



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 16, ISSUE 2, APR – JUN 2005

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Public Lectures*

MICHAEL GREGER, MD

**"Stop Cancer
Before It Starts"**

Wed., Apr. 13, 7 p.m.

Ala Wai Golf Course Clubhouse

KERRIE SAUNDERS, PhD

"Diet as Disease Prevention"

Wed., May 11, 7 p.m.

Ala Wai Golf Course Clubhouse

NEAL PINCKNEY, PhD

**"Eat Your Heart Out —
of Trouble"**

Wed., June 8, 7 p.m.

Ala Wai Golf Course Clubhouse

***See page 10
for more information
and for Maui meeting dates.**

Veg Talk Wins Gold at Punahou

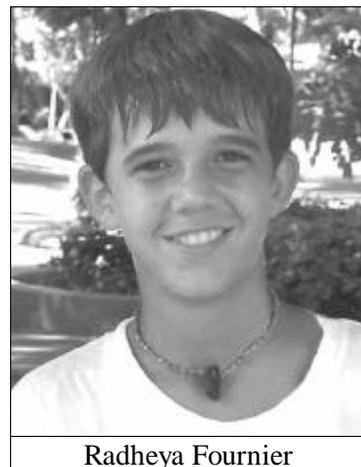
by Lynn Weir and Rasa Fournier
VSH members

“**W**hat comes to your mind when you think of a vegetarian?” That’s the question that 13-year-old Radheya Fournier posed to a packed audience of fellow students, faculty, and family members at Dillingham Hall on the Punahou campus in mid-March. The event was the school’s famed annual Damon Speech Festival.

Initially, each of 368 eighth graders prepared and presented a four-minute speech on a controversial subject to their respective English classes. They were judged on content and delivery by their peers who then, within each class, voted for their two top favorites. The narrowing-down process continued at the semifinals level, in which teachers took over the judging, followed by the finals in which teachers and guest judges selected the bronze, silver, and gold medal winners out of the remaining eight participants.

Preceding the finals, Rad’s classmates had been raving about his speech and waging bets on his victory. Finally the day was at hand. Rad stepped up to the microphone and wowed the crowd with his comical, informative, inspiring and erudite presentation. Those four minutes were stuffed with a discussion of health and environmental benefits and hazards as well as important ethical considerations. He concluded by expressing his hope to his audience that he had left them with “a little food for thought, with a few meaty ideas that they could really sink their teeth into.” (Rad gives his vegetarian uncle credit for that pithy little ending.)

But let us not keep our readers in suspense -- Rad got the gold! And over 400 people got to hear the virtues of a vegetarian lifestyle. Radheya has been beset by questions from his peers ever since and has received pledges from students and teachers alike to “try it out.” Rad has never regarded animals as food, and he has no problem sharing his convictions and enthusiasm. His father and mother have been vegetarians their entire lives and his grandmother became one at the age of 23 when she came into contact with the Hare Krsna philosophy. His maternal un-



Radheya Fournier

(See Veg Speech on page 17)



PRESIDENT'S MESSAGE

by Alida Rutchick, MEd

The Island Vegetarian

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

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Mahalo to all our volunteers.

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

Greetings, VSH members.

With this issue of the Island Vegetarian we complete 15 years of VSH's existence. Our goal is to put ourselves out of business by creating awareness and helping to change eating habits of all people. Maybe in another 15 years there will be meat-eating support groups while vegetarians will be in the majority. Well, we can dream...

Thanks are extended to the numerous volunteers who manned our table at the 2005 Health and Fitness Expo, including regulars VSH Recording Secretary Mary Arakaki, R.D., David Bourgoïn, former VSH president Dr. Ruth Heidrich and Bob Leitch, Dr. Neal Pinckney, Dr. Karl Seff, UH Vegetarian Club founder and president Scott Snarr, and Eva and Freeman Wright. We were also happy to welcome new volunteers Linda Green, Catherine Hage, Randy Hayslip and Ella Wong, Lori Larson, Nalani Leonard, and Barbara (Shayna) Shane. Special thanks go to Patrick Moore for transporting materials between our storage site and the Expo and to Dr. Bill Harris for providing an inspiring and informational video display behind the table.

Some facts about health that I've picked up recently include:

- Even one cup of coffee a day can cause caffeine addiction.
- The average weight in America is approximately 25 pounds higher than it was 45 years ago.
- Quercetin, an antioxidant believed to fight various diseases, is found in higher concentrations in the skins of red apples and in apples in general.
- Ten extra calories a day will result in a pound of added fat per year in the average person.
- Junk foods (sodas, chips, sweets) comprise almost 33% of the calories in the American diet, while fruits and vegetables comprise approximately 10%.
- In 1955 an order of French fries weighed 2.4 ounces compared with 7.1 ounces today.
- A preliminary study found that the inclusion of a third of a teaspoon of cinnamon in the diet of type 2 diabetics on a regular basis lowered both blood sugar and blood lipids.

So I guess there's good news and bad news in the foregoing potpourri. Clearly, though, health educators will have job security for some time to come. Maybe VSH will be needed for a little longer than 15 years after all.

Alida

Did Somebody Say “MOOooo?”

by William Harris, MD
VSH Founding Board Member



Pediatrics is the official peer-reviewed journal of the American Academy of Pediatrics.

“Calcium, dairy products, and bone health in children and young adults: a reevaluation of the evidence” 2005 Mar;115(3):736-43 concluded, “Scant evidence supports nutrition guidelines focused specifically

on increasing milk or other dairy product intake for promoting child and adolescent bone mineralization.

“A Medline search was conducted for studies published on the relationship between milk, dairy products, or calcium intake and bone mineralization or fracture risk in children and young adults (1-25 years). This search yielded 58 studies. Eleven of the studies did not control for weight, pubertal status, and exercise and were therefore excluded. Ten studies were randomized, controlled trials of supplemental calcium, nine of which showed modest positive benefits on bone mineralization in children and adolescents. Of the remaining 37 studies of dairy or unsupplemented dietary calcium intake, 27 studies found no relationship between dairy or dietary calcium intake and measures of bone health. In the remaining nine reports the effects on bone health are small, and three were confounded by vitamin D intake from milk fortified with vitamin D. Therefore, in clinical, longitudinal, retrospective, and cross-sectional studies, neither increased consumption of dairy products, specifically, nor total dietary calcium consumption has shown even a modestly consistent benefit for child

“...neither increased consumption of dairy products, specifically, nor total dietary calcium consumption has shown even a modestly consistent benefit for child or young adult bone health.”

responsible Medicine (PCRM), but apparently it got past the NDC spin doctors and showed up on local TV stations.

(Ed. note: The NDC response finally did appear on Mar 11, 2005 at http://story.news.yahoo.com/news?tmpl=story&u=/hsn/20050311/hl_hsn/milkstudyleave-sasourtaste. It appears to be a hastily assembled potpourri of standard NDC public relations spin with an attack on PCRM thrown in.)

Another study in J Pediatr. 2004 Jun;144(6):776-82, concluded that daily calcium intakes between the ages of 12 and 22 years ranging from 500 to 1900 mg/day were not significantly associated with bone gain or bone strength; instead, “exercise is the predominant lifestyle determinant of bone strength for this cohort.”

Nutr Cancer. 2004;48(1):22-7 concluded from a meta-analysis of 11 published case-control studies that milk consumption is a risk factor for prostate cancer.

or young adult bone health.”

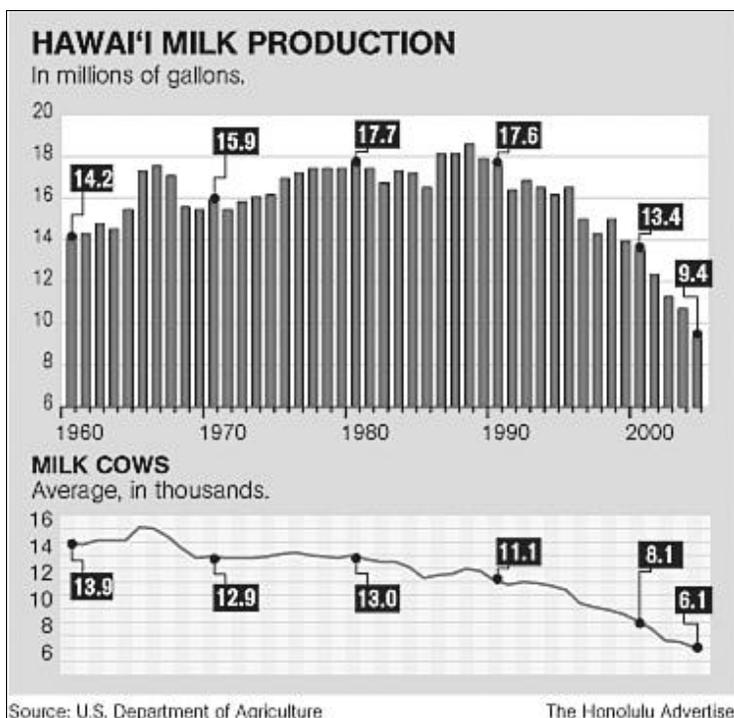
You can expect the National Dairy Council (NDC) to come out swinging because the study was done by the Physicians Committee for Re-

Another article in Neuropsychobiology. 2005 Feb 28;51(2):77-85 ... Innate Immune Responses in Young Children with Autism... suggested that a subset of autistic children are reacting to cow milk protein.

The usual selling points for cow milk are riboflavin (vitamin B2) and calcium, but the cow didn't make the riboflavin, she got it either from the plants she ate or the bacteria in her rumen, and since most cows don't know much about nuclear fusion, she didn't make the calcium, either.

Meanwhile the U.S. Department of Agriculture/Commodities Credit Corporation axis continues to bail out the dairy industry to the tune of from \$73 million in 1995 to over \$891 million in 2003, according to the Environmental Working Group (www.ewg.org/farm/progdetail.hp?fips=00000&progcode=dairy).

The Center for Science in the Public Interest, a watchdog group, has put up a new page, “Integrity in Science,” at <http://www.cspinet.org/integrity/>. Searching on the topic “dairy” will bring up the names of 37 professionals publishing in peer reviewed journals who are also taking money from the dairy industry.



Dr. Greger's Newsletter

by Michael Greger, MD

Antioxidant Status of Vegetarians

While physicists since Einstein have been struggling to piece together a Grand Unified Theory to explain the underlying cause of forces like gravity and electromagnetism, medical scientists have been trying to piece together the underlying cause of aging and disease. Perhaps the leading contender is the Oxidant Stress Theory, which posits that free radicals cause the tissue damage that underlies most of our chronic disease states as well as the age-related deterioration in our bodies. Basically, the theory contends, we're rusting. Just as rust is the oxidation of metal, aging and disease can be thought of as the oxidation of our bodies. The Oxidant Stress Theory explains why fruit and vegetable consumption seems to protect against almost every disease from Alzheimer's and cancer to heart disease and stroke. The antioxidants found in whole plant foods (fruits, vegetables, beans, nuts, seeds, and whole grains) play a role in squelching the free radicals we produce within our own bodies and that we are exposed to within our environment.

It's not surprising, then, that vegetarians have both higher levels of antioxidants in their blood and correspondingly lower rates of



chronic disease. What few scientists have looked into, though, in terms of completing the chain of causation, is a demonstration that vegetarians have lower levels of the intermediate indicators of oxidized tissue damage. Recently researchers in the Slo-

vak Republic have closed that gap.

The researchers approximated the level of tissue damage by measuring the level of what are called "peroxidized conjugated dienes," which are caused by perhaps the most dreaded free radical, the highly toxic hydroxyl radical. While over 40% of those eating meat exceeded

“It's not surprising that vegetarians have both higher levels of antioxidants in their blood and correspondingly lower rates of chronic disease.”

safety limits for these damage indicators, only 8% of those eating vegetarian for an average of just ten years strayed into the danger zone. The researchers suspect that vegetarians would have had even lower levels of oxidant damage had

they not had elevated levels of homocysteine due to inadequate vitamin B12 intake. To take full advantage of the benefits of plant-based nutrition, they recommended that vegetarians ensure a reliable source of B12 (from fortified foods or supplements).

The results of the study “document a better antioxidant status of vegetarians as a consequence of higher consumption of protective food.” Researchers suspect the results may also stem from the oxidant damage caused particularly by the heme (blood-based) iron found in red meat, chicken, and fish. This may explain why high tissue levels of iron are associated with a number of pathologies, including

some cancers, inflammation, diabetes, and liver and heart disease.[1] “Our results,” the researchers conclude, “indicate that vegetarian nutrition might provide an effective prevention of free radical diseases.”[2]

Preventing Breast Cancer with Lentil Soup?

In the upcoming April 2005 issue of International Journal of Cancer Harvard researchers will publish an article analyzing dietary behaviors in relation to breast cancer of over 90,000 young women followed for over a decade. Many of us who were privileged to have prepublication access were surprised that they failed to find a protective benefit from many plant “superfoods” such as broccoli and blueberries. But this may be because the overall intake of these foods was so low. For insight into the limitations of such studies, I encourage everyone to read Dr. T. Colin Campbell's landmark new book *The China Study* (<http://www.TheChinaStudy.com/>).

There was one plant superfood that was evidently so powerful at guarding against breast cancer, though, that one could find a protective effect eating as few as two meaty servings a week: legumes. Young women eating just 2 to 4 servings a week of beans or lentils seemed to cut their risk of developing breast cancer by about a quarter compared with those who ate lentils less than once a month.[3] Noting the recent accumulation of evidence supporting the amazing health benefits of legumes (beans, peas and lentils), one researcher concludes: “they have acquired the status of staple food for anyone who wants to eat a healthy diet.”[4]

(Continued on page 5)

Not All Fruits and Vegetables Are Alike

A major Harvard study of over 100,000 people recently found that fruit and vegetable consumption did not seem to dramatically reduce chronic disease risk, leading to misleading headlines like “Fruits and Veggies No Help Against Cancer.”[5] This finding may not be so surprising to those who’ve attended my lectures on cancer prevention, where I point out that America’s favorite vegetables are 1) French fries and 2) iceberg lettuce.

When the researchers looked more closely at the data, they indeed found that those who ate the most of the healthiest produce (green leafy vegetables) were afforded significant protection against chronic disease, but even then the protection seemed modest. Perhaps this is because their intake was modest as well.

Of the 100,000+ men and women studied, those who ate the most green leafy vegetables ate only one and a half servings a day--about 4 outer leaves worth of romaine lettuce. And so they compared that group to those that ate the equivalent of only about half a leaf a day. With a range of intake that narrow, it is no wonder that a greater difference between disease rates was not found. Again, this is where Dr. Campbell’s *The China Study* comes in so handy.

Evidence from the biggest study on diet cancer in human history, the EPIC study, which is currently following half a million people across ten countries, has found that indeed high fruit and vegetable consumption is linked to decreased cancer mortality.[6] The USDA recently upped the

official Federal recommendation for the minimum daily servings of fruits and vegetables to nine. Nine a day. Thought you weren’t doing so good before? Well, now you may be really behind! Make sure to take full advantage of this recommendation by including the nutrient superstars of the fruit and vegetable kingdom, dark green leafy vegetables and berries.

“**H**igh fruit and vegetable consumption is linked to decreased cancer mortality.”

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[6] Khaw K. “Study Progress and Results of the European Prospective Investigation into Cancer and Nutrition” *Journal of Nutrition*. 134(2004): 3519S.

Michael Greger, MD is a general practitioner, a founding member of the American College of Lifestyle Medicine, and an internationally recognized lecturer on nutrition and food safety issues. For more information visit his website: DrGreger.org. To subscribe to his free monthly e-mail newsletter, send a blank e-mail to: drgregersnewsletter-subscribe@lists.riseup.net.



“Vegetarian” now on four islands

Founding Board member and VSH TV coordinator Dr. Bill Harris reports that with the recent additions of Kauai and the Big Island, the “Vegetarian” TV series has reached all four main Hawaiian islands. More than 400 thousand Hawaii cable TV subscribers can now view the lectures given by the guest speakers at the monthly VSH meetings. Show times are below. Programming schedules are available on the VSH.org website or by e-mail. To subscribe, send a message to:

VSH-News-Group-Subscribe
@yahoo.groups.com.

Dr. Harris recommends setting your VCR to record each week’s show. Keep the ones you like and tape over the rest.

Oahu—Oceanic Cable Ch. 52
Thurs. 6-7 p.m.

Maui—Calabash Cable Ch. 52
Tues. 8-9 p.m. and Weds.
6:30-7:30 a.m.

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

Kauai—Hoike Cable Ch. 52
Mons. 7-8 p.m.

Animal Rights Corner

Friends don't let
friends eat meat

Death of the Dog Meat Bill and the Failure of Our Legislature

by Pam Davis
VSH Member

As some of you may remember, a few months ago we told you about an undercover investigation revealing the existence of a thriving dog meat trade in our state. The investigation was conducted by Carroll Cox of EnviroWatch, Inc. Mr. Cox posed as a person interested in buying dog meat and gathered audio and videotape evidence, transcripts, and photos of the activity. A photo of Koko, the dog he rescued from the chopping block and dinner table, was featured in a previous issue of *The Island Vegetarian*. It's time for an update of this situation.

There were two bills before the Legislature, HB 866 and SB 564. On February 10, 2005 the House Judiciary Committee heard much testimony in support of the bill and no testimony in opposition. The committee room was packed, basically standing room only. Rep. Alex Sonson expressed opposition to the bill, interrogating Mr. Cox and insinuating that there is no problem of humans consuming dogs and cats in Hawaii. At that time I began to realize that there are forces at work against this legislation. Perhaps this explains why the Hawaiian Humane Society (HHS)

and the HPD have had "no success" in uncovering the activity (even when the evidence is presented to them), yet a nonprofit organization (EnviroWatch, Inc.) performed this risky investigation and exposed it in the media. (When Mr. Cox contacted HHS with the evidence, he was told that it is perfectly legal to slaughter a dog or cat for personal consumption in your backyard as long as the animal's death is "quick and painless.") Something is wrong here, and it smacks of political back-room dealing.

Despite the opposition expressed, the bill passed out of committee unanimously and was on its way to the Senate. However, Sen. Colleen Hanabusa then stated that she would not schedule the bill for a hearing before the Senate Judiciary Committee because "there are more pressing issues." This was disturbing because in effect this would block the hearing of an important bill supported by an overwhelming majority of citizens.

Why is the dog meat bill worthy of action? In addition to the obvious ethical issues there is public health and safety. As vegetarians and vegans we know there are many cases of salmonella, E. Coli, and other pathogens that contaminate meat and sicken or even kill unsuspecting consumers, and as a result the government has enacted many food safety regulations to establish standards of cleanliness for food meant for human consumption. No such in-

(See **Dog Meat** on page 19)

Farm Animals' Life No Day at the Beach

by Gabrielle Kristofich,
VSH member

Have you ever wondered where steak, chicken, sausage, bacon, and veal originate? They live a life of pure cruelty. Chickens, pigs, and cows are put under so much stress and deal with so much more pain than



Moanalua Middle
School student
Gabrielle Kristofich

anyone can imagine. That's because as people we are blind to the truth of the meat companies. Chickens, cows, and pigs are routinely suffering under conditions so cruel that they have been banned in European countries. Chickens raised in factory farms are squished into small pens along with many other scared chickens. They don't have much room at all to grow. Each chicken lives in a space that is less than a folder paper size. They are continually fed antibiotics and hormones to grow faster and fatter. As a result, their legs often break under their own body weight. Talk about sad.

(See **Factory Farms** on page 19)

Pols Support Meatout

Governor Linda Lingle, Honolulu Mayor Mufi Hannemann, and Maui Mayor Alan



Arakawa each issued a proclamation in support of the Great American Meatout, joining a long list of governors and mayors from across the coun-

try who recognize the benefits of plant-based diet. (For a complete proclamation listing, visit www.meatout.org/media/proclamations.html.)

Here's governor Lingle's proclamation:

Proclamation

Whereas, this year marks the 20th anniversary of the Great American Meatout, a grassroots diet education campaign that encourages individuals to adopt eating habits that are healthy for their families, good for the planet and kind to animals; and

Whereas, a wholesome diet of vegetables, fresh fruits and whole grains promotes wellness and reduces the risk of heart attacks, stroke, cancer, diabetes and other serious diseases that debilitate or kill millions of Americans each year; and

Whereas, this diet helps preserve topsoil, water, energy and other food production resources that are essential to human survival; and

Whereas, since 1985, many dedicated Meatout volunteers have encouraged their neighbors to explore such a diet,

Now, Therefore, I Linda Lingle, Governor of Hawaii, do hereby proclaim March 20, 2005, as

GREAT AMERICAN MEATOUT DAY

in the Aloha State, and encourage our

people to learn more about the wholesome diets of vegetables, fresh fruits, and whole grains.

Done at the State Capitol, in the Executive Chambers, Honolulu, State of Hawaii, this seventh day of March 2005.

Animal CARE Buys Pet Hospital

The Animal CARE Foundation recently purchased the East Honolulu Pet Hospital and will be expanding its services this year.

The vegan veterinarian will be phasing out dead animal products and

cruel procedures at the hospital, replacing them with vegan alternatives. The foundation intends to continue to provide excellent medical and surgical care for its animal patients, but without promoting the death of non-companion species. In addition, as its budget, staff and volunteer base grow, it will expand free and at-cost services that Animal CARE Foundation already provides to ferals, strays, and animal companions of low income families. For more information contact:

Animal CARE Foundation
Intervention Center - Hawaii Kai
6650 Hawaii Kai Drive
Honolulu, HI 96825, (808) 396-3333
ACF@Animal-CARE.org
www.Animal-CARE.org

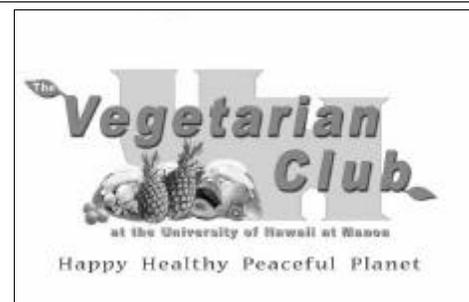
UH Veg Club Growing

by Scott Snarr
VSH member

You may remember from the article that appeared on the cover of the previous issue of *The Island Vegetarian* that I have begun forming a vegetarian student organization at UH Manoa. After several weeks of organizing and working to get things started, I am pleased to report that The Vegetarian Club at the University of Hawaii at Manoa is now alive and well.

The tremendous enthusiastic response I received from dozens of people helped me carry this club from a mere vision to a full-fledged reality. I am honored to be working with a competent and dedicated executive board comprising undergraduate and graduate students, staff, alumni, and our faculty advisor VSH Board member Dr. Karl Seff.

The purpose of the Vegetarian Club is to promote a vegetarian and vegan lifestyle. We welcome vegetarians and non-vegetarians as members so that we



can provide social support, education, and advocacy for everyone from life-long vegans to people who are just curious and want to learn more.

To that end we are planning a variety of activities and excursions this semester, including potlucks, nature hikes, dine-outs, movies, guest speakers, and more. We hope to provide all of our members with a chance to meet new people, learn new things, eat good food, and have a lot of fun.

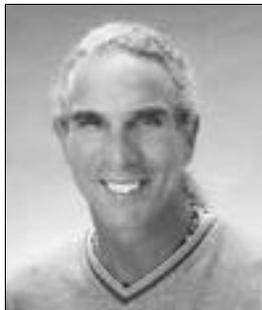
Membership is \$5 a semester for any student, staff, or faculty of any UH campus. For all others the cost is \$10. Summer is included with spring semester. If you would like to join or would like to know more, please email me at vegclub@hawaii.edu.

Scott Snarr is the president of The Vegetarian Club at the University of Hawaii at Manoa.

“...and for the people?” (Part 3)

by Hesh Goldstein
VSH Member

In 1990 the Monsanto Company commissioned scientists to inject a bunch of laboratory rats with an early variant of recombinant Bovine Somatotropin (rBST), aka recombinant Bovine Growth Hormone or rBGH. The 90-day study demonstrated that



rBGH was linked to development of prostate and thyroid cancer in rats.

Monsanto, our friend who gave us Agent Orange and spent 40 years covering up the effects of PCB's, was about to seek approval for Posilac, the company's commercialized form of rBGH. Although the study linking rBGH to cancer was submitted to the FDA, somehow Posilac was approved in 1994. With fingers pointing in both directions, those with opinions argue about who had the bigger part in the cover-up – Monsanto or the FDA. The results of the study, in fact, were not made available to the public until 1998, when a group of Canadian scientists obtained the full documentation and completed an independent analysis of the results. Among other instances of neglect, the documents showed that the FDA had never even reviewed Monsanto's original studies (on which the approval of Posilac had been based), so in the end the point had no bearing on whether or not the report had contained all of the original data.

The FDA's complicity continued: Michael Taylor, a Monsanto lawyer for many years, left in 1976 to become a staff lawyer for the FDA. In 1991 he was appointed to the office Deputy Commissioner of the FDA and served in that capacity

until 1994. The administration approved rBGH in 1993.

While at the FDA, Taylor also wrote the policy exempting rBGH and other biotech foods from special labeling, considered by most to be a major victory for Monsanto. Ten

days after the policy was finalized, Taylor's old law firm, still representing Monsanto, filed suit against two dairy farms that had labeled their milk rBGH-free.

As soon as the Government Accounting Office released a report covering all of this, Taylor was re-

moved to work for the USDA as the Administrator of the Food Safety and Inspection Service, a position he held from 1994 to 1996. After holding positions at both the FDA and the USDA, he then went back to working for Monsanto, this time directly as the corporation's vice president of public policy.

Michael Taylor wasn't the only government employee with an obvious conflict of interest. At the same time that he left Monsanto for the FDA, Dr. Margaret Miller, once Monsanto's top scientist, was also hired by the FDA for the purpose of reviewing her own scientific research conducted during her tenure at Monsanto. ***This is worth repeating: A woman who was once Monsanto's top scientist was hired by the FDA to review her own scientific research done while she was with Monsanto.*** So much for "...for the people." In her role as FDA scientist, Miller made the official decision to increase the amount of permissible antibiotic residues in milk by a hundred-fold, in part to counter the increase of mastitis in cows that was resulting from overuse of artificial growth hormones.

These incestuous relationships

between industry and the U.S. government are the norm rather than the exception. Decisions at the FDA are made primarily by advisory boards comprised of scientists and executives from the dairy and meat industries, with a few university academics thrown in for good measure.

We live in a world governed in part by greed and a lack of compassion. To survive we must rely on our innate intelligence and what our bodies tell us. We must shake ourselves free from the pharmaceutical-medical-insurance cartel and put the control of our health back into our hands. We, in order to achieve good health and a good quality of life, must transcend the endless messages we are bombarded with through the various media outlets and be sensible. (A word of advice: If man made

“These incestuous relationships between industry and the U.S. government are the norm rather than the exception.”

it and you can't pronounce it, don't eat it!)

To get on the road to recovery, to lose our dependence on prescription meds, to cure our ills and not just relieve symptoms, we must eliminate the causes from touching our lips. Flesh foods,

found in anything that walks, runs, flies, crawls, or swims and dairy products from these same creatures are loaded with artery-clogging saturated fat. Processed foods, refined grains, sugary foods such as sodas, cookies, cakes, etc., and eggs have to go. The yolks are high in cholesterol and the whites are used as a base in aircraft paint because of their hardening effect and because they can withstand the effects of extreme weather conditions. If you don't believe me, the next time you eat eggs, don't wash your dish for a day or two and see what happens. Then decide if you want to continue putting this in your body. Take the time to prepare

(Continued on next page)

(Continued from previous page)

you own meals, slow down, and try to relax. Maybe even get involved in a meditation practice. There are so many avenues of education available to you: The Vegetarian Society, the Tasty and Meatless TV show, the radio show "Nutrition and You," and my radio show, "Health Talk." Life is too short not to make the most of it. Only you can make yourself truly well. You are your own best investment. Let today be the day you take the first step in the marathon of life.

Aloha!

Hesh Goldstein is the host of Health Talk on K-108 radio (AM 1080) on Saturdays, 8-9 a.m. (808) 258-1177; fax: (808) 377-1986, heshgoldstein@hotmail.com

Food Fight

by Bill Harris, MD
VSH Founding Board member

There's absolutely no question that it's unethical for parents to bring up their children as strict vegans," she told the annual meeting of the American Association for the Advancement of Science (AAAS) Feb 17-22, 2005, Washington DC.

"She" is Lindsay Allan, PhD, a professor at UC Davis. After obtaining her BSc in agriculture/nutrition in England, she received her PhD in nutrition from Davis and postdoctoral training at Berkeley. Whether she actually said that or whether those words were put into her mouth by Michelle Roberts, BBC News health reporter in Washington, DC, is difficult to say; however, the story showed up at <http://news.bbc.co.uk/1/hi/health/4282257.stm> under the headline, "Children 'harmed' by vegan diets."

"Research she carried out among African schoolchildren suggests that as little as two spoonfuls of meat each

day is enough to provide nutrients such as vitamin B12, zinc and iron... The 544 children studied had been raised on diets chiefly consisting of starchy, low-nutrition corn and bean staples lacking these micronutrients... Over two years, some of the children were given 2 oz. supplements of meat each day, equivalent to about two spoonfuls of mince... Two other groups received either a cup of milk a day or an oil supplement containing the same amount of energy. The diet of a fourth group was left unaltered... The changes seen in the children given the meat, and to a lesser extent the milk or oil, were dramatic... Adding either meat or milk to the diets also almost completely eliminated the very high rates of vitamin B12 deficiency previously seen in the children."

Fair enough. There's no B12 in corn or beans; however, if the kids got better "to a lesser extent" from just oil then part of their problem was marasmus, aka protein/Calorie deficiency. They not only weren't getting the *right* food, they weren't getting *enough* food Calories. Since oil is 100% fat and fat carries 9 Calories per gram, it fixes some of that problem.

I went to the USDA nutrient database *via* Nutritionist IV and found that a diet of only corn and beans would indeed be deficient in vitamins A, E, B2, B12, C, and calcium. Adding two spoonfuls of lean beef would fix some of the shortfalls but still leave deficiencies of vitamins A, E, C, and calcium. Leaving the beans but removing the corn and replacing it with 4 ozs of mustard greens (or similar leafy vegetable) and a gram of Red Star nutritional yeast (or other B12 supplement) would provide 100% or more of the RDA/Calorie for all nutrients, includ-

ing protein (28% of Calories), vitamins, and fatty acids.

Third world children failing to thrive on poverty rations that happen to be vegan does not establish that all vegan diets are inadequate for children.

T hird world children failing to thrive on poverty rations that happen to be vegan does not establish that all vegan diets are inadequate for children."

Professor Allen's study was partially supported by the National Cattlemen's Beef Association. The summary of the AAAS proceedings can be found at: <http://www.aaas.org/news/releases/2005/0218micronutrients.shtml>.

Comments included: "The diets of the poor are largely cereal-based, monotonous, and lacking in diversity and micronutrients," said Montague Dement, director of the Global Livestock Collaborative Research Support Program.

After that the fur began to fly with responses from both sides at: http://news.bbc.co.uk/1/hi/talking_point/4283585.stm.

A more complete rebuttal to this dismal exercise in spin can be found at: <http://www.vegansociety.com/html/>.

Subscribe to the VSH E-mail News Group

You'll receive three or four messages a month — meeting reminders, the "Vegetarian" TV schedule, and notices of special events. To subscribe, send a message to: VSH-News-Group-Subscribe@yahoo.groups.com.



Vegetarian Society of Hawaii

Calendar of Events: April - June 2005

MICHAEL GREGER, MD



“STOP CANCER BEFORE IT STARTS”

Wed., Apr. 13, 7 p.m.
Ala Wai Golf Course
Clubhouse*

In this dynamic and engaging multimedia presentation Dr. Michael Greger reveals the top whole plant superfoods that may block and even reverse tumor formation. Learn what free radicals and antioxidants really are and exactly how they work to protect your body from the ravages of aging, cancer, and other chronic degenerative diseases. Profiling specific cancers such as breast and prostate, Dr. Greger shows how a phytonutrient-rich plant-based diet may be our best protection against the cancer epidemic.

Michael Greger, MD is a nationally recognized speaker on a number of important public health and social justice issues. He has been invited to lecture at countless universities, medical schools, and conferences around the world, including the Conference on World Affairs. He is a general practitioner specializing in clinical nutrition and a founding member of the American College of Lifestyle Medicine.

Dr. Greger will give three additional talks in Hawaii:

- TBA, UH Manoa, “Going Vegetarian” Call 944-8344.
- Thur., Apr. 14, 7 p.m., Castle Medical Center, Kailua, “Stop Cancer Before It Starts” Call Castle at 263-5400 to register (required).
- Fri., Apr. 15, 7 p.m., Cameron Center, 95 Mahalani, Wailuku, Maui, “Stop Cancer Before It Starts”

KERRIE SAUNDERS, PhD



“DIET AS DISEASE PREVENTION”

Wed., May. 11, 7 p.m.
Ala Wai Golf Course
Clubhouse*

Americans eating the Standard American Diet (SAD) have a 1 in 2 chance of dying of a heart attack and a 1 in 3 chance of dying from cancer. Extensive research tells us there’s a way to make a dramatic difference in these unbelievable statistics. In this presentation you will learn to change lifestyle factors that are 100% within your control. Dr. Saunders will discuss cancer, blood sugar disorders, heart attack, stroke, and obesity and will provide practical advice on how to make the switch to a cutting edge, health promoting food and fitness plan.

Kerrie Saunders, PhD is a nationally known presenter and author whose work is featured in numerous newspapers, magazines, and e-zines as well as on radio programs. Her popular advice column, “Dear Dr. Kerrie,” is featured in the widely read magazine VegNews. She is also the author of *The Vegan Diet as Chronic Disease Prevention*.

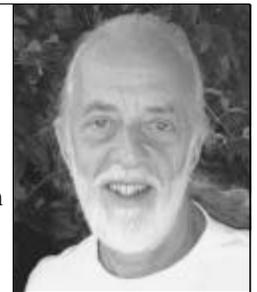
Dr. Saunders is also the Food and Fitness Consultant for the McIntyre Health Center in Port Huron, Michigan where she teaches patients and professionals how to use controllable lifestyle factors to help prevent or reverse food cravings and addiction, obesity, and many chronic disease processes.

Dr. Saunders will also speak on Maui on Thurs., May 12 at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku.

NEAL PINCKNEY, PhD

“EAT YOUR HEART OUT — OF TROUBLE”

Wed., June 8, 7 p.m., Ala Wai Golf Course Clubhouse*



Twelve years later, without surgery, Dr. Pinckney has outlived three of the four cardiologists who told him he’d soon be dead if he didn’t have immediate bypass surgery. He’s put over 750 people through his free support groups and seen four printings of his book, *Healthy Heart Handbook*, sell out. In his talk he will discuss his experience and the ways you can prevent and reverse heart disease, diabetes, high blood pressure, and lose weight.

Neal Pinckney is a graduate of the University of Southern California and Oxford University, where he received his PhD in clinical and educational psychology. He has done post-doctoral work at Stanford University and the University of Vienna. He is Professor Emeritus and former chair of Behavioral Sciences at California State University, Sacramento, and he taught at the University of California, Davis Medical School. He held a private practice in family and individual therapy and psychoanalysis for nearly 30 years. He is founder and director of the Healing Heart Foundation (www.kumu.org).

Dr. Pinckney will also speak on Maui on Friday, June 10th at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku.

*The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Ave., .2 miles behind the Waikiki-Kapahulu library. Lectures are FREE and open to the public. Donations are appreciated and tax-free. Call 944-VEGI or visit VSH.org for more info.



Dr. Doug Lisle's presentation of *The Pleasure Trap* drew 120 veg-friendly people to McCoy Pavilion in January.



Straub cardiologist John Kristofich offered practical advice on preventing heart disease at the February meetings.



Boston author Erik Marcus provided an overview of his latest book, *Meat Market: Animals, Ethics, and Money* at the March meetings.



1Q2005 VHS Guest Speakers

Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application

Please Print

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_____ 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

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

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

Life membership \$400

\$_____ additional tax deductible donation

Please check one:

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

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

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

On the Menu...

Recipes from our members



Get the **WHOLE** Picture

by Mary Arakaki, RD
VSH Board Secretary

Earlier this year the United States Department of Health and Human Services and the Department of Agriculture released the *Dietary Guidelines for Americans 2005*. These guidelines encourage Americans to eat fiber-rich fruits, vegetables, and whole grains often. Maybe the ancients were onto something. We know that 2,000 years ago fruits, vegetables, and whole grains made up the bulk of the human diet. Today foods that were revered in ancient times are promoted for health

Whole Foods Conference

Location: Kapiolani Community College, Ohi'a Building

Date: Sat., Apr. 23

Time: 8:30 a.m. – 2 p.m.

Registration deadline: Apr. 8

Cost: General \$25, students and seniors \$20 (Late fee \$10.00)

Mary Arakaki, RD will present an introduction to whole foods and explain their nutritional benefits.

Kukui and Gary Maunakea-Forth of Mala 'Ai 'Opio Organic Farm in Waianae will share how their internship program impacts the youth and community of Waianae.

Chef Paul Onishi will give a whole foods cooking demonstration.

enhancement and disease prevention. Phytochemicals and whole foods are new buzzwords. But do they work? If you would like to learn more about whole foods, consider attending Bastyr University's 2005 Dietetic Internship Conference. The title of this year's conference is "Get the **WHOLE** Picture! Nutrition and Whole Foods."

Come early and visit the Farmers' Market at KCC, which opens at 7:30 a.m.. Bring a cooler for your purchases.

To get more ancient grains in your diet, try this:

Quick Lemon & Garlic Quinoa Salad

Quinoa has an excellent nutritional profile (10.5 grams of protein per cup). This unique whole grain, the staple food of the Incas, is also rich in calcium and iron.

Salad

1 cup dry quinoa
8 cups water
Pinch of sea salt
1/2 cup carrots, chopped
1/3 cup parsley, minced
1/4 cup sunflower seeds

Dressing

2-3 cloves garlic, minced
1/4 cup freshly squeezed lemon juice
1 Tbsp extra-virgin olive oil (reduce or omit if avoiding added oil)
2 Tbsp tamari or shoyu

Rinse quinoa with warm water and drain through a fine strainer. Place quinoa in 3-quart pan and dry roast on low heat (about 5-8 minutes). Stir grains constantly until they begin to change color and give off a nutty aroma. Bring

water to a boil in a large pot. Add salt and toasted quinoa to the boiling water and boil for 10-12 minutes. Remove from heat and drain through a large strainer (in the same way you would prepare pasta).

Prepare dressing and place in a large bowl. Add carrots, seeds, and parsley. Add cooked quinoa and toss well. Serve at room temperature or chilled. Delicious served on a bed of greens.

Preparation time: 15-20 minutes.
Makes 4 to 6 servings.



What's Cooking?

This quarter's
vegan cooking classes:

Kapiolani Women's Center
1907 S. Beretania St.

Call for class schedule, registration, and other details. "Call-a-Nurse" at 535-7000 or visit kapiolani.org.

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

Classes are held monthly.

Call 263-5400 or visit CastleMed.org to register (required) and for more information.

Masa Soup

In memory of Masa Yafuso,
11/19/26 - 6/18/04

by Neal Pinckney, PhD and
Bill Harris, MD

Here's a simple recipe for a healthy soup as cooked up by Neal Pinckney but in the manner, we hope, of Masa and Harriet Yafuso. Masa and Harriet labored for years to introduce healthy eating to the public, usually through food demonstrations at Seventh Day Adventist churches on Oahu as well as at the former Kaiser Vegan Lifestyle Clinic. The demos. were usually packed with enthusiastic listeners, and Masa and Harriet gave stellar performances each time.

Masa's favorite green is edible hibiscus, which he grew and distributed himself. It's not in the USDA nutritional database, however, so we used bok choy instead. It was the leaves of the hibiscus plant, which can reach as much as 18 inches in diameter, that in-

spired Neal to make up this soup. Limited data indicates that the hibiscus is as good as or better than bok choy, which is better than just about anything else. The chart shows that Neal's Masa Soup meets the RDA per Calorie for everything but vitamin B12, and you could fix that by dropping a tablespoon of Red Star T6635+ yeast into it. After that you can feast on as much or as little as you wish and know that at least that part of the day's intake is complete. This recipe is for 32 servings. Since most people won't want to make such a large quantity, we should note that it can be made to serve 8 if 1/4 of the amounts are used. Neal reckons the cost at about \$.31 per serving.

- 2 oz balsamic vinegar*
- 2 1/2 C Maui onions, chopped
- 1/2 C garlic, chopped
- 2 1/2 C split peas
- 1/2 C pearled barley
- 2 oz fresh oregano (or about 5 T dry)
- 1 T white pepper, fresh ground (black pepper adds a bit more flavor)
- 2 oz Bragg's Liquid Aminos
- 2 lb carrots, washed but not scraped



Masa Yafuso

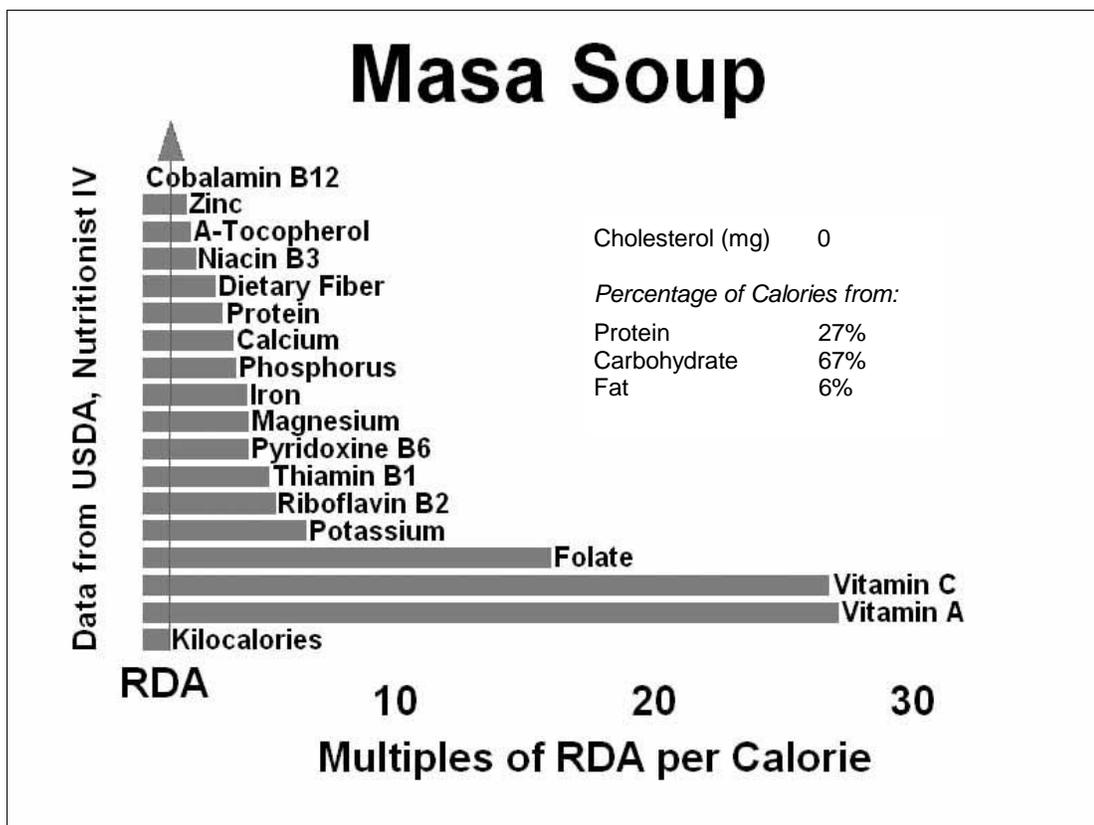
- 1 lb broccoli
- 1 lb asparagus
- 6 lb makina/bok choy or edible hibiscus
- 1 T Wright's Liquid Smoke (optional)

**The quality of balsamic vinegar used is critical to the final flavor. Cheap balsamics found in supermarkets and Costco do not have the potency or richness of flavor of aged balsamic. Try balsamic found at a natural food store.*

Cook onions and garlic in balsamic vinegar until onions are transparent, add 6 C water, split peas, and barley. Boil for 25 minutes or until peas are tender.

Add carrots and Bragg's Aminos and cook 15 minutes at a hearty simmer. Add all other ingredients and water until bok choy is covered. Heat at a light boil only until vegetables are blanched. Remove from heat and puree until smooth in a blender.

Makes about 8 quarts. This soup is concentrated; when serving, add 35% to 50% water for a still thick consistency and full flavor. Freezes well, keeps up to one year frozen or three weeks refrigerated.



Book Reviews

The China Study

by T. Colin Campbell, PhD
with Thomas M. Campbell II

Reviewed by Neal Pinckney, PhD
VSH Member

One seldom finds a book based on scientific study that is so readable, enjoyable, and informative as *The China Study*, by T. Colin Campbell with his son, Thomas M. Campbell II. Those of us fortunate to know Dr. Campbell (he was the VSH monthly speaker in January 2003) are impressed by his charm, dedication, ethical integrity, and warm sense of humor.

All of these are evident from the first page of the introduction through the last page of the interesting appendixes of this 417-page treasure.

In the book Campbell clearly and compellingly debunks the junk science of myths and popular misconceptions about nutrition, fad diets, and medical fallacies. To paraphrase one of my

favorite gems in the book, most of the diseases that lead Americans to hospitalization and early death come from three things: breakfast, lunch, and dinner. He explains what we are doing wrong and what we should be doing as well as how to accomplish this. He also

points out how government and business affect and influence our choices.

Although the implications of Dr. Campbell's monumental project called the China Study, a 20-year investigation of health and diet involving Oxford University, the Chinese Academy of Preventive Medicine, and Cornell University, form the nucleus of this book, Dr. Campbell's 40 years of research, teaching, and testimony at the highest government levels add flesh and blood to the science. The book is divided into four parts: The China Study, Diseases of Affluence, The

Good Nutrition Guide, and Why Haven't You Heard This Before? Each part is factual and often frightening in what it reveals.

A good way to share the importance of this book is to quote a few of the experts:

John Robbins: "...superbly written and profoundly important. Dr. Campbell's work is revolutionary in its implications and spectacular in its clarity."

Neal Barnard, M.D.: "...a major turning point in our understanding of health."

The New York Times: "...findings from the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease are challenging much of American dietary dogma."

This book serves as a reference for diet and prevention of disease, a resource for those who are asked why they are vegetarian or vegan, and a powerful motivator for all.

The China Study, Startling Implications for Diet, Weight Loss and Long-Term Health by T. Colin Campbell, PhD with Thomas M. Campbell II, Dallas, Benbella Books, 2005.

The Sun, the Rain, and the Apple Seed: A Novel of Johnny Appleseed's Life

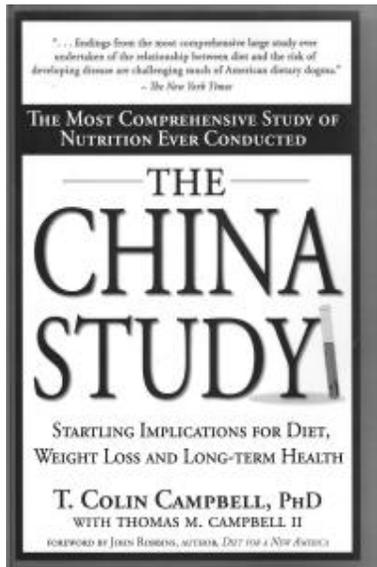
by Lynda Durrant,

Reviewed by Eva Uran
VSH Member

For sure, most of us have heard about Johnny Appleseed (1782-1841), the legendary tree planter who scattered apple seeds wherever he journeyed across the U.S. Northeast and Midwest, leaving behind a legacy of apple trees for generations to follow. But how many of us are aware that he was also an avid vegetarian, pacifist, and diplomatic peacemaker dearly beloved by both settlers and Indians who were constantly at war with each other? Wouldn't it be wonderful if we could read to our children and grandchildren the story of a vegetarian hero for a change? The sad fact is that many children's storybooks are filled with details of meat eating, fishing, hunting, or pigging out on junk foods. Our storybooks are sorely lacking in vegetarian models.

Lynda Durrant has created a spiritually evocative 200-page novel based on seventeen biographies of John Chapman. She provides a soul-stirring, thundering revelation of his mission – salvaging thrown away apple seeds for planting in the far reaches of the country, claiming that "God has given me this mission as His great gift. Apples

(Continued on next page)



Note: *The China Study*, and other popular vegetarian-friendly books, may be purchased from Amazon.com through the VSH.org website. Click on "Booklist." VSH receives a small fee for each book purchased in this way.

(Continued from page 14)

will abolish hunger, then want, then warfare; for once we all have enough to eat, there won't be a reason to fight with one another."

Johnny started out as a wide-eyed idealist, only to come to grips with people's orneriness and hostilities. He sojourned in the bitter cold of winter with a saucepan for a hat, digging holes and planting seeds with his bare hands, plagued with bouts of winter ague, and finding only occasional refuge in wilderness cabins. Captured by hostile Indians bent on beating him to death in their notorious gauntlet, he had to figure out a diplomatic way to convert enemies to friends. His humility, humor, and generosity won hearts all over the country. He never carried a gun, fearing no man or wild beast. Although he refused to hunt or fish even in the dead of winter and survived on corn mush and wild plants, he had the stamina to march thousands of miles; he even ran for days without food and water to warn settlers to flee from Shawnees on a warpath, outrunning the most fleet-footed Indians.

Years later grateful families of Indians and settlers alike welcomed him into their houses, offering him what they considered their best meat dishes in reward for saving their lives from winter starvation with his now fruiting apple trees. Cornplanter (an Indian chief) offered him venison and raccoon stew. Appleseed politely declined, "I'll thank him for it, but I don't eat meat... Corn, squash, and beans will suit me fine." An overjoyed housewife offered to give him the "best supper" he has ever eaten: "Catfish, pork-chops, pot green, cornbread..." to which he diplomatically replied, "The cornbread, pot greens, blackberry cobbler, pie, and tea would be a powerful blessing, ma'am." He proved to be years ahead of his



time as an avid environmentalist as well, be-moaning progress symbolized by the Pittsburgh's belching smokestacks and polluted rivers.

Ironically, Johnny was arrested and jailed for neglecting to pay taxes in spite of having rendered so much good to humanity. The most striking testimony in his favor: "He lives his life for others. He treats everyone and everything with compas-

sion and loving kindness. And he's so happy! Happy all the time!" Indeed, he was happy enriching the lives of others and the earth. What did all the others say in his favor? Will the testimony of all his friends and relatives sway the judge into releasing him? Read and find out.

This is a beautifully written book about one simple man who made a huge difference. I found it more captivating and inspiring than any of its non-fictional counterparts. The book is available at the public library.

The Sun, the Rain, and the Apple Seed, by Lynda Durrant, Clarion Books, New York, 2003

Carbophobia! The Scary Truth About America's Low-Carb Craze

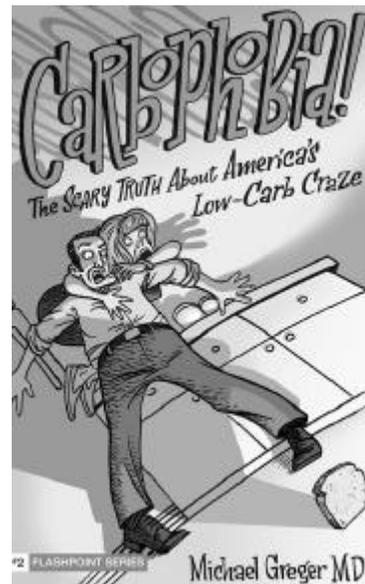
by Michael Greger, MD

"Carbophobia convincingly demonstrates why high-protein, low-carbohydrate diets such as the Atkins diet are harmful. Before eating the next cow, read this book."—William C. Roberts, MD, Director, Baylor Heart and Vascular Institute, Editor in Chief, *The American Journal of Cardiology*.

Everywhere you go these days, it seems, the Atkins "A" can be found. In the first six months of 2004 no fewer than 1,864 new "low-carb" products were launched -- everything from low-carb pasta to low-carb gummy bears. Yet warnings from medical authorities continue to pour in. How have low-carb diet gurus man-

aged to mislead millions of people into a diet opposed by so many -- including the American Dietetic Association, the American Medical Association, the National Academy of Sciences, the American Cancer Society, the American Heart Association, and the National Institutes of Health?

In the first book of its kind Dr. Michael Greger draws together decades of research to decisively debunk the purported "science" behind the low-carb claims. *Carbophobia!* documents just



how ineffective the Atkins Diet and other low-carb plans have been in producing sustainable weight loss and lists the known hazards inherent in the diet. This is not a case of academic "he said/she said." It is a case of major food industry players choosing to ignore all the current evidence-based dietary recommendations to protect their financial interests no matter what the human cost.

Carbophobia! The Scary Truth About America's Low-Carb Craze by Michael Greger, MD, Lantern Books, 2005.

Source: Amazon.com

Health Food Consumers and Environmentalists Push For GMO Regulation in Hawaii

by Maris Abelson
VSH member

Although a few bills calling for the regulation of GMOs (genetically modified organisms) have been introduced in the Hawaii State Legislature in the past, this year there was a large citizen-led push for regulation, and 17 bills were introduced. Following the GMO-Free Hawaii State Conference on Maui, various groups working on GMO regulation, including The Waikiki Civic Club, KAHEA: The Hawaiian Environmental Alliance, Life of the Land, and Earthjustice, wrote testimony, attended hearings, and spoke personally to legislators about genetically engineered food. The bills that were most strongly supported by the community were: 1) a bill that would require public disclosure before Hawaii's species are patented by biotech corporations, 2) a bill that would regulate biopharmaceutical crops in Hawaii (food crops that are genetically engineered to produce drugs), and 3) a bill that would transfer liability for genetic crop contamination from farmers to the corporations that create the GMO seeds.

Many health advocates argued that open-air biopharmaceutical crops that are engineered to produce experimental vaccines or contraceptives could easily contaminate seed and backyard crops, putting the health of Hawaii's families at risk.

Although a huge amount of testimony was submitted by concerned consumers, organic farmers, environ-

mentalists, and students, all of the bills were deferred until next year's session. Organizers are planning to call for legislative hearings on the subject after the session ends in an effort to educate lawmakers about the issue.

If you would like to learn more about GMOs, please go to <http://organicconsumers.org/gelink.html> or GMO-Free Hawaii's website: <http://www.higean.org/>. For information about kNOwGMOS on Oahu, please call Maris Abelson at (808) 236-0853.

Recommended Books, Videos, and Websites

VSH is phasing out its book sales program in favor of a higher tech alternative -- online ordering. Most of the books (alphabetized by author) and videos in the list found at: www.vsh.org/booklist.htm may be ordered by simply clicking on the title, which is hyperlinked to Amazon.com. Prices vary widely and some of the older books cost less than a dollar. There are nearly 50 books listed, from the Keith Akers classic "Vegetarian

Sourcebook" of 1990 to T. Colin Campbell's "China Study" just released in 2005.

VSH is an Amazon Associate, so clicking on a title on the VSH.org website and buying it at Amazon is not only a good way to get a wider selection of books than we can take to meetings and tabling events but will also bring a 5% commission to VSH.



Vegetarianism Gains Exposure in UHM Newspaper

by Eva Uran
VSH member

The March 10, 2005 edition of Ka Leo O Hawaii, the student's newspaper published by the University of Manoa, came out with a half-page article on its editorial page actually promoting a vegetarian diet! It was forwarded via U-Wire (probably University Wire system) from Iowa State University, written by Jeremy Dehlert. Wow! Iowa, where corn is grown to feed beef cattle! At last they are coming to their senses.

The article, titled, "Hold the spatula, stop feeding the meat industry," (p. 4) sounds off just as John Robbins, author of "Diet for a New America," has claimed all along -- that meat eating wastes water, soil, and energy resources, pollutes the environment, increases cancer and coronary disease rates, and inflicts unnecessary cruelty onto animals.

In big, bold letters in the middle of the page, the article states: "If we really want to save the environment and produce a better world for ourselves and our progeny, we must eliminate, or at least cut back, our consumption of meat. It is a simple choice that makes a huge difference."

At the end of the article the readers are informed that if they want to find out more about where their meat comes from, they should visit MeetYourMeat.com. They are forewarned that if they visit this website, they may never want to eat meat again.

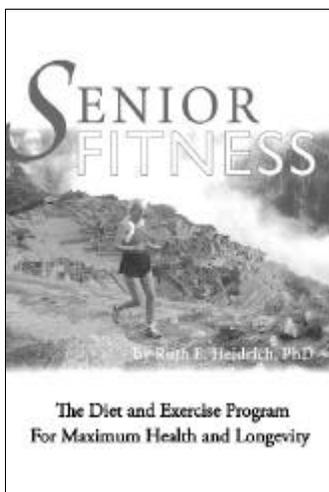
To read this article in full, go to: http://www.kaleo.org/vnews/display.v/ART/2005/03/10/4230033abfb6a?in_archive=1.



Dr. Ruth's New Book Available Now

VSH past president Ruth Heidrich releases *Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity*

The senior years don't have to be filled with aches and pains. At age seventy VSH founding Board member and past president Dr. Ruth Heidrich has the bone mass density of a woman in her early thirties and a resting heart rate of forty-four. Since being diagnosed with breast cancer at the age of forty-seven and switching to a vegan diet on the advice of then Hawaii physician John McDougall, she has won more than nine hundred athletic trophies and medals and has been cancer-free for



more than twenty years.

In *Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity*, the "other" Dr. Ruth shows how to maintain and even increase physical and sexual fitness at any age and to dramatically reduce the risk of cancer, osteoporosis, diabetes, cardiovascular disease, arthritis, Alzheimer's, and a host of other ailments and diseases. Full of detailed medical information, this inspiring handbook is the ideal resource for all those seeking to make life after fifty

full of fun and dynamism.

A native of Hawaii, Dr. Ruth is a graduate of UCLA and holds a master's degree in psychology and a doctorate in health education. She is the author of *A Race For Life* (Lantern Books, 2000) and *The Race For Life Cookbook*. She is a certified fitness trainer and holds three world records for fitness in her age group at the renowned Cooper Clinic in Dallas. In 1999 she was named one of the "Top Ten Fittest Women in North America" by Living Fit magazine.

Source: Lantern Books (lanternbooks.com)



Dr. Ruth Heidrich

(Veg Speech *from page 1*)

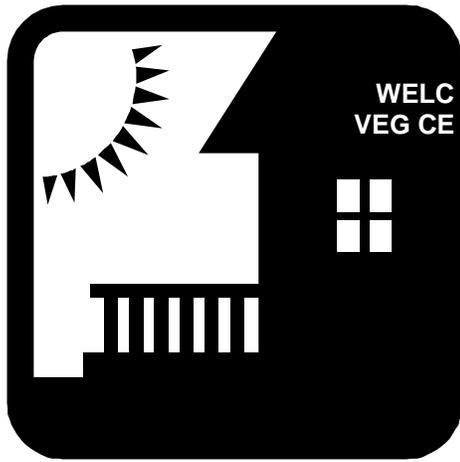
cle, who regularly visits from Colorado, is also a vegetarian, as is his uncle's daughter.

Rad explains that because kids at school seemed to have a certain curiosity about his lunch box contents and eating habits, this speech contest presented the perfect opportunity to clarify his seemingly strange ways to everyone at once. He is a good spokesperson for the subject of vegetarianism because of his healthy, vibrant appearance. He's also a tennis player with several trophies to his name, so that also speaks nicely for vegetarians as well.

Good going, Rad, and congratulations!



Punahou student speech contest winner Radheya Fournier with sister Sridevi Fournier, grandmother Lynn Weir, and mother Rasa Fournier.



Vegetarian Center Proposed

by Eva Uran, VSH member

It was in the annual president's report that I first heard the idea of a vegetarian center. In response to the Board's suggestion, I decided to bring a proposal to VSH members. First I'll describe the mission of the center, then the challenge of starting one, and, finally, a proposal of how to bring it to fruition.

The Mission. The mission would be to create an information center to help people make the transition to a vegetarian/vegan diet by offering reference library and meal demonstration services. The library would contain books, a computer with favorite vegetarian sites, and videos that can be viewed on the spot or copied for later use. In a way, it would be like a vege-

tarian museum. This would be an exciting new concept for us. The question is how to go about doing it.

The Challenge. The idea has been proposed that we call out to philanthropists within our own ranks who might be willing to share or provide a house or building, someone willing to plant a seed to make a big difference – like Johnny Appleseed (see my book review in this issue), and someone who values social good. The social good would be to attract larger numbers of people to vegetarian lifestyles and good will toward man and animals. The center could become a model for others like it around the world, given our epicenter for worldwide tourism.

The Proposal. The center could be run by student volunteers who could be housed in the premises (and partially fed on garden food) in exchange for a designated number of hours of work a week. Volunteers could perform work as receptionist, administrator, web designer, meal preparation instructors, diet counselors, librarians, and gardeners. We would hope to attract people who are seriously considering a transition to a vegetarian diet but are not sure how to go about it. If we can impress on our potential new converts how tasty and nutritious vegetarian meals can be, there is a better chance of winning them over.

If you'd like to help to create a vegetarian center in Hawaii or to volunteer for this or other VSH activities, call VSH at 944-VEGI (944-8344) or send an e-mail to info@VSH.org.



Be a part of one of the largest and fastest growing vegetarian societies in the country and help spread our healthful and compassionate message throughout the islands. Volunteers are vital to our success and every little bit helps. Call 944-VEGI (8344) or e-mail info@VSH.org.

On TV...



"Vegetarian"

Oceanic Cable Channel 52

Thursdays: 6-7 p.m.

VSH meetings & more

"Tasty & Meatless"

Oceanic Cable Channel 16

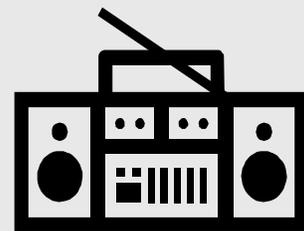
Airs multiple times a week.

Check your local listings.

"McDougall, MD"

Tuesdays 8:30-9 a.m.

Oceanic Cable Channel 26



...and Radio

"Nutrition & You"

Ruth Heidrich, PhD

Terry Shintani, MD

John Westerdahl, PhD

Sundays: 8-9 p.m.

K108, AM 1080

Call-in line: 524-1080

"Health Talk"

Hosted by Hesh

Saturdays: 8-9 a.m.

K108 (AM 1080)

Call-in line: 524-1080

(Factory Farms *from page 6*)

Factory farm workers often beat chickens with metal rods and use poles to stun them. Then they are shipped to the slaughterhouse. On the way there some of the chickens die from extreme heat or cold. At the slaughterhouse they're hooked up to machinery by their feet, have their necks sliced open, and their bodies soaked in scalding hot water, many times while fully conscious. Many watch their own blood drain from their bodies as they bleed to death. Chickens are sentient beings who are capable of feeling pain as well as happiness and joy. They certainly don't deserve to be treated like no beings at all.

We all live on the same planet. We all deserve to have rights. We all deserve to be treated fairly no matter how big or small.

Cows are very loving, sweet, and caring toward their families in their own natural environment. But on factory farms they lead miserable lives and die a very painful death. Workers push and shove them with electric prods in order to get them to go where they want them to go. They are hung upside down by one foot prior to slaughter. For kosher meat the slaughter takes place while the animal is fully

conscious. They wait a few minutes for the blood to rush to the cow's head as the cow is crying and struggling to get free. Then they cut the cow's neck.

They are then sent to the butcher where their dead bodies are cut up, packaged, and sent to the stores for the many people who unknowing consume this terror.

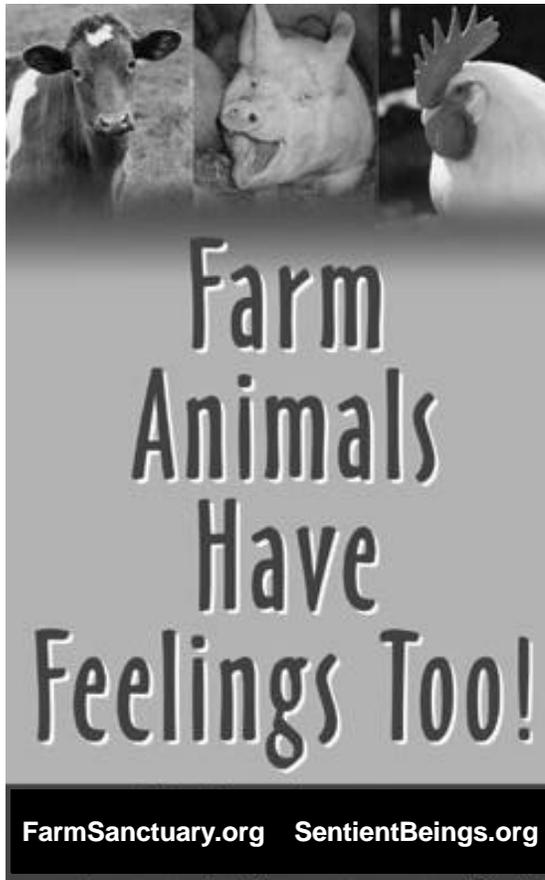
Pigs, like cows, can feel love and be part of a family. Instead, frightened piglets are taken away from their mothers soon after birth to be fattened for

slaughter. No matter how you look at it, pigs, like us, certainly do not want to die. Pigs, who can hear other pigs squealing while being beaten and killed, do not want to move down the line to be killed. I know I wouldn't. They are then, like cows, sent to the butcher to be sliced and packaged. Anybody with a right mind would not want to see their pets suffering. So why let other animals suffer? They are more like humans than you think. They have families, care for their young, communicate with each other, and play with friends. They like to roam the range and live a happy fun-filled life. Unfortunately, none of this is possible. This is wrong. No animal should have to die for somebody else's taste buds. Just because we are people and we have the power to torture animals doesn't make it right. And besides, who would want to eat a dead animal?

We all can stop animal suffering in our own homes. Tell your friends and family to stop eating animals. It's that simple.

For more information, visit:
MeetYourMeat.com
PetaKids.com
PetaTV.com
VegetarianStarterKit.com

Gabrielle Kristofich is a seventh grade student at Moanalua Middle School. Her father, Straub cardiologist John Kristofich, was the VSH meeting speaker in February. Gabrielle, her parents, two brothers, and four dogs share a vegetarian home in Kailua.



(Dog Meat *from page 6*)

Inspections and safeguards exist in the dog meat trade, however, and in EnviroWatch's investigation the dogs were kept in filthy conditions, and slaughtering, distribution, etc., were completely unmonitored. The investigation also revealed that some drug addicts support their habit by stealing dogs from families or catching strays and selling them to those in the dog meat trade.

Thus there is a link between the two types of illegal activity, and enforcement of prohibition of dog and cat meat could therefore help fight illegal drug activity. Yet this was considered not important enough to warrant a hearing.

According to Carroll Cox, Hanabusa agreed (in a later phone conversation with him) to hear the bill as long as it passed out of the House. But Speaker Calvin Say killed the bill on March 4th by not giving it a hearing in

the House so it couldn't cross over to the Senate. Rep. Say stated that the Filipino Caucus (about 4 legislators) opposed it. So, a bill supported by thousands was defeated by a handful of lawmakers. Scores of people who supported this legislation with written and oral testimony, faxes, letters, and e-mails were ignored if not betrayed by the politicians elected to represent them.





CowsAreCool.com

fashion victim

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of Hawaii**

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