



The **VEGETARIAN**

SOCIETY of

HONOLULU Quarterly

Volume V, No. 2, Jun. 1994

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

President's Message



Aloha friends;

On May 31, the two year term for Board members ended, and the new Board takes effect June 1. As I step down from the Presidency, it is with great pleasure and confidence that I turn over the leadership of the organization to Alida Quistgard. Alida has been an active member since the group was formed and has served as our Vice President for the past year. She is a capable and personable officer, and her knowledge of vegetarian issues runs deep. I encourage everyone to give her wholehearted support as she begins her new role. In order to pursue some personal career goals, I will be leaving the Board rather than serving in a different position, at least for the time being. But I plan to remain closely involved in VSH as long as it exists (or as long as I do!) Those of you who attend meetings will undoubtedly see me helping Jerry Smith at the book table and feeding my face on free

pupus after the lecture. My fondest aloha and thanks to everyone who has helped and encouraged me through the challenges of the first four years of the Vegetarian Society.

-Elaine French

Greetings!

As the incoming president of VSH, I would like first of all to acknowledge Elaine French, our founder and first President. Working tirelessly for over four years, Elaine has turned a good idea into a smoothly functioning, widely recognized organization that is among the largest local vegetarian groups in the U.S. I inherit from her a well organized office operation, trained and motivated Board members, and a wonderful role model and mentor in Elaine herself. For all of this I am grateful. My personal debt to the organization is also great. After 17 years of being a "non-meat-eater" (at least in principle) at the Vegetarian Society I met my first real vegetarians and quickly became one. Also, my most burning question was answered by the Vegetarian Society: "Where will I ever find a vegetarian man?" I met my husband-to-be, Paul, a seven-year vegan at the time, at a VSH activity three years ago. Over the next two years my intention is to continue on the general course so thoughtfully set by our earlier leaders while endeavoring to further refine processes and expand our influence in the community. All of you are important in that effort, and I invite your input and participation.



Mahalo.

-Alida



Honolulu Herbivore Happenings

Spring 1994



June 9, Thursday:

Informal dinner at The Coffeeline at 1820 University Ave. near corner of Seaview Ave. 6:00 p.m. No reservations necessary. For more information call Karl Seff at 395-9960(h) or 956-7665(w) or Dennis at The Coffeeline at 947-1615.

June 12, Sunday:

Potluck dinner at 5:00 p.m. at 3277 Pacific Heights Rd., Apt #D. To sign up and choose your dish (no meat, fish, or fowl), call Gene or Mary at 537-9180. Please bring a list of ingredients in your dish, as many VSH members eat no dairy, eggs, oil, or honey.

June 14, Tuesday:

Monthly meeting of the Society, 7:00 p.m. at St. Clement's Episcopal Church, 1515 Wilder at Makiki St. Alan Titchenal, Ph.D., lecturer in nutrition at the University of Hawaii-Manoa, will discuss "Nutritional Concerns of Vegetarian Athletes."

June 26, Sunday:

Skip breakfast and join us for vegan dim sum at 11:00 a.m. at the Buddhist Vegetarian Restaurant in the Chinese Cultural Plaza, 100 N. Beretania St. No reservations necessary; validated parking. For more information call Karl Seff at 395-9960(h) or 956-7665(w).

July 4, Monday:

Celebrate Independence Day with us at a potluck picnic at Keaiwa Heiau State Recreational Area with optional hike on Aiea Loop Trail to follow. Top of Aiea Heights Dr. off Moanalua Rd. Arrive at 12 noon. Bring your own plates and utensils and a dish containing no meat, fish, or fowl. Also bring a list of ingredients in your dish, as many members eat no dairy, eggs, oil, or honey.

July 6, Wednesday:

Informal supper at Greek Island Taverna at 6:00 p.m., 1345 S. Beretania St., just ewa of Keeaumoku. Park on the street; no reservations needed. For more information call Karl Seff at 395-9960(h) or 956-7665(w).

July 10, Sunday:

Join us for a visit to the newly refurbished Waikiki Aquarium. Meet at the entrance at 1:00 p.m. General admission is \$6, Hawaii residents \$4, teens 13-17 \$2.50, and children 12 and under free. Call Eva at 955-6827 to sign up.

July 12, Tuesday:

Monthly meeting of the Society. William Harris, M.D., 45-year vegetarian and VSH Editor, will present "The Nuts and Bolts of Vegetarianism." 7:00 p.m. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street.

August 2, Tuesday:

Join us at 6:00 p.m. for an informal family-style dinner at Thai Taste Restaurant at 1246 S. King (mauka side between Piikoi and Keeaumoku). Brown rice now served! No reservations necessary. For more information call Karl Seff at 395-9960(h) or 956-7665(w).

August 9, Tuesday:

Monthly meeting of the Society. 7:00 p.m. at St. Clement's Episcopal Church. 1515 Wilder at Makiki St. Gailynn Williamson, Ph.D., Lecturer in Ethics at the University of Hawaii-Manoa and Board member of Animal Rights Hawaii, will address the issue, "Did Your Food Have a Face? The Ethics of Vegetarianism."

August 15, Monday:

Supper time at 6:00 p.m. at Ja-Ja, a Northern Chinese restaurant in the small L-shaped shopping center at 1210 Dillingham Blvd. Easy parking; no reservations necessary. For more information call Karl Seff at 395-9960(h) or 956-7665(w).

August 24, Wednesday:

Informal supper at 6:00 p.m. in lovely old Kaimuki. Hale Vietnam Restaurant is at 1140 12th Ave, 1/2 block makai of Waialae. Brown rice served, ample metered parking available; no reservations necessary. For more information call Karl Seff at 395-9960(h) or 956-7665(w).

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.

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

VSH President Elaine French prepares her recipes on "The Vegetarian Chef", Wednesdays at 8:30 PM (new time), on cable access Channels 22 (Oceanic) or 8 (Chronicle). Starting July 1 we move to a new time slot, 7:00 PM on Mondays. Watch for "Vegetarian" in your TV schedule. Parts one and two of Dick Allgire's Ala Moana Hotel lecture will air the first and second dates of each month.

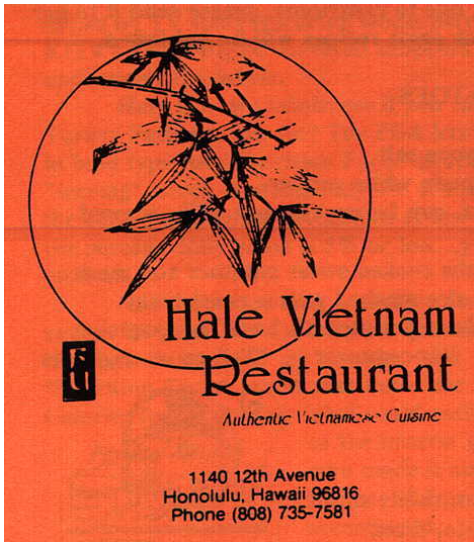
Healing Hearts, a weekly cardiac support group facilitated by Neal Pinckney, Ph.D. and utilizing the advice of Doctors Ornish, McDougall, Shintani, Harris, and others, meets at Castle and Kaiser Hospitals. Groups are filled presently but new groups will begin quarterly. Information at 696-2428.

VSH members are invited to attend the bi-monthly meetings of the Board of Directors, which are scheduled for July 10, September 11, and November 6, 1994 at St. Clement's Episcopal Church, 1515 Wilder Ave. Time: 3:00 p.m. - 5:00 p.m.

All members are welcome to participate in discussions; however, only Board members vote at these meetings. Please bring your card to verify your current VSH membership. Mahalo.

Fine Dining at the Bottom of the Food Chain

When You Want It All



You say you're hungry for some fine tasting Vietnamese fare and you're near Waialae Ave., and you want a nice looking place and fast service and fair prices and good parking? No, it's not impossible, it's Hale Vietnam Restaurant, where President Mark Fu has done a surprisingly good job of providing what Americans want; no easy task when one considers the complexity of the endeavor! We had a very pleasant dinner on a Saturday evening when the restaurant was b-u-s-y. The well trained and efficient staff was present in sufficient number to attend to you promptly. The service was not overbearing; we didn't get the feeling that they were moving us out fast to make the table available quickly, although we noted that vacated tables were cleaned lickety split for waiting customers.

The vegetarian selections are in a separate section of the menu, making it extra easy to select from the 12 offerings. Our waiter spoke good English, and easily explained the menu items we inquired about. We enjoyed the Temple rolls made from rice paper wrappings for our appetizer. At \$4.00, they were beautifully prepared and had well balanced flavors. The green papaya salad had a tasty dressing and was served in bountiful proportion for \$7.50. Our last selection was tofu in peanut curry sauce for \$8.95. This dish had well balanced flavors with just a few chopped peanuts for a balance of textures. The presentation of all the dishes was quite nice, an unusual extra in a restaurant with these low prices.

We thoroughly enjoyed our dining experience at Hale Vietnam. The modern decor of the restaurant with pale pink linen table cloths and napkins was soothing, with just a touch of elegance. Bar items are available. And the smoke free atmosphere was really appreciated. We're planning to try the soups on our next visit. It's a great place to go before a movie or show.

-Eva Wright, R.N.

We wish to thank the volunteers who helped out with the following events and activities, sometimes more than (once). Apologies if we missed anyone.

- Peter Burwash Lecture - 10/25/93
- Environmental Conference at UH - 11/6/93
- Health Carnival Leeward Community College - 11/17/93
- Thanksgiving Dinner at Crepe Fever - 11/24/93
- Health Fair at Blaisdell Center - 2/18-20/94
- Health Fair at McKinley High School - 3/8/94
- International Vegetarian Food Festival at Castle Hospital -3/20/94
- Health Fair Kapiolani Community College - 5/2/94
- Pupus for our monthly VSH meetings -
- Adopt-A-Highway for the month of June -

- Bill Arakaki
- Mary Arakaki (5)
- Nancy Dangler
- Mary Delasantos
- Elaine French (2)
- Ruth Heidrich (2)
- Barbara Hoapili (3)
- Katalina Lambert (3)
- Oi Man Chan
- Michel Inaba
- Tirrell McGruder
- Andy Mertz
- Karen Mertz
- Neal Pinckney
- Alida Quistgard
- Eliot Rosen
- Allen Schubert (3)
- Karl Seff
- Jerry Smith (2)
- Eva Wright
- Freeman Wright

Recipes

Many thanks to Elaine French for sharing her delectable recipes with us over the past four years. Our new food editor is Marcia Deutch, our Office Manager. Marcia is always looking for a new mouth-watering recipe, so if you have one that you would like to contribute, please send it to her at our office. Only low fat vegan (no meat, fish, fowl, dairy, or eggs) recipes will be published.

KAMAAINA SWEET POTATOES

- 5 large sweet potatoes
- 2 cups canned crushed pineapple in juice, drained
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 1 12 oz. can frozen coconut milk, thawed

Bake the sweet potatoes at 350 degrees until soft. Peel the cooked sweet potatoes and mash with the seasonings, adding coconut milk as needed to make a nice mashed potato consistency.

Source: Keith Kefford, Chef of Crepe Fever & Mocha Java restaurant. Last Thanksgiving, Chef Kefford dazzled our taste buds with this gourmet recipe. His comment is, "Tell your neighbors you slaved all day!" We are thankful for this fantastic recipe.

BAR-B-Q CHAPATI

- 2 cups cooked garbanzo beans
- 1 cup cooked butter beans
- 1/4 cup fat free barbecue sauce
- 1 package fat free chapati bread (or other very thin whole wheat bread)
- 1 onion, thinly sliced
- 2 tomato, diced
- 6 leaves romaine lettuce

- shredded clover or alfalfa sprouts, fresh garlic, minced (to taste)
- fat free relish (to taste)

Puree the beans and mix with the barbecue sauce. Spread the mixture onto chapati bread and roll with the remaining ingredients. Cut the rolls into two inch slices, and secure with a toothpick if necessary. Serve at room temperature.

Source: Katalina Lambert, our new Treasurer. She says that this ono recipe is a favorite because it is quick, easy, and fun.

CAPONATA

- 1 eggplant
- 2-3 tomatoes, (Italian, if available)
- 1 white onion
- 1 clove fresh minced garlic, optional
- 3 tablespoons red wine vinegar
- 1/2 teaspoon oregano, to taste
- 2 teaspoons fresh basil, minced, optional dash hot pepper sauce, to taste, optional

Pierce the eggplant skin in several places with a fork. Put the eggplant in a baking dish and bake at 400 degrees F. until tender, about 25 minutes. When cool, peel and chop the eggplant. Chop the tomatoes, peppers, onion, and garlic, and mix them with the eggplant. Add the vinegar, oregano, basil, and hot pepper sauce and stir. Serve as a relish or dip with chapatis (whole wheat tortillas) or pita bread.

Source: Mary Arakaki, our Volunteer Coordinator, provided this pupu dish at our last meeting. Thanks, Mary, it was delicious!

	Kamaaina	Chapatis	Caponata	Turkey-p	Potato-c
<i>% of Calories from:</i>					
Carbohydrate	49	73	83	2	52
Fat	46	9	7	36	43
Protein	5	18	10	62	5

Nutrient - Percent of (Recommended Daily Allowance per Calorie)

	(%)	(%)	(%)	(%)	(%)
Calcium	45	84	158	17	10
<i>Cholesterol</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>280</i>	<i>0</i>
Fiber	147	470	523	0	70
Folate	174	469	535	43	0
Iron	91	298	346	172	45
Magnesium	147	281	331	78	101
Potassium	233	313	728	202	271
Phosphorus	122	290	223	388	77
Riboflavin	93	117	163	300	22

Thiamin	104	198	341	80	49
Vitamin A	2253	126	272	0	0
Vitamin B12	0	0	0	187	0
Vitamin B6	159	125	365	264	75
Vitamin E	521	445	187	41	409
Vitamin C	476	367	1264	0	393
Zinc	50	148	84	279	47

How Flim the Flam?

"Using the new food labels," said Food and Drug Administrator David Kessler, "Americans will be able to make truly informed choices about the foods they eat." The first label change since 1973 was hyped by TV spots featuring tennis players, healthy children, Curious George, and the Goodyear blimp. KITV's Dick Allgire surveyed shoppers at Foodland, reporting that four out of four shoppers could not understand the labels.



Here are two labels; see if you can figure them out. Is the Dark Turkey Pastrami low fat? The FDA lets it claim to be 95% fat free and in bold type the "Nutrition Facts" proclaim only 2.5 grams of fat in a "serving" which contains only 4% of the Daily Value (DV) for fat. By the FDA's serpentine definitions of low fat and in Kessler's words "If the percent daily value is 5% or less...you know the product is low in total fat."

Now be aware that whenever the terms "portion" or "serving" appear in place of "Calories", a generous "portion" of flim-flam is about to be "served" by the food industry. In normal type the "Nutrition Facts" admit that there are 25 Calories from fat out of 70 Calories so that's $25/70=36\%$ of Calories from fat. This label could easily have told us that but didn't. By FDA rules fat is rounded off to the nearest gram so it's probably 2.74 fat grams to

start with and the folks who made it added some sugar to balloon the Calorie denominator. *Nutritionist IV* lists the product at 45% of Calories from fat. The McGovern Committee recommends that fat intake be held below 30% of Calories and the VSH recommendation is 10-20% maximum with slightly higher amounts for kids. The RDA for protein is about 10%; all the rest should be complex carbohydrate.

And how often do you eat a "serving" of potato chips? "Right! I think I'll eat 14 chips", you say and then find like Bert Lahr that you can't stop. By the time you've pigged out on three "servings" you've eaten 42 potato chips and you're on the shorts for calcium, fiber, folate, iron, phosphorus, riboflavin, vitamin A, vitamin B₁₂, vitamin B₆, and zinc (see previous page). In spite of that alluring "Total Fat...10%" on the label (at left) you've actually consumed $60/140=43\%$ of Calories from fat of which some was hydrogenated and in the *trans* form. There's too much salt and sugar to boot, and you would have been better off with a baked potato.

Meanwhile the GAO reports that the USDA's nutrient tables, on which all of these labels depend is seriously flawed as a result of using data supplied by the food industry.

The new food labels are more of a confuse-o-gram than the old labels; the same old tired Washington schtick to get the fat lobby off the hook. If the FDA was serious about telling people what they're eating, their labels would start to look like ours. You can see at a glance that due to the coconut milk those tasty Kamaaina Sweet Potatoes

are a high fat item, and below 100% of RDA for calcium, iron, riboflavin, vitamin B₁₂, and zinc. The other two recipes are nearly complete foods except for calcium and B₁₂ (Bar-B-Que Chapati) and B₁₂ and zinc (Caponata). Many of our previous vegan recipes have been short only in vitamin B₁₂.

The labels for the turkey pastrami and potato chips should also state:

"The Surgeon General Has Determined That Taking This Label Seriously May Be Harmful to Your Health."

-Bill Harris, M.D.

Nutrition Facts		
Serving Size 1 oz. (28g) About 14 chips		
Servings Per Container 1		
Amount Per Serving		
Calories 140	Calories from Fat 80	
% Daily Values*		
Total Fat 2g	10%	
Saturated Fat 1g	5%	
Cholesterol 0mg	0%	
Sodium 150mg	7%	
Total Carbohydrate 18g	6%	
Dietary Fiber 2g	7%	
Sugars 2g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	
*Percent Daily Values are based on a diet of 2,000 calories. But, your daily values may be higher or lower depending on your intake level.		
Total Fat	Less than 5g	5g
Sat Fat	Less than 2g	2g
Cholesterol	Less than 200mg	200mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	30g
Dietary Fiber	5g	5g
Percent Daily Values are based on a diet of 2,000 calories.		
*Percent Daily Values are based on a diet of 2,000 calories.		

Potato Chips

Meet the Members

"I don't think we need a cure for cancer as much as a way to prevent it," says Marcia Deutch. She should know. A VSH volunteer for the past two years, Marcia is now our office manager, but she came to vegetarianism the hard way, by the rethinking process which followed the diagnosis and treatment of breast cancer in 1973. "I was part of the breast cancer research project on Oahu. We thought I was cured by surgery but there was a recurrence in 1983." There was more treatment.

Then came the change. "I got a newsletter



mentioning Dr. McDougall's booklet so I read it and went vegan for eight months. After that I slipped into the Pritikin diet with a little fish because for five years there wasn't much local support for McDougall." Finally she tried the macrobiotic approach for three years.

"Macrobiotics allows a little fish. I'd get sick every time I ate chicken or fish." She had already learned that dairy products plugged her sinuses so at last she went to the strict low-fat vegan diet she's still on. "I feel much better on this diet," says Marcia whose childhood sneezing fits were so bad she sometimes could barely make it to school in the morning.

She grew up in National City and entered San Diego State University in 1958. In 1959 she met Jim Deutch and they were married in '62. "We believe in sticking together," says Marcia of their 31 year union. Their daughter is a Captain in USAF Intelligence, their son a computer engineer with Phoenix Technology. Not surprisingly Jim and Marcia are also computer literate and were the ones who finally picked out and purchased the new VSH computer, an *AST Advantage 486/33*, which should speed up our office work.

"Jim Deutch, a retired Lieutenant Colonel in the US Air Force, has a doctorate in social work which he utilizes at Kaiser-Permanente." Not a natural carrot-muncher, Jim's leaning that way. "I got tired of cooking meat," says Marcia. "At first I just cooked my food and then added meat to Jim's. Now I just cook vegan meals."

"She snuck me into it," says Jim. "I like meat, but I'm not sure I like it so well anymore." He pigged out on meat the other day because Marcia wasn't along, then he got sick. "I can eat a veggie breakfast, then I don't have to eat again until mid afternoon even though I play tennis."

Marcia's been cooking since she was two. "Mother used to put me up on the sink to watch. By the time I was five I'd fix breakfast for my parents." But her mother died of cancer, and her father of heart disease and Alzheimer's. "It was so terrible," says Marcia. "If you take care of yourself you don't have to get these diseases. I don't think you have to be incapacitated at the end."

Marcia and Jim live in a pleasant house at the top of a nearly vertical driveway in Manoa. "I got over my driveway phobia in about a year," says Marcia, who used to block the car tires with bricks until she dropped one on her foot. In the backyard is a garden full of flowers, greens, herbs, and tomatoes, as well as mango, persimmon, pineapple-guava and starfruit trees.

"I love to see things grow and I feel better physically when I help others," says Marcia.

Well, there are plenty of charitable organizations to choose from, why did she pick VSH? "I think it betters the world more than the American Cancer Society," says Marcia. "Besides, it gives me a support system to stay on my diet."

-Bill Harris, M.D.

Legislative Report

"The State, as tax collector, contributes to the ruining of people's health." -Goethe



During the 34th Hawaii Legislature (1993-94) which ended 5/2/94 six bills originated in the House Agriculture Committee (Chair: M. Ige, Vice Chair: A. Chumbley) which would have appropriated public moneys for slaughterhouses, feedlots, and meat advertising. None of the House bills got past FIN, the House Finance Committee (Chair: Calvin Say) which stressed austerity in its presentation of HB 2500, this year's state budget bill.

Unfortunately, the Senate Agriculture Committee (Chair: Gerald Hagino, Vice Chair: Donna Ikeda) originated two bills to buy or construct slaughterhouses on Oahu and Molokai. The Oahu slaughterhouse bill, SB 2876, which would have cost us \$450,000, was downed by adverse testimony from Board of

Agriculture Chairperson Yukio Kitagawa. SB 2010, introduced by Sen. Rosalyn Baker and appropriating \$500,000 to build a slaughterhouse on Molokai went through WAM, the Senate Ways and Means Committee (Chair: D. Ikeda, Vice Chair: G. Hagino) like a dose of salts and passed through the Senate floor where the only opposing vote came from Sen. Rick Reed. Reed was quoted in the Star Bulletin 2/20/94 saying, "If we're really so arrogant... as to protect people from themselves...we should not ban guns, we should ban beef."

SB 2010 was next transformed into a CIP (Capital Improvement Project), Maui Subsidy 401-C, in which guise it escaped the adverse public testimony of a FIN hearing. At that point we collected 380 signatures in less than a week opposing this appropriation, and sent copies to all members of FIN and WAM. When we attended their conference committee meeting on 4/27/94, SB 2010 was "in limbo" and presumably dead. We had received replies from four legislators thanking us for our input and an informal "proviso" had been attached that the private sector would have to contribute some of the money or the CIP would be dropped. Two days later, after a "last minute consideration" between FIN and WAM it was back in the budget as CIP 24C for Maui County, free of the proviso. A \$90,000 appropriation which came out of nowhere for an "Oahu Meat Processing Center", was also inserted into HB 2500 by unidentified members of the House.

The budget now goes to the Governor Waihee followed closely by a copy of our petition. Until 6/22/94 you can still call 586-0034 to request his line item veto of the Molokai Slaughterhouse CIP 24C and the "Oahu Meat"

appropriation. After that the funds must be requested by the Maui Mayor's Office and released by the Governor's Office. A general obligation bond may also be floated. Nevertheless \$590,000 in tax moneys will be diverted from education and public services to subsidize the cattle industry. Animal source food can't compete on the free market against naturally healthy vegetables, fruits, and other plant foods. Politicians can't survive without special interest "support". So the two groups scratch each other's financial backs and ignore the rising medical costs and environmental degradation they're causing. With the profit margin resulting from taxpayer support the food industry then mounts massive propaganda campaigns which even insinuate themselves into the halls of Academe where the pros should know better, urging Americans to make further use of disastrously unhealthy, unecological, and unethical food.

If you would like to help form a coalition to block similar legislation in the future please call us at 395-1499. In the meantime, thanks to Elizabeth Anderson, Peter Burwash, Cathy Goeggel, Jeff Hamby and Eva Martin at Down to Earth, Ruth Heidrich, Bobby McGee at Eco Foods, Pat Moore, Damien Paul at the Source in Kailua, Neal Pinckney, Eliot Rosen, Gailynn Williamson and to PCRM's Hall whose cartoon above sums it all up. Thanks also to the many others who took the time to circulate petitions, write, call, FAX, or testify against SB 2876 and SB 2010.

-Bill Harris, M.D.

The Island Vegetarian

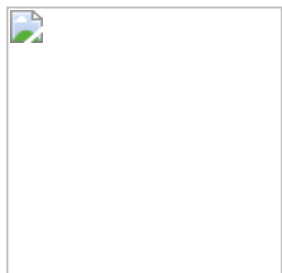
2/22/94 - The Peter Burwash lecture, "Living Healthier and Smarter in the 90's" at the Ala Moana Hotel drew a standing room only crowd. Peter donated the proceeds to VSH which came away with \$1689 after expenses were paid. Thanks for our new computer, Peter...3/16/94 - Ruth Heidrich's Rice Cabbage Balls were featured in the Star-Bulletin as the recipe to go with The Great American Meatout which was observed also at the Castle Hospital International Vegetarian Food Festival on Sunday 3/20/94...3/22/94 - Dick Allgire's talk "The Truth, the Whole Wheat, and Nothing but the Veggies" also drew a good Ala Moana Hotel crowd and Dick's talk was taped to be shown on Public Access TV (see p 4)...4/14/94 - Alan Titchenal Ph.D. a VSH member and instructor in Food Science and Human Nutrition at UH-Manoa was featured in a three part article in Ka Leo, the UH student newspaper. The headline: *Properly planned vegetarian diets: healthy and popular.*



The annual Vegetarian Summerfest will be held July 20-24 at the University of Pittsburgh in Johnstown, PA. For more information, contact the North American Vegetarian Society; P.O. Box 72; Dolgeville, NY 13329.

The 31st World Vegetarian Congress will be held August 8-13 in the Hague, Netherlands. For more information, write to World Vegetarian Congress; Holland '94; Larenseweg 26; NL-1221 CM Hilversum; The Netherlands. Fax + (31) 35836152.

Animal Rights Hawaii



2/18/94 - Elizabeth Lyons, Veterinary Medical officer for the USDA blew the whistle on the UH Laboratory Animal Service (LAS) which was cited in violation of the Animal Welfare Act. Cathy Goeggel of ARH and Pam Burns of the Hawaiian Humane Society joined the fracas and the matter was reported in Ka Leo and the Star-Bulletin. Pigs and one monkey received questionable care and some unnecessary animal work was exposed. Among other things cats are used to teach pediatric endotracheal intubation, a dexterity probably acquired better via repeated practice with an infant mannikin...4/7-22/94 - the Star-Bulletin and Ka Leo reported further problems with LAS and the previous resignation

of its director.

PACHECO'S PONDEROUS PERFORMING PORKERS PERILED IN PARADISE; PROTEST PORCINE PERSECUTORS AT PROMINENT PINEAPPLE PROCESSING PLANT. POLICE PATROL PROFESSIONAL, PUZZLED, AND PERPLEXED, BUT POLITE.

5/19/94 - Gailynn Williamson was arrested for impersonating a pig and setting hoof on Castle property, namely the Dole Cannery. Alex Pacheco of PETA was also arrested after hiding under the ballroom stage for 5 hours, emerging to disrupt The Nature Conservancy's annual meeting and to denounce their use of unattended snares as a method of feral pig control in Hawaii. Also making the trip to the slammer: Cathy Goeggel and Linda Hao. VSHers Sunita Swarup and Camden Barruga were among the other forty anti-snaring demonstrators. The episode was shown on KITV-4 that night and mentioned in both dailies next day. Cathy reports the cops were solicitous and had a sense of humor.