



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 22, Issue 1, January-March 2011

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Public Lectures

AARON SCHEIBNER

**“BACK TO BASICS:
A WHOLE FOODS APPROACH”**
Saturday, January 15th, 7 p.m.
McCoy Pavilion, Ala Moana Park

ELAINE FRENCH

**“WEIGHT LOSS WITHOUT HUNGER:
IS IT POSSIBLE?”**
Saturday, February 26th, 7 p.m.
McCoy Pavilion, Ala Moana Park

CHEF DOUGLAS MCNISH

**“A PROFESSIONAL CHEF’S
JOURNEY TO RAW SUCCESS”**
Saturday, March 19th, 7 p.m.
McCoy Pavilion, Ala Moana Park

See page 9 for more details,
including Maui meeting times.

VSH brings Vegetarian & Vegan Days to Honolulu

by Lorraine Sakaguchi, VSH president

The Vegetarian Society of Hawaii was busy in the fall with events to mark three important dates: World Vegetarian Day, International Day of Nonviolence, and World Vegan Day.

On October 1st, World Vegetarian Day, VSH volunteers staged an all-day tabling event at Down to Earth’s Honolulu location. We spoke with many interested shoppers and handed out literature about vegetarianism and animal rights, flyers for the upcoming speaker, and gluten-free vegan food samples donated by Down to Earth. We also enrolled fourteen new members, including four students.

October 2nd was Mahatma Gandhi’s Birthday and the International Day of Nonviolence. VSH was invited by Raj Kumar, Ph.D., president of Gandhi International Institute for Peace, to participate in the celebration of these concurrent occasions in front of the Gandhi statue in Waikiki. Religious, educational, and political leaders were present, and musicians and dancers

(see Vegan Day, page 5)



Volunteers grabbed the attention of UH students with an attractive display on World Vegan Day. Clockwise from far left: Dr. Karl Seff, Ashwin Pandit, Patrick Moore, Lorraine Sakaguchi, Sirilak Moore

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)

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

info@vsh.org
VSH.org
VegHawaii.org

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Mahalo
to all our volunteers!

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

The information contained in this newsletter is for educational purposes. It is not intended as medical advice, and it is not intended to replace the advice of a qualified, licensed medical practitioner.



Letters to the Editor

Vegetarian vs. vegan

The letter to the editor in the last issue [“Vegetarian (not Vegan) Society”] complaining that the organization [VSH] should represent all vegetarians, not just vegans, had a valid point — up to a point. The purposes of pursuing a vegetarian lifestyle — health, compassion, environment, social justice — are all better served with a totally vegetarian (vegan) diet than any other. There is no reason not to aspire to that whether one reaches it or not. As a dietitian I see more damage done to people’s health by over-consumption of dairy products than by meat.

Sincerely,
George Eisman, RD
Nutrition Advisor
Coalition for Cancer Prevention
through Plant-Based Eating
www.coalitionforcancerprevention.org

No offense intended

I would like to respond to Robert MacMurray, who thought that vegans are self-righteous toward ovo-lacto vegetarians [“Vegetarian (not Vegan) Society”].

For many people being vegan is the ideal, and being vegetarian is the first step. I myself was raised as an ovo-lacto vegetarian from birth. Veganism was a new concept for me while I was growing up. At first I thought I could never adopt a vegan diet because I couldn’t fathom giving up milk and eggs — it seemed extreme to me. However, when I viewed a film about slaughterhouses from the World Vegetarian Congress in Maine back in 1975 (I was able to watch this horrible documentary only because it was in black and white) and saw with my

own eyes for the first time how cows are hung upside down before their throats are slit, I vowed then and there that I would not be a contributor to this murderous industry any longer. After all, the dairy industry wouldn’t thrive without having to kill male calves and spent cows that can no longer give milk. I wanted to have no more part in it, even indirectly. After that I found it easy to give up milk and eggs. I substituted carrot juice for milk and later Rice Dream for drinks and ice cream.

I don’t feel self-righteous toward ovo-lacto vegetarians. I believe they are making a step in the right direction, a progression toward more compassion for animals. As a matter of fact, I was the one who asked vegan readers not to judge the character Mandy harshly in my book review of *Animal Ark*, which was quoted in reply to your letter. I pointed out that in spite of her ovo-lacto diet, Mandy did so much for the welfare of animals. Certainly I had no intent to put down ovo-lacto vegetarians, but rather to appeal to our vegan readers not to rush to harsh judgment of nonvegans. I hope I have clarified that now.

We are all shades of gray, we are all in stages of progress, and no one is perfect. So lighten up; no one is judging you negatively. Keep up the good work and be open to new ideas.

Bless you,
Eva Uran

We are all on the same side

In the last newsletter Robert MacMurray wrote a letter to the editor [“Vegetarian (not Vegan) Society”] saying that he’s been a vegetarian since 1966 and expressing dis-

(continued on next page)

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pleasure that VSH has been “hijacked by a vocal minority who appear to hold themselves in high esteem” (i.e., vegans) because they believe they have “attained a higher level” than a “mere” vegetarian. He says he takes offense at judgmental, patronizing phrases such as “not yet a vegan.”

Last year we at Animal Advocate, Inc. were fortunate to have the opportunity to interview Dr. Will Tuttle, author of “The World Peace Diet,” which Will describes as “the first book to take our routine mistreatment of animals for food, and instead of seeing that as just a peripheral side issue,” has brought it to “the very core of our culture’s mentality of violence.” Will explains how our violence towards animals boomerangs back toward us in the form of disease, psychological illness, war, social problems, and environmental devastation.

We produced a video of the interview,* and I’d like to share some of Will’s ideas about veganism.

Will says that veganism is nothing to be proud of. It’s simply living our lives the way we were *meant* to live

our lives — as compassionate, caring people.

He notes that the word “vegan” was coined in 1944 by Donald Watson who said, “Veganism is a philosophy and way of life that seeks to exclude, as far as possible and practical, all forms of exploitation of and cruelty to animals for food, clothing, or any other purpose.” This is the essential difference between vegetarianism and veganism: the word “vegan” means eating a plant-based diet for ethical reasons. But not *just* a plant-based diet — basically, trying to live our lives in a way that minimizes the amount of violence we are causing. And what we are called to after that is to listen to people, to honor them, and to have compassion for everyone. Will says, “That’s really what veganism is, what nonviolence is.”

Vegans are concerned about the powerful system of corporate oppression and exploitation of animals, the Earth, ecosystems, and human beings. Why get upset? We are all on the same side: we all want to live a more harmonious life and to create a more sustainable culture.

Mr. MacMurray tells VSH to “set goals that are attainable for the populace.” But the truth is, each one of us can make a simple choice about the food on our plates.

As Will says, “We can choose to eat foods of cruelty, misery, and death, or we can choose the path of compassion, kindness, caring, sustainability, justice, and equality.” We can make choices that “will bring universal peace and that will bring about the profound, benevolent revolution that is the revolution of compassion and kindness, which is what veganism is.”

Pamela Davis
President, Animal Advocate Inc.

**To learn more about this video, visit www.animaladvocateinc.org/WorldPeaceMP4.htm*

Television

“Vegetarian” VSH lectures

Oahu—Oceanic Cable Ch. 52
Wednesday 11 a.m.
First and third Thursdays 6 p.m.
Go to olelo.org and click on
“Oahu Channel 52.”

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

Maui—Calabash Cable Ch. 52
Wednesday 9:30 p.m.
Thursday 5:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii
Cable Ch. 54, Saturday 2 p.m.

Kauai—Ho‘ike Cable Ch. 52
Kauai schedule is at hoike.org

Online—www.vsh.org/videos.htm

“Cook Healthy Fast” with Dick Allgire

Short, quick, vegan recipes
Tuesdays: 5 p.m.
KITV-4

Radio & Internet

“Healing & You”
Terry Shintani, M.D.
Dr. Diane Nomura
Ruth Heidrich, Ph.D.

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

“Vegan World Radio”
Telling the story of the vegan
revolution that’s saving animals,
the planet, and our health.
www.veganworldradio.org

Community

Vegetarian Cooking Classes
First Saturday of every month.
Down to Earth
2515 King Street, Honolulu
Call 947-3249 to register for free.

SUBMISSIONS

The Island Vegetarian *welcomes letters to the editor. We also welcome book, movie, and restaurant reviews and articles about various aspects of vegetarianism of up to 500 words.*

All submissions must be accompanied by a full name and phone number. 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 March 1, 2011. Please send submissions (electronically only) to:

info@vsh.org



Health Update

Cholesterol in eggs is dangerous

Researchers caution that consuming eggs is not as harmless as some reports claim. The authors of a new publication in the *Canadian Journal of Cardiology* explain that the cholesterol in one egg exceeds the maximum amount recommended by the American Heart Association and the National Cholesterol Education Program. Both recommend under 200 milligrams per day for people at risk for cardiovascular disease. The authors go on to caution that stopping egg consumption after a heart attack would be “a necessary act, but late.”

A recent report from the Dietary Guidelines Advisory Committee reiterated the recommendation to reduce dietary cholesterol to under 200 milligrams per day for persons with or at high risk for cardiovascular disease or type 2 diabetes.

Spence JD, Jenkins DJA, Davignon J. Dietary cholesterol and egg yolks: not for patients at risk of vascular disease. Can J Cardiol. 2010;26:e336-e339.

Walnuts improve reaction to stress

A diet rich in walnuts and walnut oil may prepare the body to deal better with stress, according to a team of Penn State researchers who looked at how these foods, which contain polyunsaturated fats, influence blood pressure at rest and under stress.

The researchers studied 22 healthy adults with elevated LDL cholesterol in a randomized, crossover

study. All meals and snacks were provided during three diet periods of six weeks each.

The researchers found that including 1.3 ounces of walnuts a day and substituting a tablespoon of walnut oil for other oil in the diet lowered both resting blood pressure and blood pressure responses to stress in the laboratory. Adding flax seed oil to the walnut diet did not further lower blood pressure, but it appeared to improve vascular health. The findings were reported in the *Journal of the American College of Nutrition*.

Source: <http://live.psu.edu/story/48843>

B₁₂ may reduce risk of Alzheimer's

A new study shows that vitamin B₁₂ may protect against Alzheimer's disease, adding more evidence to the scientific debate about whether the vitamin is effective in reducing the risk of memory loss. The research was published in the October 19, 2010 issue of *Neurology*.

Researchers took blood samples from 271 Finnish people aged 65 to 79 who did not have dementia. Over seven years 17 of them developed Alzheimer's disease. Blood samples were tested for levels of homocysteine, an amino acid associated with vitamin B₁₂, and for levels of the active portion of the vitamin, called holotranscobalamin. Too much homocysteine in the blood has been linked to negative effects on the brain, such as stroke. However, higher levels of vitamin B₁₂ can lower homocysteine.

The study found that for each micromolar increase in the concentration

of homocysteine the risk of Alzheimer's disease increased by 16%, whereas each picomolar increase in concentration of the active form of vitamin B₁₂ reduced the risk by 2%. The results stayed the same after taking into account other factors.

Vitamin B₁₂ is produced by bacteria and found naturally in animal foods. Vegans should regularly eat B₁₂-fortified foods or take a supplement to ensure adequate levels.

Source: American Academy of Neurology. tinyurl.com/b12mayreduce

Vegan women have more omega-3s than fish eaters

Women following vegan diets have significantly more omega-3 “good fats” in their blood, compared with fish eaters, meat eaters, and ovo-lacto vegetarians, according to a new report from the European Prospective Investigation into Cancer and Nutrition (EPIC) Study. Levels in vegan men were not quite as high as in vegan women. Despite zero intake of long-chain omega-3 eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and substantially lower intake of their plant-derived precursor alpha-linolenic acid (ALA), vegan participants converted robust amounts of shorter-chain fatty acids into these long-chain fatty acids. The study included 14,422 men and women aged 39 to 78.

Welch AA, Shakya-Shrestha S, Lentjes MAH, Wareham NJ, Khaw KT. Dietary intake and status of n-3 polyunsaturated fatty acids in a population of fish-eating and non-fish-eating meat-eaters, vegetarians, and vegans and the precursor-product ratio of a-linolenic acid to long-chain n-3 polyunsaturated fatty acids: results from the EPIC-Norfolk cohort. Am J Clin Nutr. 2010;92:1040-1051.

Cutting down on meat saves human lives

Reducing meat consumption in the UK could prevent around 45,000 people from early death and save the National Health Services £1.2 billion each year, according to a new Friends of the Earth report.

Researchers from Oxford University analyzed the health implications of a range of dietary options and concluded that diets with less meat could save 31,000 people from dying of heart disease, 9,000 from cancer, and 5,000 from strokes each year. To achieve those numbers, Britons would have to cut meat consumption from 490-700 to less than 210 grams a week.

Dr. Mike Rayner of the Department of Public Health, University of Oxford, said, "This research demonstrates the clear health benefits of cutting down on meat and dairy in the UK and quantifies this more comprehensively than ever before."

Jen Elford of the Vegetarian Society [of the UK] commented, "Of course less meat is better than more, but we can't address the scale of the environmental and health problems facing society without a wholesale shift away from animal protein."

The report also emphasized that meat reduction would help tackle climate change and curb deforestation. Current levels and methods of meat production are driving wildlife loss in South America where rain forests are being cleared to grow animal feed and rear cattle for export to Europe.

Source: tinyurl.com/save45000

VSH Dine-outs

Join fellow VSH members for dinner and conversation at vegetarian- and vegan-friendly restaurants. See www.vsh.org/dineouts for the latest updates, or visit our page on Facebook.



Local Happenings

(Vegan Day from page 1)

graced the stage with multicultural performances while VSH volunteers offered flyers and fresh fruit to visitors under our tent. Keeping in mind that it was also World Farmed Animals Day, we passed out Vegan Outreach booklets to passersby. With Waikiki Beach just a few yards away, it was a beautiful setting to honor the life of Gandhi and the ideals upheld by this remarkable man and committed vegetarian.

For World Vegan Day, November 1st, VSH volunteers staffed a table cosponsored by the Indian Student Association at the University of Hawaii-Manoa Campus Center. We talked to a good number of students and other table visitors and gave out abundant literature and vegan food samples. The Govinda's lunch truck at the UH Sustainability Courtyard reconfirmed their 10% discount to VSH, a great help for our budget-conscious

VSH student members. We not only gained six new student members that day, but 32 people signed up to participate in future campus veggie activities! Mele Fernandez, a Roth-Vegetarian Scholar, and Karl Seff took a group of these folks to the newly opened Simple Joy Vegetarian Cuisine for a dine-out on November 19th.

If you would like to volunteer to help with VSH activities like these, or if you'd like to invite VSH to give out information at your next event, please contact us at info@vsh.org. We'll be happy to hear from you!

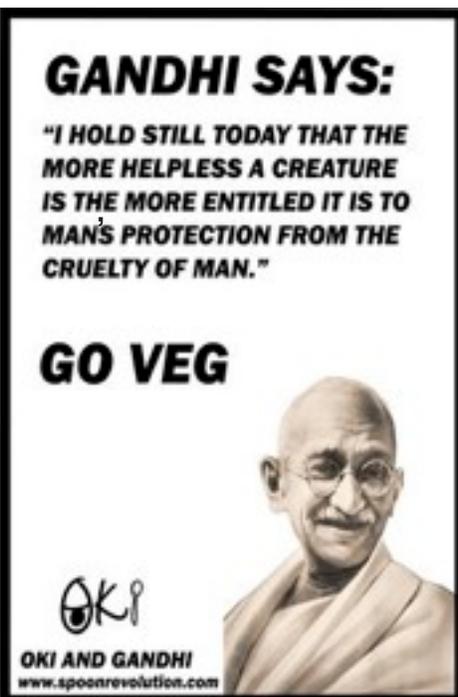
Iron Chef McNish brings cooking act to Hawaii

by Ori Ann Lee
and Scott Owen Snarr

Oahu residents will have a rare opportunity to watch award-winning chef Douglas McNish cook up a storm and to sample his exquisite creations on Saturday, March 19th. He will also give a slide show on March 17th on Maui. The presentations are free and open to the public. In addition, he has offered to provide catering or private cooking lessons at a 10% discount to VSH cardholders during the rest of his stay on the islands — March 16th, 18th, and 20th.

McNish attended the prestigious George Brown Culinary Chef Program, after which he took an apprenticeship and quickly learned the inner workings of a professional kitchen. Having had the opportunity to work for Toronto's best chefs in extremely challenging atmospheres, his culinary

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career was promising. However, not knowing then how much diet could impact his health and well-being, he became overweight and unhappy.

He then came upon an undercover video made by PETA and was struck by the atrocities of animal abuse. His own health concerns together with his concern for the planet and all its inhabitants led him to make a milestone decision to become vegetarian. Over the course of the next six months he felt his life transform. Weight began to peel off, and he felt a lightness he had not experienced before. Taking what he already knew from years of culinary training, he examined how to prepare gourmet food in a healthier light, and he became vegan in the process.

In addition to managing professional vegan kitchens, Douglas teaches classes, gives public cooking demonstrations, and cooks in private homes, including those of celebrities. He is a two-time “Iron Chef” title holder in vegan cooking competitions held in Toronto. He is a consultant on all levels of plant-based cuisine and provides catering to events of all sizes.

See more details about Douglas’s free cooking demonstrations on page 9. For catering or consultation requests please contact McNish directly at dugmcnish@gmail.com.

Roth vegetarian scholarship – 2011

by Karl Seff, Ph.D.

VSH Board member

In 1994 Maybelle Roth, a resident of Honolulu and a vegetarian, established an endowed scholarship program at the University of Hawaii at Manoa. She started it with \$75,000 and upon her death in 2000 at the age of 101 added an equivalent amount,

bringing the total to \$150,000. VSH founding board member William Harris, M.D. worked closely with Mrs. Roth and the UH Foundation to establish this scholarship program. More historical details are available at www.vsh.org/newsletter-1994-12.htm.

In its initial years few awards were made. Two reasons can be surmised. First, not many people satisfied the vegetarian criterion; Maybelle herself said that she knew of only two vegetarians — George Bernard Shaw and Dr. Ruth Heidrich — before she became one. Second, few vegetarians believed that scholarships were available to them, so few tried to find them. Actually, Mrs. Roth’s scholarship may have been one of the first of its kind in the nation.

Things are different now: awards of up to \$25,000 per year have been made. The current holder, Molly Matsumoto, is in her third year of medical school at UH, has been a vegetarian since kindergarten, and looks forward to including vegetarian principles in her practice.

It is now relatively easy to find and apply for the Roth Vegetarian Scholarship using a search engine (Google, Bing, etc.). The words “vegetarian scholarship” will find it, although perhaps not on the first several hits. Alternatively, because the scholarship program at UH is fully computerized, one need only go to the University of Hawaii website (www.hawaii.edu) and enter “vegetarian scholarships.”

Individuals wishing to establish their own endowed scholarship funds with their own vegan or vegetarian criteria may do so at UH or any other college or university. They can have some assurance that qualified students will be able to find it. In addition, contributions may be made directly to the pioneering Maybelle Roth Scholarship Fund; contact Malia Peters (956-6311), Director of Scholarship Development at the University of Hawaii.

Local vegan chef Leslie Ashburn named one of the best

by Scott Owen Snarr, Editor

Her students know her as “the high-heeled chef.” Now others know her as one of the best. A vegan and macrobiotic chef, Leslie Ashburn was recently named one of the top up-and-coming chefs in Hawaii by *Hawaii Hospitality* magazine. “I’m extremely excited and honored to be included among some of the islands’ most innovative and creative young chefs,” Leslie said, pointing out that she was one of only a handful of females mentioned. Leslie was also called “one of Hawaii’s most respected private chefs” by *Grow Hawaii*, a program that promotes local, sustainable eating among students and consumers.

Leslie chairs the newly formed Health and Nutrition Food Policy Working Group, part of Hawaii Food Policy Council. Under her leadership

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Photo: Paul Herchig, www.herchigimages.com

Outstanding in her field: Chef Leslie Ashburn has been recognized for her culinary brilliance and dedication.

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the group will address food and health issues that concern everyone from infants to the elderly, the homeless to the incarcerated. Their mission is to see that every person in Hawaii has access to fresh, affordable, nutritious food and can attain the knowledge and skills to make healthy choices.

Ashburn works as a personal chef and conducts macrobiotic cooking classes. She has 25 years of experience in the food service industry. She has been a member of VSH since moving back from Japan in 2005, and she regularly contributes recipes to *The Island Vegetarian*.

Save money with VSH

These vegetarian and vegetarian-friendly businesses are now offering discounts to VSH members. By dining with these merchants, your VSH membership will pay for itself.

5% Discounts

- Açai Café (formerly Well Bento):
2570 South Beretania
- Down to Earth: Moiliili, Kailua, Pearlridge
- Loving Hut: 1102 Pensacola Street
- Paradise Found Café:
66-443 Kam. Hwy, Haleiwa
- Peace Café: 2239 South King Street
- Simple Joy: 1145 South King Street
- Thai Mixed Plate:
1000 Kam. Hwy, Pearl City

10% Discounts

- Govinda's: UH Manoa campus &
51 Coelho Way, Nuuanu
- Himalayan Kitchen: 1137 11th Avenue
- Licious Dishes: 650 Iwilei Road Suite #170
- Pyramids (buffet not included):
758 Kapahulu Avenue
- Thai Kitchen:
94-300 Farrington Hwy, Waipahu

The complete VSH dining guide is available at www.vsh.org/Veg-Friendly-Businesses.htm. Send comments or suggestions to info@VSH.org.

For inspired whole foods living contact Leslie at leslie@macrobiotic.hawaii.com. Phone: (808) 398-2695. www.macrobiotichawaii.com

Honolulu boasts four vegan restaurants

by Karl Seff, Ph.D.

VSH Board member

The previous issue of *The Island Vegetarian* announced the opening of Honolulu's first two vegan restaurants, Peace Café and Loving Hut, both on South King Street. Here we happily announce the opening of two more vegan restaurants, Simple Joy and a second Loving Hut. These two and Peace Café offer a 5% discount to VSH members.

The second Loving Hut is at 1102 Pensacola Street, on a corner between the Kaiser Honolulu Clinic and Safeway's Beretania store. Its fare is Asian-American, and its menu is different from that at the first Loving Hut. Their hours are 10:30 a.m. to 2:30 p.m. and 5:30 to 8:30 p.m. on weekdays and 10:30 a.m. to 8:30 p.m. on Saturday and Sunday. Phone: 626-5626.

Simple Joy is just two blocks from there at 1145 South King Street, between Pensacola and Piikoi. It has an extensive and eclectic menu, from Vietnamese to Italian to burgers and fries. There is limited parking in back, and parking on South King opens up at 6:30 p.m. on weekdays. They are open every day from 10:30 a.m. to 2:30 p.m. and from 5 to 9 p.m. Phone: 591-9919; www.simplejoyhawaii.com

HPU among top ten veg-friendly schools

Hawaii Pacific University was ranked eighth on PETA's list of most vegan-friendly small universities and colleges in 2010. With its students coming from more than 100 countries, this internationally focused private university dishes up vegan meals that are sure to remind each and every student of home, no matter where that may be. Soft tacos, Cuban black-bean soup, vegan chow mein, and sweet-and-sour tofu are just some of the dozens of cruelty-free dishes that keep this diverse Pacific gem shining bright.



Source: <http://features.peta2.com/VeganColleges2010/>

Celebrating 20 years of holiday feasts

by Lorraine Sakaguchi
VSH president

Well over 200 people attended VSH's 20th anniversary Thanksgiving Eve dinner at Govinda's. It was a memorable event, with VSH founders Elaine French, Jerry Smith, and Bill Harris, M.D. in attendance, as well as former VSH presidents Ruth Heidrich and Alida Rutchick! The buffet featured many delicious vegan holiday foods, from mock turkey and tangy cranberry-orange relish to homemade pumpkin pie. A color-coded menu was posted for diners with food sensitivities to guide them to nut-free and gluten-free dishes. Diners enjoyed spacious seating in the main dining hall or in a large tented area on the lawn, where children played nearby on the grass.



IN THE NEWS

Meatless eating a growing college trend

by Nathan Runkle
Mercy for Animals

An encouraging article in the *Philadelphia Inquirer*¹ says that Bon Appétit Management Co., which manages more than 4,000 corporate, college, and university dining services, has reported a dramatic increase in the number of vegan and vegetarian students in recent years. In a 2005-2006 survey 8% of college students said they were vegetarian and less than 1% identified as vegan. But the company's followup 2009-2010 survey indicates that 12% of college students are vegetarian and 2% follow a vegan lifestyle. That's a 50% increase in the number of vegetarians and twice as many vegan college students compared to just four years ago!

As students become aware of the devastating impact that modern animal agriculture has on animals, the environment, and human health, many are choosing to put their ethics on the table by choosing healthy and humane plant-based alternatives to meat, dairy, and eggs. And many student dining centers are responding to this growing demand by offering more vegan meal options.

If you're a high school or college student and your school

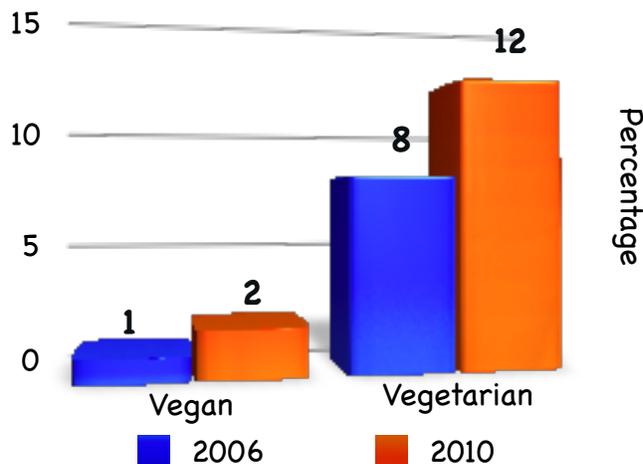
cafeteria is lacking in quality plant-based meal options, consider organizing a campaign to get more vegan options. Check out the helpful *Guide to Veganizing Your University's Cafeteria*² and corresponding video³ for tips on how to get started. If you're not in school, consider approaching local restaurants about carrying more vegan options. Mercy For Animal's *Vegetarian Resource Guide for Restaurants*⁴ is loaded with information and tips to help restaurant owners and managers capitalize on the growing demand for vegan foods.

Not vegan yet? Don't get left behind. Check out *ChooseVeg.com* for delicious recipes and helpful tips on how to transition to a healthy and humane vegan lifestyle.

References and resources:

1. Nguyen, Ashely. "Meatless eating is hot on Philadelphia campuses." *Inquirer*. 14 Oct 2010. tinyurl.com/veg penn
2. tinyurl.com/veganize
3. tinyurl.com/veganizevideo
4. tinyurl.com/mfaguide

Vegetarian and vegan college students



Livestock demand will spell disaster

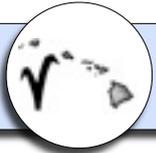
Expansions to the livestock sector for the purpose of meeting the protein demands of future generations could hinder efforts to realize global sustainability thresholds, or so-called "safe operating spaces," for greenhouse gas (GHG) emissions, biomass consumption, and nitrogen pollution.

Food production — edible livestock products in particular — has been shown to be a key driver of environmental change. Using simple models and data from sources such as the USDA and the United Nations Food and Agriculture Organization, Nathan Pelletier and Peter Tyedmers generated conservative projections for the impacts of expanding the livestock sector to meet increases in the global population.

According to the researchers, meat, milk, and egg production, plus additional supplies of livestock feed, could be appropriating 70% to 80% of the safe operating space for all human-induced GHG emissions and biomass usage worldwide by the year 2050. Reactive nitrogen emissions, a byproduct of agriculture that contributes to global warming, acid rain, and smog, could also skyrocket to as high as three times the recommended safe levels. Obtaining protein from poultry would only soften the impact by 5 to 13%. In contrast, meeting 100% of worldwide protein requirements with soybeans presents a best-case scenario that would reduce GHG emissions by 98%, biomass usage by 94%, and reactive nitrogen mobilization by 32%.

The authors conclude that policies to rein in the livestock sector should be a global priority.

Forecasting potential global environmental costs of livestock production 2000–2050. Nathan Pelletier and Peter Tyedmers 10.1073/pnas.1004659107



Calendar of Events January-March 2011

AARON SCHEIBNER

“Back to Basics: A Whole Foods Approach”

**Saturday, January 15th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**



This presentation will focus on taking the complexity out of the vegan diet. Aaron set out to make the film *A Delicate Balance* for a number of reasons — specifically for the environment and the animals. He wanted to highlight the importance of our food choices in maintaining a healthy balance for the planet and for our health. Veganism today is spreading and becoming more socially acceptable and easier. However, this has come about with the advent of processed vegan alternatives that some people have become dependent upon. These alternatives are a step up from meat itself, but Aaron feels that we must not forget about the foundations of a plant-based diet rich in grains, legumes, vegetables, and fruits. It is important to maintain a balance between the transitional foods and the whole foods that nature provides.

Aaron Scheibner was born in Sydney, Australia and moved to Southern California as a child. From a young age he aspired to make films and save the planet. He made short films in high school before moving on to internships at Warner Brothers and the Illusion Factory in Los Angeles.

After doing research, Aaron discovered that animal agriculture was significantly related to the declining environmental situation. His next project will focus on the relationships between humans and animals.

**Mr. Scheibner will also be presenting on Maui:
Thursday, January 13th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

ELAINE FRENCH

“Weight Loss Without Hunger — Is It Possible?”

**Saturday, February 26th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**



The obesity statistics in the U.S. are shocking, and dozens of weight loss plans claim to have the solution. Is a high protein, low-carb diet the answer?

Learn the truth about popular diet foods like rice cakes, air-popped popcorn, and fat-free crackers. Do they fill us up or only make us hungrier? Can we lose weight without counting calories? Do we have to exercise?

Discover which group of people has the lowest obesity rate in the country and what they are eating. Choose the right foods to eat to fill your stomach and keep you satisfied for hours.

Elaine French graduated from Willamette University and was an international flight attendant for 33 years. She edited Dr. John McDougall's first books and taught cooking classes to his patients. She was a founder and the first president of the Vegetarian Society of Hawaii. In 2002 she and her husband Jerry Smith moved to St. George, Utah and opened a vegan restaurant. For five years they created the menu, recipes, and meals for a weight loss spa. They also helped to found the Vegetarian Society of Utah, where they now serve as advisors. In 2008 Elaine created the popular website vegan-weight-loss.com.

**Ms. French will also be speaking on Maui:
Thursday, February 24th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

CHEF DOUGLAS MCNISH

“A Professional Chef’s Journey to Raw Success”

**Saturday, March 19th, 7 p.m.
McCoy Pavilion, Ala Moana Beach Park**



Stepping into the kitchen at a young age, Chef Douglas McNish fell in love with every aspect of the culinary world. Not understanding the impact that poor dietary choices can have on his body, however, he ballooned to 270 pounds! This lesson led him to change his lifestyle and transform himself and others through cruelty-free, healthy, gourmet cooking. Come listen to award-winning Chef McNish describe his journey in the world of haute cuisine and watch him prepare some of his signature dishes.

After working for Toronto's best chefs in some of the most challenging atmospheres, Douglas McNish made important decisions and brought organic vegan cuisine to a new level. Specializing in both cooked and raw foods, he has cooked on TV and for celebrities and won the “Iron Chef” title twice in vegan cooking competitions. He teaches classes regularly. McNish is currently executive chef of a raw food restaurant in Toronto.

**Chef McNish will also be speaking on Maui, Thursday, March 17th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



VSH Events on Oahu & Maui

October



Chef Susan Teton Campbell shared tips on how to sweeten without sugar and how to make nuts more digestible so that you can make rich-tasting desserts that your body will love.

November



Madhava Das explained how understanding and following the life cycle of plants is the key to living a long, healthy, disease-proof life without medications.

December



Vesanto Melina, R.D. spoke knowledgeably about the pros and cons of sprouts, juices, cooked foods, and raw food diets based on 1200 of the most recent peer-reviewed scientific journal articles.

See these and other talks online at www.vsh.org.

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.

\$20 \$38 \$54 \$68 \$80
Regular

\$12 \$24 \$36 \$48 \$60
Full-time student

\$30 \$57 \$81 \$102 \$120
Couple or Family

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 at
vegetarian-friendly
restaurants and
health food stores.**



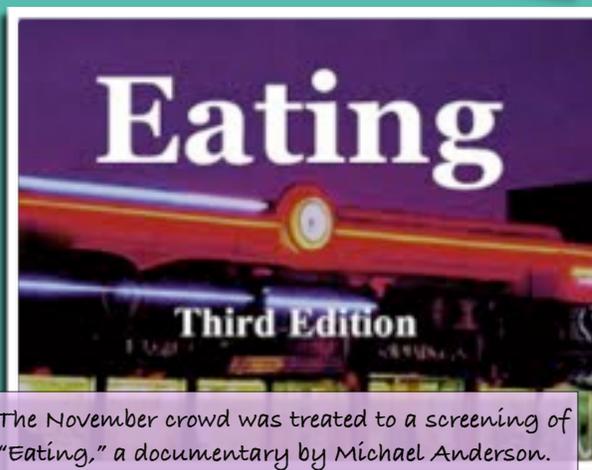
VSH Events on Kauai



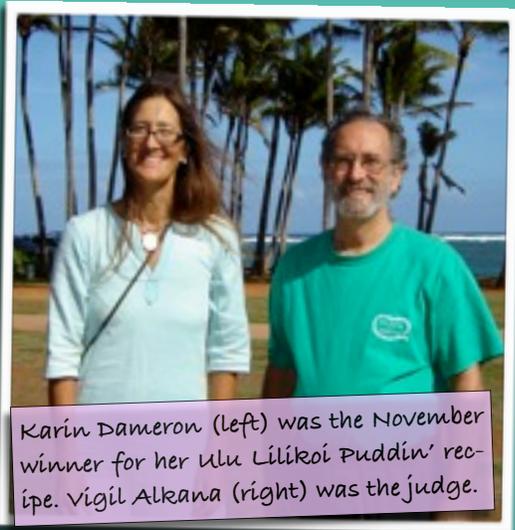
Wendy Benton (right) won the October recipe contest with her Star Fruit Salsa. Nina Monasevitch (left) was the judge.



Chef Janet Netto preached "Raw, Living Foods - A Way to a Healthier Life" in October.



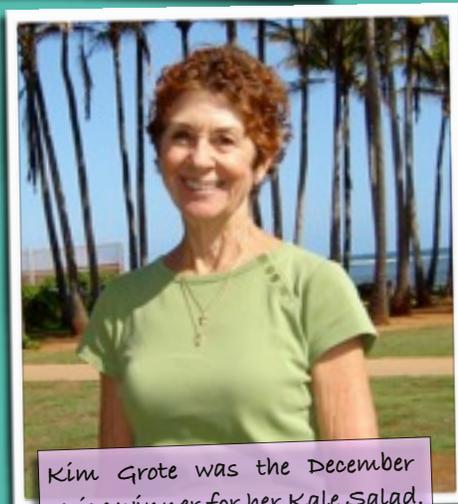
The November crowd was treated to a screening of "Eating," a documentary by Michael Anderson.



Karin Dameron (left) was the November winner for her ulu Lilikoi Puddin' recipe. Vigil Alkana (right) was the judge.



Lucky Joy Wells presented a talk on natural hygiene at the December potluck.



Kim Grote was the December recipe winner for her Kale Salad.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. 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.

Turning kids onto fruits and veggies: a second serving of tips

by Scott Owen Snarr, Editor

In 2009 I offered seven tips on how to get your children to eat more fruits and vegetables based on the latest findings.¹ Researchers are still plugging away at finding new techniques to get kids to eat more healthily, and we should be, too. Here are seven more strategies to help your kids get their nine-or-more-a-day:

1. **Try, try again.** If your baby doesn't like the baby food you're providing, don't give up. Babies may need to experience a food up to ten times in order to develop a preference for it later on. Remember to give them fresh — not processed — fruits and veggies if that's what you want to them to grow to like.²
2. **Serve veggies first.** A study on preschoolers found that when carrots were served prior to the rest of the meal, not only did the kids eat more carrots, but they also ate more broccoli during the meal. The more carrots served, the more consumption increased for both carrots and broccoli.³ Consider giving your children veggies to snack on while you prepare the meal.

3. **Keep the crunch.** Children like veggies that retain their crunch, color, and familiar flavor, according to one Dutch study. Participating children in all age groups preferred the carrots and green beans that were steamed or boiled over ones that were stir-fried, grilled, deep fried, or mashed.⁴

4. **Make it look appealing.** Looks matter. One study found that children aged four to seven ate almost twice as much fruit when it was prepared in a visually appealing way compared to when it was served plain. Fruit that was skewered and served in a watermelon was nearly twice as popular as fruit on a plain white plate.⁵ A school in New York watched its sales of fruit skyrocket simply by placing the fruit in a wire rack under better lighting.⁶

5. **Get the kids involved.** Teach young children the names and colors of vegetables and let them wash, peel, pour, or otherwise help prepare them. It will make them want to eat more of those foods.⁷

6. **Throw a party.** A tasting party is a great way to let kids familiarize themselves with different fruits and vegetables.⁸

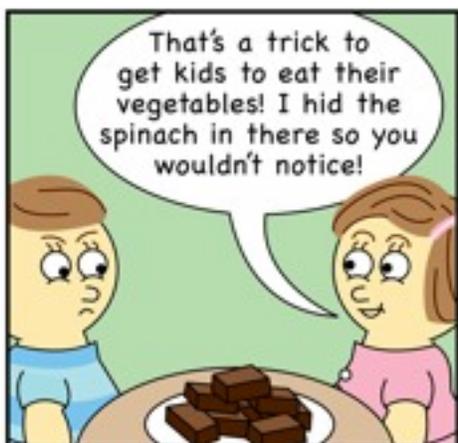
7. **Take out the TV.** Teens who don't have a television set in their bedrooms have healthier habits than those who do, including eating more servings of fruits and vegeta-

bles each day.⁹ The effects last well into adulthood.¹⁰

Every child is different. What works with some may not always work with others. The important thing is to stay innovative, try new things, and find what works with your children. Above all, don't give up. Helping them cultivate good habits in their youth will set them up for a lifetime of good health.

References:

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Carnism: the invisible belief system

by Melanie Joy, Ph.D.

We all know what a vegetarian is — a person who doesn't eat meat. Though some people may choose to become vegetarian to improve their health, many vegetarians stop eating meat because they don't believe it's ethical to eat animals.



Most of us realize that vegetarianism is an expression of one's ethical orientation, so when we think of a vegetarian, we don't simply think of a person who's just like everyone else except that he or she doesn't eat meat. We think of a person who has a certain philosophical outlook, whose choice not to eat meat is a reflection of a deeper belief system in which killing animals for human ends is considered unethical. We understand that vegetarianism reflects not merely a dietary orientation, but a way of life.

If a vegetarian is someone who believes that it's unethical to eat meat, what, then, do we call a person who believes that it's *ethical* to eat meat? If a vegetarian is a person who chooses not to eat meat, what is a person who chooses to eat meat?

Currently we use the term "meat eater" to describe anyone who is not a vegetarian. But how accurate is this? As we established, a vegetarian is not simply a "plant eater." Eating plants is

a behavior that stems from a belief system. . . .

In contrast, the term "meat eater" isolates the practice of consuming meat as though it were divorced from a person's beliefs and values. It implies that the person who eats meat is acting outside of a belief system. But is eating meat truly a behavior that exists independent of a belief system? Do we eat pigs and not dogs because we don't have a belief system when it comes to eating animals?

In much of the industrialized world we eat meat not because we have to; we eat meat because we choose to. We don't need meat to survive or even to be healthy; millions of healthy and long-lived vegetarians have proven this point. We eat animals simply because it's what we've always done and because we like the way they taste. Most of us eat animals because it's just the way things are.

We don't see meat eating as we do vegetarianism — as a choice, based on a set of assumptions about animals, our world, and ourselves. Rather, we see it as a given, the "natural" thing to do, the way things have always been and the way things will always be. We eat animals without thinking about what we are doing and why because the belief system that underlies this behavior is invisible. This invisible belief system is what I call *carnism*.

carn-ism: (*noun*) a belief system in which eating certain animals is considered ethical and appropriate.
carn-ist: (*noun*) a person whose belief system enables him or her to eat certain animals and not others.

Carnism is the belief system in which eating certain animals is considered ethical and appropriate. Carnists — people who eat meat — are not the same as carnivores. Carnivores are animals that are dependent on meat to survive. Carnists are also not merely omnivores. An omnivore is an animal — human or nonhuman — that has the physiological ability to ingest both plants and meat. But, like "carnivore," "omnivore" is a term that describes one's biological constitution, not one's philosophical choice. Carnists eat meat not because they need to, but because they choose to, and choices always stem from beliefs.

Excerpted with permission from Red Wheel/Weiser LLC. Why We Love Dogs, Eat Pigs, and Wear Cows by Melanie Joy is available wherever books are sold or directly from the publisher at 1-800-423-7087 or www.redwheelweiser.com.

Carnism Awareness & Action Network is now on line at www.carnism.com. CAAN provides materials to help improve the effectiveness of vegetarian and vegan advocacy.

Early humans were plant eaters

New evidence contradicts the notion that early humans were mainly hunters. Archeological findings recently unearthed in Italy, Russia, and the Czech Republic show evidence that grains were ground into flour as far back as 30,000 years ago. The findings were presented in the *Proceedings of the National Academy of Sciences*.

Revedin A, Aranguren B, Becattini R, et al. Thirty thousand-year-old evidence of plant food processing. Proc Natl Acad Sci. 2010. Published ahead of print October 19, 2010; doi: 10.1073/pnas.1006993107.





Animal Rights Arena

You can help end Hawaii foie gras

by Barbara Steinberg
and Scott Owen Snarr

A statewide campaign aims to ban the sale and production of foie gras, made by force-feeding ducks and geese. But it needs your help.

To produce foie gras, a duck or goose is held down while a metal pipe is shoved down its esophagus to the stomach. Several pounds of corn meal mush are pumped in for the purpose of enlarging the liver. This torture takes place three or four times a day for three to four weeks before the bird is so fat that it can barely walk. Its breathing is badly affected as well because the enlarged liver presses on the lungs. The resulting diseased liver is made into a pate and sold to consumers at a high price.

Foie gras is banned in California and fifteen countries in Europe because of the extreme cruelty involved. But many restaurants in Hawaii continue to sell it.

In 2009 Senator Clayton Hee introduced a bill to ban the sale and production of foie gras in Hawaii. The bill passed one committee but failed in the next behind closed doors, where oral testimonials from the public were not permitted.

Now Senator Suzanne Chun Oakland and Rep. Angus McKelvey will introduce companion bills in the Senate and House, respectively. Senator Chun Oakland says the bills will need a groundswell of public support and thousands of testimonials.

No Foie Gras-Hawaii is working with Animal Rights Hawaii, In De-

fense of Animals, and the Animal Protection League of San Diego to get this bill passed.

Go to tinyurl.com/nfghi to sign the petition to stop the sale of this cruel product in Hawaii. Send an email to banforcefeeding@msn.com and you will receive updates about what you can do to help.

Contact your state legislators through www.capitol.hawaii.gov.

Consumers lose appetite for meat after media exposure

by Nathan Runkle
Mercy for Animals

Recent research shows that MFA's groundbreaking investigations and hard-hitting advocacy campaigns may be having a dramatic impact on American meat consumption. According to a September report by livestock economists Glynn Tonsor of Kansas State University and Nicole Olynk of Purdue University, consumer demand for all types of meat is reduced significantly when media attention is given to animal welfare issues — regardless of the production practices involved. Not only does media exposure of modern animal agriculture make consumers lose their appetite for all types of meat, consumer demand for meat remains lower than expected for as long as six months after the media report.

To understand the impact of the publicity generated by undercover cruelty investigations at factory farms and slaughterhouses, ballot initiatives designed to prohibit particular practices (i.e., gestation crates, battery cages, and veal crates), and other

animal welfare issues, the economists looked at how consumer demand for beef, pork, and poultry has correlated with the media attention given to farmed animal welfare issues in the past ten years. According to their findings, pork demand would have been 2.65% higher and poultry demand would have been 5.01% greater without the media attention — translating into millions of lives spared.

While beef consumption does not seem to correlate with animal welfare publicity in the long term, the researchers noted that overall meat consumption was negatively impacted early in 2008 after the release of a cruelty investigation at Hallmark slaughterhouse in Chino, California. The report also indicates that consumer purchases are reallocated to non-meat items after media exposure of animal welfare issues.

Sir Paul McCartney famously said, "If slaughterhouses had glass walls, everyone would be vegetarian." Tonsor and Olynk seem to echo this sentiment in their report by concluding, "As a whole, media attention to animal welfare has significant, negative effects on U.S. meat demand."

Full report: www.mercyforanimals.org/Kansas_State_Media.pdf

Farm footage jolts consumer awareness

by Scott Owen Snarr, Editor

"You are kept largely in the dark," says Nathan Runkle of Mercy For Animals, referring to the "egregious abuse" that takes place inside the world's factory farms. Fortunately, a recent chain of undercover investigations is "helping to shine a bright light on this very dark world of factory farming," in the words of Paul Shapiro of The Humane Society of the United States (HSUS). Runkle adds, "Our investigators serve as the eyes

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and ears for the consuming public.” Here’s a summary of the latest investigations:

Setting: Veal farm

Location: Apple Creek, Ohio

Date of report: August 30, 2010

Investigator: Mercy For Animals

Background: Because veal calves are born to dairy cows, veal is arguably a byproduct of the dairy industry.

Summary: Bob Barker narrated a video of the investigation, whose haunting footage depicts baby calves chained in two-foot-wide wooden stalls. Barker described it as “a life of extreme deprivation and suffering.” The calves are slaughtered at about 20 weeks of age.

These conditions are the rule, not the exception, in the veal industry.

Video: tinyurl.com/mfa-veal

Setting: Egg factory

Location: Waedler, Texas

Date of report: November 18, 2010

Investigator: The HSUS

Background: Cal-Maine is the nation’s largest egg producer. The company has a flock of 30 million hens that produce a billion dollars worth of eggs each year. In 2010 Cal-Maine recalled a quarter of a million eggs over a salmonella scare.

Summary: The undercover worker found extreme animal abuse and neglect. Birds were trapped in cage wires, unable to reach food or water. Other birds got loose and fell into the manure pits below. Bloody feet, broken legs, and other injuries were common. Eggs covered in blood and feces posed a threat to food safety.

Like most hens in the United States, the ones at this factory were crammed into cages so tight they could not spread their wings.

Report: tinyurl.com/calmaine

Setting: Turkey hatchery

Location: Willmar, Minnesota

Date of report: November 23, 2010

Investigator: The HSUS

Background: Willmar Poultry Company hatches 30 million poultlets yearly, accounting for half of all whole turkeys sold in grocery stores across the country.

Summary: The baby birds are forced to have their snoods, toes, and beaks cut off before being shipped around the country. Sick, deformed, and injured birds were thrown into grinding machines to die along with healthy birds that were not needed to fill orders. Some poultlets were abandoned on floors or left in plastic bins for hours before being ground at the end of the workday.

These images gave holiday celebrants a reason to reconsider the ritual Thanksgiving turkey.

Video: tinyurl.com/turkeyhatch

Report: tinyurl.com/turkeyexpose

Setting: Egg factory

Location: Undisclosed farm, Israel

Date of report: November 9, 2010

Investigator: Anonymous for Animal Rights

Summary: Israeli activists found a novel way of carrying out an undercover investigation — they planted a hidden camera in the battery cages of an industrial egg farm. Anyone in the world with an Internet connection can watch livestream to get a glimpse of the heartbreaking deprivation of the life of farmed hens. The camera has not yet been found.

Video: tinyurl.com/eggcam

Setting: Hog breeding factory

Location: Waverly, Virginia

Date of report: December 15, 2010

Investigator: The HSUS

Background: Smithfield Foods, the world’s largest pork producer, reneged on a promise to phase out gestation crates. Murphy-Brown, a subsidiary of Smithfield, operates 450 factory farms, including 275 used for breeding like this one.

Summary: More than a thousand sows are kept in gestation crates “so

small the animals could barely move for virtually their entire lives.” Some of them bit the metal bars in anguish until their gums bled. Pigs suffered from open pressure sores, abscesses, and infections. A number of piglets slipped into manure pits and died. At least one pig was thrown into the dumpster, where it was left to die among dead ones.

Video: tinyurl.com/smithfieldpigs

Report: tinyurl.com/smithfieldreport

The animals in these factory farms are among the billions that suffer similar fates every year. The fastest way to end this abuse is to adopt a lifestyle free of animal products.

‘Local’ pigs taken for a ride

by Cathy Goeggel

Animal Rights Hawaii

If you ship your car by Matson, your wheels will be pampered and protected from the wind, sun, and sea spray on covered decks. But for the more than ten thousand pigs brought to Oahu and Maui for slaughter annually there is no such consideration. The metal double-decker transport containers have small slits that impede fresh air and allow the buildup of ammonia. The pigs are watered by hoses from outside. They are not separated, so only the more aggressive pigs get to food and water. There are deaths routinely — in October over a dozen pigs died en route and were thrown overboard. Pigs suffer from seasickness, and after a truck journey halfway across the US with no respite, they suffer horribly — just to be slaughtered in Hawaii. After the pigs arrive in Hawaii, they are considered “local.”

Animal Rights Hawaii (ARH) has campaigned with Animals’ Angels, World Society for the Protection of

(see **Pigs**, page 17)



Book Reviews

The CAFO Reader: The tragedy of industrial animal factories

by **Daniel Imhoff (editor)**

\$21.95
480 pages (paperback)
Publisher: University of California
Press
(July 6, 2010)
ISBN-10: 0970950055
ISBN-13: 978-0970950055

CAFO: The tragedy of industrial animal factories

by **Daniel Imhoff (editor)**

\$50.00
400 pages (hardcover)
Publisher: Earth Aware Editions
(October 1, 2010)
ISBN-10: 1601090587
ISBN-13: 978-1601090584

Review by Erik Marcus

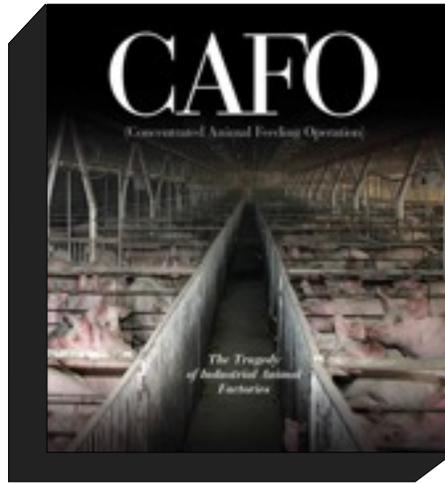
If you're a serious animal advocate, these are two books you'll want to own.

CAFO stands for Concentrated Animal Feeding Operation; it's the industry's term for a factory farm. *The CAFO Reader* brings together key writings by just about every prominent critic of factory farming, including both conscientious omnivores and animal rights advocates. In its pages you'll find the writings of Michael Pollan, Matthew Scully, Eric Schlosser, Wendell Berry, Anna Lappé, Bernard E. Rollin, Tom Philpott, Joel Salatin, and many others. I was honored to be invited to update and revise an excerpt from my own

Meat Market: Animals, Ethics, and Money for inclusion in this book.

I found that not only are most of the top critics of factory farming gathered together, the excerpts chosen consistently represent their most important work. In short, no other book provides such a thorough discussion of factory farming — and how you can play a role in toppling this system.

There are two editions of this book: a regular paperback and a coffee table book. The coffee table book must be seen to be believed; in addition to containing the full text of the



paperback, it's packed with large photographs revealing the countless cruelties that exist at factory farms. Until I saw the coffee table edition, I never realized that small-format publications can sell farmed animals short when it comes to adequately conveying factory farm cruelties.

Get the paperback edition of *The CAFO Reader* for yourself, and you'll have what's probably the best single volume to comprehensively address the issues of factory farming. The coffee table version in addition acts as a unique and powerful activist tool capable of leaving a lasting impression on anyone who opens the book.

Erik Marcus is publisher of vegan.com and author of The Ultimate Vegan Guide and Meat Market: Animals, Ethics, and Money.

Whitewash:

The disturbing truth about cow's milk & your health

by **Joseph Keon, Ph.D.**

\$19.95
336 pages (paperback)
Publisher: New Society Publishers
(November 23, 2010)
ISBN-10: 0865716765
ISBN-13: 978-0865716766

Review by Ruth Heidrich, Ph.D.

If you or anyone you care about still consumes dairy products, the information in this book can be life saving. Why? Well, in nearly 300 pages (including the scientific references that back up Dr. Keon's statements) it covers the data that support the contention that dairy is dangerous to human health.

Just scanning the table of contents, you get the idea that milk lovers might be in for a rough ride: diarrhea, anemia, arthritis, migraines, asthma, SIDS, type 1 and type 2 diabetes, osteoporosis, breast, prostate, and ovarian cancers, and maybe the not-so-fatal but extremely annoying gas, bloating, eczema, runny nose, acne, fatigue, constipation, growth retardation, psychological disturbances, and lower IQ.

Behind each of these you'll get the science that supports the findings. The data are there; we just have to find a way to get this information out to people — both to the lay public and especially to doctors and RDs who have been brainwashed and "whitewashed" to promote this unhealthy product!

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Contrary to what we've been told since childhood, the scientific literature does not support the claim that cow's milk protects human bones from fracture: Americans are major milk consumers but have a high risk of bone fracture. And the positive relationship between milk drinking and an elevated risk of bone fracture is consistent worldwide.

There are over 70 foods from the plant kingdom that not only provide calcium but are also packaged with the many other nutrients essential to bone health. These foods are free of the cholesterol, lactose, hormones and growth factors, and antibiotic residues found in cow's milk.

Milk drinking is also associated with an elevated risk of a variety of serious illnesses, including prostate cancer, ovarian cancer, and, surprisingly, even autism. It may also increase the risk of developing Crohn's disease and Parkinson's disease.

Cow's milk is perhaps the most contaminated food one can consume. The FDA's own and other data consis-

tently show that milk and other dairy products contain residues of pesticides, herbicides, and industrial chemicals such as the carcinogen dioxin. The most recent addition to this list of contaminants is perchlorate, the explosive ingredient in rocket fuel.

Milk's calcium is poorly absorbed — humans absorb only about 32% of the calcium in a glass of milk. Its sodium, phosphorus, and protein content are too high (yes, it has too *much* protein!), and every glass exposes us to

nearly sixty different hormones and growth factors. Dairy products contain nearly 30 different proteins that can cause allergic reactions, and studies show an elevated risk for ovarian cancer and prostate cancer in milk drinkers. Milk is clearly not well suited for human consumption.

Even if people know better than to drink cow's milk, they often consume yogurt or cheese, mistaking these for healthy alternatives. Dr. Keon describes the addictive properties contained in dairy, demonstrating why it's so hard for some people to give it up. How's that for scary information that ought to demonstrate the ills of dairy?

If that's not enough, Dr. Keon also brings in a broader perspective such as environmental factors associated with milk production.

You need this book — not just to read, but to reread and to keep for the frequent references you'll need as you try to educate others as to how they've been "whitewashed"!

Ruth Heidrich is an Ironman Triathlete and author of A Race For Life, CHEF, and Senior Fitness. She is former president of VSH.

This book review will also appear in American Vegan, the quarterly magazine of the American Vegan Society.

"The scientific literature does not support the claim that cow's milk protects human bones from fracture."

(Pigs from page 15)

Animals, The HSUS, and Leilani Farm Sanctuary to end the import of pigs from Canada and the labeling of mainland pigs as "local." Sadly, the stores now list the imported pigs as "island processed," perpetuating the lie that people who buy that meat are supporting local agriculture.

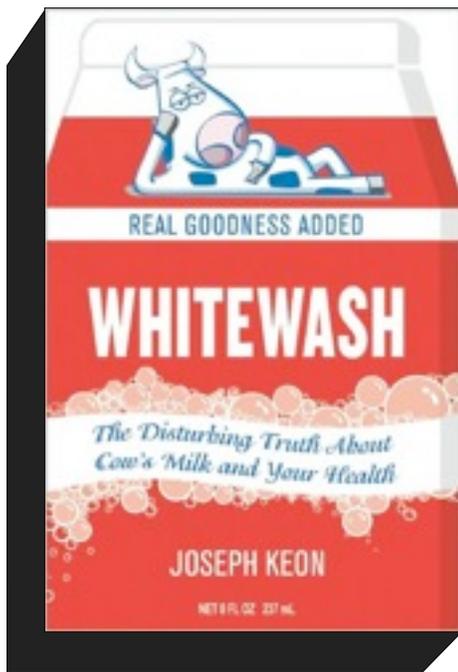
Local pork is considerably more expensive than chilled mainland carcasses and caters to a very small market on Oahu and Maui. The Hawaii Livestock Cooperative (HLC), which owns the Kalaeloa slaughter facility, is in arrears in paying back \$600,000 to the state (which approved taxpayer-guaranteed bonds in 1995) and has asked that the loans be made grants — that is, that the loans be forgiven. The industry also wants taxpayers to pay for a \$6 million garbage dehydrator to cook the garbage fed to the pigs.

The Animal Welfare Institute has just published *Humane Slaughter Update: Comparing State and Federal Enforcement of Humane Slaughter Laws*, which documents the findings that in recent years enforcement of humane slaughter laws has increased but "remains low and inconsistent."

ARH has outstanding FOIA (Freedom of Information Act) requests for USDA oversight reports for all the federally inspected abattoirs in Hawaii. We have been waiting over a year for the documents.

We have also requested, under the Uniform Information Practices Act (UIPA — the state version of FOIA) information regarding the status of the monies owed by the HLC. The Department of Agriculture is delinquent in responding to our request.

The 2011 Legislature will likely be the target for the insatiable livestock industry. Please contact us through our website animalrights.hawaii.org if you would like to join our efforts to protect animals.





Restaurant Review

Loving Hut (South King)

1614 South King Street, Honolulu
(808) 373-6465

10:30 a.m. - 8:30 p.m.
Lunch served until 2:30 p.m.
Monday-Saturday
Closed Sunday.

<http://lovinghut.us/honolulu>

by Joy Waters, VSH member

Honolulu has more Love, Peace, and Joy lately! With the opening of four vegan restaurants in 2010 (see “Honolulu boasts four vegan restaurants,” page 7) it is easier than ever to eat healthy in our island community.

The Loving Hut on South King Street is owned by a group of individuals who are inspired by the vision of Supreme Master Ching Hai, a world renowned humanitarian, philanthropist, and spiritual teacher who professes that all beings can live in peace with each other and with the planet. Loving Hut is part of a fran-

chise of over 120 independently operated restaurants around the world. It is an invitation to gourmet cuisine made with wholesome vegan ingredients and offers an accessible starting point for those making the noble transition to a plant-based diet.

The menu at Loving Hut-Honolulu South King consists mostly of Asian cuisine: Chinese, Taiwanese, and Vietnamese. Many of Hawaii’s local favorites can be found here made with mock meat products that have a realistic flavor but none of the cholesterol or environmentally harmful effects of factory farming. All of these products are guaranteed to be 100% vegan. Several of the dishes are GMO-free, and the store plans to convert its entire menu to GMO-free soon. Local organic produce is used when possible, and the tofu is 100% organic and local.

Loving Hut is committed to keeping the prices affordable — about 90% of the menu items are under \$10.

One customer recently said, “I love the idea that the food tastes like what I am accustomed to eating but is veganized. If vegan food were prepared like this, I could easily turn vegan because good food is good food.”

Lunch is served Monday through Saturday until 2:30 p.m. and includes a plate lunch special of rice and your choice of two or three entrees. The Lemongrass Hawaiian is

spectacular — just spicy enough with lots of lemony flavor and a satisfying, chewy texture. The Guru Curry, made with taro and coconut milk, is sustaining and nutritious. Loving Hut serves the best vegan pho you can find on this island; the broth is rich, and the bowl is huge. Order the Rainbow Sandwich if you are in the mood for something different. Served on french bread, it is stuffed with cashew pate, pickled daikon and carrots, soy protein, and vegan mayo. The flavors combine to make a rich-tasting sandwich that is easy to digest.



Loving Hut-Honolulu uses a unique business model. Owned by four individuals in the community, it is staffed by a team of volunteer workers who receive no salary for their efforts and who share the same passion, vision, and mission of the owners. Owner Neil Phan says, “We believe the best way to change the world is to do it one meal at a time. The dietary choices each person makes play a huge impact on our environment and all of our world’s resources.” So remember that the person behind the counter is truly there out of love and not motivated by individual profit. This is the unspoken “aloha ingredient” in the food, which is what makes this Loving Hut special.

Joy Waters is Executive Producer of Positive Media.

Note: A second Loving Hut on Pensacola is independently operated and will be reviewed separately in a future issue of The Island Vegetarian.



Photo: Loving Hut

With its immaculate interior and all-vegan menu, Loving Hut-Honolulu invites customers to dine with peace of mind.

Vegan Tidbits

by Scott Owen Snarr

Unintentionally on purpose

While driving on a New Jersey highway, Marvin Dale Raber flipped his livestock truck crammed with 195 sheep, goats, and calves. Eighty of the animals died.

Raber pleaded guilty to careless driving and animal cruelty. He told a newspaper reporter that he would never intentionally hurt an animal.

Did I mention he was en route to the slaughterhouse?

Source: tinyurl.com/toslaughter

Smells fishy

Prayad Saenyabut of Yong Pun Vegetarian Co. in Thailand thought she had found the perfect ingredient to give her mock meats a realistic flavor. There was just one problem: the ingredient was meat.

Suspicious of the products, the Vegetarian Club of Thailand filed a complaint with authorities. DNA testing confirmed the presence of real fish in the “shrimp” and “crab” meatballs and chicken in the smoked “goose” and “ham.” (What would you call that — fake fake meat?)

The company is facing charges for selling fake vegetarian food and for using fake labeling. A second company is under investigation for selling fake vegetarian meat imported from Malaysia.

Meanwhile, police are reminding consumers to be vigilant about what they eat. Remember, if it looks like duck and tastes like duck, it might be real duck.

Source: *Bangkok Post*

No truth in advertising

A television ad depicting scenes from factory farms was rejected for being “too graphic” for all audiences. And who could argue with that? No



one wants to see animals’ throats being slit, turkeys being beaten to death with iron rods, or a cow having its horns cut off.

On the other hand, these are routine practices involved in producing the animal foods incessantly hawked on TV. Mercy For

Animals, the group that made the ad, commented, “This rejection poses the serious question of whether compassionate consumers really want to support an industry whose practices are so violent that they cannot be aired on television.”

A second version of the ad with less graphic images of animals suffering on factory farms was aired on MTV, BET, and Animal Planet in Columbus, Ohio.

Source: www.mercyforanimals.org/veg_commercial.asp

Like yams to the slaughter

Meat eaters have it easy. The meat on supermarket shelves is ready to be taken home and cooked. Not so with vegetables. Until now.

Jennifer Rubell calls herself a vegetable butcher — the first in the world, as far as she knows. She works behind a counter in the produce section of a food emporium cleaning, cutting, chopping, peeling, trimming, or grating vegetables on demand so that shoppers can go home and start cooking.

More importantly, she tries to spread her enthusiasm. “Vegetables are by far the most interesting thing in the food world!” Rubell declared. She encourages people to try different kinds of veggies by sharing cooking tips with them. She also steers them to varieties that are cheap and abundant, a sign that they are in season.

As one reporter put it, “The food industry spends millions marketing things like cereal and meat. Rubell wants to speak for the vegetables.”

Source: tinyurl.com/vegbutcher

Moroccan-style carrots

by Leslie Ashburn

VSH member

- 6 to 7 carrots, peeled and cut into thick slices on the diagonal or in rounds
- 3 cups water
- 2 Tbs. fresh lemon juice
- 1 tsp extra-virgin olive oil
- 1 small clove garlic, crushed
- ½ tsp paprika
- ½ tsp cumin
- sea salt and freshly ground pepper to taste
- ¼ cup dried mulberries (optional)
- ¼ cup chopped cilantro

Place the 3 cups of water into a pot and bring to a boil. Cook the carrots in boiling water until just tender (but not mushy). Drain.

While carrots are cooking, place the lemon juice, olive oil, garlic, paprika, cumin, salt, and pepper in a screw-top jar and shake well to combine (or whisk in a bowl). Place the cooked carrots while still warm into a bowl together with the dried mulberries. Pour the dressing on and toss well. Place on a serving platter and scatter with cilantro.

Leslie Ashburn is a Kushi-certified personal chef and cooking teacher. She offers a range of vegan whole foods that change stereotypes about eating healthfully. Visit her website at www.marcbiotichawaii.com.

Winter Calendar

January:

17: Martin Luther King, Jr. Day
30: World Day for Abolition of Meat

March:

Meat-free Month (UK)
National Nutrition Month (US)
19: Great American Meatout
22: World Water Day



Vegetarian Society of Hawaii

P.O. Box 23208
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