



The **VEGETARIAN**

SOCIETY of

HONOLULU Quarterly

* supporting human health, animal rights, and ecology *

Volume VII, No. 2, Jun. 1996

Editor's Message



When's the last time you heard a scientific or medical authority recommend that you "Eat More Meat"? That used to appear on billboards sponsored by the meat industry, but hardly a month goes by these days without a peer-reviewed journal reporting new adverse health links to meat consumption ("mad cow disease," E. Coli O157:H7 food poisoning, and a recent correlation between hamburgers and lymphatic cancer.) The journals keep finding some beneficial chemical component previously unrecognized in plant foods with a recommendation to eat more of the same; if this advice is followed the consumption of meat will inevitably decline.

In spite of this, the Hawaii Legislature has once again dragged up the Molokai slaughterhouse appropriation and funded it with \$500,000 of our tax moneys. This porker started out in the 1994 legislature as SB2010, which without public testimony was transformed into Capital Improvement Project (CIP) SUB401-24C for Maui County, and signed into law by outgoing Governor Waihee. Incoming Governor Cayetano, faced with a lagging economy and severe debt, recommended that it be lapsed and indeed in this year's early budget bill SB2160 it was no longer to be funded by the state. Sometime between 5/1/96 and 5/9/96 it was reinserted into the 1996 budget bill.

A petition drive has been started to ask Governor Cayetano to exercise a line item veto against it when the budget comes to him in late June. Most of the CIPs in the budget make some sense: appropriations for airports, communications, fire security, harbors, highways, libraries, prisons, schools, science, waste, and water. Then there's this half million dollar giveaway for the private meat industry. You can find the petition at most of the health food stores in Hawaii. Please sign it (once only) and take copies of it to circulate. After the last signature (18 on a petition) is on the sheet, just fold it over and drop it in the mail. It's already stamped and addressed back. For more copies call 941-8151, leave your name and address and how many copies you can handle and I'll send them out. The petitions must come back by June 10th, then they will be taken to the Governor.

Governor Cayetano can be reached at Office of the Governor, State Capitol, Honolulu, HI 96813. Phone 586-0034. His legislative assistant, Pauline Namuo is at 586-0001. Please write or call with your objections to this appropriation which may include ethical, ecological, economic, nutritional and religious considerations and perhaps some others I haven't even thought of. Ask for a line item veto of HB2800 HD1 SD1 CD1 page 331 (SUB401 - County of Maui - Item 31A.) The governor has until June 19th, 1996 to veto bills and all bills must be signed by July 3rd.

-Bill Harris, M.D.

Extracted from Pacific Business News, May 20th, 1996 and ARH Vol. I #1 1996.

The Molokai Livestock Cooperative...has submitted a draft environmental impact statement to Maui County for a ...slaughterhouse on a 7.25 acre parcel of state land at the Molokai Agricultural Park near Hoolehua Airport. The coop comprises nine ranchers who run 8,000 cattle...The project is an effort to restore the Molokai meat business after the state Department of Health ordered the eradication of 10,000 cattle during a bovine tuberculosis scare a decade ago.. The only existing slaughterhouse, owned by Molokai Ranch, Ltd. was shut down by the Health Department...The new facility will be able to handle about 25 kills per week...and is also intended to revitalize the swine industry...

Molokai Ranch (MR), the largest land owner (53,000 acres) on economically depressed Molokai, is owned by Brierley Corporation, a New Zealand conglomerate. In addition to cattle, MR also maintains a "Safari Park" which is stocked with many former Honolulu Zoo animals. MR has a "canned" hunting area; for a fee of \$1500 hunters can shoot eland, axis deer, aoudad, and mouflon sheep. MR was cited in 1992 and fined \$22,000 for violations of the Animal Welfare Act. Former MR park ranger Mark Potter was dismissed in 1995 after he reported neglect and abuse of animals in the "Safari" park. MR accused him of poaching exotic animals but in February a Maui County Circuit Court acquitted him. Potter and his family subsequently moved to Oahu, alleging death threats and gunshots fired at his Molokai home. Potter has filed suit against MR stating that he was wrongfully dismissed and that a federal "whistle blower" statute had been violated.

The 1000-acre Molokai Agricultural Park is under the jurisdiction of the state Department of Land and Natural Resources (DLNR) and Maui County has held the master lease since the park was conceived in the late 1970s. Senate Concurrent Resolution (S.C.R) 24 and House Resolution (H.R.) 55 of the 1996 legislature requests the DLNR and the Department of Agriculture to locate and designate a suitable site for a new slaughterhouse on the island of Oahu (also). DLNR chief Mike Wilson is at 587-0404, or 587-0390 FAX. Agriculture Chairman James Nakatani is at 973-9551 or 973-9613 FAX.

-Bill Harris, M.D.



Honolulu Herbivore Happenings

Summer 1996



June 6th, Thursday:

Join us at the Buddhist Vegetarian Restaurant (Chinese Cultural Plaza 100 N. Beretania #109) at 6:00 PM as we initiate our twice a month dining out format for the Summer Quarter. It helps me if you know you are coming to any of the dine-outs and can call ahead of time to give me your party size. I can then alert the restaurant as to approximately how many of us will be gathering. Leave a message for Roger at 672-4207 telling me your name and party size. Parking structure is on Maunakea St. across from Honolulu Towers.

June 7th, Friday:

Jack Lé will present an improvisational vegan cooking demonstration from 6:00-9:00 PM at the McCully Library, 2211 So. King St. The menu will be served free. Call Jack's pager for reservation at 571-5225.

June 10, Monday:

Please join us for a free lecture at our monthly meeting at 7:00 PM, Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Ave (.2 mile behind the Kapahulu Library). UH Professor

Cromwell Crawford will speak on the habit of Americans to rely for their health needs on the latest achievements of medical science as being a dangerous trend.

June 15th, Saturday:

Chinatown tour. Meet at 10:00 AM in the Maunakea Marketplace Courtyard. Maximum 15 people, call for reservations: Jack Lé' s pager 571-5225.

June 25th, Tuesday:

Join us at Singha Thai Cuisine (1090 Ala Moana Blvd - Across from Wailana Coffee House) at 6:00 PM. They have traditional Thai Dancers and a Shrine. Call Roger at 672-4207 leaving your name and party size. Validated Free Parking. Go approximately 50 yards mauka (towards the mountains) on Ena Road from Ala Moana Blvd. Turn right and go up the ramp.

July 5th, Friday:

Join us at the Pacific Vegetarian Cafe (Aloha Tower KauKau Corner #221) at 6:00 PM. Call Roger at 672-4207 leaving your name and party size. Parking is \$2.00 after 4:30.

July 8, Monday:

Please join us for a free lecture at our monthly meeting at 7:00 PM, Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Ave (.2 mile behind the Kapahulu Library). Dick Allgire, the very popular KITV Ch 4 anchorman, will speak. Last July he gave a very entertaining talk that was attended by one of our biggest audiences ever. This time Dick will regale us with a fascinating slide show and demonstration about labels entitled Labelmania, Loopholes, Lies, and Loonytunes.

July 24th, Wednesday:

Join us at Pineland (1236 Keeaumoku St.) Chinese and inexpensive. They don't serve brown rice but you are cheerfully accepted if you bring your own. Between Beretania and Kinau. Parking is along the curb across the street and on side streets. Call Roger at 672-4207 leaving your name and party size.

August 5th, Monday:

Join us at Diem (2633 S. King St.). Call Roger at 672-4207, leaving your name and party size. Diem's all-you-can-eat vegetarian special is \$8.95. 15% off regular menu for VSH card holders. Parking on the corner of University and King in the Central Pacific Bank parking lot.

August 12, Monday:

Please join us for a free lecture at our monthly meeting at 7:00 PM, Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Ave (.2 mile behind the Kapahulu Library). Neal Pinckney, Ph.D., author of *Healthy Heart Handbook*, will speak on "Lifestyle and Health."

August 22nd, Thursday:

Join us at Maple Garden Chinese Restaurant (909 Isenberg St.). Parking at the restaurant and on the curb. (They will have brown rice for us.) Call Roger at 672-4207, leaving your name and party size.

Related Events:

Set your cable VCR to record Wednesdays from 6:15 PM to 7:45 PM on ATTN 2 (Channel 23 Oceanic). Unfortunately ATTN 2 will not show on Chronicle Cable. The regular VSH public access TV show is scheduled for 6:30 PM but Olelo's timing is erratic. 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.

Every Sunday from 7:00-9:00 PM., K108 AM radio presents "Nutrition and You," with Terry Shintani, M.D., and triathlete Ruth Heidrich, Ph.D. 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 PM 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 is facilitated by Neal Pinckney, Ph.D. A new group will begin July 11th in the Waianae Library, Thursday evenings 7:00 PM. For information on possible other groups call during the last week in June: 696-2428.

Low fat vegan cooking classes! From August 4 to August 25th Masa and Harriet Yafuso will conduct four classes at the Manoa Seventh Day Adventist Church at 2655 Manoa Road, Honolulu. Classes will be in Japanese on Sundays 2:00-4:00 PM. FREE! For information, call 247-5779.

Where can vegetarians from around the world meet plus have fun, learn new things, and eat great food? *Vegetarian Summerfest 1996: A World Vegetarian Congress!* July 29 - Aug. 4. Conference Center at Pitt-Johnstown, PA. We offer three registration packages:

* Full (July 29 - Aug. 4)

* Midweek (July 31 - Aug. 4) * Weekend (Aug. 2 - 4)

If you have questions, contact NAVS, Box 72, Dolgeville, NY 13329.

Tel: (518) 568-7970

Since Allen Schubert moved to the mainland we have been looking for an Internet Coordinator to assist Carol Gronseth, our Publicity Director. If you know HTML and have the time to update our page quarterly, please contact Carol at 595-6840.

The Board position of Membership Secretary is also available now, as Nancy Dangler resigns after serving long and well. This volunteer position involves coming to the clean and comfortable VSH office once a week for about 3-4 hours to process new member applications and renewal cards, mail packets with membership cards to members, and enter names and addresses in the computer. Nancy will still be available for a while to train her replacement, so give her a call at 254-2967 if you would like to learn more. As of June 1, the Board position of Merchandise Manager will be available. This volunteer position involves selecting and ordering books, tapes, videos, T-shirts and other educational materials for VSH to sell. The Merchandise Manager brings the saleable items to each monthly meeting, and to health or environmental fairs which VSH is invited to attend, supervises sales at the book table, and returns the inventory to the VSH office in Hawaii Kai afterward. For more information, please call VSH at 395-1499.

Maybe the position of Outreach and Education Director is the job for you. Your duties would involve responding to phone calls from people who invite us to attend health fairs, environmental fairs, or just to speak to groups of people in the community. You would obtain all the details about the event, determine how many volunteers will be needed and prepare a work schedule for them, or determine the appropriate Board member to be the speaker

and arrange the details. The Volunteer Coordinator is available to find volunteers for you after you organize the work schedule. For more information, call VSH at 395-1499.

Newsletter editor William Harris, M.D. is resigning after this edition. If you would like to serve as replacement please call VSH at 395-1499.

Huckleberry Farms asks that you present your VSH membership card prior to check-out, not after the cashier has rung up your sale, since not all their items are discounted.

SCHOOL LUNCH LIAISON NEWS

EXCITING HAPPENINGS ARE PLANNED FOR D. O. E. SCHOOLS IN THE FALL '96

Jennifer Raymond, M. S., California Nutrition Consultant, nutrition instructor for Dr. Dean Ornish, author, national cable T.V. cooking show host, who has worked with a number of other schools, is working on a proposal to D. O. E. School Food Services Director, Eugene Kaneshiro; for her to conduct in-service to food service managers statewide, training them in preparation of low-fat vegan meals and use of the new U. S. Dept. of Ag. nutrient-based menu-planning. She would also develop recipes which meet the new guidelines, to help get food service managers started using the new system. All of this is for use at the state level.

Susan Campbell, also from California, Co-Director of EarthSave's Healthy School Lunch Program and co-author of the Healthy School Lunch Action Guide, who has facilitated change in other school districts, is making plans to conduct classroom nutrition education and workshops at our pilot (vegetarian option) school in Kaneohe, and will provide free instructional materials to Kapunahala teachers to use in follow-up instruction. This school has a nationally renowned, award-winning video technology program with closed-circuit T.V. to classrooms which can be utilized to produce an instructional program applicable in statewide classrooms.

Since the State of Hawaii is in the process of down-sizing due to a large budget deficit, funding is being sought from mainland and local sources.

The Liaison Committee is also disseminating information to parents from other Hawaii schools requesting advice facilitative to change in their respective schools, including interisland.

The next School Lunch Liaison Committee meeting is scheduled for 5/23/96, 5:30-7:30p.m. at Castle Medical Center, Accounting Conference Room, Basement Level. Thanks to Ed Hoover, Director of the Castle Center for Health Promotion and a consultant and support for the Committee.

Call me for information about this program: Cheryl Chung, Liaison-235-5132.

Restaurant Review

- Excellence in North Chinese Szechuan Dining
- 909 Isenberg St.
- Honolulu, Hawaii 96826
- Lunch 11-2 (Daily)
- Dinner 5:30-10 (Daily)
- Reservations or Take-Out Orders
- 941-6641

Right across from the Old Stadium Park in Moilili we explored the culinary delights of northern Chinese Szechuan dining. Our first impression was one of visual beauty. The walls were covered with large paintings by John Young. The air was smoke free, until later when a patron lit up a cigarette in the rear of the restaurant. We

asked the waiter about this and he said that smoking is allowed "at the discretion of the manager" *i.e.* there really is no particular smoke-free area. I was delighted at the absence of intrusive music.



As soon as we sat down, a pot of steaming hot tea appeared. The waiter brought the menus immediately and was very helpful regarding choice of vegetarian dishes. We carefully explained that the term "vegetarian" means that broth also has to be vegetable-based, not meat or seafood-based. It was a bit difficult due to language barrier, but he did understand and went into the kitchen to ask which soups were all vegetarian. Under the VEGETABLE DISHES portion of the menu, we discovered this sentence: "Please check with your waiter if you are a vegetarian." It's good to know we vegetarians are thought of.

We selected an appetizer, a soup, and two main dishes. The appetizer consisted of shredded Chinese cabbage with red and green pepper strips and shredded carrots, all marinated in a hot sweet-sour dressing. It was very tasty and appeared fat-free. Next we received a large bowl (enough for two or three people) of delicious Tofu and Spinach soup. The tofu was soft and velvety, and the spinach leaves were large and still had stems attached, which was visually pleasing. The soup was very tasty and the amount of fat appeared negligible.

I turned around to further explore the decor of the room and was shocked to see a tank with live crabs. Yikes! We did not let this spoil the rest of our dinner, however. "Buddha's Food" was a delicious combination of crunchy vegetables. Brown rice is available, but one of the servings was hard and dry--maybe a week old? (Brown rice is not a menu item). Next we were served "Eggplant With Hot Garlic Sauce," a delicious dish with ginger flavor and sesame seeds. Unfortunately it was swimming in oil, but our attentive waiter assured us it was "vegetable oil." Why do so many people still think vegetable fat is good fat????

The menu offers seven or eight vegetable dishes ranging in price from \$5.95 to \$6.50. Three desserts with mysterious names like "Pearl Dumplings" were also listed, but we decided not to order. The overall impression was very positive, and on the way out we asked the owner about MSG. "Only in the black bean sauce and oyster sauce," he replied. We recommend Maple Garden to those who don't mind crabs in a tank.

-Eva Martin

VSH thanks the following for their dedicated service. We apologize for anyone we missed.

Newsletter Folders 2/23/96

- Lew Crouch
- Carol Gronseth
- Bill Harris
- Ruth Heidrich
- Dave Varvel
- Rose Varvel
- Georgie Yap

Special thanks to Mary Arakaki, Jerry Smith, and Rose and Dave Varvel who refolded and remailed all 604 copies of our last newsletter. We reformatted it to make it lighter so it would not be rejected by that fine example of a government monopoly, the US Post Office. The resulting NL was 5 grams lighter, but the P.O. then judged it oversized and all 604 copies were returned to VSH. This issue will be sent via a private mailing service.

Earth Day at Kapiolani Park 4/28/96

- Mary Arakaki
- Lew Crouch
- Carol Gronseth
- Ruth Heidrich

Ongoing – Ala Moana Center Community Booth

- February 28 - Ruth Heidrich, Jack Lé
- March 27 - Jack Lé
- April 24 - Carol Gronseth, Jack Lé, Robert Moses

Cook Healthy Fast with Dick Allgire

Rigatoni with Tomato, Eggplant, & Red Peppers

- ‡ cup veggie broth or white wine for sauteing
- 1 large onion, chopped
- 1 medium-sized eggplant, finely diced
- 1 diced red pepper
- 1 clove garlic, chopped
- 2 TBS. fresh basil, chopped
- 2 cans (or 1 28 oz. can) peeled tomatoes, coarsely chopped -with liquid
- salt and fresh ground pepper
- 1 lb. rigatoni
- fake Parmesan cheese (Lite & Less) in the cooler section at Down To Earth
- fresh basil leaves to garnish

Saute the onion in the veggie broth or white wine until tender, about 5 minutes. Add the eggplant, pepper, basil and garlic, cover and cook another 5 minutes, stirring occasionally. You will need to add more sauteing liquid when it gets dry. Pour in the tomatoes with the juice, reduce heat and cook slowly, uncovered, until the sauce is thick. This takes about 25 minutes. Season to taste with salt and pepper. Cook pasta to al dente, drain and toss with sauce. Garnish with lactose-free fake Parmesan cheese and basil, and serve.

"Your Kids Will Love This Soup"

from *The McDougall Program for a Healthy Heart*

- 1/4 finely chopped onion
- 1/4 cup water
- 2 16-ounce cans no fat refried beans
- 1 3/4 cups vegetable broth
- 2 cups frozen corn
- 1/3 cup mild salsa
- ‡ tsp. ground cumin
- 1 bunch chopped cilantro

Place the onion and water in a medium saucepan. Cook and stir until the onion is tender and water has evaporated. Add remaining ingredients except cilantro. Mix well, and cook over low heat for 10 minutes. Garnish with cilantro. Serves 4, prep time 5 minutes, cooking time 12 minutes.

Georgie's Potato Salad

by Georgie Yap

- 3 medium red potatoes
- 1/4 onion, diced
- 1 carrot, grated
- 2 celery stalks, diced
- 4 pickle chips, chopped fine
- 2 tbsp "Vegenaise"
- 1 tsp Dijon mustard
- lemon pepper, salt to taste
- 1 bunch Chinese parsley, chopped (cilantro)
- 1 cup cooked green peas

Dice potatoes, cook, drain, rinse with cold water. Add onion, carrot, pickle, Nayoanise, lemon pepper, and peas. Mix gently. Garnish with Chinese parsley. Serves two. (We just discovered Vegenaise, the first mayonaise with no eggs, dairy, honey, or preservatives, only canola oil. Also found Cascadian Farm pickle chips, which contain no alum or benzoate.)

| | Rigatoni | Kid Soup | Potato Salad |
|----------------------------|-----------------|-----------------|---------------------|
| <i>% of Calories from:</i> | | | |
| Carbohydrate | 77 | 72 | 65 |
| Fat | 8 | 7 | 26 |
| Protein | 16 | 21 | 9 |

Nutrient - Percent of (Recommended Daily Allowance per Calorie)

| | (%) | (%) | (%) |
|--------------------|----------|----------|----------|
| Calcium | 144 | 134 | 84 |
| <i>Cholesterol</i> | <i>0</i> | <i>0</i> | <i>0</i> |
| Fiber | 194 | 431 | 258 |
| Folate | 198 | 1418 | 270 |
| Iron | 247 | 285 | 180 |
| Magnesium | 219 | 338 | 195 |
| Potassium | 340 | 424 | 419 |
| Phosphorus | 175 | 325 | 148 |
| Riboflavin | 200 | 124 | 90 |
| Thiamin | 347 | 391 | 230 |
| Vitamin A | 203 | 109 | 1141 |
| Vitamin B12 | <i>0</i> | <i>0</i> | <i>0</i> |
| Vitamin B6 | 198 | 228 | 327 |
| Vitamin E | 131 | 216 | 449 |
| Vitamin C | 848 | 436 | 906 |
| Zinc | 100 | 153 | 64 |

"If every food eaten in a day provides at least 100% of the RDA per Calorie for each nutrient, then the day's nutrient requirements are met automatically."

Book Review

The Zone

Barry Sears, Ph.D.

Regan Books, New York 1995

ISBN 0-06-039150-2

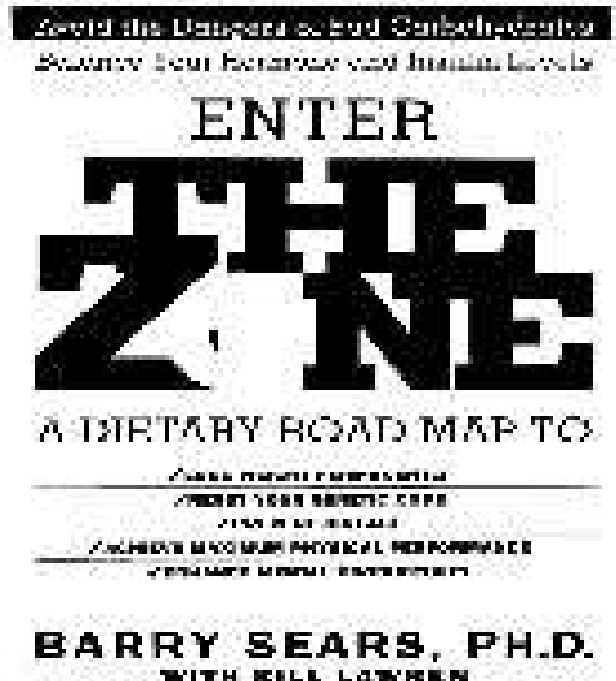
\$22.00

Pat Carney of EarthSave gave me a copy of this diet book for critical comments. The author thinks there's not enough protein in the current 10/10/80 therapeutic vegetarian diet of Pritikin fame. According to Sears, to be in "the Zone" you need 30/30/40 aspercent of Calories from protein, fat, and carbohydrate respectively.

Among other anecdotes Sears says the Stanford swimming team went on his "Zone" diet and won the NCAA championships in 1992-93-94 and took eight Gold medals in the Barcelona Olympics. I called the Stanford athletic department for the records of the Stanford swimming team, since 1916. From 1948-1960 coach Tom Hayne won 90% of his meets. The team won the PAC-TEN 24/46 years and was first in the NCAA 7/46 years. From 1984-91 Stanford was first in the NCAA 3/10 years (before trying the Zone diet), so it's not as if the "Zone" had transformed the Bad News Bears.

And what is "the Zone?" Well, it's that magical realm every athlete experiences when he/she can do no wrong, where every move is right, and no task impossible. According to Sears you get there by balancing your fatty acid eicosanoids and to do this you need more fat and protein and less glucose-releasing starches (bread, cereal, grains, pasta, potatoes, rice, etc.) because they increase insulin release. Here Sears may have a point. Our grains and starches have a high glycemic index (GI) because the starch breaks down and releases glucose into the blood stream faster than vegetables and, believe it or not, some fruits, which are full of fructose, not glucose. Pure glucose has a GI of 100. Eating red beans (GI 30) or cherries (GI 22) raises blood sugar and insulin levels more slowly than eating those fat-free rice cakes (GI 82) or pasta (GI 55). A secondary function of insulin is to store fat, which may explain why the low-fat high carbohydrate diet does not always lead to weight loss.

Linoleic acid is the only essential dietary omega-6 fatty acid. Enzymes in the body convert it to DGLA (Dihomo Gamma Linoleic Acid), and DGLA is the source of the "good" anti-inflammatory eicosanoids. If high GI foods are eaten, the insulin release stimulates a key enzyme that further converts DGLA to the non-essential omega-6 arachidonic acid, and *that* converts to the "bad" inflammatory eicosanoids. Another simple way to cut your level of arachidonic acid, which is found mostly in animals, would be to not eat animals although the book is full of low-fat meat.



Omega-3 fatty acids may inhibit that key enzyme, thus leading to more "good" eicosanoids. There should be more omega-3 fatty acids in the diet. Sears gets his from fish or fish oil, but the only essential dietary omega-3 is alpha-linolenic acid made by the chloroplasts of green plants including algae, the bottom link in the marine food chain, so eat your spinach dear, and leave the fish alone.

But the grains recommended so highly by contemporary vegetarian writers are loaded not only with starch but with omega-6 linoleic acid. The omega-3:omega-6 ratio ought to be 1:1 since that's what it is in the brain and was also in the diet prior to the agricultural revolution 12,000 years ago. That's when we switched over to grain-based agriculture which reduced the ratio to 1:10, but gave the illusion of enormous success because the cheap new agriculture produced a 16-fold population explosion by 6000 BC. Better off we'd be eating the "herbs of the field and the fruits of the trees," as suggested in Genesis 1:29. That would probably include high-fat goodies like avocados and raw nuts, which are currently forbidden in the low fat vegan school of thought, but which seemed to go down well with Adventists, Natural Hygienists, and other skinny 1930s-type vegetarians.

Sears is probably on to something, but he doesn't explain how to eat his recommended high-protein animal source food without taking on saturated fat, cholesterol, and protein with an auto-immunogenic sequence of amino acids. Still there's no reason healthy vegetarians should go on 10/10/80 rations originally used to reverse severe medical conditions. The stuff to remove from the diet is cholesterol, saturated fat, food additives, processed fats and sugars. What's left you can eat without restraint: unprocessed plant food.

-Bill Harris, M.D.

Animal Rights Hawaii



In July ARH will be protesting at the Hawaii State Farm Fair. For three years now we have tried to buy a lamb to take home alive and place in an adoptive home. Each year we've been informed that none of those cute baby animals on display can go anywhere until they've been "humanely" slaughtered. If you'd like to join the protest call us at 941-9476.

Councilmember John Henry Felix has written bill #3 (the "Tyke" bill) to 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. If passed, it would eliminate further "Tyke"-type disasters even as it reduced the litigation risk for C&C. The vote to pass the bill out for public hearing was 2-2 with Felix and Hanneman voting "aye" and Bainum 547-7004 and Mansho 547-7001 "no." Mirikitani 547-7005 was excused prior to the hearing. Please urge council members to sign on to the "Tyke" bill so that it can have a public hearing.

CENTRAL OAHU BRANCH

The March Potluck was yummy. Many great dishes were enjoyed and new acquaintances

made. In April a "hot" time was had at the Thai Kitchen restaurant with "spicy" conversation enjoyed by all. A big Mahalo to Virginia Johnson for planning and making these events happen.

We are meeting regularly on the third Monday evening of each month at Christ Lutheran Church in Mililani. For upcoming events and questions call 395-1499, ext. 2 and leave your name and number, and someone will get back to you.

A special thanks to all our program speakers over the first three months. Our programs have been interesting and well attended.

More exciting events to come...

- May 20-Ivan Kawamoto will talk about natural organic foods, Are they better? Why?
- June 17- Neal Pinckney, author and creator of "Healing Heart" program, will talk about "Lifestyles of the Hale and Hardy".
- July 15- Small group sharing. Come with questions and/or experiences to share with others in small groups.
- July 27 - Potluck at CLC 6:00PM. Bring a dish containing no meat, fish, or fowl to share. Also bring your own utensils.
- Aug 19 - We will be watching a video "Diet for a New America, Your Health, Your Planet".

All events happen at Christ Lutheran Church in Mililani (across from the Yum Yum Tree) and are open to everyone. Call 395-1499, Ext 2 for more information.

For vegetarian events on Kauai contact Frank or Georgiana Burt at (808) 826-5120, PO Box 381, Hanalei, HI 96714.

The Island Vegetarian

3/17/96 The Honolulu Advertiser reported on the economic impact of the Jones Act, which requires that goods carried from one U.S. port to another must be carried on U.S. ships. Foreign ships are cheaper and while all consumers pay more for this Act, the Hawaii Cattlemen's Council seems to be most unhappy. Hawaiian cattle are shipped to the mainland for slaughter and that costs more, unless they re sent to Canada in which case cheaper foreign vessels can be used...3/20/96 Ed Hoover, Director of Health Promotion for Castle Hospital, spent several days in a cow suit carrying 2' by 3' signs saying "Join the Great American Meatout", and "Have a Healthy Day: Eat Vegetarian, Exercise, and Relax." ...3/22/96 Prez Ruth Heidrich won \$250 in Pioneer Federal s Healthy Senior contest in the Senior Health Fair at the Hawaii Prince Hotel. There were 70 contestants in her age group: 50 and over. As of this printing Ruth is gallivanting in the Aegean Sea, cruising the islands and teaching fellow passengers about the virtues of a vigorous vegan lifestyle... 4/20/96 Andrea Lee, Jack LiÇ, and Dawn Bardusch took first, second, and third in the Chili Cook-Off at the Sandy Beach Music Festival. All three cooks are VSH'ers and all three recipes were vegan...4/28/96 VSH was at the Kapiolani Earth Fest with one booth to display our literature and a second to demonstrate cooking vegetarian stew. Over 100 people were served and there were many compliments. Mary Arakaki, Lou Crouch, Carol Gronseth, Ruth Heidrich, and Jack LiÇ were our reps... 4/24 VSH passed out all of its available Q+A booklets at the Ala Moana Center Community Booth... 5/4/96 Jack LiÇ and Ruth Heidrich led a Chinatown tour, found many vegetarian products, vegetables, seasonings, and a tofu factory. Tour ended with lunch at the Buddhist Vegetarian Restaurant... 5/20/96 The U.S. Department of Agriculture settled a case against John F. Cuneo, president of the Hawthorn Corporation, in Grayslake, Ill., in order to enforce the Animal Welfare Act. Hawthorn did not admit or deny that they violated the Act regulations but agreed to the issuance of a consent decision order and to pay a civil penalty of \$12,500 to settle the Tyke case... The New Veg-HI e-mail list is here now! To subscribe, send a message to waste@waste.org with one of the following commands in the message body: subscribe veg-hi (for the normal version), subscribe veg-hi-digest (for the digest version)...

LONGEST BRITISH CIVIL TRIAL REACHES 250th DAY

On or around 16th May, the McLibel Trial will have been in court for 250 days. The trial began in June 1994 and is scheduled to continue until the end of 1996...In the U.S. McDonald s launched a new hamburger The

Arch DeLuxe. The media greeted it with a giant yawn but showed one vegetarian picket wearing a sign board that read: "ARCH Deluxe, ARCH Stupidity, ARtery Clogging Hamburger"...