



# The Island Vegetarian

## Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOLUME 15, ISSUE 1, JAN – MAR 2004

## Inside

- President's Message
- William Harris, MD
- Animal Rights Corner
- Calendar of Events & Bookstore
- Reviews
- Recipes

## Public Lectures\*

### JIM MOTAVALLI

**“So, You’re an Environmentalist; Why Are You Still Eating Meat?”**

Sat., Jan. 17, 7 p.m.  
McCoy Pavilion

### JOEL FUHRMAN, MD

**“The Greatest Diet on Earth”**

Sat., Feb. 14, 7 p.m.  
McCoy Pavilion

### PARK JAE OH, Esq.

**“The Vegetarian Movement in Korea”**

Sat., Mar. 13, 7 p.m.  
McCoy Pavilion

\*See page 10 for Maui dates.

## USDA Misleading American Public about Beef Safety

by Michael Greger, MD

**I**t is not surprising that the U.S. has mad cow disease given our flaunting of World Health Organization recommendations.[1] What is surprising, however, is that we actually found a case given the inadequacy of our surveillance program, a level of testing that Nobel laureate Stanley Prusiner, probably the world's leading expert on these diseases, calls simply “appalling.”[2] Europe and Japan follow World Health Organization guidelines[3] and test every downer cow for mad cow disease[4]; the U.S. has tested less than 2% of downers over the last decade.[5] Most of the U.S. downer cows, too sick or injured to even walk, end up on our dinner plates.[6]



In Canada, authorities were able to reassure the public that at least the downer cow they discovered infected with BSE -- Bovine Spongiform Encephalopathy, or mad cow disease -- was excluded from the human food chain and only rendered into animal feed.[7] U.S. officials don't seem to be able to offer the same reassurance, as the mad cow we discovered may very well have been ground into hamburger.[8] How then, can the USDA and the beef industry insist that the American beef supply is still safe? They argue that the infectious prions that cause the disease are only found in the brain and nervous tissue, not the muscles, not the meat.

For example, on NBC's Today, USDA Secretary Ann Veneman insisted “the fact of the matter is that all scientific evidence would show, based upon what we know about this disease, that muscle cuts -- that is, the meat of the animal itself -- should not cause any risk to human health.”[9] The National Cattlemen's Beef Association echoed, “Consumers should continue to eat beef with confidence. All scientific studies show that the BSE infectious agent has never been found in beef muscle meat or milk and U.S. beef remains safe to eat.”[10] This can be viewed as misleading and irresponsible on two counts.

First, Americans do eat bovine central nervous system tissue. The United States General Accounting Office (GAO) is the investigative watchdog arm of Congress. In 2002, the GAO released their report on the weaknesses present in the U.S. defense against mad cow disease. Quoting from that congressional report, “In terms of the public health risk, consumers do not always know when foods and other products they use may contain central nervous system tissue... Many edible products, such as beef stock, beef extract, and beef flavoring, are

(See Mad Cow Disease on page 18)



# PRESIDENT'S MESSAGE

by Alida Rutchick, MEd

## The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii

P.O. Box 23208  
Honolulu, HI 96823-3208  
808-944-VEGI (8344)  
e-mail: info@vsh.org  
www.VSH.org

Visit our website for newsletter archives and more.

### Board of Directors

President: Alida Rutchick, MEd  
Vice Pres: Jim Brown  
Secretary: Mary Arakaki, RD  
Treasurer: Tony Lim, CPA  
Directors: William Harris, MD  
Robert Moses  
Karl Seff, PhD  
Helen Wells, MA

### Newsletter Committee

Jim Brown  
Alida Rutchick, MEd  
Helen Wells, MA

### Volunteer Coordinator

Robert Moses

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.

Mahalo to the Adobe Corporation for a generous software donation.

Greetings.

Lately I've noticed that issues related to the mission of the Vegetarian Society are popping up in unexpected places. In the recent University of Hawaii alumnus magazine *Malamalama* is an article about the Asian Vegetable Research and Development Center - the World Vegetable Center, which works to "... improve nutrition, reduce poverty, and build economies through vegetable research and development." "Green ambassador" Subramanyam Sanmugam-sundaram, a former East-West Center grantee, is deputy director general for research of the Asian Vegetable Research and Development Center and a fellow of the Indian Society of Vegetable Science. He has directed projects to increase production of mung beans and soybeans and has been named a fellow of the Indian Society of Vegetable Science.

In a recent issue of *Hawaii Business* magazine is a feature story on one of my favorite subjects -- organic farming. Did you know that there are 70 farms certified by HOFA -- the Hawaii Organic Farming Association -- earning about \$15 million annually and that their produce is even "exported" to the mainland? The number of these farms is increasing by about 20% annually -- in pace with growth on the mainland and far outpacing the growth of conventional farming.

Lastly for now, in my online version of *The New York Times* I read of an effort underway in the state of Maine to save wild Atlantic salmon, currently an endangered species. An unlikely coalition of conservationists, government interests, a Native American group, and an electric company will be cooperating on a project that will make available hundreds of miles of previously dammed river to allow the salmon to spawn. And although the continuation of this species is still not assured, the hope is that this agreement will lead to the relocating of other dams to areas where the generation of electricity would have less negative environmental impact. Presumably, the saving of the salmon is not for the purpose of having more of them to eat! Or we can hope...

Three somewhat unrelated developments from around the world -- Asia Hawaii, and the far-off state of Maine -- but with an underlying common theme close to the heart of VSH-ers.

*Alida*



## SCIENCE CORNER

by William Harris, MD, VSH Board Member  
[www.vegsource.com/harris/](http://www.vegsource.com/harris/)



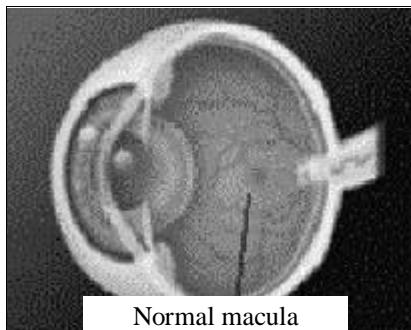
### IS MACULAR DEGENERATION A DIETARY DEFICIENCY DISEASE?

The incidence of Age Related Macular Degeneration (ARMD) appears to have gone up over the past fifty years. It's not clear whether there has been an absolute increase or whether it's just because the US population is growing older, but ARMD was not a common problem when I was in training 40 years ago, and my General Ophthalmology text from 1983 barely mentions it.

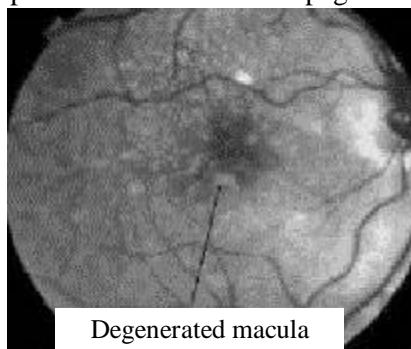
The choroidal neovascular "wet" form of the disease (CNV) is responsible for ~90% of the severe loss of vision in ARMD. It is caused by a growth of abnormal blood vessels under the macula (central part of the retina). These vessels leak fluid, lift the macula off its Bruch's membrane, and cause scar tissue that attacks central vision over a period that can range from a few months to three years. It is now the leading cause of blindness in the

United States with 200,000 new cases in the United States each year, usually people in their mid-70s. (Ref <http://www.eyesight.org/>)

Most of the research money seems directed toward drugs, genetics, laser treatment, retinal transplants, and pos-



Normal macula



Degenerated macula

sible autoimmune factors. However, numerous journal articles point to the role of nutrients in preventing the disease in the first place. Vitamin E appears to be concentrated in the normal macula and reduced in the abnormal. Beta-carotene (BC) not only splits to form retinal, a part of rhodopsin, the light detecting trigger of

the eye, but has antioxidant properties as well. Vitamin C may also be a protective antioxidant while lutein and zeaxanthin, barely distinguishable from BC, become photo-protective elements in the Retinal Pigment Epithelium (RPE) in the back of the retina.

On page 18 is a list of the USDA SR-13 top scorers for lutein & zeaxanthin (L&Z). Most of these are also good vitamin C, E, and BC sources, but with the exception of wheat germ (vitamin E), no grain product had any at all. The first animal food, egg,

came in #50 with 55 mcg/100gm.

According to the National 5-A-Day Committee, only 36% of the U.S. public is aware that they should be consuming the recommended 5 servings of fruits and vegetables daily. USDA figures show that the actual

food consumption of the American public looks more like the food pyramid turned upside down with ~66% of Calories coming from animal foods and grains, and only 34% from vegetables and fruit. U.S. and world agriculture has always been heavily based on grains, either consumed directly or fed to animals that are then consumed, but neither grains nor any animal food contain more than a trace of vitamins C, E, BC, lutein, or zeaxanthin. Perhaps this is the real reason that AMD is on the rise.

#### References:

1. *Dietary carotenoids, vitamins A, C, and E, and advanced age-related macular degeneration.* Eye Disease Case-Control Study Group. JAMA Nov 9 1994, 272 (18) p1413-20, ISSN 0098-7484 Seddon JM; Ajani UA; Sperduto RD; et al. "... Adjusting for other risk factors for AMD, we found that those in the highest quintile of carotenoid intake had a 43% lower risk for AMD compared with those in the lowest quintile (odds ratio, 0.57; 95% confidence interval, 0.35 to 0.92; P for trend = .02). Among the specific carotenoids, lutein and zeaxanthin, which are primarily obtained from dark green, leafy vegetables, were most strongly associated with a reduced risk for AMD (P for trend = .001)."
2. For an excellent 65 slide description of ARMD go to: [http://www.eyesight.org/Pictorials/Pic-Slide\\_Show/pic-slide\\_show.html](http://www.eyesight.org/Pictorials/Pic-Slide_Show/pic-slide_show.html)
3. Goodwin and Mercer. *Introduction to Plant Biochemistry.* Pergamon Press. Oxford, 1983. p99 (for the subtle differences in carotenoid molecular structures).

# Good News About Bad Things Dept.

by William Harris, MD  
VSH Board Member

**T**here's no evidence that alcohol in any form is intrinsically beneficial, but in socially acceptable amounts it loosens the tongue with a mild peel of the cerebral cortex. However, the wine industry was quick to pick up on the good news

that the flavonols in red wine reduce cardiovascular mortality. Flavonols mop up free radicals, the by-products of the body's chemistry that destroy cells and their DNA. The flavonols in red wine are also thought to reduce the oxidation of low density lipoprotein (LDL) and to release nitric oxide, thus reducing the deposition of cholesterol plaque and increasing coronary blood flow by vasodilatation.

The chocolate industry was also pleased to find that their product contains flavonols, the amount appar-

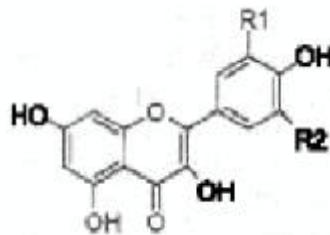


Figure 1. Chemical structure of flavonols (quercetin, kaempferol, myricetin, isorhamnetin)

ently dependent on the darkness of the chocolate. In 2000 Mars, Inc., makers of the Mars Bar, M&Ms, and other delicacies, funded an American Association for the Advancement of Science (AAAS) symposium on the flavonols in chocolate, neglecting to mention that chocolate is mildly addictive as a result of the presence of theobromine, a stimulant alkaloid similar to caffeine.

While the Northern California vineyards and the chocolate lovers were celebrating, the USDA compiled a qualitative list of healthy, non-addictive, and alas, mostly non-USDA-subsidized foods that also contain a zoo full of flavonoids. By a strange lapse fruits were not included in this list, but if red wine contains flavonol, a number of wine industry web references indicate that it came from the skin of the grapes -- not from the fermentation process -- so you can eat the grapes and forget about the booze.

Vegetable	Flavonols	Flavones	Flavan-3-ols
	Quercetin	Apigenin	Catechins
	Kaempferol	Luteolin	Epicathechins
	Myricetin		Theaflavins
	Iisorhamnetin		Thearubigins
Beans, kidney	*		*
Beans, snap	*		
Beets	*	*	
Broadbeans, fava	*		***
Broccoli	**		
Brussels sprouts	*	*	
Cabbage	*	*	
Carrots	*		
Cauliflower	*	*	
Celeriac	*	*	
Celery hearts, green		***	
Celery	*	**	
Cucumber	*		
Endive	*		
Gourd, dishcloth	*	*	
Kale, Chinese	*	*	
Kale	***		
Kohlrabi	*	*	
Leeks	*		
Lettuce	*	*	
Marrowfat peas			**
Onions, yellow or white	***		
Onions, spring	***		
Onions, red	****		
Parsley	*	*****	
Parsnips	*		
Peas, green	*		
Peppers, hot	***	*	
Peppers, sweet	*	*	
Potatoes	*		
Radishes	*		
Rutabagas	***	***	
Spinach	**	*	
Tomatoes	*		
Tomato juice	*		
Tomato puree	*		
Turnip greens	**		
Waterspinach	*	*	
Watercress	**		
Vegetables with no detectable flavonoids: Mushrooms			

Key: ★<5mg/100g; ★★5 to <10mg/100g; ★★★10 to <50mg/100g; ★★★★50+mg/100g

The USDA Database for the Flavonoid Content of 235 Selected Foods, released in March 2003, is available as a 279 page Acrobat file or as a Microsoft Access file "Flav.mdb," both downloadable at: <http://www.nal.usda.gov/fnic/foodcomp/Data/Flav/flav.html>.

**F**ood sources of flavonoids are organized into five subclasses based on their chemical structure:

**FLAVONOLS:** Quercetin, Kaempferol, Myricetin, Iisorhamnetin

**FLAVONES :** Apigenin, Luteolin

**FLAVANONES:** Hesperetin, Narinogenin, Eriodictyol

**FLAVAN-3-OLS:** Catechins, Epicatechins, Theaflavins, Thearubigins

**ANTHOCYANIDINS:** Cyanidin, Delphinidin, Malvidin, Pelargonidin, Peonidin, Petunidin

# Volunteers Brighten Lives

by Robert Moses  
VSH Board Member

**A**s volunteer coordinator I'm always looking for serious, dedicated members who want to help their organization succeed. This whole society (except for one bookkeeper) is run by volunteers, without whom we could not exist. There are many different and interesting jobs available. The ideal is for the volunteers to take responsibility for their jobs and to improve on how they're done to achieve optimal results. Here are some of our openings in no particular order:

- assistants to help with the refreshments at the monthly meetings
- assistants to help with the room preparation at the monthly meetings (setting up the chairs and tables, etc.)
- greeters at the monthly meetings

to provide handouts, direct people to our membership and literature tables, etc.

- assistants to help with the preparation of the quarterly newsletter (only 1 morning every 3 months)
- assistants to help with membership services (our program of discounts and other benefits to members)
- volunteers to staff our tables at fairs, expos, and other community programs
- a qualified grant proposal writer
- fundraisers and assistants (letter writing and processing, etc.)
- people to distribute flyers
- an assistant to help with all my projects (room reservations and permitting, room preparation, recruiting and managing the volunteers, organizing the hikes, tabling at fairs, etc.)
- books and merchandise manager
- assistance with media relations
- and your ideas for other volunteer positions to help promote vegetarianism in our community.

Please donate some of your time



Cleveland Clinic Cardiologist Caldwell B. Esselstyn, Jr., M.D. was the guest speaker for the VSH meetings on Oahu and Maui in November.

to help us help others. E-mail me at [robert@vsh.org](mailto:robert@vsh.org) or call me at 941-0191 from 8 a.m.-9 p.m., and participate in this worthwhile cause.

Mahalo!



## Letter to the Maui News Editor Global Hunger Better Solved by Eating Plants

**D**uring the holidays we receive numerous invitations to donate to charities, and we must be careful not to be duped. Heifer Project International is an organization that claims to work against world hunger by donating animals to families in developing countries.

Worldwide, 840 million people live with chronic hunger, and 8.8 million people die of hunger-related

causes each year. Most hunger deaths are due to chronic malnutrition caused by inequitable distribution and inefficient use of existing food resources.

In fact, animal-based foods are the least cost-effective foods. They require more land, water, and energy per unit of protein than plant-based foods. It takes many pounds of grain or other feed to produce a pound of meat.

Animal agriculture is responsible for clear-cutting forests and destroying other sensitive ecosystems in order to accommodate livestock grazing. To make matters worse, consumption of animal products contributes significantly to life-threatening diseases such as heart disease, stroke, diabetes, and a variety of cancers.

Plant-based foods offer the healthiest, most sustainable and cost-effective

methods of ending hunger and malnutrition. We could feed the world while preserving the planet if existing plant-based foods were eaten by people directly rather than channeled through livestock to produce a small amount of food.

More efficient and equitable use of existing world food resources, combined with increased sustainable cultivation of traditional food plants in regions where people are now malnourished, will ensure a world of plenty for all.

Laurelee Blanchard  
Haiku

*Laurelee Blanchard is a campaign coordinator for Farm Sanctuary. Her letter first appeared as a letter to the editor in the December 6, 2003 issue of the Maui News.*

# Animal Rights Corner

## Slaughter Ban Sought for Maui

by Laurelee Blanchard  
VSH Maui Meeting Coordinator

Farm Sanctuary is urging the county of Maui to ban the slaughter of animals in residentially zoned neighborhoods. Maui County has been under fire from consumers, businesses, and humane organizations following a Kihei resident's account of a goat being tortured to death by her neighbors.

In August of this year Kymberly Marr of Kihei heard an unusual sound. She went outside and witnessed four men holding down a goat and taking a blowtorch to it. When she called the Kihei Police, she was told that this brutal behavior is a "a tradition in the Philippines" and is "legal and lawful as long as the animal will be consumed." According to this tradition, vinegar is forced down the animals' throats to sanitize their intestines before consumption. The legs are tied and the goats are hung upside down from a tree. Their throats are then slit and their blood collected to be made into a sauce.

Unsatisfied with the police officers' response, Marr wrote a letter to Governor Linda Lingle and Maui Mayor Arakawa describing the scene. Farm Sanctuary was notified of the cruelty case and an online petition was written ([www.petitiononline.com/maui/petition-sign.html](http://www.petitiononline.com/maui/petition-sign.html)). Within two days hundreds of outraged citi-

zens across the United States had signed the petition and threatened to boycott Maui as a tourist destination until legislation is enacted. The Maui Board of Realtors, comprised of 4,000 members, is also calling for a ban on the slaughter of animals in residential zones.

Surfing Goat Dairy, the island's largest goat dairy farm, sells most of its milk-producing goats male offspring to the public. After the goats leave the premises, the dairy farm has no control over treatment of the animals. Animal protection advocates maintain that Surfing Goat Dairy is complicit in the cruelty inflicted on these goats and that they should not pass off the dirty work by sending the goats off-site to be killed.

*Farm Sanctuary is the nation's largest farm animal rescue and protection organization. With over 100,000 active members, Farm Sanctuary works to end farm animal suffering and promote the humane treatment of animals used for food production through legislative and legal actions, investigative campaigns, humane education, public awareness projects, and direct rescue and shelter efforts. Laurelee Blanchard is a campaign consultant to Farm Sanctuary ([farmsanctuary.org](http://farmsanctuary.org)).*

**"Somewhere along the scale from bacteria to humans, we have to decide where killing becomes murder and where eating becomes cannibalism."**

Jared Diamond  
The 3rd Chimpanzee



## Hawaii County Joins Nationwide Effort to Protect Farm Animals

by Laurelee Blanchard  
VSH Maui Meeting Coordinator

The County of Hawaii has issued a proclamation that recognizes farm animals as "sentient beings" who deserve to be treated humanely. It has joined other cities across the nation speaking out against cruel factory farming practices.

Hawaii's proclamation states:

*Whereas, animals exploited by agriculture are sentient beings - capable of awareness, feeling, and suffering; and*

*Whereas, human beings have an ethical obligation to refrain from causing pain and suffering to other sentient beings; and*

*Whereas, farm animals are sentient beings who deserve to be treated with respect and protected from inhumane treatment,*

*Now, therefore, I, Harry Kim, Mayor of the County of Hawai'i, do hereby proclaim October 2003 as Protection of Farm Animals Month in the County of Hawai'i and urge all citizens to be mindful that farm animals should be treated humanely.*

*(See Proclamation on page 17)*

# Hunting Dogs Killed All of Our Goats

by Laurelee Blanchard  
VSH Maui Meeting Coordinator

In mid-December my husband Rick and I went to Kauai for our first vacation together in five years. On the first morning of our trip, we received a horrible telephone call from our friends Adam and Marie, who were staying at our farm on Maui, taking care of our animals. They told us that some vicious hunting dogs had gotten into the goat yard and killed Bobby, Mary Kay, Annabelle, and Andy. Our friends loved these goats too. They were the best possible goat sitters and unfortunately had to be the ones to discover the gruesome scene. When they walked up the path, they spotted dogs in the goat yard and then saw the dead goats. They had to break the bad news to us.



Laurelee Blanchard and Annabelle in early 2003. The baby goat was just a few days old when her mother was killed by a Maui hunter.

We couldn't believe dogs had gotten inside the pasture, because our 5-foot high fence exceeds the height recommended in the goat book, and Rick had buried barbed wire in the ground under the fence to prevent any dogs from digging their way in. Apparently, hunting dogs become so determined to kill goats, that they don't even feel the barbed wire cutting them as they dig their way through it. People on this island hunt goats, and they use dogs to do it. Bobby, Mary Kay, and Andy became orphans after their mothers were killed by hunters and their dogs. We adopted the goats when they were only two days old and bottle-fed them, diapered them, and kept them in the house with us. Rick spent months fencing in a huge pasture for the goats and more than a year building a deluxe new goat house for them. Those poor goats. What a terrible way to die.

The goats are now buried, and Rick is working on a humane trap to catch the dogs. If we ever recover from our grief and decide to rescue any goats again, we will install a fence that

is L-shaped on the bottom. The dogs would be unable to dig under the fence because they would be standing on the buried flap. We will also add posts above the top of the fence and run three lines of barbed wire at an angle. The officer at the humane society told us that a donkey or mule will guard a herd of goats, so maybe someday we'll rescue one.

In the meantime, we want people to know that hunters are cruel, and hunters who use dogs to attack prey are especially deplorable.

## got veal?

Drinking milk and eating cheese support the veal industry.

## Veal Protest Planned

Please join Animal Rights Hawaii for a protest against the cruel veal industry:

Saturday, January 24, 5:30 p.m.  
The Willows Restaurant  
901 Hausten St, Moiliili.

The Willows serves veal at dinner and a skinned suckling pig daily.

Signs and handouts will be provided, and a "Faunette" video system will show the brutality of the veal industry.

Contact Cathy at 721-4211 for more information.

### Animal Rights Hawaii

P.O. Box 10845  
Honolulu, HI 96816  
(808) 941-9476



[AnimalRightsHawaii.org](http://AnimalRightsHawaii.org)  
[info@AnimalRightsHawaii.org](mailto:info@AnimalRightsHawaii.org)

**Which do you pet and which do you eat?**

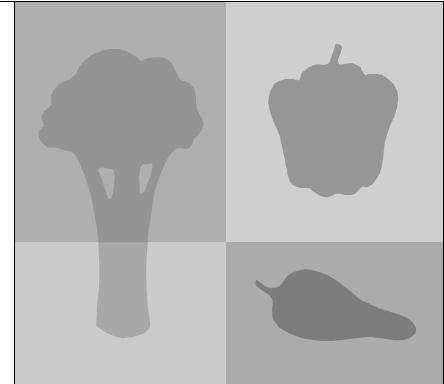
**Why?**

**The Great American Meatout is March 20. Meatout.org.**

© 2004 Animal Rights Hawaii. All rights reserved. No portion of this publication may be reproduced without written permission from the publisher. Animal Rights Hawaii is a 501(c)(3) non-profit organization. Animal Rights Hawaii does not endorse any products or services.

# On the Menu...

## Recipes from our members



### Indulge Without the Bulge

by Mary Arakaki, RD  
VSH Recording Secretary

Vegetarians are certainly not immune to weight gain, but by sticking to the optimal diet consisting of fruits, vegetables, legumes, nuts, whole grains, and plenty of water, we can avoid those dreaded extra pounds. Many VSH members are long time vegans who make eating healthy a priority. However, for our associate members and new or transitioning vegetarians it is common to feel intimidated by those well intentioned family and friends who try to tell you that you should not deprive yourself. My answer to that is, "Yes, I AM DEPRIVING MYSELF -- of yo-yo dieting, a closet full of clothes that don't fit, scolding from my doctor, being embarrassed to wear my swimsuit, constipation, heartburn, and lack of energy." And if they still don't get the point, I can start in on the diet-related diseases that I am depriving myself of. So be PROUD of your decision to eat more wisely.

Here are a few tips to help you stay on your healthful diet regimen:

**Do** have breakfast – You'll handle stress better, you'll be less likely to crave sugary, quick-energy foods and be able to more easily resist the goodies in the office. Research

shows that those who eat a good breakfast snack less and ingest fewer overall fat and calories than those who don't.

**Don't** starve yourself for a party. **Do** eat sensibly during the day and have a light snack before the party. You are less likely to overindulge if you don't arrive hungry.

**Don't** stand next to the food at the party. **Do** fill your plate with what you want and then move away.

**Don't** be caught hungry at a party with no healthy choices.

**Do** bring a tasty, plant-based entrée or appetizer that you can fill up on. This is also a subtle way to introduce others to more healthful options.

**Don't** be caught hungry at work with no healthy choices.

**Do** keep a stocked cooler or lunch box in your car or office.

**Don't** take a holiday from your usual fitness routine.

**Do** pick up the pace if you can. Buy yourself some new walking shoes. At the mall take the stairs instead of the escalator. Aim for the farthest parking spot from your destination, not the closest, to get some extra walking in. Vacuum, scrub, sweep, and dust with vigor. Your house will be ready for entertaining and you'll burn extra calories in the process.

If you are entertaining at your

home, here's a festive and colorful main dish that your family and friends will love. This is from *The (Almost) No Fat Holiday Cookbook* by Bryanna Clark Grogan.

### Large or Small Squash with Wild Rice Chanterelle Stuffing

#### Ingredients:

3 small winter squash (about 1 lb each) or 1 medium-large winter squash (about 6-8 lbs)  
Suggestions: Acorn, Butternut, Kobacha or Small Pumpkin

#### Wild Rice and Chanterelle Stuffing:

3 cups light vegetarian broth  
1 cups wild rice (may substitute brown rice or a combination of rice)  
4 cups chanterelles, cleaned and sliced (may substitute fresh shiitake, oyster, or ordinary mushrooms (the brown ones have more flavor)).  
1 cups green onions, chopped  
1 cups onion minced  
4 stalks celery, sliced  
1 tsp. dried thyme  
1 tsp. dried marjoram  
salt and freshly ground pepper to taste

#### To Precook the Squash:

1. Cut small squash in half and

(Continued on page 9)

(Continued from page 8)

- scoop out the seeds. Preheat oven to 350° F. Place the squash halves cut side down in a shallow baking pan with ½" of hot water. Bake for 40 minutes or just until tender, OR
2. For large squash, preheat the oven to 400° F. Cut a "lid" off the top of squash and scoop out the seeds, scraping the interior well. Place the squash in a baking pan with the lid on loosely and bake for 1 hour; check for tenderness. If the squash isn't done, cook longer (it's difficult to be exact with large squash because the cooking time varies with the type of squash and thickness of the flesh).

#### To Make the stuffing:

1. Bring the broth to a boil in a medium pot.
2. Wash the rice in a colander under running water.
3. Add rice to boiling broth and again bring to boil.
4. Cover and turn down to simmer for about 55 minutes or until tender.
5. Meanwhile, steam fry mushrooms, onions, and celery in a large non-stick skillet until tender and slightly browned. Add the cooked wild rice, herbs, and salt and pepper to taste.
6. Mound the stuffing into the large or small squash and place the squash in a shallow baking pan. If there is any stuffing left over, place it around the squash.
7. Cover and bake the small squash at 350° for 20 minutes or the large squash for 45-60 minutes. Serve hot with gravy. Serves 6.

#### Mushroom Gravy

##### Ingredients:

- 4 cups mushrooms (any kind) sliced
- 1/3 cup unbleached flour
- 1/3 cup nutritional yeast flakes
- 1 cup water

1 cup dry white cooking wine  
2 T. soy sauce or mushroom soy sauce  
1 tsp. salt  
a few shakes of Kitchen Bouquet, or other gravy browner (optional).

1. In a large nonstick frying pan, steam-fry the mushrooms until tender and slightly browned. Set aside.
2. In a heavy saucepan over high heat, whisk the yeast and flour together until it smells toasty. Turn off the heat, whisk in the water, wine, soy sauce, salt, and Kitchen Bouquet, if using. Stir constantly over high heat until gravy thickens and comes to a boil. Reduce the heat and simmer for 2-5 minutes. This can be made ahead and reheated. Makes 2 cups.



## Vegan Buns & Bread at DTE

The bakery sections of the Down To Earth Natural Food stores are a bit more vegan-friendly with the recent addition of vegan hotdog and hamburger buns.

The following is a list of vegan breads available at DTE:

#### Fresh/Local

**Agnes' Bakery**  
Special Rye Bread

**Fritz' Bakery**  
Bavarian Style Bread  
Kasseler Bread  
Bauern Brot Bread

**Sunrise Bakery**  
Whole-wheat Sourdough

#### Refrigerated

##### Alvarado Street Bakery

No Salt Sprouted Multigrain  
Sprouted Whole Wheat  
Sprouted Soy Crunch  
Sprouted Rye Bread  
Sprouted Barley  
A variety of sprouted bagels

##### Healthy Hemp Sprouted Bread

All Manna Breads

##### Pacific Bakery

Yeast-free Kamut Bread  
Yeast-free Ancient Grains Bread

#### Frozen

##### Food for Life Breads

Ezekiel Sesame  
Cinnamon Raisin  
Low Sodium Original  
Seven Sprouted Grains (not the low sodium)  
100% Whole-wheat

Bran for Life  
Low Carb Savory Herb  
Low Carb Original  
Rice Almond Bread  
Raisin Pecan  
Rice Pecan Bread  
Brown Rice Bread  
China Black Rice Bread

##### French Meadow

European Sourdough Rye  
Rye with Flaxseed  
Salt-free Rye Bread  
Rye with Wholegrain

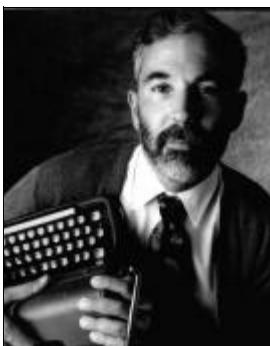


Terry Shintani, M.D. and chef Yana Lehua presented "Healthy Holiday Eating" at McCoy Pavilion December 13.



# Vegetarian Society of Hawaii

Calendar of Events: January - March 2004



## JIM MOTAVALLI SO, YOU'RE AN ENVIRONMENTALIST; WHY ARE YOU STILL EATING MEAT?

**Sat., Jan. 17, 7 p.m.**  
**McCoy Pavilion, Ala Moana Park**

**T**here has never been a better time for environmentalists to become vegetarians. Evidence of the environmental impacts of a meat-based diet is piling up at the same time its health effects are becoming better known. Find out how meat consumption has created an environmental disaster with wide and sometimes catastrophic consequences.

**T**he most significant thing a person can do to help the environment is to stop eating meat.

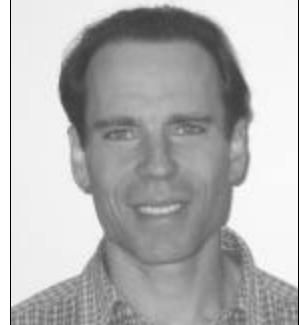
**Jim Motavalli** is the Editor of the Norwalk, Connecticut-based *E/The Environmental Magazine*, the only independent national environmental bi-monthly. He has written two widely reprinted cover stories for the magazine documenting meat's environmental impact.

**Mr. Motavalli will also be speaking on Maui on Thursday, January 15 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave. in Kahului.**

## JOEL FUHRMAN, MD

### THE GREATEST DIET ON EARTH

**Sat., Feb. 14, 7 p.m.**  
**McCoy Pavilion**  
**Ala Moana Park**



- Achieve dramatic weight loss and remarkable health benefits
- Reverse disease and live longer
- Lose weight healthfully and permanently
- Don't risk your health with dangerous fad diets

**J**oel Fuhrman, M.D. is a board-certified family physician specializing in nutritional medicine. He is a graduate of the University of Pennsylvania School of Medicine and is a former member of the United States World Figure Skating Team. As one of the country's leading experts on nutritional and natural healing, Dr. Fuhrman has appeared in hundreds of magazines and on radio and television shows including Good Morning America, CNN, Good Day NY, the Food Network, and the Discovery Channel's Second Opinion with Oprah and Dr. Mehmet Oz. Dr. Fuhrman is the author of the recent best-selling book, *Eat To Live, The Revolutionary Formula for Fast and Sustained Weight Loss*.

**Dr. Fuhrman will be giving two more talks in Hawaii: A diabetes lecture at Castle Medical Center in Kailua on Thur., Feb. 12 at 7 p.m. (registration required: 263-5400) and the "Greatest Diet" talk on Maui on Wed., Feb. 11 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave. in Kahului.**

## PARK JAE OH, Esq.

### THE VEGETARIAN MOVEMENT IN KOREA

**Sat., Mar. 13, 7 p.m., McCoy Pavilion, Ala Moana Park**



**M**r. Park Jae Oh is a well known lawyer and TV personality in Korea. He is a leader of the Korean Vegetarian Association and a consultant to the young vegetarian food industry in Korea. He will present a new video showing the current state of the vegetarian movement in Korea, including restaurants and food factories. Ten kinds of vegan food manufactured in Korea will be prepared for sampling by the audience after the talk.

Mr. Chung Chong Ha will also be coming from Korea and will assist with this event. A vegan for more than 20 years, he opened the first vegan restaurants in Korea and is currently a vegan restaurant manager from Busan. The lecture will be delivered in English, but translators from Korea will be available, especially during the question and answer period, and afterwards to talk with guests.

**Mr. Park will also be speaking on Maui on Thursday, Mar. 10 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave. in Kahului.**

Lectures are **FREE** and open to the public. Donations are appreciated and tax-free. Visit VSH.org or call 944-VEGI for more info.

## Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan).....	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan).....	\$12.95
Cooking with Natural Foods (Muriel Beltz).....	\$14.95
Deep Vegetarianism (Michael Allen Fox).....	\$19.95
Eco-Cuisine (Ron Pickarski).....	\$16.95
Fabulous Beans (Barb Bloomfield).....	\$9.95
Fat-Free & Easy (Jennifer Raymond).....	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.).....	\$11.95
Intro. to Animal Rights: Your Child or the Dog (Francione).....	\$19.95
Luscious Low-Fat Desserts (Maria Oser).....	\$11.95
McDougall Quick & Easy Cookbook (Mary & John McDougall).....	\$19.95
Most Noble Diet (George Eisman, R.D.).....	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries).....	\$19.99
Nonna's Italian Kitchen (Bryanna Clark Grogan).....	\$14.95
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.).....	\$9.95
Race for Life (Ruth Heidrich, Ph.D.).....	\$14.95
Race for Life Cookbook (Ruth Heidrich, Ph.D.).....	\$9.95
Scientific Basis of Vegetarianism (William Harris, M.D.).....	\$15.95
Table for Two (Joanne Stepaniak).....	\$12.95
Uncheese Cookbook (Joanne Stepaniak).....	\$11.95
Vegan In Volume: Vegan Quantity Recipes for Every Occasion.....	\$19.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.).....	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, RD).....	\$21.95

## Miscellaneous

I Speak Vegetarian T-Shirt (Specify S M L XL).....	\$15.62
VSH T-Shirt (Specify S M L XL Women's One Size).....	\$15.62
Diet For All Reasons video (Michael Klaper, M.D.).....	\$22.00
Four Food Groups poster .....	\$6.00

# VSH Membership Application & Bookstore

To order items from the bookstore, complete the form below, check "Books/Merchandise," circle the item(s) you wish to order, and mail this page with payment to VSH. Please add 20% to the total for shipping. Make check payable to **Vegetarian Society of Hawaii**.

Send order/application to:

**Vegetarian Society of Hawaii**  
P.O. Box 23208  
Honolulu, Hawaii 96823

## Join or renew today!

### Vegetarian Society of Hawaii Membership Application/Order Form

Please Print

Name(s): \_\_\_\_\_

Street: \_\_\_\_\_

City, St., Zip: \_\_\_\_\_

Home Phone: (        ) \_\_\_\_\_

Work Phone: (        ) \_\_\_\_\_

E-Mail: \_\_\_\_\_

# \_\_\_\_\_ D \_\_\_\_\_ Ex \_\_\_\_\_

**Yes**, please enroll me as a member.

My dues are enclosed (add \$4 per year for a foreign address):

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

Regular

\$20    \$38    \$54    \$68    \$80

\$12    \$24    \$36    \$48    \$60

Full-time student

\$30    \$57    \$81    \$102    \$120

Life membership \$400

\$ \_\_\_\_\_ additional tax deductible donation

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

Books/Merchandise



**SAVE  
on Multi-Year  
Memberships/  
Renewals!**

**M**embers receive a quarterly newsletter and discounts on products and services at many vegetarian-friendly restaurants and health food stores.



## VSH Hikes

by Robert Moses  
VSH Board Member

**T**his is our hiking schedule through March. If you would like to be added to the hikers' e-mail announcement list, please e-mail to me ([robert@vsh.org](mailto:robert@vsh.org)) your name, address, phone numbers (specify home, work, cell, etc.), and e-mail address.

Please note the dates on your calendar. No reminders will be sent for the hikes listed in this article because the group members have already been notified by e-mail. If you want to see the schedule in glorious color with hyperlinks to more information, please go to <http://mosesrealty.com/Interests.html> and click on: Click here for info on our next hike.

### **Important:**

You should bring 1-2 quarts of water and a picnic lunch or snack. You should wear a sturdy shoes, preferably hiking boots, as there are often tree roots and uneven ground. Long pants to protect from the brush and scrapes and a hat are also recommended. If you have a cell phone, you should bring it along, fully charged.

Please RSVP no later than one week before each hike date, whether you're coming or not. If you don't reply at all, I'll assume you're no longer interested in hiking and will remove you from the announcement list. Please

also confirm the morning of any scheduled hike, because weather and other conditions may necessitate cancellation. If you have trouble finding the meeting place or you are running late, please call me at my office/cell/home number, 941-0191.

Please also check VSH.org for information.

### **Sunday, January 18, 2004, 10 a.m., Manana Ridge Trail**

We'll take the ridge trail to the helipad which is rated Novice and then Intermediate. (The trail continues on to the summit, but that approx. two mile section is rated Expert.) The estimated roundtrip distance is 8 miles.

Directions: From Honolulu take H1 west. Near Middle St. keep left on Rte. 78 west to Aiea. By Aloha Stadium bear right to rejoin H1 to Pearl City. Take H1 exit 10 (Pearl City-Waimalu). Turn right on Moanalua Rd at the end of the off ramp. Continue Ewa bound on Moanalua Rd to Waimano Home Rd, then turn right. Pass through two traffic lights. At the third traffic light and just before the road narrows to two lanes, turn left on Komo Mai Dr. Drive through the Pacific Palisades subdivision. At the end of the road, park on the street just before the turnaround circle.

### **Saturday, February 7, 2004, 9 a.m., UH Manoa Campus Nature Walk**

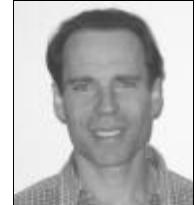
From walk leader and VSH Outreach Coordinator & Dining Maven Helen Wells: Meet in front of Jefferson Hall on East-West Road. Park where security indicates or in paid parking in the garage off Dole Street. This is a 3-hour tour, half walking and half examining the trees. Please do not eat in the Japanese garden or feed the koi fish there. Most of the walk is flat ground. There are a few short stairs and a few mild inclines. A guide map will be given to the first 18. We will begin at the Japanese garden and conclude at the corner of University and Dole near Volcano Joe's, where we will have a vegetarian lunch (optional -- see "VSH

Dine Out" on page 17).

### **Sunday, March 14, 2004, 11 a.m.: Moleka Trail from Hawaii Nature Center in Makiki.**

Meet in the parking lot just past the Nature Center. Total time about 3 hours.

## **You Can Get Rid of Diabetes**



In addition to his "Greatest Diet on Earth" lecture at McCoy Pavilion (Sat., Feb. 14, 7 p.m.), Dr. Joel Fuhrman will be giving a presentation on diabetes at Castle Medical Center on Thursday, February 12, at 7 p.m. The talk will concentrate on diabetic reversal, maximizing weight loss, and cardiovascular benefits with high fiber, high nutrient diets. The program includes dinner and a cooking demonstration. Call Castle for reservations: 263-5400. Fee required.

## **Menehune Water Offers VSH Discount**

**M**enehune Water Company is giving card-carrying VSH members who are new sign-ups for water delivery a special deal. The five-gallon bottles of water usually sell for \$6.50, but newly subscribing VSH members get a 10% discount. Home delivery is only \$5.85 per 5-gallon bottle. Also, the first 25 gallons are free. Call Todd at 781-4253. Menehune water is purified by the latest reverse osmosis technology. Drinking good water is a big part of keeping the body healthy.



# Sierra Club to Host Vegetarian Environmentalist at UH Manoa

In addition to his talks on Oahu and Maui (see page 10), VSH guest speaker Jim Motavalli will also be



making a presentation for the Sierra Club tentatively scheduled for Friday, January 16, at 7 p.m. in the Architecture Building Auditorium at UH Manoa. Contact the

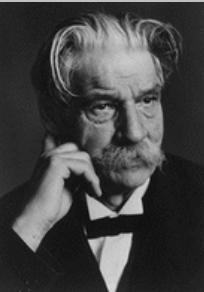
Sierra Club for more information (538-6616 or see [hawaii.sierraclub.org](http://hawaii.sierraclub.org)).

"Moving Toward Transportation That Works" will address transportation strategies that might actually ease air pollution and get us out of nonstop traffic jams. He'll discuss the light rail prospects for Oahu and also look at transit-friendly "smart growth," bike paths, pedestrian malls, ferry-boats, and other strategies for lessening car dependence.



**SIERRA CLUB**  
FOUNDED 1892

**“W**e must never permit the voice of humanity within us to be alienated. It is man's sympathy with all creatures that first makes him truly a man.”  
*bn*  
Albert Schweitzer



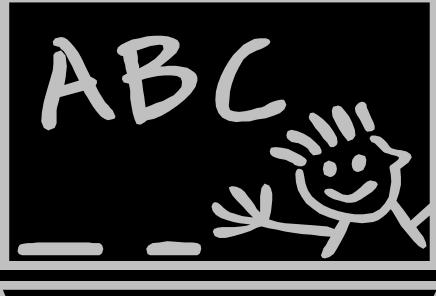
## Thanksgiving Celebrated

by Elaine Johnson, MBA  
VSH Member

Our Thanksgiving celebration was a wonderful, festive holiday occasion that brought together vegetarians from various parts of the island and from a variety of outlooks on vegetarianism. The group was a wonderful mix of health-oriented vegetarians, animal rights activists, and others. Please visit the VSH.org website for pictures of the event. This year, as in the past few years, the event was held at Govinda's Restaurant at the Hare Krishna Temple. About 200 people attended.

We saw old friends such as Dr. Terry Shintani and Dr. John Westerdahl as well as VSH "family" such as Cheryl and Dustin Chung, Joy Waters, Melissa Rosenberger and Dan Hodemaker, Linda Day, Burton and Sarah Richardson, Frank and Sabina DeGiacomo, Michael and Wendy Newman, and many others. We also met new friends Erin Blad and Wayne Johnson, who moved to Hawaii a few months ago from Seattle.

We dined on "traditional" Thanksgiving fare, including tofu turkey, faux ham, and all the fixings. The folks at the temple did their usual superb job of seamlessly coordinating parking and food prep while also having time to offer tours of their beautiful temple. Mahalo to them for arranging a wonderful evening.



## What's Cooking?

This quarter's cooking classes:

**Kapi'olani Women's Center**  
1907 S. Beretania St.

Vegan classes are held monthly. For registration, fee information, and other details "Call-a-Nurse" at 535-7000 or visit [kapiolani.org](http://kapiolani.org).

**Castle Medical Center**  
Pali Hwy. at Ulukahiki St., Kailua

**Thurs, Jan. 8, 7 - 8:30 p.m.**  
**Veggie Life Cooking Class:**  
**Natural Gourmet Cooking with**  
**Chef Nitai Bishop**

**Thurs, Feb. 12, 7 - 8:30 p.m.**  
**Diabetes Prevention and Reversal**  
**lecture by Joel Fuhrman, MD**  
**(includes dinner and cooking**  
**demonstration)**

Call 263-5400 or visit [CastleMed.org](http://CastleMed.org) to register (required) and for more information.

All classes are vegan.

## Have a Question? Ask Dr. Bill!

**V**SH founding board member William Harris, MD will answer member questions in an "Ask Dr. Bill" column to appear in future issues of *The Island Vegetarian*. Send "vegetarian diet-related questions" to [info@vsh.org](mailto:info@vsh.org) or call 944-8344.

# Review



Donald Beppu is president of Ruffage Natural Foods, serving the Waikiki area for over 20 years.

## Ruffage Natural Foods

by Helen Wells, MA  
VSH Board Member

2443 Kuhio Ave.  
Honolulu, HI 96815  
922-2042  
9 a.m. - 7 p.m. daily

This store has several good, standard, and economic choices. Also, its location (central to Waikiki) makes it appealing.

Some items on the menu include the Vegan Burger for \$4.95. It includes tomato, carrot, and sprouts. Ask for the sauces that you want. Unfortunately, only regular mayonnaise is available, so I recommend going with ketchup or mustard. An avocado sandwich is \$4.60, a tofu and avocado sandwich is \$5.50, and a tofu, cucumber (say no cheese) sandwich is \$4.85. A leafy salad with avocado is only \$3.10 small and \$4.10 large, with tofu add \$1.25. There are other items available that you should say "no cheese" to, includ-

ing the veggie burrito. The staff recommends the brown rice. The veggie chili with brown rice is hearty and filling for only \$6.25.

The shop opens at 9 a.m., so you might want to try the granola with soy milk for \$5.25 or a fruit smoothie (no milk) of a variety of flavors for between \$3.95 and \$4.50. Or have the tofu scrambler with toast for \$5.25. The staff says that one is very popular.

You can "add in" to almost all of the dishes. For example, if the dish doesn't already come with a particular ingredient that you want, you can add it in for a small charge. Here are the prices of the add-in items: sprouts \$.60, cucumber \$.60, whole pickle \$.75, avocado \$1.75, tofu \$1.25, tomato \$.65, rice \$.75.

Soup of the day is vegetarian or vegan every day except Wednesday. I interviewed the cook/servers on a Friday, and that day the soup of the day was black bean and lentil for \$1.95, with brown rice \$2.75.

The shop also stocks a good variety of dry goods in small packages for snacking and Waikiki-like convenience. There are several small bagged dried fruits in the refrigerator. A bag of apricots is only \$2.25, for example, and a nice-sized bag of maple nut granola with seeds and almonds is only \$2.39. Fresh papaya halves are also available in the refrigerator, and fresh bananas, avocados, and whole fresh papayas are available on the shelf. A small but good selection of organic canned goods is also on the shelves as well as instant boxed snacks such as hummus and tahini.

Stop by the next time you're in Waikiki.



## VSH TV Series on Internet

The VSH weekly TV series "Vegetarian" can now be viewed from around the world on the Internet through the Olelo website ([olelo.org](http://olelo.org)). The shows can be seen and heard on the net at the same time that they are broadcast on Oceanic Cable Channel 52 at 6-7 p.m. Hawaiian time on Thursdays. Ask your meat-eating friend in Las Vegas to logon.

## VSH on Maui TV

Beginning January 6 VSH will present "Vegetarian," a weekly television program, on Maui.



Thirteen VSH one-hour shows will be broadcast between January 6th and June 22nd on Tuesdays at 8 p.m. and Wednesdays at 6:30 a.m. on Calabash Cable Channel 52 (Akaku).

We are also trying to introduce our shows on the Big Island (Na Leo O Hawaii, Kona, and Hilo) and Kauai (Hoike, Kauai Community Television, Inc., Lihue), but by the rules of public access a local contact's name and phone number must appear at the end of each tape.

If you are willing to accept responsibility for being a contact person, assuring that tapes are delivered to and retrieved back from the station, please contact VSH TV coordinator William Harris, MD at: [HARRISMDW001@hawaii.rr.com](mailto:HARRISMDW001@hawaii.rr.com).

It is hoped that this can be done with only occasional visits to the stations by the local contacts.

# Veg Café Grand Opening on UH Campus Jan. 30

The Ono Pono Café, an open-air mini-restaurant featuring delicious vegetarian fare made with organic, locally grown produce, will celebrate its opening on Jan. 30 in the Sustainability Courtyard currently under development at the University of Hawaii at Manoa.

According to Albert "Chip"



UH Office of Sustainability Director Bruce Miller and Communications Coordinator Linda Day enjoy the lush new landscaping in the Sustainability Courtyard where the Ono Pono Café will open in January.

Sandt, chef/owner of the popular Paradise Found Café in Haleiwa and manager of the new campus eatery, the menu for the Ono Pono Café will be about 70% vegan. The menu will include plate lunches such as Coconut Curry Tofu, Wild Rice and Walnut Loaf, and Red Miso Hummus with Eggplant Sumac; Maui Taro Burger, Mediterranean, and Mexican Whole Wheat Wraps; soups and salads such as Potato and Broccoli Chowder and Healthful Polynesian Salad; and a variety of beverages including organic teas and coffee, bottled water, and fresh fruit juices.

The Jan. 30 opening celebration will feature lunch from 10 a.m. to 2

p.m., and a lively and informative program of world music and dance, information booths on food-related issues such as vegetarianism and sustainable agriculture, and guest and faculty speakers from 10 a.m. to 6 p.m. The public is welcome.

Regular hours of operation for the café will be Monday through Friday from 10 a.m. to 2 p.m.

The purpose of the Sustainability Courtyard is to create a vibrant gathering place on campus that illustrates Earth-friendly principles and practices. In addition to vegetarian food, sustainability elements planned for the courtyard include attractive tables with benches made of durable recycled materials; landscaping with native and xeriscapic plants, and natural features such as rocks, mounds and ponds; water-saving practices such as mulching, rainwater catchment and drip irrigation; solar power and recycling pilot projects; a bicycle "hub" with showers, bike lockers and a repair area; and regular cultural events such as literary readings and discussions, art exhibits, and musical and dance performances.

The courtyard is located *makai* of Correa Road, between Kuykendall, HIG, Sakamaki, POST, and Holmes Halls. Its development is being coordinated by the UH Office of Sustainability, with support from the

**T**he café will be offering a 5% discount to VSH members.

UH-Manoa Office of the Chancellor, UHM Sea Grant College Program, student organization PA`A (Pacific Action Alliance), community organization IKOH (Invisible Kingdom of Humanity), and many other campus and community volunteers. For more information, contact the Office of Sustainability at 956-9346 or [sustain@hawaii.edu](mailto:sustain@hawaii.edu).



## On TV...

### "Vegetarian"

Oceanic Cable Channel 52

Thursdays: 6-7 p.m.

VSH meetings & more

### "Tasty & Meatless"

Oceanic Cable Channel 16

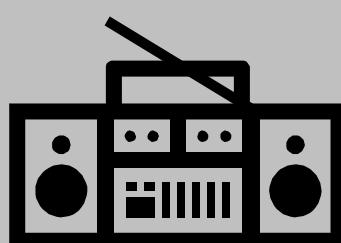
Mon.: 3:30 a.m., 11:30 a.m., 5:30 p.m.

Tue., Wed., Thu.: 1:30 a.m.,

9:30 a.m., 5:30 p.m.

Sat. & Sun.: 7:30 p.m.

New show on Sundays



## ...and Radio

### "Nutrition & You"

Ruth Heidrich, PhD

Terry Shintani, MD

John Westerdahl, PhD

Sundays: 8-9 p.m.

K108 (AM 1080)

Call-in line: 524-1080

### "Health Talk"

Hosted by Hesh

Saturdays: 8-9 a.m.

K108 (AM 1080)

Call-in line: 524-1080

# Vegetarian: Thailand Style

by Helen Wells, MA  
VSH Board Member

**O**n my recent trip to Thailand I found quality and accessible vegan food. Bangkok has plenty of East Indian, Chinese, and, of course, Thai restaurants that understand "no dairy," even if they might not know the word "vegan." Thailand is a nation of tourism and small farmers who are currently doing battle against Monsanto's GMOs, so there is plenty of high quality, non-GMO produce available in grocery stores and along roadsides in tiny shops and markets or from small vendors.

Spices and flavors in the cooked food were a notch or two hotter than what is commonly found in Hawaii.

At the Keaw Saveoy Restaurant in front of the Marriott Hotel on the canal I had a flaming vegan hot pot. It literally and figuratively was on fire! It came with a little flame burner, and it also was full of red hot sauces. Be sure to say "mild" if you're not interested in that much heat. My experience is that in Thailand mild equals medium and medium equals hot. I never tried hot, but I presume it is off the chart.

Chinese restaurants can make the standard dishes, particularly with a wide variety of popular mushrooms. If mushrooms are your delight, Thailand is a good choice for your vacation.

I tried several East Indian restaurants and they were all good. The menus were similar to some of the finer Indian restaurants we have in Hawaii, but the prices in Thailand are much less. A very fine Indian meal



Vegetarian Cuisine is highlighted at the Keaw Saveoy restaurant in Bangkok.

there costs half or even a quarter of what it costs here.

Bangkok, a city of about 10 million people, has some excellent vegetarian specialty restaurants. A really good one is Heaven on Earth, Sukhumvit 26, 258-4900 and 661-5279. Their motto: "Happy Food, Happy Life, We Care, Shanti, Shanti, Shanti." The portions are a bit small there, but they are delectable, interesting, and flavorful. Their fresh juice hit the spot. Also check out the marvelous list of vegetar-

ian restaurants on the Internet at [www.geocities.com/Athens/Olympus/9145/vegres.htm](http://www.geocities.com/Athens/Olympus/9145/vegres.htm). There are so many listed, I just couldn't get to all of them. If you try some of them, please share your information with

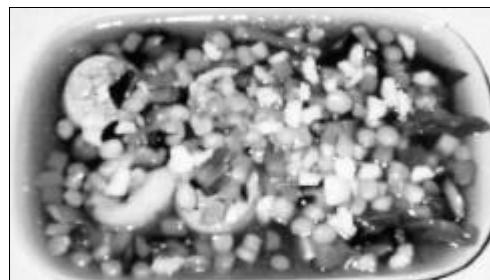
me, as I am planning to revisit Thailand in a year or two.

If you have to, you can rely on hotel buffets in the moderate and pricey hotels. These are definitely an option to facing the traffic. They usually have at least 50% produce, and the food is so inexpensive there that you probably won't worry that you're paying money for food on a buffet that you won't eat (the meat). At these buffets, especially outside of Bangkok, be very wary of anything that looks unsafe. If there are tiny flies buzzing around, skip it, no matter how tempting it looks or how long it has been since you've had a fresh slice of tomato. I found that being

at the buffet at setup time is a way to beat the insects. Get the food right after the plastic is peeled off.

I did buy some good fruit from street vendors. I have a very loving relationship with an Asian fruit called mangosteen (Queen Victoria's favorite fruit, and mine), which can be easily twisted open and devoured without worry. It has a very thick purple peel that is a natural barrier between the yummy white edible parts and the outside world's contaminants. That's the traveler's creed, "Stick with fruits that can be peeled. Stick with thick-skinned items."

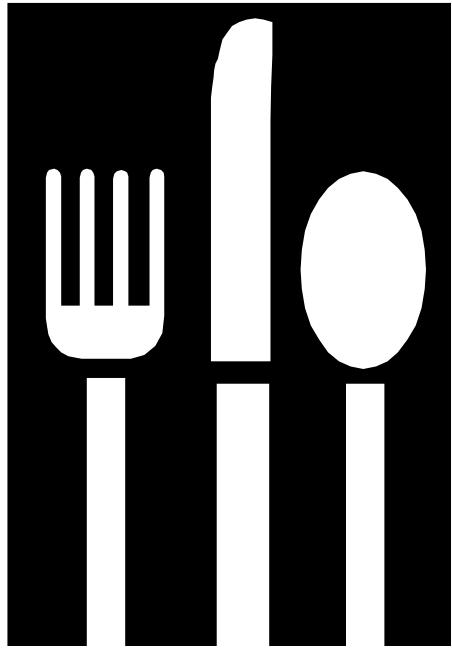
There are many marvelous fruits to explore in Thailand. You'll find some of them here in our own Chinatown. The fancy bright pink dragonfruit is popular in Thailand now, I saw it almost everywhere. It can be found here and will give you an idea of what exotic fruits await a traveler in Thailand.



"Mild" tofu in rice paper with mixed vegetables at Keaw Saveoy in Bangkok.



More than 200 people on Oahu and Maui attended the "Raw Foods" lectures by VSH board member William Harris, MD in October.



## VSH Dine Out

### Budget Lunch

Place: Volcano Joe's  
1810 University Ave at  
Metcalf, across from UH  
Date: Saturday, February 7  
Time: Noon  
Cost: About \$10 or less, plus drinks  
and tip  
Dress: Informal  
Call: Helen at 955-9868 for reservations

This dine out follows the VSH hike, "Tour of Trees" around the UH campus (see page 12 for details). You can go on the hike and then the dine out or just go to the dine out.

This restaurant has a variety of vegan and vegetarian dishes and is nicely air conditioned. It has a casual, relaxed, and friendly atmosphere.

No reservations are needed.

The Vegan Police say: Please remind your guests that we are a vegetarian club and would they please refrain from eating meat if they plan to sit with our group.

See you there!

### (Proclamation *from page 6*)

Hawaii enacted its proclamation after being contacted by Mary Tyler Moore, chair of Farm Sanctuary's Sentient Beings Campaign, which seeks to elevate the social and legal status of farm animals in the United States. Mary Tyler Moore states, "As do all animals, farm animals have feelings and they deserve to be protected from cruelty. As a civilized nation, we have an ethical obligation to recognize farm animals as sentient beings and to prevent their suffering."

Animals exploited for food and fiber in the United States are considered primarily as commodities or "tools of production," not sentient beings. They are excluded from most state anti-cruelty laws and from the federal Animal Welfare Act, and they are subjected to grossly inhumane conditions.

They suffer from both physical and psychological disorders as animal factories seek to maximize productivity and profitability.

Public opinion polls have found that the vast majority of Americans oppose cruel farming practices and that most are shocked to learn about the inhumane conditions imposed on animals for the sake of agribusiness profitability. Gene Bauston, president of Farm Sanctuary, the nation's leading farm animal protection organization, states, "We commend Mayor Harry Kim and the County of Hawaii for speaking out against factory farming cruelty. Compassion is among the greatest human virtues, and Hawaii is helping to create a more compassionate society by enacting this proclamation."

More information is online at [sentientbeings.org](http://sentientbeings.org) or [farmsanctuary.org](http://farmsanctuary.org).

Food Description	L&Z (mcg)/100 gm	Food Description	L&Z (mcg)/100 gm
Turnip grns,ckd,bld,drnd,wo/salt	8440	Oranges,raw,all comm var	187
Collards,ckd,bld,drnd,wo/salt	8091	Tomato products,cnd,paste,w/salt	170
Spinach,ckd,bld,drnd,wo/salt	7043	Tangerine juice,raw	166
Kale,raw	3955	Soup,vegetarian veg,cnd,cond,comm	160
Babyfood,veg,squash,str	3527	Sauce,pasta,spaghetti/marinara,rts	160
Lettuce,cos or romaine,raw	2635	Soup,minestrone,cnd,cond,comm	150
Broccoli,raw	2445	Tomatoes,red,ripe,ckd,bld,wo/salt	150
Broccoli,ckd,bld,drnd,wo/salt	2226	Fiddlehead ferns,frz,unprep	142
Squash,smmr,zucchini,incl skn,raw	2125	Orange juc,frz conc,unswtnd	138
Corn,swt,yel,ckd,bld,drnd,wo/salt	1800	Tomatoes,red,ripe,raw,year rnd average	130
Brussels sprouts,raw	1590	Soup,veg bf,cnd,cond,comm	92
Kale,ckd,bld,drnd,wo/salt	1579	Soup,tomato,cnd,cond,comm	90
Cornmeal,degermed,enr,yel	1355	Tomato products,cnd,puree,w/salt	90
Peas,grn,cnd,reg pk,drnd sol	1350	Vegetable juc cocktail,cnd	80
Brussels sprouts,ckd,bld,drnd,wo/salt	1290	Papayas,raw	75
Spinach,raw	1193	Squash,wntr,acorn,ckd,bld,mshd,wo/salt	66
Corn,swt,yel,cnd,whl kernel,drnd sol	884	Tomato juc,cnd,wo/salt	60
Persimmons,japanese,raw	834	Peaches,raw	57
Broccoli,frz,chopd,ckd,bld,drnd,wo/salt	830	Egg,whole,raw,fresh	55
Beans,snap,grn,ckd,bld,drnd,wo/salt	700	Melons,cantaloupe,raw	40
Beans,snap,grn,cnd,reg pk,drnd sol	660	Tomatoes,red,ripe,cnd,whl,reg pk	40
Beans,snap,green,raw	640	Squash,winter,acorn,raw	38
Okra,ckd,bld,drnd,wo/salt	390	Watermelon,raw	17
Orange juice,raw	365	Grapefruit,raw,pink&red,all areas	13
Carrots,baby,raw	358	Tomato products,cnd,sau	12
Lettuce,iceberg (incl crisphead types),raw	352	Milk,human,mature,fluid	11
Cabbage,raw	310	Carrots,cnd,reg pk,drnd sol	2
Squash,smmr,crookneck&straightneck,raw	290	Catsup	2
Celery,ckd,bld,drnd,wo/salt	250	Butter,with salt	1
Tangerines,(mandarin oranges),raw	243	Cheese,cheddar	1
Celery,raw	232		

The USDA SR-13 top scorers for lutein & zeaxanthin (L&Z). See "Is Macular Degeneration a Dietary Deficiency Disease?" on page three.

## (Mad Cow Disease *from page 1*)

frequently made by boiling the skeletal remains (including the vertebral column) of the carcass...”[12] According to the consumer advocacy organization Center for Science in the Public Interest, spinal cord contamination may also be found in U.S. hot dogs, hamburgers, pizza toppings, and taco fillings.[13] In fact, a 2002 USDA survey showed that approximately 35 percent of high risk meat products tested positive for central nervous system tissues.[14]

The GAO report continues: “In light of the experiences in Japan and other countries that were thought to be BSE free, we believe that it would be prudent for USDA to consider taking some action to inform consumers when products may contain central nervous system or other tissue that could pose a risk if taken from a BSE-infected animal. This effort would allow American consumers to make more informed choices about the products they consume.”[15] The USDA, however, did not follow these recommendations, deciding such foods need not be labeled. [16]

Even if Americans just stick to steak, they may not be shielded from risk. The “T” in a T-bone steak is a vertebra from the animal’s spinal column, and as such may contain a section of the actual spinal cord. Other potentially contaminated cuts include porterhouse, standing rib roast, prime rib with bone, bone-in rib steak, and (if they contain bone) chuck blade roast and loin. These cuts may include spinal cord tissue and/or so-called dorsal root ganglia, swellings of nerve roots coming into the meat from the spinal cord which have been proven to be infectious as well.[17] This concern has led the FDA to consider banning the incorporation of “plate waste” from restaurants into cattle feed.[18] The American Feed Industry Association defends the current exemption of plate scrapings from the 1997 feed regulations:

“How can you tell the consumer ‘Hey, you’ve just eaten a T-bone steak and it’s fine for you, but you can’t feed it to animals?’”[19]

Even boneless cuts may not be risk-free, though. In the slaughterhouse, the bovine carcass is typically split in half down the middle with a band saw, sawing right through the spinal column. This has been shown to aerosolize the spinal cord and contaminate the surrounding meat.[20] A study in Europe found contamination with spinal cord material on 100% of the split carcasses examined.[21] Similar contamination of meat derived from cattle cheeks can occur from brain tissue, if the cheek meat is not removed before the skull is fragmented or split. [22] The World Health Organization has pointed out that American beef can be contaminated with brain and spinal cord tissue in another way as well.[23]

Except for Islamic halal and Jewish kosher slaughter (which involve slitting the cow’s throat while the animal is still conscious), cattle slaughtered in the United States are first stunned unconscious with an impact to the head before being bled to death. Medical science has known for over 60 years that people suffering head trauma can end up with bits of brain embolized into their bloodstream; so Texas A&M researchers wondered if fragments of brain could be found within the bodies of cattle stunned for slaughter. They checked and reportedly exclaimed, “Oh, boy did we find it.”[24] They even found a 14 cm piece of brain in one cow’s lung. They concluded, “It is likely that prion proteins are found throughout the bodies of animals stunned for slaughter.”[25]

There are different types of stunning devices, however, which likely have different levels of risk associated with them. The Texas A&M study was published in 1996 using the prevailing method at the time, pneumatic-powered air injection stunning.[26] The device is placed in the middle of the animal’s forehead and fired, shoot-

ing a four inch bolt through the skull and injecting compressed air into the cranial vault which scrambles the brain tissue. The high pressure air not only “produces a smearing of the head of the animal with liquefied brain,”[27] but has been shown over and over to blow brain back into the circulatory system, scattering whole plugs of brain into a number of organs[28] and smaller brain bits likely into the muscle meat as well.[29]

Although this method of stunning has been used in the United States for over 20 years,[30] the meat industry, to its credit, has been phasing out these particularly risky air injection-type stunners. The Deputy Director of Public Citizen argues that this industry initiative should be given the force of federal regulation and banned,[31] as they have been throughout Europe.[32]

The stunning devices that remain in widespread use drive similar bolts through the skull of the animal, but without air injection.[33] Operators then may or may not pith the animals by sticking a rod into the stun hole to further agitate the deeper brain structures to reduce or eliminate reflex kicking during shackling of the hind limbs. [34] Even without pithing, which has been shown to be risky, these stunners currently in use in the U.S. today may still force brain into the bloodstream of some of these animals.[35-38]

In one experiment, for example, researchers applied a marker onto the stunner bolt. The marker was later detected within the muscle meat of the stunned animal. They conclude: “This study demonstrates that material present in... the CNS of cattle during commercial captive bolt stunning may become widely dispersed across the many animate and inanimate elements of the slaughter-dressing environment and within derived carcasses including meat entering the human food chain.”[39] Even non-penetrative “mushroom-headed” stunners which just rely on concussive force to the

*(Continued on page 19)*

skull to render the animal unconscious may not be risk free. People in automobile accidents with non-invasive head trauma can still end up with brain embolization,[40] and these bolts move at over 200 miles per hour.[41] The researchers at Texas A&M conclude, "Reason dictates that any method of stunning to the head will result in the likelihood of brain emboli in the lungs or, indeed, other parts of the body." [42]

And, finally, even if consumers of American beef just stick to boneless cuts from ritually slaughtered animals who just happen to have had their spinal columns safely removed, the muscle meat itself may be infected with prions. It is unconscionable that the USDA and the beef industry continue to insist that the deadly prions aren't found in muscle meat.[43] In 2002, Prusiner, the scientist who won the Nobel Prize in Medicine for his discovery of prions, proved in mice, at least, that muscle cells themselves were capable of forming prions.[44] He describes the levels of prions in muscle as "quite high," and describes the studies relied upon by the Cattlemen's Association as "extraordinarily inadequate." [45] Follow-up studies in Germany published in May, 2003 confirm Prusiner's findings, showing that an animal who is orally infected may indeed end up with prions contaminating muscles throughout its body.[46] And just last month, published in the New England Journal of Medicine, Swiss scientists found prions in the muscles of human Creutzfeldt-Jakob Disease victims on autopsy. Eight out of the 32 muscle samples turned up positive for the deadly prions.[47]

The discovery of a case of mad cow disease in the U.S. highlights how ineffective current safeguards are in North America. The explosive spread of mad cow disease in Europe has been blamed on the cannibalistic practice of feeding slaughterhouse waste to live-

stock.[48] Both Canada[49] and the United States[50] banned the feeding of the muscles and bones of most animals to cows and sheep back in 1997, but unlike Europe, left gaping loopholes in the law. For example, blood is currently exempted from the Canadian [51] and the U.S.[52] feed bans. You can still feed calves cow's blood collected at the slaughterhouse. In modern factory farming practice calves may be removed from their mothers immediately after birth, so the calves are fed milk replacer, which is often supplemented with protein rich cow serum. Weaned calves and young pigs also may have cattle blood sprayed directly on their feed to save money on feed costs.[53] For more information on this and other risky agriculture practices please see <http://organicconsumers.org/madcow/GregerBSE.cfm>

And the Canadian[54] and U.S. feed bans[55] also allow the feeding of pigs and horses to cows. Cattle remains can be rendered down and fed to pigs, for example, and then the pig remains can be fed back to cattle.[56] Or rendered cattle remains can be fed to chickens and then the chicken litter, or manure, can be legally fed back to the cows.[57] So the fact that according to the USDA the most infectious tissues of the U.S. mad cow case, the brain, spinal cord, and intestines, "were removed from this animal and sent to rendering" is not necessarily reassuring.[58]

D. Carleton Gajdusek was also awarded the Nobel Prize in Medicine for his work on mad cow-like diseases. [59] He was quoted on Dateline NBC as saying, "It's got to be in the pigs as well as the cattle. It's got to be passing through the chickens." [60] Dr. Paul Brown, medical director for the US Public Health Service, believes that pigs and poultry could indeed be harboring mad cow disease and passing it on to humans, adding that pigs are especially sensitive to the disease. "It's speculation," he says, "but I am perfectly serious." [61]

The 2002 General Accounting Office report concluded: "BSE may be silently incubating somewhere in the United States. If that is the case, then FDA's failure to enforce the feed ban may already have placed U.S. herds and, in turn, the human food supply at risk. FDA has no clear enforcement strategy for dealing with firms that do not obey the feed ban... Moreover, FDA has been using inaccurate, incomplete, and unreliable data to track and oversee feed ban compliance." [62] The report can be downloaded at <<http://www.gao.gov/new.items/d02183.pdf>>.

Despite these shortcomings, Secretary Veneman and Washington's governor both assured the public that they were still having beef for Christmas, reminiscent of the 1990 fiasco in which the British agriculture minister appeared on TV urging his 4-year-old daughter to eat a hamburger.[63] Four years later, young people in Britain were dying from an invariably fatal neurogenerative disease called variant Creutzfeldt-Jakob Disease -- the human equivalent of mad cow disease -- which they contracted through the consumption of infected beef.[64] With an incubation period up to decades long, no one knows how high the final human death toll will be.

*This article was first published December 24, 2003 on the Organic Consumers Association website ([organicconsumers.org](http://organicconsumers.org)). Complete references are available at this site.*

**Michael Greger, MD** coordinates the mad cow disease website for the Organic Consumers Association and is the chief investigator on mad cow disease for Farm Sanctuary. He's debated the National Cattlemen's Beef Association director before the FDA and was invited as an expert witness to defend Oprah Winfrey in the infamous "meat defamation trial." He is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine. Dr. Greger is a general practitioner specializing in vegetarian nutrition in Boston. For more information visit his website: [VeganMD.org](http://VeganMD.org). Dr. Greger was the VSH guest speaker last September.

# MAD COW DISEASE HITS THE UNITED STATES

*It's Mad to Eat Meat*



 Vegetarian Society  
of Hawaii

P.O. Box 23208  
Honolulu, Hawaii USA  
96823-3208

Address Service Requested

NONPROFIT  
U.S. POSTAGE PAID  
HONOLULU, HI  
PERMIT NO. 645