

The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Publication

supporting human health, animal rights, and ecology

Volume 12, Issue 2, Apr - Jun 2001

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Meet Our Members

by Alida Rutchick

William Harris, M.D.

This quarter's featured VSH member is none other than our own Dr. William Harris, founding member, Board member, and VSH newsletter editor for six years. Dr. Bill, retired Kaiser Permanente emergency physician, has a long vegetarian history in addition to a wide range of fascinating interests and involvements. He is a Phi Beta Kappa with a B.A. in physics from UC Berkeley. He received his M.D. degree from UCSF. He served as the first chief of emergency medicine at Scripps Hospital in La Jolla, California. He volunteered in Vietnam at the height of the conflict there

as physician in charge of the civilian pediatric ward. He served as an emergency physician with Kaiser Permanente for approximately 30 years. He founded and directed the Kaiser-Permanente Vegan Lifestyle Clinic from 1997 to 1998 until his retirement in that year.

Dr. Bill is an accomplished trampoliner. In 1950 he held the title of Big Ten Trampoline Champion. He now maintains three world class trampolines at

McCully Recreation Center and is sponsor and coach of the Hawaii High-flyers Trampoline Club for the free benefit of the public.

Sailplaning and hanggliding are two more of Dr. Bill's accomplishments; he holds a pilot's license with commercial, single, and multi-engine ratings. He is also a skydiver, holding a U.S. Parachute Association license.



(See Meet the Members on page 12)

The Island Vegetarian

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Helen Wells, MA
Jim Brown

Mahalo to all our volunteers...

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



President's Message

by Alida Rutchick, MEd

This quarter has seen VSH reach its highest membership count in several years. There are now just under 900 of us! This, I feel, is quite an accomplishment, considering our limited population size and geographic isolation. Recently we awarded a free membership to "Aunty Ruby" on Dick Allgire's TV cooking show; thanks to VSH Recording Secretary Mary Arakaki for graciously presenting this and a vegetarian recipe to the viewers. In February Mary also coordinated the VSH booth at the Health and Fitness Expo with the

assistance of Elaine French and Jerry Smith, who made sure that books and other materials were on hand at the Expo and safely delivered back to our office. Again this year approximately 20 volunteers manned our table and helped spread the vegetarian word. If you haven't participated in this event and are vegetarian, I highly recommend it as a great way to spend part of a long weekend. I hope that you've been enjoying the new features and essay topics in our recent issues. As always we welcome your thoughts on how we can better meet your needs and educate our community about vegetarianism. Aloha for now,

Alida

"Surely a better time must be drawing nigh when God-like human beings will become truly humane, and learn to put their animal fellow mortals in their hearts instead of on their backs or in their dinners."

John Muir
Sierra Club Founder

Dates to Remember

April

- 7 - World Health Day
- 14 - National Dolphin Day (remembrance of all sea creatures)
- 15 - National Wildlife Week Begins
- 21 - John Muir born 1838
- 22 - Earth Day
- 22 - World Week for Animals in Laboratories
"I abhor vivisection. It should at least be curbed. Better it should be abolished. I know of no achievement through vivisection, no scien-

tific discovery that could not have been obtained without such barbarism and cruelty. The whole thing is evil. - Dr. Charles Mayo, founder of the Mayo Clinic

May

- 6 - Be Kind to Animals Week
- 13 - Mother's Day/National Veal Ban Action Day
- 26 - Marine Mammal Freedom Weekend
- 28 - Memorial Day

June

- 3 - World Environment Day
- 30 - July 4, Animal Rights 2001, Washington DC

More School Shootings

By Jim Brown

As a former resident of San Diego I was saddened to learn of the tragic deaths and injuries from the recent school shooting there. It's incomprehensible to think that a fifteen-year-old boy, living in a beautiful city with nearly limitless opportunities within his grasp, could, with the simple squeeze of a trigger, destroy his life and the hopes, dreams, and lives of his innocent classmates. What could possibly generate the rage necessary to transform an apparently typical adolescent into a cold-blooded killer?

As with the other recent shootings, the pundits will round up the usual suspects: the incessant violence on TV, in video games, and in movies; easily accessible guns; the social ills of broken homes and parental neglect; the often minimized connection between animal abuse and subsequent human violence found in virtually all mass murderers (it's been reported the suspect was a hunter. No word yet on other animal abuse.).

Another "suspect" not often considered is the violence associated with the suffering and death of literally billions of animals each year to support the American obsession with eating meat. When we're taught to accept violence toward animals as normal and to show such little respect for other living creatures with whom we share the Earth, it's not surprising that violence and disrespect spread to other areas of our lives; life be-

comes cheap and expendable.

It was evident to Pythagoras over two thousand years ago and is as clear today, "As long as man continues to be the ruthless destroyer of lower living beings, he will never know health or peace. For as long as men massacre animals, they will kill each other."

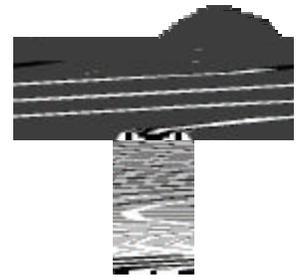
By eliminating the violence on our plates, we can eliminate violence in other areas of our lives as well. Every day we have a choice to stop the cycle of violence by eliminating the consumption of animal flesh from our diets.

Why not join the ever growing number of vegetarians opting for more compassionate food choices, ones without the violence inherent in the meat industry? It will be much better for our health and our environment, the animals will benefit, and it will be a great leap toward a less violent society.

For our children's sake, isn't it worth a try?

"It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind."

Albert Einstein



Heart Disease? Take our quiz.

Do you eat meat or dairy products?

Yes _____ No _____

If you checked "Yes," you should know that 4000 people a day have heart attacks, and over half the deaths each year in the U.S. are due to heart disease. Eating meat and dairy products has been conclusively linked to high cholesterol levels that lead directly to heart disease.

If you checked "No," you very likely have a cholesterol level less than 150 and your chances of experiencing the chest-crushing pain of a heart attack are next to zero. In the famous on-going study of the population of Farmington, Massachusetts, in 35 years not one heart attack has occurred in a person with a cholesterol level of less than 150.* Not one!

(*Physicians Committee for Responsible Medicine, www.pcrm.org)



Animal Rights Corner

by Cathy Goeggel

Animal Rights Hawai'i had a great day at the Legislature March 15! Our display documented horrible abuses of pigs and chickens - right here in Hawai'i!!

Thanks to Chef Tyler Ralston, we distributed over 400 portions of his legendary vegan *Tofu Poke* and ran out of copies of the recipe - it was so popular.

Our videos on the abuse of the livestock industry touched many viewers, among whom were legislators and their staff. We emphasized the cruelty and environmental degradation of the meat business to which the Legislature continues to throw taxpayer dollars. We promoted the vegan lifestyle and gave away information about both ARH and the Vegetarian

Society of Hawai'i.

Mahalo nui to Jim Brown, Frank DeGiacomo, Elaine Johnson, Dr. Bill Harris, and Jane Shiraki for making this annual event a success.

TOFU POKE RECIPE

by Chef Tyler Ralston
Animal Rights Hawai'i

- 1 block super extra firm tofu (may also use "Lite" tofu)
- ¼ cup coarsely chopped limu
- ½ large red chili pepper seeded and chopped
- 2 TBSP chopped green onion
- 2 tsp toasted sesame seeds
- 1 tsp. Grated ginger
- ¼ cup tamari (or shoyu)
- 1 TBSP sesame oil

How To Prepare:

Thoroughly drain tofu; cube and place in a bowl. Lightly toss tofu with limu, chili pepper, green onion, sesame seeds and ginger.

In a separate bowl thoroughly mix tamari and sesame oil; pour over tofu mixture.

Chill for at least ½ hour and serve.

Nutrient Analysis of Tofu Poke

by Bill Harris, M.D.

It's slightly short on Vitamin B6 and Vitamin E, but otherwise very nutritious.

	RDA	Poke
% of Calories from:		
Carbohydrate	60%-80%	19
Fat	10%-20%	54*
Protein	10%-20%	27
Cholesterol (mg)	<300	0

*or less if "Lite" tofu is used

Nutrient - Percent of (Recommended Daily Allowance [RDA] per Calorie):

Calcium (mg)	800	171%
Fiber (gm)	22	100%
Folate (ug)	400	273%
Iron (mg)	18	243%
Magnesium (mg)	350	319%
Potassium (mg)	2000	204%
Phosphorus (mg)	1200	287%
Riboflavin (mg)	1.6	124%
Thiamin (mg)	1.4	191%
Vitamin A (RE)	1000	139%
Vitamin B12 (ug)	3	0%
Vitamin B6 (mg)	2.2	95%
Vitamin E (mg)	10	65%
Vitamin C (mg)	60	880%
Zinc (mg)	15	125%

Animal Rights Hawai'i

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www.AnimalRightsHawaii.org
Email: arh@pixi.com

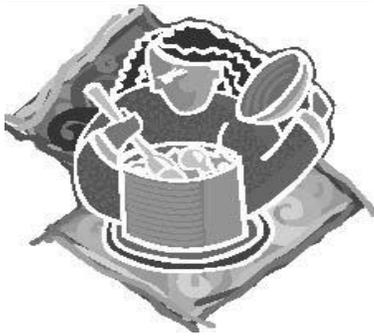
"What's wrong with drinking milk? Don't dairy cows need to be milked?"

In order for a cow to produce milk, she must have a calf. "Dairy cows" are impregnated every year in order to keep up a steady supply of milk. In the natural order of things, the cow's calf would drink her milk (eliminating her need to be milked by humans). But dairy cows' babies are taken away within a day or two of birth so that humans can have the milk that nature intended for their calves. Female dairy calves may be slaughtered immediately or raised to be future dairy cows. Male dairy calves are confined for 16 weeks in tiny veal crates too small even to turn around in.

The current high demand for dairy products requires that cows be pushed beyond their natural limits, genetically engineered, and fed growth hormones in order to produce huge quantities of milk. Even the few farmers who choose not to raise animals intensively must both eliminate the calf (who would otherwise drink the milk) and eventually send the mother off to slaughter after her milk production wanes.

This is what's wrong with drinking milk!

(Source: PETA— www.peta.com)



On the Menu...

Palate-Pleasers: Recipes from our members

Salads!

by Eileen Towata, PhD

How savvy are you when it comes to making your salad bowl selections? *Variety* in your leafy choices will not only be more nutritious but will make for a more interesting and tasty salad as well. Some of the items that are readily available these days include romaine lettuce (long leaves that form an elongated, loose head), arugula (also called “rocket,” and packed with a peppery taste), watercress (a pungent favorite appearing in many local salads and other dishes), and radicchio (purplish red/white leaves usually used in small amounts to add color and flavor). This is just a sample of what’s available, depending on where you shop and the time of year. Overall I’ve noticed a greater selection lately of organic leafy produce as well as other organic vegetables and fruits.

As we move into the warmer days of spring and summer, salads make a great focal point for a refreshing meal. Use a selection of favorite vegetables and fruits – beans and grains, too – in addition to crispy leafy greens to create a satisfying salad. Dressing up that creation need not be a problem, either. You’ve heard the advice before to use just a squeeze of fresh lemon juice – and that really does work on some salads! But there are other ways to add a final crowning

glory – other citrus juices such as lime and orange may be a better complement, depending on your ingredients. Flavored vinegars are also plentiful, and balsamic vinegar is being served in many restaurants. Just a little drizzle of such vinegars is needed. Many types of bottled dressings can be purchased; it’s important to read labels carefully to make sure you’re getting what you want. Calories? Fat? Ingredients? Organic? Which of these is important to you? For those who would like to whip up some dressings at home, try visiting websites such as the Vegetarian Resource Group (www.vrg.org) for recipes. The Vegetarian Journal May/June 1999 posted on this site has several “Flavorful Salad Dressings Without the Oil!” All are easy to prepare. While visiting the site, you can check out other recipes – the articles on ethnic foods often contain at least one or two salad dishes.

For my contribution to your recipes, here’s a salad I created using a green, gold, and purple color theme (another fun way to think up new salads!) There are really no measurements for the ingredients – simply add as much as you want to give you the total amount of salad you’ll need.

SUNSET SALAD

Canned black beans, rinsed and drained
Romaine lettuce, washed and torn into pieces
Few sprigs cilantro (Chinese parsley), washed and torn into pieces

Several dried apricots, cut into slivers
*Okinawan and yellow sweet potato slices**
Persimmon, peeled and diced (or substitute mango pieces or fresh peaches)

Dressing: orange juice (or for a “creamy,” higher calorie dressing, try mixing a little orange juice and maple syrup into some soy “mayonnaise” or plain soy yogurt.)

**To make the potato slices, peel the potatoes and slice across into rounds (or cut into small sticks or other shapes, depending on the size of the potatoes. The pieces should not be too large.) I will usually microwave the pieces, along with a little water, for a short time to soften them. Very lightly oil a baking sheet (just so pieces don’t stick) or use a good non-stick pan, put pieces on in a single layer, and sprinkle pieces lightly with a bit of your favorite herb mixture or seasoned salt (or no-salt mixture) or leave potatoes plain. Oven should be set for about 375 degrees, and potatoes will only need a few minutes to crisp up. Watch them to prevent burning!*

Assemble the salad by nicely arranging the ingredients on a platter. Top with the crispy potato pieces to add some substance and color! Drizzle lightly with the dressing.

Best Veggie Sandwich Ballot Results

by Helen Wells, MA

Response to the last issue's request for nominations for Best Vegetarian Sandwich was swift and good. We have six contenders on the ballot today, but you may still "write in" your candidate if you don't see it listed below. Comments are coded as pro+, con-, and neutral*.

Bale Sandwich Shop's Tofu Sandwich

(several locations in Honolulu)
+ A great tasting vegetarian sandwich when you add hot sauce to it.
- You have to tell them no mayo.

Bale Sandwich Shop's Vegetarian Sandwich

+ It is tasty and light. I like the crunchy vegetables.
- It is a veggie sandwich in name only. One gets a big white roll with a few strands of spicy vegetables inside.

Blimpie Veggie

(several locations in Hawaii)
+ The filling is substantial and can be tailored to one's taste.
- The bread is not 100% whole wheat.
*Eat steamed veggies like broccoli and carrots on the side if this sandwich is over-spiced.

Gourmet Express Vegan Delight (in Kahala Mall)

+ It is on a big square of focaccia bread and has raw spinach and caramelized eggplant with a vegan pesto sauce. They heat it up for

you and give a 10% VSH discount. It is a gourmet sandwich.

Subway's Vegi Delight

(several locations in Hawaii)
+ This sandwich satisfies me. I tell them what to put on it. The ingredients taste fresh, and the bread is baked fresh every day.
-Sometimes the tomatoes could be bigger/better.

Teddy's Bigger Burger's Veggie Burger

(3114 Monsarrat Ave. and 539 Kailua Rd.)
+ It is a wonderful, wide, tall sandwich on a high quality bun. The Veggie Burger has tasty, toasty grill marks and is piled high with fresh lettuce, tomato, pickle, and special sauce.
+Options include luxurious avocado, peppers, onions, and mushrooms.

Vote for one of these candidates, or "write in" your candidate with a description. Tell us what you like or don't like about any of the vegetarian sandwich candidates. (By the way, there is no set way to spell "vegi" "veggi" or "vegie" sandwich. I have found that there seem to be as many different spellings as there are versions of the sandwiches.) We don't have to worry about "loose chads," but watch out for stealth mayo!!! Send to: ironrat@gte.net.

VSH NOTE: We have not ascertained whether the bread in all of these sandwiches is vegan; you'll want to check that before making your decision. And as is often the case, be aware that most are only partially or not at all whole grain.



Book Review

by Helen Wells, MA

The Philosopher's Diet: How to Lose Weight and Change the World

By Richard Watson

This is a great book to give your overweight, meat-eating friends. The book does not start out advocating vegetarianism. It is not until you are many pages into the book and you are already hooked on the writer's interesting writing style and humor that you realize where he is headed. Although vegetarianism is only one theme of this book, or maybe because of that fact, I bought copies for two of my friends who only need a little push in the vegetarian direction. The author acknowledges that he realizes most of his readers have already read many other diet books and have already tried several other diets. The author is trying to get people to be honest with themselves. He says all the things dieters are afraid to admit.

My favorite of the ideas presented in the book is that if you're going to obsess about your food, you might as well obsess about healthy foods. You might as well become admittedly and intensely gourmet in your healthy food shopping, cooking, and eating. When I read this I said to myself, Yes, of course! Obsess in *that* direction.

Periodically the writer undercuts his own pronouncements, and this must be why the book is titled The Philosopher's Diet. Nevertheless, if one perseveres and reads the book to the end (which is easy to do if you have a sense of humor), you may *absorb* what this book has to say and still be thinking about it months later.

The book is 128 pages, softcover. It is for sale through Books that Matter for People who Care, David R. Godine, Publisher, for \$14.95 plus shipping. 1-800-344-4771.

A Perfect Vegetarian World

by Helen Wells, MA

I know that we can't make changes in the world without working at it, but I also believe in affirmations and positive thinking. I believe that new worlds can be formed in the mind, and then we can act out their manifestation.

Recently I recalled that when I was in the Marshall Islands in 1996, I had some time on my hands. I started a bit of writing about a perfect vegetarian world. I dusted it off, added some to it, and am presenting it to you.

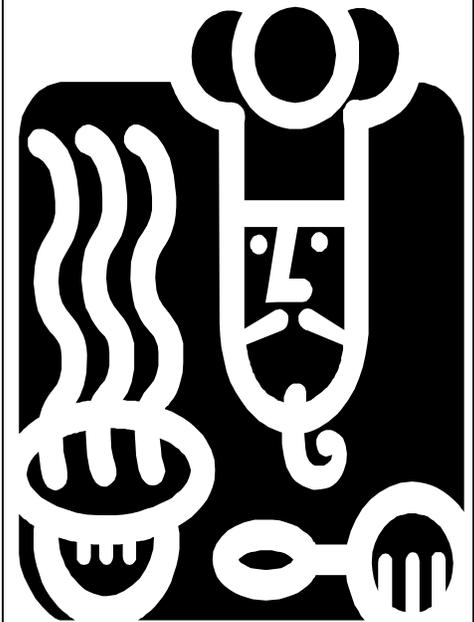
A Perfect Vegetarian World

- The average human life expectancy is 100 healthy years
- Industrial farming of animals is stopped forever
- Human population growth is zero or negative
- All people take animal care classes before they have a pet
- All species of animals are represented in the United Nations by caring human representatives, and the animals' interests are given heed by humans
- No religious sacrifice of animals exists
- No fishing or whaling industries exist, and all the world's oceans are safe for the sea creatures that inhabit them
- Metal dental fillings are never used
- All roads and every nook and cranny of the outdoors are immaculately clean

- Tobacco smoking is non-existent
- Wherever possible, people eat locally grown foods
- Animals of every species are given areas where humans do not enter
- All modes of transportation and energy are clean and natural
- Humans take such good care of their health through their diets and modes of living that "industrial" medications are no longer needed/relevant
- Herbal remedies and mineral supplements are inexpensive and widely available
- All cooking shows, such as "Iron Chef," use all vegetarian ingredients
- All restaurants and grocery stores are completely vegetarian
- Scenes in all but historical films depict eating as a vegetarian enterprise
- All schools, hospitals, and public meal servers offer only vegetarian foods

What about your perfect vegetarian world? If you'd like to add to this list, please send your suggestions to ironrat@gte.net. I'll try to use them in a follow-up article. I know that some long-time vegetarians could compose much longer lists than mine. I would like to share your hopes with our readers.

Our positive thoughts will point us to positive actions and positive results.



Looking for vegan cooking classes?

“Just Desserts”

Learn how to bake vegan treats and make other vegan desserts. Class is at the Lyon Arboretum, Saturday April 21, 9:30 – 11:45 a.m. Call 988-0456 for registration information/fees.

“All About Organic Foods”

Two-part class offered on Kalaheo High School campus (Kailua) through Windward School for Adults. Learn about organic foods, how they are grown, where you can purchase them, and how to prepare and serve them. Food preparation/sampling will also be included. Saturdays, April 28 and May 5, 8:30 – 11:30 a.m. Call 254-7955 for registration information/fees.

Many Things to Ponder

by Helen Wells, MA

This essay may be a bit unusual. I've had some thoughts that involve vegetarianism and the mysteries that have recently come together in my mind, and I wanted to present them.

Mad Cow Disease

Let's begin with Mad Cow Disease. Several years ago an Indian guru told some of his disciples that one day the cow (bovine) would be almost extinct. When I heard this, I thought, what is this prophecy? Here is a guru from India, where cows are most sacred, saying that one day the bovine would be almost extinct? I could not comprehend it, except to think that perhaps he meant that this extinction would occur along with extinctions of other species, all at once; for example, during some ice age or severe global warming.

But in the months of December 2000 and January 2001 a few things happened to make me think about the bovine species and this guru's old prediction. Now France is not allowing in British beef because France is afraid of the Mad Cow Disease. And more possible occurrences of Mad Cow Disease are cropping up here and there around the world. Medical and scientific investigators are checking reports that the disease may be spreading to other farmed animals. As you probably know, this is a terrible and usually deadly disease for cows and humans. Humans who eat infected beef also get the disease. The death

rate for Mad Cow Disease is very high.

I have a lot of speculation about this disease. Is it nature's way of telling mankind it's time to stop eating cows? What will happen if this disease gets out of control? Would that be a tragedy, or would it be some kind of cosmic justice? And I think about the poor, suffering animals, the cattle. I have seen pictures of cattle that have Mad Cow Disease, and their misery looks terrible. I suppose it would be hard to find a picture of a human with Mad Cow Disease unless you worked for the Centers for Disease Control, but to even think of it is very painful and sorrowful.

The saddest aspect is that this pain and misery and the possible extinction of a species are due to man's folly of raising and eating cattle. We have so many options now, so many other ways to eat and live. The herding of animals as a means of survival is no longer necessary in most cultures. It is certainly not needed for the people of Britain, France, the US, and Australia.

Large Portions

I have a very dear friend who is obese. I have an immediate family member on the mainland who is obese. I know both of these people and their medical histories very well. They acknowledge that the roots of their obesity are mental rather than physiological disorders. One and two rungs down on the causal ladder of their obesity are: eating unhealthy foods and eating too large portions. This writing will offer two helpful practices. One practice is pretty rational; it deals with replacing the unhealthy

foods. The other is rather metaphysical; it deals with gaining will power, which in turn may be used toward reducing large portions.

The practical you may have heard before, but I must endorse it because I have seen it work. One of my best friends used to eat very large portions of unhealthy foods. But when she decided to go healthy, her first step was to replace all the unhealthy food with healthy. Out went the potato chips, cookies, and other fattening snacks, and in

(Continued on page 9)

What's on the Radio?



“Nutrition and You”

Ruth Heidrich, PhD,
Terry Shintani, MD, and
John Westerdahl, MPH, RD, CNS
Sundays 8-9 p.m.
K108 (AM 1080)
Call in to 524-1080

“Health Talk”

Hosted by Hesh
Saturdays 8-9 a.m.
K108 (AM 1080)

“Go Vegan with Bob Linden”

Listen on the Internet
Sundays 8-9 a.m.
www.goveganradio.com/

(Continued from page 8)

came lots of fresh fruits and vegetables. I saw her refrigerator, and it was packed with many containers of carrots, celery sticks, broccoli and cauliflower chunks, wedges of cabbage, and prepared fruits such as grapes, pears, apples, tangerines, and oranges. She acknowledged that she was in the habit of eating large portions, so her first step toward better health allowed her to still eat large portions, but of healthier foods. My friend was very successful with this strategy, and the last I heard was still very successful with it. Check with your doctor if you would like to follow suit.

The "I Will" Method

The following metaphysical exercise may be too much for logical minds to accept, so if you can't bear metaphysics, skip the next three paragraphs. For those who are undaunted, here is a simple technique that I and several of my friends have used to build will power. We call it the "I Will" Method.

Here is what you do. Always choose something very simple. Say, for example, "I will touch this book," or "I will clap my hands," or "I will close and open my eyes." Then do that simple thing. What we want is quantity. Do not worry about quality. Repeat the process several times, even tens of times if you have the time and inclination. Each time say the "I will" phrase. "I will touch this book," for example, and then touch it. Maybe I will say and do "I will touch this book" for five minutes. Then I might say and do "I will clap my hands" repeatedly for a couple of minutes.

I'm not in a rush, and I also don't let my mind play tricks on me. If, for example, my mind says, "Hey, that clap wasn't loud enough," or "You weren't really concentrating on clapping; you were thinking about checking your e-mail," I tell my mind those thoughts are irrelevant. All that matters is that I said "I will clap my hands," and I did it.

Some people, after doing this "I Will" exercise for five or so minutes for a couple of weeks sometimes want to make the exercise more complex. They ask me, "What about, 'I will clap my hands twice, blink my eyes twice, and then exhale loudly?'" This is not necessary. It is your mind fighting against the simplicity or perceived boredom of the task. Instead, find a different book to touch. Or a paper, or a desk -- whatever is convenient. But, keep the essential statement and task very simple.

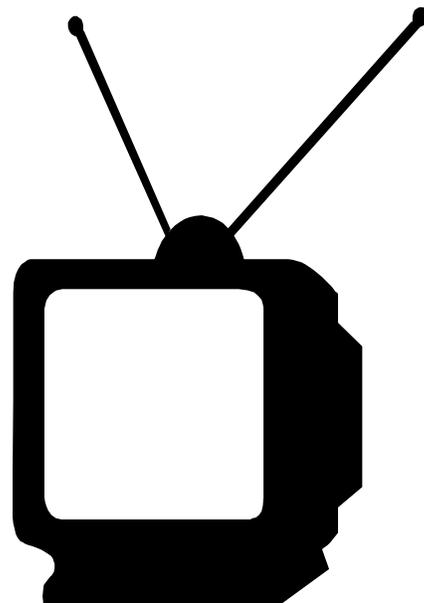
This simple, repetitive exercise is actually powerful metaphysics. After a short period of time (maybe 5-10 days), you will have almost effortlessly acquired the momentum of successes and a subconscious stockpile of willpower. Then, preferably unconsciously, this willpower can be used for your diet. This exercise has helped me to restore my willpower in various situations throughout my lifetime. It might work for you.

A True Story

Finally, here is a true story. A spiritual teacher had a disciple who had trouble giving up fish. The teacher acknowledged that the people from this disciple's seacoast region would have trouble giving up fish but that they could do it. He told the disciple to say before eating

fish, "I should not eat this." After doing this practice for four years, the disciple suddenly and completely gave up fish and was entirely vegetarian.

What's on TV?



"Animal Rights"
on cable channel 52,
Tuesdays at 11:30 p.m.

"The Vegetarian"
on cable channel 52,
Thursdays at 7 p.m.

"McDougall, M.D."
on cable channel 11,
Saturdays at 7 p.m.



Restaurant Reviews

Chiang Mai Thai Cuisine

by Helen Wells, MA

Modern day vegetarians owe a debt to vegetarian cultures of the East. Chiang Mai restaurant put me in mind of this fact when I, two other VSH members, and a visitor recently had a wonderful vegetarian dinner at this beautifully decorated restaurant.

The food reviewers were: Alida Rutchick and I who had just gotten off work at the VSH booth at the Health and Fitness Expo, Patrick Moore, and Tom Salsberg, a vegetarian visiting from Toronto. Special thanks to Tom who treated us.

Well, just thinking about writing this review has made me very hungry. Alida said that this was her favorite place, and by the time we were into the first two dishes we were already very pleased that she recommended it. With a party of four we were able to try a good selection of dishes. Chiang Mai has an entire page of vegetarian items on its menu -- 25 items. It all appears to be vegan, but, as always, you'd better double check with the wait staff. There are vegetarian appetizers, salads, soups, entrées, and noodle/rice dishes. Prices range from \$5.50 to \$7.50 per item.

Our group started with SA-TEH TOFU, "Fresh tofu fried to light brown and topped with peanut sauce, served on a bed of cabbage and tomato." We devoured it. We asked for extra peanut sauce. It was a hit.



We also had GREEN PAPAYA SALAD (Som Tum), "Fine slices of green papaya, fresh tomato, red chili, and tamarind sauce topped with crunchy peanuts and served with lettuce and cabbage." We all liked it, especially the tamarind sauce.

For soup we had ROYAL TOFU SOUP IN COCONUT MILK (Tofu Tom Kha), "A rich creamy soup, made with coconut milk, lemon grass, and young Thai ginger (Kha), simmered with soft white tofu." The lemon grass in this soup really gave it a delightful zing. We found that there were some mushrooms in there as well. Our entrées were EGG-PLANT WITH TOFU (Pad Makheua), "Fresh long eggplant stir-fried with tofu, fresh basil, and yellow bean sauce," and MIXED VEGETABLE THAI CURRY (Kari), "A variety of vegetables sautéed in curry, spices, fresh basil, and coconut milk." Two of us were real eggplant fans, but all of us liked the dish. For the curry we had a choice of three kinds -- yellow, green, or red. We chose the green. It was delicious. Finally, we also had THAI

RICE NOODLE WITH BEAN SPROUTS (Pad Thai), "Thai rice noodles prepared in sizzling hot wok with tofu, bean sprouts, and chives, served with fresh bean sprouts and topped with peanuts." Sooo good! It came out looking and tasting just as the menu described it: "A vegetarian delight!"

And, the restaurant also was able to provide very good brown rice. We liked that.

There are still many other items on the menu that I would like to try. I enjoy tofu, and I am pleased to see many tofu dishes on this menu. The establishment is nicely decorated, and the wait staff is knowledgeable and friendly. I'm ready to go back again! Next time I would like to try SOFT LONG RICE WITH BAMBOO SHOOTS, "Soft long rice stir-fried with young corn, water chestnuts, and white onion," and THAI GINGER AND VEGETABLES, "a variety of vegetables sautéed in house special ginger sauce."

Indeed, I shouldn't write this review before I've had lunch! Thanks, Chiang Mai, for leading other Asian restaurants in quantity of vegetarian items. All that we tried were of excellent quality. I look forward to having more.

2239 South King Street
Honolulu, 941-1151

Lunch: Mon-Fri.:

11 a.m. - 2 p.m.

Dinner: Nightly,

5:30 p.m. - 10 p.m.

Eat in, take out, and catering.

VSH members who want to help review a restaurant and its vegetarian dishes should contact me at ironrat@gte.net. I would like to review Italian next.

Mediterranean Café

By Helen Wells, MA

Mediterranean Café gets "two thumbs up" from VSH restaurant reviewers Helen Wells and Dr. Karl Seff. Although this restaurant's hours are limited, its menu is 50% vegetarian, and about 30% of that is vegan. We appreciate that!

The best deals are 1) the Vegetarian Plate, \$6.80 or \$4.50 for small: pita, 2 stuffed grape leaves, 4 bean salad, humus, potato, and tabbouleh* and 2) the Vegetarian Special for \$7.50: the Vegetarian Plate plus 2 falafels. If you order this, you will receive a variety of good tasting foods. The fried falafels arrive on a bed of tomato slices and unusual and delicious greens (mizuni). A light Greek sauce is on these crispy, whole

greens. The falafels are nicely and lightly fried. They come out moist and tasty. The pita smells good. This bread is large, light, and homemade. The humus is filling, and the tabbouleh has a smoky flavor and is served with cooked eggplant slices on top. Other items on the Plate: Greek style noodles and a few cucumber slices. The centerpiece is the stuffed grape leaves in the middle of the plate, definitely freshly made. These stuffed grape leaves taste great - soft, not too much oil, the rice naturally sweet. No one item of the Vegetarian Plate overwhelms the others; everything is in balance. You may want to take half

of your humus home for the next day if you are concerned about olive oil intake.

Other items of interest on the menu:

Spanakopita for \$4.30: This is a spinach pie with lettuce and tomato. Call a day ahead and ask the cook to make you one with no feta/no cheese.

Falafel Plate, \$6.45 or \$4.50 for small: pita, 5 falafel, humus, tomato, and lettuce.



Sandwiches, on pita bread with humus, lettuce, tomato, and sauce:

\$4.30 Humus

\$4.75 Falafel

\$4.65 Vegetarian w/potato, tabbouleh

\$5.30 Vegetarian Gyro with tabbouleh, grilled zucchini, eggplant, and green peppers

Mediterranean salad \$5.50: tabbouleh, lettuce, tomato, potato, pasta, olive -- tell them no egg.

Greek salad \$5.70, small \$4.20: tabbouleh, lettuce, tomato, potato, olive -- tell them no feta.

Eat-in food is served on real plates, but the knives and forks are

plastic. You serve yourself water, napkins, and the plastic utensils. The tables have little trays with hot sauce, salt, and pepper. The décor is pretty. Small decorative dishes are on the walls and along shelves. Greek sauces and olives are for sale. The restaurant plays Greek music, and you can ask for this to be turned up. Bottled beverages are in a cooler, but the shop also sells coffee and tea. We had mint tea. I asked the owner/one of the cooks,

Toufik, why his mint tea tasted better than mine at home, and he said that they put one drop of rose water in each glass. He let me smell the rose water -- very nice.

The restaurant is very small, mostly serving take-out orders; Toufik said most of the orders are called in ahead and then picked up. But there are three small tables and counter space with stools available. If you want a leisurely meal at a table, try

going on Saturday. Toufik said he works with fresh food. He and the other cook are real Greek cooks. Karl observed, they "know what they are doing and enjoy making the food and playing their music." I noted that this is the place to go for food for my next vegetarian dinner party.

212 Merchant St., Suite 6,
Honolulu, 533-1677
M-F 11 a.m. - 5 p.m.
SAT 11 a.m. - 3 p.m.

*There seem to be a lot of different spellings for tabbouleh. I went with the one in Webster's II New College Dictionary, 1995.

(from *Meet the Members*, page 1)

Dr. Bill exercises daily -- when he isn't jogging, he can be seen swimming out to the channel markers in front of the Hilton Hawaiian or riding his bicycle. Indeed, in his recipe for health, he ranks the importance of regular exercise up there alongside the importance of a pure vegetarian diet.

Dr. Bill serves as an impeccable source of medical and other scientific information for our Society. He authored the book and video, "*The Scientific Basis of Vegetarianism*," which presents a state-of-the-art exposition of the effect of diet on human health, all the way down to the cellular level. He is unstintingly generous with his time and patience with those of us who are less knowledgeable. He is known throughout the vegetarian and medical communities nationwide as a major spokesperson for our movement. He is a freelance writer, contributing not only to *The Island Vegetarian*, but to national publications as well, including "*Ahimsa*," the publication of the American Vegan Society, "*Mensa Journal*," and various other popular and vegetarian publications. He maintains a web site that offers nutritional advice and data at www.vegsource.com/harris, and his old VSH articles

are found at <http://vsh.org/newsletter/archive>. He is also involved with the legislative process in Hawaii, serving as one of the legislative liaisons for VSH. He regularly assists in promoting legislation favorable to vegetarianism and opposing legislation that gives taxpayers' funds to the meat industry.

As if that weren't enough, Dr. Bill is avidly interested in physics, math, classical music (he composed and produced a CD of an eight-sectioned symphonic orchestral synthesis on his computer entitled, "The Trumpets"). He serves as the VSH computer maintenance person and has donated much equipment to our office. He also generously shares his expertise, time, effort, and personal funds to videotape our monthly speakers so that their message reaches a wider audience *via* Olelo community access cable TV. His one hour show "Vegetarian" airs on Thursdays at 7:00 p.m. on Channel 52. Dr. Bill is widely read, is a wonderful wit, and stands out for this writer as one who never has an unkind word.

Dr. Harris has been a vegetarian since 1950 and a vegan since 1963. As interested as he has always been with human health, his primary motivation for changing his diet both times was his concern for the welfare of the animals who suffer for man's pleasure (not

surprisingly, he is an active Board member for Animal Rights Hawaii).

His first thoughts about the welfare of the animals occurred to him as early as elementary school. When he was a little older, he skimmed through the Hindu text "Bhagavad Gita," which his parents were reading, and in this way was introduced to the idea of vegetarianism as a system. He then watched the horrors of World War II in his impressionable early teens and became truly concerned about the cruelty and brutality in our society. He wondered why we as a species behave so violently and came to believe that we had desensitized ourselves to cruelty and suffering by killing and eating animals. This, he concluded, is what allows us to wage war, which in his estimation is the ultimate social catastrophe.

Dr. Harris has lived his ideals all of his life. He has modeled behavior that is compassionate and non-violent, including adopting an entirely vegetarian diet; he has advocated for humane legislation; he has taught, donated, and worked tirelessly and selflessly for the cause that is so dear to us as vegetarians. We are honored to count him among our VSH members.



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