



Vegetarian News

"For Health and Humanity"

Spring Issue 2008



Favorite VEGNEWS-sponsored event
World Vegetarian Day
(San Francisco)

Almost Vegan NFL Star

From Dixie Mahy

The Wall Street Journal January 25, 2008 printed an intriguing article by Reed Albergotti titled "The 247-lb. Vegan*" featuring Tony Gonzalez, NFL star, but with the question, "Can a football player live mainly on plants?" Although they use the word Vegan*, they placed an asterisk with it because he includes "a little bit of salmon for dinner." Although I don't consider him a vegan, I am nevertheless pleased that he rejected his team menu and deleted all other meat and animal products from his diet in spite of the team handlers advising that he could not maintain his athletic prowess on a mostly plant-based diet. The Kansas City Chiefs' team nutritionist convinced him that he needed to incorporate small amounts of meat into his plant diet but he resisted eating beef, pork or shell fish.

Following are excerpts from the article:

THE PROTEIN-RICH bounty of the football training table is supposed to grow the biggest and strongest athletes in professional sports. Kansas City Chiefs tight-end Tony Gonzalez was afraid it was going to kill him. "It's the Catch-22," says Mr. Gonzales, 31. "Am I going to be

unhealthy and play football? Or be healthy and get out of the league?"

So last year, on the eve of the biggest season of his career, Mr. Gonzalez embarked on a diet resolution that smacked head-on with gridiron gospel as old as the leather helmet. He decided to try going vegan.

Living solely on plant food, a combination of nuts, fruits, vegetables, grains and the like, has long been the fringe diet of young rebels and aging nonconformists. (What an insult to those of us who have been vegetarians/vegans for years relegating us to "rebels" and "aging nonconformists" with a "fringe diet." DM) Vegans of late have gotten more hip with such best sellers as the brash "Skinny Bitch," and its more scholarly cousin, "The China Study." Both books argue vegans can live longer.

But could an all-star National Football League player, all 6-foot, 5 inches and 247 pounds of him, live on a vegan diet and still excel in one of the most punishing jobs in sports?

For Mr. Gonzalez, the stakes were high. He'd just signed a five-year contract, making him the game's highest-paid tight-end. Entering the 2007 season, his 11th in the NFL, he had a shot at breaking all-time NFL records for career receptions and touch downs at his position. To do that, he needed top performances in every game. Mr. Gonzalez

SUMMARY OF EVENTS

- Mar 8** Potluck & Free DVD "Healing Cancer"
- Mar 16** Weight Control Clinic
- Mar 19, Apr 2, 16, 30** Vegan Dinners
- Mar 22** Meat Out Lunch Celebration
- Mar 30** KFC Leafleting & Lunch @ Golden Buddha
- Apr 6** Easy Vegan Cooking Class
- Apr 7, 14, 21, 28** Cancer Prevention Cooking Classes
- Apr 12** Potluck & Free Raw Demo
- Apr 27** KFC Leafleting & Lunch @ Golden Buddha

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.

INSIDE THIS ISSUE >>>

Almost Vegan NFL Star.....	p. 1
100% Vegan Pro Athletes.....	p. 3
Chronic Illness Costs.....	p. 4
Chocolate: Healthy in Moderation.....	p. 5
Food & Drink.....	p. 6
Society News.....	p. 6

San Francisco Vegetarian Society
For Health and Humanity

Newsletter Staff

Managing Editor: OPEN
Production Editor: Linda Fleming

Project Coordinators

Advertising Coordinator: Joseph Cadiz,
jcadiz2002@yahoo.com
Dining Out Coordinator: David Goggin,
dave65536@earthlink.net, 415-567-6773
Discount Coordinator: Carmen Lee,
carmen_cebs@yahoo.com
Events: Dixie Mahy, 415-885-2251
Listserv, Member Services: Tracy Ewing
tracyinfo@aol.com
Mail Coordinator: Joseph Cadiz,
jcadiz2002@yahoo.com
SF Outreach: 415-750-0614,
nloewen@ioaging.org
East Bay Outreach: Pam Webb 510-653-7966
Publicity: OPEN
Volunteer Coordinator: Nancy Loewen, 415-750-
3614, nloewen@ioaging.org
Webmaster: Tony Martin
tony@veggiedude.com

SFVS Board

President: Dixie Mahy
Vice President: Nancy Loewen
Treasurer: Joseph Cadiz
Secretary: Audra Dixon
Board Members: Sharon Leong, Robert Martin,
Tony Martin, Vasu Murti, Kristen Miles, Joyce
Thornton, Neil Yoskowitz.

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. Deadline for submissions for next newsletter is April 1st, 2008. Please contact Dixie Mahy at 415-885-2251 or dixiemahy@gmail.com.

ADVERTISE WITH US and reach more veg'ns! 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.

knew he was out on a limb. "I was like, I'm going to look like a fool if this doesn't work out," he says.

Mr. Gonzalez joined a handful of elite athletes who have put the vegan diet to the test, either for their health or because they oppose using animals as food. But he was the first pro-football superstar to try.

Professional athletes, especially NFL players, need thousands of calories a day. Many enjoy a high-protein, high-fat smorgasbord of steaks, chops, burgers, pizza, ice cream and beer. Mr. Gonzales's tight-end job requires him to push around monstrously sized opponents. Occasionally, he gets to catch a pass. Mr. Gonzalez is famous for combining the brute power of an offensive lineman with the acrobatic skills of a nimble receiver. "My biggest thing is strength," he says. "If you lose that strength you get your butt kicked."

Experts say athletes in training need as much as twice the protein of an average person to rebuild muscle. Their bodies also require a big dose of minerals and vitamins, as well as the amino acids, iron and creatine packed into fish, meat and dairy foods. It's fine to be a vegan, says sports nutritionist and dietician Nancy Clark, if you're willing to work at it. "It's harder to get calcium, harder to get protein, harder to get Vitamin D, harder to get iron, she says. "You have to be committed." (Wow, is she misinformed. She needs to talk with Dr. Barnard, Dr. Fuhrman, or Dr. McDougall. DM)

Mr. Gonzalez had never heard of the vegan diet when he boarded a flight from New York to Los Angeles last spring about a month before preseason training. His seatmate turned down most of the food offered in first class, and Mr. Gonzalez finally asked why. The man told Mr. Gonzalez about "The China Study," a 2006 book by Cornell professor and nutrition researcher T. Colin Campbell that claims people who eat mostly plants have fewer deadly diseases than those who eat mostly animals. The evidence was drawn from diet surveys and blood samples of 6,500 men and women from across China.

Mr. Gonzalez was intrigued. Earlier in the year, a bout with Bell's Palsy, a temporary facial paralysis, had focused his attention on health. He bought the book, and after reading the first 40 pages, he says, was convinced animal foods led to chronic illness. He was an unlikely convert, Mr. Gonzalez, who grew up in Southern California, says cheeseburgers were his favorite food. But he quit them, substituting fruits, nuts and vegetables. At restaurants, he ordered pasta with tomato sauce.

Three weeks later, he walked into the weight room at the Chiefs' training facility and got a shock. The 100-pound dumbbells he used to easily throw around felt like lead weights. "I was scared out of my mind," he says. Standing on the scale, he learned he'd lost 10 pounds.

Mr. Gonzalez considered scrapping the diet altogether and returning to the Chiefs' standard gut-busting menu. First, though, he called Mr. Campbell, who put him in touch with John Hinds, himself a vegan and the former strength coach for the Los Angeles Clippers basketball team. Mr. Hinds suggested plant foods with more protein.

The Chief's team nutritionist, Mitzi Dulan, a former vegetarian athlete, did not believe that was enough. With the team's prospects and Mr.

Gonzalez's legacy at stake, she persuaded the tight-end to incorporate small amounts of meat into his plant diet. Just no beef, pork, or shellfish, he said; only a few servings of fish and chicken a week.

Teammates nicknamed him China Study and razzed Mr. Gonzalez if he missed a block. But he wasn't ready to give up his new diet completely. After a preseason practice, he accompanied Mr. Hinds to learn a skill he believed as important as blocking techniques: how to shop for groceries. Mr. Hinds showed him nutritious fish oils (flax seed oil just as good. DM) and how to pick out breads dense with whole grains, nuts and seeds. "The best bread for you," says Mr. Hinds, "is if I hit you with it, it hurts." Mr. Gonzalez also learned how to make the fruit and vegetable shake he drinks each morning. He stocked his pantry with tubs of soy protein powder and boxes of organic oatmeal; soy milk and Brazilian acai juice crowded the fridge. His favorite dessert became banana bread topped with soy whipped cream from the vegan café near his home in Orange County's Huntington Beach.

Mr. Gonzalez soon recovered his lost pounds and strength, but prospects for a record-breaking season were still in doubt. The team lost its starting quarterback, Trent Green, in a trade, and the Chiefs' star running back was tied up in a contract dispute.

As the season progressed, the team lost more games than it won. But Mr. Gonzalez managed to stick to his diet and hold onto the football. He broke the touchdown record before mid-season and was within reach of the career reception record. "I was like, 'OK, this is working,'" he says. "I have so much more energy when I'm out there." His wife, October Gonzalez, was astonished her husband could play the season without ordering a single cheeseburger. "I thought he'd cave," she says.

Mr. Gonzalez entered the final game against the New York Jets needing four catches to surpass the record held by former tight-end Shannon Sharpe. The contest turned into a sluggish defensive struggle with the Chiefs trailing the Jets 7 to 3. Still, Mr. Gonzalez made three receptions. With 2 minutes and 29 seconds left in the third quarter, Chiefs quarterback Brodie Croyle was fleeing defenders when he threw a 9-yard pass to Mr. Gonzalez, who scampered for a first down and a spot in the NFL record book.

Personal Diet vs. Team Diet

Tony Gonzalez's Typical Breakfast to Maintain his 247 lb Football Weight

Vegan smoothie with rice and pea protein powders, acai berries, spinach, two or more fruits and a splash of Gatorade or organic apple juice and rice milk, which provides protein, fiber and Vitamin K.

After-workout recovery drink: Gonzalez drinks Accelerade, a mix of carbohydrates and protein. (Unfortunately, this drink contains animal protein.) Calories: 725

Team Breakfast

Eggs to Order, Hash Browns, Canadian Bacon, Sausage Links.

Choice of: Grits, Oatmeal, omelets to order, French Toast, Corn Beef Hash, Sausage Gravy, Chipped Beef, Belgian Waffle.

Calories: 1,063

Gonzalez's Typical Lunch

Beans and other vegetables for protein, fiber and vitamins. Spinach salad for vitamins and iron. Whole-wheat pasta with red sauce, raw fruits and vegetables for antioxidants and vitamins. Calories: 1,350

Team Lunch

Greek Style Gyros, Rice Pilaf.

Choice of: Tomato Florentine Soup, Cheddar & Ale Soup, Turkey Scaloppini, Lyonnaise Potato, Cauliflower, Fried Okra. Calories: 910

Gonzalez's Typical Dinner

Spinach and corn providing vitamins and fiber, whole-wheat bread with olive oil for fiber, protein, iron and vitamins, and non-dairy sherbet for desert.

(Here the article states that Gonzalez strays from his plant-based diet with broiled salmon, which gives him a boost of high quality protein and omega 3 fats, helping him stay near 250 pounds. This is misleading. It does give him omega fats but he could get that from ground up flax seed and the protein from salmon is no more high quality than beans, tofu, nuts, & seeds which would give him good quality protein and as much if not more calories than salmon to keep his 250 pound weight.) Calories: 1,120

Team Dinner

Carved Prime Rib, Baked Potatoes, Roasted Vegetables

Choice of: Cheddar & Ale Soup, Chicken Noodle Soup, Cajun Grilled Mahi Mahi, Lemon Basil Chicken, Rice Florentine, Asparagus. Calories: 1,457

100%Professional Vegan Athletes - Stoudamire & Danzig

Salim Stoudamire. Trainers for the Atlanta Hawks worried when shooting guard Salim Stoudamire decided to eat vegan at the end of the National Basketball Association season in 2006. Although the diet left him craving chicken, Mr. Stoudamire says, his biggest challenge was convincing coaches and teammates he could still perform on the court. Team managers forced Mr. Stoudamire onto a scale each morning of preseason training and wrote down his weight. After holding steady at 181 pounds, the bosses got off his back. Mr. Stoudamire says he felt better, and that his performance this season improved. So far, none of his teammates have joined him. "They all look at me like I'm crazy." He says.

Mac Danzig took a diet risk four years ago. The 26-year-old mixed martial-arts fighter had long wanted to spare animals by going vegan. But he was afraid his trainers were right: that he'd lose to stronger opponents. Last

month, on a diet of brown-rice protein, beans, soy, nuts and vegetables, Mr. Danzig defeated the last of his challengers in Spike TV's "The Ultimate Fighter." Kim Barnouin, co-author of the vegan best-seller "Skinny Bitch," says she loves the "Ultimate Fighter" show and cheered Mr. Danzig's win. When fight fans learned Mr. Danzig was a vegan, some said they didn't think he'd have the strength, or the stomach, to conquer the ultra-violent sport, which combines kick-boxing and wrestling. "It's about animal rights," Mr. Danzig says, "not human rights."

Chronic Illness Costs more than \$1 Trillion a year

*SF Chronicle Staff Writer, Victoria Colliver
From Robert Martin*

(By turning to a plant based diet, Americans would not only feel better, live longer and be healthier, they would also be more productive economically and cost the health care system less money. – Dixie Mahy, SFVS President)

Americans who have common chronic health conditions cost the U.S. economy more than \$1 trillion a year, a figure that could jump to nearly \$6 trillion by 2050 unless people take steps to improve their health

According to the report by the Milken Institute, a Santa Monica think tank, the economic impact of chronic illness goes far beyond the expense of treating disease. It takes an even greater toll on economic productivity in the form of extra sick days, reduced performance by ill workers and other losses not directly related to medical care.

But veering onto a path that emphasizes changing lifestyles along with prevention and early detection of disease could reduce the number of illnesses by 40 million cases and save \$1.6 trillion by 2023, the report said. (A vegan diet plus exercise would be a good lifestyle change for prevention. DM)

"The public is telling us the No. 1 domestic issue is health," said Dr. Richard Carmona, former U.S. surgeon general and now chairman of the Partnership to Fight Chronic Disease, in a news conference in Washington on Tuesday releasing the report. "The disease burden is mounting, the economic burden is mounting and the trajectory we're on is unsustainable."

The study looked at seven of the most costly chronic illnesses: the most common forms of cancer, hypertension, mental disorders, heart disease, diabetes, pulmonary conditions such as asthma and stroke. (All of these diseases could be prevented or controlled with a low-fat vegan diet. DM)

"More than half of Americans suffer from chronic disease. Every year, millions of people are diagnosed, and every

year millions die of these diseases," said Ross DeVol, the Milken Institute's director of health and regional economics and principal author of the report.

Treatment for those diseases, based on 2003 data, cost \$277 billion. But lost productivity cost far more: \$1.1 trillion. Combined, the economic impact of the diseases added up to more than \$1.3 trillion. Cost calculations, which are based on various studies of companies, also included economic losses generated by caregivers.

The study found some conditions create a greater economic burden than others, regardless of the number of diagnoses or cost of treatment. For example, far fewer people suffer from cancer than pulmonary conditions. But the overall economic impact of cancer is greater because, while treatment is expensive, cancer patients also tend to be more debilitated and lose more work time than those suffering from many other chronic conditions, researchers said.

If the country does nothing to address the problem, the number of cases diagnosed in those seven disease categories will increase by 42 percent by 2023 for a total economic impact of \$4.2 trillion, the report said.

"The data to stay the course is not a particularly attractive option," said Ken Thorpe, executive director of the Partnership to Fight Chronic Disease and a professor at Emory University. "The country needs to shift its focus from trying to reduce health expenses to lower rates of illness," Thorpe said.

Lifestyle changes could have a major impact on our country's price tag for chronic disease, the report said. (It is a shame they did not go further and explain that a change to a plant based diet with an exercise program would be the obvious lifestyle change. DM)

Curbing obesity alone by close to 15 million cases could translate to a savings of \$60 billion by 2023 and improve the country's productivity by \$254 billion, the report said. Other changes include lowering smoking rates and increasing early detection and disease-management efforts.

California generally is healthier than much of the rest of the country, ranking sixth in a score of all states for percentage of chronic disease by population. The lowest levels of disease were found in Utah, followed by Alaska, Colorado, New Mexico and Arizona. The sickest states in the survey were West Virginia, Tennessee, Arkansas, Kentucky and Mississippi.

California has the opportunity to prevent about 4.2 million cases of avoidable chronic disease by 2023, which would increase productivity by \$98 billion and lower treatment costs by \$18.9 billion, DeVol said.

“The cautionary tale, when I look at California, is looking at our children and obesity rates,” DeVol said, adding that the rising obesity levels are especially dramatic among young Latinos. “If we don’t address the rising obesity problem, we have a huge potential problem in the future.”

Key points from the Milken Institute’s report, “Unhealthy America”:

— More than 109 million Americans have one or more common chronic condition, for a total of 162 million cases.

— In 2003, productivity losses associated with chronic disease reached almost \$1.1 trillion, and treatment cost \$277 billion.

— California is home to more than 16.3 million cases of chronic disease, for a total cost of \$133 billion. Source: Milken Institute

From SF Chronicle/sf gate.com Wednesday, October 3, 2007

To view the complete report: www.milkeninstitute.org
To see an interactive Web site with national and state-level detail: www.chronicdiseaseimpact.com

Chocolate: Healthy in Moderation?

By Kiki Powers, MS, CWS

Chocolate - a product of the cacao tree - has been winning hearts long before the Aztec leader Montezuma introduced hot cocoa to the Spanish conqueror Cortez. Certainly, chocolate has one of the richest and most distinctive flavors in the world. Yet there is an undeniable “feel good” factor associated with this unique food that goes beyond mere sweet appeal. This may be due to the fact that chocolate stimulates the secretion of endorphins, producing a sensation of pleasure and well-being similar to the “runner’s high” a jogger feels after logging several miles.

Additionally, chocolate contains tryptophan, an essential amino acid that reduces anxiety by producing serotonin, a neurotransmitter that acts as an anti-depressant. Other substances, such as theobromine and phenylethylamine, as well as modest caffeine levels, contribute to chocolate’s stimulating effect. Chocolate also may trigger the brain’s production of natural opiates, reducing sensitivity to pain.

However, given chocolate’s significant fat and sugar content, does it really belong in a healthy diet? The answer may be yes, especially as we learn more about the surprising health benefits of this treasured substance. According to the journal *Nutrition Review* (2006 Mar; 64(3):109-180), cocoa and chocolate have been found to be rich plant-derived sources of flavonoids, natural compounds with potent antioxidant properties. Along with cocoa beans, large quantities of flavonoids are found in red wine, tea, cranberries, peanuts, strawberries, apples and many other fruits and vegetables.

The flavonoids in chocolate are called flavanols, and the darker the chocolate, the richer the flavanol content. In fact, unsweetened powdered cocoa starts out with almost twice as many flavanols as dark chocolate, but when diluted with water, milk or sugar to make hot chocolate, the flavanol total per serving plummets to less than half that in milk chocolate (Nutrition Notes May 2001).

So, why are flavonoids such health heroes? First and foremost are their powerful antioxidant benefits. Antioxidants are our bodies’ frontline defense against the free radicals that constantly and adversely affect our cells. Many of the processes of aging, as well as many diseases are in fact initiated by free-radical damage to our cells. Research has shown that antioxidants have the unique ability to neutralize free radicals in our bodies, which may minimize your risk of chronic, degenerative diseases such as cancer, heart disease, and Alzheimer’s, among other health issues.

According to a recent study by Holland’s National Institute of Public Health and Environment, chocolate contains up to four times the antioxidants found in tea. In other research, dark chocolate was found to contain 53.5 mg. of catechins—especially powerful antioxidants—per 100 grams. By contrast, 100 ml. of black tea contains a mere 13.9 mg. of catechins.

Both flavonoids and flavanols offer protection from vascular disease, which can cause heart attacks, strokes, diabetes, dementia and hypertension. Moreover, antioxidants can minimize the free radical damage that might otherwise lead to LDL-cholesterol oxidation and plaque formation on arterial walls. It turns out that the flavonoids in chocolate are even more powerful than Vitamin C in protecting circulating lipids from oxidation (*J Agric Food Chem.* 1999 Dec;47(12):4821-4).

How else can chocolate promote a healthy heart? It appears that flavanol-dense cocoa works to reduce blood pressure and improve blood flow, preventing fat-like substances in the bloodstream from oxidizing and clogging the arteries, while making blood platelets less likely to stick together and cause clots. This reduces risk of both stroke and heart attacks. According to the *American Journal of Clinical Nutrition* (2003 Jun;77(6):1466-73), flavanols also reduce inflammation—a key biomarker for cardiovascular disease.

However, the majority of chocolate products don’t qualify for these outstanding health benefits, since most of the heart-healthy flavanols have been removed from prepared cocoa and chocolate. Chocolate production usually includes processing to reduce its naturally pungent taste, which is actually attributed to flavonoids—specifically polyphenols. The more chocolate is processed, the more flavonoids are lost.

To maximize the health benefits chocolate can provide, go for organically produced dark chocolate, which retains the highest level of flavonols. Another option is pure, unprocessed cocoa powder, which can be used in many delicious ways. With careful selection, a healthy, balanced diet may well include chocolate. In fact, you may find that occasionally indulging your chocolate craving with high-quality dark chocolate will not only nurture your spirit, it may also extend your lifespan. Now that's a delicious prospect.

Healthy and Delicious Vegan Hot Chocolate

2 cups vanilla almond or soy milk
1-2 T. unsweetened cocoa powder (Ghiradelli is darkest and richest)
Stevia or other sweetener to taste

Mocha Variation

For a delicious Mocha twist with no added caffeine, add 1 T. or Caffix or Pero (available at Rainbow or Whole Foods) Serves 2.

Kiki Powers, MS, CNC, President & CEO of Natural Health Solutions has updated her website: www.aboutnhs.com to reflect her new Healthy Life Coaching Offering which includes, her SF Bay Area screenings, articles, lectures, resources, and a host of services via phone and e-mail on various health topics. Office telephone: 408-226-5454.

FOOD & DRINK

Healthy Vegan Recipes

Following are recipes from Patricia Allen Koot, Nutrition Educator, from Wellness Central from some of her recent vegan cooking and natural healing classes co-sponsored with SFVS.

Almond Rice Loaf

1/2 cup cooked garbanzos and 1/2 cup water
1 cup bread crumbs
1 cup cooked brown rice
1 chopped onion
1/2 cup hot water
1/2 cup chopped almonds
1/2 cup chopped celery
1/2 cup sunflower seeds
1 tsp dried parsley
1 tsp dried thyme
1/2 tsp garlic salt

Blend Garbanzos and water till smooth.
Mix remaining ingredients with above.
Press into sprayed loaf pan.
Bake at 350 degrees for 45-60 minutes

Vegan Cheddar Cheeze

3/4 cup raw, unsalted cashews
2 tbs sesame seeds
1/4 cup roasted red pepper
2 tbs Bragg's Liquid Aminos
1 tsp nutritional yeast (not Brewer's Yeast)
1/2 tsp garlic salt
1 tbs garlic powder
4 tbs agar flakes
1/4 cup fresh lemon juice
1 cup water

Boil water and add agar, cook till clear-5 min.
Blend agar with remaining ingredients.
Process till smooth.
Pour into container or mold.
Cover and refrigerate till set.

Nut Milk – 2 Quarts

1 cup raw, unsalted cashews
1 cup cooked millet
2 tbs agave syrup
1/2 tsp salt
1 tsp vanilla
6 1/2 cup water

Blend cashews with a bit of water till smooth.
Add millet and more water till smooth again.
Add other ingredients while blending.
Add remaining water.
Small amount of sediment may be strained out if desired.

Carob Nut Balls

1/4 cup carob powder
1/4-1/2 cup soy milk powder
1/2 cup chicory or agave syrup to taste
1 cup peanut or almond butter
1/4 tsp peppermint, optional
Coconut, optional

Using food processor, with S-blade:
Mix carob and soymilk powder into syrup.
Stir in nut butter.
Form into balls.
Roll in coconut. (Dip ball first into water to moisten.)
Chill to firm.

SOCIETY NEWS

Discount Update

From Carmen Lee, Discount Coordinator

New Providers

All About Herbs Vegetarian Restaurant @ Paris Café,
704 Post Street at Jones, SF 94109, 415-292-6856. 10% discount on dinner menu. Open for dinner Monday-

The original expose' first aired on ABC 7 News on Jan 30th and may be seen on ABC7News.Com. Congratulations to Wayne Pacelle, President of HSUS, for sponsoring the filming and Dan Noyes for airing the segment. Dan received an award from SFVS and UUFETA two years ago for his animal cruelty investigations re: cruelty to ducks involved in making pate'.

Golden Carrots

Special thanks to those who donated items to the Community Thrift Store to benefit SFVS: Joseph Cadiz, Victor Cadiz, Tracy Ewing, Alex F., Dixie Mahy, and Jessica Sanchez. If you would like to make a donation, you can drop off clean clothes, jewelry, and other items at 623 Valencia, near 17th Street, San Francisco or call them to pick up furniture or larger items 415-861-4910. Be sure to mention SFVS and our #95.

Also, special thanks to Victor Cadiz for his vehicle donation. If you have a used car, boat, or trailer you would like to get rid of, you can donate it to SFVS for a tax-deductible donation. Contact 415-273-5481.

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.



Living Light
Culinary Arts Institute
Classes in Raw Vegan Cuisine
For Individuals, Chefs, and Instructors



- Culinary Arts Institute
- Gifts for Chefs
- Organic Café
- Eco-Friendly Lodging

Making healthy living delicious!
707-964-2420 RawFoodChef.com
301-B North Main Street, Fort Bragg, CA

Join us for Meat Out Lunch March 22!

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.

