



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOL. 19, ISSUE 2, APRIL-JUNE 2008

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Public Lectures:*

CHEF JENNIFER FLYNN

**"THE SUPER FOOD GENERATION:
14 FOODS THAT WILL
GET YOU GLOWING"**

Tuesday, April 8th, 7 p.m.
Ala Wai Golf Course Clubhouse

JOHN CADMAN

**"A SUCCESSFUL VEGETARIAN
SCHOOL LUNCH PROGRAM:
ONE MAN'S COMMITMENT"**

Tuesday, May 13th, 7 p.m.
Ala Wai Golf Course Clubhouse

BRENDAN BRAZIER

**"THRIVE: BUILDING VITALITY ON A
WHOLE FOOD PLANT-BASED DIET"**

Tuesday, June 10th, 7 p.m.
Ala Wai Golf Course Clubhouse

*See page 9 for more details and
Maui meeting times.

Slaughter Investigation Shakes Nation

A shocking undercover investigation by The Humane Society of the United States (HSUS) revealed widespread mistreatment of "downed" dairy cows—those who are too sick or injured to walk—at a Southern California slaughter plant.

The investigation at the Hallmark Meat Packing Co. of Chino pulls open a curtain on the scandalous treatment of animals slaughtered to supply the National School Lunch Program and other federal aid programs. Release of the HSUS investigation shows slaughter plant workers displaying complete disregard for the pain and misery they inflicted as they repeatedly attempted to force downed animals onto their feet and into the human food chain.

The U.S. Department of Agriculture (USDA) announced the suspension of Westland Meat Co. as a supplier of the National School Lunch program and opened its own official inquiry only hours after the release of the HSUS investigation. The practice of slaughtering downed cows is especially troubling since downed animals may have a higher risk of being infected with bovine spongiform encephalopathy (also known as mad cow disease), E. coli, and Salmonella.

School districts rushed to purge their systems of meat from the plant. Restaurants announced an end to purchases from the company. Political leaders across the nation denounced the shocking conditions at this slaughter plant—the nation's No. 2 supplier of ground beef to the National School Lunch Program.

The USDA pulled its inspectors and shut down the cattle slaughter plant February 5th. USDA Undersecretary Dr. Richard Raymond cited "egregious violations of humane handling regulations" as the reason.

Two employees of the now shuttered Hallmark Meat Company were charged with animal cruelty—the first worker with five felony counts under California's anti-cruelty statute and three misdemeanor counts alleging the use of a mechanical device to move downer cows, and the second worker with three misdemeanors involving downers. Never before in the knowledge of The HSUS have slaughter plant workers faced criminal charges of this nature.

On February 17th USDA announced a recall of 143 million pounds of beef from Hallmark/Westland Meat Packing Co., the nation's largest beef (Continued on page 12)

- **"Slaughter Investigation Timeline"** page 12
- **"Travesty of Beef"** by Eva Uran, page 13
- **"Shocked? Here are 5 Things You Can Do"** by Mark Hawthorne, page 16
- See the video footage and more details online at www.hsus.org.

The Island Vegetarian

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

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VegHawaii.org

Visit our website for a restaurant guide, TV and meeting schedules, newsletter archives, and more.

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Mahalo
to all our volunteers!

The Island Vegetarian is available on line three months after members receive it; new issues will now appear in color. A colorized version of the January issue can be accessed online at www.vsh.org/newsletter.htm.

Legislator

by Bill Harris, M.D.
VSH Board Member

You can almost count on the fingers of one finger the vegans serving in the nation's political bodies. There's former presidential candidate Ohio Rep. Dennis Kucinich and...oops, another finger, Hawaii State Rep. Joe Bertram III, 11th District, Maui-Kihei/Makena/Wailea.

On March 8th Joe was our monthly speaker at McCoy Pavilion, and as the club's TV guy, I approached the meeting with trepidation, because there would be no slides or pictures, and the only PowerPointing would be Joe's finger. He arrived by bus from the airport, dressed casually with only a few notes, and he took awhile to drop the V word, but it was worth the wait. When he was done explaining his past involvement in various green projects on Maui, it was "vegetarian" all the way.

This year Joe resurrected our SCR151 from 2001 as SCR84 "requesting the Department of Education and the Hawaii public school food service to develop nutritionally-sound public school menu plans that include vegetarian and vegan meals." The original bill SB2136 faced stiff opposition from the DOH and DOE (Hawaii Departments of Health and Education) because of alleged difficulties meeting USDA regulations.

However, John Cadman, (thebeanpages.com/default.aspx) school food services manager at Haiku Elementary School on Maui and an upcoming VSH speaker, has already demonstrated how to handle those USDA regs by serving reimbursable vegetarian meals there for the past 10 years.

Rep. Bertram thinks that vegetarianism is the key to solving two major problems: the growing rate of childhood obesity in Hawaii and global warming, and he says that getting SCR84 through both houses of the

Hawaii Legislature would send a significant message.

Say what? Well, obesity is a no-brainer, but he explains that animal agriculture is also a major contributor to the greenhouse gases that trap solar radiation, raise the temperature (as Al Gore explained in *An Inconvenient Truth*), and melt the polar ice caps, thus turning the future Makiki Heights into beach-front property. As Joe politely explained it, "cow burps" (we all know which end of the cow those burps come from) are a major source of methane gas, which is an even more potent energy trap than CO₂. He also reiterated that modern animal agriculture uses even more fossil fuel than the world's automobiles, the resulting emissions also becoming greenhouse gases.

Joe has an interest in working with VSH and agrees that while it's difficult for people to testify in person, the Public Access Room at parr@Capitol.hawaii.gov, 808-587-0478 has streamlined the process for getting simple messages to key committee hearings. He also observes that as senators and representatives become increasingly swamped by e-mails, faxes, and phone calls, decisions on some issues will most easily be made by counting up the "support" or "oppose" e-mails and acting accordingly.

At the end, Board member Karl Seff, Ph.D. summarized Joe's talk as "a very moving presentation. . . we have a new leader. . . whom I didn't know about. . . let's keep those letters and e-mails coming in." If you have not already done so, please e-mail VSH-News-Group at subscribe@yahoogroups.com. You will then receive updates on pending vegetarian legislation with simple instructions on getting through to your local government.

repbertram@Capitol.hawaii.gov
[http://www.capitol.hawaii.gov/
site1/house/members/rep11.asp](http://www.capitol.hawaii.gov/site1/house/members/rep11.asp)
808-586-8525

Readers' Voices

You Have Thirty Seconds to Inspire

by Scott Snarr
VSH Newsletter Editor

You are riding in an elevator. Your acquaintance, coworker, or someone you barely know asks you why you are a vegetarian. You have only thirty seconds before the elevator reaches the lobby and the two of you part ways to capsulize your philosophy and deliver a resounding impression. Your response is called your elevator speech or elevator pitch.

Most opportunities that life gives us to share our message with others come in the form of random short-lived moments like these that barely afford us enough time for a soundbite. An issue as deep and complex as vegetarianism can not be even remotely summed up in a thirty-second spiel. But rather than trying to do this, these moments can be used to give a person a positive and memorable impression and an interest in hearing more. An effective elevator speech can open many minds and turn others on to our cause.

Businesspeople have long used elevator speeches as a tool to attract others to one's business, product, or service. They write them, refine them, rehearse them, and they repeat them whenever they encounter a willing pair of ears. But grassroots activists have sadly overlooked the value and underutilized the potential of the elevator speech. So what are we waiting for?

Write your own elevator speech that answers the question that all vegetarians get asked: "Why are you a vegetarian (or vegan)?"

Send us your elevator speech in 150 word or less by June 1st at info@vsh.org. We will print as many of your responses as we can in the following issue of *The Island Vegetarian*. Use "Elevator Speech" as the subject line.

Below are a few tips to get you started. Meanwhile, go out there and make a difference.

- **Be Yourself.** Talk about your reasons for being vegetarian. You are more likely to inspire others when you talk about what inspires you.
- **Keep it positive.** Remember, the goal is to get others interested, not to harangue them. Saying that one can spare the lives of many animals is probably more effective than going for shock value.
- **Be specific.** Doing it "for the environment" is a good reason, but it hardly says anything. Saying, "It drastically cuts down on greenhouse gas emissions" is much more informative.
- **...but not too specific.** Don't get so bogged down with detail that the listener is bored or lost in confusion. Use your time wisely.
- **Practice, practice, practice.** Don't try to memorize it word for word, but rehearse it aloud over and over until it comes out naturally.
- **Be happy.** Others will see you as an example of a vegetarian. Your attitude and body language will give as strong an impression as your words.
- **Do what works.** Pay attention to others' responses. Tweak your speech. Refine it. Or scratch it and start all over. Do what works for you. These tips are only meant to get you started. The rest is up to you.

SUBMISSION GUIDELINES

The Island Vegetarian welcomes submissions.

Have a comment about a current event, an article we printed, or the newsletter in general? Write a letter to our editor, 75-200 words in length, and marked as "Letter to the Editor."

Have a question about health or nutrition? Mark it as "Ask Dr. Bill," and it will be answered by VSH Board member Dr. William Harris.

Want to try your hand at writing? We are always in need of articles by local writers about various aspects of vegetarianism, especially of local interest or about current events. Articles should be 300-500 words in length.

All submissions must be accompanied by a full name and phone number so that we can verify the author. Students may wish to include their age, grade, or school. We reserve the right to edit for accuracy, clarity, length, and relevance to the mission of our organization.

The submission deadline for the next newsletter is June 1, 2008.

Please send submissions (electronically only) to:

info@vsh.org



IN THE NEWS

Non-fat and Low-Fat Milk Linked to Prostate Cancer

Two new studies published in the American Journal of Epidemiology showed a positive correlation between low-fat and nonfat milk consumption and the risk of prostate cancer.

One study looked at questionnaires by 82,483 men in the Multiethnic Cohort Study, 4,404 of whom developed prostate cancer over a mean follow-up of eight years. Whether in the form of food or supplements, there was no association between calcium and vitamin D intake and prostate cancer risk.

The other study assessed food frequency questionnaires among 293,888 participants of the National Institutes of Health (NIH)-AARP Diet and Health Study, 10,180 of whom were total prostate cancer cases. Skim milk consumption at two or more servings per day was positively associated with an increased risk of advanced prostate cancer.

Park S, Murphy SP, Wilkens LR, et al. Calcium, vitamin D, and dairy product intake and prostate cancer risk: the Multiethnic Cohort Study. Am J Epidemiol. 2007;166:1259-1269.

Park Y, Mitrou PN, Kipnis V, et al. Calcium, dairy foods, and risk of incident and fatal prostate cancer: the NIH-AARP Diet and Health Study. Am J Epidemiol. 2007;166:1270-1279.

"A higher intake of meat was positively associated with a significantly higher breast cancer rate."

A substudy of the Diet, Cancer and Health study, a prospective cohort study established to evaluate the role of diet and cancer among 24,697 postmenopausal Danish women, was set up to evaluate the relationship between meat consumption and risk of breast cancer. This nested study looked at 378 women who developed breast cancer and matched them to controls who did not. A higher intake of meat (red meat, poultry, fish, and processed meat) was

associated with a significantly higher breast cancer incidence rate. Every 25-gram increase in consumption of total meat, red meat, and processed meat led to a 9, 15, and 23 percent risk increase, respectively. However, the degree of risk may depend on genetics. Certain genes activate the carcinogens (heterocyclic amines) found in cooked meat. The study showed women with genes that rapidly activate these carcinogens are at particular risk of breast cancer if they eat meat.

Egeberg R, Olsen A, Autrup H, et al. Meat consumption, N-acetyl transferase 1 and 2 polymorphism and risk of breast cancer in Danish postmenopausal women. Eur J Cancer Prev. 2008;17:39-47.

Meat Consumption Increases Risk of Breast Cancer

United Egg Producers and Egg Factory Farm Sued for Consumer Fraud

Misleading "Animal Care Certified" used in violation of agreements



Washington, D.C.—Compassion Over Killing (COK) and an egg consumer are filing a lawsuit against United Egg Producers (UEP) and ISE America, a New Jersey egg factory farm, for continued use of the misleading "Animal Care Certified" logo on egg cartons—a deceptive logo that the UEP agreed to stop using by April 2006.

The certification guidelines represent the factory-farming practices many concerned consumers wish to avoid. The program allows egg factory farmers to confine hens inside barren wire battery cages so restrictive the birds can barely move—only 67 square inches of cage space per hen. The lack of space and barren conditions cause the birds severe frustration.

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The conditions for hens inside ISE America's facility in New Jersey, documented by a COK investigator in 2007, are cruel and abusive and a far cry from what most consumers would consider humane animal care. The cruelties revealed in undercover video include birds overcrowded in cages, severely decomposed birds left in cages with live birds, ill birds denied individual veterinary care, and hens stuck in between the wires of their cages, unable to access food or water.

In 2003 the Better Business Bureau deemed the "animal care certified" claim misleading because it conveys to consumers a false message of humane animal care. The UEP later agreed take all steps necessary to remove the logo by 2006 and that further use would constitute a violation of state consumer protection laws.

However, as recently as February 19, 2008, COK has documented cartons of eggs bearing the deceptive "Animal Care Certified" logo on sale in several states. According to the label, these eggs were all packaged and distributed by ISE America, an egg factory farm and packing plant with approximately one million hens confined inside battery cages.

"The continued and widespread use of the misleading 'Animal Care Certified' logo demonstrates a blatant disregard for the federal and state agencies that have been involved in this matter and for consumers' rights not to be deceived," states Cheryl Leahy, general counsel for Compassion Over Killing. "Looking at its notorious record on both animal cruelty and consumer fraud, it's clear that the egg industry has again proven that it's simply incapable of regulating itself."

More details about this case and COK's campaign to end the use of the "Animal Care Certified" logo, including previous investigations inside certified egg factory farms, can be found online at *COK.net*.

Global Threat of Diabetes: Low-fat Vegan Diet Best Weapon Against Disease

By Dr. Neal D. Barnard

This opinion piece was published on Feb. 15, 2008, in The Lexington Herald-Leader.

Diabetes has never been a sexy disease. It doesn't have a Katie Couric or Michael J. Fox in its court. NBC has yet to launch a diabetes reality show. And millions of Americans are unaware that they even have it. But this terrible disease is finally getting the attention it deserves.

The American Diabetes Association recently released a report showing that America is spending at least \$174 billion a year treating diabetes. That's about as much as we spend on Iraq and the global war on terrorism.

Finally, officials are as worried about diabetes as global warming, bird flu, or any of the other major threats to public health. Complications include blindness, amputations, and heart disease. Diabetes, in many cases, is life-threatening.

Given the magnitude of the problem—now nearing pandemic levels—how is the scientific community responding?

As a physician and diabetes researcher, I am sorry to report that we are looking for answers in all the wrong places. And that is especially true when it comes to type 2 diabetes, which is largely brought on by obesity and fatty diets.

Traditionally, most research dollars have gone to develop new drugs. While pharmaceuticals are necessary at times, many have serious—sometimes fatal—side-effects. The British



government has tightened the restrictions on Avandia, a drug that has been linked to heart problems, and the U.S. government may be forced to follow suit.

Other solutions are just as problematic. On January 23rd, the

Journal of the American Medical Association published a study and editorial promoting weight-loss surgery as a treatment for obese patients with diabetes. Missing from the resulting buzz was an honest assessment of just how risky and expensive this desperate treatment is—and, ultimately, how avoidable.

For the past 10 years I have been studying the effectiveness of a low-fat vegan diet as a way to treat diabetes and obesity. The results of the diet are dramatic. Patients lose weight, gain control of their blood sugar, and are able to reduce—sometimes even eliminate—their medications. And the side-effects are all positive: blood pressure and cholesterol sometimes improve so significantly that patients are able to toss their Norvasc and Zocor.

What is also impressive is how easily people are able to switch to this healthful style of eating. Contrary to what many would think about the challenges of putting aside meat and dairy products, our patients have an easy time of it. A major benefit to following a vegan diet is that there are no portion or carbohydrate limits.

And once people begin exploring the world of plant-based cuisine, they are amazed at its variety and tastefulness. A greasy cheeseburger never looked so boring.

We can learn a lesson from India's predicament. This country used to

(See Diabetes, page 17)

HPU Boasts New Vegetarian Club

Lorenzo Nava, recent founder of the Vegetarian Club at Hawaii Pacific University, was interviewed by Island Vegetarian editor Scott Snarr via email. Nava is enrolled in the Masters of Nursing program and preparing to be a Family Nurse Practitioner.

What is the mission or driving purpose of the club?

The Vegetarian Club's mission is to provide an open, friendly environment where people, vegetarian and non-vegetarian alike, can come together to exchange ideas and create dialogue on the subject of and issues surrounding vegetarianism. My driving force for starting the club wasn't for myself, but for other people to have that kind of environment. I would really feel like I did something right if I came back in five years and the club was still going.

When made you decide to form the club at HPU? What was the most difficult part in getting it started?

Being vegetarian for about two years when I moved out here and having almost no acquaintances who were vegetarian either here or back in New Mexico, I was interested in meeting some people to share ideas with and learn a little more about why people make some of the choices they do. I first tried to join the Vegetarian Club at UHM, but I guess they were in a reorganizing phase and weren't really active when I inquired. In retrospect that was probably the best thing that could have happened because it got me interested in forming a vegetarian club at HPU.

A key event happened when I was attending the first sustainability club meeting. I overheard two people next to me talking about being vegetarian.

I slid over, introduced myself, asked if they were vegetarian, and mentioned that I was trying to start a vegetarian club. Both of their faces lit up and the three of us swapped information.

The hardest part was gathering 10 vegetarians to start the club (we do look just like everyone else, after all). After we hit the magic 10 mark, we turned in our paperwork and became active right at the end of the Fall 2007 semester. We planned to start strong in the spring and work on gathering new members. Currently we have 52 members signed up.

Who have been the key people in helping you so far?

Sarah Davis, one of the two people I mentioned I overheard talking and now the vice-president, found about four more people by the end of the week. Meanwhile, I put out ads on the schools website and found a couple of members. More importantly, I happened to catch the attention of Lisa Doyle, who works for the Student Life office at HPU, has been vegan for a number of years, and was excited to hear about our club. She agreed to sign on as our advisor, helping us overcome one of the biggest hurdles to becoming an official club. She already knew all the ins and outs of HPU's system with regard to clubs,

so she has been absolutely incredible as an advisor.

Tell us about the club's activities and achievements so far.

Our biggest achievement so far, which has gone under the radar, was the Teach-In we organized as part of the Focus the Nation event.

We asked faculty to donate a portion of their class time on January 30th and 31st to discuss global warming in the context of their course curriculum. We had at least 26 faculty members notify our club to announce their participation, and we know there were a number of faculty who participated but did not notify us.

At our first club meeting we asked people if global warming had been discussed in their classes on that day, and out of 10 people only one hadn't heard anything. We won't really be able to know just how many people ended up hearing about global warming that day in class, but it's still neat to know that something we organized cast that large of a web over the school and reached that many people.

We also held a panel discussion featuring Dr. Bill Harris of the Vegetarian Society of Hawaii, Teja Walsh of Govinda's Vegetarian Cuisine, and

(continued on next page)



Members from left to right: Mike Dave, Lisa Doyle (club advisor), Lorenzo Nava, Sarah Davis, Elizabeth Roberts, and Saleh Azizi.

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Rob Kinslow, a former aeronautical engineer. The panelists discussed some of the health, environmental, ethical, and spiritual aspects of vegetarianism. The discussion was very interactive between the students and panelists and was very informative.

We recently cosponsored a showing of "Super Size Me" on Fort Street Mall, which was attended by a huge crowd. It was estimated that over 100 people showed up for at least some portion of the film.

How long have you been vegetarian? What are your primary motivations for being vegetarian?

I originally went vegetarian a little over two and a half years ago for ethical reasons, mainly out of respect for other living beings and because I didn't want to treat anything in a way that I wouldn't want to be treated. Over time as I've learned more, I've cut more and more out of my diet. Even though I work to avoid all animal products, I'm always a bit hesitant to call myself vegan for the reason that over time I always seem to find out that something I thought was "vegan" isn't and has some hidden

animal product or is tested on animals. I'd prefer to say that I'm a vegetarian who avoids all animal products, but I'm also constantly learning, so I'm just doing the best I can.

What, if any previous kinds of activism have you been involved with before this, either with vegetarianism or other causes?

I would say that the other members of the club have a history of being active, and that has helped fuel our club. Saleh Azizi is the president of HPU's chapter of Amnesty International, and Liz Roberts is the secretary. Mike Davis is the former president of the Sustainability Club and has been active in starting a recycling program at HPU's Hawaii Loa Campus. Last year Sarah Davis was active in trying to get her high school involved in the Focus the Nation educational initiative that our club took part in this year. Veronica Garcia is the president of Students for Essential Equality, and James Castro is the treasurer for the same club. David Yogi is the secretary for SEE and has also been active in trying to get Kevin Rosseel from the EPA to visit HPU in

April as a guest speaker. I think it's incredible how many officers from other clubs are in our club. Of course there are many others who aren't mentioned here, but I think everyone's attitude really helps propel the club forward.

It sounds like you have an incredible group of people to work with. Congratulations, and we wish you all the best.



Reprinted courtesy of Steve Wasek

On TV...



"Vegetarian"

View VSH lectures

Oahu—Oceanic Cable Ch. 52

Thurs. 6-7 p.m.
Go to olelo.org and click on
"Oahu Channel 52."

The shows are also online at
6 p.m. on Thursdays.

Maui—Calabash Cable Ch. 52

Tues. 8-9 p.m.
Wed. 6:30-7:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii
Cable Ch. 54, Sat. 2-3 p.m.

Kauai—Hoike Cable Ch. 52
Kauai schedule is at hoike.org

On line—www.vsh.org/videos.htm

McDougall, M.D.
Check your local listings.



...and Radio

"Healing & You"

Ruth Heidrich, Ph.D.
Dr. Diane Nomura
Terry Shintani, M.D.

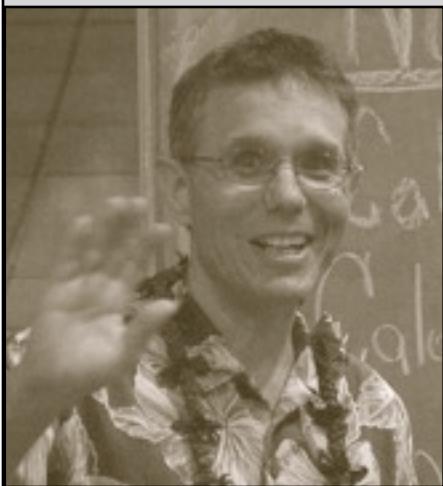
Sundays: 8-9 p.m.
K108 — AM 1080
Call-in line: 524-1080

"Health Talk"

Hosted by Hesh

Saturdays: 8-9 a.m.
K108 — AM 1080
Call-in line: 524-1080

VSH Events 1Q2008



Our January speaker, Dr. Terry Shintani, M.D., drew in over 200 people to see his presentation, "How to Lose up to 10 Pounds in 10 Days and Turn Your Health Around."

In February over 100 people came to hear Jeff Novick explain the difference between health food and healthy food.

In his inspiring presentation in March entitled "Reaching the Sweet Spot" Rep. Joe Bertram tackled the issues of global warming and childhood obesity in Hawaii.



Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, 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

Full-time student

\$12 \$24 \$36 \$48 \$60

Couple or Family

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

Life membership \$400

\$ _____ additional tax deductible donation

Contact me about volunteer opportunities.

Please check one:

- Vegan (no animal products at all)
- Vegetarian (no flesh, fish, or fowl)
- Associate (not yet a vegetarian)

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

**Members receive a
quarterly newsletter
and discounts on
products and serv-
ices at vegetarian-
friendly restaurants
and health food
stores.**



Vegetarian Society of Hawaii

Calendar of Events April-June, 2008



A Cooking Demonstration by CHEF JENNIFER FLYNN

**"The Super Food Generation:
14 Foods that will
Get You Glowing"**

**Tuesday, April 8th, 7 p.m.
Ala Wai Golf Course Clubhouse***

What is it that makes an ordinary food a Super Food? The answer is simple; Super Foods deliver high concentrations of critical nutrients in perfectly balanced amounts. It doesn't get much simpler than that. Chef Jennifer Flynn will take you on a journey into the amazing world of Super Foods, combining the very best foods found in nature with some of the simplest cooking techniques. Get ready to learn how to prepare amazingly simple and delicious "fast food" in a flash.

Jennifer Flynn is the author of three cookbooks and has worked in the field of culinary arts and nutrition for over a decade. Trained in both traditional European cuisine and vegan raw food cuisine, her goal is to redefine our culture's definition of fast food by teaching people how quick, easy, and delicious a diet consisting of whole plant based foods can be.

Chef Flynn will also be presenting on Maui:
Friday, April 11th, 7 p.m.,
Cameron Center, 95 Mahalani St., Wailuku



Cooking Demonstration and Lecture by JOHN CADMAN

**"A Successful Vegetarian
School Lunch Program:
One Man's Commitment"**

**Tuesday, May 13th, 7 p.m.
Ala Wai Golf Course Clubhouse***

Chef John Cadman will present a PowerPoint lecture explaining the complexities of creating attractive and appetizing school lunch meals within USDA guidelines. He will also demonstrate the preparation of several approved school lunch selections.

John Cadman, the school food services manager at Haiku Elementary School on Maui, has been offering optional vegetarian meals to students and teachers for the past twelve years—and for no other reason than his conviction that vegetarian students should have a choice.

Chef Cadman will also be presenting on Maui:
Thursday, May 8th, 7 p.m.,
Cameron Center, 95 Mahalani St., Wailuku



BRENDAN BRAZIER

**"Thrive: Building Vitality on a Whole Food,
Plant-Based Diet"**

**Tuesday, June 10th, 7 p.m.
Ala Wai Golf Course Clubhouse***

Based on his bestselling book, *The Thrive Diet*, Brendan Brazier will explain how to seamlessly incorporate a whole food, plant-based diet into your busy lifestyle, thereby reducing nutritional stress. This will help you:

- ◆ raise energy and vitality without stimulants
- ◆ improve productivity and enhance mood
- ◆ strengthen immune function
- ◆ increase lean muscle and reduce body fat
- ◆ reduce the visible signs of aging
- ◆ eliminate junk food cravings
- ◆ boost strength, muscle efficiency, and bone density
- ◆ relieve inflammation and increase joint mobility

Brendan Brazier is one of only a few professional athletes in the world whose diet is 100 percent plant-based. He's a professional ironman triathlete, bestselling author on performance nutrition, and creator of an award-winning line of whole food nutritional products called Vega. He is also a two-time Canadian 50 km Ultra Marathon Champion. Brendan was named one of the most 25 Fascinating Vegetarians by VegNews magazine.

**Mr. Brazier will also be speaking on Maui Friday, June 13th, 7 p.m.
Cameron Center, 95 Mahalani St., Wailuku**

***The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Avenue,
0.2 miles behind the Waikiki-Kapahulu library, across from the Chevron Station.**

Consumers' Corner

Joy of Napa

by Pam Woolway

This article appeared in the Garden Island Newspaper March 4, 2008. Reprinted with permission of the author.

The first Sunday of every month the Vegetarian Society hosts a potluck lunch with a friendly competition among attendees. Last month the winner, Kamli Prem, won with her "Joy of Napa" recipe. Napa cabbage lends itself to stir-fry as well as stuffing because of its broad leaf.

Prem's recipe features two flavorful head vegetables. Joi choi is a descendent of pak choi and has a mild mustard flavor. This recipe does not use the green part of the joi choi, only the crunchy white stems.

Joy of Napa

Ingredients:

- 1 head Napa cabbage, chopped in big pieces
- 1 carrot, sliced
- 1 joi choi (optional), only white thick stems, chopped in big pieces
- 10 shiitake mushrooms, quartered
- 1 chili pepper
- 5 slices ginger
- 2 Tbs. soy sauce, or nama shoyu
- 1 Tbs. agave nectar
- 1 Tbs. oil (optional)

Soak shiitake mushrooms till they are soft. Save the water for soup stock. Heat the pan, sauté chili and ginger till ginger turns lightly brown, add mushrooms, soy sauce and sweetener. Stir-fry until mushroom is golden-brown.

Add Napa cabbage, joi choi, and the water from soaking the mushroom. Cook until tender.

What is Napa cabbage?

- Napa cabbage's etymology is Japanese.
- It has oblong-shaped leaves that are flat and wide. They are a pale green, tending towards greenish white in the center.
- Napa cabbage resembles a head of Romaine lettuce, only more tightly compact and with curly edges.
- It's rich in vitamin C and fiber.
- When buying Napa cabbage, look for a compact head with tightly closed, crisp, moist leaves with no traces of yellow or brown.
- Napa cabbage will keep unwashed for 4 to 5 days in the refrigerator crisper; it should be stored in a plastic bag, as it readily absorbs nearby odors.
- As soon as the cabbage is cut, it begins to lose its vitamin C content.
- It's from the same family as the green cabbage.
- Preparation: Cut out core and wash. Blanch for a few minutes and discard the blanching water. Cook like cabbage—do not overcook.
- Cook the lower part first and add the leaves halfway through the cooking time.
- Raw leaves have a pleasant crunchiness: Grate for cole slaw.
- To change the texture, blanch Napa cabbage for a few seconds in boiling water. Plunge immediately into ice water. Drain and place on a kitchen towel.
- Cut in strips and sauté in a wok with other vegetables, garlic, and ginger.



- Napa cabbage is an excellent alternative to regular cabbage because of its delicate flavor.
- Use it to cover the bottom of a bamboo steamer basket. The leaves will prevent foods from sticking and will impart a nice flavor.

(Napa cabbage facts from [theworldwidegourmet.com.](http://theworldwidegourmet.com/))

Chakras Delight Salad

by John Barnett

Ingredients:

- ¼ medium red cabbage
- ½ small red onion
- 1 medium carrot grated
- 4-5 russian kale leaves, separated from spine
- 1-2 medium tomatoes
- ¼ cup italian parsley, diced
- 4 Tbs. lemon juice
- 4-6 Tbs. olive oil (optional)
- Bragg's Liquid Aminos to taste
- a dash of cayenne pepper
- sea salt to taste

Mix well with your loving energy.



Kamli Prem (left) was the winner for her "Joy of Napa" recipe at the VSH February potluck luncheon on Kauai (see facing page). Also pictured is VSH volunteer and recipe judge Phyllis Jolly.



Dennis Miller, Pastor of the Kapaa and Lawai Valley Seventh-day Adventist Churches, and Radha Dasi of the Kauai Krishna Temple each spoke about vegetarianism in world religions at the VSH Kauai potluck/lecture held March 2nd.



Deborah Burnham (left) and John Barnett (right) were co-winners of the vegan recipe contest held at the January potluck/lecture on Kauai (see "Chakras Delight" on facing page). VSH volunteer Diana La-Bedz (center) was the recipe judge.

Kauai Potlucks and Lectures

Monthly vegan potluck luncheons and lectures are held at noon on the first Sunday of each month at the Kapaa Neighborhood Center on Kauai. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.

Bean Burgers

by Sandra Miyabuchi

- 2 cloves of garlic, minced
- 1 bulb onion, finely chopped
- 1 can chick peas, mashed
- $\frac{1}{2}$ cup bread crumbs
- $\frac{1}{4}$ cup walnuts, chopped
- salt and pepper to taste

Combine all ingredients and leave in refrigerator over night. Form into patties. Spray skillet with olive oil and brown the patties.



Kauai organic farmer and educator Joseph Dunsmoor gave a presentation on sustainable gardening at the January potluck/lecture on Kauai.



Kathy Stevens, founder and director of the Catskill Animal Sanctuary, was the featured speaker at the VSH February potluck luncheon on Kauai.

Recipe judge Mark Reinfeld, co-owner of The Blossoming Lotus Restaurant, presented the winner, Sandra Miyabuchi, with a gift certificate from Papaya's Natural Foods for her Bean Burgers recipe at the VSH potluck/lecture on March 2nd (see center inset).



(Slaughter Shakes Nation
continued from page 1)

recall to date.

"This investigation has done more than expose one company's abusive practices," said Wayne Pacelle, president and CEO of HSUS. "It has led us to the inescapable conclusion that there are serious shortcomings in the USDA's policy on handling downer cattle and its broader enforcement efforts at slaughter plants. The question of whether the problems we uncovered are systemic and occur at other slaughter plants around the country is one that the Congress, industry, and consumers must now confront."

The HSUS joined with political leaders, parents, and other concerned citizens in the call for the following legislative and regulatory action:

- Revise USDA's regulation on the slaughter of downed animals to require humane euthanasia of all downed cattle. The current policy allows slaughter of downed animals after they pass USDA inspection. The HSUS investigation demonstrates that animals are tortured when USDA inspectors are not present.
- Pass the Downed Animal Protection Act—S. 394 and H.R. 661 sponsored by Sen. Daniel Akaka (D-HI) and Reps. Gary Ackerman (D-NY) and Steven LaTourette (R-OH)—which would ban any slaughtering of downed animals for human consumption.
- Pass the Farm Animal Stewardship Purchasing Act—H.R. 1726 sponsored by Reps. Peter DeFazio (D-OR) and Christopher Shays (R-CT)—which would set modest animal welfare standards, including humane euthanasia of any downed animals, for producers who sell food to federal government programs.

This article was compiled from a series of press releases from the Humane Society of the United States.

Success Spurs more Live Food Potlucks on Maui

by The Optimum Living Alliance

The Optimum Living Alliance happily announces WEEKLY Vegan Live food potlucks!

As our monthly Farmers Trade and Vegan Live Food Potlucks have been generating so much interest and enthusiasm, we have decided to expand our horizons by holding FOUR Farmers Trade and Vegan Living Food Potlucks a month, each on a different part of the island as follows:

- First Wednesday: Haiku
- Second Wednesday: Lahaina
- Third Wednesday: Kula
- Fourth Wednesday: Kihei

As a general program for each gathering, we will share the intentions of the Farmers Trade and Vegan Living Food Potlucks as well as other opportunities available through the Optimum Living Alliance. We will

feature guests with presentations on topics pertaining to optimal well being. These will include topics such as food preparation, nutrition, global consciousness, and various lifestyle enhancement options. There will also be opportunities for group discussion and entertainment.

If you are interested in hosting one of these gatherings in your home please contact home@ola-life.org or call 573-1959 and ask for Home or Brook. Each gathering will begin with the Farmers Trade at 4:30 p.m. and the potluck at 5 p.m. and will last until about 7 p.m. Call on the afternoon of the potluck for directions.

At each Farmers Trade we invite you and your friends to bring any and all organically homegrown fruits and vegetables that you would like to barter or share.

At the potlucks we invite you to bring either a homegrown food that can be easily eaten, or an organic vegan raw dish that will feed 4 to 8 people. You are invited to bring your own plates, cups, and utensils to help minimize waste. Remember to bring your zest for life!

Slaughter Investigation Timeline

- January 30**—HSUS releases footage of a six-week undercover slaughter house investigation revealing cruel treatment and slaughter of downed cows.
- January 30**—USDA suspends Hallmark/Westland as a supplier to the National School Lunch Program and launches its own investigation.
- January 31**—School systems nationwide begin purging their systems of Westland meat, beginning in Minnesota and Utah.
- February 1**—HSUS leads coalition calling for legislative action.
- February 5**—USDA shuts down Hallmark/Westland plant.
- February 15**—Criminal charges are brought against two Hallmark employees for animal cruelty.
- February 17**—USDA issues the recall of 143 million pounds of beef, the nation's largest beef recall ever.
- February 28**—Sen. Herb Kohl (D-WI) calls Senate Agriculture Appropriations subcommittee hearing to call on USDA for tougher safeguards.

Travesty of Beef

Eva Uran, VSH member

First of all, I'd like to praise our national Humane Society for daring to go undercover to expose the barbaric treatment of downed cattle that led to the Hallmark Slaughterhouse scandal in Chino, California, and national beef recall in general and from our own local schools in particular. Unfortunately, all that beef is destined for our local landfill. Imagine how many rats and cockroaches it will attract!

(starbulletin.com/2008/02/27/news/story01.html)

The irony is multifold. First, they have the gall to ship possibly poisonous food for school lunches without any regard for children's health.

Second, school administration won't learn a lesson and will still buy more meat, even when an E. coli outbreak was recently reported at a Kaimuki restaurant (twice!) that included steaks among its prime entrees. It was finally shut down.

(the.honoluluadvertiser.com/article/2008/Feb/27/ln/hawaii802270403.html)

Interesting to note that the two above articles appeared on the same day in two different papers.

Third, Hallmark is a name cozily associated with lovey-dovey greeting cards and heart-warming family-oriented movies on the TV channel. What a travesty of a name! (Note: the Hallmark slaughterhouse in Chino is in no way related to the well-known Hallmark greeting card trademark.)

Fourth, the commentary on the article was mind-boggling. Several people suggested that the homeless should have been given this tainted beef! Only two people (myself included) condemned the meat practice at large. (Commentary has been deleted since.)

Then the San Francisco Chronicle featured an article about the upcoming Olympics in China. (www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2008/02/28/SPB2V9O7E.DTL)

What riled me most was this paragraph: "The U.S. Olympic Committee recently announced that it will ship 12 tons of American beef to Beijing to feed our athletes. There has been talk of potential problems with steroids and pesticides in Chinese cattle and poultry."

What monumental waste of energy resources and cruelty involved to feed our "All American" athletes. How much better they would perform and what a better example they would have been to the world had they all been vegan!



For Their Rights

By Butterflies Katz

Upon seeing them, a smile lights up my face.
They have endearing qualities we should embrace.
Their ecological footprint is hardly a trace
in comparison to that of the human race.
For their rights, a mounting movement makes a case.

They have eyes and a face akin to you and me.
Animals feel and breathe, they hear and they see.
They too want to know life's sweet ecstasy.
Our heart and soul knows they deserve to be free.
Truth compels us to help make it come to be.

They are not commodities for human use.
They were not put here for exploitative abuse.
Their lives have been shockingly put to misuse.
Our oppression of them has no just excuse.
Set the innocent captive animals loose.

Animal abuse lives on every distant shore;
all kinds of horror that our souls would deplore.
We treat these love objects and friends to adore
like enemies; on which we have declared a war.
For their rights, a world's heroes will rise to the fore.

Butterflies has been a proud vegan and lived communally for a quarter of a century. Her life's passion is to spread the vegan message. She is the coauthor of Incredibly Delicious: Recipes for a New Paradigm by Gentle World. You can read more of her poetry at www.veganpoet.com.

Is Your Supper Putting You at Risk for Superbugs?

by Heather Moore

As if we didn't have enough to worry about, now comes the alarming news that killer bugs have made the leap from hospitals and nursing homes to playgrounds and locker rooms. According to a new study by the Centers for Disease Control and Prevention (CDC), MRSA, an antibiotic-resistant staphylococcus bacterium, now kills more Americans than AIDS. The rise in antibiotic-resistant superbugs like MRSA can largely be attributed to the overuse of antibiotics—in humans *and* animals.

Approximately 70 percent of the antibiotics used in the U.S. aren't given to human patients—they are fed to farmed animals. The filthy, crowded conditions on factory farms are breeding grounds for disease. Billions of chickens, turkeys, pigs, and other animals killed for food each year in this country live mired in their own waste. The powerful, burning stench of ammonia-laden urine commonly leads to respiratory diseases, bacterial infections, and other ailments. The conditions are so deplorable that the animals are fed a steady dose of antibiotics just to keep them alive long enough to send them to slaughter.

"Approximately 70 percent of the antibiotics used in the U.S. are fed to farmed animals."

Anyone who eats meat, milk, or eggs is also eating the antibiotics given to the animals raised for those products. Scientists from the World Health Organization, the American

Medical Association, the American Public Health Association, and other health groups fear that the overuse of antibiotics in farmed animals is causing the spread of antibiotic-resistant superbugs. The U.S. General Accounting Office warns, "Antibiotic-resistant bacteria have been transferred from animals to humans, and many of the studies we reviewed found that this transference poses significant risks for human health."

One USDA study showed that 66 percent of beef samples were contaminated with antibiotic-resistant bacteria, and scientists at the Johns Hopkins Bloomberg School of Public Health have reported that 96 percent of the chicken flesh they tested was contaminated with antibiotic-resistant campylobacter bacteria.

Another study conducted by the CDC indicated that chicken sold in supermarkets is often tainted with potentially fatal bacterium called *Enterococcus faecium*. This bacterium were not even affected by Synercid, a drug commonly used to treat antibiotic-resistant bacteria.

Over the years more than 30 antibiotics have received FDA approval for use in livestock, and many of those same drugs are used to treat human illnesses. So when you get sick, the antibiotics you're prescribed may not work, either because you've built up a tolerance for the drug by consuming it in your chicken or fish dinner or because the bacteria have mutated and figured out how to beat the drug.

Says Dr. Neil Fishman of the Hospital of the University of Pennsylvania, "We are starting to see more and more bugs for which we don't have antibiotics."

The spread of diseases from animals to humans is not a new problem: The factory farms where animals are warehoused in deplorable conditions have given rise to bird flu, mad cow disease, SARS, and other animal-borne diseases that threaten human

health. Many harmful organisms, including salmonella, campylobacter, listeria, and *E. coli*, have also spread from animals to people.

"Factory farms have given rise to bird flu, mad cow disease, SARS, and other animal-borne diseases."

Now we can add MRSA to the list, as experts believe that it is widespread among farmed animals. A recent Belgian survey showed that MRSA has been found in 68 percent of the pig farms in that country. In 37 percent of the cases, the farmer and the farmer's family carried pig MRSA—a variant of human MRSA.

A bill pending congressional approval would end the routine use of antibiotics in farmed animals who are not sick. This is a good first step, but there is a much more comprehensive solution: Stop raising animals for food in the first place. The fewer animals we raise, the fewer superbugs there will be to battle. And since disease-causing bacteria are not the only health risk posed by meat and other animal products (which lead to cancer, heart disease, obesity, diabetes, and other serious problems), we would all be better off if we traded in our fried chicken and fish sticks for the great-tasting vegetarian alternatives available at most grocery stores and restaurants.

Heather Moore is a freelance writer and a senior writer for People for the Ethical Treatment of Animals (PETA) in Norfolk, Va., where she lives with her rescued dog, Carly. Her articles have appeared in numerous magazines and newspapers including USA Today and the Washington Post.

Animal Rights Corner

Animals Suffer Cruelty during Long Distance Transport to Slaughter in Hawaii

by Cathy Goeggel
VSH member and founder of Animal Rights-Hawaii

On February 12, 2008 an international campaign against the cruel transport of live animals just to be slaughtered at final destination was launched by the Handle With Care Coalition. The annual transport of nearly 15,000 pigs from factory farms in Canada and California to slaughterhouses in Hawaii was chosen as the cruelest North American route, according to an investigation done by Animal Rights Hawaii and work we had done on this issue with Animals' Angels, a German animal protection organization.

We assisted the undercover film crew from the UK as they followed the pigs from Canada across the border to a ranch near Vacaville, Califor-

nia where they were loaded from one container to another without being allowed to rest on the ground (in violation of the 28-hour federal law that requires livestock to be fed, watered, and rested every 28 hours). The pigs then were trucked to an Oakland port where they were loaded onto a Matson ship and then spent four and a half days at sea. Upon landing at Honolulu Harbor, they were trucked to the Hawaii Livestock Cooperative abattoir at Barbers Point. They were handled roughly on unloading, one falling from the container to the ground some 10 feet below. Maui-bound pigs suffered at least two more days in the same containers before being loaded on Young Brothers' barge for the voyage to Maui.

Undercover footage of the lairage, where the pigs were kept until slaughter, showed filthy conditions, hard concrete floors, and food strewn amongst feces and urine. A bloody ear was photographed right next to the pig pen.

Several years of documenting the numbers of pigs shipped, the numbers of pigs who died en route (as many as eighty on one voyage in the summer of 2007), and the squalid conditions in which the pigs were forced to live—at a slaughterhouse that has more than once been cited by USDA for violations of sanitary and humane laws—led to World Society for the Protection of Animals

having chosen the Mainland-Hawaii route to investigate.

On February 12, 2008 a full page advert appeared in the Honolulu Advertiser, telling about the cruel conditions of livestock transport and informing Hawaii consumers that meat sold as “island fresh/island produced/island pork” is likely to be NOT “local pork” at all—and consumer fraud was suggested. Don Quijote grocery immediately stopped selling local pork, and we hope that others will follow suit. Without local vendor support, the two importers of the pigs (Hawaii Food Products and Wong’s Meat Market) will have no reason to bring in live pigs. We have discovered that Canadian pigs are no longer being imported because of the Canadian/US dollar differential. This could very possibly cause the shutdown of the only slaughterhouse on Oahu. In 1995 the state underwrote a \$10 million bond for Palama Meat and the Cooperative to build a new abattoir and packing facility. Their reasoning: Oahu needed a kill plant for spent dairy cows and for supplying fresh pig flesh to the Chinatown community. Since then, the last dairy on Oahu has closed and the slaughterhouse is struggling; Maui used to send cattle to Oahu for slaughter but has ceased doing that. There is no longer a chicken slaughter plant on Oahu. Palama Meat went bankrupt. Within a few years we may see the end of commercial animal slaughter on Oahu.

The Star Bulletin published an editorial that condemns the cruel transport and has published our full page advert twice. For more info on the HandleWithCare Campaign, visit www.handlewithcare.tv/us/.



Shocked by the Under-cover Slaughterhouse Video? Here are 5 Things You Can Do

by Mark Hawthorne

The Humane Society of United States' recent undercover investigation of a southern California slaughterhouse is shocking—with cows unable to move being rammed with the blades of a forklift, jabbed in the eyes, stabbed with electric prods, and sprayed in the nose with high-pressure water hoses. Animal experts have called this one of the worst cases of animal abuse they have ever seen. Why did Hallmark Meat Packing workers violently torment these animals? Profit. So-called "downed" animals (animals who are too sick or injured to stand or walk on their own) are not allowed into the human food supply, so getting them to stand long enough to pass USDA inspection meant Hallmark could slaughter them for meat.

Wanted: Board Nominations

The current VSH Board of Directors term ends on June 30, 2008. VSH members are invited to send nominations for the new term by mailing them to VSH at P.O. Box 23208, Honolulu, HI 96823. Nominations must be received by May 15th to be included on the ballot.

Board positions are: president, vice president, treasurer, secretary, and directors.

Ballots will be mailed to vegetarian members on or about June 1st and must be returned to VSH with a postmark by June 15th to be counted. The new board will take office on July 1st.

Thank you for participating in this process.

Unfortunately, this kind of abuse is probably not uncommon. The good news is the public can do something about it. In fact, here are five steps you can take to help end the cruelty:

1. Go vegan. By keeping meat and dairy products off your plate, you are no longer supporting the industries directly responsible for the egregious abuses revealed in the HSUS' investigation. With so many delicious, nutritious plant-based foods available, being vegan is easier than ever. Visit www.GoVeg.com or www.TryVeg.com for suggestions.

2. Contact the USDA. Email Secretary of Agriculture Edward Schafer at Edward.W.Schafer@usda.gov. Ask him to close the loophole created by inconsistent agency regulations that permits the kind of inhumane treatment of animals demonstrated by Hallmark Meat Packing. Demand that downed animals not enter the food chain, as they pose a danger to consumers (12 of the 15 identified cases of bovine spongiform encephalopathy—"mad cow disease"—in North America originated from downed cows). Request that USDA inspectors be present at slaughter plants on a regular basis to ensure humane standards are maintained.

3. Contact policy makers. Urge your legislators to support or introduce legislation to help downed animals. The Farm Animal Stewardship Purchasing Act (H.R. 1726) would set modest animal welfare standards, including humane euthanasia of any downed animals, for producers who sell food to federal government programs, while the Downed Animal Protection Act (S. 394 and H.R. 661) would ban any slaughtering of downed animals for human consumption.

4. Educate yourself. Agribusiness gets away with animal abuse because it's carried out away from public

view. Visit www.hsus.org and learn more about its investigation of Hallmark Meat Packing. Visit www.nodowners.org for details on what downed animals are forced to endure. Whatever your views on meat-eating, you're likely opposed to treating animals so cruelly.

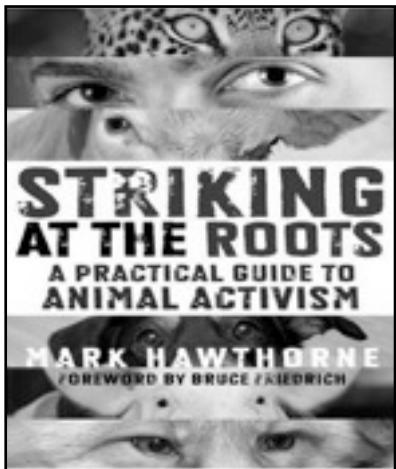
5. Tell others. If you agree that downed animals deserve humane treatment, share your feelings with family, friends, and coworkers. Encourage them to speak up for these defenseless creatures—animals whose illness or injuries are the result of callous treatment received even before they reached the slaughterhouse. Write letters to editors of newspapers and magazines expressing your feelings.

We ask an awful lot of the animals we raise and slaughter for food. The very least we owe them is a painless death.

Mark Hawthorne is an animal activist and the author of Striking at the Roots: A Practical Guide to Animal Activism strikingattheroots.com (see book review on page 17). He adopted a vegetarian lifestyle soon after an encounter with one of India's many cows in 1992 and went vegan a decade later. He is now a committed animal activist who has engaged in nearly every model of activism, from leafleting and tabling to protesting and direct action. Currently he is working with hundreds of other activists on a historic ballot initiative that will ban the use of battery cages, gestation crates, and veal crates in California. He is a volunteer for Animal Place, a vegan education center and sanctuary for farmed animals in northern California, where he serves on the outreach advisory council. He is also involved in rabbit rescue and lives with five rescued rabbits.

Book Review

Striking at the Roots: A Practical Guide to Animal Activism



by Mark Hawthorne

Foreword by Bruce Friedrich

304 pages

Publisher: O Books

(January 25, 2008)

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Review by Kelly Garbato

Whether you're new to the world of animal advocacy, a longtime vegan, or traveling somewhere between these points in your life's journey, *Striking at the Roots: A Practical Guide to Animal Activism* is one book you'll want to read. Activists from all walks of life can glean new tips, tricks, strategies, and perhaps even some much-needed motivation from author/activist Mark Hawthorne's introductory guide to acting on behalf of animals.

Striking at the Roots offers an overview of the many types of "animal activism" that advocates could engage in, from traditional to high-tech, visible to behind-the-scenes, and dramatic to low-key. No matter your personality, interests, and talents, you're sure to find an action you can

take to help your fellow earthlings RIGHT NOW.

The book covers eleven general areas of activism, including leafleting, writing (e.g., articles, op-eds, letters to the editor), tabling, engaging in protests and demonstrations, cooking for and feeding your friends, family, co-workers, and the masses ("food as outreach"), campaigning corporations, volunteering for animal sanctuaries, shelters, and rescue centers, using multimedia (e.g., blogs, websites, videos, podcasting) to spread your message, engaging in direct action (including open rescues), working within the legal system; and—perhaps most importantly—taking care of the emotional and psychological needs of oneself and one's comrades. Each chapter serves as a general introduction to the topic and includes a list of resources for follow-up.

Best of all, a number of prominent animal activists weigh in on their respective areas of expertise: Patty Mark tells of her first open rescue, in which she exposed the cruelty of an Australian battery farm; Mercy for Animals' Nathan Runkle describes his own epiphany, resulting from a chance encounter at the age of eleven with an animal rights leafleter; and Colleen Patrick-Goudreau shares her recipe for deliciously decadent vegan outreach (Mmmm, vegan chili!).

A running theme of *Striking at the Roots* is the awesome potential for impact possessed by each and every individual. Just by going vegetarian (or better yet, vegan), you can save the lives of 100 animals a year. That's one hundred living, sentient beings spared from miserable lives and excruciating deaths. Now, if you inspire even one other individual to adopt a veg*n lifestyle, then you've essentially doubled your impact. And if your new veg*n friend can encourage another concerned citizen to eschew animal products . . . well, you get the idea! Like Merilee's theoretical Brazilian butterfly, whose wing-flapping

can be felt throughout the world, one good deed can amplify and inspire many more. Your "activism" can be as simple as living a moral life and serving as an example to others—or as involved as gainful employment with a large animal rights organization. It's your choice. Just do *something*.

The important lesson to take away from *Striking at the Roots* is that we all have a part to play in this struggle—and that we must all work together, pooling our complementary skills and insights, if justice and compassion are to prevail.

Yes, as Bruce Friedrich says in the foreword, activism *IS* the meaning of life!

(Diabetes continued from page 5)

boast a largely vegetarian diet; the huge upsurge in diabetes cases—up to 35 million now—is in large part due to its citizens' adopting a more Western eating style.

Of course, this is no surprise, given that American fast-food corporations are busy exporting our high-fat, high-cholesterol addiction to Asia and throughout the globe. We need an "Easternization" of eating styles to reverse this trend.

Conventional wisdom says that Americans like to pop pills. But a recent national poll conducted for Physicians Committee for Responsible Medicine proved that Americans would prefer to treat diabetes with a dietary approach if possible.

It's time for the scientific community and our government to make that wish a reality. We need to stop pushing drugs and surgery and to promote instead a healthful diet as a first-line defense against type 2 diabetes. It's the only way we'll win this war.

Dr. Neal Barnard is a nutrition researcher and president of the non-profit Physicians Committee for Responsible Medicine.

Restaurant Review

“Salad Creations” Comes to Hawaii

by Karl Seff
VSH Board Member

A national chain of build-your-own-salad restaurants has reached Hawaii. Two locations are open on Oahu, one in the Koko Marina Shopping Center and the other in the Waikiki Shopping Plaza on Kalakaua Avenue. Another opened and will soon reopen downtown at the corner of Bishop and Hotel Streets. Coming is a second Waikiki location and one in Ewa Beach. Ultimately there may be as many as 50 restaurants throughout Hawaii.

Salad Creations is not an all-you-can-eat salad-bar restaurant. It is a way to buy a large salad in a hemispherical stainless-steel bowl for \$6.99. The customer selects the greens (romaine, iceberg, spring mix, or baby spinach), the toppings (a good fresh selection is available), and dressing. As you do, an attendant builds your salad for you as a submarine sandwich would be built at Subway, Blimpies, or Quiznos. Salad Creations is not entirely vegetarian. Annoyingly, their instructions encourage the customer to make his salad



“hearty” by adding “protein,” a euphemism for meat, for an additional charge. Your salad may be served in the bowl in which it was built or you may have it put into a wrap. The hours are generally “all day” with specific hours at each location; in Waikiki they are 9 a.m. to 9 p.m.

At Salad Creations there are 15 dressings to choose from, all homemade. Several are low fat, and the raspberry vinaigrette is fat-free.

The competition for Salad Creations is springing up like weeds. The first store opened just inside Foodland supermarket in Ala Moana Center. Others will open soon in Kahala Mall and Kailua. Each has its own name, format, toppings, and hours.

At all of these build-your-own-salad shops, the toppings are served with tongs. If you say “tomato,” you get a small amount of fresh diced to-

mato or one cherry tomato. If you say “artichoke hearts,” you will get one piece. I suppose the server must be careful not to add too much of any component, thereby ruining the salad for the customer. Accordingly, one must be frank: “Three (servings of) garbanzo beans, please,” and “Keep

going” as the attendant applies sunflower seeds from a shaker. The server just wants to be told what to do.

Whatever you do, you get a large salad. Whether it constitutes a meal or not depends on your capacity. I personally can eat two or three of them at dinnertime, but one makes a nice lunch.

All-you-can-eat (for a fixed low price) chain buffet restaurants with middling to substantial vegan components thrive on the Mainland: Sweet Tomatoes, Souplantation, Golden Corral, and Soup and Salad are among the largest. Let’s hope that one of them reaches Hawaii before too long. We do have one such restaurant in

Hawaii (Chan’s Gourmet Buffet on Nimitz near the airport, but the vegan pickings are slim) and others (Chuck’s, Sizzler, Buzz’s) where one can order “Just the salad bar, please.”

For more information about Salad Creations, e-mail its promoter here in Hawaii, James Han (see below). He sold his Subway Sandwich franchise to begin this new venture. Salad Creations may also be found on the web. It originated in Florida but now has many locations nationwide.

Let’s stand back for a moment and see what has happened. A large fresh salad is becoming accepted by the public as a meal. Salad has become a popular main course rather than a small side dish. And it may be built without the high-fat dressing that many fast-food restaurants offer, dressings that make the fat contents of their salads as great or greater than those of their burgers.

James Han can be e-mailed at jhan@saladcreations.com.



Vegan Tidbits

by Scott Owen Snarr

Fielder of Greens

At the age of 23 Milwaukee Brewers' Prince Fielder became the youngest major league player to hit 50 home runs in a single season. And just before spring training this year the all-star first baseman announced from left field that he has become a vegetarian.

Weighing in the ballpark of 260 pounds, Fielder used to scarf down steaks like they were nothing. But after feasting his eyes on a book his wife was reading, *Skinny Bitch*, he changed his diet right off the bat. Reading about the way animals were raised and slaughtered persuaded him to go vegetarian—for good.

The change-up has drawn more than its share of skeptics, but Fielder insists that it's now part of who he is. "It makes me feel a lot better," he explains, "so I'm going to stick with it."

The Grim Whopper

If last year's record-breaking 123-pound hamburger from Denny's Beer Barrel Pub in Pennsylvania wasn't enough to put you in an instant coma, then maybe the new world record 134-pound burger available from Malie's Sports Bar & Grill in Detroit will do the trick.

Served on a bun the size of a bean bag chair, the burger costs a whopping \$350, requires 12 hours to cook it and three men to flip it. Here are a few more not-so-fun facts about the 110-pound angus beef patty (not even counting the bacon and cheese) that you probably won't find on the menu:

- It contains 115,360 kilocalories, 32,657 milligrams of sodium, and 36,898 milligrams of cholesterol.



- Assuming 19% fat beef, the patty would have 7829 grams of fat.
- To produce that much beef takes approximately 300,000 gallons of water, enough to fill half of an olympic-sized swimming pool.
- It requires the clear-cutting of about 24,200 square feet of rain forest, an area almost half the size of a football field.

Dubbed the "Absolutely Ridiculous Burger," the name is something of an understatement. The Burger's creator says he is working on the world's largest takeout container for the burger. Perhaps he could try for the world's largest to-go body casket.

McDonald's Expelled from School

When Susan Pagan's daughter brought home her report card last January, she didn't like what she saw. Never mind the grades; the report card jacket was adorned with a promo for a McDonald's Happy Meal.

The Seminole County, Florida mother was angry about the corporation using schools to push junk food on her kid, so she took her beef to the Boston-based Campaign for a Commercial-Free Childhood (CCFC). Under pressure from the CCFC and 2000 angry parents who joined in the cause, McDonald's backed down and agreed to reprint the report card jackets without the ads for all Seminole County schools.

"This is a good

day for parents and children in Seminole County and anyone who believes that corporations should not prey on children in schools," said Dr. Susan Linn, Director of CCFC. "In the absence of needed government regulation to protect schoolchildren from predatory companies like McDonald's, the burden is on parents to be vigilant about exploitative marketing aimed at children. One parent can make a difference."

The "V" Word

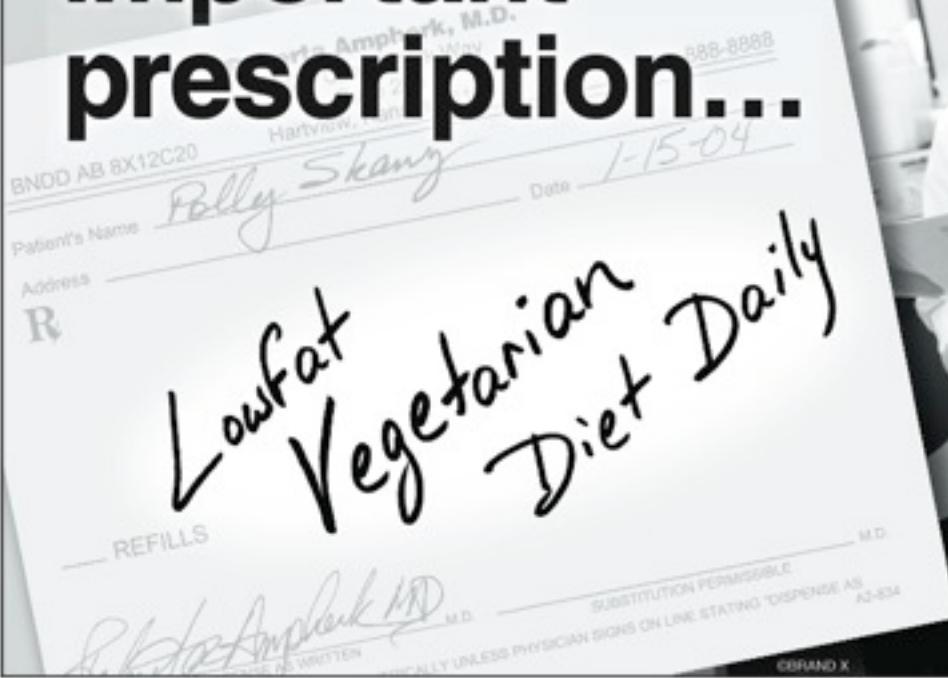
Most consumers prefer the term "meat-free" to "vegetarian." So says a recent survey by the UK-based "The Grocer," a leading magazine of the grocery industry. The V word carries negative connotations for some people, whereas "meat-free" appeals to vegetarians and non-vegetarians alike.

While supermarkets and food manufacturers are making changes accordingly, nonprofit and activist groups are having second thoughts: "Meat-Free Society of Hawaii" just doesn't have the same ring.



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