



The **VEGETARIAN**

SOCIETY of

HONOLULU Quarterly

Volume VI, No. 4, Dec. 1995

*** supporting human health, animal rights, and ecology ***

President's Message



Greetings!

Did any of you notice that October 28th was Make A Difference Day? This is a day when people go around and benefit others by performing any of a vast array of good deeds. It's done singularly or as a formal group, anonymously or openly, small or large projects. It reminds me of the good in people that comes out in the form of helping others with no thought of a return such as putting a coin in someone else's parking meter when it's about to expire or picking up something in the middle of the street that might damage someone's car. Well, this organization is very similar. There is, however, a major difference; we're doing this every day of the year. The form our good deeds take saves lives at best (both human and otherwise), improves the health of many (including our planet), and lastly, maintains the health of those who still

have it. It's quite a job that we're up to.

Communications is the name of the game. It's the prime goal of VSH, but we're in an uphill battle. You see, we've got all the arguments and the answers but the other side has all the money.

It's a David and Goliath battle but in this case Goliath has the U.S. Government on his side; the USDA puts about \$5 billion/year into feed grain price supports which count as *de facto* supports for the flesh industry, and outright \$1 billion price supports for dairy. That's your tax money, by the way, and while there's some evidence congress is getting tired of dancing the USDA polka and wants to learn some new steps, local government also wastes your tax dollars; last year the Hawaii Legislature appropriated \$450,000 to build a slaughterhouse on Molokai.

VSH is entirely volunteer operated. No one gets paid. We now have about 620 members, one of the largest veggie clubs in the U.S., but about a dozen volunteers are doing all the work. If one of us melts down from overload there's a big problem keeping the club going.

In a word we need volunteers. This organization exists to help us be more effective, but an organization consists only of individuals -- people just like you and me. We've got to work together, and this takes our time and energy. With the departure of Eva and Freeman Wright, Allen Schubert, and Karl Seff who have all handled their assignments with panache, we need a Social Director, Restaurant Reviewer, Internet Wizard, Meeting Planner and new jobs such as Computer Expert, Legislative Liaison, and School Lunch Liaison. Please help. Volunteer your services at 395-1499.

With aloha,

-Ruth Heidrich

Thanksgiving Food Drive Deadline - see page 6

Peter Burwash Lecture December 5th-see page 6



Honolulu Herbivore Happenings

Winter 1995

November 21, Tuesday

Last chance to contribute food to the depleted Salvation Army Food Bank before Thanksgiving. VSH and Animal Rights Hawaii (ARH) are collecting foodstuffs and other items. Please bring, or purchase items that are *vegetarian* to the collection boxes at Down to Earth and Huckleberry Farms.

Contact person: Warner Sutton 373-3314. (*See page 6*).

November 22, Wednesday:

Sixth annual Vegetarian Society Of Honolulu Thanksgiving Eve Dinner. Join us at 6 P.M. in the historic Waioli Tea Room in Manoa Valley at 2950 Manoa Road. A pure vegetarian (vegan) dinner will be served. Parking is available on the grounds. Send in your reservations request below along with your check to the VSH office. Do so early as seating is limited. Any questions about the menu should be directed to VSH at 395-1499.

Yes, I will attend the Vegetarian Society Of Honolulu annual Thanksgiving Eve dinner at the Waioli Tea Room, 2950 Manoa Road, at 6 P.M. on Wednesday, November 22. I need to reserve seating for the following:

___ Members(\$19.50 ea.) _____

___ Nonmembers(\$21.50 ea.) _____

___ Children ages 4-11(\$10ea.) _____

___ Children under 4 FREE

TOTAL ENCLOSED _____

Name (please print) _____

Phone (confirmation) _____

Make checks out to Vegetarian Society Of Honolulu,

P.O. Box 25233, Honolulu, Hi. 96825. Your canceled check is your receipt.

December 5, Tuesday:

Don't miss the health event of the year! Mark your calendar now for: *An Evening With Peter Burwash*. It takes place Tuesday evening, December 5th, 7:00PM to 9:00PM at the Garden Lanai in the Ala Moana Hotel on Atkinson Drive. Peter will focus on the latest information on vegetarian nutrition. He has waived his speaking fee, so all proceeds will be going to VSH. The last time Peter Burwash headlined our event, it was a sell-out! Admission tickets are \$10.00, available at:

- Down to Earth 947-7678.
- The Good Health Food Store Pearl City 487-0082.
- The Source, 32 Kainehe St. Kailua 262-5604

Or: send your \$10.00 to :

Vegetarian Society of Honolulu

P.O. Box 25233

Honolulu, HI 96825

(808) 395-1499

December 11, Monday:

Monthly meeting of the Society, 7 P.M., Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Avenue (100 yards behind Kapahulu Library). Dr. Kevin Kunz of the Kailua-Kona Medical Clinic, recently Board Certified in Preventive Medicine, will speak on the topic, "Maximizing Your Health."

December 30, Saturday:

Holiday Potluck dinner at 6 P.M. at a location to be determined. Bring a favorite dish containing no meat, fish, or fowl and a list of ingredients. Please bring your own plates and utensils. Call Freeman at 531-8427 for more info.

January 8, Monday:

Monthly meeting of the Society, 7 P.M., Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Avenue (100 yards behind Kapahulu Library). Jennifer Raymond, M.S., Author and Nutrition Specialist and Cooking Instructor with Dr. Dean Ornish's "Open Your Heart" Program will present a talk entitled, "Eat For Life." Come and hear a charming young professional speak her piece.

January 20, Saturday:

Meet for dinner at the Pacific Vegetarian Restaurant, located in the Aloha Tower Marketplace. Call Freeman at 531-8427 for more information.

February 12, Monday:

Monthly meeting of the Society, 7 P.M., Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Avenue (100 yards behind Kapahulu Library). Elaine French, past President and Co-founder of VSH, will present the basics of vegetarianism with a talk entitled "Vegetarianism 101."

February 17, Saturday:

Join us for a moderate hike to Makapuu Point Lighthouse. Meet at the trailhead at 9 A.M. Bring a hat, good walking shoes, sunscreen, water, a snack, and binoculars to see those whales better. Call Freeman at 531-8427 for more information.

Related Events:

Every Sunday from 7:00-9:00 p.m., K108 AM radio presents "Nutrition and You", with Terry Shintani, M.D., and triathlete Ruth Heidrich Ph.D., a "pair-o-docs". Call in to the show at the new number 524-1080. Events of the Vegetarian Society will be announced on the program.

Sang Lee, M.D., from the Weimar Health Institute in California, will approach various health topics from the vegan perspective at the Manoa Seventh Day Adventist Church at 2655 Manoa Road in Honolulu.

Times: Friday, November 17 at 1:00PM and 7:00PM, Saturday, November 18 at 11:00AM and 2:00PM, Sunday, November 19 at 3:00PM. For information call 247-5779.

On KITV-4's 5:00 news, Dick Allgire's Health Report often mentions vegetarian ideas, and on Thursdays, Dick presents his vegetarian recipes.

Healing Hearts, a ten week cardiac support group facilitated by Doctor Neal Pinckney will be unavailable during this quarter. New groups are planned for April. Neal's *Healthy Heart Handbook* has been picked up by a big mainland publisher and will be going national in February, 1996.

Low fat vegan cooking classes! From January 21 to March 10, 1996 Masa and Harriet Yafuso will conduct eight classes at the Aiea Seventh Day Adventist Church at 99-005 Moanalua Road, Aiea HI 96701. Sundays 2:00-4:00 p.m. Free! For information call 247-5779. (Free samples, too! Masa and Harriet consistently filled the Manoa SDA Church and this is a true bargain.)

Tune in to Hawaii's newest Health Talk radio show, DOCTOR HEALTH. Get your weekend off to a healthy start every Saturday morning from 10 to 11 A.M. on AM 760 KGU. Program features include the Health Hotline News, Medical Minute, AMA reports, and weekly guest experts. Join host David Snow for an hour of fun and fact-filled information. Call in your questions and comments to 296-7676.

VSH has a regular public access TV show Wednesdays at 6:00 P.M. on ATTN 2 (Channel 25 Oceanic). Unfortunately Channel 25 will not show on Chronicle Cable. We alternate half-hour and hour shows. Watch for "Vegetarian" in your TV guide and eventually you'll see about 27 separate tapes, some locally produced by VSH, some done on the mainland. See schedule below.

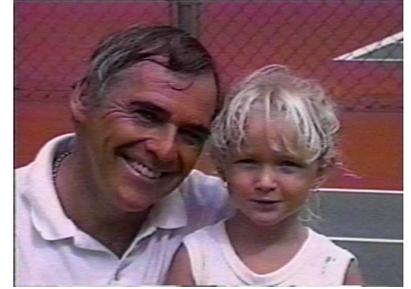
Special Events

Peter Burwash:

Don't miss the health event of the year! Mark your calendar now for:

An Evening With Peter Burwash on health and fitness. The event takes place Tuesday evening, December 5th, 7:00PM to 9:00PM at the Garden Lanai in the Ala Moana Hotel on Atkinson Drive.

Peter Burwash is known to millions of people throughout the world for his tennis talent. As a former Canadian Champion and Davis Cup star he is now recognized as one of the top tennis coaches in the world. Most of us also know him for his undying passion for enlightening others to the healthful vegetarian way of life. And that's what our annual VSH fund-raiser is all about. Peter has waived his speaking fee, so all proceeds will be going to the society. He will focus on the latest information on vegetarian nutrition. The last time Peter Burwash headlined our event, it was a sell-out!



Here's what we need everyone to do: bring at least one non-vegetarian friend or relative to this event! And even if you attended his last lecture two years ago, come again yourself. Peter promises lots of new material including many new slides, shown for the first time. He is also inviting Mayor Jeremy Harris to this special event.

Admission tickets are \$10.00, available at:

- Down to Earth, 2525 S. King St. 947-7678
- The Good Health Food Store, Kaahumanu St. (Times Square Shp. Ctr. Pearl City.) 487-0082
- The Source, 32 Kainehe St. Kailua 262-5604

Or: send your \$10.00 to :

Vegetarian Society of Honolulu

P.O. Box 25233

Honolulu, HI 96825

(808) 395-1499

But hurry! His last event was a sellout and countless people had to be turned away from the standing room only auditorium.

Thanksgiving Food Drive:

The Vegetarian Society of Honolulu (VSH) is sponsoring a Thanksgiving food drive for the Salvation Army. In conjunction with Animal Rights Hawaii (ARH), donations, both in food stuffs and other necessities, will be collected to donate for the Holiday. The Salvation Army's recent depletion of supplies and the Hawaii Food Bank's low inventory has become a major shortfall for the community needs.

Thanksgiving Day the Salvation Army feeds thousands of people a feast of gratitude for all who come to eat. Many aged, poor, and homeless look forward to a great meal. While this once-a-year public display of charity

has been well publicized, the day-to-day meals are also given to the needy. That demand for a constant supply of non-perishable goods has increased without an equal response from outside sources. Collection boxes have been set up at Down to Earth and Huckleberry Farms for non-perishable food goods. Please bring or purchase items that are *vegetarian* by Tuesday, November 21st for the collection boxes. Monetary donations are also needed as the two stores above will sell reduced price items to VSH for donation. Cans, bags, toiletries, and dry goods will be happily accepted.

Remember to share this information with others in our Ohana.

Contact persons: Warner Sutton 373-3314 (VSH)--Cathy Goeggel 941-9476 (ARH)

Recipes

COOK HEALTHY FAST WITH DICK ALLGIRE

Perfect Pasta (With Beans & Chard)

"perfect" because of the awesome nutritional analysis of this recipe

- 1 lb. short pasta, like Penne
- 4-5 garlic cloves, minced
- 2-3 onions, diced
- water, white wine, or veggie broth
- 1 lb. Swiss Chard (10 cups shredded) (may substitute endive or spinach)
- 28 oz. can tomatoes
- 3 cups drained white beans (cook your own or use canned)
- juice of 1 lemon

Bring large covered pot of water to a rapid boil. While water heats, sauté garlic and onions in a large saucepan, in a few splashes of water or white wine until onion is translucent. Stir in the chard or spinach and cook covered for several minutes, until it reduces by half. Start cooking the pasta. Add juice from tomatoes to the sauce. If using whole tomatoes, chop them up a bit. Stir in tomatoes and beans, bring sauce to simmer. Add lemon juice before you drain the pasta. Serve sauce, ladled onto bowls of hot pasta.

Analyzed by Calorie this recipe has only 4% of calories from fat, 18% protein and is a healthy 78% carbohydrates. NO CHOLESTEROL!

Per Calorie (which means if you ate only this for your day's entire Calorie needs) it supplies this percentage of your RDA of these essential nutrients: 418% B-1, 177% B-2, 287% Vitamin C, 104% Vitamin E, 113% Calcium, 105% zinc, 278% iron, 335% Potassium. EAT FOOD LIKE THIS AND DON'T WORRY ABOUT VITAMINS AND MINERALS!!

Tostada Meal In a Minute

Here's how I made this one. It's really easy, and you can make any changes you want to customize it.

- A bag of fat free (baked) tortilla chips
- 1 can veggie chili
- (*or a can of black beans or pinto beans*)
- 1 jar salsa (*your favorite brand*)
- 1/2 red onion, chopped

- lettuce or salad mix
- 1 chopped tomato
- grated carrot
- your favorite fat free salad dressing

Heat the chili or beans and mix in 1/2 jar of salsa and the chopped onions to spice it up a bit. In a large serving bowl, crumble a handful of the fat free chips. Spoon on some of the chili/salsa mix. Add the lettuce/salad mix, along with tomatoes and grated carrot. Top with salsa or your favorite dressing.

Lentil Tacos

- 1 cup diced onion
- 1/2 cup diced celery
- 1 clove garlic
- 1 cup lentils
- 1 TBS. chili powder
- 2 tsp. cumin
- 1 tsp. oregano
- 2 cups veggie broth
- 2 TBS raisins
- 1 cup salsa (see below)
- 8 corn tortillas
- lettuce, tomato garnish

Saute onions, garlic and celery in water (or broth or white wine) for five minutes, adding liquid as needed so it doesn't burn. Stir in the lentils, chili, cumin, oregano. Add a dash more liquid. Stir fry 1 minute. Add broth and raisins, cover, cook 20 minutes. Remove lid, add salsa, and cook 10 minutes. Heat tortillas and serve with lentils and garnish.

For salsa:

- 2 cups tomato, chopped
- 1/2 cup fresh cilantro
- 1/4 cup lime juice
- 1 red onion, chopped
- 2 cloves garlic
- 1/2 tsp. hot sauce
- salt to taste
-

	Pasta	Tostada	Tacos
<i>% of Calories from:</i>			
Carbohydrate	78	73	73
Fat	4	11	11
Protein	18	16	16

Nutrient - Percent of (Recommended Daily Allowance per Calorie)

	(%)	(%)	(%)
Calcium	113	143	160
<i>Cholesterol</i>	0	0	0
Fiber	137	299	341

Folate	283	555	682
Iron	278	165	274
Magnesium	296	289	259
Potassium	335	219	258
Phosphorus	165	255	288
Riboflavin	177	92	101
Thiamin	418	232	209
Vitamin A	178	576	229
Vitamin B12	0	0	0
Vitamin B6	98	195	236
Vitamin E	104	120	212
Vitamin C	287	276	426
Zinc	105	126	139

VSH thanks all the volunteers who tabled for VSH at:

The Senior Health Fair at Blaisdell Center 9/22-24/95

- Mary Arakaki
- Dawn Bardusch
- Elaine French
- Ruth Heidrich
- Barbara Hoapili
- Eva Martin
- Allen Schubert
- Arnold Seagal
- Ann Wheat
- Jackie Winter
- Eva Wright

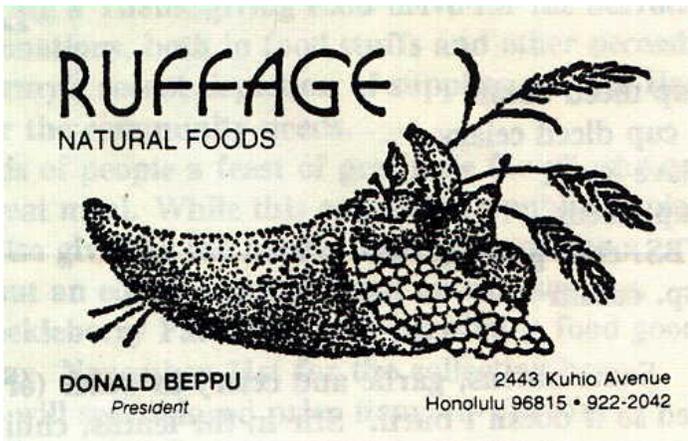
WANTED: Vegetarian Society Coordinators for Maui and the Big Island. We will keep membership records and mailing lists and print your activities in this newsletter.

WANTED: Volunteers to work in the VSH office during week-days. Must have some office skills. Please call the Veggie Hot Line 395-1499.

Fine Dining at the Bottom of the Food Chain

LIBERTY HOUSE? KUHIO AVE? VEGGIE?

Yes, it is possible to get some vegan as well as lacto fare in these unlikely locations. Mind you, I didn't say great food in lovely settings, but both are a real step up from "not bad". Take the Ala Moana Liberty House's Deli on the top floor for example. After getting off of the escalator, follow the pots and dishes to the back of the store where, on your right, is the eat-in/take out deli where you buy food mostly by weight. They have a surprising variety of vegetable and pasta salads, well flavored. Lactos will find a nice vegetable laden lasagna. I especially enjoyed the Fiesta salad, a raw tomato salsa laden with beans. Nice wheat rolls and a mixed fruit salad will top



off your tank. L.H. also has a cafeteria style restaurant near the Deli, but, unfortunately, I couldn't find much to eat there on two trips. The weak of resistance folks will have a hard time passing by the bakery and fine candy sections adjacent to the Deli. L.H. has definitely spiffed up their 4th floor food service. Prices are quite reasonable, the table seating is comfortable and stylish, even your basic low fat vegan can find something good and nutritious there.

And now for Kuhio Ave. Well, a tiny little health food store/deli called Ruffage has a small menu of soups and sandwiches for a quick bite. Seating is at two outdoor

tables well protected from the sun. We liked the lentil soup and a tofu sandwich on McDougall bread. Service was really basic. It's claim to fame is that a veggie person can find something quick and pretty tasty in that carnivorous area of Waikiki. Ruffage is at 2443 Kuhio Ave. 922-2042. Look for the mural above the front sushi place on the makai side of the street.

-Eva Wright



Meet the Members



Dawn Sweeney Bardusch is a name that's been in the VSH filing cabinet since the club started five years ago. Trouble is, nobody ever saw Dawn. Now she's our bookkeeping assistant, doing all those tedious details like new member mailing lists, book and tape mailings, phone calls, runs to the post office, etc. Dawn is a dental hygienist. "I was too busy with work in the daytime and then there was jazz-ercise in the evening," so until she quit her full-time job to go back to school at Kapiolani Community College to learn to interpret American Sign Language for the deaf there just wasn't time for VSH.

Dawn's father, John Sweeney, a former Indiana gymnast, physical education teacher, water safety and CPR instructor for the Red Cross, fencer, and weight lifter put her on the road to vegetarianism. In 1987 at the age of 59 he died suddenly of a heart attack.

"I don't know how often he told me 'the first symptom of heart disease is death,'" says Dawn. Although he had a high level of fitness he'd followed the Standard American Diet, which translates to about 300 mg of dietary cholesterol per day and 41% of Calories from fat. "He was the one I looked up to for all the answers," says Dawn. "If he were alive today he'd be a vegan. He'd already figured out the rest of it." Dawn's physique is "a carbon copy of his."

"So I went to Castle Hospital that year and signed up for a \$20 weight loss program," says Dawn. It was a bargain and Dawn lost fifty pounds. "At first I still ate shrimp. Then I said 'Why am I still doing this?' Finally a lightbulb went on, everything started to make sense, and I became a vegan." Her teachers were John Westerdahl, since departed to the mainland, and Ed Hoover, still in the Castle Health Education Department. The course now costs \$200.

"Health is my main concern," says Dawn, whose serum cholesterol followed her weight down, dropping from 180 mg% to 132. "I just feel better. More energy...I work out twice a day."

"I don't appreciate people eating animals," says Dawn, who grew up where there were horses and chickens. "I was a Daniel Boone...built treehouses and spent a lot of time in the woods. We played with the chickens like pets and they'd follow us around like pals. I can't say I'm a real animal lover. If a dog goes by I'll say 'Hi' but I don't get down and hug it and kiss it. I don't *not* eat animals because I love them; I'm not that compassionate. But I don't hug and kiss every person I see either."

Dawn's been married for 11 years. Husband Darryl is a civilian attorney at Fort Shafter. Although he has a vegetarian mother, if asked if he's also vegetarian he's likely to say, "I guess I *am*, since my wife does all the cooking."

"I was a waitress for a year at age sixteen," says Dawn who now seldom goes out to eat. "I saw what goes on in a restaurant kitchen. You're taking your life in your hands when you let other people make your food decisions for you." Even family members can't resist the temptation to slip in a little milk or an egg. After all it's good for you, right? "If I go to a restaurant I say 'no fish sauce, no parmesan'...and the waitress seems surprised when I tell her that parmesan is *cheese*."

"Maybe someday we will not be a weird minority and our friends will say 'Hey you were right! Sorry, I thought you were a pushy activist. Why didn't you tell me you were preaching for the lives of me and my children?'"

"They could say that. Yeah, when pigs no longer have to die."

Like many of us she regrets not taking advantage of her parents' knowledge. Dad was a scuba instructor, Mom taught ballet. Dawn didn't pay much attention to either but now she dives all over the island and dances for exercise, paying for both activities when she could have had them free when she was a kid.

-Bill Harris, M.D.

Animal Rights Hawaii



John Henry Felix has written a bill that would ban big cats, bears, elephants, monkeys and apes from performing at city owned facilities (e.g. Blaisdell Center) or from participating in parades on city streets. The Felix "Tyke" bill does not attack the zoo, Sea Life Park, or rodeos on private land. If passed it would eliminate further "Tyke"-type disasters even as it reduced the litigation risk for C&C. Please take a few minutes to call the council members below and urge them to sign on to the "Tyke" bill so that it can have a public hearing. If John Henry Felix is your councilmember, please call and thank him for this great bill.

- Bainum 547-7004
 - DeSoto 547-7009
 - Felix 547-7003
 - Hannemann 547-7008
 - Holmes 547-7002
 - Kim 547-7007
 - Mansho 547-7001
 - Mirikitani 547-7005
 - Yoshimura 547-7006
-

The Island Vegetarian

Higher Taste, the vegetarian restaurant at Aloha Tower Marketplace is now The Pacific Vegetarian Restaurant featuring a new menu with all vegan items so marked and with delivery service available...9/25/95 We met with Gene Kaneshiro, Director of the DOE School Food Services. In 1992 VSH petitioned for a vegan school lunch option. Since then we've dropped the ball; the VSH'er who started the petition left Hawaii. We had to explain to an irate veggie mother that the high-fat school lunches offered to her kids are not his fault; the National School Lunch Program is essentially under USDA control and the USDA has mandated excessive amounts of butter, milk, poultry, meat, and fish since 1946. We think Gene would be pleased to institute healthier school lunches based on the new Nutrient Standard rules rather than the old food group rules. How about a VSH member (perhaps with kids) who could work constructively with the DOE to that end? Call us at 395-1499...9/11/95 Sandy Swan of the Healthy lifestyles Program of the UH Cooperative extension on Molokai gave us an illustrated talk on "My Trek to Vegetarianism" which included some nice handouts on animal agriculture, hormones and pesticides and one on the subject of meat advertising...10/2/95 For World Farm Animal's Day, Cathy Goeggel (ARH) and Bill Harris (VSH) played assistant D.J. on Alan Bunin's KHPR Morning Concert. In between Saint-Saëns' *Carnival of the Animals* and Bach's *Sheep May Safely Graze* we got out the word that those sheep would most likely prefer that the shepherd not take them finally to the slaughterhouse...P.M.: VSH and ARH filled Diem restaurant to overflowing in commemoration of WFAD. We expected a half dozen people but 33 showed and people were standing in line outside... A few of us proceeded on to Coconuts Night Club in the Ilikai Hotel to hear The Jazz Hawaii Big Band fronted by VSH member Tom Artwick, one of the hottest alto and tenor sax players in Hawaii. This band can really swing and it plays Mondays 8:30PM-11:30PM. For updated information call Jazz Hawaii at 737-6554...10/9/95 Karl Seff, Ph.D. amused us with a nicely understated, droll presentation "The Garden of Eden." Trouble is Karl's off on sabbatical next year so we're trying to arrange a repeat so the talk can be taped for Olelo TV...VSH can be a designated recipient of Aloha United Way donations. Ask for a donor choice form, designate D (alternate care) and then say "My gift is dedicated to Vegetarian Society of Honolulu, P.O. Box 25233, Honolulu, HI 96825."...The State of Hawaii has awarded a sweetheart contract to the Big Island's Hawaii Beef Packers by allowing them to kill cattle at the State owned Hamakua Slaughterhouse on the north shore of the Big Island. The slaughterhouse has been closed since January, 1993. In exchange for unspecified improvements and repairs to be done by Beef Packers, annual rent will be only \$1757.00, plus a \$1.00/head slaughter fee after the first 180 animals, plus a .20/1000lbs charge after the first 500,000 lbs. The cattle ranchers will save the cost of transporting their cattle to Honolulu for "processing." Governor Cayetano is fully in support of the State's "partnership" with private industry..."The Race for Life," was held as part of a commemoration for the completion of Kalaniani'ole Highway in Hawaii Kai. We wanted to announce it in the calendar since any proceeds will be split between VSH and the American Cancer Society but the newsletter is too late. We'll give you a report next quarter...

THE LARGER SCENE

7/25/95 "raw milk is essentially a suspension of fecal bacteria in a rich nutrient broth," says the Oregon Center for Disease Prevention & Epidemiology. An outbreak of *E. coli* bloody diarrhea was traced to a dairy where for at least 12 days the coliform count for one product had exceeded standards; the product went to market anyway. (Thanks to Christina Gore, D.M.D. for this one)...8/1/95 The Farm Animals Reform Movement reports that 158 million cattle and pigs and 8.63 billion chickens and turkeys will be killed for food in 1995. F.A.R.M.'s "Industry Watch" papers collected from the *Animal Industry Foundation*, *Feedstuffs*, and others shows the animal food biz is quite disturbed over vegetarianism as the new "in" thing, the flight of celebrity entertainers into the ranks of animal rights organizations, rumblings in congress to dismantle feed grain price supports, and the recent passage of a bill reducing government support to the fur industry...8/19/95 Bulatovic Djordje, Proletarskih Brigada 35, 11000 Beograd, Yugoslavia, Europe is an 18 year old animal rights activist living in a time and place where even human rights seem to be very much in question. He would like a copy of our "zine", which we will send, and perhaps some friendly words from Americans who agree that very few people treat animals with much kindness...8/28/95 Newsweek ran *Children of the Corn*, a two page item on veggie kids. "They're not Stephen King kids; they're your kids, who think meat is totally gross and that eating veggie is righteous."...8/30/95 Voodoo Economics anyone? Pakistani stockbrokers led 10 goats through the Pakistani

Stock Exchange to the parking lot where they were slaughtered in a sacrifice intended to end the recent slide of the exchange. Next morning the exchange's index fell 12.57 points to a 16-month low of 1,683...Tirrell McGruder sent us an interesting clipping *Food and Pain: Making the Connection* pointing out that the arachidonic acid (AA) in animal fat is the precursor to a number of inflammatory responses (prostaglandins) that cause a pain response. Humans can make their own AA so there's no point importing it in the diet...9/22/95 If you can't sell 'em, give 'em away dept.: the American Egg Board has mounted an aggressive "Eggs Against Hunger" campaign. "Let's try to reach 2 million eggs and help reduce the supply at the same!" says the pitch. In other words let's take something we can no longer sell because of the public's cholesterol awareness, dump it on the poor people, take a tax deduction, reduce the supply, and drive up the market price all at once. Nifty!...10/9/95. Rural Vermont, a nationally known farm advocacy group, has published two investigative reports on bovine growth hormone, (rBGH or rBST), a synthetic hormone injected into cows to force them to make more milk. Jenny Nelson, Co-Chairperson of Rural Vermont can be reached at 802-584-3296. The report is more bad news for Monsanto Chemical Co...Discover Magazine 10/95 points out that the spread of BIV, bovine immunodeficiency virus, is probably the result of artificial insemination (AI) of the US dairy herds, and the use of sperm from a few infected bulls. Check out the AI process sometime, it's so gross it's always seemed likely to us that it would spread *something* (besides baby cows.) Meanwhile the Associated Press reports that "a third British farmer has died of the human form of a virulent cattle disease."...Burger King goes Veggie King? That was how it started, a simple "post" on the internet, on Vegetarian Pages, in early October. The original post read: American burger chain Burger King is launching a vegetarian burger and would make it readily available if sufficient numbers of people indicate their preference for it by telephoning 1-800-YES-1800 (within the USA). Within one day, this news spread to a minimum of 300-400 people on various e-mail lists and untold numbers on the Usenet. We checked out the free 1-800 number on 11/8/95 and there's still a poll in operation, so call in and vote YES.

People are fed by the food industry which pays no attention to health, and are healed by the health industry which pays no attention to food.

-Wendell Berry
