

American Vegan

Second Series: Volume 7 Number 2

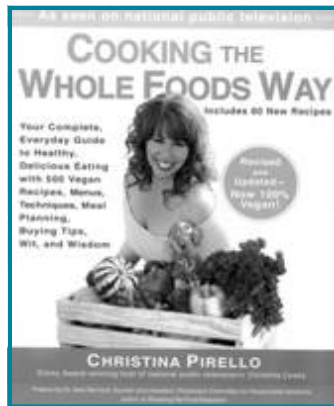
Late Winter 2008

NEW BOOK & DVD LISTINGS



100% VEGAN COOKBOOKS:

ALIVE IN 5: Raw Gourmet Meals in Five Minutes —Angela Elliott. Easy to find ingredients. Use blender or food processor, mix and serve. 8pp full-color photos. 2007, 128pp 7x8" \$14.95.



COOKING THE WHOLE FOODS WAY: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 Vegan Recipes, Menus, Techniques, Meal Planning, Buying Tips, Wit, and Wisdom —Christina Pirello. 10th anniversary

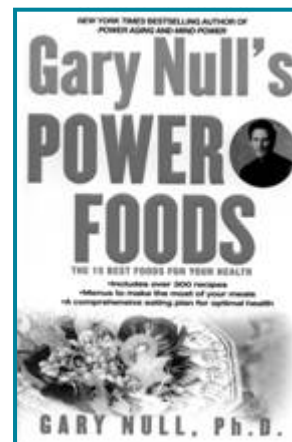
edition, extensively revised and updated, now totally vegan! 2007, 354pp 7½x9" \$18.95.

EAT DRINK AND BE VEGAN —Dreena Burton. In her third cookbook, (*Everyday Vegan, Vive Le Vegan*) Burton turns her attention to celebratory foods—imaginative, colorful, and delectable vegan fare, perfect for all kinds of events, from romantic meals to dinner parties to casual potlucks. 150+ recipes, 16 pp full-color photos. 2007, 243pp 7½x10" \$22.95.

FROM DAVID'S PURE VEGETARIAN KITCHEN: Over 175 Wholefoods Recipes —David A Gabbe. Excellent primer on vegan cooking: daily healthy eating; menu planning; food for travel, office/school lunches; substitutions. Value of whole grains, beans, soy; sources of protein, calcium, iron, etc. 2002, 192pp 5½x8½" \$14.95.

GARY NULL'S POWER FOODS:

The 15 Best Foods for Your Health —Gary Null, PhD. Includes over 300 all-vegan recipes. Menus to make the most of your meals. What "power foods" can do for you, and the keys they hold to optimum health. Rich in recipes for raw foods. Important guidelines for buying whole and organic foods. 8pp full-color photos. 2006, 327pp 6x9" \$22.95.

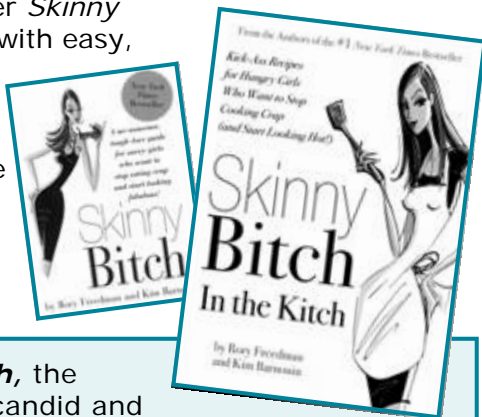


The JOY OF VEGAN BAKING: The Compassionate Cooks' Traditional Treats and Sinful Sweets —Colleen Patrick-Goudreau. 150 familiar favorites—from cakes, cookies, and crepes; to pies, puddings, and pastries—this book will show you how easy baking without eggs and dairy can be. (Free from saturated fat, cholesterol, lactose.) These recipes will bewitch the sweet tooth, and seriously undermine health if indulged in more than rarely (white sugar, white flour)! Use to impress and improve in conventional settings. Better than packaged commercial desserts. Lavish color throughout, 31pp full-color photos. 2007, 288pp 7½x9" \$19.95.

LIVING IN THE RAW DESSERTS —Rose Lee Calabro. Third book in the *Living in the Raw* Series. Features fresh and dried fruits, nuts and seeds—rich sources of healthful nutrients. 8pp full-color photos. 2007, 128pp 7x9" \$16.95.

QUICK-FIX VEGETARIAN: Healthy, Home-Cooked Meals in 30 Minutes or Less —Robin Robertson. Vegan recipes from prolific author of popular cookbooks. 2007, 210pp 7½x9" \$16.95.

SKINNY BITCH IN THE KITCH: Kick-Ass Recipes for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!) —Rory Freedman, Kim Barnouin. Companion to the mega bestseller *Skinny Bitch*. Loaded with easy, no-nonsense, wholesome recipes in the style that made the authors famous. 2007, 192pp 5¼x7" \$14.95.



Skinny Bitch, the humorously candid and sassy diet book published in 2005, sold more than 850,000 copies. Now the authors' new cookbook published in December, *Skinny Bitch In the Kitch*, has already reached #6 on the *New York Times* best-seller list in the paperback advice category.

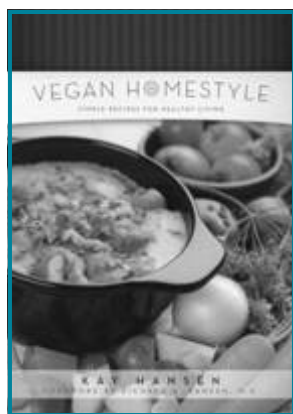
VEGANOMICON: The Ultimate Vegan Cookbook —Isa Chandra Moskowitz, Terry Hope Romano. 16pp full-color photos. 2007, 298pp 8½x10" \$27.50. **Review on page 4.**

TRAVEL:

VEGETARIAN VISITOR: Where to Stay and Eat in Britain —Annemarie Weitzel. A guide to guest houses, hotels, private homes, restaurants, and cafés. 2008, 110pp 5¼x8¼" \$11.95.

Near VEGAN COOKBOOKS:

(some honey, etc.)

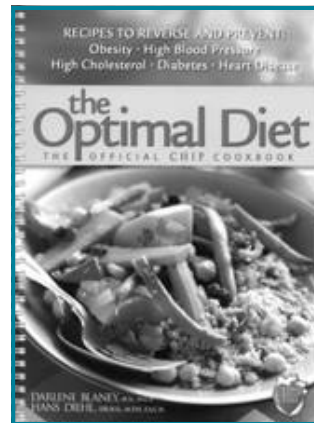


VEGAN HOMESTYLE: Simple Recipes for Healthy Living —Kay Hansen; fwd: Richard A. Hansen, MD. From Oregon's Emerald Valley Wellness Center. 240+ recipes. 19pp full color photos. Optional honey. 2006, 249pp 7x9¾" hard/spiral \$24.95.

The VEGGIE QUEEN: Vegetables Get the Royal Treatment, With More than 100 Seasonal Recipes —Jill Nussinow, MS, RD. Here, vegetables truly get the royal treatment, each chapter brimming with seasonal recipes and author's vegetable adventures. Rare use of honey, mayo. 2005, 132pp 7x10" \$19.95.

V CUISINE: The Art of New Vegan Cooking —Angeline Linardis. Fresh take on vegan cooking, with new ways to introduce more fresh fruits and vegetables into one's diet. Optional honey. 16pp full-color photos. 2007, 224pp 8x9" \$29.95.

The OPTIMAL DIET: The official CHIP (Coronary Health Improvement Project) Cookbook —Darlene Clainey, MSc, NCP, Hans Diehl, DrHSc, MPH, FACN. Recipes to Reverse and Prevent: Obesity, High Blood Pressure, High Cholesterol, Diabetes, Heart Disease. Lavish use of color, big, easy to read print. 18pp full-color photos. 2007, 166pp 8x10½" spiral \$24.99.

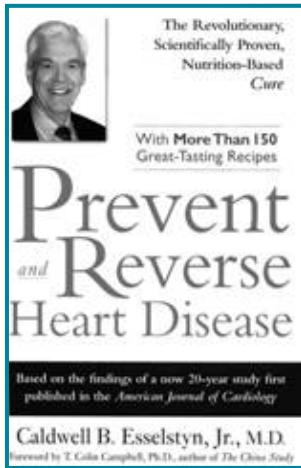


NATURAL LIVING AND HEALTH:

DISCOVERED SECRETS: A Self Metamorphosis, Inspiration for Self-Healing —Barbara Ann Ellicott, PhD. Story of how a woman (now vegan and in her 60s) with a passion for life, used exercise and became a vegetarian to beat all the odds as a marathon runner. 2007, 118pp 6x9" \$15.00.

HEALTHY MARTIAL ARTS —Jolie Bookspan, PhD, vegan, sports medicine specialist, military scientist, 4th degree Black Belt, and undefeated full contact fighter. Wealth of information for any athlete or exerciser, to train all aspects of body and spirit—without injury. Daily practice for a healthy lifestyle, free from supplements, special weights, machines, equipment, or a gym. Photos throughout. 2006, 228pp 8x11" \$24.95.





PREVENT AND REVERSE HEART DISEASE: The Revolutionary, Scientifically Proven, Nutrition-Based Cure —Caldwell B. Esselstyn, Jr., MD; fwd: T. Colin Campbell, PhD. Based on the findings of a now 20-year study, first published in *The Journal of Cardiology*. Includes helpful recipes. 2007, 308pp 6¾x9¾" \$24.95.

VEGANISM:

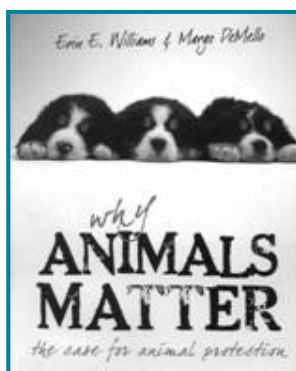
The VEGETARIAN SOLUTION: Your Answer to Cancer, Heart Disease, Global Warming, and More —Stewart Rose. The most up-to-date information on how a vegan diet can improve your health and the world you live in. 2007, 158pp 6x9" \$12.95.

ANIMAL OPPRESSION:

ANIMAL INSTINCT: A Novel —Dorothy H. Hayes. Fast-paced narrative about generational organizational tyranny. A past heroine of animal-welfare hinders the efforts of her able and ambitious young staff member and grass-roots volunteers. New heroine advocates an improved way to rescue animals more effectively. Challenging. 2005, 232pp 6x8" \$15.95.

The LONGEST STRUGGLE: Animal Advocacy from Pythagoras to PETA —Norm Phelps. Animal rights movements viewed in historical perspective. Author analyzes tactics and their effectiveness. Helpful for activists. 2007, 368pp 5½x8½" \$20.00.

WHY ANIMALS MATTER: The Case for Animal Protection —Erin E. Williams, Margo DeMello. How animals are exploited in our society: factory farming, sport hunting, the fur industry, experimentation, entertainment, and the pet industry. Actions you may take. 2007, 420pp 6x9" \$20.00.



20% discount for AVS members
30% discount to groups ordering 10 or more books
Free shipping by media mail within the U.S.

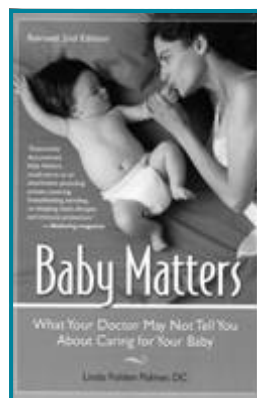
ENVIRONMENT/NATURAL GARDENING:

The ESSENTIAL WILD FOOD SURVIVAL GUIDE —Linda Runyon; fwd: Joe Gang. Shows how to identify, gather, and prepare edible wild foods, wherever you live. 2007, 310pp 6x9" \$22.00.

BOOKS FOR THE YOUNG:

WHALE OF A TALE

—Barbara Pearl; illus: Cathy Janson. The story of a *Magic Square* that transforms into different shapes: a kite, a whale and finally a penguin. Discover the magic of paper folding. 2005, 30pp 8x8¾" \$14.95.



BIRTH/BABIES/ CHILDREN:

BABY MATTERS —Linda Folden Palmer, DC. Provides the hard-to-find facts you need to make informed parenting choices for healthier, happier children with brighter futures. Benefits of breastfeeding. 2007, 412pp 6x9" \$17.95.

DVD:

RAW FOOD MADE EASY: Creative Ways to Get the Fruits and Vegetables You Need —Jennifer Cornbleet. Expands on book *Raw Food Made Easy for 1 or 2 People*. 2007, DVD \$19.95.

BOOKLETS:

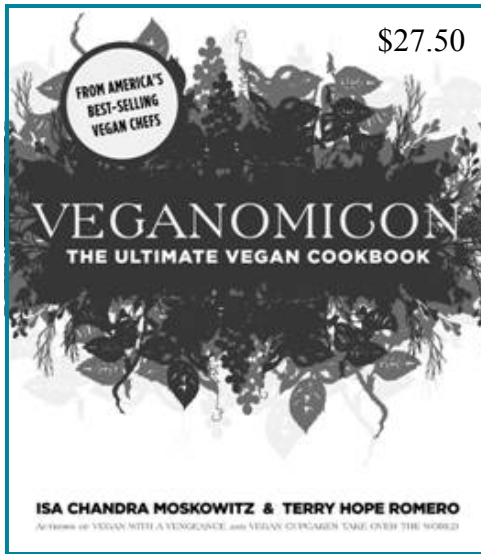
One copy each may be requested with your book order. Thereafter obtain from the organization of origin (donations appreciated).

EASY VEGAN RECIPES: Delicious Animal-Friendly Fare from Compassion Over Killing —COK. 2007, 16pp 5½x8½".

GUIDE TO CRUELTY-FREE EATING —Vegan Outreach. 2005, 32pp 5¼x8½".

WHY VEGAN?: BOYCOTT CRUELTY! —Vegan Outreach. 2007, 16pp 5¼x8½".

Shipping & Handling minimums on foreign orders:
Canada: \$20.00 Other countries: \$30.00 or \$50.00
Ask us. Purchaser responsible for import taxes.



VEGANOMICON: The Ultimate Vegan Cookbook by Isa Chandra Moskowitz & Terry Hope Romero

Isa is out to change the world, but not with horror stories of farms and slaughterhouses. Her premise is that people will stop eating meat and dairy as they find better-tasting vegan fare. She exhorts us all to do our part to help. To that end she and co-author Terry have written a mammoth master cookbook offering all the resources they can muster to enable readers to become skilled in the kitchen and reach hearts through stomachs. The hip sassy authors envision vegan food becoming mainstream. Living in New York City, they are inspired by the city's treasure of ethnic cuisines, ingredients and flavors from around the world.

This eclectic cookbook is ideal for quick economical meals, and also for extravagant occasions. User-friendly, it brims with over 250 recipes and has many helpful hints. Not only does it have a table of contents, but there are two indexes so you can find recipes alpha-

betically or by category. The category icons above recipes indicate which are gluten-free, low-fat, under 45 minutes to prepare, soy-free, or made with supermarket-friendly ingredients.

The book begins by stocking the pantry, equipping the kitchen, and explaining terminology. There are easy preparation guides for beans, grains, and vegetables. Vegetables are extolled, emphasized as essential, and promoted prominently throughout the book.

Each recipe has an introduction—about its origins, the ingredients, and anecdotes. You get to know Isa and Terry as friends, their family traditions, visit their apartments, and gain a familiarity with fast-paced New York City—where soup is undoubtedly the lunch of choice! Indeed the girls are so chatty, sometimes you wish they'd be quiet! Or you may shake your head if lost following their babble. Mostly you get caught up in their crazy excitement over new ingredients and versions of recipes.

In going mainstream, commonly-used ingredients (such as white sugar and all-purpose white flour in desserts) are sometimes used to get familiar results. Use your judgment. In any case there is a wealth of good stuff to choose from amongst the snacks; soups; sandwiches; casseroles; tofu, tempeh, and seitan; pasta, noodle, and risotto; and more categories.

The book graphics could be improved. Page numbers are in a receding green color. Information which starts in a colored box may overflow illogically and unnecessarily onto a white page.

In conclusion, everyone can gain from this epic master guide to evolving vegan ethnic cuisines. Travel from Mexico to Japan via Europe and India, tasting as much as you can, all from this book and the resources of a big modern city.

FD & CG

Rutabaga Puree	French Lentil Soup with Tarragon and Thyme	
<p>Yield: 4-6 servings</p> <p>2½ lbs. rutabaga, peeled, cut into ¾-inch chunks</p> <p>2 Tbsp. fresh lime juice</p> <p>¼ cup coconut milk</p> <p>2 tsp. agave syrup</p> <p>½ tsp. salt</p> <p>Place rutabaga in medium-sized saucepan, add water to cover. Put on lid and bring to a boil. Once water is boiling, lower the heat to a simmer and cook for about 20 minutes, until the rutabaga is tender.</p> <p>Drain and transfer to a food processor. Add the remaining ingredients and purée until smooth. Serve immediately.</p>	<p>Yield: 8 servings</p> <p>1 Tbsp. olive oil</p> <p>1 large yellow onion, diced</p> <p>1 large carrot, peeled and cut into fine dice</p> <p>5 plum tomatoes, seeded, diced</p> <p>4 cloves garlic, minced</p> <p>2 tsp. dried tarragon</p> <p>1 tsp. dried thyme</p> <p>1 tsp. paprika</p> <p>6 cups water or vegetable broth</p> <p>2 cups French lentils</p> <p>2 bay leaves</p> <p>1½ tsp. salt</p> <p>Several pinches black pepper, freshly ground</p> <p>Heat oil in a large soup pot and sauté onion and carrots for</p>	<p>about 10 minutes, until onions have browned a bit. Add garlic, tarragon, thyme, and paprika, and sauté for 2 more minutes. Add tomatoes and a little splash of water if necessary, and stir to deglaze pot. Cover and cook for 5 minutes.</p> <p>Add water, lentils, bay leaves, salt, and pepper, cover and bring to a boil. Once the soup is boiling, lower the heat to a simmer and cook, covered, for about 45 minutes, or until the lentils are tender. If the soup looks too thin, uncover and simmer for a few more minutes. If it looks too thick, add a little more water. Serve with good, crusty bread.</p>

Broccoli-Millet Croquettes

Yield: 16 Croquettes,
1 Tbsp. olive oil,
plus extra for pan frying
2 cloves garlic, minced
1 tsp. dried tarragon
½ tsp. red pepper flakes
Several pinches of freshly
ground black pepper
½ tsp. salt
1 cup millet
2½ cups vegetable broth
4 cups broccoli, tops and
stalks, chopped very finely
into pea-size or smaller
pieces.

Preheat oil in small pot over medium heat. Sauté garlic for about 30 seconds. Add tarragon, red pepper flakes, black pepper, and salt, and mix for a few seconds. Add millet and stir constantly for about 3 minutes to toast it. It should turn a shade darker. If it doesn't, don't sweat it, just proceed with the recipe.

Add vegetable broth and cover; bring to a boil. Once mixture is boiling, lower heat to a simmer, cover, and cook for 10 minutes.

Mix in chopped broccoli, cover, and cook for about 7 more minutes. Uncover and cook for another 10 minutes, stirring often. Once water is mostly absorbed, turn off heat

but leave the pot on stove, covered, to continue to cook for another 10-15 minutes. At that point, all water should be absorbed and millet should be mushy if you push down on it with a spoon. It's very important that millet be well cooked or croquettes could fall apart, so if it doesn't seem fully cooked, let it sit for an additional 5-10 minutes. You are looking for a polenta-like consistency.

Transfer to mixing bowl and let cool a few hours or overnight. Or cool 10 minutes, stir, refrigerate 45 minutes—stirring now and again. Don't skip or skimp on this cooling step or your croquettes will turn to millet mush in the skillet.

Once cooled, tightly form the millet into golf ball-size balls. Press them down in your hands to flatten just a bit, then roll the sides between your hands to form tire-shaped croquettes.

Heat a thin layer of olive oil in a large nonstick or cast-iron skillet over medium heat. Cook the croquettes in batches for 3 to 4 minutes on each side. They should be golden brown with a few darker spots.

Serve immediately.

Isa Moskowitz is Brooklyn born and bred and has been punking around New York City since the '80's. She has been a waitress, jewelry designer, co-op manager, web designer, magazine editor, baker, and more. Terry Romero has come a long way from her Connecticut metal head days. Isa is the author of the popular *Vegan With a Vengeance* and co-author with Terry of *Vegan Cupcakes Take Over the World*. The authors' website, *The Post Punk Kitchen: Vegetarian Cooking & Vegan Baking With No Attitude*, is www.theppk.com and has recipes, clips of their cooking show, a blog, and forums. ○



Isa Moskowitz & Terry Romero

Samosa Stuffed Baked Potatoes

Yield: 8 potato halves
4 large Russet potatoes,
scrubbed, baked and cooled
¼ cup unsweetened soy milk
3 Tbsp. peanut oil
1 tsp. yellow mustard seeds
1 tsp. coriander seeds, crushed
1 cup yellow onion, diced small
¾ cup carrots, diced small
2 cloves garlic, minced
2 tsp. ginger, freshly grated
2 tsp. ground cumin
½ tsp. turmeric
½ tsp. salt
½ cup frozen peas, rinsed
Juice of ½ lemon
Extra oil for brushing potatoes

Slice cooled baked potatoes in half lengthwise, scoop out insides, leaving ¼-inch of potato in skin. Mash potatoes up with soy milk, set aside skins.

Preheat oven to 400°F.

Heat peanut oil in large frying pan over medium high heat. Add mustard and coriander seeds. Mustard seeds should begin to pop; if they don't pop in two minutes, turn heat up. Let seeds pop for about a minute (put lid on to avoid splatters), add onions and carrots and sauté for 7-10 minutes, until onions begin to brown.

Add the garlic and ginger,

sauté a minute more. Add the cumin, turmeric and salt with splash of water, stir well, then add the potatoes, mixing everything well. Add a little water if it looks too dry. Cook until the potatoes are heated through, then add the peas and cook until those are heated through. Add the lemon juice and mix to combine.

Brush inside of the potato skins with a little bit of oil. Then scoop the filling into the skins, pressing gently to hold the filling in place. Line the potato halves on a baking sheet and bake for 20 minutes.

American Vegan

Ahimsa Lights The Way

T-SHIRTS

Typestyle and text as above
50% preshrunk cotton, 50% polyester

Small, Medium, Large, Xtra Large, 2X Large
Yellow type on Cornflower Blue,
or Forest Green Shirt

Adult sizes: \$15 each (\$12-AVS members)

Youth XS, Youth S, Youth M, Youth L, Youth XL

Yellow type on Forest Green, or Iris Blue Shirt

Children's sizes (Youth): \$12 (\$10-AVS members)



Corinne and Nicole Lomsky from Marlton NJ model AVS T-shirts. Photo: Janet Erickson

Online Videos from Hawaii

The Vegetarian Society of Hawaii

(VSH), founded in 1990, has held monthly meetings since then with outstanding speakers from all over the world. Seventy four of our recorded DVD programs, previously shown only in Hawaii, have now been converted to Flash (.flv) format, uploaded, and are now viewable online at <http://vsh.voip-info.org/>, or by going to our home page www.vsh.org/ and clicking mid-page on "New! Watch VSH lectures online." We encourage interested parties to examine the videos and link to these sites.



Most broadband internet computers already have the Flash player, if not, it can be downloaded at http://www.adobe.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash, or at http://www.download.com/FLV-Player/3000_2139_410467081.html

William Harris, MD 1765 Ala Moana Blvd #1880
Honolulu, HI 96815 (808) 941-8151
HARRISMDW001@hawaii.rr.com
<http://www.vegsource.com/harris/>
Vegetarian Society of Hawaii (VSH) TV Coordinator
Vegetarian Society of Hawaii (VSH) Board Secretary

Solar Panels

On November 2 2007, the installation of 66 solar panels (DC: 11550kW) on the roof of American Vegan Society office building passed state inspection. We are now a Solar Host. The system is tied into the grid, and we will get credit for electricity generated, enabling us to pay off our investment (\$30,053) in about 8 years. The state of NJ paid \$58,307 of the cost as part of its initiative to stimulate alternative energy production.



AHIMSA FOOTWEAR, 1668 Marion Street, Denver Colorado

11 am to 7pm every day except Tuesdays. Phone: 303-860-8344

Dr Lisa Young (34) and husband Phil opened their store in December 2007 anticipating a demand for quality, comfortable, compassionate products. The inventory of shoes, wallets, belts, bags, hats and scarves is 100% vegan (even the glue), from companies such as Novacas, Klogs, John Flueveg, Ethical Wares, and Ragazzu.



World Vegan Month Celebration

was held at **Candle 79** in NYC



Dr Milton Mills



Sign by Les Githens



Pamela Rice



Leif Erich, Roberta Schiff

Barata El

Bottom row photos: Linda Long

Fifty-two people filled the upstairs room at the top-rated vegan restaurant, Candle 79, three blocks east of Central Park. Arrangements had been made through Benay Vynierib, catering manager. Our gratitude to her, the staff, and to the owners, Bart Potenza and Joy Pierson (who share recipes in *The Candle Café Cookbook*)

Thank you to our speakers Dr Milton Mills, Pamela Rice, Roberta Schiff; poet Barata El; and to musician Leif Erich.

**Candle 79, 154 E 79th St
New York NY 10021
212-537-7179
www.candlecafe.com**



MENU

Salad: Baby arugula with roasted beets, shaved fennel, in a vanilla balsamic vinaigrette

Soup: Roasted Butternut Squash with caramelized pears

Entrée Choice of 1) Porcini Tofu with sautéed French beans, shallots, celeriac puree and a wild mushroom sauce or **2)** Rosemary Pecan Crusted Seitan with potato gratin, garlic sautéed baby spinach and a truffled cauliflower sauce

Dessert Choice of 1) Old Fashioned Apple Pie with dulce de leche ice cream or **2)** Mexican Chocolate Cake with vanilla soup, ancho chocolate sauce and cinnamon ice cream

EINSTEIN, VEGETARIANISM & WORLD PEACE

Anil Narang

Violence to Animals Linked with Violence to Humans

Vegetarian food has a critical role in developing peaceful attitudes. Einstein said, “Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet....It is my view that the vegetarian manner of living, by its purely physical effect on human temperament, would most beneficially influence the lot of mankind.”

Einstein further said, “A human being is part of the whole, called by us the ‘Universe’, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest—a kind of optical delusion of the consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to the affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to do this completely, but the striving for such achievement is in itself a part of liberation and a foundation for inner security.”

Nonviolence is the fundamental principle of the Jain religion. Gurudev Chitrabhanu has stated that, ultimately, compassion to animals is really compassion to oneself. Mahabharat linked vegetarianism with world peace.

Pythagoras said, “As long as men massacre animals, they will kill each other. Indeed, he who sows the seeds of murder and pain cannot reap joy and love.”

To quote Mahatma Gandhi: “The most violent weapon on earth is the table fork...The more helpless a creature, the more entitled it is to protection by man from the cruelty of man...The greatness of a nation and its moral progress may be seen by the way its animals are treated.”

Swami Parthasarathy “Your home should be the center, not the boundary, of your affection.”

Very cruel violence in adulthood is correlated to cruelty to animals in childhood. Violence has at its roots a lack of empathy—the inability to imagine another’s feelings and relate them to one’s own. The disconnection starts at mealtimes.

Hitler was not a vegetarian. He liked sausages and stuffed pigeons, and promoted hunting. Interestingly, he felt that his image would be better if he was thought of as a vegetarian!

Maximum Impact with Yoga, Pranayam & Meditation

It should be noted that the maximum effect on world harmony and peace is possible if vegetarianism is practiced in conjunction with yoga, pranayam and meditation.

Vegan Lifestyle Most Beneficial

I would like to go one step further and recommend a VEGAN lifestyle, ie, no use of animal products not even dairy—not just avoidance of meat, fish and eggs. The modern production/process for extracting milk is quite cruel, and a vegan lifestyle is a critical step further in promoting harmony.

Thorough and well-documented research demonstrates that eating healthy vegan food is extraordinarily good for health and can prevent cancer, heart attacks and many debilitating diseases.

NO animal has milk beyond weaning years; milk promotes extraordinary growth which is helpful only to infants. ALL “vegetarian” animals are really vegans. The human body is similar to vegan animals (intestine length, alkaline not acidic tongue, etc.), and a vegan diet is naturally suited to humans.

We appeal to Ayurveda experts to do research on a scientific basis and, hopefully, not suggest the use of ghee, honey, etc. Hinduism has constantly evolved.

The Vegan Imperative

Practicing ahimsa with ALL living beings is a prerequisite for world peace and harmony. The practice of eating animals carries within it the seeds of its own destruction. Human beings help themselves survive, be significantly healthier, evolve spiritually, and help the environment—by a VEGAN lifestyle. We have the power to give a gift of peace, hope, and celebration to the animals, our children, and ourselves. ○

Anil Narang grew up in Delhi India, and came to the U.S. to study engineering (University of Rochester) and then M.B.A. (University of Chicago). He worked at international investment and commercial banks, and presently manages a private limited partnership, Sustainable Growth Partners, that invests (U.S. clients) in the Indian equity market. His real passion is promoting veganism and he is spending a small but increasing amount of time on this. Mahatma Gandhi’s approach has influenced him.

Call him at 973-220-1275,
or write anarang2@gmail.com. ○

They Vow to be Vegan!

Shivali and Reshni Shah were among a surprising number at the **2007 JAINA Convention** who decided to stop drinking cow milk and wearing leather. The trend was most obvious among the young people, but many adults too were willing to change life-long habits. Pragmatists, would give it a trial for a week or a month!

JAINA is the acronym for Jain Associations in North America. Jainism (or Jain Dharma) is one of the world's oldest religions and has nonviolence (ahimsa, not hurting) at its core. The number of Jains in the U.S. has grown since the 1960s when Indian students, now grandparents, arrived here. Nearly 6,000 attended this convention, in Edison New Jersey. Jains are vegetarian; generally lacto-vegetarians.

It has always been hard for Indians to understand why vegans don't drink cow milk. They claim the cow as their second mother, and say they do not kill her but take care of her thru old age. The males become oxen to plough the field in Indian cow culture.



Shivali and Reshni Shah

Unfortunately, Indians believe a story that is certainly not true today, nor ever was ahimsa, even in the days of the family cow. The *pinjrapoles* (old-age homes for cows), are only token in number, and the care that could be provided, sadly poor*.

(*H Jay Dinshah in letter from India, December 27 1967) o



First-time in India:

11th International Vegan Festival

Shankar Narayan hosted this festival to plant seeds and assist the formative growth of the vegan way of life in India. Delegates from fourteen countries gathered in Murdeshwar Karnataka in early October 2007. The use of dairy products is entrenched in Indian culture, especially with Hindus. Nevertheless, a number of locals and visitors made public vows to adopt the vegan way. o

Cows are forced into yearly pregnancies and milked while pregnant. The excessive demand for milk production takes its toll on the cows so they age fast. Most are housed and milked in unclean conditions and kept going with antibiotics and hormones. Milk production is stimulated (in villages) by poking a stick into the uterus, or (in cities) by injections of oxytocin.

Cow slaughter is permitted in only two Indian states, and it is illegal to transport animals to slaughter across state boundaries. But each year 20% of cows are shipped illegally to slaughterhouses, or let loose to starve on city streets. Unwanted calves are tied up and left to starve to death, or sent to slaughter.

Trips to slaughterhouses are long—by train or truck, or

forced marches during which cows are beaten, tails are twisted and chili pepper thrown in eyes to keep the animals moving. **Why? Because neither large dairy farms, nor villagers in the country, can afford to keep unproductive animals.**

Final abuse. Owners of leather industries claim to be *only* scavengers when they buy skins from the slaughterhouses!

Gurudev Shri Chitrabhanuji pled compassion for cows. Other speakers providing information were: Pramoda Chitrabhanu and Pravin K. Shah, compilers of *The Book of Compassion** (\$5, from AVS) Sangeeta Kumar, Education Coordinator, People for the Ethical Treatment of Animals (Video footage) Saurabh Dalal, Vegetarian Society of DC; Anil Narang, vegan advocate,

*References: *Milk—Its Impact on Health, Cruelty, and Pollution*, by Pritish Nandy, Times of India 4/11/2000; *Is Nothing Sacred? Cruelty Towards India's Holy Animals*, by Maseeh Rahman, TIME Asia News 5/29/2000.

ISAAC PITMAN: The Precisional Vegetarian

Dr. Harry Gershenowitz

Communication methods of exchanging thoughts by code are almost as ancient as speech itself. Primitive cave drawings showed animals being hunted with slings and spears. Today, language is the indispensable servomechanism of human life. Language begins with the ability to use sounds to influence the behavior of other individuals. Language which evolved in the past has meaning fixed by custom. As the technology of writing developed, timesaving symbols were used, predicting shorthand.

Marcus Tullius Tiro; secretary to Cicero (106-43 BC) Roman statesman, orator and writer; reported a speech in Latin given in the Roman Senate by Marcus Porcius Cato Uticensis (95-46 BC)—Cato the Younger, a stoic philosopher. In his attempt to record every word in the speech Tiro invented the ampersand (&), a symbol which is still in use in modern writings. Tiro is also credited with a form of shorthand, Tironian Notes, used up until the Middle Ages.

The technique of shorthand writing was discouraged and became dormant during the European Middle Ages. Sometime later, in the Elizabethan Age, Queen Elizabeth I (1533-1603) appointed Dr Timothy Bright (MD) (1551-1615) to devise and use a system of shorthand. In 1588 he formulated a clumsy system which never became popular.

Samuel Pepys (1633-1703) the English diarist applied a form of shorthand to chronicle both London's tragedies: the Great Plague (1665) which took 75,000 lives, and a year later the Great Fire (1666) which destroyed most of the city.

There were many definitions for the term "shorthand." As a consequence, as the dictionary says, "Shorthand is a method of rapid handwriting using simple strokes, abbreviations, or symbols that designate letters, words, or phrases, and distinguished from longhand." This rapid system of graphic notation made it possible to record sermons and orations with greater speed than plain writing.

Isaac Pitman (1813-1897) lived in Bath England. He spent a large portion of his life in perfecting phonography (use of symbols for sounds). He established a Phonetic Institute, and a phonetic journal to publish its basic principles. In addition, he was an enthusiastic spelling reformer. His shorthand method became the foremost scientific tool of fast writing invented—the major system of shorthand in England and all the former British Territories.

In 1837 Pitman published a handbook titled *Stenographic Soundhand* and it became available in many languages. The rules were based on phonetic rather than orthographic (related to spelling) regulations. He used 38 symbols to represent the sounds of vowels and consonants.

Isaac sent his brother Benn (1822-1910) to the United States to introduce the Pitman System to America. Benn created his Phonographic Institute in Cincinnati. In 1902, out of respect for his beloved brother, Benn wrote Isaac's biography.

Benn, a trained reporter by profession, attended and accurately dispatched his notes taken at the trial of the assassins of President Lincoln. He popularized the ninth edition of

Isaac's shorthand guidebook in the United States.

The early phases of modern industrialization in Western Europe demanded a quick means of conveying views about national and international occurrences. With the advance of newspapers, and fast business transactions which speeded-up commercial industry, Isaac Pitman's system gained recognition.

The work of civilian reporting began during the Crimean War (1853-1856). War correspondents became "eyewitnesses" and had a limited time to send their observations, utilizing the Pitman method, to simply report what they saw and heard. The reporters' actions caused the establishment of a military censorship, which led to a virtual silence about the battlefield.

Vegetarian

Isaac Pitman was on a pure vegetable diet because he felt it gave him bodily health and high spirits. Pitman spoke at the second annual meeting of the Vegetarian Society of the United Kingdom. The Society had been organized in 1848. He was elected vice-president after he declared that he had been a vegetarian for eleven years. During his term of office he organized a monthly magazine, *Vegetarian Messenger*, which gave the membership a great deal of information.

Isaac Pitman, a perfectionist, had 12 revisions of his manual. He was a nonsmoker, a vegetarian, and advocate of abstaining from indulgence in alcoholic liquors. Isaac was a member of the new Swedenborgian Church. He was knighted in 1894 by Queen Victoria.

o

Exercise is More Important than Calcium Supplements

Jolie Bookspan, M.Ed, PhD, FAWM : The Fitness Fixer

www.healthline.com/blogs/exercise_fitness/



A study making recent news concluded that taking calcium supplements does not do much to reduce bone fractures in childhood, or later life. The study did not cover all reasons, but it does not stand alone. Studies over many years show that bone density depends on more than eating calcium. Calcium loss occurs through smoking, drinking too much alcohol and soda, lack of exercise, and eating animal protein. A young person can thin their bones through bad habits equivalent to an elderly person.

Bone density when you are older depends on what you are doing now. Sedentary lifestyle is a major risk for osteoporosis and fractures. Exercise thickens bones from the muscles pulling on them. Without exercise, you can lose bone density no matter how much calcium you eat. Without exercise, you pee the calcium you eat back out. You need to give calcium a reason to stick on your bones.

Even if you are a young man you need to build bone now. Osteoporotic hip and spine fractures are a major cause of illness and death for both women and men. One in eight men over age 50 will have an osteoporosis-related fracture, greater than his risk of prostate cancer. The death rate in the year following a hip fracture is nearly twice as high for men as for women.

Research in elder populations shows the ability to increase bone density with exercise. Weight lifting is often mentioned as needed. People think they need to go to a gym or buy hand weights for home use. Weight lifting includes lifting groceries, children, and packages around the house. Weight-resisting activity includes moving, pulling, and lifting your own body weight. You can load your upper leg at the hip, a major site of osteoporosis, by bending the right way using your legs for all the many times you need to bend every day.

Several vitamins and minerals in fruit and vegetables help bone density. Calcium also needs vitamin D to work. Sunlight is an often forgotten source. Sunlight is necessary for your immune system, bones, mood, and overall health. There are some who say there is no safe sun exposure. Balance your time of exposure to reduce risk of cataracts and skin cancer. Get out of your chair and get outside in the sunshine for exercise every day. ○

Jolie Bookspan, author of *Healthy Martial Arts*, teaches body mind discipline to create peace, health, and strength. Her rehabilitative techniques are used by police, military, and athletes, and have been praised by Harvard Medical School.

Her book and Healthline blog include advice and recipes for vegan eating.

Throughout her education and training, she refused to participate in vivisection.

Jolie and husband Paul teach martial arts at Temple University.

Bending. The average person bends hundreds of times every day for daily activities like laundry, kitchen, pets, gardening, children, household chores, and everything else. Check to see if you are bending badly each time, hurting the discs in your spine. Check at the gym if you add more forward bending for toe-touches, weight lifting, and exercise class. Bad bending puts herniating forces on your discs hundreds of times every day. No wonder your back hurts!

Here is one way to get healthy built-in leg exercise (and avoid back pain) by bending well every time you bend to reach things every day:

- Stand with feet side by side, comfortably apart.
- Bend both knees. Keep both heels down touching the floor.
- Keep your upper body upright, as if you don't want something to fall out of your shirt pocket.
- As you bend lower and lower, peek down and make

sure you can see your toes. If you can't, that means you are letting your knees come forward, which shifts your weight to your knees.

- Keep your knees back over your ankles to keep your weight on your leg muscles. Many people won't bend with their knees because it hurts their knees. This good bending stops knee pain too.

Check out the **VEGAN COOKING CLASSES**
at www.americanvegan.org



Terri Warm and her Fall 2007 Cooking Class at Clearview Regional High School, Mullica Hill NJ

Photos: Leslie McGee (top photo) and Louanne Straus (right photo)



If your friends love what you cook, share your skills by giving cooking classes in your home, through adult evening classes, at your church or synagogue, at a community center, etc. This is a great way to reach out to the public and educate them on the benefits of a vegan diet. Tell us about your class and we will put it on the AVS website.



AVS LIBRARY DISPLAYS

Our library displays show sources of vegan information, and have been well received. Below are our displays for 2008.

January and July

Evesham Branch Library, 984 Tuckerton Rd, Marlton NJ
Phone: 856-983-1444

March

Collingswood Library, 771 Haddon Ave, Collingswood NJ
Phone: 856-858-0649

Library display during the month of September 2007 at Franklin Township Library, Franklinville NJ.



INTERNATIONAL EVENTS

Holistic Holiday at Sea V, Sunday March 30 to Sunday April 6 2008. A 7-night Eastern-Caribbean Cruise that includes lectures, workshops, and cooking classes. Enjoy gourmet, healthful, natural, vegan meals and desserts. Onboard: Ann Gentry (author and restaurant owner), Christina Pirello (TV cooking show, author), Dr Neal Barnard (PCRM), Dr Haruo Kushi and Denny Waxman (macrobiotics), Yogi Amrit Desai, Dr Sherry Rogers (environmental medicine), actress Marilu Henner, and other teachers. Presented by *A Taste of Health* and *Vegetarian Times*. 1-828-749-9537, www.atasteofhealth.org.

IVU World Vegetarian Congress, Sunday July 27 to Sunday August 3 2008 in Dresden Germany. Celebrate 100 years of IVU Vegetarian Congresses. Save with early registration rates. See www.ivu.org/congress/2008.

0

EVENTS & CONFERENCES in U.S.A.

FLORIDA

7th Annual Compassion for Animals Action Symposium, Friday February 22 to Sunday February 24 2008, at Holiday Inn, University Center, 1250 W University Ave, Gainesville FL. Coordinator: Chas. Chiodo @ 386-454-4341, chasmoe@earthlink.net. See www.vegevents.net.

PENNSYLVANIA

34th Annual Vegetarian Summerfest, Wednesday June 18 to Sunday June 22 2008 at the Conference Center at Pitt-Johnstown on the University of Pittsburgh campus, Johnstown PA. Sessions on Health, Nutrition, Fitness, Compassionate Living, Animal Rights, Earth Stewardship; with doctors, dietitians, other experts. Vegan meals. Social activities. North American Vegetarian Society, PO Box 72, Dolgeville, NY 13329. Ph: 518-568-7970, Fax: 518-568-7979 www.vegetariansummerfest.org.

VIRGINIA

Animal Rights National Conference, Thursday August 14 to Monday August 18 2008 at the Hilton Mark Center in Alexandria, a Washington DC suburb. A forum for reports and sharing info., plus presentations by prominent leaders of the consumer, environmental, and social justice movements; and presidential candidate Dennis Kucinich. Contact: FARM, 10101 Ashburton Lane, Bethesda MD 20817. Ph: 888-FARMUSA (327-6872), www.ARconference.org.

ARIZONA

Raw Spirit Festival, Friday September 12 to Sunday September 14 2008, The Radisson Resort, Sedona AZ. www.RawSpiritFest.com, ellen@rawspirit.com, Ph: 928-708-0784, 928-776-1497.

REGIONAL EVENTS where American Vegan Society will be Tabling

NEW JERSEY

Animal Welfare Federation of NJ Conference, Friday & Saturday February 22 & 23 2008, at Woodbridge Sheraton, Iselin NJ. AWFNJ, 191 North Ave, #350, Dunellen NJ 08812, Ph: 856-740-1344, www.awfnj.org.

PENNSYLVANIA

16th Annual Food & Health Expo, Sunday March 2 2008, 9:00 am to 6:00 pm, Loews Hotel, 1200 Market St, Philadelphia PA. Food prep demos, exhibitors. Speaking: Steve Meyerowitz (sprouting) and others. Host: Center for Advancement in Cancer Education, 300 E Lancaster Ave #100, Wynnwood PA 19096, Ph: 610-642-4810, Fax: 610-896-6339, www.BeatCancer.org, info@BeatCancer.org.

DELAWARE

16th Annual Holistic Health Fair, Saturday March 15 2008, 9:30 am to 4:30 pm, at Cape Henlopen High School, 1250 Kings Hwy, Lewes DE. Includes Meatout information. Admission is FREE. Hosted by Delmarva Community Wellnet Foundation. Contact: Tom McGlone, % Wachovia, 110 Angler's Rd #105A, Lewes DE 19958, HHF@mchsi.com or 302-644-4431. www.thewellnet.org.

PENNSYLVANIA (Pending acceptance of AVS' application)

NBC10 FitFest, Saturday & Sunday April 5 & 6 2008, 10:00 am to 5:00 pm, PA Convention Center, 1101 Arch St., Philadelphia PA 19109. Fitness, sports, safety, healthy cooking. www.networkevents.tv.

NEW YORK

New York's Capital Region Vegetarian Expo, Saturday September 13 2008, 10:00 am to 5:00 pm, at Saratoga Springs City Center, 522 Broadway St, Saratoga Springs NY 12866. Among speakers: George Eisman RD, Brenda Davis RD, Caldwell B. Esselstyn Jr. MD. FREE. Albany Vegetarian Ntwk, POB 1617, Latham NY 12110. Ph: 518-686-7486. nyvegetarianexpo.org, support@nyvegetarianexpo.org.

See AVS' website: www.americanvegan.org. Check for updates throughout the year.



MARS ACADEMY

Morality • Academics • Reasoning • Social Action

After successfully running totally vegan summer and winter camps for the last fifteen years, Doctor of Education, and American Vegan Society Trustee, Andy Mars, will be opening the first ever K-12 vegan school—Mars Academy—in California's West San Fernando Valley.

Students will not be required to be vegan, but any food served by the school will be. The education provided will be clearly vegan—no dissection, no zoo trips, etc. Being vegan, though, is not the only focus of the school, as the highly-academic individualized educational program will be unique as well. There will also be a strong emphasis on teaching the students about, and providing them opportunities for, social action.

Mars Academy has already received its city, state, and federal approvals, and it has been designated a 501(c)(3) Nonprofit by the IRS. Tax-deductible contributions to help get the school open are needed and appreciated. The plan is to officially open in September 2009, but this summer, 2008, it will begin with a summer school: Summer Program for Advancement, Challenge, and Enrichment.

For more information on Mars Academy, please go online to www.MarsAcademy.org, (and to www.MarsSPACE.org for the 2008 summer school, which will offer a residential option).

PO Box 572572, Tarzana CA 91357-2572

Ph: 818-344-7838

The American Vegan Society has no official connection with Mars Academy, and passes on this news as a matter of interest only.

AVS assumes no responsibility whatsoever for Mars Academy's dealings with readers of this magazine, or the public.

Veggie Brothers, LLC



Michael Balducci, President & Co-Founder

Mark Rasmussen, Chef & Co-Founder
Jersey City NJ 07302

Ph: 201-656-9482, Fax: 201-656-3142

www.vegiebrothers.com

vegiebrothers@comcast.net

Vegan Cuisine for the Mainstream

Order online. Continental U.S. shipping only.

See website for more details.

American Vegan

Volume 7, Number 2—Late Winter 2008

ISSN: 1536-3767 © 2008

CONTENTS

- 1—New Books
- 4—Book Review: *Veganomicon*
- 6—Notices: T-Shirts, Online Videos, Solar Panels, Shoes
- 7—World Vegan Month Celebration
- 8—Einstein, Vegetarianism & World Peace
- 9—They Vow to be Vegan
- 10—Isaac Pitman: The Precisional Vegetarian
- 11—Exercise More Important than Calcium Supplements
- 12—Vegan Cooking Classes, AVS Library Displays International Events
- 13—Events & Conferences U.S.A., Regional Events
- 14—Mars Academy, Notice
- 15—AVS Membership/Subscription
- 16—AVS Annual Meeting

Photos as credited or by AVS

Some design images by iStockphoto, Inc.

Assistant Editor and Graphics: Carolyn Githens

Printed by GraphiColor Corporation, Vineland NJ

AVS Annual Meeting May 25 2008, See back page.
AVS Council Meeting 9am Sunday June 1 2008 at the Society's HQ. Members wishing to attend, R.S.V.P.

RE: AMERICAN VEGAN SOCIETY & MAGAZINE

AN EDUCATIONAL CONVENTION is held each year, at Malaga or elsewhere. (See back cover, p 16)

INDIVIDUAL MEDICAL ADVICE is not given; AVS educates on ethical, ecological, aesthetic, healthful, economic aspects of vegan living in general.

KNOWLEDGE AND OPINIONS in articles (or books, tapes, etc., listed or reviewed in *American Vegan*) represent the views of the individual authors, not necessarily those of the society or *American Vegan*.

CONFIDENTIALITY: AVS' membership list is never rented or given out for commercial use or solicitations.

NO PAID ADVERTISING: any notices printed are for informational value to our readers, and unpaid.

ARTICLES or items may be submitted for possible publication.

Request our Book & Video Catalog.

Order from AVS!

20% discount for members.

Post paid within U.S. by media mail.

Your Address Label
 Above your name is the year of your membership expiration. If you are a Life member, you will see "Life". If you have inquired but not yet joined, "Inq" appears above your name.

THE AMERICAN VEGAN SOCIETY is a nonprofit, non-sectarian, non-political, tax-exempt educational membership organization teaching a compassionate way of living by Ahimsa and Reverence for Life.

AHIMSA, THE COMPASSIONATE WAY: AHIMSA is a Sanskrit term meaning non-killing, non-injuring, non-harming. AVS defines it in daily life as Dynamic Harmlessness:

- ABSTINENCE** from Animal Products,
- HARMLESSNESS** with Reverence for Life
- INTEGRITY** of Thought, Word, and Deed
- MASTERY** over Oneself
- SERVICE** to Humanity, Nature, and Creation
- ADVANCEMENT** of Understanding and Truth

DEFINITIONS

VEGAN: Uses no animal-source food or clothing.

TOTAL VEGETARIAN: Uses no animal-source food, vegan in diet only; still using some animal items such as leather, wool.

VEGETARIAN: Uses no flesh, fish, fowl (products of slaughter), still using milk or dairy products, (lacto-vegetarian), or eggs (ovo-vegetarian).

AMERICAN VEGAN SOCIETY
Since 1960. Founder: H. Jay Dinshah
AVS Council Members & Officers:
 *Freya Dinshah, Malaga, NJ –President/Treasurer/Editor
 Roshan Dinshah, Malaga NJ –1st Vice President
 *Rosemary O’Brien, Woodbridge NJ –2nd Vice President/Secretary
 *Anne Dinshah, Erie PA –Assistant Editor
 *Andy Mars, Los Angeles CA
 Daniel J. Dinshah, Malaga NJ –Assistant Treasurer
 *Gabriel Figueroa, Austin TX
 *Council Website hosted by *VegSource*

American Vegan Society

**Together we explore and apply compassionate living concepts, and reflect on the beauty of life.
 We learn: How to save the animals. How to revere the Earth. How to care for ourselves.**

People follow a vegan lifestyle for ethical reasons, for health, for the environment. A vegan diet is an adventure in taste offering an amazing variety to please the palate. Vegetables, grains, fruits, and legumes are the basics from which delicious meals are made. Foods from plants best provide for all people in the world. Vegans exclude flesh, fish, fowl, dairy products, eggs, honey, animal broths and gelatin, and other items of animal origin. Vegans dress with care; fashion with compassion is the style. We do not use leather, wool, fur, or silk, and choose animal-free soaps, toiletries, and consumer products. Learn to live in harmony, creating a better world for all.

Subscribe to *American Vegan* & receive 20% or greater discount on books purchased from AVS. Make payments to: American Vegan Society

Enclosed:\$20 per year\$10 Student/Low IncomeNew subs.Renewal
\$200 Life Membership\$500 Life Patron\$1000 Life Benefactor
I’m learning about vegan living.I am a new vegan.I have been veganyears.

Remarks:
 *Name, Address, City, State, Zip-plus 4:

AV 7-2

Phone, e-mail:

Send to: American Vegan Society, PO Box 369, Malaga NJ 08328 *Sign-up for E-Alerts online at:*
 Ph : 856-694-2887 or Fax: 856-694-2288 www.americanvegan.org

American *Vegan* Garden Party

Sunday May 25 2008

AVS HQ, 56-72 Dinshah Lane, Malaga NJ

Outdoor Lunch: Noon • Book Sale: 11 am - 6 pm

Presentations: 2 pm - 5:30 pm

(Includes a short AV Society Membership Business Meeting/Trustee Election)



Great Chefs Cook Vegan

Linda Long

on trends in haute cuisine



Famous Vegetarians: Scenes From Their Lives

Rynn Berry and volunteer actors

\$20 donation suggested. For info/reservations:
Ph: **856-694-2887** or www.americanvegan.org

American Vegan

Published quarterly by

The American Vegan Society

A NONPROFIT EDUCATIONAL ORGANIZATION

56 Dinshah Lane PO Box 369

Malaga NJ 08328-0908

Ph: 856-694-2887 Fax: 856-694-2288

www.americanvegan.org

CHANGE SERVICE REQUESTED



Nonprofit org.
U.S.
POSTAGE
PAID
MALAGA NJ
Permit No. 5

Permit can only be used by
Publisher, at Malaga P.O.