



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOL. 18, ISSUE 4, OCT – DEC 2007

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Public Lectures*

CHEF LESLIE ASHBURN

**“HEALTHY WHOLE FOODS
IN A FLASH”**

**Sat., October 20th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

**FAST FOOD NATION
A FILM**

**Sat., November 10th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

JIM MASON, J.D.

**“THE WAY WE EAT: WHY OUR
FOOD CHOICES MATTER”**

**Sat., December 8th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

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

Thanksgiving Eve Dinner: You're invited

by Karl Seff, Ph.D.
VSH Board member

After October comes ... uh Thanksgiving, and with that the holiday season is upon us with its mall shopping, colorful decorations, festive parties, family and friends, and decadent food. To set the pace for a season that bypasses the decadent food, the Vegetarian Society of Hawaii presents its annual Thanksgiving Eve Dinner. Our friends at Govinda's Restaurant warmly welcome us back and will again do their best to make the evening memorable.

This event is well known for bringing together the diverse arms of the vegetarian community, including animal rights activists, environmentalists, health vegetarians, ethical vegetarians, and people of various religious groups. We are the Honolulu Vegetarian Family.

Vegans, vegetarians, their friends and families, and anyone else interested in a healthy holiday meal are welcome.

As always, the buffet meal will be cruelty-free, healthy, low-fat, and vegan. No hydrogenated oils, no MSG, no preservatives, and no artificial colors or flavors will be used. The ingredients will be organic

wherever possible, and the traditional fare will be nearly entirely homemade.

The cost is \$14 for adults and \$10 for children under 12. Seatings will be at 5 and 7 p.m. on Wednesday, November 21st. Govinda's is located in the Hare Krishna Temple at 51 Coelho Way off the Ewa (Honolulu-bound) side of the Pali Highway, just before the Nuuanu Avenue exit. Call 595-3947 for recorded directions.

For reservations, please call Teja at 271-4780. If you get a recording, just leave your name, phone number, the number of people in your party, and the seating time you prefer. Any questions about the meal should be directed to the friendly folks at Govinda's.

We hope to see you there!

Menu

**Green Salad
Tofu Turkey
Faux Ham
Mashed Potatoes & Gravy
Stuffing
Fresh Cranberry Sauce
Baked Yams
Green Beans Almandine
Dinner Rolls
Fresh Pumpkin Pie
Cinnamon Apple Slices in Sauce
Herbal Tea**

Call 271-4780



PRESIDENT'S MESSAGE

by Alida Rutchick, M.Ed.

The Island Vegetarian

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

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Visit our website for
online lecture videos,
a restaurant guide,
TV and meeting schedules,
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and more.

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Scott Snarr

Mahalo
to all our volunteers!

Greetings.

This quarter we have reached a significant turning point in our operations. Jim Brown—VSH vice president and newsletter editor—has created his last issue of The Island Vegetarian. Scott Snarr, founder of the Vegetarian Club at UH Manoa, recent UH graduate (Congratulations, Scott!), long time vegan, and VSH volunteer for the past four years, will take over beginning with the next issue. Our thanks go out to Jim for his seven plus years of service with the newsletter. His many and varied talents will be focused on other equally compelling activities in support of the VSH mission. He will continue to coordinate speakers for the monthly public lectures, maintain the VSH website, create flyers and other promotional materials, and help organize the monthly potluck/lectures on Kauai from his home on the Garden Island. Meanwhile, Scott will be orienting himself to a new design program and computer in Taiwan, where he will live and teach for the next 12-18 months. By the way, we are in the process of trying to find a printing company that is interested in doing a little *pro bono* work for a non-profit organization (VSH, that is). The newsletter is one of our biggest expense items. If we could save the cost of the printing alone, we'd be in a better position in the long run to continue bringing in monthly speakers. If you know of anyone who might be able to provide this service, please email us at info@VSH.org.

Two other enhancements to our program offerings are thanks to Dr. Bill Harris: Available now online are vintage VSH t-shirts; see page 13 for details. Also, more than 75 VSH lectures are available for viewing online at VSH.org. See page 12 for more information.

VSH-ers who are also members of the Kaiser Permanente Medical Care Program might notice a mention of VSH's monthly free public lectures in the KP L.I.F.E. calendar beginning in January 2008. This publication is sent to 10,000 people in Hawaii and is sure to greatly increase VSH visibility in our community.

In this quarter our annual pre-Thanksgiving Dinner will again take place at Govinda's off the Pali Highway (see page one). Those who regularly attend this wouldn't miss it (myself included!). It really is a great way to mark this important observance, which might otherwise—for vegetarians—be a bit of a letdown in the holiday season. If you haven't attended, do give it a try. I hope to see you there.

Aloha,

Almond pasteurization testimony

by William Harris, M.D.
Founding VSH Board member

July 11, 2007

To whom it may concern:

I wish to protest the impending decision by the California Almond Board to pasteurize most of its annual almond crop. As a consumer I prefer to eat my food raw, and since raw, unblanched almonds are an important protein source in my diet, this decision appears to me arbitrary and illogical.

However, as a retired clinician, I believe the decision also to be ill-founded scientifically. It would appear that pasteurization has been selected as a legal response to a spate of salmonella enteritidis cases occurring in the years 2001-2006 and well documented in a series of peer-reviewed articles.

(1. J Food Prot. 2007 Apr;70(4):820-7. Prevalence and amounts of Salmonella found on raw California almonds. Danyluk MD, Jones TM, Abd SJ, Schlitt-Dittrich F, Jacobs M, Harris LJ.

2. J Food Prot. 2006 Aug;69(8):1851-7. Survival of Salmonella enteritidis phage type 30 on inoculated almonds stored at -20, 4, 23, and 35 degrees C. Uesugi AR, Danyluk MD, Harris LJ.

3. J Food Prot. 2006 Jul;69(7):1594-9. Monte Carlo simulations assessing the risk of salmonellosis from consumption of almonds. Danyluk MD, Harris LJ, Schaffner DW.

4. J Food Prot. 2006 Apr;69(4):712-8. Growth of Salmonella Enteritidis

phage type 30 in almond hull and shell slurries and survival in drying almond hulls. Uesugi AR, Harris LJ.

5. J Food Prot. 2005 Jan;68(1):191-8.

An international outbreak of salmonellosis associated with raw almonds contaminated with a rare phage type of Salmonella enteritidis. Isaacs S, Aramini J, Ciebin B, Farrar JA, Ahmed R, Middleton D, Chandran AU, Harris LJ, Howes M, Chan E, Pichette AS, Campbell K, Gupta A, Lior LY, Pearce M, Clark C, Rodgers F, Jamieson F, Brophy I, Ellis A; Salmonella Enteritidis PT30 Outbreak Investigation Working Group.)

While I accept the evidence that the Salmonella may well have been

passively transmitted by almonds, particularly those that became damp after falling to the ground, it would seem there are other unmentioned considerations. Plant foods are not an intrinsic source of nutrients for the microbes pathogenic to humans that over a 500

million-year period have adapted to their host's "internal milieu." Specifically, Salmonella grows best on a media enriched with beef extract and bile salts, both slaughterhouse byproducts. (Baron EJ, and Finegold SM. Diagnostic Microbiology. p A-24 C.V. Mosby. St.Louis 1990. ISBN 0-8016-0344-7.) There is no mention of almonds or almond extract anywhere in this book devoted to the arcane topic of labora-

tory culture media for pathogenic organisms. Out of 116 laboratory culture media used to grow and isolate bacteria that cause human disease, 97 contain blood, milk, serum, brain, heart, bile,

“It appears that almost all human contagious disease originated from domesticated animals...”

eggs, and other animal material. (Ibid p 657)

It appears that almost all human contagious disease originated from domesticated animals in which the organism was benign until it mutated and jumped the species barrier into

humans (E. Fuller Torrey, M.D., Robert H. Yolken, M.D. Beasts of the Earth: Animals, Humans, and Disease. Rutgers University Press, New Brunswick 2005 ISBN 0-8135-3571-9). This thoroughly referenced and scrupulously scientific work concludes that domestic fowl first blessed us with the



Paramount Farms

Salmonella organism but notes also that it can be transmitted by cattle and cattle manure.

The initial Salmonella outbreaks seem to have involved almonds grown and processed by Paramount Farms, Lost Hills, CA 93249. A visit to its website www.paramountfarms.com

(See Testimony on page 19)

Vegan tidbits

by Scott Snarr
VSH member



It Pays to Go Veggie

In the UK vegetarians are finally getting the break they deserve when it comes to life insurance. Non-meat eaters who sign up with Animal Friends Insurance Services (AFI) will save 6-10% on premiums. "The risk of vegetarians suffering from some cancers is reduced by up to 40% and from heart disease by up to 30%," explains Elaine Fairfax, managing director of AFI. The policy is underwritten by LV (formerly Liverpool Victoria). AFI also offers insurance for cats and dogs. Net profits are donated to charities that help animals.

Google news search: "Animal Friends Insurance" See also www.animalfriends.org.uk.

Animal Rescuers up a Creek

A group of Amitabha Buddhists performed an annual ritual on August 12 when they bought hundreds of frogs, turtles, and eels destined for dinner plates from Chinatown in New York and released them into New Jersey's Passaic River. While members of the vegetarian group may have saved

these animals from being boiled alive, they have gotten themselves up to their necks in hot water, so to speak. The group did not have the required permit for releasing animals into the wild, which could upset the local ecosystem. New Jersey's environmental authorities are trying to track down the people responsible.

Google news search: "Amitabha Passaic"

Vegetarian Times Goes Green?

Don't be fooled by the new magazine on the newsstand this month called "Greens;" only the title is new. "Greens" is the experimental new name for the "Vegetarian Times." Spokespersons say they will try the name for two issues to see how it is received by its readers, of which only 40% identify as vegetarians. Critics say the name change comes as no surprise since the magazine abandoned its activism years ago and now carries little more than ovo-lacto-vegetarian recipes.

Google news search: "Vegetarian Times Greens"

Veggies Get Branded

For the first time in their 62 years of existence, local vegetarian organizations across Canada are banding together to form a national body, the Canadian Vegetarian Association (CVA). The non-profit group aims to counter negative stereotypes and to "brand" vegetarianism in much the same way the dairy, egg, and meat industries have branded their products. The CVA has also developed a trademark that will be used as a seal of approval on vegetarian-friendly products sold throughout the country. About 1 in every 25 Canadians is a vegetarian. *See www.canadianvegetarian.org for more info.*



Letter to the Maui News

All this concern about dogs and none for animals we eat

Our national media have had a field day reporting on allegations that Atlanta Falcons quarterback Michael Vick ran a brutal dog fighting operation and personally slaughtered eight dogs. Yet no one ever reports on the brutal slaughter every hour of every day of every year of a million cows, pigs, and other innocent, sentient animals who are just as deserving of our respect and compassion as Vick's dogs.

There is no life before death for these animals. In today's factory farms baby cows are torn from their mothers at birth and chained by the neck for 16 weeks in tiny wood crates to produce veal. Breeding sows are impregnated artificially and confined in similarly tight metal cages. As many as seven laying hens are stuffed for months in a metal cage the size of a folded newspaper.

Following this unconscionable abuse, the animals are trucked for hours without food or water and exposed to extreme cold or heat. Many never make it. At the slaughterhouse, they are frequently dismembered, skinned, scalded, or drowned while fully conscious.

Every dollar we spend for meat or dairy products at the checkout counter is our direct subsidy for animal cruelty. Let's remember our own responsibility whenever we get upset over the latest report on Michael Vick's cruel treatment of his dogs.

Mason Walters
Wailuku

<http://mauinews.com/story.aspx?id=32796>

Join 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 join, send a message to:

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

Eat veggies, help world

by Michael F. Jacobson, Ph.D.

So you're using the air conditioner a bit less and you replaced your old light bulbs with high-efficiency ones. Perhaps you've traded in the Hummer for a Prius or, better yet, are giving public transportation a spin. Those steps, big and small, will all help slow down global warming and otherwise be helpful to the environment.

Stick with 'em.

But if you want to help even more, consider that you have three more opportunities every single day to do something for your planet: breakfast, lunch, and dinner.

Americans eat more than a billion pounds of food each day. To churn out the grains, meat, poultry, and fruits and vegetables that feed the country, our agricultural system consumes enormous quantities of fuel, fertilizers, water, pesticides and enormous tracts of erodible land.

But much of those resources aren't feeding us directly—they're producing the feed for the animals we eat, a terribly inefficient process that wastes non-renewable resources. Many of the 100 million acres of land and 17 trillion gallons of irrigation water used to grow animal feed could be put to more productive uses—or not used.

The energy used just to produce fertilizer for feed crops could instead be used to fuel one million homes. Reducing the use of fertilizer to grow corn in the Midwest would bring aquatic life back to the bottom of the Gulf of Mexico, where there is now a New Jersey-size dead zone.

Besides squandering resources going into animals, consider what we get out of them. For starters, there's methane, a greenhouse gas 23 times more conducive to global warming than carbon dioxide. The methane produced by

belching cattle and giant lagoons of hog manure has the same impact on global warming as the carbon dioxide produced by 33 million automobiles.

The standard American diet, relatively high in meat and dairy, might as well be called the Global Warming Diet. Making even small changes can add up, as you can see on calculators available at Eating Green (<http://www.cspinet.org/EatingGreen/index.html>).

Replacing one hamburger, one egg and a 1-ounce serving of cheese each day for a year with a mix of vegetables, fruit, beans and whole grains would spare the need for 1.8 acres of cropland, 40 pounds of fertilizer, and 3 ounces of pesticides. It also would mean dumping 11,400 fewer pounds of animal manure into the environment.

Another benefit of eating fewer animal products is that fewer animals will need to be raised. Most livestock today suffer miserably when they are crammed together in small crowded cages, huge crowded sheds, or filthy, crowded feedlots.

If altruism isn't reason enough to eat a "greener" diet, consider the selfish reasons to switch from burgers and bacon to cantaloupe and carrots. Vegetarians and others who eat more-plant-based diets are healthier than the rest of us. They have much lower rates of obesity, heart attack, stroke, and diabetes. Eliminating all the fats from beef, pork, poultry, and dairy foods from Americans' diets would save about 65,000 lives a year. And adding lots of plant foods would make arteries more flexible and reduce rates of cancer.

The government's Dietary Guidelines for Americans recommends that we eat more plant-based diets, but it hasn't adopted supportive policies. The

government gives corn farmers several billion dollars a year to provide cheap feed for livestock and cheap high-fructose corn syrup for soda makers.

Why not direct those billions to

The standard American diet, relatively high in meat and dairy, might as well be called the Global Warming Diet.

putting more fresh fruits and vegetables on the lunch trays of America's school kids? Also, the U.S. Department of Agriculture encourages the consumption of beef, pork, dairy, and eggs. Why not do that for whole wheat bread and broccoli instead?

A greener diet won't stop all the glaciers from melting, but it protects hearts, cuts air and water pollution, and reduces animal suffering. Quite a bargain from eating delicious meals.

Michael F. Jacobson is executive director of the Center for Science in the Public Interest in Washington.

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Adopt a College

Adopt a College (AAC) is a program created by Vegan Outreach to increase the leafleting of vegetarian pamphlets to students. AAC reaches hundreds of thousands of students who would not approach a literature table. For more information, contact Vegan Outreach through its website:

(www.veganhealth.org/colleges).

ANIMAL RIGHTS CORNER



WORLD FARM ANIMALS DAY 
WFAD.org

How the meat industry is trying (and may be succeeding) to undermine the animal rights movement

by Cathy Goegell
VSH member

In 2005 seventeen national animal protection organizations signed on to an open letter to John Mackey, CEO of Whole Foods, thanking him for his founding of the Animal Compassion Foundation and for his commitment to selling only animal products that were the result of humane husbandry, handling, and slaughter. The letter was printed on Animal Rights International stationery, an organization headed by Peter Singer, considered by many to be the father of the modern animal rights movement.¹

This of course sent ripples and then tsunamis throughout our movement, as questions were raised about groups calling themselves “animal rights” applauding companies that have promised to give chickens a few more square centimeters to live in until they are slaughtered, or veal calves or pregnant pigs a bit more space to spend the days before they are butchered.

Then, this past summer, the Humane Society of the U.S. held the Taking Action For Animals (TAFAs) Conference in Washington, D.C. Among the sponsors was Whole Foods. Among the invited speakers were Randy Strauss, self proclaimed owner of the largest veal operation in America, Frank Reese, whose Good Shepherd turkey ranch has received

the Animal Welfare Institute’s “Animal Welfare Approved” seal, and multi millionaire pig and cattle rancher Nicolette Niman. HSUS gave these unlikely people a podium from which to proselytize for their “humane meat.”

Jenny Stein and James LaVeck, producers of the excellent films “The Witness” and “Peaceable Kingdom,”

have written eloquently in their essay Project for the New American Carnivore—From Lyman to Niman in 10 Years² about the subversion of the animal rights movement by the industries that abuse animals, referring to the vast chasm between former

cattle rancher and now vegan crusader Howard Lyman to the “feel good about yourself whilst chewing slaughtered corpses because the only bad day our animals have is their last day” Nicollette Niman—all in just 10 years.

La Veck and Stein have described the organizations that have

enabled this disconnect as “neo carnists” (They have also been described as “new welfarists”). These enablers have espoused terms like free range, cage-free, and naturally raised, organic, and uncrated for pigs and calves whose flesh sometimes carry a seal of approval from animal protection organizations (such as “Animal Care Certified”).

Others say that in movements for social justice there is no in between ground—slavery was evil—the abolitionists did not fight for better conditions for the slaves; there are no gradations in civil rights and there should not be in animal rights.

Bruce Friedrich of People for the Ethical Treatment of Animals (PeTA), which signed the letter to John Mackey but did not sponsor the TAFAs conference, defends trying to ameliorate the suffering of farmed animals whilst working for abolition be-

cause of the huge numbers of animals whose misery can be shortened, if just a bit.³

Others say that in movements for social justice there is no in between ground—slavery was evil—the abolitionists did not fight for better conditions for the slaves; there are no gra-

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dations in civil rights and there should not be in animal rights.

The meat industry is using small concessions to undercut committed vegetarians. To be truly compassionate to animals, we must never give them a bad day. Tom Regan, University of North Carolina philosophy professor emeritus and founder of the Culture and Animals Institute (and former VSH speaker), has said again and again—and it cannot be said too often: “We want *empty* cages, not *bigger* cages.”

1. <http://www.satyamag.com/sept06/edit.html>
2. <http://www.tribeofheart.org/tohtml/pnac.htm>
3. http://www.huffingtonpost.com/bruce-friedrich/humane-meat-a-contradict_b_58547.html

Cathy Goeggel is director of research and investigations for Animal Rights Hawaii.

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World Farm Animals Day

World Farm Animals Day takes place on or around October 2nd. It is a time for all to reflect on the suffering and death of the 50 billion sentient animals brutalized in the world’s factory farms and slaughterhouses every year.

WFAD.org

PETA’s sexiest vegetarians

Tens of thousands of votes have been counted and the results are in. PETA is thrilled to announce that Tonight Show band leader Kevin Eubanks has been voted PETA’s World’s Sexiest Vegetarian man for 2007, while American Idol superstar Carrie Underwood was voted World’s Sexiest Vegetarian woman. Red-carpet runners-up include sexy sleuth Kristen Bell, Spider-Man 3’s Bryce Dallas Howard, dashing actor Joaquin Phoenix, Heroes hottie Milo Ventimiglia, charming columnist Michael Ausiello, and 30 Sec-

onds to Mars vocalist Jared Leto.

Jay Leno couldn’t be happier about Eubanks’ triumph. Leno mentioned the contest on The Tonight Show several times during the final week of the contest, saying that he “want[ed] Kevin] to win to bring honor to [the Tonight Show] stage.” Eubanks—who has long been known for his buff body in addition to his musical skills—is proof that turning to veggies doesn’t mean turning down muscle. “Every night before the show, I make sure [my] guitar is

perfectly tuned. And every day, I do the same for my body—with healthy, vegetarian meals,” Eubanks has said. “It’s the easiest way to stay fit and feel great.”

Carrie Underwood, who is celebrating her second win as “World’s Sexiest Vegetarian” (she also won in PETA’s 2005 poll), is a lifelong animal lover. “I quit eating beef when I was about thirteen,” she has said. “I do it because I really love animals and it just makes me sad. ... I don’t like to watch commercials where they have meat. It

weirds me out.” Known to sport “V Is for Vegetarian” shirts at her concerts, the singer frequently mentions that vegetarian pizza is one of her favorite foods. What’s more, Underwood is

also known to rescue stray animals.

Why are so many in Hollywood shunning meat? These stars’ reasons for keeping animals off their plates are as diverse and inspiring as their talents—from avoiding the inexcusable cruelty to animals in factory farms and slaughterhouses to improving their own health and helping the environment by

not contributing to factory-farm pollution.





McDougall Newsletter

Study fails to show benefits of fruits and veggies for breast cancer patients

Women are blamed, but the investigators were at fault

The meat and dairy industry must have been laughing all the way to the bank on Tuesday July 17, 2007 when headlines worldwide announced the results of a seven-year diet experiment, known as The Women's Healthy Eating and Living (WHEL) Randomized Trial, of more than 3,000 women with breast cancer. This government-funded study (kicked off by a \$5 million grant from the late Wal-Mart heir John Walton with an additional \$30 million in support from the National Cancer Institute) found no benefit from recommending that women with breast cancer eat more fruits and vegetables and less fat. The chances of fewer recurrences and better survival were not seen in women previously treated for breast cancer after changing their diets. As a result of this paper, originally published in the Journal of the American Medical Association, more people now believe that healthier eating will not help women prevent or treat breast cancer.

Incontrovertible Facts Show Women Made Few Changes

Data collected by asking the study participants about what they ate suggested they were eating more fruits and vegetables and less fat after being given instructions dictated by the study guidelines. But people don't always tell the truth—they often want to please the investigators, so they tell them what they think they want to hear, which in this case was clearly inaccurate.

The women described as adopting "a dietary pattern very high in vegetables, fruit, and fiber and low in fat" did not lose any body weight at any time during the study—in fact, they gained a small amount. They

were, on average, obese at 161.7 pounds (73.5 Kg) when they began the study, and 6 years later they were *still* obese, weighing 163 pounds (74.1 Kg). Nor did their average weights differ from the women who were not advised to change their diet (the control group).

The data collected by asking the women what they ate was inaccurate. The women with "a dietary pattern very high in vegetables, fruit, and fiber and low in fat" were reported to have decreased their daily calorie intake by an average of 181 calories (1719 initially, and 1538 six years later), yet they gained weight. At every sixth month data collection they reported consuming at least 100 fewer calories daily than they consumed before the experiment began. A 100-calorie-plus daily deficit over a month would cause

a one pound weight loss, over a year equating to 12 pounds; over the entire 6 years of study the women should have achieved trim body weight. Instead, they gained weight!

The differences in foods consumed between the two groups were caused by subjects in the control group reporting that they ate less fruit and more fat over the study period and not by any

The authors deceived the public by claiming they were able to cause the "adoption of a dietary pattern very high in vegetables, fruit, and fiber and low in fat."

improvement in the intervention group's diet and not by other than 2 more vegetable servings a day. Yet, rather than writing about the minor absolute changes in the diet made by the intervention group, they boasted of the

relative differences between the intervention and control groups—reporting impressive figures like: "At 4 years, relative differences in mean intake between study groups were +65% for vegetable servings, +25% for fruit servings, +30% for fiber, and -13% for energy intake from fat."

The Authors Deceived the Public

Fraud is intentional deception resulting in injury to another person. The authors deceived the public by claiming they were able to cause the "adoption of a dietary pattern very high in vegetables, fruit, and fiber and low in fat."

Their concluding statement was,

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“... during a mean 7.3-year follow-up, we found no evidence that adoption of a dietary pattern very high in vegetables, fruit, and fiber and low in fat vs a 5-a-day fruit and vegetable diet prevents breast cancer recurrence or death among women with previously treated early stage breast cancer.” These words reflect the tone of the entire article—one of a successful experiment, not a failure—and led the public and press to believe that women in the intervention group made substantial changes in their diet. The result was headlines like: “No Cancer Benefit Found In Mega-Veggie-Diet Study,” “Dietary Hopes Dashed for Breast Cancer Patients,” “Intensive Diet Doesn’t Prevent Breast Cancer: Study,” “Healthiest Diet Made Little Difference to Breast Cancer Survivors,” and “Fruits, Veggies Don’t Stop Cancer Return.” But the conscientious reader studies Table 2 (in original article) and correctly concludes: Even if the data reported were an accurate reflection of what these women did, two more vegetable servings a day is not a diet “very high in vegetables, fruit, and fiber and low in fat.”

Neither lack of intelligence nor carelessness caused the report to be written in a manner that led the public and press to incorrect conclusions; I believe that the authors intentionally deceived the public. One possible motivation for distorting the truth was to save face. They wasted \$35 million dollars (much of it taxpayer money) by feeding women with breast cancer an ineffective diet. Rather than admit their mistakes, they chose to distort the real meaning of the findings of their study, and effectually, deprive women of an opportunity to become healthier by eating more fruits and vegetables.

Sixty years of scientific research, involving tens of thousands of pub-

lished articles, has identified the rich Western diet as the cause of breast cancer, and many scientific studies have shown that a meaningful change in diet will allow women with breast cancer to live longer and healthier. Yet one poorly-executed, well-publicized study may turn the tide against better health for women.

When Asked, Women Will Change

Breast cancer is a fatal disease and women will do almost anything to live. They will endure poisoning by toxic chemotherapy, burning with radiation, and mutilation from breast-amputating mastectomy in the hopes of living a few more days. Obviously, if asked to do so, and given proper support from their doctors and dietitians, they would do something as simple, safe, cost-effective, and enjoyable as eating oatmeal and bean burritos while avoiding beefsteaks and cheese omelets. In The Women’s Healthy Eating and Living (WHEL) Randomized Trial they continued the same meat-, dairy-, oil-, and environmental chemical-laden diet that got them in trouble in the first place with minor modifications. The investigators, not the women, should be held responsible for the fact that even the instructions to eat, “5 vegetable servings plus 16 oz of vegetable juice; 3 fruit servings; 30 g of fiber; and 15% to 20% of energy intake from fat,” were followed poorly. The full cancer-inhibiting benefits of low-fat, plant foods were never offered to these women.

A true test of diet for the prevention and treatment of breast cancer

would follow the dietary model of women worldwide who have the least chance of contracting breast cancer and the best chance of surviving it. These are women who follow a diet based on starches, like those in rural Asia (rice), Africa (millet), Mexico (corn), New Guinea (sweet potatoes) and Peru (potatoes). The few women who do get breast cancer in these societies also live longer than their Western counterparts.

Unfortunately, a serious diet study on breast cancer is no more

The full cancer-inhibiting benefits of low-fat, plant foods were never offered to these women.

likely to occur than would a study on heart disease, obesity, or type-2 diabetes-diseases well accepted to be due to the Western diet. Current financial incentives are focused on maintaining the status quo. So, until the revolu-

tion against the controlling interests of big business occurs, you will be left to your own means to protect yourself and your family.

Additional Note: Information on The Women’s Health Initiative Randomized Controlled Dietary Modification Trial, a study also failing to show important benefits of diet for breast cancer for similar reasons, is found in my February 2006 newsletter.

References may be found on the drmcdougall.com website.

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Dr. McDougall has been a VSH guest speaker a number of times, most recently in April 2006.



Vegetarian Society of Hawaii

Calendar of Events: October—December 2007

CHEF LESLIE ASHBURN



“HEALTHY WHOLE FOODS IN A FLASH”

**Saturday, October 20th, 7 p.m.
McCoy Pavilion, Ala Moana Beach Park**

In our fast-paced society we're all struggling to balance time spent working with time spent enjoying relationships, family, and hobbies while still having time to cook. It's no wonder we buy plate lunches or fast food, but our health and well-being suffer as a result. One of the obstacles people face when changing their diet and lifestyle is the impression that cooking with whole foods is difficult and time-consuming. Chef Leslie Ashburn will show you how easy it can be to make amazingly delicious and healthy food in a short amount of time.

Trained in Japan, Leslie is a vegan macrobiotic chef and cooking teacher in Honolulu. In addition to teaching at the University of Hawaii and Kapiolani Community College, she co-organizes the Macrobiotic Community Dinner and is the organizer for the online Vegan and Macrobiotic Meetup Groups. Her goals are to teach people that by changing to a diet focusing on whole foods, they can achieve radiant health, energy, beauty, and well-being and that we can live lightly and consciously on the Earth.

Chef Ashburn will also be speaking on Maui: Tuesday, October 23th, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.

FAST FOOD NATION

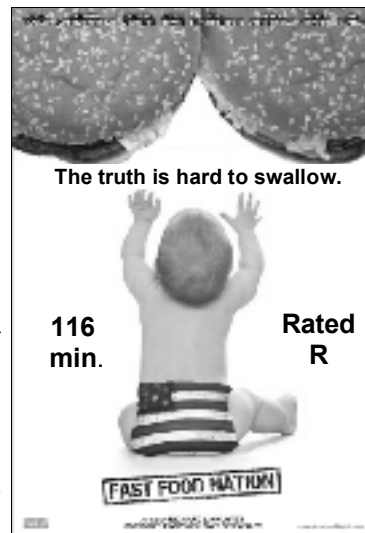
A FILM BY RICHARD LINKLATER

**Saturday, November 10th, 7 p.m.
McCoy Pavilion, Ala Moana Beach Park**

Fast Food Nation traces the birth of an everyday, ordinary burger through a chain of riveting, interlocked human stories—from a hopeful, young immigrant couple who cross the border to work in a perilous meat-packing plant, to the corporate marketing whiz who is shocked to discover that his latest burger invention is literally full of manure. As the film traverses from pristine barbeque smoke labs to the volatile U.S.-Mexican border, it unveils a provocative portrait of all the yearning, ambition, corruption, and hope that lies inside what America is biting into.

Starring Ethan Hawke, Kris Kristofferson, Ashley Johnson, Avril Lavigne, Greg Kinnear, Wilmer Valerrama, Patricia Arquette, Catalina Sandino Moreno, Esai Morales.

Fast Food Nation will also be shown on Maui: Friday, November 16th, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.



JIM MASON, J.D.

“THE WAY WE EAT: WHY OUR FOOD CHOICES MATTER”

Saturday, December 8th, 7 p.m., McCoy Pavilion, Ala Moana Beach Park

Jim Mason will talk about his most recent book of the same title written with Peter Singer, the Princeton professor and internationally-renowned ethicist. He will discuss the diets of three American families and the source of the foods they eat and will explore the ethical questions that arise along the way. He will cover factory farming and alternatives, fair trade, buying local, organic farming, commercial fishing, and other food matters of concern to consumers today. Mason will talk about some of the surprises they found in the course of their research. For example, they found that the labels “organic” and “humane” can be deceptive and that buying local is not always the most ethical choice.

Jim Mason is an author and attorney. His latest book, co-authored with Peter Singer, is *The Way We Eat: Why Our Food Choices Matter* (Rodale Press, 2006). He is author of *An Unnatural Order: The Roots of Our Destruction of Nature* (Lantern Books, 2005) and co-author with Peter Singer of *Animal Factories*. His writings have appeared in Audubon, The New York Times, New Scientist, Newsday, Country Journal, Orion Nature Quarterly, and other publications.

Mr. Mason will also be speaking on Maui: Tuesday, December 11th, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.



Lectures are **FREE** and open to the public. Donations are appreciated and tax-free. Visit VSH.org or call-944-8344 for more info.

VHS Events 3Q2007



VSH Founding Board member William Harris, M.D., discussed the raw food diet on Oahu and Maui in July and again on Kauai in August.



“What’s new in plant-based nutrition” was the topic Loma Linda University researcher John Kelly, M.D. presented in August.



In September, Maui resident Steve Blake, D.Sc. discussed aspects of his latest book, *Vitamins and Minerals Demystified*.

All three of these superb lectures (and many others) may be viewed online at 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

\$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)

Contact me about volunteer opportunities.

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

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

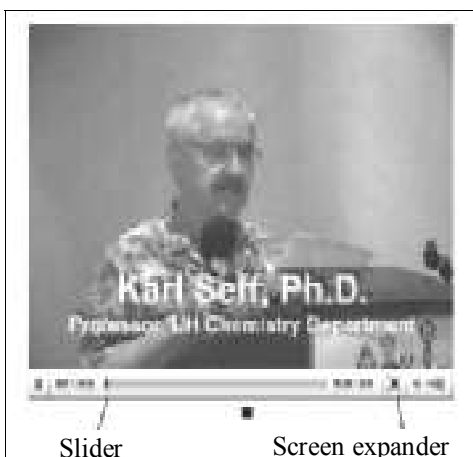
75 VSH lectures now online

by William Harris, M.D.
Founding VSH Board member

Thanks to the kind generosity of longtime VSH member James H. Thompson, 75 of our video programs, seen previously only on Hawaii public access stations (Olelo, NaLeo, Akaku, and Hoike), are now online at VSH.org. Links to the videos are on the home page and on the drop-down menu of "TV Schedule."

The videos have been converted from DVD to Flash .flv files, a standard online video format that most computers with high speed internet access already have. For those that don't, a free FLV Player 1.3.3 can be downloaded and installed from: http://www.download.com/3001-2139_4-10505954.html?idl=n

The screen resolution is lower in .flv so that the file size on the server is reduced; however, audio is unaffected and you can double the screen size by using the screen expander on the right of the slider or in some cases by moving the mouse into the upper left corner until "x1 x2" appears.



Here is some of the feedback we have received:

A truly generous "gift." Mahalo

MUCHO; Very nicely done—and even works on Apple/Macintosh program!!!

Great thanks to you and Jim Thompson for putting in the tremendous effort to take and deliver Vegetarian Society of Hawaii videos to our membership.

Oh, wow! This is so great! I'm going to check out the most recent ones. They look really good.

Mahalo! How amazing this resource is!

This is really an impressive achievement. Eventually the word will circulate and traffic will increase. Good for VSH and a great chance to get life-saving information to the public.

A thousand thanks for this gift. I watched Truth or Dairy last night from the link in your email.

I watched one and enjoyed it—the one by a cardiologist who originally came from New Jersey (John Kristofich, M.D.)...It is great that you are making these talks available online.

It's good to know VSH funds are also being used wisely and productively to perpetuate veganism.

Thanks for the link; there is an incredible amount of information on your website. I was amazed by the diversity of the topics as well.

The intro to the lectures with the scene of the ocean and Diamond Head is very nice... But we really thought the intro music to Dr. Karl Seff's lecture was so cool.

That's absolutely fantastic, Bill! What an extraordinary group of people! Wish we had started to film ours 2-1/2 years ago when we first began. But then again we didn't have the amazing line up of national speakers you have.

We commend you and the Vegetarian Society of Hawaii for sharing your marvelous lecture programs with the entire world.

...what I couldn't do in food fights for twenty years has miraculously been done by VSH almost overnight! Wow, I can't thank VSH enough!!! God bless VSH a billion times over! VSH rocks!

I've bookmarked this for my next podcast and will provide a link in the show summary. It's a terrific resource!

The speakers are very interesting. And the educational value is unsurpassable. We appreciate all that VSH does to bring us the vegetarian message of hope.

My husband and I were visiting the island of Kauai just a couple weeks ago when I came across a program featuring Dan Piraro. This program changed my life...

I still struggle with...being vegan because there is not much support. However, after viewing the shows again I am back on the vegan diet.

Thanks for letting me know about this great new resource! I've added links to the lecture videos to my links pages.

What a great site! We're going to feature this in our September email newsletter.

As of September 4th www.google.com/analytics/ reports 1,669 visitors to our new video site from as far away as Australia, Canada, Estonia, and the UK. We would like to see this number grow, so please pass this information around widely.

Addendum:

Since 1993 VSH has shown at least 93 videos on public access TV. However, only 75 have survived to go online. If readers have any of the other 18 recorded off air, please contact our TV coordinator at HARRISMDW001@hawaii.rr.com He will ask to borrow and copy the missing programs, upload them to our site, and then return them to you.



New vegetarian home exchange service offered

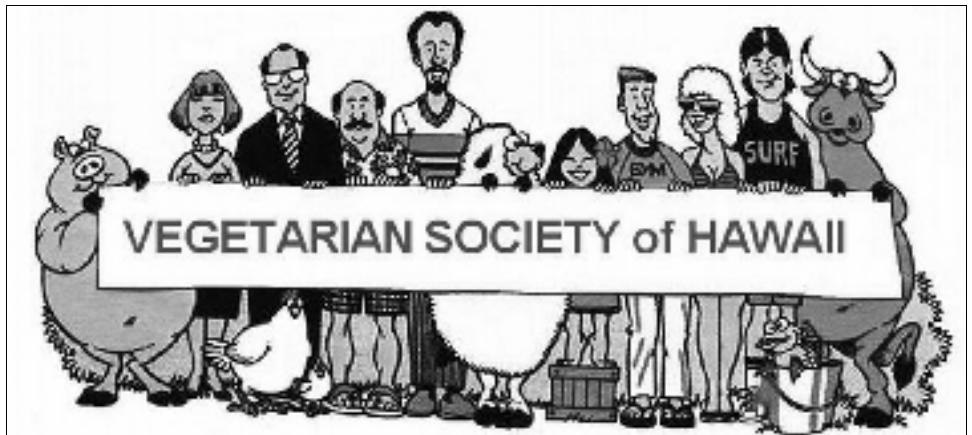
A Vegetarian Home Exchange website (vegetarianhomeexchange.net) will be operational in March 2008, and the developers are soliciting listings from vegetarians. It's a great way for vegetarians to travel all over the United States and other countries for a fraction of the regular cost.

If you have a house, cottage, townhouse, condo, or studio apartment, you are eligible to join. There are home exchanges solely for teachers, Rotarians, Catholics, senior citizens, and other affinity groups and it would be nice for vegetarians to have our own. Wouldn't it be nice to stay in a home where no meat was prepared or consumed?

Also, the website will have information about the vegetarian and vegan restaurants and health food stores in each town that has a listing.

A low introductory fee of \$30 for a 3-year listing will be offered. Other websites charge about twice as much for just one year.

To list your home, please contact Vi Herbert on Kauai at 808-828-0540 or vi@kolam.info. You can also send an e-mail through this website: vegetarianhomeexchange.net.



VSH logo shirts online

The first Vegetarian Society of Honolulu newsletter was published in June 1990. By March 1991 the first ad for the VSH Crazy Shirt appeared and we gratefully noted: "Our beautiful Vegetarian Society T-shirts have finally arrived. The design was created by the top artist at Crazy Shirts Hawaii, and owner Rick Ralston was extremely generous in donating the art work to us for free (a \$450 value!)."

VSH became the Vegetarian Society of Hawaii in December 1996. However, we have renamed and uploaded the classic VSH logo to ArtApart where you can now order from 16 styles, 6 sizes, and various colors, with prices \$12.95 to \$18.95. Follow the link below, select "Apparel," specify color "white," pick your size, and then pay with a standard online credit card transaction. The shirt will arrive *via* USPS in about 10 days. The garments are of high quality, but beware: if you select a color other than white, the shirt color will deaden the logo.

VSH.org/apparel.htm



Book Review

Selling Sickness

by Ray Moynihan and Alan Cassels

Hardcover: 352 pages
Publisher: Nation Books
(June 10, 2005)
ISBN-10: 1560256974
ISBN-13: 978-1560256977

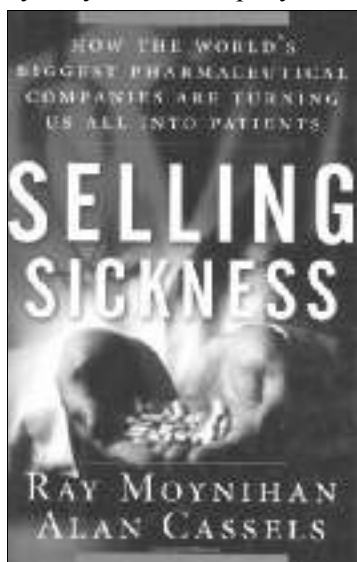
Review by Hesh Goldstein
VSH member

Selling Sickness, by Ray Moynihan and Alan Cassels, is a book about how the world's biggest pharmaceutical companies are turning us into patients. The book tells us about how the marketing strategies of the world's biggest drug companies aggressively target the healthy and the well. The ups and downs of daily life have become medical or mental disorders, common complaints are transformed into frightening conditions, and more and more ordinary people are being turned into patients, a.k.a. customers.

With promotional campaigns exploiting our deepest fears of death, decay, and disease, the \$500 billion pharmaceutical industry is literally changing what it means to be a human being. Rightly rewarded for saving life and reducing suffering in crisis, the global drug giants are no longer content to sell medicines to the ill as there is a lot of money to be made telling healthy

people that they are sick and need to buy drugs.

This book is a controversial and provocative look at the way pharmaceutical companies are creating and marketing illness. The book goes into great detail, backing up everything I have been saying for years on the radio about how drug companies simply see us as piggy banks and only want to sell us drugs whether we need them or not. According to the authors, thirty years ago Henry Gadsden, the head of Merck, one of the world's largest drug companies, told Fortune magazine that he wanted Merck to be more like a chewing gum company where everyone consumed



his product—he dreamt of making drugs for healthy people so he could sell to everyone and now drives the marketing machinery of the most profitable industry in the world. He is not hiding the fact that he wants Merck to sell its drugs to everyone!

This overt plot is frightening because by using their dominating influence in the world of “medical science,” the drug companies are systematically working to widen the very boundaries that define illness. Old conditions are expanded, new ones created, and the markets for medication grow even larger. Mild problems are being redefined as serious illness, and common complaints are labeled as medical conditions requiring drug treatments: runny noses are now allergic rhinitis, PMS has become a psychiatric disorder, hyperactivity in children has become the infamous ADD or

Switching to a vegan diet devoid of processed foods could reverse the symptoms of the majority of degenerative diseases.

ADHD, shyness is now social anxiety disorder, and “twitchy” legs has become Restless Leg Syndrome, requiring highly toxic drug treatments. When it comes to conditions like high cholesterol, high blood pressure, or having a case of the “blues,” we are told that we

are at risk if we do not take drugs to handle the problem.

Selling Sickness reveals how widening the boundaries of illness and lowering the threshold of treatments are creating millions of new patients and billions of dollars in new profits for the drug companies. As more and more of ordinary life becomes “medicalized,” the drug industry moves closer to Gadsden’s dream of being able to sell his drugs to everyone.

What’s important here is for you to look at your situation. If you are taking drugs to treat symptoms, why not try to address the cause, which usually has to do with what you eat and, ultimately, may lead to your not having to take drugs anymore. Switching to a vegan diet devoid of processed foods could reverse the symptoms of the majority of degenerative diseases. Basically you must take responsibility for your health and put it back in your own hands. Support is not a problem. The Vegetarian Society of Hawaii and radio shows “Health Talk,” and “Healing and You” are all invaluable sources of information, encouragement, and direction. But, first and foremost, the road to good health is paved with change, and that change has to start with your sincere desire to make that change. Your choice is simple: be a part of the travesty or walk away from it.

Selling Sickness is a must read.

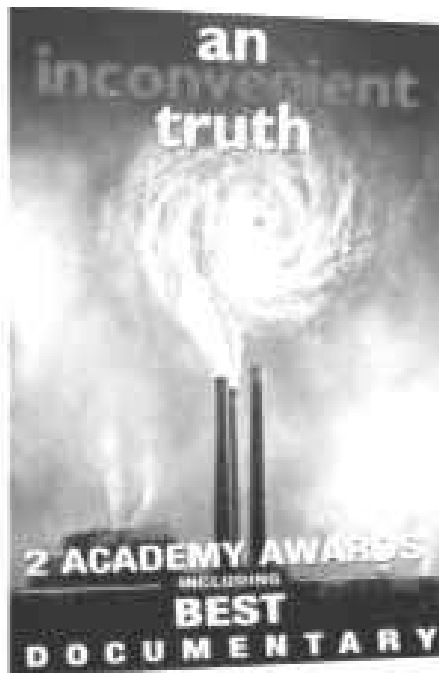
Hesh Goldstein is the moderator of Health Talk on K-108 radio (AM 1080) on Saturdays, 8-9 a.m. (808) 258-1177, fax: (808) 848-8640, heshgoldstein@gmail.com.

Two flicks with a common flaw

by William Harris, M.D.
Founding VSH Board member

When Al Gore's "An Inconvenient Truth" premiered in 2006, it made the hard case that carbon dioxide levels in Antarctic ice core samples collected 650,000 years back correlate with temperature. His dramatic X-Y plot shows CO₂ and temperature now going off the scale, and he comments that the skepticism about global warming is coming from scientists on the take from the fossil fuel industry, not from majority climate scientists.

DiCaprio's new movie is an endless procession of talking heads with both facts and opinions in rough agreement with Gore but perhaps made tolerable only by DiCaprio's Adonis persona. Most energy transactions on Earth are the results of nuclear fusion



reactions in the Sun, but this was my first exposure to the Thom Hartmann's enlightening and unifying concepts of current sunlight (what the ancients depended on to grow food) and ancient sunlight (the subterranean hydrocarbons made from compressed ancient biomass that our current civilization now depends on for everything).

However, with the exception of shots of meat processing in *The 11th Hour* intro, what's missing from both of these productions is mention of the contribution of animal agriculture in raising greenhouse gas levels that increase the trapping of incident solar energy in the atmosphere and result in global warming.

The Scientific American Human Nutrition (W.H Freeman San Francisco, 1978 ISBN 0-7167-0183-9) praised animal ag as a means of pro-

viding protein from untillable hillsides and mountains. Perhaps this was true in pastoral times, but modern animal ag occurs on flatland where the growing of feed grain and the transport of animals to and from the slaughterhouses uses up more fossil fuel than all the world's automobiles.

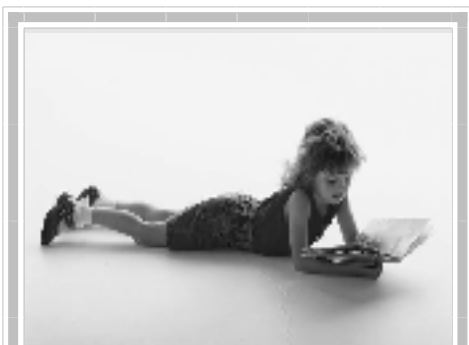
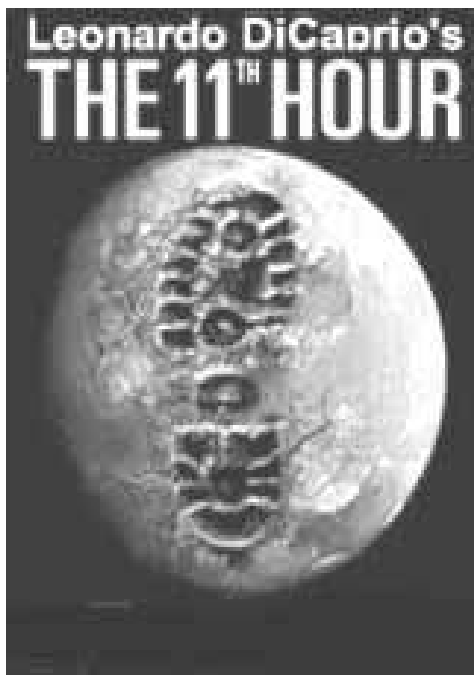
For this reason the UN states that animal agriculture produces more greenhouse gases than transportation. (<http://www.un.org/apps/news/story.asp?NewsID=20772&Cr=global&Cr1=environment>)

Why do both of these movies fail to mention that? Gore apparently follows the meat-heavy Atkins diet for weight loss. (The Link Between the Atkins Diet and Celebrity Slenderness <http://www.atkins-diet-advisor.com/atkins-diet-and-celebrity.html>). It does not appear to have worked, but it could explain his silence.

While DiCaprio is more sylph-like than the man who used to be "the next president of the United States," and is listed as a vegetarian at <http://www.bellaonline.com/articles/art19387.asp>, he also told Time magazine in 2000: "I shouldn't be eating hamburgers because the methane gas that cows release is the number one contributor to the destruction of the ozone layer, and

the number one reason they destroy the rain forest is to make grazing ground for cattle."

(<http://www.peta.org/feat/grrr900/veg.html>)



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You can help raise cash for VSH just by buying your books through the VSH.org website. And it's easy. Click a title on the "Booklist" and you will be transported to Amazon.com where any purchase will generate a commission for VSH. So, buy some books, be more informed, and support VSH.



Restaurant Review



Fresh Mint

115 Baldwin Ave.

Paia, HI 96779

579-9144

Across from Paia Post Office

by William Harris, M.D.

Founding VSH Board member

On a lecture trip to Maui in July we stopped in at this modestly priced little restaurant that under previous management was The Vegan, but now highlights 25 mostly Asian vegan dishes.

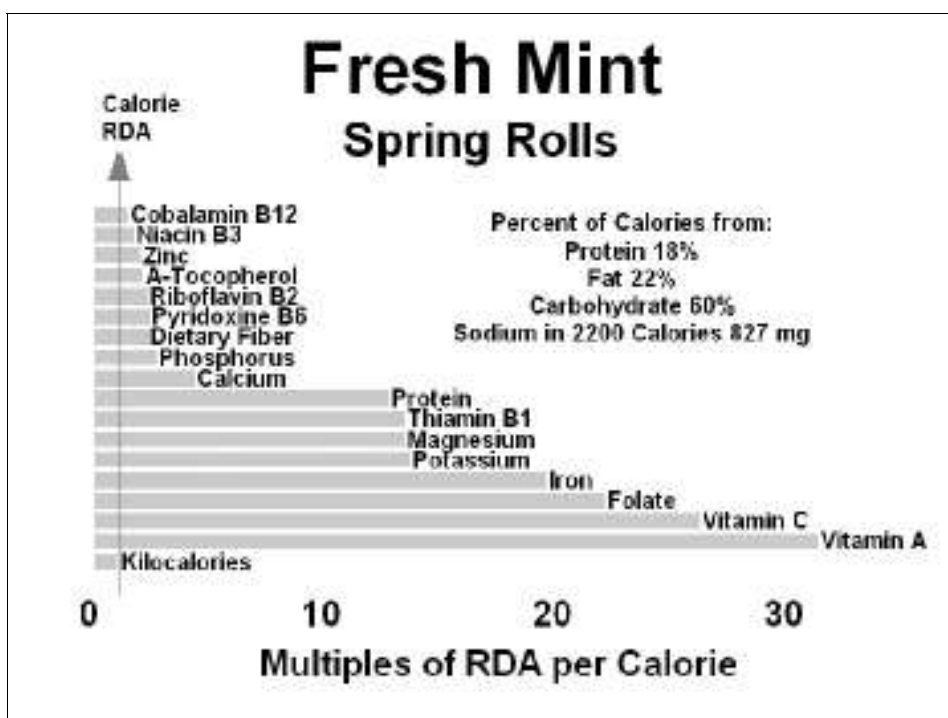
Planning only to snack, we ordered the vegan summer rolls at \$4.95 but

were blown away by the colorful presentation, the taste, and an impromptu demonstration of how to do it by the friendly co-owner, Mai Ly. She showed us how to julienne the vegetables with only a sharp knife and then deftly roll them up into a wet rice paper without tearing the edges. Then she gave us the key to this trick, a round plastic mat that holds it all in place while the rolling takes place.

We took one home and tried it ourselves, using 1 oz. each (alternating from outside in) of rice paper, green cabbage, red cabbage, romaine, carrot, tofu, and mung bean sprouts. We then made peanut sauce in a blender:

- 2 C natural peanut butter
- 2 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 1 tsp maple syrup
- 1 clove garlic
- 2 tsp ground ginger
- 1/4 tsp cayenne pepper
- 2 C vegetable broth
- 1 tsp Red Star nutritional yeast (for the vitamin B₁₂)

Clearly, one could live indefinitely on this delicious little snack. Now where did that plastic mat go?



On TV...



“Vegetarian”

View VSH lectures.

Oahu—Oceanic Cable Ch. 52

Thurs. 6-7 p.m.*

*You can also watch the shows online at 6 p.m. on Thursdays by going to olelo.org and clicking on “Oahu Channel 52.”

Previous speaker videos may be viewed online at VSH.org.

Maui—Calabash Cable Ch. 52

Tues. 8-9 p.m.

Weds. 6:30-7:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii

Cable Ch. 54, Sat. 2-3 p.m.

Kauai—Hoike Cable Ch. 52

Kauai schedule is at hoike.org

“McDougall, M.D.”

Check your local listings.

...and
Radio



“Healing & You”

Ruth Heidrich, Ph.D.

Dr. Diane Nomura

Terry Shintani, M.D.

Sundays: 8-9 p.m.

K108 — AM 1080

Call-in line: 524-1080

“Health Talk”

Hosted by Hesh

Saturdays: 8-9 a.m.

K108 — AM 1080

Call-in line: 524-1080



Garden Island

Potluck/Lectures

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



Chef Vi Herbert gave an Indian food cooking demonstration at the July potluck luncheon.



Kimie Sadoyama (right) received the prize for best dish for her original recipe from recipe judge Gia Baiocchi, co-owner of the Blossoming Lotus restaurant at the July potluck luncheon.



VSH founding Board member William Harris, M. D. discussed the raw food diet at the potluck and lecture in August.



Vi Herbert (center) was presented with a gift certificate to the Blossoming Lotus restaurant by co-owners Mark Reinfeld and Jennifer Murray for her winning best original recipe at the August potluck/lecture.

In September 75 people attended an Italian Live Food demonstration by Kathy Matera, Ph.D.



That's Kimie Sadoyama (right) again winning the original recipe contest in September. A gift certificate to Papaya's Natural Food store was presented by recipe judge Vigil Alkana to Kimie and her son Christopher Aala Zauner for their Live Salad Rolls with Peanut Sauce recipe (see recipe at right).

Live Salad Rolls

Peanut Sauce

- 1 ½ cups raw Spanish peanuts (soaked in purified water overnight and rinsed)
- 1 tbsp. raw sugar
- 2 tbsp. lemon juice (fresh squeezed)
- 1 tbsp. ginger juice (fresh grated and squeezed)
- ½ cup first cold pressed olive oil
- 1 tbsp. Bragg's Liquid Aminos

Dissolve raw sugar in lemon juice. Place all ingredients in food processor or blender and liquefy. Add nama shoyu, garlic, or fresh red chili peppers to taste if you prefer a hot peanut sauce.

Salad Rolls

- 1 or 2 heads of green leaf lettuce (cut ¼ in.)
- 1 bunch cilantro (diced)
- 1 bunch arugala (diced)
- 1 bag soy sprouts
- 1 bag radish sprouts
- 1 bag alfalfa sprouts
- 2 carrots (shredded)
- 1 cucumber thinly sliced
- 1 package rice paper wrappers

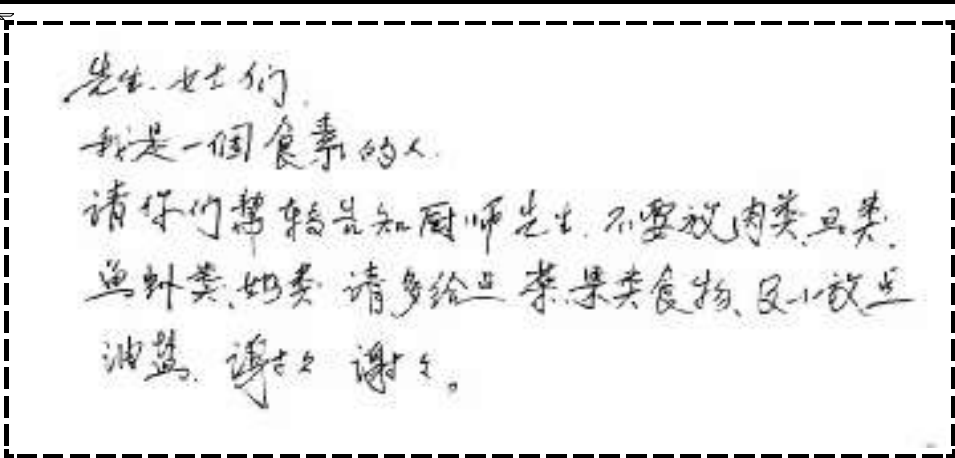
Prep all vegetables and make sure you have a dry wooden cutting board with a clean dry terry cloth dish towel. Soak 2 rice papers in tepid purified water, place 1 sheet on the wooden surface and tamp with terry cloth, and overlap another sheet. Layer lettuce with a thin strip of cilantro and arugala on the top edge with a layer of carrots on top of the herbs, place a thin slice of cucumber on the lettuce, then carefully place soy sprouts, radish sprouts, and alfalfa sprouts covering all pointed tips of the soy sprouts. Carefully wrap veggies burrito style. It is important to dry the rice paper, as it becomes tacky and will stick. Cut wraps in half and serve. You can add fresh basil, clover sprouts, or whatever is in season.

Makes 12-16 rolls.

How to order restaurant food in China

by Karl Seff
VSH Board member

If you are in China, want a meal, and don't speak Chinese, have a little piece of paper in your wallet like one of those shown. Show it to a waitperson, and a committee may quickly assemble to read it. If you use



the bilingual sheet, you may point at one line to emphasize it. I tried that once, but they didn't have jai, so I reverted to my other sheet. It says, "Man or Lady, I am a vegetarian man. Please give me your hand to tell the cook no meat, no egg, no fish, no shrimp, and nothing derived from milk. Give me more vegetables and fruit. Please use less oil and salt. Thank you." Credits:

the bilingual message, Lanying Yang (Ph.D.) from Beijing; the elegantly handwritten message, Ying Chen's father from Salt Lake, Oahu.

One response, after showing the latter message, and after it had been discussed by several people, came in English: "We will order for you." A huge four-plate meal appeared: broccoli buds, snow peas, rice, and apple and kiwi chunks in a white sauce, all nicely flavored. At another restaurant I was simply directed to the page that had pictures of vegetarian dishes. The average to better restaurants in Beijing (at least) have thick menus with large proud color photographs of each dish over its name in Chinese and English. At those you can order from the menu by pointing. However, I have seen patrons having

vegetable dishes, e.g., a plate of greens, that were apparently considered too plain to appear on the menu.

A resident of Beijing told me that there were now thirty vegetarian restaurants in his city. Most were Buddhist and most had opened recently. This sudden popularity had arisen from concern for the environment: modern Beijing has a serious air pollution

A resident of Beijing told me that there were now thirty vegetarian restaurants in his city. Most were Buddhist and most had opened recently.

problem because, like Los Angeles, it is large and flat, has many free-ways, and is bounded on one side by mountains. The government is enlisting the cooperation of the people *via* the media in presenting a clean face to the world during the 2008

Summer Olympics. One can wonder whether the avoidance of SARS or bird flu is also on the minds of some diners.

During my one day with the Park family (Jae Oh, Keum Hyang, their three kids, and five nephews and nieces), who were also visiting China, they and I enjoyed two of these thirty restaurants together. Recall that Jae Oh Park with Keum Hyang at his side presented the monthly VSH lecture in March 2004. Go to VSH.org and watch it if you wish.

我是素食主义者, 我吃斋饭。	不要任何肉类, 如牛羊鸡鱼肉等。
我喜欢中国饭菜。	不要鸡蛋, 牛奶(豆奶可以)。
我喜欢绿色蔬菜, 如西兰花甘蓝/绿菜花等。	
我喜欢豆腐。	
我喜欢香/辣的菜。	
我喜欢宫保豆腐。	
我更喜欢糙米和全麦面包/面食。	
I am a vegetarian. I like Jai.	
I like Chinese food.	
I like green vegetable like gailan.	
I like tofu.	
I like spicy food.	
I like kun pao tofu.	
I prefer brown rice or whole wheat bun.	
No meat, no fish, no chicken	
No egg, no milk product-soy milk ok	

(Testimony *from page 3*)

shows a huge green almond orchard adjacent to their processing facility, which is in turn surrounded by a vast expanse of desert. An online tour through the facility shows state-of-the-art almond and pistachio processing with in-house laboratory and quality control staff. However, it is also clear that the orchard is green only because of abundant irrigation equipment, some of which on a windy day might reasonably spray contaminated water into the fruit-bearing branches of the almond trees.

Further investigation shows that the water that nourishes the farms around Lost Hills comes from the



“**A**nimal rights is a part of my everyday life. When you live by example, you create a certain level of awareness. Friends of mine—people I have never discussed animal rights or vegetarianism with—are adopting vegetarian habits because they see it.”

—Joaquin Phoenix

Feather River basin 400 miles away in the northern Sierra Nevada. <http://www.aliciapatterson.org/APF1204/Clemings/Clemings.html>

Water disputes are not unheard of in this dry area (http://www.ceres.ca.gov/ceqa/cases/1978/tsun_lee_031478.html), and the open aqueducts are geomembrane lined to avoid extensive sub-grade preparation or large rights-of-way for equipment.

On occasion the Lost Hills Water District has made small trials to determine if drainage water can be re-

used on selected crops, such as pistachios. http://www.owue.water.ca.gov/agdrain/case_detail/case_detail.cfm#Lost

Almost all of Lost Hills’ residents are migrant farm laborers. About 75% of the population is engaged in agricultural positions, speak no English. The median income of males is only \$17,804. http://en.wikipedia.org/wiki/Lost_Hills%2C_California

Among the counties of California, Kern County (of which Lost Hills is a part) ranks in the top ten for total livestock and livestock products, including beef cattle, dairy cattle, sheep, swine, goats, small animals, and poultry. http://cekern.ucdavis.edu/Custom_Program813/

Since almonds themselves are unlikely nutrient hosts for Salmonella, it would seem more reasonable that the outbreaks were due either to contamination of the irrigation system by sewage runoff from nearby animal agriculture or from the unwashed hands of the poorly paid orchard and plant workers. Recent outbreaks of E.coli in spinach and other field crops have made big headlines, but in every case the origin

turned out to be sewage runoff from adjacent cattle operations.

I urge you to abandon the almond pasteurization scheme, which will make your excellent product less desirable to me and many others, and instead focus your attention on the points above. If the contamination is in fact due to neighboring animal enterprises, those enterprises, rather than the blameless raw almond, should be held legally accountable.

Sincerely,

William Harris, M.D.



VSH speaker’s bureau

The Vegetarian Society of Hawaii has a speaker’s bureau. If you know of a school, business, or civic group that would be interested in hearing about the environmental, ethical, and health aspects of a vegan diet, please e-mail HARRISMDW001@hawaii.rr.com.

We will provide a speaker at no cost, a 30-50 minute illustrated presentation, and a projector. Your job will be to organize the time and venue, which will require a room with a light colored wall for the projector, seating for 30-100 people, and an electrical outlet. So far the speaker’s list includes Ruth Heidrich, Ph.D., Neal Pinckney, Ph.D., Karl Seff, Ph.D., and Bill Harris, M.D.

Which one of these
contributes more to
Global Warming?



It's not the one that starts a car.

According to the United Nations Food and Agriculture Organization, animal agribusiness contributes to global warming even more than transportation does. Reducing the amount of meat, eggs, and dairy products in your diet is one of the most effective ways to reduce greenhouse gas emissions. Find out more about farm animal welfare, factory farming's environmental impacts, and what you can do to help.

HumaneSociety.org/food



Vegetarian Society of Hawaii

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