



Contents

| | |
|--------------------------|--------|
| • Presidents Message | Page 1 |
| • Recipe | Page 1 |
| • Dining Guide | Page 2 |
| • Event Calendar | Page 3 |
| • Membership Application | Page 3 |
| • A Big Thank You! | Page 3 |

Mission Statement

"Our primary mission is to educate interested individuals, organizations, and the general public as to the values and benefits of vegetarianism. We also provide support and social activities for vegetarian-oriented people."



VEGETARIAN SOCIETY OF UTAH Board Members

Front row (l-r) ~ Membership Secretary – Kristi Jackson, Vice President – April Ashcroft, Secretary – Stephanie Bay,
 Back row ~ Newsletter Publisher – Josh Warburton, President – Wesley W. Craig, Ph.D., Treasurer – Robin Wall

AWAKENINGS: A Message From Our President BY Wes Craig, Interim President, VSU

What is a former meat and potatoes guy, son of a lumberjack, doing writing a column in a Vegetarian newsletter? Count me as one of those who has been awakened out of a deep cultural sleep in which there was virtually no connection between man and animals, birds and fish, except how the latter might be provided on a plate, or in a sandwich.

And, I find, as I wake up, that there are many brave, independent souls out there who have been swimming against the strong nutritional currents of the times; some since early childhood; others through questing and discovery in later years. It has been particularly rewarding to come to know some of you as friends over the past several years. And, I look forward to meeting many more like-minded friends.

It has been exciting to discover that there are not just a few intrepid nutritional explorers here in Southern Utah, rather a substantial number of people who, to varying degrees, have come to accept a plant-based nutritional life-style as the wisest and most beneficial way to live. This had led to a collective effort in Southern Utah to unite us in such a commitment—through the founding of the Vegetarian Society of Utah.

Another step, is to share these health principles and related information with those who are floating downstream into hospitals and clinics for remediation



of a life of poor/bad choices related to food intake. Our plans are to hold a public monthly seminar presented by local and national authorities in the areas of nutrition, animal rights and environmental concerns. In this quarterly newsletter you will find information on those forthcoming events. Come and learn with us.

I invite all who share these views and want to add to the Awakening to join with us in our new Society. There are many opportunities for volunteer service, and the opportunity to be of help to each other. Your support will really be appreciated and its impact will be significant.

Note that our first public meeting will be held on **Wednesday, October 19th at 7:00pm** in the Washington County Library meeting room in St. George. The kick-off presentation is a video of Caldwell B. Esselstyn, MD, on **"Making Yourself Heart-Attack Proof"**. This was first presented at the 2004 Healthy Lifestyle Expo. and a summary is cited in **The China Study** by T. Colin Campbell, Ph.D. Check out the other informational public meetings to be held in November and December, in this Newsletter.

Our intent is to be advocates of a plant-based diet, to promote significant changes in plant vs. animal production and to improve our environment. These three elements are inter-connected. To better understand the linkages attend our public meetings, join in discussion with our growing membership and pursue the readings that will be cited. Together we can, and will, make a difference.

HOLIDAY STUFFED PUMPKIN

By Vegan Chef Mary McDougall

Prep. Time: 1 hour - Cooking Time: 1 1/2 hours

Preheat oven to 300 degrees. Place the bread on a baking sheet and bake for 15 minutes. Place the broth, onions, celery and seasonings in a medium saucepan and cook over medium heat for 20 minutes. Cut the top off the pumpkin or winter squash and save for a cover. Clean out the seeds and stringy portion, leaving plenty of the squash flesh along the sides. Rinse well and set aside. Place the bread cubes in a large bowl, pour the

cooked broth over the bread and toss well until bread is saturated with the liquid. Cover the bowl and allow liquid to be absorbed for about 10-15 minutes. Preheat oven to 350 degrees. Place the stuffing into the cleaned pumpkin and cover with the pumpkin top. Place in a large baking dish. Add 1 inch of water to the bottom of the baking dish. Bake for 1 1/2 hours, or until fork pierces the side of the pumpkin easily. Hint: Cube bread the night before and allow it to sit uncovered in a single layer overnight.

- 1 large loaf whole wheat bread, cut into cubes
- 4 1/2-5 cups vegetable broth
- 1-2 onions, chopped
- 2-4 stalks celery, chopped
- 3 1/2 tablespoons soy sauce
- 1 1/2 tablespoons parsley flakes
- 2 1/2 teaspoons thyme
- 2 1/2 teaspoons sage
- 1 1/4 teaspoons marjoram
- 2-3 teaspoons poultry seasoning
- 1/2 teaspoon rosemary
- several twists of fresh ground pepper to taste
- 1 medium pumpkin or large winter squash

SO. UTAH VEGETARIAN DINING GUIDE

American

Denny's

1215 S. Main, St. George ~ 628-6607
155 N. 1000 E., St. George ~ 673-4908

Vegetarian: Belgian Waffles, Boca Burger, French Toast, Pancakes, and Veggie-Cheese Omelet

Italian

Domino's Pizza

2311 Santa Clara Dr., Santa Clara ~ 688-8885
994 E. St. George Blvd, St. George ~ 628-2228
410 W. State St., Hurricane ~ 635-3322

Vegetarian: Veggie Pizza
Vegan: Veggie Pizza w/o cheese

Fazoli's

1279 E. 110 S., St. George ~ 656-1211

Vegetarian: Spaghetti with Marinara Sauce, Fettuccine Alfredo (Plain or with Broccoli and Tomatoes), Ravioli with Marinara Sauce, Lasagna with Marinara Sauce (may change in the near future to include meat, be sure to ask), Baked Spaghetti, Breadstick (dry or with Garlic Butter), Garden or Caesar Side Salad, Four Cheese Panini, Tomato Panini, and Lemon Ice

Vegan: Spaghetti, Fettuccine, Penne or Whole Wheat Penne with Marinara Sauce, Breadstick (dry), Garden Side Salad - Light Italian Dressing, no croutons, and Lemon Ice

Papa John's

245 N. Red Cliffs Dr. Suite 20-A, St. George ~ 688-7500

Vegetarian: Veggie Pizza
Vegan: Veggie Pizza w/o cheese

Papa Murphy's

720 S. River Rd., St. George ~ 652-3500
1006 W. Sunset Blvd ~ 656-1221
525 W. State St., St. George ~ 635-7272

Vegetarian: Veggie Pizza & Gourmet Vegetarian Pizza
Vegan: Veggie Pizza w/o cheese

The Pasta Factory

2 W. St. George Blvd, St. George ~ 674-3753

Vegetarian: All Pastas, Zucchini Pasta, Alfredo, Marinara, Pesto and Creamy Pesto Sauces, Garlic Oil, Various Vegetable Toppings, Salads with Rice Vinegar & Oil, Ranch, Blue Cheese, 1000 Island, Raspberry Vinaigrette Dressings, Breadsticks

Vegan: All Pastas, Zucchini Pasta, Garlic Oil, Various Vegetable Toppings, Salads with Rice Vinegar & Oil Dressing, Breadsticks (Dry)

Mexican

Taco Bell

610 E. St. George Blvd, St. George ~ 673-4400
1418 W. Sunset Blvd, St. George ~ 674-2314
141 W. Brigham Rd., St. George ~ 652-8936
379 W. State St., Hurricane ~ 635-5676

Vegetarian: Bean Burrito w/o sour cream (it has gelatin in it), 7 Layer Burrito, and Bean Tostada

Vegan: Bean Burrito w/o cheese and sour cream, 7 Layer Burrito w/o cheese and sour cream, and Bean Tostada w/o cheese

Taco Del Mar

42 S. River Rd., St. George ~ 634-9028

Vegetarian: Vegetarian Burrito, Taco w/o meat, Taco Salad w/o meat, Cheese Quesadilla, Chips and Queso, Rice and Beans, Chips and Guacamole, Chips and Salsa

Vegan: Vegan Burrito, Taco w/o meat or cheese, Taco Salad w/o meat or cheese, Rice and Beans, Chips and Guacamole, Chips and Salsa.

Taco Time

835 E. St. George Blvd, St. George ~ 673-5657

Vegetarian: Veggie Burrito, Soft Bean Burrito, Crisp Bean Burrito, and Bean Tostada

Vegan: Veggie Burrito w/o cheese, guacamole or sour cream, Soft Bean Burrito, Crisp Bean Burrito w/o cheese (you have to special order these), and Bean Tostada w/o cheese or sour cream

Toro Moro

1004 W. Red Cliffs Dr., Washington ~ 688-0900

Vegetarian: Veggie Enchilada, Veggie Chimi, Avocado Tostada, Regular Tostada, Taco Salad, Veggie Fajitas, Chili Releno, Veggie Burrito. Ask for Black or Rancho Beans, they also have white rice.

Vegan: (Request the following items w/o cheese): Veggie Enchilada, Veggie Chimi, Avocado Tostada, Tostada w/o cheese, Veggie Fajita, Veggie Burrito

Salad Bars/Sandwiches

Chuck-A-Rama Buffet

127 N. Red Cliffs Dr., St. George ~ 673-4464

"We only use vegetable oils for ingredients in salads, baking, hot vegetables, and frying. We do use butter in the mashed potatoes. As you know some salads and salad dressings are made with mayonnaise with its principle ingredient; egg. Some hot foods made with cream sauces like potato soup may have meat-flavoring concentrates in them. Because we buy hundreds of ingredients from many sources we make no guarantee that they are totally free of animal products."

Gandolfo's New York Deli

42 S. River Rd., St. George ~ 652-9400
520 W. Telegraph St., Washington ~ 627-0429

Vegetarian: River Head Breakfast Sandwich, Chocolate Mousse Cake or Cheesecake, Ebbets Field Sandwich, Potato Salad, Coleslaw, Italian Pasta Salad, Ranch Tortellini Salad, Tomato & Cucumber Salad

Vegan: Madison Square Garden Sandwich, and will custom build

Pizza Factory

2 W. St. George Blvd, St. George ~ 628-1234

Vegetarian: Salad Bar, all dressings, and breadsticks
Vegan: Salad Bar, the only vegan dressing is vinegar & oil

Ruby Tuesday

1812 E. Red Cliffs Dr., St. George ~ 688-7427

Vegetarian: Salad Bar, and Veggie Burger
Vegan: Salad Bar, Veggie Burger w/o cheese

Subway

514 N. Bluff St., St. George ~ 628-5477
765 E. 700 S., St. George ~ 628-4007
81 N. River Rd., St. George ~ 674-5216
2275 W. Santa Clara Dr., Santa Clara ~ 674-2925
524 W. State St., Hurricane 635-9553

Vegetarian: Veggie Sandwich, Veggie Delight Salad & Fruizle
Vegan: Veggie Sandwich w/o cheese or mayonnaise on Italian Bread, Veggie Delight Salad w/o croutons and Fruizle's, Sweet Onion Sauce

Vegan

Health Deli

95 W. 700 S., St. George 674-7404
Vegan Restaurant

Health Nut

690 S. 100 W., St. George ~ 652-4372
Vegan: Avocado & Egg-less Sandwiches

VSU EVENT CALENDAR

TUESDAY SEPTEMBER 13

HEALING DIET (Instruction class)

Come learn about the New Four Food Groups; Grains, beans, fruits, and vegetables.

This diet is research and proven by the Physicians Committee for Responsible Medicine to be helpful for the prevention and reversal of A.D.D., cancer, depression, diabetes, heart disease, obesity and many other ailments. Just try the two week challenge and see for yourself. Instructor: Janet Hailstone.

5:30 – 7:30, Santa Clara Library, Conference Room. \$14.00/person - must be paid in advance to Dixie State College Community Education (652-7675) \$5 payable to instructor at time of class – includes cookbook and brochures

THURSDAY SEPT. 29TH

(Deadline for sign up is Sept. 23rd)

HEALING DIET II (Vegan Cooking Class)

This is a cooking class based on the principle taught in Healing Diet 1. Come enjoy tasty new recipes using wholesome, cholesterol-free saturated fat free, high fiber, plant based ingredients. We will be demonstrating a Mexican Menu on Sept 29th that consists of rice milk, salad senora, enchiladas, three-layer bean dip, black bean salsa, & fiesta corn. On November 10th a Holiday Menu consisting of soy milk (mock egg nog), mashed potatoes & gravy, wild rice stuffing, pumpkin pie, green bean casserole, raw cranberry sauce, & garlic bread. Come join us for two wholesome feast! Instructors: Janet Hailstone & April Ashcroft. 6:00 – 8:30 pm, Dixie Middle School, \$17.00 per person/class paid in advance to Dixie State College Community Education (652-7675) \$8.00 per person – payable at class time

WEDNESDAY, OCTOBER 19

Inagural VSU Event -

“Becoming Heart Attach Proof”

Washington County Library. DVD Viewing ~ Dr. Caldwell B. Esselstyn, Jr., M.D.

This powerful presentation, recorded live at the annual Healthy Lifestyle Expo in Los Angeles, with it's visual proof of his works, will amaze you and inspire you to want to “become heart attach proof.” Dr. Esselstyn was a tremendously successful surgeon at the Cleveland Clinic, one of the top-ranked medical centers in the world, when he first began questioning medicines traditional approach, diagnosis and treatment of disease, rather then prevention. Since then, Dr. Esselstyn has worked long and hard to promote prevention and keep his patients out of the operating room.

TUESDAY, OCTOBER 25

HEALING DIET

(See September 13 listing)

THURSDAY NOVEMBER 10

(Deadline for sign up is Nov. 4th)

HEALING DIET II

(See September 29 listing)

WEDNESDAY, NOVEMBER 30

VSU Meeting - “Diet as Disease Prevention”

- Speaker/Author Sheri Fisher shares her thoughts on a wholistic approach to nutrition and life. Author of “Wishes Won't Wash Dishes!” Sheri Fisher has earned a Master of Science Degree in Psychology and a PhD in Holistic Nutrition.

TUESDAY, DECEMBER 12

VSU Christmas Party

Speaker Ralph Ofcarcik, PhD will speak on the latest research.

A Big Thank You!

When we moved to St. George three and a half years ago, we didn't know any other vegetarians. We managed to solve that problem by opening a vegetarian restaurant. Two of our first customers were Wes and Mary Jo Craig, who became good friends as well as loyal patrons. Two months ago, when Wes told us he wanted to start a vegetarian society here, we were thrilled. At that time the Vegetarian Society of Utah was just a gleam in his eye. It emerges today as a fledgling organization thanks to hard work by Wes and some other dedicated people. The interim board met in our restaurant many times, and we literally watched the organization take shape. Since these people are all so modest, we knew no one would ever realize how much effort went into the start-up if we didn't say something. So, we first want to thank Wes for having the idea, for writing the Articles of Incorporation and the Bylaws, for planning agendas, for running the weekly board meetings, for searching for meeting places, for finding office furniture, and for keeping everyone informed by email. April Ashcroft found a meeting place, arranging for videos and speakers, and organized her famous vegan potlucks. Stephanie Bay faithfully kept minutes of the weekly board meetings. Robin Wall set up the checking account, and handled the initial donation money and membership dues. Kristi Jackson got the post office box, created membership materials, put together a dining guide, and organized our first public appearance at the Dixie College Health Fair. Kristi and April also designed publicity flyers. Josh Warburton donated office furniture, and did the layout and publishing of this newsletter. Wes, April, and Patti Butts wrote articles for the newsletter. Joe Cowdell got the phone installed, created the logo, designed the membership application and membership cards, and started building the website. Aric Cramer provided financial support. He also donated a computer, software, and office space for our supplies. Jan and Denly Fowlkes provided financial support. We were amazed at the enthusiasm, talent, and professionalism that each person brought to the table. We can't wait to see what the future holds for the Vegetarian Society of Utah. ~ Jerry Smith and Elaine French

Name: _____
First Last

2nd Name: _____
(If couple) First Last

Street: _____
Apt. # (optional)

City: _____

State: _____ Zip: _____

Primary Phone: () _____

Secondary Phone: () _____

E-Mail: _____ @ _____

YES, please enroll me as a member.

My dues are enclosed.

Please check one:

- Regular VSUtah member (\$15.00)
- Full-time student (\$10.00)
- Couple (\$25.00)

\$ _____ additional tax-deductible donation

Please check one:

- Vegan (no animal products at all)
- Vegetarian (no flesh, fish, or fowl)
- Associate (not yet a vegetarian)

Optional:

- Please contact me about volunteering.

For office use only.

_____ D _____ Ex _____

MEMBERSHIP APPLICATION

Please Print

Please make check payable to:
 Vegetarian Society of Utah
 P.O. Box 910615
 St. George, UT 84790-0615
 Visit us on the web: VSUtah.org



“Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.”

~ Albert Einstein



Vegetarian Society of Utah

P.O. Box 910615

St. George, UT 84790