

Vegetarian News

"For Health and Humanity"

Fall Issue 2006

World Vegetarian Days

Come one, come all, to the 7th Annual Award Winning World Vegetarian Days Celebration in San Francisco's Golden Gate Park. The festivities are on Saturday, September 30th and Sunday, October 1st presented by the San Francisco Vegetarian Society and In Defense of Animals. It was such a fantastic success last year, we have expanded it to a weekend celebration that will include the Organic Athlete Conference presented by Bradley Saul and members of Organic Athlete, an Eco Fashion Show with Nzuri, and an Eco-Ville by Azalea. The event will also include the usual excellent speakers discussing a variety of subjects, including John Robbins, Dr. Joel Fuhrman, Dr. Alan Goldhamer, Dr. Milton Mills, Dr. Doug Graham, Howard Lyman, Kenneth Williams, and more. Special appearances by Nellie McKay singer, musician; Bob Linden, radio host; and Wayne Huey, Chinese acrobat; Eric Park, folk singer, and Rob Schaarf, jazz sax, other musicians and talented vegetarians will provide live entertainment throughout the day and evening. Also, there will be food demos and an exhibition hall filled with exhibitors and food vendors. A catered dinner by Convergence Catering and more food will be available Saturday evening for a Gala Celebration with music and more entertainment.

Please check our Veg Calendar insert, our web site, www.sfvs.org or our telephone hot line 415-273-5481 for more details.

We thank our sponsors: Varnashram Inc., VegNews Magazine, Friends of Animals, Rainbow Grocery, Common Ground, and Bay Area Naturally.

Many thanks to our incredible committee: President Dixie Mahy, Joseph Cadiz, Sam Halsey, Sharon Leong, Nancy Loewen, Kristen Miles, Gabe Quash, Janet Tom, Christine Vitale, Neil Yoskowitz, and Sarah Premo, Graphic Artist. A special thanks to our co-presenter, In Defense of Animals with Dr. Elliott Katz, President & Founder, and the Organic Athlete Conference with Bradley Saul, Founder and Organizer.

SFVS - First Place Award

The North American Vegetarian Society honored the San Francisco Vegetarian Society with first place for the "most notable outreach implemented by a group...and the largest event in North America" celebrating World Vegetarian Day 2005. A picture of the steering committee appeared in the *Vegetarian Voice*, July 2006. World Vegetarian Day, October 1st was established by NAVS in 1977 as an annual celebration to promote the joy, compassion, and life-enhancing possibilities of vegetarianism. Everyone is encouraged to incorporate and celebrate the festive, thankful, and joyful spirit upon which this event was originally founded. For more information or membership, contact: NAVS, P.O. Box 72, Dolgeville, NY 13329, www.worldvegetarianday.org, or 518-568-7970. NAVS sponsors Summerfest, an annual educational conference every year in July in Pennsylvania.

SUMMARY OF EVENTS

- Sept 9 Fall Potluck & DVD Screening
- Sept 10 KFC Leafleting & Lunch
- Sept 14 WVD Volunteer Party & Orientation
- Sept 30-Oct 1 WVD Weekend Celebration
- Oct 14 SF Potluck & Free Lecture
- Oct 27 Free Video Night at Red Victorian
- Oct 29 Halloween Party Potluck

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other "veg" happenings in the Bay Area. The Calendar is posted on our web site, www.sfvs.org and you can always call (415) 273-5481 for information.

Please reuse by posting publicly.

INSIDE THIS ISSUE > > >

- World Vegetarian Weekend.....page 01
- Refined Carbohydrates and Breast Cancer...page 02
- Book Review.....page 03
- Savvy Spending at the Supermarket.....page 04
- President's Corner.....page 04
- Veg Festival in Italy.....page 06
- Reverse Diabetes.....page 06

San Francisco Vegetarian Society
For Health and Humanity

Newsletter Staff

Managing Editor: Kristen Miles
sfvegkristen@yahoo.com, 415-273-5481
Production Editor: Linda Fleming
Newsletter Mailings: OPEN

Project Coordinators

Advertising Coordinator: Joseph Cadiz,
jcadiz2002@yahoo.com
Dining Out Coordinator: OPEN
Discount Coordinator: OPEN
Events: Dixie Mahy, 415-885-2251
Listserv, Member Services: Tracy Ewing
tracyinfo@aol.com
Mail Coordinator: OPEN
SF Outreach: 415-750-0614,
nlowen@ioaging.org
East Bay Outreach: Pam Webb 510-653-7966
Publicity: Christine Vitale,
cv@christinevitale.com
Volunteer Coordinator: Nancy Loewen
415-750-0614; nlowen@ioaging.org
Webmaster: Tony Martin
tony@veggiedude.com

SFVS Board

President: Dixie Mahy
Vice President: Nancy Loewen
Treasurer: Joseph Cadiz
Secretary: Janet Tom
Joseph Connelly; Sharon Leong; Tony Martin;
Joyce Thornton; Gabe Quash; Kristen Miles; Neil
Yoskowitz; Jeanne Besanceney; Patricia Godinez;
Vasu Murti.

Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. The deadline for submissions for the next newsletter is October 1st. Please contact Kristen at 415-273-5481 or sfvegkristen@yahoo.com.

ADVERTISE WITH US and reach more veg*ns! Members, is there a restaurant or store we should know about? Have them contact us.

Ads start at just \$35 per issue. Discounts available for multiple issue commitment. Please contact Advertising Coordinator Joseph Cadiz, jcadiz2002@yahoo.com.

Refined Carbohydrates and Breast Cancer

by Kiki Powers, M.S.

Don't miss Kiki's lecture: "The Essentials of Women's Health" at World Vegetarian Day, Saturday, September 30 at 11am. For more information, contact kiki@aboutnhs.com or visit www.aboutnhs.com.

Ideally as vegetarians and vegans, we're emphasizing fiber and nutrient-dense fresh fruits and vegetables, whole grains, legumes, nuts and seeds in our daily fare as opposed to the more refined and processed vegetarian options that abound even in the best health food stores.

This is more important now than ever, since evidence now shows that a diet high in refined carbohydrates like white flour-based breads and commercial baked goods like cookies, cakes, pies, and sweet rolls, white rice, and sugary drinks may, apart from promoting other health problems, increase your risk of breast cancer, according to a recent study in the journal *Cancer Epidemiology, Biomarkers and Prevention*.

It turned out that women who got more than 60% of their daily calories from these refined foods, as well as sugary drinks and sodas, were more than twice as likely to develop breast tumors as those who got less than half of their calories from such refined and processed carbs. It appears that the insulin surge these foods cause may boost cell division and estrogen production, both of which have been shown to promote cancer.

The study looked specifically at fiber consumption, finding that those who took in more than 22 grams of insoluble fiber per day slashed their breast cancer risk in half. Though all plant cells contain both soluble and insoluble fibers in varying amounts, some foods are more abundant in one type of fiber. Most fresh fruits and vegetables are great sources of insoluble fiber, as our beans, whole grains and bran.

Worldwide, populations that consume plant-based diets have considerably lower breast cancer rates than those with more Western-type diets. For example, death rates due to breast cancer in the United States are over five times greater than in China, four times greater than in Japan and three times greater than in Mexico, according to the American Cancer Society.

According to the *International Journal of Cancer*, women with fiber intakes of at least 28 grams daily had less than half the breast cancer risk of women with low fiber intakes. A high fiber vegetarian diet appears to decrease breast cancer risk by binding with estrogen. For women in the greater San Francisco Bay Area, which has one of the highest rates of breast cancer in the country, natural means of preventing this disease take on a whole new significance.

For greater vitality, energy, health and breast cancer protection, consider

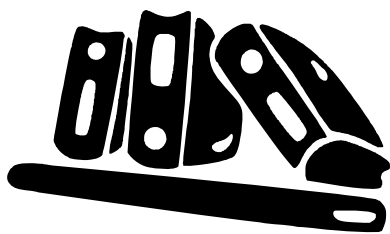
MERIDIAN CAPITAL REALTY, INC. Steven C. Zeluck
2750 Sutter Street #8 Real Estate Sales Consultant
San Francisco, CA 94115 **Member, SFVS**
Email: soldbysteven@yahoo.com Telephone: 415-312-2634
Low commission www.soldbysteven.com
Buyer Rebate Professional service and longstanding commitment

these easy ideas to increase fiber and nutrients in your diet:

- Switch to 100% whole wheat bread. Trader Joe's carries the most delicious we've found: Milton's 100% Whole Wheat Bread. Taste around to see what you prefer. Add a bread-making machine to your next holiday gift list!
- Opt for brown rice over white. Though this may be difficult when dining out, you can find restaurants that offer it, just ask. At home, a rice cooker is an easy way to ensure you always have brown and wild rice ready for easy meals. Add other whole grains like millet, barley or quinoa for an interesting pilaf.
- Make fresh fruit your best friend between meals. Virtually all are excellent sources of nutrients and fiber with apples and pears special high-fiber standouts. Enjoy the wide variety available to you, especially in summer, and treat your family.
- Choose fresh fruit over juice. Orange slices, melon wedges, and other high water content fruits are refreshing and hydrating and provide great fiber and nutrients.
- Go for the popcorn, it's not only a favorite with most of us, it's a whole grain and great fiber source. Just watch the fat content in some brands, especially buttered movie popcorn!
- Substitute oatmeal for sugary processed breakfast cereals. If you enjoy cold cereal, start mixing in some whole-grain, high-fiber, low sugar choices with what you eat now. Reading labels is important.
- Add fresh nuts and seeds to salads, or as garnishes on soups or other entrees. Chopped almonds are great with crisp green salads, and pecans enhance spinach salads. Sunflower and pumpkin seeds are great on just about anything. Fresh nuts are nutrient powerhouses and provide healthy, essential fats. They have also been shown to help reduce risk of heart disease. In moderation, they're a great health ally.
- When choosing soups, go for nutrient and fiber-rich split pea, lentil and black bean versions over low fiber or cream-based soups. Add some whole grain bread and you have a delicious energizing lunch, add a salad for a body-and-soul nourishing dinner.
- Summer is the season for luscious fresh berries so enjoy them: blueberries, strawberries, raspberries and more. Try them in your oatmeal, strawberries over vanilla (soy) ice cream, in smoothies, atop pancakes and waffles, even in salads.

BOOK REVIEW

by Dixie Mahy



The World Peace Diet by
Dr. Will Tuttle

Dr. Tuttle will be speaking and playing original music at World Vegetarian Day on Saturday,

September 30th from 1: 30p.m. to 2:30p.m. He will do a book signing following his lecture.

Dr. Tuttle has written an interesting, provocative book entitled *The World Peace Diet*. He has been promoting his book along with his spoken-word CD companion *Living in Harmony with All Life* to show how we can replace our culture's obsolete mentality of exclusiveness and domination with a new understanding of the interconnectedness of all life. It is the first book to explicitly make the invisible connections between our meals and our broad range of problems – psychological, social, and spiritual, as well as health and environmental. It offers powerful ways we can all experience healing and peace and contribute to a positive transformation of human consciousness. If you want to understand the big picture of our culture and why we have the unyielding dilemmas we face, and how we can solve them, this book is for you.

Dr. Tuttle states, "I yearn, as we all do, to make a positive contribution in these challenging times and to help raise the spiritual vibration of humanity. I feel that in order for us to solve the problems and meet the challenges we face, we are called to raise our consciousness to a higher and more inclusive level, both as individuals and as a culture."

John Robbins, Author, *Diet for A New America* and *The Food Revolution*, remarked, "*The World Peace Diet* is one of the most provocative books I've ever read. This is a deep book, aglow with insights that penetrate and expose the complacency of a culture that has strayed painfully far from compassion."

The book has been recommended by Julia Butterfly Hill, environmental activist and founder, Circle of Life Foundation, "Use *The World Peace Diet* as a guide to empower yourself and others in making dietary choices that are powerful beyond what you can possibly imagine."

As a talented pianist, composer, and musician, Dr. Tuttle has been receiving new musical inspirations that he feels are "directly related to helping to raise our level of vibration and consciousness to connect more deeply with the fundamental truth of the interconnectedness of the welfare of all beings, and of our oneness with the infinite Love that is the source of all life."

Dr. Tuttle has a doctorate degree from the University of California, Berkeley and has taught college courses in humanities, mythology, creativity, religion, and philosophy. He has a broad background in Eastern and Western meditation traditions and is a Dharma Master in the Zen tradition. He also writes a column for *VegNews Magazine*. Devoted to planetary awakening and creating uplifting, healing, inspiring music, he has created original piano music on seven CD albums; the most recent called *Ascension: A Journey Beyond*, is now available.

The World Peace Diet has been featured recently in a number of magazine and radio reviews and interviews. To read and listen to some of these, check out his web site: www.willtuttle.com/reviews.htm. His book and CD's may be ordered on line www.willtuttle.com, by telephone 600-697-6614, by e-mail info@willtuttle.com, or by mail 1083 Vine Street, Healdsburg, CA 95448.

Savvy Spending at the Supermarket

by Melissa Moser

Don't you hate being surprised by a large total when checking out at the supermarket? How on earth does the sum get so high when you're not buying any meat or maybe even any dairy products? How can you stop supermarkets like Whole Foods from eating up your whole paycheck?

In the ideal world you could get all your food from your garden, trees, or local farmers, but modern life often dictates supermarket shopping. Here are a few tips to help savvy vegetarian shoppers keep values high and costs low:

- 1) **Avoid junk food.** A vegan cookie is still a cookie and likely a very expensive one! Baked sweets and other treats are often highly processed, packaged, and pricey. To keep costs down, stop buying empty calorie foods. Explore healthier options for treats that offer better values such as fruits or trail mix.
- 2) **Buy bulk products.** In this area, good options abound for people following a plant based lifestyle - nuts, seeds, rice, pasta, etc. In buying bulk you avoid paying for packaging and marketing.
- 3) **Stop visiting the miscellaneous aisles.** I steer clear of the body care aisle because I consistently end up buying lotion or shampoo that I don't need. The variety aisles are designed to get you buying candles, books, and other random items. If you came to the supermarket for food, buy food only.
- 4) **Look down - literally.** Sometimes you can find better values on the bottom shelves. Smaller companies with less marketing power often don't have eye-level product placement, but they might offer just the tasty option you are seeking.
- 5) **Don't shop when hungry.** This basic advice applies to meat-eaters and vegetarians alike. When hungry, you are more likely to spend spontaneously and recklessly, buying things that you don't need or are trying to cut out. Eating a small snack before shopping can quell any momentary urges to overspend. If you arrive at the grocery store ravenous, first buy a few nuts or a piece of fruit to satisfy your hunger before doing your regular shopping.

Following these suggestions regularly will help you develop better spending patterns when supermarket shopping. Fortunately, smart eating and savvy spending are compatible.

Melissa Moser is a writer, certified financial planner and member of Organic Athlete. Get more helpful information at www.melissamoser.com or stop by the Organic Athlete booth at World Vegetarian Day to talk to her.

PRESIDENT'S CORNER

by Dixie Mahy

I have been involved with the San Francisco Vegetarian Society for 36 of its 37 years of existence. Over those many years, I have often been told, "One person can not really make a difference." Fortunately, I did not accept that as a maxim and I have continued to use my time to promote a vegetarian/vegan lifestyle to benefit humans, the animals, and the world.

I realize that not everyone has the commitment or the desire to give time to promoting a plant based diet. Nevertheless, as an individual, **each person still can make a difference with his or her diet choice.** There are strong environmental reasons for not eating meat (in addition to the issues of animal cruelty and human health problems): the Union of Concerned Scientists (UCS) states there are two things people can do to most help the environment. The first is to drive a fuel-efficient automobile and live near where we work. **The second most important thing to do to help the environment is to not eat beef.**

Following are the main environmental points supporting a plant-based diet:

- *Reduction of World Hunger* - It takes approximately 20 pounds of vegetable protein for every pound of beef. These days, cattle are not grazing on grasses that humans don't eat; they are fed grains and corn. Much of this vegetable protein could be given directly to humans. Ten people could be fed with the grain or corn that is fed to one cow that only feeds one person.

- *Fossil Fuels & Pollution* - Then there is the issue of fossil fuels that everyone is concerned about. For example, at a feedlot that accommodates 37,000 cattle in a year's time, 25 tons of corn is dumped every hour. It takes 1.2 gallons of oil to make the fertilizer used for each bushel of that corn. Before a cow is slaughtered, it will eat 25 pounds of corn a day; by the time it is slaughtered, it will weigh more than 1,200 pounds. In its lifetime, it will have consumed, in effect, 284 gallons of oil. In addition to the fossil fuel used for the corn fertilizer, there is additional fossil fuel used in farming the corn and then transporting the corn to the feedlots. Add to that the fossil fuel used to transport the cattle to slaughterhouses, to meat packing facilities, then to grocery stores.

- *Waste of Water* - It also takes anywhere from 2,500 to 5,000 gallons of water for each pound of beef. It definitely would make a difference to save water. With the

increasing population and the draughts throughout our country, we have less water available and it is only going to get worse. Whether “global warming” is due to human inspired pollution or due to weather cycles or sun flares, it is getting hotter as reflected by the record breaking heat waves throughout our state and country this summer. Not only is evaporation higher for our lakes and streams during heat waves, there is added extra water usage. (Cows as well as humans died during the heat wave in California this summer.) The underground aquifers are being depleted faster than they are being replenished. Northwest Texas is already dry; they can’t get any water from their wells. The largest aquifer, Ogallala, which covers a large part of our country from the midwest to the mountain states, is being depleted by 13 trillion gallons a year. At that rate, it will run out. For every pound of beef a year you do not eat, you will be saving around 5,000 gallons of water a year!

· *Pollution* - We have to also deal with the waste product from raising animals and especially factory farms. Livestock now produce 130 times the amount of waste that people do. This waste is untreated and unsanitary. It is filled with chemicals and antibiotics (the main cause of antibiotic resistance in people) and also disease-bearing organisms. It overpowers nature’s ability to clean it up. It is poisoning rivers, killing fish, and getting into human drinking water. Sixty five percent of California’s population is threatened by pollution in drinking water just from dairy cow manure. It isn’t just cows that produce this waste. Factory-raised hogs produce four times the waste in North Carolina as the 6.5 million people of that state do. Even the oceans are polluted: 7,000 square miles of the Gulf of Mexico are a dead zone. Cattle are also the major contributors to greenhouse gases. Tens of millions of tons of methane are released into the atmosphere by the world’s 1.3 billion cattle. In addition, hundreds of millions of tons of CO2 are released by burning forests to create cow pastures.

· *Top Soil Depletion* - Cattle don’t spend their entire lives in feedlots. When they are young, they graze. Over two-thirds of the land areas of the mountain states are used for grazing, 70 percent of the land in western national forests are grazed; 90 percent of Bureau of Land Management land is grazed. These lands are trampled by cattle compacting the soil. When it rains, the land doesn’t absorb the water. Instead, it runs off, taking away topsoil, forming deep gullies and damaging streambeds. North America has already lost a third of its topsoil, 80 percent of this erosion is directly attributed to grazing and unsustainable methods of producing feed crops for cattle and other livestock. Consider this: Mesopotamia (present day Iraq) was once a lush fertile land in biblical and pre-biblical times. Overgrazing of cattle and sheep turned the area into a desert. We are now in the process of turning our country’s fertile lands into desert.

· *Wildlife Destruction* - Additionally, our govern-

ment protects the cattle by killing off any creature that might threaten the livestock. They encourage poisoning, trapping, snaring, denning, and shooting natural wildlife. Except for targeted shooting, all other methods indiscriminately kill other non-threatening wildlife. (Denning is the practice by federal agents of pouring kerosene into the dens of animals and setting them on fire, burning the young animals alive in their nests).

· *Rainforest Destruction & Global Warming* - To satisfy our country’s appetite for meat, we import over 200 million pounds of beef from Central America alone. Every second per day, one football field of tropical rainforest is destroyed for livestock grazing to produce 257 hamburgers. Rainforests supply us with oxygen and absorb some of the carbon dioxide we are spewing into the atmosphere. They moderate our climates.

· *Species Extinctions* - When rainforest land is destroyed, rich plant and animal life are also destroyed, including varieties we don’t understand yet and that may provide the medicines we need to cure disease. Normally, the Earth has lost 10 to 25 species per year. We are now losing several thousand species per year and the numbers increasing. The leading cause of species being threatened or eliminated in the U.S. is livestock grazing. A 1997 study of endangered species in the southwestern U.S. by the Fish and Wildlife Service found that cattle ranching threatened half the species studied. Even more alarming are the plants, including varieties of plankton and fungi, as well as bacteria and insects that are necessary for higher forms of life, that are becoming endangered and will ultimately affect all life on this planet.

There are a lot of things in this world that you cannot control but you can control what you put into your mouth. **Therefore, you can make a difference. By not eating beef and other farm animals and animal products, you can protect your health and the environment one bite at a time.**

One Of The Big Four Was A Vegetarian!

by David Pressman

In the late 1800’s four of the biggest developers of California were Collis Potter Huntington, Charles Crocker, Mark Hopkins, and Leland Stanford. They brought the railroads to California and became very wealthy and influential in the process. Society referred to them as *The Big Four* and a fancy restaurant of the same name still thrives in the Huntington Hotel at Taylor and California.

There weren’t many vegetarians in those days, and we especially wouldn’t think of a railroad baron, who could afford the finest, as one. Nevertheless one of The Big Four, Mark Hopkins (1802-1887), was a vegetarian. The eponymous hotel at Mason and California was named after this

austere bearded man of few words, who left one of the largest fortunes in the country. He was thus a true pioneer in more ways than one. Now if we could just get *The Big Four* restaurant to go vegetarian . . .

VegFestival-Torino ITALY



Jeanne Marie Besanceney (US and SFVS Board Member), Julia Butterfly Hill (US), and Isaac Obiora Dikeocha (SA) were members of the vegan activists panel at the VegFestival-Torino ITALY (June 16-18 2006)

Jeanne Besanceney, SFVS Board Member, delivered an inspiring speech (with an Italian interpreter) at the Italian Veg Festival. After extending an invitation to everyone attending the Festival to come to San Francisco to celebrate our World Vegetarian Weekend, September 30th - October 1st, she discussed her personal journey to vegetarianism/veganism/raw foodism; her involvement in the peace and ecology movement; her eventual awareness of the connection of eating animals and human aggression; and her disappointment with leaders in the religious, health, and environmental fields who are not vegans as she considers them to be hypocritical if they are not vegans.

She complimented the Italians for the “Slow Food Movement” which began in Italy. She stated, “I know that it is very important for all of us to slow down, bring the reverence for God & Mother Nature’s bounty back into our way of preparing and eating with family and friends, and that chewing well is very important for digestion. The ‘fast food’ idea perpetuated in America is only an obvious symptom of what is wrong with the mentality of a society fueled by fear, greed and competition – and a wholesale neglect of that which is Sacred, the precious Life that we are given, the bountiful Plant Kingdom from which to eat, and the opportunities to bring about a society to be proud of living in.”

Jeannie then proposed solutions for the mess Americans find themselves in: 1) Go Vegan! To assist in this goal, she proposes a campaign. A) “Peace on my Plate Pledge” – because the Plant Kingdom feeds me. She encourages people to post their pledges on her website (contact her at 415-346-3877 or jb9166@yahoo.com for information about her website and/or for the full text of her speech). B) She also proposes another unique idea: An “Animal Suffering Tax” on restaurants and establishments that sell and profit from animal exploitation. 2) Embrace Health and seriously entertain the possibility “that you can get younger and more vibrant by continually refining your diet – in combination with exercise, proper rest, and holistic care for your body, mind and spirit...and therapeutic WATER fasting as a profound and naturally simple way to restore the body’s health.” She encourages individuals to attend Hygienic and fasting retreats to support cleansing, healing, and rejuvenation processes, like The Optimum Health Institute in San Diego & Austin, Tree of Life with Dr. Gabriel Cousens in Arizona, and True North Health in No. California with Dr. Goldhamer (who will be speaking at World Vegetarian Day, Sunday, October 1st). Jeannie states, “A truly healthy populace would be too vibrant and happy to support any war in their name. Healthy vegans will create world peace.” 3) Make reparations for the Euro-centric mentality that has caused distortions of history about the African roots of humanity and religion.

IN THE NEWS

Vegan Diet Reverses Type-2 Diabetes

Dr. Neal Barnard M.D., President and Founder of Physicians Committee for Responsible Medicine, has been conducting studies on vegan diets & diabetes for the past several years. It was announced in headlines on Friday, July 28, 2006 that “a vegan diet provides breakthrough improvements for people with type-2 diabetes.” Dr. Barnard compared one group of people following a low-fat vegan diet with another group on the standard American Diabetes Association (ADA) diet over 22 weeks. The results were not dependent on exercise, but diet alone!

Those on the vegan diet with no meat or dairy compared favorable over the ADA dieters. They reduced their medication twice as often, 43% vs. 26%; they lost twice as much weight, 14.3 vs. 7.7 pounds; they lowered their LDL-“bad” cholesterol twice as much, 21.2% vs. 10.7%; they improved their Hgb A1c levels by three times as much; and they cut kidney protein losses by one and a half times more.

The vegan diet was easier to follow than the ADA diet with only three vegan dieters dropping out of the study, compared with eight on the standard ADA diet. Those on the ADA diet

Little, Valerie Ostrom & Ricardo Clarke, Zach Adelson, Cynthia Lo, Leya Stieber, Nancy Martin, Pat Maginnis, Joan Gibson, Donna's Tamales • Shirley Virgil & Donna Eichhorn, Jill Woolums, Sandra Ward, William B. Grant, Betsy Johnson, Sumana Meissner, Dee Benefield, Dianne Seaborg, Gregory Markham, Harry Garrison, Fred Schwinn, Pat Godinez, Elizabeth Farrington, Laraine Koffman, Holly Millar, Joy Abounds, John O'Grady, Kit Bradford, Sam Halsey, Carmel Granger, Mary Lynn Shimek, Linda Beavers, Isabel Auerbach, Chetana Deorah, Caroline Cholette, Michael Colbruno & Alex Paul. (Please excuse us, if we have missed anyone)!

Community Thrift Store

Clean out your garage, closets, and attics and donate your good items and clean clothes to the Community Thrift Store, 623 Valencia, San Francisco, 415-861-4910. Be sure to give them our #95 and we will receive a percentage of items sold.

A big **THANK YOU** to the following who have recently donated items: Nancy Bern, Tracy Ewing, Ronald Laupheimer, Jessica Likins

CLASSIFIEDS

LEAFLETING AT KFC – Co-Sponsored by the Veggie Jews Tsedakah Brigade and The San Francisco Vegetarian Society One Sunday a month, there will be an educational leafleting scheduled at the Kentucky Fried Chicken fast food restaurant on 1900 Irving and 20th Avenue, San Francisco. If you would like to be more active in promoting a humane healthy vegan diet and expose the inhumane

treatment involved in factory farming, join Bonnie Knight, SFVS member and coordinator of the event. Literature from PETA will be given to everyone to pass out. Afterward, those interested will adjourn to the Vegetarian Chinese Restaurant, Shangri-La, 2026 Irving Street, at 22nd for lunch and letter writing. If you can't make it to the leafleting, come for lunch. Contact veggiejews@cyberonic.com or 415-665-1583 to sign up or for more information.

Assistant for Prez

Dixie Mahy is looking for someone to work with her who is good at composing letters to assist her in the overwhelming correspondence she does for World Vegetarian Day as well as the Society's business. It is interesting and helpful corresponding with potential speakers, net working with other organizations, contacting the media, etc. It would be necessary to be able to do e-mail as well as access to a printer for hard copy mailing. Call 415-885-2251 afternoons or evenings.

Please disregard the "Request to Join" or "Renew" if you already have. Checks are sometimes posted after the mailing labels have been made. Duplicates may also be the result of different lists your name appears on. We appreciate your patience in deleting any duplicates. Contact: tracyinfo@aol.com for direct corrections or call our hot line: 415-273-5481.

Look for our next issue in November.

WORLD VEGETARIAN WEEKEND Sep 30 & Oct 1

San Francisco Vegetarian Society
for Health and Humanity
P.O. Box 2510
San Francisco, CA 94126

NOTE: If your membership is about to expire (see date on label), then we urge you to renew now!

Vegetarian News is printed on recycled paper.