



# The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 22, Issue 2, April-June 2011

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## Public Lectures

**JONATHAN BALCOMBE, PH.D.**

**“WHY VEGAN?”**

**LESSONS FROM AN ANIMAL SCIENTIST”**

Tuesday, April 12th, 7 p.m.

Ala Wai Golf Course Clubhouse

**MIKE TEEHAN**

**“WINNING A LIFETIME BATTLE AGAINST OBESITY”**

Tuesday, May 10th, 7 p.m.

Ala Wai Golf Course Clubhouse

**JANICE STANGER, PH.D.**

**“TEN DANGEROUS NUTRITIONAL MYTHS”**

Tuesday, June 14th, 7 p.m.

Ala Wai Golf Course Clubhouse

See page 12 for more details, including Maui meeting times.

## Survey reveals bright side of vegans

by Scott Owen Snarr, Editor

The rewards of a plant-based diet far outweigh its challenges. That is the conclusion of a new survey of vegans entitled “Vegan from the inside: Why people love plant-based diets” by Janice Stanger, Ph.D. The results showed that the 2,068 respondents overall enjoy better health and more energy, achieve their ideal weights more closely, and derive more pleasure from food on a vegan diet. These and other benefits overshadow the stumbling blocks such as inconvenience and mixed reactions from other people.

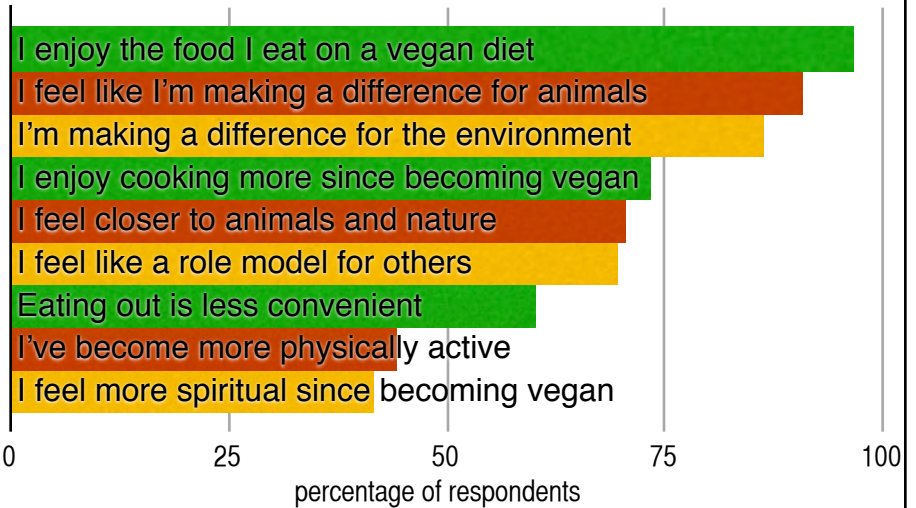
The report provides quantitative data for what many vegans know firsthand — that being vegan is highly rewarding and relatively easy. The results could help counter negative perceptions that a vegan diet is arduous, ascetic, and socially alienating — barriers that deter countless people from trying it out for themselves.

The majority (61.2%) of respondents reported that staying on a vegan diet is effortless compared with only 3.2% who said that it requires a lot of effort. However, two-thirds (64.5%) said that it took “some effort” in the beginning. Said one respondent, “The only regret I have since becoming vegan is that I didn’t do it sooner. I love it, and it is easier than I thought it would be.”

The survey results also bust the myth that people enjoy food less on vegan diets. “Going vegan has been a wonderful experience. I’ve learned about

(see **Bright side**, page 18)

Which of the following statements apply to your feelings about and experience of your vegan diet?



# The Island Vegetarian

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

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

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Mahalo  
to all our volunteers!

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

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



## Message from the Editor

Dear readers,

What an eventful year it has been so far! I believe I am with everyone in saying that I am still mourning the victims of the tragedies that struck Japan on March 11th and praying that a worst-case nuclear disaster will be averted. Many of us have friends and relatives in or around the areas that were hit. Regardless, we all feel for those who were affected by the calamities of a magnitude beyond comprehension.

Meanwhile, the political landscape throughout the Middle East and North Africa is transforming. People who have lived their lives under oppression have risen up by the millions in demanding their freedoms.

Let us Americans not take our freedoms for granted.

A bill in Missouri would protect factory farms from lawsuits by people whose property and health are devastated by them. A similar law in Idaho would shield large farms from being sued, stripping residents and small farmers of any legal recourse when 10,000 cows move in next door.

A bill in Florida — after being watered down — has criminalized the taking of any photographs or recordings on a farm without permission. A pending law in Iowa goes even further; it would make a crime to possess, reproduce, or distribute undercover photographs or recordings of farms. It would make criminals out of activists, journalists, editors, news organizations, and perhaps even their readers.

The bills are moving through their respective state legislatures as I write. And, unfortunately, they are just the tip of the iceberg.

These Machiavellian measures show how far agribusiness is willing to go in trampling the rights of citizens in order to further their interests. But they also hint at the desperation of a nervous industry terrified that the truth will destroy them.

It's crucial that as consumers we refuse to fund the cruel and ecologically devastating practices of animal farming by rejecting its products. But the cliché of "voting with one's dollars" is not enough. We need to be active citizens in every sense of the word. We need to vote with our voices by every avenue available. We need to challenge unjust laws. We need to be ready to "vote with our feet" by taking to the streets when the time calls for it. And we need to create ongoing discussions about the consequences of animal farming.

I know how easy it is to feel helpless against these Goliaths with lawmakers on their side. But in the face of an informed, engaged, organized citizenry, it is they who would not stand a chance. I beg each of you to find more ways to effect positive changes in society — for people, animals, and the environment on which we all depend.

-SoS



## Letters to the Editor

### Where the grass is greener

Reading Robert MacMurray's letter to the editor ["Vegetarian (not Vegan) Society"] and the responses to it has been interesting. It's sad that MacMurray's claim about vegans looking down on vegetarians is in some cases true. A vegan shouldn't look down on (or feel self-righteous toward) vegetarians any more than vegetarians should look down on carnivores.

Is being a vegetarian better for our health, less cruel to animals, and far better for the environment than being a carnivore? Definitely. Is being a vegan better for our health, less cruel to animals, and far better for the environment than being a vegetarian? Definitely. We shouldn't, however, look down on others. We all fall short in many ways.

When people started to find out that smoking cigarettes was bad for one's health, many people reduced

their smoking. As more information became available and it became more widely known just how bad cigarettes were, many people gave up smoking altogether. As more information is now coming out about the fact that by consuming even moderate amounts of animal protein, nonvegan vegetarians are at a high risk of getting the same diseases that most carnivores get (see *The China Study* by T. Colin Campbell), and as more becomes known about the cruelty of factory farming and harm done to our environment by the dairy farms, maybe it's time to consider "quitting" altogether.

If, as Mr. MacMurray asserts, VSH is being taken over by vegans, it should come as no surprise. Becoming a vegan (or switching to a whole foods, plant-based diet) seems to be the right thing to do. While we whole food, plant-based eaters shouldn't look down on our vegetarian friends, maybe we should be sharing relevant information with them so that they too might consider coming over to where the grass is greener.

Aloha,  
Strat Goodhue

## 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, 2011. Please send submissions (electronically only) to:*

*info@vsh.org*

## Correction

In "Local chef Leslie Ashburn named one of the best," published in the winter 2011 (volume 22, issue 1) issue of *The Island Vegetarian*, Leslie Ashburn's website was mistakenly printed as *www.macrobiotic.com*. The correct address is *www.macrobiotichawaii.com*. We apologize to Leslie and to our readers for any inconvenience this may have caused.

## Television

### "Vegetarian" VSH lectures

**Oahu**—Oceanic Cable Ch. 52  
Wednesday 11 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

## Radio & Internet

**"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)

## Community

**Vegetarian Cooking Classes**  
First Saturday of every month.  
Down to Earth  
2515 King Street, Honolulu  
Call 947-3249 to register for free.





## IN THE NEWS

### Meat reduction needed to end world hunger

by Nathan Runkle  
Mercy for Animals

A new Foresight report titled “The future of food and farming: Challenges and choices for global sustainability,” featuring contributions from 400 researchers around the world, called for a drastic reduction in global meat consumption to help meet the food demands of the growing human population.

“The Foresight study shows that the food system is already failing in at least two ways.

Firstly, it is unsustainable, with resources being used faster than they can be naturally replenished. Secondly, a billion people are going hungry with another billion suffering from ‘hidden hunger’ whilst a billion are overconsuming,” says Professor Sir John Beddington, the British Government’s Chief Scientific Adviser and Head of the Foresight research program.

The researchers indicate that grain-fed meat (particularly pigs and poultry) have “serious implications for competition for land, water, and other inputs” and that “a reduction in the amount of meat consumed in high- and middle-income countries would have multiple benefits: a reduced demand for grain leading to lower greenhouse gas emissions and a positive effect on health.” According to

the study, “Dietary changes are very significant for the future food system because, per calorie, some food items (such as grain-fed meat) require considerably more resources to produce than others.”

With the global population expected to grow from 6.8 billion to more than 9 billion and annual per capita meat consumption expected to rise from nearly 82 pounds today to 115 pounds by 2050, scientists say the increase in demand on food crops to feed farmed animals will lead to higher overall food costs, increased deforestation to provide land to grow

farmed animal feed crops, and elevated levels of greenhouse gas emissions associated with raising animals for food. Additionally, the researchers conclude that a global shift to organic food production may

meet future food demands only if combined with a major shift in consumer diets, a tax on livestock production, and other proactive measures to reduce global meat consumption.

The report is available at [tinyurl.com/livewell2011](http://tinyurl.com/livewell2011)

### Oprah takes on vegan challenge

by Scott Owen Snarr, Editor

Oprah Winfrey gave seven million viewers a glimpse at a vegan diet when she and the 378 staff at Harpo Studios accepted the challenge to go vegan for one week.

Acclaimed food writer Michael Pollan was on hand to explain where food comes from, and author of the

bestselling *Veganist* Kathy Freston oversaw the preparation of delicious, healthy meal plans to satisfy all appetites.

The reactions from staff were mixed. In one success story editor Rich lost eleven pounds along with his migraines. Coproducer Monica suffered from withdrawal of a fast food addiction. But Freston coached her through it, and Monica said she wanted to keep up the vegan diet longer. Other participants admitted to cheating or looking forward to the end.

In all, 300 staff made it to the seven-day finish line. For some of them things will never be the same. “I will for the rest of my life think about what I’m eating,” said Ray, a senior associate producer.

The Harpo Cafe has also instituted Meatless Mondays and a daily vegan option with Oprah’s enthusiastic approval.

Stepping behind the scenes, Oprah correspondent Lisa Ling went to find out how beef is produced.

First Ling visited a Colorado feedlot where 12,000 cattle were being fattened up for slaughter. She then followed some of them to their deaths the next day.

With rare access to a Cargill slaughterhouse, Ling watched as a truckload of heifers — just some of the 4,500 cattle that arrive each day — were unloaded, penned up for hours, and then marched through a labyrinth of corridors to their slaughter.

The staff were not allowed to film the actual stunning and slaughtering, but the camera showed Ling’s cringing face as she watched with her own eyes. As Nicole Johnson-Hoffman, a general manager at Cargill, explained, after being rendered unconscious, the cows’ throats are slit, and they die of blood loss within two minutes. Camera footage then showed the carcasses

*(continued on next page)*

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being skinned, butchered, and decapitated.

Johnson-Hoffman defended the practice of eating meat, calling it the natural order of things. Her remark that when you see the pieces of meat “you have to have respect for the living creatures that they were” amid a mechanized killing field resounded of doublespeak.

What kind of effect will this episode of Oprah have on the millions of Americans who tuned in? It’s hard to say, but executive producer Sheri is optimistic: “If what happened here at Harpo is any indication of what’s possible for our viewers to raise their consciousness, make a couple substitutions, I think this show could have an impact.”

Source: [www.oprah.com](http://www.oprah.com)

## Experts weigh in on dietary guidelines

by Scott Owen Snarr, Editor

The 2010 USDA Dietary Guidelines for Americans drew a mixture of praise and criticism from vegetarian and nutrition experts when they were unveiled January 31st.

The new guidelines promote vegan and vegetarian diets more than their predecessors do. Two full pages are devoted to highlighting the nutritional and health advantages of plant-based diets, including reduced obesity, heart disease, and mortality.<sup>1</sup>

“It’s good to see that these diets are now part of federal policy,” said Susan Levin, M.S., R.D., nutrition education director at Physician’s Committee for Responsible Medicine (PCRM).<sup>2</sup>

On the other hand, PCRM slammed the federal government with a lawsuit for using “deliberately obscure language regarding foods that consumers should avoid” when the

majority of Americans are overweight or obese.<sup>3</sup> The guidelines ask people to limit their cholesterol and saturated fat intake rather than saying that they should eat less meat and dairy. According to Levin, this confuses consumers, who tend to think in terms of what foods they eat rather than what’s in those foods.

That criticism was echoed by renowned food critic Marion Nestle: “They still talk about [specific] foods . . . when they say ‘eat more.’ But they switch to nutrient euphemisms (sodium, solid fats, and added sugars) when they mean ‘eat less.’”<sup>4</sup>

Furthermore, dairy products were split into six different categories to disguise the fact that altogether they make up nearly a third of the saturated fat in the American diet.

Public health lawyer Michele Simon argued that the guidelines should be discontinued because few people outside the nutrition community pay attention to them and because the recommendations will have little effect as long as we are immersed in a toxic food environment.

“Rather than tweaking guidelines, the government should figure out how to subsidize more of the foods we should be eating instead of those we shouldn’t,” Simon blogged. “But until then maybe the feds should just stop bothering to tell Americans how to eat right.”<sup>5</sup> Simon’s suggestion was outdone by Mark Bittman, the well-known food columnist who advocates eating “vegan before 6 p.m.”

Bittman contended that the USDA should be disbanded entirely, citing its conflict of interest: “[T]he USDA counts among its missions both expanding markets for agricultural products . . . and providing nutrition education. These goals are at odds with each other; you can’t sell garbage while telling people not to eat it, and we need an agency devoted to encouraging sane eating.” He suggested that the FDA have more power to enforce food safety.<sup>6</sup>

Neither Simon’s nor Bittman’s suggestion seems likely to materialize soon. However, positive change is likely to come from continued expert and public pressure to help counter the pressure from industry. In fact, as Nestle points out, it already has: “When I was on the dietary guidelines advisory committee in 1995, we tried to say something useful about vegetarian diets but were forced to add something about the nutritional hazards of such diets, minimal as they are. Not having to do this is a big improvement.”<sup>7</sup>

References:

1. “Dietary Guidelines for Americans.” *United States Department of Agriculture*. 31 Jan 2010. Available at [tinyurl.com/dga2010](http://tinyurl.com/dga2010)
2. “New Dietary Guidelines back plant-based diets to fight obesity.” *Physician’s Committee for Responsible Medicine*. 31 Jan. 2011. [tinyurl.com/pcrm-on-usda](http://tinyurl.com/pcrm-on-usda)
3. “Doctors sue federal government for deceptive language on meat, dairy in new dietary guidelines.” *Physician’s Committee for Responsible Medicine*. 17 Feb. 2011. [tinyurl.com/pcrm-sues-usda](http://tinyurl.com/pcrm-sues-usda)
4. Nestle, Marion. “2010 Dietary guidelines, deconstructed.” *Food Politics*. 1 Feb. 2011. [tinyurl.com/nestle-on-usda](http://tinyurl.com/nestle-on-usda)
5. Simon, Michele. “Time to retire the Dietary Guidelines for Americans?” *Appetite for Profit*. 7 Feb. 2011. [tinyurl.com/simon-on-usda](http://tinyurl.com/simon-on-usda)
6. Bittman, Mark. “A food manifesto for the future.” 1 Feb. 2011. *New York Times*. [tinyurl.com/bittman-on-usda](http://tinyurl.com/bittman-on-usda)
7. Nestle, Marion. *Ibid*.

## Sodexo, AARP adopt Meatless Mondays

The Meatless Monday campaign received a boost early this year when it was embraced by Sodexo, the nation’s largest food service provider, and the American Association of Retired Persons (AARP), one of the largest and most influential organizations in the U.S., claiming 40 million senior members.

(see Mondays, page 9)



## Health Update

### Tots would be smart to eat healthy

A diet packed full of vitamins and nutrients in early childhood may lead to a higher IQ, while a diet high in fats, sugars, and processed foods may do the opposite, suggests new research published online in the *Journal of Epidemiology and Community Health*.

The authors base their findings on participants in the Avon Longitudinal Study of Parents and Children (ALSPAC), which is tracking the long-term health and well-being of around 14,000 children born in 1991 and 1992.

Parents completed questionnaires detailing the types and frequency of the food and drink their children consumed at ages three, four, seven, and eight and half.

Three dietary patterns were identified: “processed,” high in fats and sugar intake; “traditional,” high in meat and vegetable intake; and “health conscious,” high in salad, fruit, vegetables, rice, and pasta. Each child was scored for each pattern.

The children’s IQs were measured using the Wechsler Intelligence Scale for Children when they were 8.5 years old. Complete data were available for just under 4,000 children.

The results showed that after potentially influential factors were taken into account, a predominantly processed food diet at the age of 3 was associated with a lower IQ at the age of 8.5. Conversely, a healthy diet was correlated with a higher IQ. Dietary patterns between the ages of four and seven had no impact on IQ.

“This suggests that any cognitive/behavioral effects relating to eating habits in early childhood may well persist into later childhood despite any subsequent changes (including improvements) to dietary intake,” say the researchers.

Nutrition may influence brain growth, which occurs most rapidly during the first three years of life. Other research has indicated that head growth at this time is linked to intellectual ability.

Source: *British Medical Journal*

### Regular kids like fruits and veggies

Primary school children who don’t like eating fruits and vegetables are 13 times more likely to develop functional constipation than children who do, according to a study in the December issue of the *Journal of Clinical Nursing*. Drinking less than 400 milliliters (about 14 ounces) of fluid a day also significantly increases the risk.

The study surveyed the diet and toilet habits of 383 children aged eight to ten at a school in Hong Kong and found that 7% of children suffered from functional constipation. There were clear dietary differences between the children who had problems and those who did not.

The authors state that 95% of cases of constipation after infancy are functional constipation — caused by dietary habits, environmental habits, and psychosocial factors rather than by a particular health problem. “The condition has serious consequences, as it can cause a wide range of distressing emotional and physical prob-

lems such as stress, soiling, problems at school, damaged self-confidence, and reduced social interaction.”

*Investigating factors associated with functional constipation of primary school children in Hong Kong. Chan MF and Chan YL. Journal of Clinical Nursing. 19, pp3390-3400. (December 2010). DOI: 10.1111/j.1365-2702.2010.03366.x*

### Veggie diet good for kidneys

Phosphorous levels plummet in kidney disease patients who stick to a vegetarian diet, according to a study appearing in an issue of the *Clinical Journal of the American Society of Nephrology* (CJASN). The results suggest that eating vegetables rather than meat can help kidney disease patients avoid accumulating toxic levels of this mineral in their bodies.

The study found that patients with chronic kidney disease (CKD) had lower blood phosphorus levels and decreased phosphorus excretion in the urine while following a vegetarian diet than while following a meat-based diet despite equivalent protein and phosphorus concentrations in the two diets.

The authors concluded that the source of protein in the diet has a significant effect on phosphorus levels in patients with CKD. Therefore, dietary counseling must include information on not only the amount of phosphorous but also the recommendation of a predominance of grain-based vegetarian sources of protein.

*Moe SM, Zidehsarai MP, Chambers MA, et al. Vegetarian compared with meat dietary protein source and phosphorus homeostasis in chronic kidney disease. Clin J Am Soc Nephrol. Published ahead of print December 23, 2010. doi:10.2215/CJN.05040610.*

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## Fried fish fuels 'Stroke Belt'

Eating a Southern staple, fried fish, could be one reason people across the "Stroke Belt" states — Alabama, Arkansas, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee — are more likely than other Americans to die of a stroke, according to a study published in the December 22, 2010 online issue of *Neurology*.

The study showed that people in the stroke belt were 30% more likely to eat two or more servings of fried fish per week than those in the rest of the country. "These differences in fish consumption may be one of the potential reasons for the racial and geographic differences in stroke incidence and mortality," said Fadi Nahab, M.D., of Emory University, author of the paper.

The study was part of the long-running REGARDS (Reasons for Geographic And Racial Differences in Stroke) trial, led by George Howard, Dr. PH., at the University of Alabama at Birmingham. REGARDS enrolled 21,675 people over the age of 45 between January 2003 and October 2007 and continues to follow them for health events.

*Source: University of Alabama at Birmingham*

## Food impacts weight more than exercise

Food intake has a larger impact on weight loss than exercise, according to a new study in the *International Journal of Obesity*. A review of school-based interventions found that weight loss could be achieved by dietary changes alone, while exercise without changes in diet was not effective. Researchers explain that it is difficult to "out-exercise" dietary intake.

For example, a one-hour bicycle ride burns 240 calories, the same amount found in a small order of French fries.

*Katz DL. Unfattening our children: forks over feet. International Journal of Obesity. 2011;35:33-37*

## Lifestyle changes can prevent cancer

Lifestyle changes such as eating a healthy diet, exercising, and limiting alcohol could prevent about 340,000 cancer cases each year in the United States, according to a new report released for World Cancer Day by the American Institute for Cancer Research. Worldwide, cancer is a leading cause of death accounting for 7.6 million deaths and 12.7 million new diagnoses per year. Lifestyle changes could decrease cancer risk by 38% for breast cancer, 45% for colon cancer, and 47% for stomach cancer.

*Source: American Institute for Cancer Research. [tinyurl.com/cancer-control](http://tinyurl.com/cancer-control)*

## Fruits and veggies make your skin glow

New research suggests that eating fruits and vegetables gives skin more of a healthy golden glow than sunbathing. The study was published in the journal *Evolution and Human Behaviour*.

Researcher Dr. Ian Stephen, from the School of Psychology, University of Nottingham, Malaysia Campus, found that people who eat more portions of fruits and vegetables per day have a more golden skin color, thanks to substances called carotenoids. Carotenoids are antioxidants that help soak up damaging compounds produced by the stresses and strains of everyday living, especially when the body is combatting disease. Responsible for the red coloring in fruits and

vegetables such as tomatoes, carotenoids are important for our immune and reproductive systems.

Dr. Stephen said: "We found that, given the choice between skin color caused by suntan and skin color caused by carotenoids, people preferred the carotenoid skin color. So if you want a healthier and more attractive skin color, you are better off eating a healthy diet with plenty of fruit and vegetables than lying in the sun."

Dr. Stephen suggests that evolution favors individuals who choose to form alliances or mate with healthier individuals over unhealthy ones.

While this study describes work in Caucasian faces, the effect may exist cross-culturally, since another study showed similar results in an African population.

*Source: University of Nottingham*

## Fiber bolsters longer life

Higher fiber intake is associated with significantly lower risk of dying, according to a new study published online. Researchers looked at diet records from 219,213 people who were part of the NIH-AARP Diet and Health Study. Those who ate the most fiber had lower risks of death from cardiovascular disease and infectious and respiratory diseases compared with participants who ate the least. Men who ate the most fiber also had a lower risk of cancer death compared with men who consumed the least.

Fiber is found only in plants, such as beans, grains, vegetables, and fruits.

*Park Y, Subar AF, Hollenbeck A, Schatzkin A. Dietary fiber intake and mortality in the NIH-AARP Diet and Health Study. Arch Intern Med. Published ahead of print February 14, 2011. doi:10.1001/archinternmed.2011.18.*





## Local Happenings

### VSH founder keynotes night to remember

by Lorraine Sakaguchi  
VSH president

VSH founder Elaine French gave an informative talk on healthy weight loss at our meeting at McCoy Pavilion on February 26th. The occasion was a big success, thanks to many people.

It was an historic evening, as we had all four VSH founders — Elaine French, Jerry Smith, Bill Harris, and Andy Mertz — there together for the first time in many years. We were also thrilled to have all past and present VSH presidents present — Elaine French, Ruth Heidrich, Alida Rutchick, and myself. It was an honor to be among them.

Adding to this special evening, our three-time Maybelle Roth Vegetarian Scholarship winner Mary “Molly” Matsumoto was there to give us a few words. Congratulations to Molly; we wish her well in her studies and her career.

Our meeting volunteers, including Karl Seff, Bill Harris, Georgie Yap, Stephanie Tapia, Richard Amaya, Jim Thompson, and Patrick and Sirilak Moore, helped immensely, and for this we’re very grateful. Patrick is distinguished as our organization’s first volunteer, and Ruth is the holder of the first VSH lifetime membership card.

Thanks to all these people for their part in creating and working with VSH through the years to make it the fine organization that we are all proud to be a part of today.



Three-time scholarship winner Molly Matsumoto

### Cash-strapped state feeds money-hungry abattoirs

by Cathy Goeggel  
Animal Rights Hawaii

Have you tried to contact a state office on a Friday and found no one there? Two Fridays a month are “furlough” because the state is so strapped for money that public services are nonexistent 120 days of the year.

And yet bills that once again throw taxpayer monies into the Kalaeloa money pit are gliding through the legislature.

Remember the taxpayers’ monies that built Molokai slaughterhouse, the sweetheart lease deal given Hamakua slaughterhouse, the attempt by the legislature to spend \$65,000 for cow-tainers, an \$11 million bond to Palama Meat and the Hawaii Livestock Cooperative (HLC) abattoir in Campbell Industrial Park, \$600,000 for feed and shipping of pigs and chickens two years ago, or the scandal surrounding the land swap with Hawaii Raceway Park some years earlier?

Well, Palama Meat declared bankruptcy, and the HLC is \$116,000 in arrears in paying back two loans totaling \$600,000 from the State Department of Agriculture. In fact, it was only immediately after our inquiry in November of last year that HLC had made any payments since 2008.

USDA Rural Development guaranteed a \$1.6 million loan through Central Pacific Bank — on which HLC defaulted, costing federal taxpayers, and Russell Kokubun, Chair of the Board of Agriculture, has said that the slaughterhouse is now property of the state. It appears that HLC claims to own all the equipment at the Campbell Industrial Park site and wants to lease the entire facility from

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Past and present presidents of VSH came together for a memorable night. Left to right: Lorraine Sakaguchi, Ruth Heidrich, Alida Rutchick, Elaine French.



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the state. (It is already state land, and it is unclear if HLC has paid any rent at all). HLC does lease out some of the land to a trucking company.

In 1995 we were told the HLC killing plant would provide many new jobs and provide “hot” pork for the local markets and killing for spent dairy cows. HLC brings in live pigs from the mainland because there is not enough local production, and there is only a tiny dairy in Waianae. So now that the reasons for building the plant in the first place have disintegrated, the state wants to enlarge and embellish the Kalaeloa property once again at taxpayer expense.

As if that weren't enough, the legislature plans to subsidize the industry by spending \$2 million to pay for goat, chicken, and pig feed.

Animal Rights Hawaii has unsuccessfully attempted to find out what rent, if any, HLC is supposed to be paying the state and whether HLC is declaring the income from the trucking business it allows to occupy state land.

Clift Tsuji, Chair of the House Agriculture Committee, when passing HB1276, said that he would require a full and transparent accounting of all the moneys before the legislature would consider any further funding of HLC. Russell Kokubun, Chair of the Department of Agriculture, cited privacy issues, but Tsuji insists that it is important to have transparency on such an important issue.

We shall see.



(Mondays from page 5)

Sodexo launched the Meatless Monday initiative nationwide as part of an effort to promote health and wellness by adding the option of a plant-based entree to its menus each week.

The company expanded the initiative to its more than 900 hospital client accounts across the country following successful pilot implementations at a number of hospitals, schools, and colleges. The program has also been made available to Sodexo's corporate and government accounts with menus and materials in place to support the program. This fall the program will officially begin in colleges and schools, where more than a dozen have already implemented Meatless Mondays.

Sodexo's senior living community clients will also pilot the program for residents and staff this year, a move hailed as good news by AARP.



A diet rich in whole grains, legumes, vegetables, nuts, and fruits along with a regular exercise program is consistently associated with lower blood cholesterol levels, lower blood pressure, less obesity, and consequently less heart disease, stroke, diabetes, and cancer — health issues that seniors commonly grapple with.

The Meatless Monday public health initiative was developed by the not-for-profit organization The Monday Campaigns in 2003 with the assistance of the Johns Hopkins Bloomberg School of Public Health and the Johns Hopkins Center for a Livable Future.

“Once people realize that vegetarian meals provide the protein that they need and are just as interesting, flavorful, and fun to prepare, people find them easy to integrate into their lives,” said Shawn Fields, executive chef of Cobblestone Cafe at Johns Hopkins Hospital.

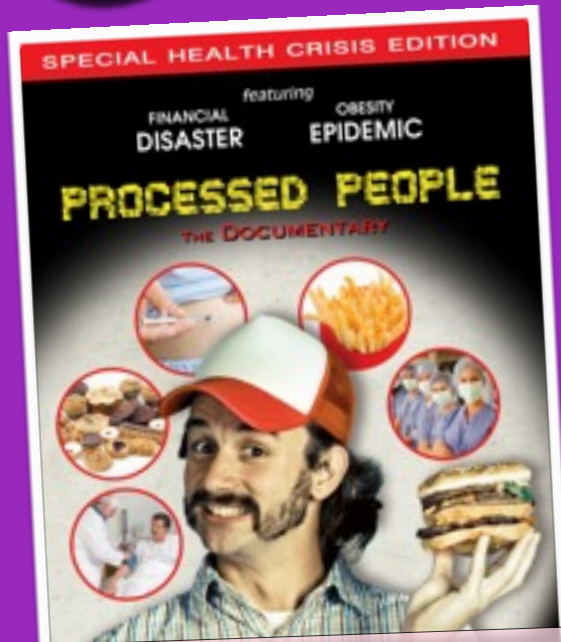
Sources: [www.sodexo.com](http://www.sodexo.com), [www.aarp.org](http://www.aarp.org). See also [www.meatlessmonday.com](http://www.meatlessmonday.com).



Familiar faces and new friends lined the tables at Himalayan Kitchen with Chef Douglas McNish (fifth down on left). For updates about upcoming dineouts with guest speakers, please see the Vegetarian Society of Hawaii page on Facebook.



## VSH Events on Kauai



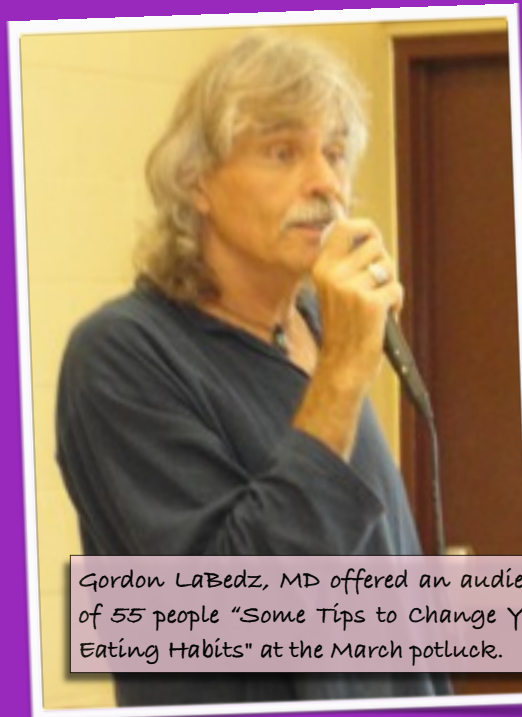
Potluck participants in February watched *Processed People*, a documentary featuring interviews with John Robbins, John McDougall, M.D., Neal Barnard, M.D., and other experts.



Fifty-five people attended Kimie Sadoyama's talk on "The Best of the Okinawan Diet" in January. Nicole West and Ben Martens (not pictured) won the recipe contest for their Vegan Mac.



Karen Lieberman's Thai Spicy Veggies took first prize at the February recipe contest.



Gordon LaBedz, MD offered an audience of 55 people "Some Tips to Change Your Eating Habits" 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



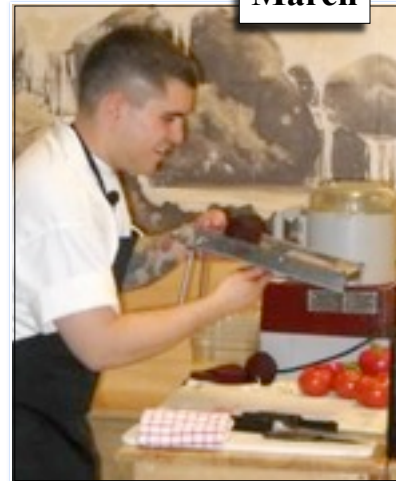
Filmmaker Aaron Scheibner told of how he conceived of and went on to create the documentary *A Delicate Balance*. The audience was then treated to scenes from the movie.

### February



VSH founder and former president Elaine French gave a fact-filled, insightful explanation of how a plant-based diet can help you achieve a healthy weight without the perils of dieting.

### March



Douglas McNish discussed how a healthy vegan diet was the key to transforming his life. He also cooked some scrumptious raw-foods creations to share with the audience.

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 April-June 2011



**JONATHAN BALCOMBE, PH.D.**

**“Why Vegan?  
Lessons from an Animal Scientist”**

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

As a scientist who chooses a plant-based diet, Jonathan Balcombe is not your typical biologist. In this riveting, richly illustrated presentation, Balcombe reveals startling new discoveries in the realms of animal cognition and emotional complexity — from optimistic starlings, to choosy fish, to dogs who object to unfair treatment. Balcombe explains how sentience — the capacity to feel — is the bedrock of ethics and why the vegan lifestyle is the Holy Grail of personal activism for animals, the environment, and personal health.

*Animal behavior expert Jonathan Balcombe is a passionate advocate for the protection of animals and their living spaces. He is the author of the bestselling Pleasurable Kingdom: Animals and the Nature of Feeling Good, available in five foreign editions, and Second Nature: The Inner Lives of Animals. Balcombe’s message resonates with timely issues that affect everyone, including climate change, biodiversity, and personal health. A dynamic, sought-after speaker, Balcombe has given invited presentations on six continents.*

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



**MIKE TEEHAN**

**“Winning a Lifetime Battle  
Against Obesity”**

**Tuesday, May 10th, 7 p.m.  
Ala Wai Golf Course Clubhouse\***

Mike Teehan has been a vegan for most of his adult life. In this talk he’ll show how a few changes in food choices and preparation resulted in large improvements in his overall health and final victory in his battle with obesity. He’ll show how eliminating just one ingredient from his diet brought his cholesterol from 220 to 139 and his blood sugar from 124 to 89. He’ll also demonstrate how the “low-carb” gang is wrong about the effect of carbs on triglycerides, as his own count fell from 150 to 59 while eating a diet of 80% carbs.

*Mike Teehan is the founder of the Hawaii Dog Foundation, a long-time animal advocate, and a certified plant-based nutritionist. Once an ethical 331-pound “junk food vegan,” he learned about the science behind healthy vegan eating from Dr. Bill Harris fifteen years ago. Using the new low-fat approach, he won his lifelong battle against obesity by losing 176 pounds and maintaining his new weight loss for over two years. He is a believer in the McDougall program and was honored as a “Star McDougaller” in 2009.*

**Mr. Teehan will also be speaking on Maui:  
Thursday, May 12th, 7 p.m.  
Kaunoa Senior Center, 401 Alakapa Place, Paia**

**JANICE STANGER, PH.D**

**“Ten Dangerous Nutritional Myths”**

**Tuesday, June 14th, 7 p.m., Ala Wai Golf Course Clubhouse\***

If popular ideas about nutrition were correct, why would so many adults and children be overweight and sick? What if these commonplace notions — so widely accepted that they are seldom questioned — are faulty? Such misinformation can wreck your health. This no-myth-left-untouched presentation will transform your understanding of six whole foods you should eat and the processed foods, animal foods, and supplements you should *never* eat. Learn to make your own best decisions. With this information you will be free to relax when it comes to nutrition. Enjoy whole food feasts without guilt or worries about deficiencies. Discover the secrets to sustaining strong bones, unobstructed arteries, and youthful vigor — all without dissecting your food into protein, carbs, and fats.

*Janice Stanger, Ph.D. is a nutrition expert, author, educator, and speaker. Her mission in writing The Perfect Formula Diet is to help people, animals, and the planet through providing solid yet little-known information on whole food, plant-based diets. She is in her sixteenth year of critically analyzing scientific studies on nutrition, weight loss, environmental toxins, and health. She has a Ph.D. in Human Development and Aging from University of California, San Francisco. She is certified in plant-based nutrition through the T. Colin Campbell Foundation and eCornell. She also holds an MBA from University of California, Berkeley.*

**Dr. Stanger will also be speaking on Maui, Thursday, June 16th, 7 p.m.  
Kaunoa Senior Center, 401 Alakapa Place, Paia**



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





## Animal Rights Arena

### ‘Farm to Fridge’ takes the show on the road

Mercy For Animals (MFA), the national animal advocacy organization known for its shocking undercover investigations exposing cruelty to animals at factory farms, hatcheries,



and slaughterhouses, has kicked off a nationwide roadshow featuring *Farm to Fridge: the Truth Behind Meat Production*, a gripping new 12-minute film exposing the treatment of animals before they reach consumers’ plates.

A specially modified truck equipped with 80-inch video screens will bring *Farm to Fridge* directly to campuses, shopping centers, sporting events, and other public places in forty cities around the country. MFA volunteers will also wear shirts with attached iPads playing *Farm to Fridge*.

Narrated by Oscar nominee James Cromwell, *Farm to Fridge* goes behind the closed doors of the nation’s largest industrial poultry, pig, dairy, and fish farms, hatcheries, and slaughter plants, revealing the unseen journey that animals make from *Farm to Fridge*. Using footage from undercover investigations by MFA and other nonprofit groups, *Farm to Fridge* shows agricultural practices that are industry standard, defended by farmers, and deemed legal in most

states — yet unknown to most Americans.

While on the road, MFA staffers will partner with local communities for presentations, discussion forums, grassroots outreach, and other educational events.

“Americans have the right to know where their food comes from, and there is growing concern over the cruel treatment of farmed animals,” said MFA’s Executive Director Nathan Runkle. “This tour aims to open the hearts and minds of consumers nationwide to the intensive confinement, abusive handling, painful mutilations, careless neglect, and merciless slaughter of the nearly ten billion sentient animals per year destined to end up on our plates.”

For complete details, schedule of appearances, and breaking news from the tour see [www.meatvideotour.com](http://www.meatvideotour.com). To view the full 12-minute *Farm to Fridge* film, see [www.meatvideo.com](http://www.meatvideo.com). Broadcast quality footage is available upon request.

Source: *Mercy for Animals*

### Hidden camera uncovers fish slaughter

An undercover investigation provides a startling glimpse into “Catfish Corner,” a fish slaughter facility in Mesquite, Texas. Mercy For Animals (MFA) released the video in January.

Behind the operation’s jaunty name lies a grisly reality. MFA’s hidden camera video revealed:

- workers using pliers to pull the skin off of live fish

- dozens of fish crammed into buckets and baskets, gasping for oxygen
- skinned fish still moving and gasping on the cutting table
- fish flailing and struggling to escape the workers’ knives
- live fish sliced and split in half
- workers tearing the heads off of live fish

Upon reviewing the undercover footage, animal behaviorist Dr. Jonathan Balcombe harshly condemned Catfish Corner, stating, “Treating [fish] like inanimate things is cruel and ethically abhorrent. Handling such as that shown in the footage is extremely cruel and heartless and should be outlawed immediately.”

Veterinarian Lee Schrader concurred, adding, “To subject fish to an obviously painful procedure such as the removal of their skin while they are alive and responsive is cruel, inhumane, and without excuse.”

It is now widely accepted that fish feel pain. In fact, fish process pain in much the same way as mammals. The fish in the video exhibit pronounced aversive responses to their handling, such as violent flopping and attempting to move away, suggesting that they are suffering immensely. According to Dr. Schrader, the fact that the animals stopped struggling only after their heads were removed suggests that their movements were a deliberate response to pain.

Approximately 8.4 billion fish are killed for food every year in the U.S. Not a single federal law exists to protect them from abuse on aquaculture factory farms, during fishing events, or at slaughter, allowing widespread abuse to continue.

Fortunately, as consumers we have the power to spare fish and other animals unnecessary pain and suffering by adopting a compassionate vegan diet.

Source: [www.mercyforanimals.org/fish](http://www.mercyforanimals.org/fish)



# Book Reviews

## **Veganist: Lose weight, get healthy, change the world**

by Kathy Freston

\$25.00 (Hardcover)

304 pages

Publisher: Weinstein Books

February 1, 2011

ISBN-10: 1602861331

ISBN-13: 978-1602861336

### **Review by Ruth Heidrich:**

One of the best gifts to give yourself or anyone else is an education! After all, most of the mistakes we all make are committed out of ignorance. This is especially scary when you consider all the misinformation out there in the field of nutrition. Arguably, ignorance is the number one cause of death when you consider all the heart disease, cancer, strokes, medical mistakes, and so on that could be prevented if people were

educated about how eating animal foods leads to all these and a lot more. Strong statements, to be sure, but the scientific evidence is in.

One of the latest and best compilations of the evidence is in Kathy Freston's latest book, *Veganist*. Just scanning the table of contents you'll see ten promises, each of which offers something that most, if not all, of us would grab in a heartbeat if it were that easy. Well, maybe it is that easy. How about effortless weight loss; lowered risk of cancer, heart disease, and diabetes; living longer and fitter; dodging superbugs and pandemics; saving lots of money; helping the environment; decreasing global starvation; reducing animal suffering; and even evolving your spiritual growth!

Most of these chapters follow a persuasive format: first, "Straight from the Source" in which the author interviews experts in their fields — notables such as Dean Ornish, MD; T. Colin Campbell, Ph.D.; Neal Barnard, MD; Caldwell Esselstyn, MD; and Michael Greger, MD. Freston then follows up with proof from the lives of real people, exemplars of the theory put into practice. I know they are real life because I am one of them.

If I could find any one fault with her approach, it would be that she is too nice. She wants people to change at their own pace — for example, first giving up eating just one kind of animal, and then later another one. I'd much rather push the urgency factor, telling people that tomorrow may be too late and that without immediate

action, with each hour that passes, more heart attacks will strike, more animals will be tortured and killed, and our carbon footprint will grow larger. Patience, however, has never been one of my virtues. If, as the saying goes, you catch more flies with honey than with vinegar, then this book is for you.

Freston offers a strategy that many people find effective when making the change to a healthier diet. It is what she calls "crowding out," in which you crowd out the unhealthy food by filling up with the healthy food first. This way you're always satisfied and can more easily withstand temptation.

The book ends with a three-week menu plan for those who would say, "What's left to eat if you take away the meat?" And for those who'd like even more handholding, she's even got a shopping list. I suspect there's a vegan version for every conceivable animal-based food, and you could spend hours going through the tremen-

dous variety of packaged vegan foods that are now readily available. There should be no excuses left for having to give up anything that you were addicted to.

I would like to have seen a greater emphasis on just plain whole foods from the produce department — no packaging, no labels to interpret, and more money saved to boot. But then there's that "honey" factor because who could turn down such nondairy ice cream temptations as Tofutti Mint Chocolate Chip Ice Cream sandwiches, Purely Decadent, Bliss, and Tempt!

*Ruth Heidrich is an Ironman Triathlete and author of A Race For Life, CHEF, and Senior Fitness. She is former president of VSH.*

*You crowd out the unhealthy food by filling up with the healthy food first. This way you're always satisfied.*



## **Appetite for Reduction: 125 fast and filling low-fat vegan recipes**

by Isa Chandra Moskowitz

\$19.95

320 pages (paperback)

Publisher: Da Capo Lifelong Books

December 7, 2010

ISBN-10: 1600940498

ISBN-13: 978-1600940491



### **Review by Neal Pinckney:**

Despite its cryptic title, *Appetite for Reduction* is one of the most original and interesting vegan recipe books to come out in quite some time. After a brief and interesting introduction, author Isa Chandra Moskowitz gives us 125 new and creative recipes that will interest all vegetarians, whether vegan or not. And they should prove a welcome addition to anyone looking for dishes lower in fat.

The recipes are divided into eight sections: salads, stuffed dishes, vegetables, bean-based, tofu & tempeh, pasta & noodles, soups & comfort curries, chili & stews. Each recipe includes nutritional data, welcome information for those who want to know how much fat, sodium, sugars, and so on are in each serving. While a few recipes are not truly low in fat,

the information provided gives exact amounts, and in most cases the oil could be reduced or left out.

Most recipes take up two pages with type large enough to read at a distance while preparing the dish. Twenty-six of them have color photographs that make my mouth water. Almost every recipe includes a hint about preparation or variation, amounting to bonus recipes. Here's a sample recipe from the book:

### ***Silky Chickpea Gravy***

*Gravy isn't exactly a "side," but what mashed potato recipe is complete without a gravy recipe? I really like to drown my food in gravy, so this tasty sauce comes in handy when I don't also want to drown my food in grease. Chickpeas give this gravy great body and a full, savory flavor. It's really a superhero that comes running when it hears the calls of potatoes from miles away, crying out for gravy.*

- 1 tsp olive oil
- 1 small onion, chopped roughly
- 3 cloves garlic, chopped
- 2 tsp dried thyme
- 1 tsp dried rubbed sage (not powdered)
- several pinches of freshly ground black pepper
- 2 Tbs. arrowroot powder
- 1¼ cups vegetable broth
- 1 (15-oz.) can chickpeas, drained and rinsed
- 2 Tbs. soy sauce or tamari (use wheat-free for a gluten-free gravy)
- salt

*Preheat a saucepan over medium-high heat. Saute the onion and garlic in the oil for about 5 minutes. Add the thyme, sage, and pepper, and cook for about 3 minutes more. While that is cooking, whisk the arrowroot into the veggie broth until dissolved.*

*If you have an immersion blender, then add the beans, broth mixture, and soy sauce to the pot. Blend until smooth and lower the heat to medium,*

*stirring often for about 10 minutes while it thickens.*

*If you are using a regular blender, place the broth mixture and beans in the blender and blend until smooth. Add the onions and other stuff from the pan to the blender and puree again until smooth. Add back to the pot and stir often over medium heat to thicken.*

*Once the gravy thickens, lower the heat to low. Now you can decide exactly how thick you want the gravy by adding splashes of water, anywhere between ¼ and ½ cup. Keep warm and covered until ready to serve.*

*Appetite for Reduction* should prove a valuable resource for anyone looking for new tastes and bumping into a few old familiar repasts that were lost when they adopted a plant-based diet. The recipes range mostly between 200 and 400 calories per serving, making this a treasure chest for those who want to shed a few pounds or stay slim.

The recipe to make your own seitan (wheat-based meat substitute) is the best, simplest, and quickest I've seen. And unlike many seitan recipes, it is foolproof, yielding an excellent product the very first time.

One delightful surprise I found was the use of the Mexican mole sauce, that spicy, chocolaty-chili flavor that I lost touch with when I started eating low fat and vegan. I was excited to find two mole recipes, Black Beans in Red Velvet Mole and Lentil Eggplant Chili Mole. Both proved delicious.

An enthusiastic thumbs up for *Appetite for Reduction*.

*Recipe from the book Appetite for Reduction by Isa Chandra Moskowitz. Excerpted by arrangement with Da Capo Lifelong, a member of the Perseus Books Group. Copyright ©2010.*





## Restaurant Reviews

### Simple Joy

1145 South King Street, Honolulu  
(808) 591-9919  
10:30 a.m. - 2 p.m.  
5 - 9 p.m.  
Open every day  
[www.simplejoyhawaii.com](http://www.simplejoyhawaii.com)

by Alina Niemi  
VSH member

Three adventurous omnivorous friends and I set out to sample some of the food at Simple Joy, a vegan restaurant. The front room was sparsely furnished, with a Buddha in a stone basin fountain just inside the front door. Frosted glass on the lower portion of the windows blocked out the noise from most of the traffic on busy King Street, making it surprisingly quiet inside. Everything looked clean and peaceful.

The menu was so varied that it was nearly impossible to choose. Most of the appetizers were Asian in nature, from simple steamed edamame to tempura vegetables. Italian pasta dishes included Shrimp Scampi, Eggplant Parmigiana, and pesto sauce.



Photo: Alina Niemi

The mildly sweet faux fish is made from yuba, a soy product, and wrapped in nori.

Entrees ran the gamut from Teriyaki Kabob and BBQ Drumsticks to Clay-pot Sensation and Chow Fun.

We tried the potstickers and summer rolls for appetizers. The potstickers were small, fried to a crispy exterior, filled with chewy ground faux meat and onions, and accompanied by a freshly made chili sauce.

The summer rolls were wrapped in chewy rice paper and filled with rice noodles, faux roast pork (which had a tiny bit of sweetness), and lettuce. The description said there were herbs inside, but I couldn't taste any. It was a nice mix of chewy and crispy textures. The accompanying sauce seemed a little strange to me. It had a familiar Chinatown product smell and a yellowish color with chopped peanuts. But my friends gobbled it down without batting an eye. All of them enjoyed the summer rolls.

The 'Chickun' Putanesca, our first entree, was made with a flavorful tomato-based sauce with basil and lots of garlic and had a mildly spicy kick from chili pepper flakes. The large chunks of faux chicken had a chewy texture but a surprisingly sweet flavor.

The Combination Platter had shredded tofu and soy ham with steamed tofu cake. The shredded tofu was reminiscent of shredded eggs, the type you might find atop somen

salad or fried noodles. The soy ham was mildly flavored. I especially liked the steamed tofu, which had pieces of long rice in it, giving it a softer, slightly fluffy texture.

The Roasted Platter contained chunks of roasted "pork" made from bean curd, flour, and bread. It was fried, so its texture was crispy and oily and reminiscent of roast pork. It was served with a mound of rice (both brown and white available) and sautéed spinach, which tasted like burnt garlic and was a little heavy on the salt.

Veggie Feast also came with a dome of rice and strips of faux fish. Its texture was close to that of flaked



Photo: Alina Niemi

Shredded tofu and soy ham top the Combination Platter; fresh vegetables serve as garnish.

fish. Most of the flavor came from the nori seaweed strips it was wrapped in. It was accompanied by fresh mushrooms and snow peas, cooked to perfection. One of my omnivore friends really loved this dish, and I also thought it was the best of our entrees.

Portions were generous and overall tasty. The dessert selection was small by comparison, consisting only of coconut tapioca, coffee jelly, avocado fruit smoothie, and chocolate cake.

If you are looking for faux meat dishes, this would be a great place to get your fix. Unfortunately, the vegetables were nowhere near as prominent as the "meat." There are only two

*(continued on next page)*



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salads on the menu, and the vegetables we had were either sides or almost like garnishes. Customers may wish to request that more simply prepared vegetables be added to the menu.

## Downbeat

42 North Hotel Street, Honolulu  
(808) 533-62328

11a.m. - 3:00 a.m.

Monday - Thursday

11 a.m. - 4:00 a.m.

Friday & Saturday

Closed Sunday.

[www.downbeatdiner.com](http://www.downbeatdiner.com)

by Karl Seff, Ph.D.

VSH Board member

Downbeat opened on January 1, 2011. *Everything* on the menu is available in vegan form. That includes burgers, BLTs with avocado (BLAT), sandwiches such as chicken and grilled ham and cheese, French toast, loco moco, and milkshakes. Downbeat serves garlic fries, cheese fries, soy milk, salad with a vegan dressing, and vegan desserts including cheesecake. For vegan items veganaise and vegan ham, cheese, bacon, chicken, and burgers are used. Patrons order the vegan alternatives 55% to 60% of the time,

our waiter Josh Hancock (one of the two owners) told us.

Don't get me wrong; this is a Hotel Street bar, so it could potentially get rough. However, it is just around the block from Little Village and even closer to Vietnam Café Pho Saigon, so patrons can gauge their safety and choose their hours.

Downbeat is definitely a joint with a Hotel Street atmosphere, and there is some excitement in that. Patrons sit in booths with upbeat black and white plastic upholstery and rolled steel countertops. The scene is somewhat dim, clean and comfortable, spacious, and stark. The music is well selected and presented in high fidelity; it is loud enough to make parts of you want to dance, but it does not interfere with conversation. The patrons seem surprisingly normal and appreciative of their surroundings: "This is different and fun," they seem to say as they look around.

The prices are moderate (not inexpensive). For example, a cheeseburger with a quarter-pound patty costs \$7.50. For an additional two dollars you could make it a double-decker or add fries.

My grilled cheese sandwich seemed small, but I suppose that is its nature; I had to eat it slowly to make it last. My companion's burger, in contrast, looked full-sized, and she had to position it carefully in her hands to plan her first bite. She liked it, but she said that the homemade patty lacked texture; it did not give her enough

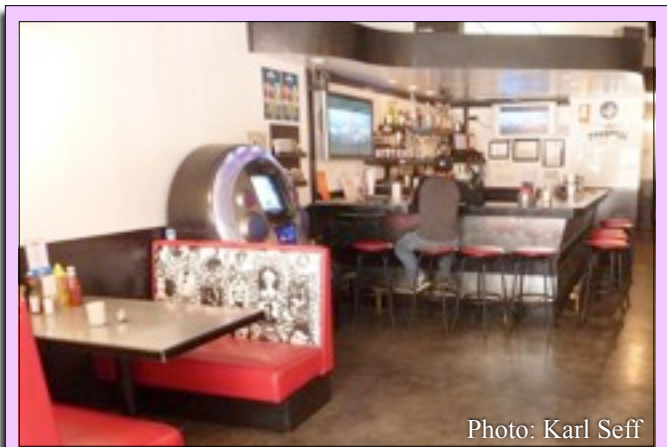


Photo: Karl Seff

With private booths, a bar, and a fully flexitarian menu, Downbeat caters to vegans and carnists alike.

to chew. The vegan loco moco is made with hapa rice (half brown, half white) with tofu on top.

The service seemed slow, but each item was prepared fresh; Downbeat is not a fast food restaurant. When it seemed to be taking a little too long, the waiter came by to apologize.

Downbeat is at 42 North Hotel Street, just Diamond Head of Smith Street. Call or check their informative website. The bus stops in front, and underground parking is a block away. VSH members receive a 10% discount.

## Spring Calendar

### April:

7: World Health Day (WHO)  
16-24: World Week for Animals in Laboratories

22: Earth Day

29: Arbor Day

22-May 1: Worldwide Vegan Bake Sale

### May:

National Salad Month

2-8: Be Kind to Animals Week (The HSUS)

4: International Respect for Chickens Day

23-29: World Week for the Abolition of Meat

24-30: National Vegetarian Week (UK)

### June:

5: World Environment Day

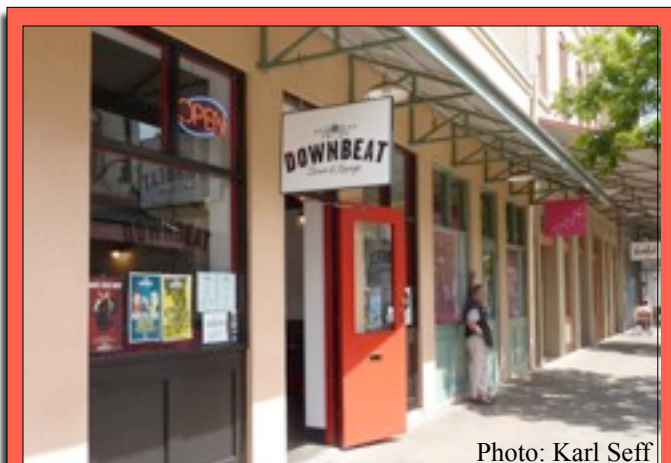


Photo: Karl Seff

Casually located on Hotel Street in Chinatown, Downbeat Diner & Lounge welcomes patrons day or night.

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all sorts of amazing foods, and my palette has expanded greatly,” and “I have never eaten so well or enjoyed eating so much in my life as I do now,” were typical remarks.

Many vegans cited feeling closer to animals and nature (70.5%) and having a deepened sense of spirituality (41.6%). “Going vegan has been the most soul-satisfying experience of my life. I feel so interconnected to human and nonhuman animals,” wrote one participant.

Not surprisingly, most vegans find it very important to reduce the suffering of animals raised for food (90.4%), to eat more sustainably (69.3%), and to improve their own health (64.3%). This comment summed it up: “Becoming vegan is the single most important choice I’ve made for my health and well-being as well as for animals and the planet.”

Respondents also reported experiencing positive and neutral reactions from other people more often than negative ones. The most common attitudes encountered by vegans are curiosity (81.2%), surprise (42.8%), and willingness to accommodate one’s choices (36.2%). Hostility (32.2%) is virtually tied with admiration (31%).

Given the compelling motivations, the rich benefits, and the relative ease of eating a plant-based diet, it is no wonder that the vast majority of vegans (94.4%) intend to stick with it for the rest of their lives.

### About the survey

The survey was conducted online in January 2011. Participants were recruited *via* snowball sampling. Residents of the United States and Canada composed four-fifths of respondents, and females composed 77%. The largest age group represented was 20-29 (32.2%). Those who had not been eating a total vegan diet for at least three months were disqualified. The full report with graph-

ics is available at [perfectformuladiet.com](http://perfectformuladiet.com) or [www.tinyurl.com/vegan-from-inside](http://www.tinyurl.com/vegan-from-inside).

*Janice Stanger, Ph.D. will be the guest speaker for VSH in June. See page 12 for details. You can contact Janice through the contact submission form at her site perfectformuladiet.com.*

## Ten things everyone should know about vegans

by Elizabeth Gordon

**1. Vegans love to eat.** Or make that *loooove* to eat. Our taste buds and appetites are in fine working order. We salivate, drool, get food cravings, and can chow down, gobble up, and overindulge with the best of ‘em. And all with plants! (Not that we’re bragging.)

**2. Vegans aren’t masochists.** Being vegan doesn’t mean deprivation or sacrifice — our lives are *richer*, not poorer, for following a plant-based diet. And we don’t get off on hair shirts or self-flagellation, either, just for the record.

**3. Vegans have a sense of humor.** That’s right. Your average vegan is *not* an incessantly intense, laughter-impaired stick-in-the-mud. We like to have fun as much as the next person; we’re just not going to torture animals to do it.

**4. Vegans aren’t all malnourished skinny bitches.** We’re female *and* male, we come in all shapes and sizes, and we’re probably the healthiest people you know.

**5. Vegans aren’t just young, privileged, and white.** We proudly count among our number people of color, the working class, and folks of every age. And we’re getting more diverse all the time. Because you don’t need a certain skin color, bank balance, or birthday to be an ethical eater.

**6. Vegans care about people.** Just because vegans are deeply compassionate toward animals doesn’t mean we’re misanthropes. Far from it. We don’t want *any* of our fellow earthlings — whether two-legged or four-legged, furred or feathered or finned — to suffer or be exploited.

**7. Vegans don’t rely on “willpower.”** Veganism isn’t about gritting your teeth and toughing it out every time you pass a burger joint. We’re not white-knuckling it every day of our lives. Once the logic and beauty of veganism clicks in, the rest becomes easy. Anyone can do it. Even you.

**8. Vegans aren’t following a fad.** Sure, it seems chic to be vegan these days, what with rap stars and former presidents all championing a vegan diet. But trust us, this isn’t a blip on the cultural radar like the Macarena. As the economic, environmental, and ethical hazards of animal-based food systems are made increasingly evident, veganism will become more mainstream.

**9. Vegans understand you.** The great majority of vegans weren’t raised that way. We’ve gnawed our share of baby back ribs, noshed on McNuggets, ordered pizza with extra pepperoni — and there was a time when we couldn’t imagine giving up any of those things. Ever. Sound familiar?

**10. Vegans are optimists.** And that’s because we know firsthand that change is possible. We see how our own lives have transformed, how a diet that once sounded impossibly radical now feels completely sensible and indispensable. We know that if we can change, anybody can. And we know that every little change means a little less suffering, a little less cruelty, a little better world.

*Elizabeth Gordon is a writer, activist, and college professor living in north-central Massachusetts. This article originally appeared in This Dish is Vegetarian. Reprinted with permission from the author.*

# Mushroom & Broccoli Tofu Quiche

by Leslie Ashburn  
VSH member

Filling:

- 1 package Mrs. Cheng's firm tofu
- 2 cups broccoli, chopped
- 2 cups button mushrooms, sliced
- 1 onion, diced
- 1 Tbs. olive oil
- 1 to 2 Tbs. herbs and spices of your choice (e.g., thyme, oregano, pepper, basil)
- 2 Tbs. arrowroot powder
- 1 Tbs. organic tahini
- 1 Tbs. organic sweet white miso (shiro miso)
- 2 tsp umeboshi vinegar

Cut and saute the vegetables with olive oil, herbs, salt, and pepper and set aside. In a blender, mix tofu, arrowroot, tahini, miso, and umeboshi vinegar. Adjust seasonings to taste. Mix the vegetables and tofu mixture and pour into the pie crust. Bake at 350° for about 45 to 50 minutes or until the top is brown and starts to crack. Allow to cool slightly before serving.

Crust:

- ¾ cup organic whole wheat pastry flour
- ¾ cup organic unbleached white flour
- ¼ cup organic canola oil
- pinch of salt
- 6 Tbs. water (amount needed may vary)

Put the two types of flour in a bowl with a pinch of sea salt. Add the oil and mix with a fork, between your hands, or with a pastry mixer until it has a sandy texture. Add the water slowly tablespoon by tablespoon while you mix with a fork. Add just enough water that the dough holds together but is not sticky or goey.

Roll it out with a rolling pin adding additional flour so it doesn't stick and place into a pie plate. Crimp the edges and set aside.

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

## Vegan Tidbits

by Scott Owen Snarr

### Disney dumps McDonald's

Mickey Mouse and Ronald McDonald are parting ways. Disney World, Florida closed its McDonald's store in the Downtown Disney Marketplace and replaced it with Baby-cakes — a famous gluten-free vegan bakery with shops in New York and Los Angeles. From now on entrants to the Magic Kingdom can treat themselves to 100% cruelty-free cookies, cupcakes, and muffins. Now that's what I call a happy meal.

*Google search: Disney World Baby-cakes McDonald's*

### Young scholar makes finding in food

A recent study confirmed the presence of antibiotics in 15% of meat sampled. The researcher was a sixth grader named Chad Campbell, and his experiment won him first place at the North Carolina Southeast Regional Science Fair and a special award for Medical Research.

Campbell tested twenty-two samples of meat from as many supermarkets in his area. In the course of his research he also discovered that 70% of antibiotics used in the U.S. are given to farmed animals to compensate for filthy, crowded conditions. This practice has given rise to food-borne diseases that have developed resistance to antibiotics, and, according to Campbell, add 40% to 50% to the cost of health care.

A lifetime vegetarian, Campbell championed his findings as a vindication of his lifestyle. Some peers have asked him to test their meat for antibiotics, and others are asking him how to become vegetarian.

“I think my project opened a lot of eyes, and I gave people a lot to think about. Hopefully they will take action and make changes in their diet.”

*Source: Humane Society of the United States. [www.tinyurl.com/debate-plate](http://www.tinyurl.com/debate-plate)*

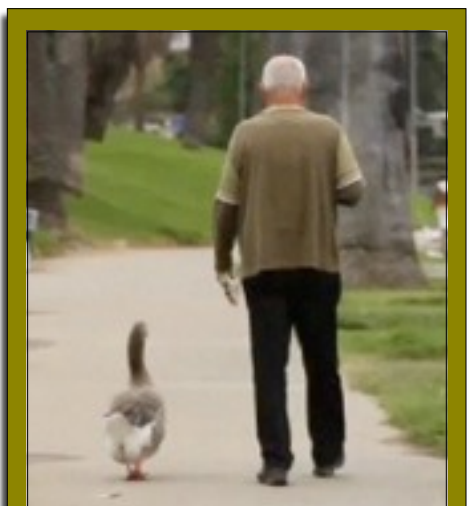
### Friends of a feather

It was my older sister who inspired me to change my diet. For Dominic Ehrler, it was a goose.

Every morning when Ehrler arrives at Echo Park in Los Angeles, Maria is there waiting for him. She waddles with him wherever he goes and quacks back at whatever he says. She even tries to follow him home by flapping alongside his scooter.

No one is sure why Maria befriended Ehrler over all the bipeds at the park. And though Ehrler isn't fluent in *Goose*, the friendship has given him some food for thought: “I quit eating poultry. I used to think birds were dumb. This has changed all that.”

*Source: [www.cbsnews.com](http://www.cbsnews.com). [www.tinyurl.com/MariatheGoose](http://www.tinyurl.com/MariatheGoose)*



Maria (left) takes her daily stroll with Dominic Ehrler (right). The interspecies pals are inseparable.





## Vegetarian Society of Hawaii

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