



The Doctor Made Me Do It

By Stanley M. Sapon, Ph.D.

When people do something shockingly out of character, they sometimes blame the influence of a supernatural, malevolent and irresistible force. To give the devil his due, however, it is only fair to acknowledge the existence of other forces – natural, well-intentioned, and perhaps even more irresistible.

When I was three years old, I underwent a tonsillectomy complicated by severe blood-loss. That surgery was followed by a persistent anemia that was seen as life-threatening. My pediatrician sent my mother to see a prominent specialist in the treatment of childhood anemia. He informed her that if she wanted me to recover, she would have to feed me calves' liver and bacon.

As an observant Jew, she was in an anguishing dilemma, but preserving her child's life left her no choice; she purchased a special set of cookware, dishes and silverware to prepare and serve me bacon. I can only imagine what it was like for her to enter a non-kosher butcher shop and buy something that had been religiously shunned all her life—something that

had been— by Divine precept— forbidden for her and her ancestors for millennia. I recovered from the anemia, but the violence done to a lifestyle and the damage done to relationships within the family and the rest of the Jewish community was severe and long lasting. It became impossible to scrupulously keep the kosher and non-kosher parts of the kitchen separate, and the model of a kosher home ultimately crumbled. The physician, to be charitable, may have truly believed that there was but one remedy for the anemia. There is no uncertainty, however, that he was conscious of the fact that he obliged my mother to choose between preserving her religious values or her child's life. Whose beliefs would be validated, whose beliefs would prevail, whose would be surrendered? Would a doctor who obeyed Jewish dietary laws have insisted on the same solution to the anemia? Would a physician who was a vegan have prescribed the same remedy?

This episode happened almost 73 years ago, but its persistent echoes of pain call attention to a problem that not only is still with us, but that has acquired importance on a much larger scale.

Beyond personal concerns

The issues go well beyond personal or parochial concerns. Consider the experience of Mohandas Gandhi. In 1931, Gandhi was told by his doctors that his failing health (abused by years of imprisonment, extended hunger strikes, fasting near-unto-death, etc..) could only be restored if he would agree to drink goat's milk. He reluctantly complied with the doctors' orders, but he was outspoken in his remorse for having surrendered to medical advice. Calling his dependence upon goat's milk "the tragedy of my life," he wrote:

I believe that in the limitless vegetable kingdom there is an effective substitute for milk, which, every medical man admits, has its drawbacks, and which is destined by Nature not for man, but for babies and young ones of lower animals. I should count no cost too dear for making a search.

—Continued on page 6





Letter from Board Chair

Our Mission

EarthSave promotes food choices that are healthy for people and for the planet. We educate, inspire and empower people to shift toward a plant-based diet and to take compassionate action for all life on Earth.

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We've got a challenge. OK, it's a good challenge, but a challenge just the same. The *VEGPLEDGE™!* — EarthSave's latest international program, which challenges people to improve their diets over 60 days and then provides support for that transition—is already very successful. More than 4,500 people have taken the Pledge, and we have just begun to market it. A banner on VegSource.com—the largest vegetarian site on the web—produced more than 150 pledges per day, and sent more than 15,000 people per day to the *VEGPLEDGE™!* website (www.vegpledge.com). And *Vegetarian Times* magazine has agreed to donate a year's worth of advertisements—including at least four full-page ads—to this campaign.

So why is this successful program a challenge for us? Because we need your assistance, and your donations, to keep the momentum going. This program has the ability to change thousands—indeed, millions—of lives. From the nationally-produced *Healthy Beginnings Care Package* (a 34 page “how to” guide to plant-based eating) to the locally offered cooking classes, guided shopping tours, and practical assistance offered by our chapters, EarthSave's support makes the transition to healthier eating a breeze. We want to bring this program to the mainstream—doctor's offices, schools, businesses, etc—but we need your help to keep it going and growing.

The *VEGPLEDGE™!* — and its supporting materials — really illustrates why EarthSave is such a vital organization. Teaching people how (as well as why) to shift toward a plant-based diet is critical when we're asking them to change their behavior three times a day. Hey, and we can all use a little support sometimes, especially when we're embarking on something new and out of the norm.

Of course, another way to help people change the way they eat is to change the way they view vegetarian food. Café Ambrosia—the new gourmet restaurant in Seattle—has raised the bar on beautiful, tasty plant-based dining. (See page 8.) One meal at this restaurant (which is owned and operated by long-time EarthSave supporters/volunteers, Francis and Carol Sue Janes) will dispel any myths about vegetarian food being bland or tasteless.

This holiday season, do your part to change the way our society looks at food. Make a donation to keep the *VEGPLEDGE™!* going. Start an EarthSave chapter, or volunteer at the nearest one to you. Fix a tasty vegetarian meal for loved ones who are skeptical about a meal without meat. Each one of us—in our own special way—can make a difference. Our planet, our bodies and the animals on this earth are depending upon us. This season, take the opportunity to bring peace into the world three times a day—each time you sit down to eat. Happy Holidays.

Yours for a peaceful, healthy
and compassionate holiday season,

John D. Borders, Jr., J.D.,
Chair, Board of Directors

Happy (Healthy!) Holidays!

By Michelle Larson-Sadler

The holidays are just around the corner! With more people transitioning toward a plant-based diet, increasing numbers will enjoy the bounties of the fall harvest without animal products at the center of the table - or the plate.

Plant-based holiday entertaining tips

If you prepare the holiday meal, don't let your feast be a "surprise" (or shock!) to guests who may not share your dietary choices. Channel the focus from what you don't have on the table to what you do have in the company of family and friends.

If you plan to have a meat-free meal, or one free of all animal products, explain your intentions to your guests in advance. If asked, or even challenged, about the reason for your choices, keep the explanation simple, light, and positive. Don't let family holidays dissolve into family feuds!

If you are expecting your guests to contribute to the meal, be available as a resource for ideas and recipes if they are stumped...perhaps by sharing with them a couple of the delicious recipes located below!

Cooking for a crowd

Keep your recipes simple! Recipes with a few, high-quality ingredients can be as big a taste adventure as complicated recipes with a lot of ingredients. Long ingredient lists translate to a meal that is exhausting for the cook and for your pocketbook!

If you plan a gathering for a large group of people, consider a holiday potluck. Ask your guests to bring an ingredient list for their dish so others can make informed food choices. Better yet, ask them to bring a copy of their recipe to share with others!

Recipes

Wild Rice Confetti

makes 9 main dish servings or 18 side dish servings

- 1 1/2 cups uncooked wild rice
- 3 cups uncooked long grain or brown basmati rice
- 1 1/2 cups uncooked japonica or wehani rice
- 2 tablespoons olive oil

- 2 large red bell peppers, finely chopped
 - 2 large green bell peppers, finely chopped
 - 1 cup cremini mushrooms, thinly sliced
 - 1 large yellow onion, finely chopped
 - 3 cloves garlic, minced
 - 1 bunch flat-leaf (Italian) parsley, finely chopped
 - 1 cup slivered almonds
 - 1 pound bag frozen peas
 - 3 quarts water or vegetable stock
- Cook rice in water or vegetable stock until water is absorbed. Prepare vegetables. Sauté onions, garlic, peppers, and mushrooms in olive oil until soft and translucent. Combine all ingredients and toss well. Great as a side dish, or as the stuffing for a winter squash.

Faux Turkey Breast

makes 10-12 "breasts"

- 4 packages tempeh
 - 1/4 cup toasted sesame oil
 - 2 large yellow onions, finely chopped
 - 1/4 cup soybean or canola oil
 - 2 tablespoons fresh sage, finely chopped
 - 1 teaspoon dried thyme
 - 1 teaspoon dried marjoram
 - 1 teaspoon freshly ground black pepper
 - 4 cups water
 - 1/4 cup mellow white miso
 - 2 tablespoons Dijon mustard
 - 5 packages extra firm, water-packed tofu
- Preheat oven to 350°F. In a skillet over medium heat, brown both sides of the tempeh in sesame oil. Let tempeh cool; then cut into small cubes and crumble to the consistency of bread crumbs. Sauté onions in canola or soybean oil for 5 minutes or until soft and translucent. Add fresh and dried herbs, black pepper, crumbled tempeh, and water and cook, covered, for 5 minutes. Add miso and mustard to the mixture and mix well.

Crumble tofu in a large bowl, add the cooked tempeh mixture to the tofu, and combine together. Shape 1/2 cup of this mixture to resemble a turkey breast, about 2" wide and 4"-5" inches in length. Brush each "breast" with canola or soybean oil and place on an oiled cookie sheet. Bake for 30-40 minutes, and brown the "breasts" by setting the oven at the broil setting for the last 5 minutes of baking. Let cool for 10-15 minutes before cutting and serving. Recipe derived from *Delicious* magazine, November 1997.



Don't miss the *Timeline for Planning Your Feast* on page 15.



The Many Faces of Vegetarianism: Some Like it Raw

Return To Paradise

by David Wolfe

Editor's Note

This article is the first in our series on "The Many Faces of Vegetarianism," which will highlight the various sub-movements and philosophies that can be found within the greater community of vegetarians. In this issue, we are featuring the raw food lifestyle, a movement that is growing particularly quickly among people who adopt a plant-based diet for health reasons.

As all the articles in this series are written by advocates of the featured lifestyle, they represent the beliefs of the author, not necessarily those of EarthSave International.

Many have spent lifetimes wondering what caused humanity's "fall from grace." What has caused humanity's disconnection from living in a natural paradise? Why is civilization out of balance with nature? These thoughts are often triggered by a study of the classical, legendary, or religious stories of a former perfect age.

Every culture seems to have a story about how human life began on Earth. Most describe a place where humans lived in harmony with the plants and animals. All the stories indicate that, while living this way, humans experienced happiness and peace.

These stories generally indicate that everything was in harmony...until something happened. Some stories tell of a great flood, others tell of humans gaining an understanding of good and evil. Still others tell of a shift in Earth's alignment. A few even tell of some godly or spiritual powers that drastically changed the state of life on Earth.

Those such as myself, who follow a balanced, thoughtful raw-food vegan diet, believe that we have found an answer to humanity's apparent disconnection with nature. I, along with a multifaceted collection of grassroots raw-food enthusiasts, believe that the great change in

human life occurred after humans discovered fire and began cooking food.

The tremendous amount of time and energy people spend to cook food, the use of massive amounts of resources to create today's cooked-food culture (with its billions of kitchens and restaurants), the construction of factories and shops all churning out cooked and processed foods, the packaging and wrappers involved in the entire cooked-food process, and the lack of "life energy" in cooked food are all major contributing factors in humanity's fall from grace.

Humans are the only creatures on this planet that eat cooked food. No other creatures on this planet cook or tamper with their food in any way. All animals living in the wild eat their food raw and, almost always, fresh. Only domesticated animals eat cooked and processed foods, and these food items are served to them by humans.

Cooked and processed foods are artificial. The cooking and processing of foods has become so common that most of us do not even question it. The assumption that cooked and processed foods are natural is just that...an assumption. Most people do not know for sure because they have never tried a balanced raw-food approach. Einstein once said: "The essential is to get rid of deeply rooted prejudices, which we often repeat without examining them."



Here is a visual experiment to consider: Feed a tribe of gorillas a diet of coffee, donuts, and other processed human foods for a few years. Let us just watch what happens. Even a child would laugh at the silliness of animals eating such concoctions. Or consider a herd of deer who, instead of eating their grass raw, decide to collect it and boil it in a giant cauldron. Picture what would happen in that situation!

What is it that constitutes the basis of human nourishment? Is it pills and supplements flowing out of the roaring jaws of factories? Is it the flesh of animals being churned out by combinations of torturous factory farms and horrific slaughterhouses? Is it the milk of cows, naturally intended for baby calves? Is it cooked and processed foods containing dyes, flavors, and preservatives?

No.

The basis of human nourishment is obvious: It is raw plant foods, which nature presents to us in abundance. Raw plant foods are simple, easy to find, fun to eat, enjoyable, contain thousands of health-giving nutrients, and conform to the biological design of the human digestive system. The sun is the source of all life and raw plant foods represent the purest form of transformed sun energy.

When one eats a bag of corn chips, the wrapper goes into a landfill. When one eats an orange, the wrapper (peel) becomes compost. When one follows a raw-plant-food lifestyle, the amount of trash produced by that individual decreases to almost nothing. Test for yourself and see. Cooked food and pollution are directly related.

Individuals who eat the typical foods found in so-called “civilized society” and then change to a raw, plant-food-based diet can discover health as they have never known it. Eating a balanced mix of raw plants restores the body on a molecular level, building strong cells, radically naturalizing the body, raising alkalinity, and grounding the person in the natural world. Of course, the body resists shocking changes and everyone should ease into the raw-food approach at an appropriate pace. Also, everyone should educate him or herself on this subject (by visiting www.rawfood.com, reading raw-food books, and attending lectures), so the most common mistakes can be avoided.

Every person is a work of art in progress. One can become progressively more beautiful, or

one can follow the fate civilization has prescribed (mis-education, wage slavery, decay, illness, and an untimely death). Every action one takes determines which of these two destinies will be achieved.

What we eat helps to guide our path. The food we eat determines what level of health our body will experience. Every bite of food put into the body should add to our strength and beauty. Each meal becomes part of who we are at the deepest level.

“You are what you eat” is a natural law. It is a concept that has been known in every culture and civilization throughout history. It is a simple law of nature that should be remembered each day, and at each meal. Those who wish to heal themselves and the planet should eat the most healing foods.

For me, “healing foods” means quality, organic, homegrown, or wild foods in their raw natural state. I have found that following this principle is not only the simplest way to choose what I eat, but is simply the best way for me to bring about good health and spiritual transformation. Because of this, I have made my life’s work a study of how to help as many people as possible succeed and prosper within the raw-food lifestyle.

I encourage anyone who wishes to experience the bounties of nature to consider eating what nature provides to us: raw plant foods. I encourage people to learn which plants are most edible, to learn a new way of living, to experience the incredible health Nature will give to you by accepting the foods she provides, and to live a life in harmony with the plants and animals. By doing so, you may experience and reclaim your own little bit of paradise!

David Wolfe is the author of the Sunfood Diet Success System, and co-author of the book Nature’s First Law: The Raw Food Diet. For more information on the raw food approach, visit the websites www.rawfood.com and www.davidwolfe.com.



Smokers...Eat Your Broccoli!

NEW YORK - New evidence from a large study in China suggests that chemicals contained in broccoli, cabbage, or bok choy can help protect people from developing lung cancer. The study of more than 18,000 men found that people with detectable amounts of chemicals known as *sothiocyanates* in their bodies had a 36% lower chance of developing lung cancer over 10 years than those without the chemicals. The chemicals are found in broccoli and other so-called “cruciferous” vegetables.

—SOURCE: *The Lancet* 2000;356:724-729.



The Doctor Made Me Do It

—Continued from page 1

As recently as 1998, the Dalai Lama, who had lived as a vegetarian all his life, was advised by his doctors that his failing health required him to eat flesh. He resolved his moral dilemma by consuming meat only on alternate days. Although the media keep us informed about world-famous people who have surrendered or compromised their vegetarianism on the advice of their doctors, there are countless people — not considered newsworthy — who face the same dilemma.

A universal problem

We are looking at an issue that spans generations and national borders. One has to wonder what scientific and medical sources convince physicians that good health is fundamentally, “naturally” and necessarily dependent on the consumption of flesh and other animal products.

The thrust of this essay is not to denigrate the medical profession, but rather to explore and discuss some historical, cultural and behavioral elements that contribute to the current confusion and ambiguity regarding plant-based diets.

In *Voices From the Edge*, John Robbins reminds us that “the average MD in four years of medical school gets two and a half hours of coursework in nutrition — and even that is wrong!” This marginalization of nutritional science in the medical school curriculum has resulted in grievously widespread misinformation. There is cause for great hope, however, in the work of physicians such as Michael Klaper and Neal Barnard—distinguished medical scientists, advocates and models for sound medical/dietary practice and compassionate living.

The physician, as a human being, does not grow up devoid of a full spectrum of values that are in harmony with the mainstream of her/his culture. Thus, although there may be no “value structure” built into medical science or clinical practice, a physician cannot fail to be a participating member of his/her culture. Since the patient cannot dispute the doctor’s medical knowledge and clinical experience, when there is a dissonance between the values of the doctor and the patient, the physician’s medical authority puts the patient’s value system at a disadvantage.

Custom defines culture

An anthropological perspective reveals that there are many strong value systems that characterize a culture. Dietary norms and customs are deeply embedded, and in many cultures they are proudly held as distinctive and defining properties... “as American as

apple pie,” for example, or The Haggis as an emblem of Scottish culture. What is unhappily common is that another country’s food preferences may be seen as so bizarre as to provoke mocking and derogatory references. The use of the term “Frogs” as a disparaging term for French people, for example, derives from their consumption of frogs’ legs. Equally negative and scornful attitudes are generated by observing other cultures’ enjoyment of foods that we might consider disgusting or offensive: animals’ eyeballs, sheep’s testicles, worms and grubs, termites, hogs’ intestines, snakes, scorpions, etc.

Solidly ingrained – and unconscious — cultural dietary norms would make it highly unlikely for an American physician to prescribe -- or a patient to consume-- a daily bowl of earthworm soup as a rich source of B-complex vitamins.

Who’s in charge here?

Our culture has bestowed upon physicians a level of authority that borders on that of a deity. The examples of famous figures who have surrendered to that authority represent only the tip of a massive iceberg of prestige and power.

The phrase “medical advice” quickly becomes converted to “doctor’s orders.” Among the synonyms for “orders” we find such words as injunction, bidding, directive and commandment. Which members of society have this kind of authority? Who can “order” someone’s behavior? Judges can “order” compliance with their instructions under pain of imprisonment or fine. A judge can even send a person to the electric chair. But however much authority the judge may possess, the accused can only stand trial if a physician declares him to be adequately fit and mentally competent. And even at the last moment of barbarity, the execution might be delayed if the condemned man falls into a coma, and a physician declares him too sick to be put to death.

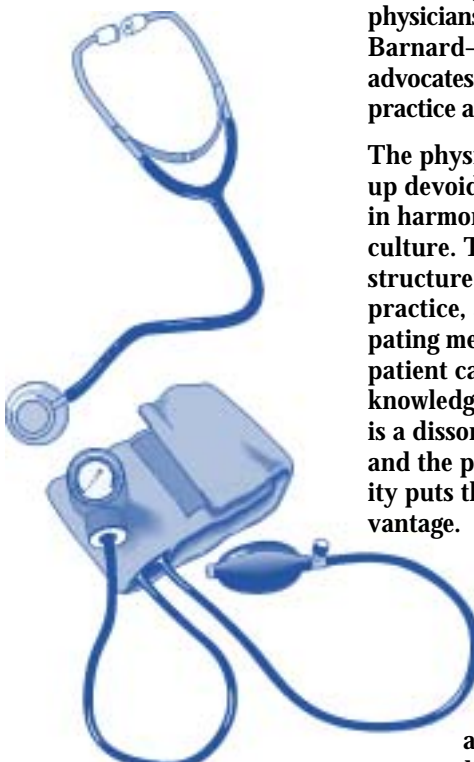
Generally speaking, it is the physician in our society who has the last word across the widest spectrum of contingencies: from being admitted to kindergarten, the football team, or astronauts training, to being excused from military service, jury duty or gym classes. Through most of our lives “...a note from your doctor” is the magical phrase that serves to open (or close) doors for special opportunities or to exempt us from onerous obligations.

What is especially relevant to our discussion here is the question, “Who in our society can grant absolution, pardon or the suspension of judgment? Members of the clergy, the judiciary, the government or the medical profession?” But when it comes to lowering the contingencies for accountability, the doctor has absolutely the last word.

Avoid Stroke... Eat Your Grains!

CHICAGO - Higher intakes of whole grain foods are associated with a lower risk of ischemic stroke in women, independent of known cardiovascular disease (CVD) risk factors, according to an article in the September 27 issue of *The Journal of the American Medical Association (JAMA)*.

JAMA. 2000;
284:1534-1540



It is a common experience for a vegan or vegetarian in a restaurant to query the server-- in detail-- about the ingredients of menu items. If you feel the need to explain to your companions, however, that the reason for refusing the flesh entree or the cheesecake dessert is your compassion for animals, you must be prepared for critical -- sometimes aggressive-- commentary. If, however, you say that you would just love to eat those foods, but your doctor has forbidden it, and you mumble something about cholesterol, coronary arteries, blood pressure or the like, your "plight" will very likely evoke a compassionate, sympathetic and supportive response; your special requests for menu alterations will be treated with respect and concern.

"I am the doctor, you are the patient"

There has evolved a kind of culturally established and maintained set of behaviors of reverential respect for "The Doctor," tinged with awe and flavored with fear of offending. It has become one of the protocols of the profession to maintain a posture of detached superiority to the patient, who is regularly reminded that s/he is a "layman." There are old traditions of writing prescriptions in Latin and the use of descriptive terminology that distances the patient's language from the physician's: my running nose becomes rhinitis, my bruise becomes a hematoma, my headache turns into cephalgia.

There are many verbal devices that further serve to create and maintain distance on a superior/inferior dimension, e.g., addressing the patient by first name, while referring to the physician in the third person ("Just have a seat, Stanley, the doctor will see you shortly"); exclusively limiting the appellation "doctor" to a physician (Albert Einstein in the physician's waiting room would be addressed as "Albert," "Al," or at best, "Mr. Einstein"); and requiring the patient to describe his complaint to the nurse in simple words ("Mr. Einstein" would be expected to talk of "itching all over," which the doctor would subsequently "diagnose" as generalized pruritis).

The perception of the patient as "child" and the physician as "responsible adult parent" is a powerful social dynamic. It is regularly strengthened in medical journal articles about "non-compliant patients"— patients who do not take their medication, who are "defiant," or who "do not follow the doctor's orders."

These abbreviated snapshots point to a pattern of social and psychological conditioning that (hopefully) enhances the effectiveness of medical treatment by characterizing the physician as a superior being, possessed of

arcane knowledge. Whatever positive effects this "image creation" may yield, the extraordinary empowerment of the physician enfeebles the patient and magnifies his or her vulnerability.

Respect in the doctor's office

There are physicians who take pains to honor the ethical or religious commitments of their patients. Our family has been served over the years by health care professionals whose attitudes have ranged from sympathetic, to amused-but-tolerant, to amused-but-scornful, to flatly annoyed and overtly hostile.

It makes a difference whether the patient's requirements are recognized as springing from a religious source that is recognized by the doctor as a "genuine religion" or whether the doctor considers the patient's concerns the product of a frivolity or a fad. In many quarters, ethical, philosophical or ideological interests have not yet achieved full respectability.

Sanity and plant-based diets

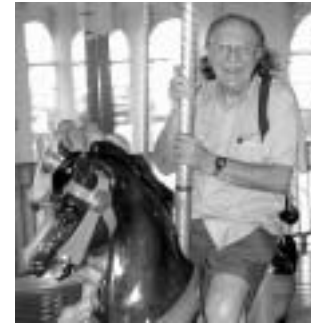
We have taken a cursory look at the range, depth and impact of the physician on efforts to change dietary behavior. To a growing number of thoughtful and compassionate individuals, it has become quite clear that if our planet and its inhabitants are to endure and thrive, there is a compelling need for a mass return to agricultural, economic, environmental, social and spiritual sanity. And a key component of that sanity is the acknowledgment of the urgency of a world-wide shift to a plant-based diet.

There is an old French adage – "Plus ça change, plus c'est la même chose" – "The more things change, the more they stay the same." It may have a cynical ring to it, but it does encapsulate a genuine truth: However much circumstances or cases may change, if the basic values and attitudes of a culture continue unchanged, its responses to challenges will remain as they were.

It is our responsibility to raise the consciousness of the physicians we engage. If a physician prescribes Premarin as hormone replacement therapy, for example, it is up to us to explain why a drug derived from pregnant mares' urine is unacceptable, and request one of the vegan alternatives.

As empowered patients, it behooves us to insist on – indeed, demand— acknowledgment and full respect for our ethical, philosophical and ideological commitments.

We need to counteract pervasive ignorance and insensitivity by working actively to disseminate the work of enlightened and compassionate physicians. 🌍



Stanley M. Sapon, Ph.D., shown above taking life very seriously, is Professor Emeritus of Psycholinguistics at the University of Rochester (NY) and co-founder of the Maimonides Project, a national resource center for grass-roots hunger-relief. He is currently writing a book on vegan renewal. Read more essays from Dr. Sapon on his website at <http://www.VeganValues.org>



Café Ambrosia: Heavenly Cuisine in the Emerald City

By Audrey E. Nickel

Am-bro'sia: Immortal. In Greek and Roman mythology, the food of the gods, supposed to confer immortality on mortals who ate it.



Francis & Carol Sue Janes, center, at opening night with John & Deo Robbins.



It may not make you immortal, but the food served at Café Ambrosia, Seattle's new upscale all-vegetarian restaurant, is surely fit for the gods. And the experience of dining on international gourmet vegetarian fare by the shores of Seattle's lovely Lake Union, in the shadow of magnificent Mt. Rainier, is a taste of purest bliss.

Café Ambrosia's food is characterized by fresh flavors, bold taste sensations, colorful presentations and fragrant aromas.

The menu changes to reflect the availability of foods in season, but may include such delights as Root Vegetable Pancakes (savory pancakes made from shredded celery root, parsnip and potato, served on a bed of Gala apples and onions sautéed in red wine and balsamic vinegar, and garnished with a Santa Rosa plum reduction sauce and an almond-based sour cream), Roasted Vegetable Cannelloni (Thin slices of russet potato, eggplant and zucchini, broiled and rolled, and served on a bed of wilted baby spinach leaves and a saffron-carrot juice reduction, garnished with a fresh pineapple relish) and Creamy Crimson Risotto (arborio rice cooked in white wine, diced beets, garlic, scallions and onions; finished with coconut milk, garden peas, plum tomato, cilantro and dairy-free parmesan cheese). Also featured is an extensive organic beer and wine list.

Owners Francis and Carol Sue Janes are long-time EarthSave members and leaders. Francis Janes, a native of Canada, is a third-generation restaurateur with an all-consuming passion for the food service industry. Francis received his culinary training at the prestigious Cordon Vert Cookery School in Manchester, England. He has

taught cooking classes in numerous cities across North America, and was co-owner and chef of the Wok Inn Restaurant, a Vancouver, BC-based restaurant that specialized in fresh Asian cuisine without MSG or other food additives. Francis has catered numerous corporate functions as a private chef and has served as a cooking instructor for the Vancouver School Board. In July 1999, Francis served as chef for the World Youth Leadership Conference in Nevada City, California. Café Ambrosia is his pride and joy. Carol is a Seattle native, and a graduate of the University of Washington Law School. One of her great passions is music and singing, and she has appeared in numerous productions of the Gilbert & Sullivan Society...most recently in the title role in the Society's 1997 production of *Iolanthe*. She loves to make new friends at Café Ambrosia!

Café Ambrosia offers lunch Tuesday through Friday, and dinner Tuesday through Sunday, as well as brunch on Sundays. Plans are in the works to hold numerous special events throughout the year, including organic wine producer dinners, exotic mushroom dinners, fixed-priced holiday celebration meals, celebrity chef nights and fund-raisers for non-profit organizations. Reservations are available by calling (206) 325-7111, or on-line at <http://www.opentable.com/>.

Next time fortune finds you in Seattle, treat yourself to a heavenly dining experience at Café Ambrosia. After all, why should the gods have all the fun?

For more information about Café Ambrosia, including updates on special events, visit www.cafeambrosia.com.



Photos this page by Jeff Rogers.

Jay Dinshah's Gift

By Michael Klaper, M.D.

The 17th century physician Thomas Sydenham, said, "You are as old as your arteries." A person in his or her twenties whose blood vessels have become stiffened and clogged is aged, and at risk for heart attack, stroke and sudden death. If your arteries are flexible and open, bringing life-sustaining blood to your brain and vital organs, you are youthful, no matter what birth date appears on your driver's license. The recent death of H. Jay Dinshah, Founding President of the American Vegan Society, of an apparent heart attack at age 66, brings to light the reality that consuming a plant-based diet may not be all that is required to protect our arteries as years go by.

Scientists have recently discerned that there are factors — beyond the consumption of saturated animal fat — that may contribute to atherosclerotic plaque accumulating in, and ultimately clogging, vital arteries in the heart and throughout the body. Minimizing these risks should be a goal for all modern-day vegetarians and vegans, as well as for our omnivorous brothers and sisters.

Assure adequate reserves of Vitamin B12

Elevated blood levels of homocysteine, a byproduct of the metabolism of the essential amino acid methionine, can contribute to damage of the artery walls, which is viewed as an early step in the build-up of atherosclerotic plaque in the arteries. Cobalamin (vitamin B12) is essential for the metabolism and elimination of homocysteine, and if vitamin B12 in the blood is not adequate, homocysteine may rise to artery-damaging levels. Because modern-day vegans and vegetarians do not consume vitamin B12 from our environment as did our ancestors (on the surface of root vegetables, drinking water from free-flowing streams and wells, etc.), people nourishing themselves on exclusively plant-based foods would be wise to consume vitamin B12-enriched foods, or some food or supplement containing at least 5 to 10 micrograms (mcg.) of vitamin B12 one to two times weekly. This can be conveniently done via vitamin B12-fortified foods (nutritional yeast, soy and rice-based beverages, etc.) or supplemental cobalamin, via tablet, nasal gel, vitamin spray or sublingual "microdot." Larger doses (50 to 1000 mcg. several times weekly) are proving to be efficient at helping vegans maintain adequate B12 stores in their body.

Minimize consumption of sugars and processed carbohydrates

Candies, soft drinks, pastries, white flour breads and other refined carbohydrates can contribute to artery damage in several ways. The threat is not from a half teaspoon of maple syrup in one's tea for flavoring, but rather from eating sugar in quantity, as a food. When you have a candy bar or piece of cake in your hand, you are consuming a chunk of sugar, sometimes by the ounce, and even by the quarter pound! When one consumes refined sugars in such quantity, the blood sugar level rises dramatically and the blood "runs sweet" for several hours. As the blood suffers this saccharine flood, molecules of sugars can stick to structural proteins in the blood vessel walls, a process called glycosylation. In this way, proteins whose flexibility is essential, namely the collagen and elastin that compose the lining of our arteries and capillaries, become "sticky," oxidized and ultimately stiffened and damaged. Over the years, such glycosylation makes our vital vessels more prone to micro-cracking through daily movement, high blood pressure, etc., inviting deposition of atherosclerotic plaque. Sugar-eaters age themselves from the inside.

High sugar levels may also induce high levels of insulin, which can then elevate levels of inflammatory prostaglandins in blood vessel walls. These pro-inflammatory substances can, in turn, accelerate the accumulation of atherosclerotic plaque. We would be wise to return sugar to its original role — as a subtle flavoring, rather than as a party food for mass consumption.

Assure adequate reserves of antioxidant vitamins and minerals in the bloodstream

Cholesterol in the bloodstream does not tend to stick to artery walls until it becomes oxidized (loses electrons). Modern life exposes us to many agents that can oxidize cholesterol — chlorinated drinking water, polluted air, free radicals in fried and processed foods, etc. It is essential to avoid these oxidizing agents to the greatest extent possible. Avoid drinking chlorinated tap water, minimize processed food intake, (especially fried foods and those containing hydrogenated oils) and try to ensure that your body's supply of antioxidant vitamins (vitamin E, vitamin C, beta carotene, etc.) is kept "topped up." Eating antioxidant-rich fruits and vegetables really is important for vegans.

—Continued next page



In Memoriam

H. Jay Dinshah
(shown 1975)
1933-2000

Americans Getting Bigger and Sicker

ATLANTA (CNN) — Americans have been getting diabetes at an alarming rate over the past 10 years, according to a new report by the Centers for Disease Control and Prevention. A big part of the problem is that Americans themselves are getting bigger. Diabetes has long been linked to obesity, and the increasing ranks of overweight Americans could signal future increases in disease rates as well.

—CNN, August 23, 2000



Jules Oaklander, D.O.

What's Up, Doc?

"The lack of attention paid to nutrition in the medical school curriculum persists despite solid evidence that a poor diet represents a high risk factor for many of the diseases causing the most disability and death among American adults, including heart disease, diabetes, high blood pressure and certain types of cancer."

—W. Allan Walker, director of the division of nutrition at Harvard Medical School, quoted in PHYSICIAN, FEED THYSELF: Why Most Doctors Don't Know Enough About Nutrition to Advise Patients on Healthful Eating, The Washington Post, Health Section, September 26, 2000.

Ask Dr. Jules

Welcome to the first installment of our new quarterly advice column: "Ask Dr. Jules," featuring Jules Oaklander, D.O. Dr. Oaklander is an osteopathic physician and licensed pharmacist living in Miami, FL, and a member of EarthSave's board of directors. If you have something you'd like to ask the doctor in this column, please mail your question to EarthSave International, 1509 Seabright Ave., Ste. B-1, Santa Cruz, CA 95062, or send it via email to newsletter@earthsave.org. Please indicate in your correspondence that you are writing about the "Ask Dr. Jules" advice column.

Dear Dr. Jules:

I want to be a vegetarian, but I can't bring myself to give up chicken. Isn't chicken a healthy food? If not, why are we encouraged to eat it?

— Nearly Veg, California

Dear Nearly:

Chicken has been promoted as a "health food" by the U.S. Department of Agriculture (USDA) and chicken farmers. Nine billion chickens are eaten each year in the U.S! But chicken is not a healthy food. Consider: a 3.5 oz. piece of broiled lean flank steak is 56% fat as a percentage of calories. Chicken, by comparison, is 51% fat...not much of a difference. It contains approximately the same amount of cholesterol as beef, and cholesterol from chicken does just as good a job of clogging arteries. Chicken will never contain fiber, complex carbohydrates or vitamin C, three substances that promote health and good nutrition. In addition, heterocyclic amines (HCAs) — potent carcinogens that are one of the reasons meat eaters have such a high colon cancer rate — are produced from creatine, amino acids and sugars during the cooking of poultry, including chicken. Salmonella and Campylobacter bacteria infect as many as two-thirds of all prepackaged chicken because modern factory farms crowd thousands of chickens in tightly confined spaces where excrement and other forms of bacteria spread contaminants. This is a "health food"? Healthy for the chicken farmers, maybe, but not for you.

— Dr. Jules

Jay Dinshah's Gift
—Continued from page 9

We all agree that eating more fresh produce is a good idea, but given our modern life and diets, it is something that many of us may not actually do often enough. It is helpful, and potentially lifesaving, to become an artist at finding ways to work more fruits and vegetables into your daily food intake. Have a salad daily, break out your vegetable steamer and make steamed green and yellow vegetables a part of almost every dinner. Cook up a big pot of vegetable soup or stew and freeze some of it in containers to thaw out for instant veggie-meals, etc. Eat more fruits and vegetables as if your life depended upon them.

If you are exposed to highly oxidizing conditions — breathing city air, working in sealed buildings, aerobic activity during work or recreation, late nights at the computer, etc. — it may also be wise, in this modern age, to take supplemental antioxidants containing vitamin C (250-500 mg.), vitamin E (preferably mixed tocopherols, 200-400 I.U.), and selenium (100-200 mcg.), once or twice daily.

Avoid excessive intake of omega-6 fats

Commonly-used vegetable oils, such as sunflower, safflower, corn, commercial "all-purpose" vegetable oil (usually cottonseed and corn oil), etc., are "unbalanced." They contain only omega-6, or linoleic acid, one of the two essential fats needed for cell membranes and artery health. These oils are completely lacking in the vital omega-3 fat, linolenic acid, and an omega-6-heavy diet may put the person consuming it at risk for artery damage. Be sure to have omega-3 fat-rich foods in your diet daily, such as a handful of raw (preferably organically grown) walnuts or pumpkin seeds, or a tablespoon of flax seed or hemp seed oil daily. (Flax seed oil and hemp seed oil are fragile and should not be heated. Use them as "topping" oils — over steamed vegetables, brushed onto bread or corn on the cob, added to salad dressings, etc.)

Detect and treat high cholesterol levels

Some people have genetic predisposition to elevated cholesterol levels. This rare condition can contribute to artery clogging and should be diagnosed and treated with exercise and a low-saturated-fat diet. For these people, niacin and,



possibly, cholesterol-lowering medications can be used to advantage under the supervision of a physician.

Two other factors, not directly related to diet, should also be of concern to everyone:

Assure adequate exercise

Regular, daily, preferably mildly aerobic, activity - brisk walking, pedaling an exercise bicycle, swimming, etc. - is essential to keeping one's heart strong and one's arteries flexible, healthy and free of clogging plaque.

Avoid sustained high levels of stress

The body's reaction to acute stress (e.g., suddenly seeing a truck bearing down upon you) is to release a burst of adrenalin, epinephrine, cortisol, and other adrenal hormones. These powerful substances raise our blood sugar levels and augment the power of our muscles. This reaction can be lifesaving in the short run, but when this state of stress response is sustained day after day, week after week, month after month, it can raise blood pressure and damage the arteries - ultimately contributing to a shorter life.

I believe that many of the stresses to which concerned vegans and vegetarians subject themselves - especially internalizing the suffering of the animals - can create a sustained burden of sadness and stress. When combined with dietary and other factors, years of emotional stress can inflict a heavy toll upon the entire body.

Did Jay Dinshah eat too much sugar? Did he consume too little vitamin B12 or let his antioxidant reserves fall too low? Did he consume excessive omega-6 fats or exercise too seldom? Perhaps, but his apparently early demise should serve as a strong reminder to us that we cannot allow ourselves to be consumed by the suffering, by the tragedy, and by the pain that awakens and motivates us in our work on behalf of a less violent world. Being gentle with yourself and others, taking time to rejoice in life's daily pleasures, regularly exercising your body, walking in nature, releasing stress in a healthy manner, and letting love, laughter, and gratitude flow through your daily thoughts and actions, are as essential for a long, healthy life as are fresh fruits and vegetables - probably even more so.

Beyond strict "medical" considerations, no one should believe or espouse that a vegan diet, in

and of itself, is an iron-clad guarantee for immortality - or even for a Methuselah-like life span. Indeed, a case can be made that adopting a vegan diet in hopes of attaining immortality is, at its core, an essentially selfish - and ultimately non-vegan - desire that does not honor the flow and circle of life. As people who revere life, we are here to give to life - and an inescapable part of such giving means making way for the younger people whose turn it is to inherit this Earth. All the while, we should play our parts fully and joyfully, in a manner that is appropriate for our age and stage in life - first as avid learners, then as vigorous doers, and finally, as wise and enthusiastic teachers and setters of example of a life of ahimsa.

Our fears of our own death should not be the driving force to adopt a vegan diet. The goal of our life should be more than not dying. The greatest tragedy is not living life to the fullest, not filling every moment with as much love and service as possible. But in giving that love and service, be sure not to take yourself too seriously - and please don't forget to laugh (I'm sure Jay would agree).

Adopting a vegan or vegetarian diet and lifestyle is essentially a matter of the heart - and not simply in the cardiac context. There may indeed be benefits to your physical health from choosing to nourish your body on exclusively plant-based foods, and many people do come to a vegan diet through the door marked, "health." I believe, however, that in the long run, a person maintains a cruelty-free diet and lifestyle to honor the continual calling of their inner, higher heart - to live lives of ahimsa, by creating as little violence as possible in their lives and in the world around them. Jay Dinshah gifted us with the example of his life of dynamic harmlessness, and I believe, with the message conveyed by the manner of his passing. I know that my heart will always be grateful. 🌍

A gifted teacher, humorous lecturer, and the author of successful books and videos on cholesterol-free nutrition, Dr. Klaper has contributed to the making of two PBS television productions, Food for Thought, and the award winning, Diet for a New America. Dr. Klaper also hosts the popular radio program "Sounds of Healing," on WPFW, 89.3 FM, in the Washington, DC, area. Visit his website at www.vegsources.com/klaper.

Support Our Supporters!

The companies below have provided major support for EarthSave this year:

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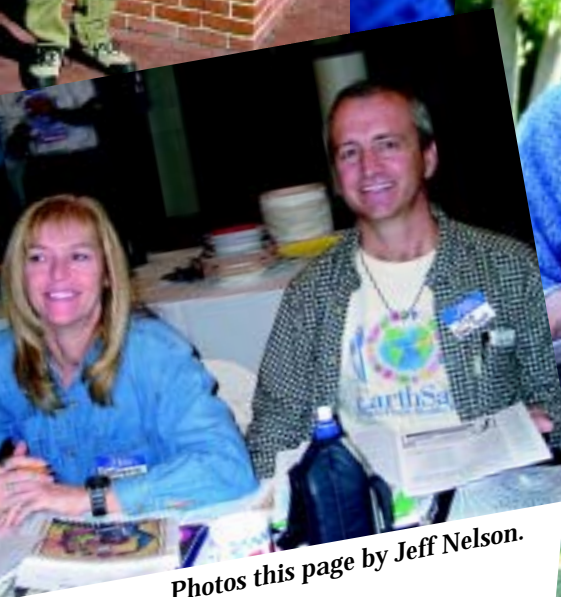


Sharing and Learning at the EarthSave Summit

“A rousing success,” “A valuable learning experience,” and “Let’s do this again!” were just a few reactions to EarthSave’s Summit meeting, held October 13-15 at The Peace Abbey in Sherborn, MA, near Boston. EarthSave International board members, staff, and chapter and core leaders from across the United States met for a weekend of sharing and learning, which included discussions and brainstorming about communication, finances, chapter building, managing burnout, and the EarthSave mission; a stellar cast of speakers, including Lawrence H. Kushi, Ph.D. (on the evolution of U.S. dietary guidelines), Michio Kushi (on Macrobiotics), EarthSave scientific advisor Robert Hatherill, Ph.D. (on diet and cancer) and Martha Herbert, MD, Ph.D. (on genetically modified foods); and musical

entertainment provided by EarthSave Boston core group members (aka “Boston Rocks!”) with impromptu assistance from assorted board members. Between sessions, participants enjoyed sumptuous vegan gourmet meals, prepared by EarthSave San Diego’s Michelle Larson-Sadler, and basked in the beautiful New England Indian Summer weather while meeting many of the Peace Abbey’s friendly animal residents, including famous slaughterhouse escapee, Emily the Cow!

Plans are already underway for Summit 2001, and everyone with an interest in EarthSave’s mission, particularly chapter leaders, is encouraged to attend. If you’d like to suggest topics or a venue for next year’s meeting, please contact us at 831-423-0293 or information@earthsave.org.



Photos this page by Jeff Nelson.

Speaking Out

The First Thanksgiving

OP-ED By Rynn Berry

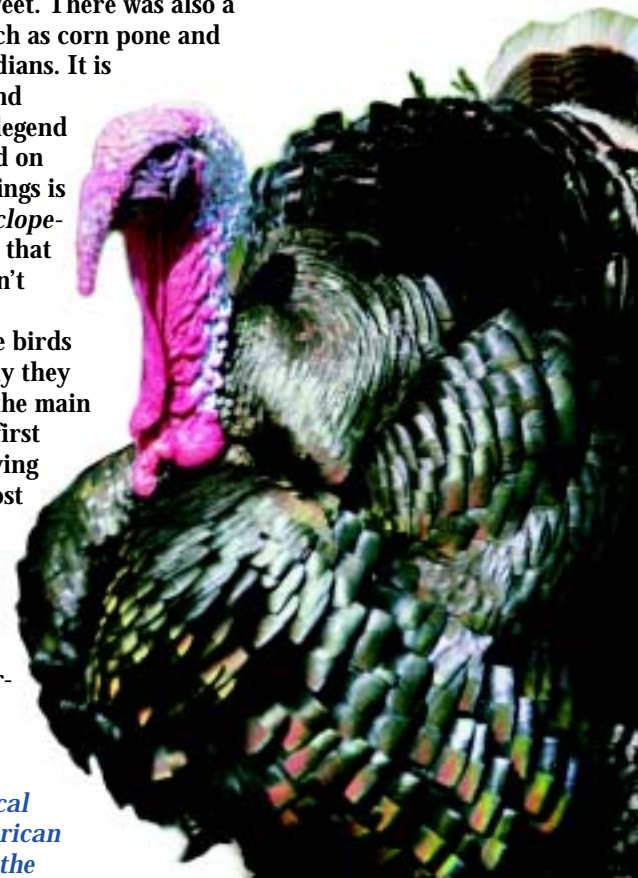
It's that time of year again when hundreds of millions of turkeys will be killed to tickle the American palate. An ethical vegetarian could not fail to ask the question: How did a turkey come to be at the center of the ritual of Thanksgiving? It certainly doesn't belong there, for the story of the Pilgrims' First Thanksgiving is thought by many to have been largely a myth. It was only in 1863 that Abraham Lincoln declared Thanksgiving to be a national holiday. Pilgrims didn't become a part of the official national celebration until the 1890s.

To be sure, the Plymouth Pilgrims were given a friendly reception by the Indians: Massasoit, the chief of the Wapanoags, Samoset the chief of the Pemaquids and the ever-faithful Squanto. Indeed, they overlooked the Pilgrims' depredations and taught them how to farm and fish and eventually how to set up trading posts.

In November 1621, (the year after the landing at Plymouth) the Pilgrims celebrated jointly with the Indians a harvest festival — a festival that the Indians had been celebrating for hundreds, perhaps thousands of years. The concept would also have been familiar to the Pilgrims from the "Harvest Home" celebrations in their native England. Much of the food at this festival was supplied by the Indians, and consisted of native American foodstuffs, including a sort of corn meal mush along with nuts and fruits such as gooseberries, strawberries, plums, cherries, cranberries and a ground-

nut known as the bogg bean. Popcorn and popcorn balls made by the Indians with maple syrup were served as a sweet. There was also a variety of breadstuffs, such as corn pone and ashcakes, made by the Indians. It is possible that pumpkins and squash were served. The legend that the celebrants feasted on turkey with all the trimmings is a myth. In his *Food Encyclopedia*, James Trager tells us that it's likely that turkey wasn't even served. It's true that some deer meat, and game birds were offered, but it's likely they were side dishes and not the main focus of the meal. So the first Pilgrim/Indian Thanksgiving in 1621 was not only almost certainly turkeyless, chances are it was mainly vegetarian. We should be celebrating Thanksgiving not as an orgy of turkey slaughter, but as a vegetarian or mostly vegetarian harvest festival. 🌱

Rynn Berry is the historical adviser to the North American Vegetarian Society. He is the author of Famous Vegetarians and Their Favorite Recipes.



Howard Lyman's Speaking Schedule

Wed. Nov. 1 - State College, PA

Penn State Univ. (no further info available at this time)

Wed. Nov. 15, 7pm – Chicago, IL

Loyola Univ., SPITFIRE TOUR. Info at www.spitfiretour.com

Sat Nov 18 – Chicago, IL

EarthSave Chicago event. Info: mongurl@aol.com

Sat. Nov. 25 - Miami, FL

EarthSave Miami Thanksgiving dinner. Info: 305-228-1116 or KAHIMANA@aol.com

Sun. Nov 26, 1:30pm - Cocoa Beach, FL

Afternoon lecture at Cocoa Beach Public Library for EarthSave Space Coast monthly meeting. 6pm - lecture at EarthSave Space Coast Thanksgiving Dinner.

Info: 407-799-0786 or joecool@digital.net (attn: Suzanne).

Is there an issue you'd like to "Speak Out" on? Send a query to Newsletter Editor, EarthSave International, 1509 Seabright Ave., Ste. B-1, Santa Cruz, CA 95062, or email us at newsletter@earthsave.org for information. You may just find YOUR name at the head of this quarterly column!

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APU Box 11
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(502) 569-1876

Maryland

Baltimore
517 Talbott Ave.
Lutherville, MD 21093
(410) 252-3043
earthsaverdon@hotmail.com

Make This Thanksgiving Turkey-Free!

Hold that bird! This Thanksgiving, celebrate the true beauty of the holiday by joining one of EarthSave's Turkey-Free Thanksgiving events, held by local chapters around the country. This is only a partial listing available as we go to press...for information on other Turkey-Free events, visit our website at www.earthsave.org, or call the EarthSave chapter nearest you.

EarthSave San Diego, CA Saturday, November 11, 2000

Location to be announced. A homestyle vegan harvest buffet. Doors open at noon. Keynote speaker, "Not-Milk-Man" and president of the Dairy Education Board Robert Cohen at 2:30 p.m. Cost: Before event, \$20 for non-members, \$15 for members. At the door, \$25 for non-members, \$20 for members (space will be limited). For more information, call 619-516-1240, email sandiego@earthsave.org or visit the chapter website at <http://sandiego.earthsave.org>.

EarthSave Space Coast, Cocoa Beach, FL Sunday, November 26. 1:30 P.M.

Free lecture with "Mad Cowboy" and EarthSave president Howard Lyman at the Cocoa Beach Public Library, Cocoa Beach, FL. Free organic food samples contributed by Living Greens, Gardener's Cottage, Sunseed Food Co-op, Community Harvest, Nature's, Publix, and Wild Oats. Topic will be "Why Organics". Then at 5:00 p.m., formal organic vegan dinner with special guest & speaker, Howard Lyman at the Radisson at the Port in Cape Canaveral, FL. Cost for dinner & speaker: \$35 for non-members, \$30 for members. For more info, visit <http://veganomics.com/es/> or email earthsave@easyliving.com or joecool@digital.net. For dinner reservations, call 321-242-4647 or email goveg@peoplepc.com.



EarthSave Louisville, KY, Sunday, November 19, 6:00 P.M., at historic Seelbach Hilton.

Appetizer, soup, entrée and dessert prepared by the Seelbach's award-winning head chef, Jim Gerhardt. Entertainment by local jazz band. Speaker: Congressman Dennis Kucinich. Cost: \$40 for non-members, \$30 for members. EarthSave members may also purchase tickets for friends and family at \$30. Corporate tables seating 10 available for \$750. Call 502-569-1876, or email Louisville@earthsave.org for reservations or information.

EarthSave Orange County, CA, Thanksgiving Day, November 23, 11:30 A.M.-3:00 P.M.

Potluck. Bring a vegan dish to share with eight people (no meat, fish, fowl, eggs or dairy). Please bring your own utensils to avoid disposables. Entertainment: door prizes, raffle, music, "Meditation for Healing the Earth" by Stacey Hentchel. Speaker: Ava Park of Orange County People for Animals. Location to be announced. Cost: \$5 donation for adults. Children under 12 free. For more information, call 714-835-1775, or visit www.asyst.net.\esave\esave.htm.

EarthSave Salt Lake City, UT Saturday, November 18, 4:00 P.M. SugarHouse Garden Center

Potluck. Please bring vegan dish to share (no meat, fish, fowl, eggs or dairy). Cost and speaker/entertainment to be announced. For information, call 801-299-7254 or email jfarris@nutracorp.com.

Branches

An EarthSave Branch is either an active startup chapter on its way to chartering, a group that is active but not large enough to be chartered as a chapter, or an affiliate group.

California

San Diego
PO Box 26816
San Diego, CA 92196
(619) 516-1240

New York

New York City
67-76 Booth S. Apt. 3C
Forest Hills, NY 11375
(718) 459-7668

Minnesota

Twin Cities
(612) 926-5023

Montana

Missoula
1144 S. 4th St. West
Missoula, MT 59801
(406) 549-1143

Illinois

Chicago
1918 N. Humboldt Blvd.
Chicago, IL 60647
(773) 252-8820

Oregon

Southern Oregon
472 Walker Ave
Ashland, OR 97520
(541) 482-5330

Timeline for Planning Your Feast

3-4 Weeks Before

- Plan the type of your holiday gathering.
- Decide on the format of your meal.
- Send out invitations to your celebration. Set RSVP date 5-7 days before the event.
- Research recipes.

2 Weeks Before

- Assemble your shopping list, dividing the list into non-perishable and perishable items.

1 Week Before

- Inventory your serving pieces, utensils, cooking equipment and place settings.
- Plan centerpiece and decorations.
- Examine your menu for and make a timeline of which ingredients need to be prepared in advance, and which dishes need to be assembled and when.

1 or 2 Days Before

- Buy all remaining items on your shopping list.
- Cook any food that can be prepared in advance.

- Review your recipes for like ingredients that can be prepared all at once. Peel, chop, and dice vegetables that can be prepared in advance, and have them on hand when you prepare your dishes the day of the event.
- Chill beverages.

The Morning of Your Holiday Event

- Begin cooking according to your menu timeline. Get friends and family members involved!

30 Minutes Before Guests Arrive

- Set out appetizers and dips.
- Finish any remaining cooking.

Arrival and Mealtime

- Have a friend or family member greet guests at the door.
- Ask for assistance arranging like items together on the potluck table with ingredient lists next to each dish, if applicable.
- If you have a sit-down dinner, serve in courses rather than all at once. Allow guests a brief break before serving dessert.
- Enjoy your food, your guests, and your wonderful celebration!

Massachusetts

Boston
(617) 824-4225
EarthSaveBoston@bigfoot.com

New York

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(360) 253-6557 (Washington)

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Nashville, TN 37219-8245
(615) 367-0097

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Salt Lake City
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Park City, UT 84098
(435) 647-0961

Washington

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Seattle, WA 98109
(206) 443-1615

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Canada, V6H 1E2
(604) 731-5885
office@earthsave.bc.ca

Yes! I want to support EarthSave. Enclosed is my tax-deductible donation.

12 Month Membership

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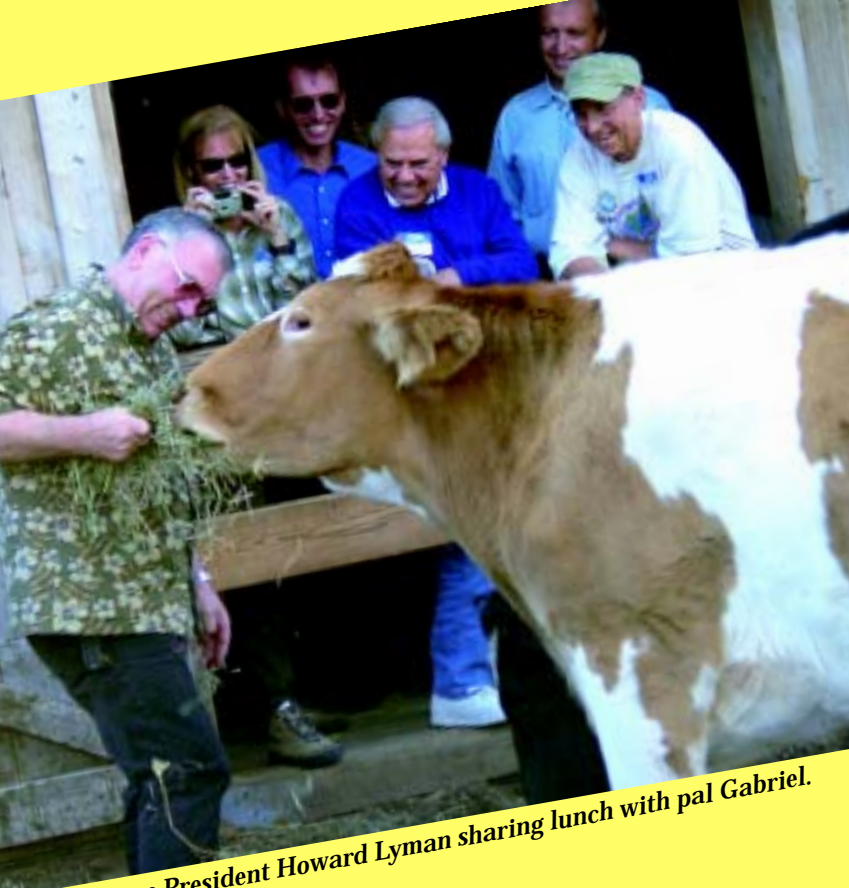
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- Contact me with information about volunteer opportunities in my area.
- I'll ask my place of work to match my gift.

Make checks payable in U.S. funds to EarthSave International and return completed form to:
EarthSave International, 1509 Seabright Ave, Ste. B1, Santa Cruz, CA 95062



EarthSave President Howard Lyman sharing lunch with pal Gabriel.

Help Us Save Time, Resources and Money!

Every month, the EarthSave International office sends out membership renewal notices to EarthSavers whose membership has expired or is about to expire. These mailings use reams of paper, take several days to complete, and cost us as much as \$1,000/month in postage. You can help us save time, natural resources and money by making a note of your renewal date and either renewing (or informing us that you don't wish to renew) at least a month before your membership is due to expire. The savings will go toward helping the EarthSave office function more efficiently, and may help fund vital EarthSave programs.

Your renewal date is indicated on your membership card. If you received this newsletter in the mail, it will also appear on the mailing label. Won't you please make a note of it today?

The EarthSave Newsletter

published quarterly by the 501 (c) (3) nonprofit EarthSave International.

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Audrey E. Nickel, John D. Borders, Jr., J.D.

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Inside

The Many Faces of Vegetarianism	4
Café Ambrosia	8
Jay Dinshah's Gift	9
Ask Dr. Jules	10
EarthSave Summit	12
The First Thanksgiving	13
Make This Thanksgiving Turkey-Free!	14

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