



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 23, Issue 2, April-June 2012

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Coming up:

MICHAEL GREGER, M.D.

"THE LATEST IN
CLINICAL NUTRITION"
Tuesday, April 10th, 7 p.m.
Ala Wai Golf Course Clubhouse

JO-ANNE MCARTHUR

"WIDENING OUR
CIRCLE OF COMPASSION"
Tuesday, May 8th, 7 p.m.
Ala Wai Golf Course Clubhouse

ROBERT COHEN

"THE NOTMILK PATH
TO GOOD HEALTH"
Thursday, June 14th, 7 p.m.
Ala Wai Golf Course Clubhouse

See page 10 for more details,
including Maui meeting times.

Meetup group provides gathering for health-conscious islanders

by Manjari Fergusson, VSH member

The Oahu Vegan Meetup brings together people from across the island who share a common interest in healthy living. The group gets together once a month or more for lively game nights, restaurant visits, or potlucks, and you're invited.

Most recently the group enjoyed a nourishing night out at Simple Joy Vegetarian Cuisine on February 21st. Eleven friendly faces congregated around the tables for the tasty cuisine and insightful conversation.

The group's attention was riveted on the question-and-answer session with Dr. Steve Blake. A lively banter ensued right from the get-go, with topics ranging from how to get enough protein to the recent fad surrounding coconut water and oil to questions about dairy, nuts, and gluten.

"People attending one of our events can expect to be warmly welcomed and not judged, regardless of what they normally eat," says Maura McCormick, the group's organizer since 2011. "Our members are a diverse group of interesting people. New members are sure to find someone they can relate

(see Meetup, page 6)



Oahu Vegan Meetup members enjoy conversation, companionship, and cuisine at the latest gathering. Left to right: Lorraine Sakaguchi, John Cerizo, James Thompson, Kim, Steve Blake, Catherine Blake, Manjari Fergusson, Mackenzie Lewis, Tom Eisendrath, Breez Arizumi, Kinsly Joseph.

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.



IN THE NEWS

Shrimp leave jumbo eco-footprint

by Scott Owen Snarr, Editor

A one-pound bag of frozen shrimp gives off an entire ton of carbon dioxide in the course of its production. Ounce for ounce, that's ten times the ecological impact of Amazonian beef. And this figure does not even include the emissions caused by feeding, processing, and transporting the shrimp. Biologist J. Boone Kauffman of Oregon State University presented these findings at a meeting of the American Association for the Advancement of Science.

The majority of shrimp farms are built in coastal waters in Asia and Latin America on cleared mangrove forests. Mangroves store large amounts of carbon. For every acre cut down, about 178 tons of carbon are released into the atmosphere. Their removal also destroys bird habitats, disrupts marine ecosystems, and leaves coastal communities vulnerable to storms and tsunamis.

The shrimp farms are piteously inefficient, producing an average of 3,657 pounds of shrimp per acre over three to nine years before being permanently abandoned because of disease, acidification, and contamination. The soil then takes 35 to 40 years to recover.

Source:

Stokstad, Erik. "The carbon footprint of a shrimp cocktail." Science Now. sciencemag.org. 17 Feb 2012.



Superbug traced to farm practices

A strain of the potentially deadly antibiotic-resistant bacterium known as MRSA jumped from farmed animals to humans, according to a new study led by the Translational Genomics Research Institute (TGen).

Methicillin-resistant *Staphylococcus aureus* CC398, also known as pig MRSA, likely started as an antibiotic-susceptible strain in humans before it jumped to farmed animals. Then it became resistant to two important antibiotics, tetracycline and methicillin, which are used for treating staph infections. The resistance is believed to be a result of the routine antibiotic use that characterizes modern animal agriculture. The antibiotics are commonly given to farmed animals to prevent infection and promote growth.

While this strain of MRSA was discovered less than a decade ago, it appears to be spreading quickly. "It is that inappropriate use of antibiotics that is now coming back to haunt us," said Dr. Paul Keim, one of the study's authors.

"Our findings underscore the potential public health risks of widespread antibiotic use in food animal production," warned Dr. Lance Price, the study's lead author. "Staph thrives in crowded and unsanitary conditions. Add antibiotics to that environment and you're going to create a public health problem."

L.B. Price, et al. 2012. Staphylococcus aureus CC398: host adaptation and emergence of methicillin resistance in livestock. mBio 3(1):e00305-11. doi:10.1128/mBio.00305-11.

Scientist replicates meat from plants

by Manjari Fergusson
VSH member

Stanford researcher Patrick Brown has created a new plant-based product that imitates meat and dairy. His two start-up companies in California are making foods that can't be told apart from the real thing — everything from bacon to cheddar. They will be ready for market by this summer.

Brown, a biotech whiz and vegan, hopes that his efforts will help wipe out animal farming and its devastating effects. Speaking at a press conference at the annual meeting of the American Association for the Advancement of Science in Vancouver earlier this year, he said, "Animal farming is by far the biggest ongoing global environmental catastrophe . . . in every conceivable way it's inefficient and destructive."

Global meat consumption is expected to double by 2050.

Although there are plenty of meat and dairy imitations being sold already, Brown alleges they aren't good enough and are only marketed to people who are already vegetarian. They don't challenge the meat market. He says that more good could be done by figuring out how to convert cheap plant matter into nutritious foods that people will choose to eat because of their tastiness and nutritional value.

"What we're intending to do is basically produce stuff that will compete by being substantially cheaper, every bit as good, and essentially indistinguishable to a consumer who loves meat or dairy. That's the only way I think you're really going to win in the market."

He is hoping that with these new products, people will become more open to plant-based diets. "What you first need is a gateway [food] to help people to realize that all the things they love can be satisfied by plants," he said.

Sources:

Banse, Tom. "Test tube burger provides meatless alternative." Voice of America. www.voanews.com. 11 Mar. 2012.

"BC-Testtube-burgers." The Press-News. www.the-press-news.com. 28 Feb. 2012.

Hsu, Jeremy. "Scientist cooks up a meatless product for meat lovers." Innovation News Daily. www.innovationnewsdaily.com. 19 Feb. 2012.

Pelpola, Judith. "Stanford researcher develops meat alternative." Stanford Daily. www.stanforddaily.com. Feb. 2012.

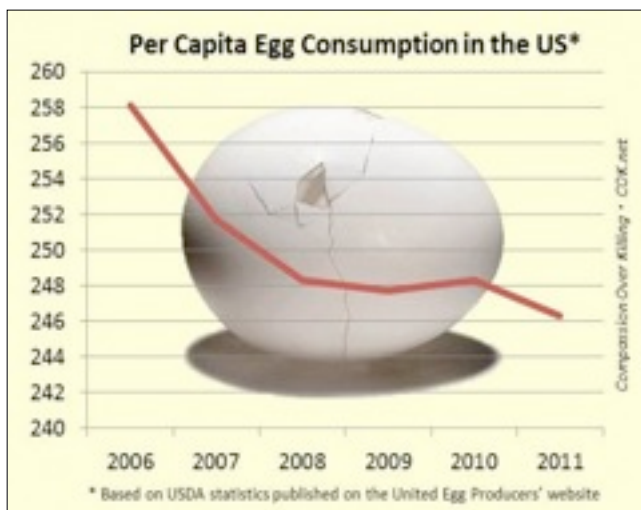
Herper, Matthew. "Drop that burger." Forbes.com. 30 Nov. 2009.

Americans eating fewer eggs

by Scott Owen Snarr, Editor

Americans eat fewer eggs than they did six years ago, according to an industry report. Consumption fell from 258 eggs per person per year in 2006 to 246 in 2011. Fewer eggs eaten means that fewer hens are forced to live miserable lives or sent to early deaths when their ability to produce declines.

Source: www.tinyurl.com/fewereggs



Plant milk sales soar

by Scott Owen Snarr, Editor

An industry survey estimates that sales of nondairy milk beverages reached \$1.33 billion in 2011 in the U.S. The leading type is soy milk, followed by almond milk, rice milk, and coconut milk. Consumers are turning to these beverages because of lactose intolerance, milk allergies, PKU, and concern about antibiotics in milk as well as for ethical reasons.

Source:

Packaged Facts. "Dairy alternative beverages in the U.S.: soy milk, almond milk, rice milk and other dairy milk alternatives." 1 Jan. 2012. Abstract. www.packagedfacts.com

Being vegetarian saves an animal a day

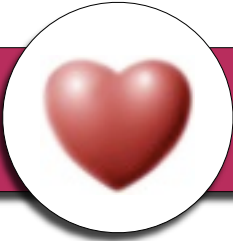
by Scott Owen Snarr, Editor

A vegetarian saves at least 406 animals a year, including 28 chickens, two other land animals, 151 shellfish, and 225 fish, according to conservative estimates published on Counting Animals, an animal advocacy blog.

The surprisingly high figure for fish includes those that are ground up to feed farmed fish, which are eventually consumed by humans. One farmed salmon fillet, for example, represents twenty fish killed. On the other hand, by-catch are not included in the figure, which would increase the estimate even further.

"My numbers are larger than the ones previously quoted in animal advocacy circles (usually 50, 95, or 100). Given how conservative my methodology is and how much larger my numbers are, [we can conclude that] vegetarians have been undercounting the number of animals they actually save and short-selling their impact on animal lives."

Source: www.countinganimals.com, tinyurl.com/406animals



Health Update

Red meat raises risk of early death

Eating red meat increases the risk of dying prematurely from heart disease or cancer, according to a new study from the Harvard School of Public Health. Among a group of 121,342 individuals followed for up to 28 years, each daily serving of red meat increased the risk of dying by 12%. Each daily serving of processed meats (hot dogs, ham, and bacon) increased the risk of dying by 20%.

A. Pan, Q. Sun, et al. Red meat consumption and mortality: results from 2 prospective cohort studies. Archives of Internal Medicine. Published online March 12, 2012. doi:10.1001/archinternmed.2011.2287.

Red meat linked to kidney cancer

The risk of kidney cancer is increased by eating red meat and grilled and pan-fried foods, according to a study published in the *American Journal of Clinical Nutrition*. Researchers tracked approximately one half a million men and women in the NIH-AARP Diet and Health Study. Those who ate the red most meat — around 4.5 ounces per day (about the size of an average hamburger patty) — had a higher risk of kidney cancer.

C. Daniel, A. Cross, et al. Large prospective investigation of meat intake, related mutagens, and risk of renal cell carcinoma. American Journal of Clinical Nutrition. 2012;1:155-162.

Processed meat linked to diabetes in Native Americans

Processed meat consumption increases Native Americans' risk of diabetes, according to a new study published in the *American Journal of Clinical Nutrition*. Researchers followed more than 2,000 Native Americans living in the Southwestern United States. All were free of diabetes at the beginning of the study, but those who ate processed meat (e.g., sausage, bacon) were more likely to develop diabetes over a five-year period. The association was particularly strong with Spam.

Half of all Native Americans develop diabetes by 55 years of age. Many have limited access to healthful foods and may depend on the USDA commodity program, which includes processed meats.

A.M. Fretts, B.V. Howard, et al. Associations of processed meat and unprocessed red meat intake with incident diabetes: the strong heart family study. American Journal of Clinical Nutrition. Published ahead of print Jan 25, 2012.

Whole grains fend off colorectal cancer

Whole grains reduce the risk of colorectal cancer, according to a study published in the *British Medical Journal*. People eating three servings of whole grains each day could decrease their risk by 17%. One serving of whole grains is equal to one slice of whole grain bread, a half cup of oat-

meal, or a half cup of brown rice. Whole grains contain fiber that moves intestinal contents along more quickly, dilutes carcinogens, and fosters good bacteria that help balance the digestive tract.

D. Aune, D.S. Chan, et al. Dietary fibre, whole grains, and risk of colorectal cancer: systematic review and dose-response meta-analysis of prospective studies. British Medical Journal. 2011;343:d6617.

Berries are good for the brain

Strong scientific evidence exists that eating blueberries, blackberries, strawberries, and other berries has beneficial effects on the brain and may help prevent age-related memory loss and other changes, scientists report in the *Journal of Agricultural and Food Chemistry*.

Researchers Barbara Shukitt-Hale, Ph.D., and Marshall G. Miller explain that recent studies increasingly show that eating berries can benefit the aging brain. Their extensive review of previous research concluded that berries help the brain stay healthy in several ways. Berries contain high levels of antioxidants, compounds that protect cells from damage by harmful free radicals. Berries change the way neurons in the brain communicate. These changes in signaling can improve motor control and cognition and prevent inflammation in the brain that contributes to neuronal damage. Further research will show whether these benefits are a result of individual compounds shared among berries or whether the unique combinations of chemicals in each kind of berry simply have similar effects.

M. Miller, B. Shukitt-Hale. Berry fruit enhances beneficial signaling in the brain. Journal of Agricultural and Food Chemistry. Published online January 2012. doi:10.1021/jf2036033

Potatoes lower blood pressure without weight gain

The first study to check the effects of eating potatoes on blood pressure in humans has concluded that eating two small helpings of Purple Majesty potatoes a day decreases blood pressure by about 4% without causing weight gain. In a report in the *Journal of Agricultural and Food Chemistry* the researchers say that the decrease, albeit small, is sufficient to potentially reduce the risk of several forms of heart disease.

Researchers investigated the effects of eating six to eight small microwaved purple potatoes twice a day on 18 volunteers, most of whom were overweight and had high blood pressure. The volunteers ate potatoes or no potatoes for four weeks and then switched to the opposite regimen for another four weeks while researchers monitored body weight, systolic and diastolic blood pressure (the higher and lower numbers in a blood pressure reading), and other health indicators.

Average systolic pressure decreased by 3.5%, and diastolic by 4.3%. The majority of subjects took anti-hypertensive drugs and nevertheless had a further reduction in blood pressure. None of them gained weight. Joe Vinson, the study's lead author, said that other studies have identified substances in potatoes that affect the body in ways similar to the well-known ACE-inhibitor medications, a mainstay for treating high blood pressure. But he suspects that the effects may be due to other substances in potatoes. The scientists do not yet know whether ordinary white potatoes have the same beneficial effects.

J. Vinson, et al. High-antioxidant potatoes: acute in vivo antioxidant source and hypotensive agent in hu-

mans after supplementation to hypersensitive subjects. Journal of Agricultural and Food Chemistry. Published online January 5, 2012. doi: 10.1021/jf2045262

Citrus fruits help cut stroke risk

A compound in citrus fruits may reduce the risk of stroke, according to research reported in *Stroke: Journal of the American Heart Association*.

Researchers used fourteen years of follow-up data from the Nurse's Health Study, which included 69,622 women who reported their food intake. They examined the relationship of the six main subclasses of flavonoids commonly consumed — flavanones, anthocyanins, flavan-3-ols, flavonoid polymers, flavonols, and flavones — with risk of ischemic, hemorrhagic, and total stroke.

No association was found between overall flavonoid consumption and stroke risk. However, women who ate high amounts of flavanones in citrus had a 19% lower risk of blood clot-related (ischemic) stroke compared with women who consumed the lowest amounts.

Flavanones consumed in the study came primarily from oranges and orange juice (82%) and grapefruit and grapefruit juice (14%). The researchers recommend that consumers increase their citrus fruit intake rather than juice because of the high sugar content of commercial fruit juices.

A. Cassidy, E. Rimm, et al. Dietary flavonoids and risk of stroke in women. Journal of the American Heart Association. Published online ahead of print February 23, 2012. doi: 10.1161/strokeaha.111.637835.

Vegetarian diets improve mood

Vegetarian diets improve mood and lower stress, according to a new study in *Nutrition Journal*. Researchers asked 39 nonvegetarians to begin one of three different diets — a vegetarian diet, a meat-based diet, or a meat- and fish-based diet. They found that after just two weeks vegetarians scored significantly better on standardized mood and stress tests. The mood tests measured depression, anxiety, and stress and were compared with food frequency questionnaires. The vegetarians consumed less of the animal sources of omega-3 fatty acids called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and arachidonic acid, an animal source of omega-6 fatty acids.

B.L. Beezhold, C.S. Johnston. Restriction of meat, fish, and poultry in omnivores improves mood: a pilot randomized controlled trial. Nutrition Journal 2012;11:9

Vegetarians scored significantly better on standardized mood and stress tests.

Spring Calendar

April:

- 7: World Health Day (WHO)
- 21-29: Worldwide Vegan Bake Sale
- 22: Earth Day
- 24: World Lab Animals Day
- 27: Arbor Day

May:

- National Salad Month
- 1-7: Be Kind to Animals Week
- 4: International Respect for Chickens Day
- 19-22: International Animal Rights Conference (Luxembourg)
- 21-27: National Vegetarian Week (UK)

June:

- 5: World Environment Day
- 17: Eat Your Vegetables Day



Local Happenings

Meetup from page 1

to at our events, and they are welcome to bring guests along.”

McCormick brings experience to the table, having organized vegan meetup groups in Wisconsin and Ohio. She loves being involved because it’s important for her to “connect vegan, vegan-inclined, and vegan-curious people on the island with each other, support those trying to eat more vegan, and help make being vegan easier, more enjoyable, and less isolating.”

To get in on the group and its future events, sign up on the website *VeganOahu.org* and then click the RSVP button next to an event listing. There is no charge for becoming a member, but there is a suggested donation of five dollars a year.

Ideas for future events are welcome. Click the link on the front page of the site to suggest an activity. “We are lucky to have some event organizers who have scheduled and hosted events at their homes or served as hosts at restaurant visits,” says McCormick.

The group is currently looking for people willing to host screenings of

Vegucated, a new documentary that follows three omnivores from New York City as they go vegan for six weeks. McCormick also plans to organize a bake sale for Worldwide Vegan Bake Sale, the week of April 21st through 29th.

VSH dineouts benefit members, speakers, local businesses

by Anjie Pham

Dineout coordinator

VSH Oahu dineouts were relaunched December 2010 at dinner with Canadian raw food expert Vesanto Melina, and they continue to draw people monthly.

There are two primary goals for the dineouts. The first is to provide opportunities for our island vegetarians (or the veg-curious) to get to know our prestigious monthly guest speakers over a relaxed and delicious vegan meal. With strong turnouts for our kama’aina speakers — Hawaii Dog Foundation co-founder Mike Teehan, VSH newsletter editor Scott

Owen Snarr, chefs Ori Ann Li and Catherine Blake, Drs. William Harris, Steve Blake, and S. K. Kamlesh, and author Sarah Taylor — as well as our overseas and Mainland guests — Australian film-

maker Aaron Scheibner, Toronto Vegan Iron Chef Doug McNish, authors Jonathan Balcombe, Janice Stanger, Joseph Keon, and Robyn Openshaw — our monthly culinary expeditions have taken us far and wide: from the Nepalese mountaintops (Himalayan Kitchen) to the Mekong Delta (Phuket Thai, Mekong 2), through Southeast Asia (Loving Hut, Simple Joy) and China (Mini Garden), to the Mediterranean (Down To Earth), and to Maui (Veg-Out). VSH dineout patrons have enjoyed hundreds of delectable and creative vegan dishes.

The second purpose of the dineouts is to give financial support to the establishments that offer vegan-friendly menus. With 8 to 25 people attending monthly on Oahu, in 2011 we put almost \$2,500 back into our economy and the veggie dining scene in local spending. And we have only touched the tip of the iceberg when it comes to delicious veggie options on the island.

As more people realize the health and environmental benefits of a vegan diet, there is really no better or more delicious way to have fun while helping our local economy than to join us on the next dineout adventure.

To get information about or to RSVP to upcoming dineout announcements, email dineout@vsh.org, or visit the following websites: tinyurl.com/fb-dineouts and www.veganoahu.org.

VSH Board Nominations Requested

Vegetarian members, please submit your nominations by May 15th for president, vice president, secretary, treasurer, and director positions. Ballots will be sent out around June 1st and must be returned (postmarked) by June 15th to be counted. The new board takes office on July 1, 2012. Mahalo!



Photo: Manjari Fergusson

Nutrition expert Steve Blake (far center-right) fields a potpourri of food-related questions over a nutritious vegan dinner.

Local Happenings



Photo: Lorraine Sakaguchi

Following a vegan potluck in March, Steve Blake and Fredrick Honig of the Maui Vegan Leadership Team gave an hour-long presentation to Lorrin Pang, M.D., the Maui District Health Office Director (center), comparing vegan diets to the standard American diet. ➔

Ori Ann Li shared her Moroccan Orange Dessert with a crowd of 85 people at a VSH healthy cooking demonstration at Kaimuki Public Library January 29th. ◀



Photo: Fredrick Honig

Author Sarah Taylor (seated, third from left) was joined by over a dozen fans at Phuket Thai following her January 21st talk. VSH treasurer Anjie Pham coordinated the family-style meal of green papaya salad, paht Thai tofu, garlic mixed vegetables, yellow curry tofu, and eggplant. The store manager provided complimentary desserts. ➔



Nineteen people enjoyed a family-style vegan meal at Loving Hut on Pensacola Street in the company of VSH February speaker Catherine Blake (seated at far end of table). Simple Joy provided desserts on the house, including pumpkin pie, orange wedges, and brownies topped with haupia sauce. ◀

For the March dineout with Robyn Openshaw (seated, center) at Bistro Green Papaya in Kalihi, Anjie Pham (standing, third from right) brought raw appetizers from Licious Dishes such as Not Tuna Salad on onion bread and Spicy Coco Dip on flax thins. Green Papaya's cooked cuisine included Lemongrass Tofu and Vegetable Chow Fun. ➔





VSH Events on Oahu & Maui

January



Photo: Lorraine Sakaguchi
Vegetarian to Vegan author Sarah Taylor revealed surprising facts about eggs and dairy, providing compelling reasons to take the ultimate step — giving up all animal foods.

February



Photo: James Thompson
Natural Chef Catherine Blake prepared four nutrient-dense recipes in “The Maui Light Cooking Demo: Seven Ways to Perfect Health.”

March



Photo: Lorraine Sakaguchi
Green Smoothie Girl Robyn Openshaw showed how you can achieve weight loss, energy gains, and better digestion by spending just 10 minutes a day in the kitchen.

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

Donate, join, or renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, Zip: _____

Home Phone: (____) _____

Work Phone: (____) _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member. My dues are enclosed (add \$7 per year for a foreign address):

1 yr. 2 yrs. 3 yrs. 4 yrs. 5 yrs.

Regular

\$25 \$48 \$68 \$85 \$100

Full-time student

\$15 \$30 \$45 \$60 \$75

Couple or Family

\$38 \$72 \$102 \$128 \$150

Life membership \$500

\$_____ additional tax deductible donation

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

Send newsletters via email

Contact me about volunteer opportunities.

**SAVE
on multiyear
memberships
or renewals.**

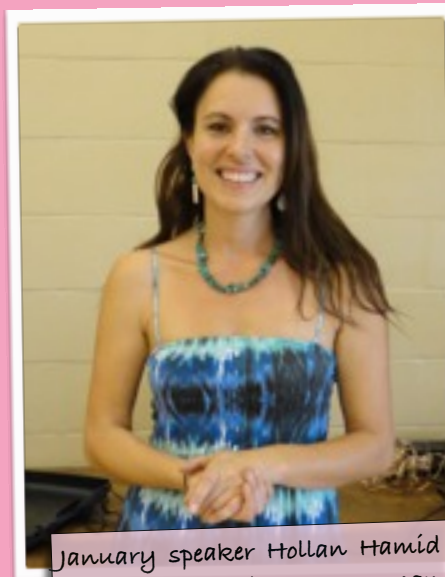
**Members receive a
quarterly newsletter
and discounts at
vegetarian-friendly
restaurants and
health food stores.**



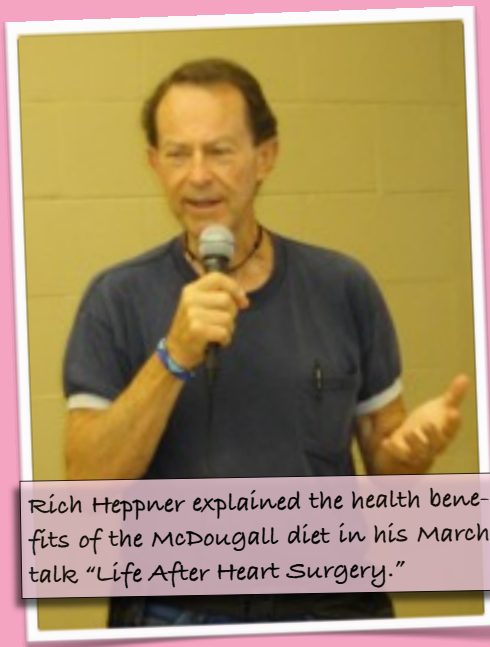
VSH Events on Kauai



Tom Eisendrath presented "Alkalinize for Better Health" in February.



January speaker Hollan Hamid told us that "whatever you can make I can make vegan."



Rich Heppner explained the health benefits of the McDougall diet in his March talk "Life After Heart Surgery."



John Malevich of Kapaa won the March recipe contest with his bok choy salad.

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.

Photos: Jim Brown



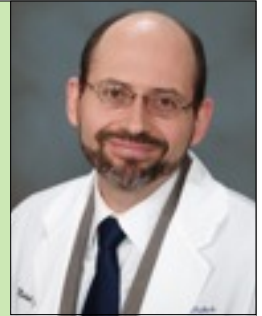
Calendar of Events April-June 2012

MICHAEL GREGER, M.D.

“The Latest in Clinical Nutrition”

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

Dr. Greger scoured the world’s scholarly literature on clinical nutrition to develop his brand new talk. Focusing on studies published over the past year in peer-reviewed scientific nutrition journals, he uses an engaging interactive quiz-show format to present practical advice on how best to feed ourselves and our families to prevent, treat, and 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 and testified before Congress. He was also invited as 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 Dr. Greger serves as the Director of Public Health and Animal Agriculture at The Humane Society of the United States. Hundreds of his nutrition videos are available free at NutritionFacts.org.

**Dr. Greger will also be speaking on Maui, Thursday, April 12th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

JO-ANNE MCARTHUR

“Widening Our Circle of Compassion”

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

Through a photojournalist’s lens we will witness our uses of, abuses of, and sharing of spaces with animals around the globe. For over ten years Jo-Anne McArthur has collected both heart-warming and heart-wrenching stories about our relationships with nonhuman animals. Her goal is to educate and change the hearts and minds of people about how humans treat animals. Her photographs are at once beautiful and shocking and serve as a call to action for all of us to widen our circle of compassion.



Jo-Anne McArthur is an award-winning photojournalist who has been documenting the plight of animals for over ten years on seven continents. Her documentary project, We Animals, is internationally celebrated and has benefitted over eighty animal organizations, including Sea Shepherd and the Jane Goodall Institute. Her recent awards include 2011 Canadian Empathy Award; one of CBC’s Top 50 Champions of Change; Farm Sanctuary’s 2010 “Friend of Farm Animals” award; Lemondrop’s “Top 10 Women Trying to Change the World”; one of 20 activists featured in the book “The Next Eco Warrior”; and the “Shining World Compassion Award” by Supreme Master Ching Hai.

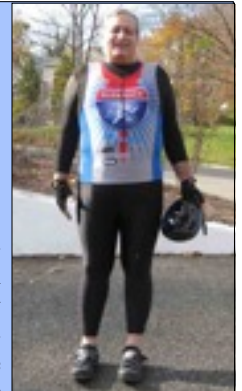
**Ms. McArthur will also be speaking on Maui:
Thursday, May 10th, 7:00 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

ROBERT COHEN

“The Notmilk Path to Good Health”

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

Robert Cohen claims four major accomplishments during his past eighteen years of activism: discovering that the key factor in every human cancer is dairy IGF-1; getting thousands of doctors to come out of the closet regarding milk and dairy by publishing his studies; working closely with the FDA in the closing of Monsanto’s European factory for a year; and, most importantly, discovering something previously unknown regarding human muscle metabolism that could lead to the true “Fountain of Youth” for vegan athletes.



Utilizing his research skills and background in the field of neuroendocrinology, Robert Cohen began his campaign in 1994 against the genetically engineered bovine growth hormone. As the Notmilkman, Mr. Cohen has written 1,200 columns over the past twelve years, many of which have made headline news in newspapers throughout America. He has one of the largest Yahoo groups on the Internet (subscribe for free at NotMilk.com), and his Notmilk website includes references from many thousands of peer-reviewed scientific journals.

**Mr. Cohen will also be speaking on Maui:
Thursday, June 14th, 7:00 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

New laws put chokehold on farm probes

by Cathy Goeggel
Animal Rights Hawaii

A series of “ag-gag” bills sweeping across state legislatures threatens to make it a crime to expose the monstrosities inflicted on farmed animals.

Like most criminals, the perpetrators of cruelty to animals don’t want their activities to be documented or publicized. Since May 1981, when People for the Ethical Treatment of Animals (PETA) detailed the horrible conditions at the Silver Spring research facility, caring individuals have entered slaughterhouses, research labs, fur farms, and factory farms and used emerging technologies to show the world how animals are used and abused behind locked doors and barbed wire.

Recently, several astonishing exposures of cruelty in the livestock industry have received international attention, and the industry has been reeling from a growing negative opinion about the way animals are raised, transported, and killed.

So typically, politicians have responded with a new laws aimed to inhibit the protection of these innocent creatures with whom we share planet Earth. The first was the Animal Enterprise Protection Act of 1992, followed by the Animal Enterprise Terrorism Act of 2006. These federal laws, draconian as they may be, are still not enough for the livestock industry, which supports the newest violation of our First Amendment rights — the ag-gag laws.

Mercy for Animals, Compassion over Killing, PETA, and The HSUS have all documented horrible cruelty to chickens, turkeys, pigs, and cows. Those in the industry, rather than admitting violations and changing their handling procedures, have lobbied for legislation that would in some cases equate trespassing on agricultural property with assault.

Both Utah and Iowa have just enacted laws criminalizing the release of photographic and video documentation of animal cruelty. Kansas, Montana, and North Dakota already have similar laws. Florida, Minnesota, and New York considered such legislation but voted it down primarily because of concerns about violating the First Amendment.

Animal Rights Hawaii has documented conditions at several farms and slaughterhouses on Oahu, and we will fight any ag-gag proposals that would impede our First Amendment right to speak out for the animals.

For more info check out <http://animalvisuals.org/projects/data/investigations/2012>.

Farm investigations show extreme abuse

by Scott Owen Snarr, Editor

A wave of new undercover investigations reveals the widespread torture inflicted on farmed animals. The graphic descriptions that follow are but a tiny sample of the daily abuses observed by the investigators.

Setting: Turkey breeding facility
Location: Shannon, North Carolina
Date of report: December 2011
Investigator: Mercy For Animals

Background: The turkeys bred here are sold under the brand name Butterball.

Summary: Workers kicked and stomped on turkeys while management looked on. They also bashed their heads with metal rods and left them to die. Sick and injured turkeys with open sores, infections, rotting eyes, and broken bones were left to die because, according to the farm manager, treating them was too costly and time consuming.

Update: Five Butterball employees were charged with felony and misdemeanor animal cruelty charges. Dr. Sarah Jean Mason, director of Animal Health Programs with the North Carolina Department of Agriculture, pled guilty to obstruction of justice for leaking confidential information to Butterball prior to a raid by authorities.

Video: www.butterballabuse.com

Setting: Two pig breeding factories

Location: Goodwell, Oklahoma

Date of report: January 31, 2012

Investigator: The HSUS

Background: The investigation targeted two of the nation’s top five pork suppliers: Seaboard Foods and Prestage Farms. Seaboard is a supplier for Walmart.

Summary: Pigs were cramped in tight gestation crates overflowing with feces and urine. They had gross abscesses, torn ears and noses, and ripped genitals. Workers cut piglets’ testicles and tails off. Injured piglets had their legs duct-taped to their bodies, which the manager said was “not abuse.” Employees hit pigs’ genitals and eyes and beat them with metal rods to force them to move.

Update: The HSUS filed legal complaints urging the SEC and FTC to require that Seaboard stop making claims that their animals live “free from cruelty.”

Report: tinyurl.com/hsus-hogs

Video: tinyurl.com/hsus-hogvideo

(continued on page 12)

(continued from page 11)

Setting: Pig breeding factory

Location: Leland, Iowa

Date of report: February 2012

Investigator: Compassion Over Killing

Background: Most piglets born here at Hawkeye Sow Centers are sold under the brand name Hormel.

Summary: Pregnant and nursing pigs were locked in tiny crates in layers of feces, surrounded by flies. Piglets screamed while being castrated, resulting in herniated intestines. Workers then shoved the intestines back inside the pigs and sealed the area with tape. Intestines from dead piglets were ground up and fed back to live pigs as “gruel.”

Video: tinyurl.com/iowapigs

Setting: Pig farm

Location: Norfolk, England

Date of report: February 12, 2012

Investigator: Animal Equality

Background: Harling Farm belonging to A. J. Edwards and Son was a “Quality Assured” farm, misleading consumers into believing it treats animals “ethically.”

Summary: Pigs were beaten with metal rods, causing abrasions, bruises, and bleeding wounds. Piglets were thrown through the air, kicked across the floor, or banged against the ground. Rectal and vaginal prolapses were left untreated to rot.

Video & report: tinyurl.com/ukpork

Setting: Pig Farm

Location: Fuente Álamos, Spain

Date of report: February 20, 2012

Investigator: Animal Equality

Background: El Escobar farm won a Porc d’Or award for productivity in 2008. The pork supplies Morrisons, a leading supermarket chain in the U.K.

Summary: Undercover footage shows workers stabbing an unresisting pig with swords, beating its head with metal rods, and eviscerating it live for no apparent reason. According to one

worker, this is a regular occurrence on the farm.

Video & report: tinyurl.com/eepigs

Setting: Dairy factory farm

Location: Clinton County, New York

Date of report: March 2012

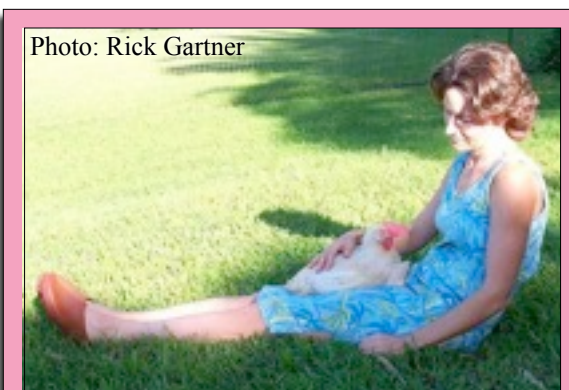
Investigator: PETA

Background: Adirondack LLC prides itself as being New England’s largest “farm-fresh” milk supplier. The company supplies Agri-Mark, Inc., which makes Cabot and McCadam cheeses.

Summary: Workers routinely jabbed and struck cows with a pole and cane on the face, udder, and rear when leading them into a room to be milked. The manager repeatedly delivered electric shocks to cows’ faces. He also jabbed a fully conscious downed cow in the ribs with a screwdriver and dragged her twenty-five feet with a vehicle. Cows’ vaginal prolapses became covered in manure and were left untreated for three months. Newborn calves were separated from their mothers as a matter of routine.

Video & report: tinyurl.com/cabot10

While the average person opposes extreme cruelty to animals, he or she may be unknowingly supporting it by consuming animal products. The most powerful things you can do to take a stand against the violence are to go vegan and to educate others about the reality of animal farming.



Limpy enjoys the affection of her caretaker, Laurelee Blanchard. The hen became paralyzed after being tied by the legs to be sold for meat.

Greener Pastures

Miraculous new life for ‘spent’ hens

by Laurelee Blanchard

Leilani Farm Sanctuary founder

Limpy, the aptly named hen, is one of those creatures that has made my efforts as an animal activist worthwhile.

I met Limpy some years ago when I learned that a large egg factory on Maui was having a sale on spent hens. Knowing that some people buy the birds to toss into pots of boiling water for soup, I decided to try to save a few from that horrible fate. Customers could buy four hens for four dollars. So upon arriving I paid my four dollars and asked to see the area where the hens were kept. The lady who took my money denied my request to go inside, saying that the department of health prohibited it. I was given a receipt and instructed to drive to the last row of sheds in the back, park there, and wait.

I parked next to a huge warehouse. I was greeted by an employee who disappeared for a minute and returned holding four chickens upside down, their legs bound together with twine. Nearby, on a concrete slab, I saw a large pile of hens with their legs tied together. Hens not purchased would be buried alive.

I placed my four chickens in a box inside my car and asked if I could take a look around. Surprisingly, the worker said, “Just go on in,” and pointed to the door of the warehouse. I entered and saw row upon row of thousands of debeaked hens crammed into tiny cages. The loud squawking of imprisoned birds was deafening. I almost vomited from the overpowering odor.

Inside my car the chickens collapsed and lay motion-

(continued on next page)

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less. They looked dead but were actually traumatized from being tied up for an excessive length of time. The twine around their legs was so tight that I had to use thin scissors to remove it.

Once home, I carefully placed the chickens into a pen filled with straw and observed that they had difficulty walking. One hen was permanently paralyzed in her left leg and wing, likely because of a lack of blood circulation and rough handling while she was tied up. I named her Limpy. The chickens were extremely hungry and thirsty because egg factories discontinue food and water for spent hens.

Four days later the chickens were still huddling in the corner of their new enclosure, their neck feathers worn to the skin. They looked emaciated, a sharp contrast to the battery hens rescued a few months earlier, who blossomed under loving care and became full and fluffy and learned to strut happily around the yard.

Every day for two years after the rescue I would carry Limpy out to the grass so she could soak up the sun. Her legs were too weak for her to walk on her own. After so much abuse she was amazingly sweet and trusting. Eventually she would limp over to where I was sitting on the grass and attempt to hop onto my lap. I would help her up and pet her like a cat. She was warm and soft and smelled good. Chickens, just like cats, love petting and affection.

Having suffered so much abuse as a commercial egg-laying hen, Limpy is another powerful reason for choosing vegan over purchasing eggs and other animal products.

Home to over 100 animals, Leilani Farm Sanctuary is located on a lush 8-acre farm in Haiku, Maui. It is an all-volunteer, nonprofit organization created to provide shelter and care for rescued animals and humane education to the community. www.leilanifarm Sanctuary.org



Consumers' Corner

Company hatches egg-free egg

by Erica Meier
Compassion Over Killing

A brand new incredible, edible egg-free product has just hit the market, making vegan eating easier and tastier than ever before.

The Vegg is a versatile egg yolk replacer that can be used in a wide range of recipes, and you can even use it straight as a liquid “yolk” for dipping toast. In fact, it looks, smells, and even tastes like eggs — but without all the cruelty.

Using The Vegg, now you can easily whip up “egg” noodles, French toast, custard, pan frittata, Hollandaise sauce, and so much more. It’s also ideal as a liquid base when breading foods for frying.

The Vegg is all-vegan, which is great news for the more than 250 million egg-laying hens in the U.S., most of whom spend their lives intensively confined inside barren wire cages. And because The Vegg is made from 100% plant-based ingredients, it’s also 100% cholesterol-free, which makes it heart-healthy, too. Plus, every time you buy The Vegg, you can have an even greater positive impact because 10% of sales will be donated to Compassion Over Killing.

How was this new product hatched? It all started on April 1, 2006

when Rocky Shephard, a long-time vegan and animal activist from State College, Pennsylvania read an article about a new vegan fried egg available in the U.K. Rocky explains, “I was very disappointed when I found out it was an April Fool’s gag, so I decided to make my own.”

With no formal culinary training (Rocky is an artist) but lots of determination, it took him about two years to develop the yolk version of The Vegg that’s available now — and he’s not done yet. The next Vegg product will be a vegan egg patty for breakfast sandwiches, and then, in about a year or two, he’ll be ready to launch the world’s first vegan fried egg.

In the meantime, pick up some Vegg today and get cracking in the kitchen.

Ask your local natural food retailer about carrying this product. For nutritional facts and a list of Vegg recipes, visit TheVegg.com.

Erica Meier is founder and director of Compassion Over Killing. www.cok.net



Electronic Newsletter

Now you can get *The Island Vegetarian* electronically in full color. It saves VSH printing and postage costs. It also saves trees. To switch from the paper to the electronic edition, send an email with your name and email address:

support@vsh.org



Book & Movie Reviews

Vegucated

\$23.99 (DVD)

Motion Picture (2011)

Running time: 77 minutes

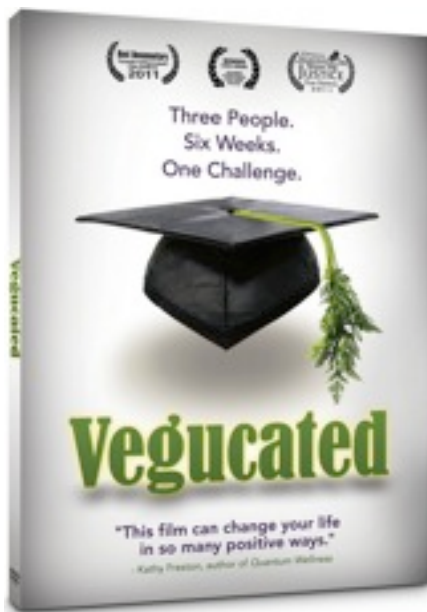
Writer & Director: Marisa Miller

Wolfson

www.getvegucated.com

Movie description:

Vegucated is a feature-length documentary that follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. There's Brian, the bacon-loving bachelor who eats out all the time; Ellen, the single mom who prefers comedy to cooking; and Tesla, the college student who avoids vegetables and bans beans. They have no idea that so much more than steak is at stake and that the fate of the world may fall on their plates. Enticed with true tales of weight lost and health regained, they begin to uncover hidden sides of animal agriculture and soon start to wonder whether solu-



tions offered in films like *Food, Inc.* go far enough. Before long they find themselves risking everything to expose an industry they supported just weeks before.

But can their conviction carry them when times get tough? What about on family vacations fraught with skeptical stepdads, carnivorous cousins, and breakfast buffets?

Part sociological experiment, part science class, and part adventure story, *Vegucated* showcases the rapid and at times comedic evolution of three people who share one journey and ultimately discover their own paths in creating a kinder, cleaner, greener world — one bite at a time.

No Happy Cows: Dispatches from the frontlines of the food revolution

by John Robbins

\$16.95 (paperback)

208 pages

Publisher: Conari Press

April 1, 2012

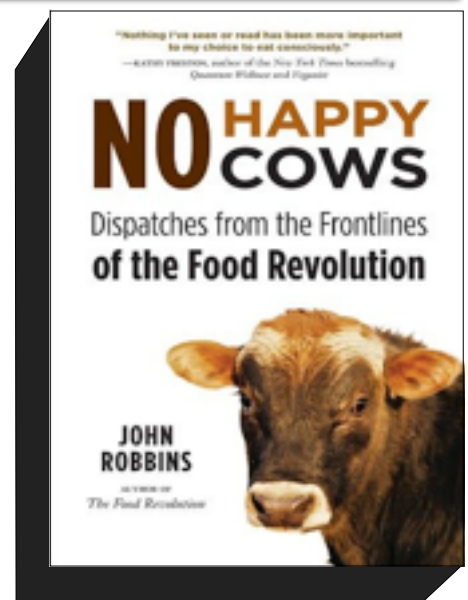
ISBN-10: 1573245755

ISBN-13: 978-1573245753

Book description:

Internationally known vegan and bestselling author John Robbins has continued his observations and investigations into food politics and food-related issues of the day in his popular *Huffington Post* column, foodrevolution.org.

No Happy Cows collects these recent observations along with never-before-published material in book form for the first time. Robbins shares his dispatches from the frontlines of the food revolution, covering the rise of food contamination, the slave trade



behind chocolate and coffee, what he calls the sham of “vitamin water,” the effects of hormones on animals and animal products, undercover investigations of feedlots and slaughterhouses, and many other topics:

- the skinny on grass-fed beef
- greed and salmonella
- junk food marketing to kids
- soy and alzheimer's
- hormones in milk

Robbins' trenchant and provocative observations into the relationships between animals and the humans who raise them remind us of the importance of working for a more compassionate and environmentally responsible world.

Love to Read?

Why not write as well? *The Island Vegetarian* wants reviews of the latest titles in vegan cooking, vegetarian living, and animal rights. Inquire with our editor about a book first to make sure it's suitable for this newsletter.

TheIslandVegetarian@gmail.com

Vegan Tidbits

by Scott Owen Snarr

Eat your heart out

A man who went into the Heart Attack Grill in Las Vegas got what he bargained for. Halfway through his Triple-Bypass Burger he started having chest pains and had to be carried away in an ambulance.

Unfortunately for him, the stethoscope-brandishing owner, “Dr. Jon,” and his nurse-clad waitresses are not real trained medical professionals.

The forty-something victim survived, but perhaps now he’ll think twice about the restaurant’s slogan, “a taste worth dying for.”

Source: *Los Angeles Times*

Unhappy meal

Think that happy meals are really happy? Neither do the people who serve them. While only 1% of Americans believe their job makes the world a worse place, 42.3% of fast food workers think so, beating out bartenders (5.8%) and senior attorneys (4.9%).

Source: *The New York Times*

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, 2012. Submissions accepted by email only:

TheIslandVegetarian@gmail.com

Roasted Brussels Sprouts

by Alina Niemi, VSH member

Like broccoli, kale, and kohlrabi, Brussels sprouts belong to the cabbage family. Research suggests that plant compounds known as phytochemicals found in these cruciferous vegetables can slow development of several types and stages of cancer. Brussels sprouts are also loaded with fiber and vitamins C and K.



Photo: Alina Niemi

I didn’t like them before because of their bitter flavor. But this recipe changed that. Roasting them makes them savory and sweet with no trace of bitterness. Try them for yourself and see if you aren’t a convert, too.

- Brussels sprouts
- extra virgin olive oil
- salt

Cut larger sprouts in half. Throw them all into a roasting pan. Drizzle with olive oil, sprinkle with salt, and mix well.

Bake at 375°F for about 40 minutes, mixing them once, halfway through cooking time. They are done when the centers can be easily pierced. The small leaves that fall off can get dark brown and crispy; they remind me of toasted nori.

Alina Niemi is the author of *The New Scoop*: recipes for dairy-free, vegan ice cream in unusual flavors (plus some old favorites). Get free recipes at www.alinaspencil.com.

Television

“Vegetarian” VSH lectures

Oahu—Oceanic Cable Ch. 52
Wednesday 11 a.m.
Thursdays as listed
in Oahu TV guides
Go to olelo.org and click on
“Oahu Channel 52.”

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

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

Maui schedule is at akaku.org

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

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

Online—www.vsh.org/videos.htm

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

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www.veganworldradio.org

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Kapolei + Pearlridge
[www.downtoearth.org/
free-cooking-classes](http://www.downtoearth.org/free-cooking-classes)
Or call 947-3249 for info.

The Oahu Vegan Meetup
www.veganoahu.org



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