also be speaking on Maui:  
Thursday, August 19th, at 7 p.m.  
Kaunoa Senior Center, 401 Alakapa Place, Paia**



**MICHAEL GREGER, M.D.**

**“The Latest in Human Nutrition: 2010”**

**Tuesday, September 21st, 7 p.m.  
Ala Wai Golf Course Clubhouse\***

Dr. Greger has scoured the world’s scholarly literature on clinical nutrition and developed this new talk about the latest cutting-edge research based on studies published over the past year in peer-reviewed scientific nutrition journals. In an engaging interactive quiz show format, he offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease.

*A founding member of the American College of Lifestyle Medicine, Michael Greger, M.D. is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, the International Bird Flu Summit, and the National Institutes of Health. He has testified before Congress and was an expert witness in the defense of Oprah Winfrey in the infamous “meat defamation” trial. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Currently he serves as the director of Public Health and Animal Agriculture for The Humane Society of the United States.*

**Dr. Greger will also be speaking on Maui, Thursday, September 23rd, 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.**

# Are vegetarians more empathic toward people?

by Brandon Bosworth  
VSH member

While no one likes to think of him- or herself as some sort of moral snob, let's be honest: Compared to meat eaters, many ethical vegetarians and vegans do see themselves as having a more compassionate outlook. Where some people see a juicy steak, vegetarians see a dead cow. While others think of how good the meat will taste, vegans contemplate the way the animal suffered on its path to the dinner plate.

Why the difference in perception? According to Daniel R. Hawes of *Psychology Today*<sup>1</sup>, a recent Italian study shows that empathy is what really separates vegetarians and omnivores.<sup>2</sup> The study was "based on the observation that vegetarians and vegans tend to base their decision to avoid animal products on ethical grounds." This is corroborated by *Vegetarian Times*, which reported in 2008 that 54% of American vegetarians cited animal welfare as their main reason for giving up meat.<sup>3</sup> The Italian researchers wanted to determine if the empathy vegetarians and vegans extend towards animals applied to humans as well.

To test this, subjects (20 omnivores, 19 vegetarians, and 21 vegans) were placed into a functional Magnetic Resonance Imaging (fMRI) machine while researchers looked "at the 'activation' of different brain areas as subjects view[ed] a randomized series of pictures." Some of the pictures were of natural landscapes, and others showed scenes of torture, muti-

lation, death, and so on. These so-called negative affective pictures involved both animals and humans. Researchers monitored the different neurological reactions to the pictures.<sup>4</sup>

The study found that:

... compared to omnivores, vegans and vegetarians show higher activation of empathy-related brain areas (e.g. Anterior Cingular Cortex and left Inferior Frontal Gyrus) when observing scenes of suffering, whether it be animal or human suffering.<sup>5</sup>

It's important to highlight that this study shows vegetarians and vegans as being more empathic to both animals *and* humans. After all, how many of us in the animal welfare community have been accused of caring more about animals than people?

Other studies have come to similar conclusions. According to the journal *Anthrozoos*, "Past research found that positive attitudes toward animals are positively correlated with human-directed empathy."<sup>6</sup>

The link between empathy for animals and empathy for humans should come as no surprise. As psychologist Mary Lou

Randour wrote in her book *Animal Grace*, "Animals play an important role in teaching children empathy." She also notes that there is a "cultural pressure to abandon our fascination with animals" as we get older and mature.<sup>7</sup> Essentially, learning to be less empathic towards animals is a step towards maturity in our society. Fortunately, vegetarians and vegans don't seem to have learned that lesson.

The empathy study on vegetarians, vegans, and omnivores comes at an interesting time. *Scientific American* recently reported on a separate study of college students showing that "today's young people are 40% less empathetic than college kids were 30

years ago." The sharpest drop in empathy occurred in the past nine years. Today's students are less likely to agree with statements such as "I sometimes try to understand my friends better by imagining how things look from their perspective" and "I often have tender, concerned feelings for people less fortunate than me."<sup>8</sup>

A whole generation with diminished empathy is a scary thought. I guess it will be up to the country's young vegetarians and vegans to balance out the compassion scales.

*This article originally appeared on www.change.org. Reprinted with permission from the author.*

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*How many of us in the animal welfare community have been accused of caring more about animals than people?*

## Summer Calendar

### July:

- National Veggie Hot Dog Month (Compassion Over Killing)
- 6: International Day of Action for Dogs and Cats in Korea (In Defense of Animals)
- 15-19: Animal Rights National Conference (Washington D.C.)

### September:

- Whole Grains Month
- 15-21: National Farm Animals Awareness Week (The HSUS)
- 25: Family Health & Fitness Day



## Consumers' Corner

### Animal, vegetable, or mineral? Easy guide explains ingredients

by Scott Owen Snarr

Oleic acid and oleoresin: Which one is vegan, and which is made from cows? You could find out by calling up food manufacturers and pressing them for answers. Or you could just look it up in *Vegetarian Journal's Guide to Food Ingredients*, because the folks that put this booklet together have done the hard part for you. (Oleic acid is non-vegetarian; oleoresin is vegan.)

The new guide is an extensive (but not exhaustive) list of words and tongue-twisters like *polyoxyethylene* that you're likely to see on food and beverage labels. It lists hundreds of additives and ingredients from A to zein — that's more than a loaf of supermarket-baked bread!

While food labels are notoriously hard to read, the guide is not. It will help you cut through the capric acid and figure out whether something suits your diet or not. Each listing is classed as vegan, vegetarian, or non-vegetarian. Some food additives could come from a variety of sources; the booklet focuses on the most common sources in commercial foods but cautions you when they might have other origins.

When you look up a word, whether as familiar as fructose or mysterious as myristic acid, you'll learn not only what it's made from but why it's used and where you might encounter it.

The guide is free on line. Or for six dollars you can get a handy print

edition to carry on your shopping excursions, and the money will help the Vegetarian Resource Group continue this line of research.

Think you're a savvy label reader who doesn't need the guide? Here's a simple quiz to test your expertise. If you miss more than you thought you would, do not despair. You can find the guide and order it at [www.vrg.org/ingredients](http://www.vrg.org/ingredients).

1. **agar**

vegan  vegetarian  non-vegetarian

2. **calcium caseinate**

vegan  vegetarian  non-vegetarian

3. **clarifying agent**

vegan  vegetarian  non-vegetarian

4. **keratin**

vegan  vegetarian  non-vegetarian

5. **lactic acid**

vegan  vegetarian  non-vegetarian

6. **palmitic acid**

vegan  vegetarian  non-vegetarian

7. **papain**

vegan  vegetarian  non-vegetarian

8. **pepsin**

vegan  vegetarian  non-vegetarian

9. **sodium caseinate**

vegan  vegetarian  non-vegetarian

10. **zein**

vegan  vegetarian  non-vegetarian

See page 19 for answers and explanations.

*Disclaimer: The Vegetarian Resource Group often depends on company statements for product and ingredient information. Even with lots of probing, it is impossible to be 100% sure about a statement, information can change, people have different views, and mistakes can be made. Please use your own best judgment about whether a product or ingredient is suitable for you.*

### Collard salad with walnut miso dressing

by Leslie Ashburn  
VSH member



Leafy greens like kale, collards, watercress, and others are some of the healthiest foods we can include in our diet. If you're looking for a tasty way to add more greens, try this dressing. I haven't met anyone so far who hasn't raved about it, plus it's quick and easy.

- 1 bunch collard greens, chopped
- 1 cup walnuts, lightly roasted and chopped
- ½ cup green onions, sliced
- 1 tsp sweet white miso (or to taste)
- 1 tsp ume boshi paste or vinegar (or to taste)
- ½ cup water (or as needed)
- lemon juice (to taste)

Steam or blanch the collard greens in boiling water until they turn a bright green (30 to 60 seconds). Set aside to cool.

Place the green onions into a food processor and puree. Add the walnuts and puree again. Finally, add a small amount of water and mix little by little to make a smooth and creamy consistency. Add the ume boshi paste or vinegar, white miso, and lemon juice to taste. Serve over blanched collards.

Variation: Use any other type of greens you like.

*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.macrobiotichawaii.com](http://www.macrobiotichawaii.com).*



## Fiery potato stir-fry

by Scott Owen Snarr

I live alone. So when I cook for myself, I don't want to spend a lot of time preparing several dishes. With protein, starch, and veggies, this easy recipe makes a satisfying one-course meal.

- 3 medium potatoes, diced
- 1 can kidney beans, rinsed and drained
- 1 zucchini, cut lengthwise into strips
- 2-3 tomatoes, chopped
- 1 Tbs. vegetable oil
- 1 Tbs. spicy bean sauce (available where Asian foods are sold)
- 1 Tbs. Indian curry powder
- 2 Tbs. nutritional yeast
- 2 tsp Italian herb blend
- pinch of salt (optional)

Boil potatoes until tender but not mushy, then drain and set aside. Heat oil in a large pan or wok on medium-low heat. Heat kidney beans through. Then mix in chili sauce, curry powder, and salt. Add zucchini and tomatoes. Stir continuously for 3-4 minutes or until vegetables are tender, adding small amounts of water as needed to keep food from sticking. Finally, add potatoes, nutritional yeast, and Italian herbs. Continue stirring (and adding water if needed) until everything is mixed well. Serves 3-4.

Variation: Use eggplant or cucumber instead of zucchini.



Photo: Scott Snarr

## Learn vegan cooking with Tasty & Meatless video cookbooks

by Joy Waters, VSH member

It's the 21st century and veg is in. Even the part-time vegetarians amongst us know that vegan fare is not just sprouts and hummus anymore. If you want to quickly increase your comfort in the kitchen making delicious meat-free meals, then the Tasty & Meatless Video Cookbook DVDs are a great resource.

This colorful and informative collection teaches you how to make simple vegetarian dishes in 15 minutes or less. Whether you are a novice or an experienced cook, you can follow along at your own pace with these easy-to-navigate DVDs.

Each disc features seven different chefs demonstrating a selection of enticing dishes that are as good to eat as they are good for you. Renowned ve-

gan chef Mark Reinfeld called the DVDs the next best thing to private cooking classes.

The video cookbooks are filled with cooking techniques to help you achieve a low-fat, low-cholesterol diet, which can prevent disease and help you lose weight. For example, traditional Alfredo sauce has 800 calories per serving. On "You Won't Believe It's Tofu!" you'll find a recipe for a Tofu Alfredo Sauce with only 250 calories per serving. What a difference to the waistline! This particular DVD teaches the secrets of making great tofu; the difference between

water-packed tofu and silken tofu; how freezing tofu changes the texture; how to store tofu; how to drain tofu; and how to use tofu instead of eggs for animal-free meals.

Did you know that 100 calories of broccoli has more protein than 100 calories of red meat? You would if you saw the nutritional factoids that pop up during the cooking demos. The "Hawaii's Local Favorites" DVD has a cooking demo showing how to make Soy Chicken Katsu with a comparison of its fat and calorie content with the local-style plate lunch version, an eye-opening analysis.

Homemaker Candace Sakuda had this to say: "My husband always joked with me that if a book didn't have pictures in it, I wouldn't read it. What a joy it is to follow the recipes and instructions step by step, pause, and replay. And I am now getting more vegetable dishes on the dinner

table!"

The Tasty and Meatless DVD series can be your coach to adopting a healthy lifestyle without spending more time in the

kitchen or sacrificing great taste. Each DVD costs \$19.95. One hundred percent of proceeds are used to support vegan education and eco-green issues in our community.

For free vegan recipes, healthy resources, and the Good News e-letter and to order DVDs, visit [www.TastyandMeatless.com](http://www.TastyandMeatless.com).

*Joy Waters is Executive Producer of Positive Media. Contact Joy with your idea at [joyouswaters@gmail.com](mailto:joyouswaters@gmail.com).*



## Veggie meat: cheap imitation or better than the ‘real’ thing?

by Scott Snarr

Boca Burgers, tofu dogs, Phoney Bauloney. Faux ham, Fakin’ Bacon, Chick’n Nuggets, tuna-safe tuna, To-furky. Oh, why are we vegetarians so obsessed with eating anything and everything that tastes like meat?

Isn’t it weird? Or so you’ve probably been asked. The unstated implication is that vegetarians have an underlying reluctance to give up eating animals, and meat analogs give them a vicarious way to fulfill their flesh-eating fantasy.

That’s an entertaining theory, but it lacks evidence. There’s another explanation that is more simple than sinister.

We crave the foods we are most familiar with, the foods we are used to eating, the foods we grew up with. There’s nothing that satisfies us in quite the same way. Much like a person transplanted to a different culture, the vegetarian convert undergoes *diet shock*.

In fact, meat is not merely the parts of animals consumed by people. It is those culinary dishes that are made — at least in part — from flesh.

Take the hamburger, for example. What is its defining characteristic? Is it a succulent patty served between two buns? Or is it the cow’s flesh from which the patty is made that makes it what it is? And which is it that people relish? Either way, it bears very little resemblance to its bovine origins.

Veggie meats look and taste like the foods they replace to varying degrees, but they are virtually nothing like flesh. They are cut and shaped the way meats have been cut and shaped, textured the way meats have been textured, spiced the way meats have been spiced, and cooked and served the way meats have been cooked and served. But those things just make them familiar, not fleshy.

And while they are made to taste more like flesh foods (for reasons just explained), the reverse is also true. Hamburgers are ground and veal is “specially” raised to be soft — unlike natural flesh. Meats are skinned, deboned, cut up into thin, manageable slices, and sometimes seasoned with herbs. Unless there are people out there who devour dead animals on the spot, all meats have been produced, processed, or served in ways that make them less like they appear in their natural state.

(What is a hot dog, anyway?)

So if meats and vegetables are both processed to imitate each other to some degree, which one is inferior, and which is the “real” thing? That depends largely on one’s values.

We can enjoy the same foods we’ve always enjoyed without inflicting atrocious suffering on animals.

We can do it with a fraction of the natural resources and environmental impact. And we can do it without clogging our arteries and adding extra pounds to our own flesh.

I would eat a hot dog made from tofu over one made from pig parts any day. What’s weird about that?



Graphic: [www.veganoutreach.org](http://www.veganoutreach.org)

## Local chef enshrines vegan offering

Thanks to frequent visits by two VSH members, Roy’s Waikiki has given its vegan haute cuisine a permanent place on the menu. The “For Jim & Phyllis” *Vegan Prix Fixe* consists of four courses:

- North Shore Heirloom Bean “Minestrone”
- Big Island Hearts of Palm & Aloun Farms Melon Salad
- Roasted Kabocha Ravioli
- Kula Strawberry Cobbler

The particular ingredients vary from time to time, but the chef is vigilant about keeping them vegan. The regalement will set you back \$35.58 per person.

### Roy’s Waikiki

Waikiki Beach Walk  
226 Lewers Avenue  
Honolulu, HI 96815  
(808) 923-7697  
10:30 p.m. - 11:00 p.m. daily  
Reservations recommended.  
[www.roysrestaurant.com](http://www.roysrestaurant.com)

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

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

## Vegan Tidbits

by Scott Owen Snarr

### The mane course

An Arizona restaurant is asking customers to swallow their pride — literally. Owner Cameron Selogie is serving up burgers made of lion meat in a sorely misguided tribute to South Africa, home of the 2010 World Cup. He claims the lions came from a free-range farm in Illinois, but an investigative reporter traced the meat to Czimer's Game & Seafoods, a butcher shop whose owner refused disclose the source of the meat. Because lions are only threatened, not endangered, their meat is legal in the U.S. But Czimer went to prison in 2003 for selling meat from endangered tigers and even a *liger* while "lion" about the meat's origin.

Source: <http://tinyurl.com/245bjbx>

### Circuit record breaker

Long after the Energizer Bunny runs out of juice, Scott Jurek will keep on running. The perennial ultramarathon champion set a record on May 14th for distance run by an American in 24 hours — 165.7 miles on a 0.7-mile circuit.

Jurek says it takes 5000 to 8000 calories a day to make fuel for that many miles. He charges his batteries on and off the track with 100% vegan foods like salads, vegetables, tofu, noodles, and nut butters. He has logged thousands of competitive miles over the years without a drop of milk or a morsel of meat, definitively busting the myth that you need meat to give you energy. Nothing outlasts the power of a plant-based diet.

Source: [www.scottjurek.com/blog](http://www.scottjurek.com/blog)

### Pink in the face

Joining the cause to find a cure for cancer can be a good thing — but not when you *are* the cause.

To help fund breast cancer re-

search and awareness, KFC teamed up with Susan G. Komen for the Cure, the largest grassroots breast cancer organization in the world. For every pink bucket of chicken sold during the April-May promotion period, KFC contributed fifty cents to the organization. But compared to what the company contributes to the cause of cancers and heart disease, that's just a drop in the bucket.

According to the National Cancer Institute, colorectal, pancreatic, and breast cancer are "associated with high intakes of well-done, fried, or barbecued meats." So it's no wonder that John Robbins, Breast Cancer Action, and others have not only roasted KFC for *pinkwashing* its image but also cut the Komen foundation to ribbons for its part in the dubious deal. Dare someone say that Susan G. Komen let the fried chicken company grease its palm?

Source: <http://thinkbeforeyoupink.org>

### Crap detector wins honor

Lynn Henning of rural Michigan is not one to put up with a lot of crap. So in the 1990s when the streams near her home began filling up with manure from twelve new animal factories (as she calls them), she did something about it. With special tools, a camera, and the help of an aerial photographer she began documenting the local water and air quality.

Using the evidence that Henning had gathered, the state fined the farms for over a thousand environmental violations combined and in 2008 closed down one operation entirely.

Henning's work was recognized last March when she was given the prestigious Goldman Environmental Prize and a check for \$150,000.

"Our future depends on healthy food, clean water, clean air, and productive soil," she said. "Industrial livestock operations put all of that at risk."

Source: <http://farmplate.com/blog/?p=3443>

## UN Report from page 1

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### Answers to quiz on page 16

1. **Vegan.** A thickening agent derived from seaweed. Also known as agar-agar.
2. **Vegetarian.** A protein used in imitation cheeses and diet foods.
3. May be **non-vegetarian.** Used to clarify beverages. Sometimes made from fish bladder.
4. **Non-vegetarian.** A tough protein made from poultry.
5. Typically **vegan.** Flavoring agent or preservative used in a variety of foods.
6. Typically **non-vegetarian.** Made from cows and hogs. Used to blend oil and water in foods.
7. **Vegan.** An enzyme derived from papaya that breaks down proteins into amino acids. Also known as caroid.
8. **Non-vegetarian.** An enzyme derived from hogs and cows. Used in cheeses.
9. **Vegetarian.** Milk-derived protein used in a variety of foods. Also known as casein.
10. **Vegan.** A corn protein that functions as coating or glaze.

Excerpted with permission from Vegetarian Journal's Guide to Food Ingredients. Please see [www.vrg.org/ingredients](http://www.vrg.org/ingredients) for a fuller explanation of answers.



# Vegetarian Society of Hawaii

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