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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.”

AWAKENINGS: A Message From Our President

BY Wes Craig, Interim President, VSU

It has been a memorable three months in the life of our fledgling organization. The beginning of our first public lecture series started with a video by Caldwell Esselstyn, MD on the prevention of heart disease through a plant based diet. Thirty-five to forty people attended this first activity held at the Washington County Library in St. George. Their enthusiastic response indicated that there is interest and support for a vegetarian society in our corner of the world. In this quarterly newsletter you will find details on upcoming events, sponsored by the Vegetarian Society of Utah, to be held during the period January-March of 2006.



This period also witnessed the opening of membership in the V.S.U. It has been exciting to see the commitment and faith of many people which has been expressed in their

becoming members of our Society. While it was only a small beginning, it increases the stability and permanence of the vegetarian effort in Utah. Through the funds generated from increasing membership will come the ability to bring in well-known speakers for the vegetarian message. Meanwhile, we are delighted with the support and willingness of local experts to share their knowledge and experience with us.

Some have wondered whether our Society is limited to those who have already adopted a vegetarian life-style. The answer is, ABOLUTELY NOT. We are committed to providing a source of information and sociability to anyone who has an interest in improving their life-style. Whether you are only flirting with vegetarianism, a “near-vegetarian”, “occasional vegetarian” or fully committed—we welcome you to join with us. We believe that ours is a message of the future and will increasingly become adopted by intelligent and questing seekers of truth in matters pertaining to nutrition and the well-being of all God’s creatures.

Happy Vegan Chocolate Chip Cookies

- 2 cups unbleached flour
- 2 tsp baking powder
- 1/2 tsp salt
- cinnamon to taste (optional)
- vegan chocolate or carob chips - put in as many as you like
- 1 cup raw vegan sugar (turbinado #1, sucanat works too but sucks up a lot of the moisture)
- 1/2 cup canola or vegetable oil
- 1 teaspoon vanilla
- 1/4 cup water

Preheat oven to 350°F

In a large bowl mix flour, baking powder, salt, cinnamon (if you choose). Add chips. Make a well in the center and set aside. In a medium size bowl mix vegan sugar and oil. Mix it well. Add the vanilla and then add the water. Mix it well. Add the wet to the well in the dry. Mix it well but be careful not to overwork it. Add more chips if you need to. Spoon onto ungreased cookie sheets. Put them in the oven. Bake for 5 minutes and then flip and rotate the sheets (top to bottom, and 180 degree rotation) Bake another 4 minutes and check them.

Chick-Pea Burgers by April Ashcroft

- 1 1/2 cups (or 1 can) chick-peas (garbanzo beans)
- 1 cup oats
- 1/2 cup tomato sauce or ketchup
- 1 Tbsp Dijon Mustard
- 1 Tbsp Vegetarian Worcestershire sauce*
- 1 tsp Braggs Liquid Aminos*
- 1 small red onion chopped (about 1/2 cup)
- 1/2 cup chopped celery
- 1 tsp dried thyme
- 3/4 tsp salt
- 1/4 tsp white pepper*
- 1/2 cup minced fresh parsley (or 1/4 cup dried)

Blend first 6 ingredients in food processor until well mixed. The oats are what hold these patties together so make sure this mixture is a little sticky. Add remaining ingredients and pulse just so vegetables get chopped up. If you need to add just a little pit of water to blend be careful not to add too much. This mixture should hold together well with out being too wet. Form into patties and place them on a lightly oiled baking sheet. Bake for 15 minutes and then turn a bake another 15 minutes, or until lightly browned.

Serve on a whole wheat bud* with your favorite toppings. This recipe was teenage approved! Enjoy!

**These items can be found at the health food stores. Braggs Liquid Aminos is great for so many things! Dixie Nutrition (406 W. St. George Blvd. (435) 673-3437) has white pepper, and many other herbs, in bulk and are so much cheaper then buying them at the grocery store.*

Note from April:

When I was just starting out, looking for a healthier way to eat, I was always looking for recipes. I preferred getting them from someone who had actually tried them and said that they were good. Since many of you on this list are new to this lifestyle, and even if you are an old experts, I feel like this is a great need among all of us to find good healthy recipes. So if you have a tried and true recipe that your family loves, please send it to me and I will add it to the list.

Email me: april@vsutah.org

SO. UTAH VEGETARIAN DINING GUIDE

AMERICAN

DENNY'S

1215 S. Main, St. George ~ 628-6607

155 North 1000 E., St. George ~ 673-4908

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

ASIAN

GIMME SUM

157 E. Riverside Dr. #2E, St. George ~ 673-6604

Vegetarian: Cranberry Spinach Salad, Garden Fresh Salad, Caesar or Balsamic Dressings, any of the entrées (except Sweet & Sour and Kung Pao), Fried Rice, Teriyaki Bowl, and any of the noodle dishes.

Vegan: Cranberry Spinach Salad (w/o feta cheese), Sesame Ginger Dressing, and any of the entrees. (Order brown rice; noodles contain egg.)

MONGOLIAN BBQ

250 N. Red Cliffs Dr., St. George ~ 656-1880

This is a buffet line of assorted raw vegetables that you pile into a bowl. Add any of the water-based sauces and the cooks stir-fry the mixture in front of you. They use the same grill for meat; they will clean it for you if you ask.

Vegetarian: egg noodles.

Vegan: white rice.

ITALIAN

DOMINO'S PIZZA

2311 Santa Clara Drive, Santa Clara ~ 688-8885

994 E. St. George Blvd., St. George ~ 628-2228

410 W. State Street, Hurricane ~ 635-3322

Vegetarian: Veggie Pizza.

Vegan: Veggie Pizza without cheese.

FAZOLI'S

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

Vegetarian: 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 with Garlic Butter, Caesar Side Salad, Four Cheese Panini, Tomato Panini.

Vegan: Spaghetti, Fettuccine, Penne, or Whole Wheat Penne with Marinara Sauce, Breadstick dry, Garden Side Salad (without croutons), Light Italian Dressing, Lemon Ice.

PAPA JOHN'S

245 North Red Cliffs Drive Suite 20-A, St. George ~ 688-7500

Vegetarian: Veggie Pizza.

Vegan: Veggie Pizza without cheese.

PAPA MURPHY'S

720 S. River Road, St. George ~ 652-3500

1006 W. Sunset Blvd. ~ 656-1221

525 W. State Street, St. George ~ 635-7272

Vegetarian: Veggie Pizza & Gourmet Vegetarian Pizza.

Vegan: Veggie Pizza without cheese.

THE PASTA FACTORY

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

Vegetarian: Alfredo, Marinara, Pesto and Creamy Pesto Sauces, various vegetable toppings, Ranch,

Blue Cheese, 1000 Island, Raspberry Vinaigrette Dressings.

Vegan: All pastas, Zucchini Pasta, Garlic Oil, various vegetable toppings, Salads with Rice Vinegar & Oil Dressing, Breadsticks dry.

MEDITERRANEAN

BASILA'S CAFÉ

1013 E. 700 S., St. George 634-9942

Vegetarian: Spinach Pie and several vegetarian pasta dishes containing eggs and/or cheese.

Vegan: Hummus, Baba Ghanoush, Falafel, Veggie stuffed Grape Leaves, Mandarin Orange Salad.

MEXICAN

CAFÉ RIO MEXICAN GRILL

471 E. St. George Blvd., St. George ~ 656-0200

Vegetarian: Veggie Salad, Tomatillo and Cilantro Lime Vinaigrette, Bean, Rice and Cheese Burrito, Quesadilla.

Vegan: Veggie Salad (w/o cheese on tortilla and cotija cheese), Cilantro Lime Vinaigrette, Bean, Rice and Cheese Burrito (w/o cheese).

TACO BELL

610 E. St. George Blvd., St. George ~ 673-4400

1418 W. Sunset Blvd., St. George ~ 674-2314

141 W. Brigham Road, St. George ~ 652-8936

379 W. State Street, Hurricane ~ 635-5676

Vegetarian: Bean Burrito without sour cream (sour cream contains gelatin), 7 Layer Burrito, Bean Tostada.

Vegan: Bean Burrito without cheese and sour cream, 7 Layer Burrito without cheese and sour cream, Bean Tostada without cheese.

TACO DEL MAR

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

Vegetarian: Vegetarian Burrito, Taco without meat, Taco Salad without meat, Cheese Quesadilla, Chips and Queso.

Vegan: Vegan Burrito, Taco without meat or cheese, Taco Salad without 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 without cheese, guacamole or sour cream, Soft Bean Burrito, Crisp Bean Burrito without cheese (you have to special order these), Bean Tostada without cheese or sour cream.

TORO MORO

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

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

Vegan: (Request the following items without cheese): Veggie Enchilada, Veggie Chimi, Avocado Tostada, Tostada without cheese, Veggie Fajita, Veggie Burrito.

SALAD BARS & SANDWICHES

CHUCK-A-RAMAH BUFFET

127 North Red Cliffs Drive, 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 Road, St. George ~ 652-9400

520 W. Telegraph Street, 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 they will custom build sandwich.

HEALTH NUT

690 S. 100 W., St. George ~ 652-4372

Vegan: Avocado & Egg-less Sandwiches.

PIZZA FACTORY

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

Vegetarian: Salad Bar, all dressings, breadsticks.

Vegan: Salad Bar, the only vegan dressing is vinegar & oil.

RUBY TUESDAY

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

Vegetarian: Salad Bar, Veggie Burger.

Vegan: Salad Bar, Veggie Burger without cheese.

SUBWAY

514 North Bluff Street, St. George ~ 628-5477

765 E. 700 S., St. George ~ 628-4007

81 North River Road, St. George ~ 674-5216

2275 W. Santa Clara Drive, Santa Clara ~ 674-2925

524 W. State Street, Hurricane 635-9553

Vegetarian: Veggie Sandwich, Veggie Delight Salad.

Vegan: Veggie Sandwich without cheese or mayonnaise on Italian Bread, Veggie Delight Salad without croutons, Sweet Onion Sauce, Fruizle.

VEGAN

HEALTH DELI

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

Totally vegan. Soups, chili, salads, hummus and baked falafel, sandwiches, one or two daily entrees, and delicious desserts. They do not cook with oil and there are many low fat items on the menu. Eat in the cozy dining area or take your food to go. Open 11-7 Tuesday through Saturday. Closed Sunday and Monday. Cash, VISA, or MasterCard. No checks.

DIXIE NUTRITION

406 W. St. George Blvd., St. George ~ 673-3447

Vegan: Three types of premade vegan sandwiches in their deli case.

VSU EVENT REVIEWS

First VSU Meeting a Success

Elaine French

The Vegetarian Society of Utah's (VSU) first public meeting was held October 10, 2005 at the Washington County Library. Thirty-five people watched a video of Caldwell Esselstyn, MD speaking on the subject "Making Yourself Heart Attack Proof."

Esselstyn began by pointing out that in most developed countries coronary artery disease (CAD) is epidemic, even among young people. In other parts of the world, heart disease is extremely rare. The Papua New Guinea highlanders, whose diet consists of 19 varieties of sweet potato, have absolutely clean arteries. Other people with plant based diets and no evidence of CAD include rural Chinese, Central African villagers, and the Tarahumara Indians.

Scientists have recently discovered that only 15% of heart attacks are caused by the gradual closing of an artery from plaque. Significantly, 85% of heart attacks occur in arteries that are only 10 to 50 percent blocked. How does this happen? A small hard dense form of LDL gets into the foam cells in the artery walls, causing the foam cells to produce harmful enzymes. These enzymes erode the cap covering the plaque until it ruptures, spilling the contents of the plaque into the bloodstream. This activates platelets and forms a clot. In minutes the artery is blocked, causing a heart attack.

Dr. Esselstyn reported the results of his 12 year study. His subjects, all with triple vessel disease, were expected to get their total cholesterol below 150 and their LDL under 80. The required diet consisted of vegetables, beans, whole grains, and fruits; only 11% of calories could come from fat. Angiograms clearly showed shrinkage of plaques during the study, and the only coronary events occurred in patients who "cheated" on the diet.

How can such a diet make us heart attack proof? He explained that our blood vessels are lined with endothelial cells. Healthy endothelial cells produce nitric oxide, which dilates arteries. When you lower cholesterol levels, the endothelium of the coronary arteries gets healthier and produces more nitric oxide. Even with a small amount of widening, you get a tremendous increase in blood flow through the opening. People following the plan strictly can have rapid improvement, such as a reduction in angina pain, in 10 to 14 days.

However, Esselstyn warned that attention to detail is critical for success. A single meal of rich foods can injure the endothelial cells. People must be informed consumers. Learn which plant foods are high in fat. Read ingredient labels, avoiding mono- and diglycerides, hydrogenated and partially hydrogenated fats, glycerin, and oils. Avoid "fat-free" packaged foods that contain fat but have misleading portion sizes. He emphasized that olive oil should not be used. Although it can improve HDL, LDL and their ratio, disease in the arteries progresses at the same rate whether people eat olive oil or saturated fats. Olive oil activates coagulation factor VII (one of the main substances that makes blood clot) just as much as butter does. It therefore will impair blood flow.

Cholesterol levels in rural China range between 90 and 150. Yet the U.S. government suggests we just aim for levels below 200. Dr. Esselstyn finished by asking "Why not just tell the public the truth? Let them decide to what degree they want to be compliant. Why give them evidence that is incorrect?"

Sheri Fisher, Ph.D. Speaks on Nutrition for Optimal Health

Elaine French

On November 30, 2005, 45 people attended a free lecture by Sheri Fisher, Ph.D. at the Washington County Library. Fisher is the author of two books, "Wishes Won't Wash Dishes" and "I Love to Eat! Vegetarian". She does nutritional counseling and lectures at local health programs.

She first spoke about the importance of hydration. Take your weight in pounds and divide by 2. The resulting number is the number of ounces of water you need to drink each day. People who exercise need more. Drink some water in the morning to hydrate your brain and wake you up. Water flushes toxins from your brain and reduces the incidence of headaches. It washes excess hormones from the body, including cortisol, the stress hormone. This calms you, reducing emotion and agitation. Water assists temperature regulation by cooling your body and your brain. It helps lubricate joints, easing arthritis. It makes back pain better by hydrating the discs between vertebrae. Water decreases allergic reactions. It raises energy levels to help you avoid an afternoon slump. It aids weight loss by boosting your metabolism and flushing toxins out of the thyroid. Drink purified water that contains no chlorine or fluoride.

Fisher then talked about acid and alkaline balance. She said we should eat 80% alkaline foods and 20% acid foods. She described as alkaline most fruits, vegetables, and whole grains. Acid foods are white rice, white flour, white sugar, and all animal foods. She said to chew our food thoroughly. Saliva is alkaline, and it will make our food more alkaline if we chew well. An acidic body state makes us prone to disease. Physical or emotional stress will also cause an acidic response in the body. If we respond to stress by drinking coffee or alcohol or eating junk food, our acid state worsens.

She described the harmful effects of animal foods. Animal protein molecules are large and hard to digest. Animal foods are laced with hormones, pesticides, and antibiotics. They are mucus forming, which aggravates allergies. They contain no fiber, which is needed for healthy bowel function. Constipation is easily treated with high fiber plant foods, water, and exercise. Women with PMS or menopause problems do much better if they at least avoid red meat and dairy products. Low carb diets cause gall bladder problems, irritable bowel syndrome, high blood pressure, and high cholesterol.

Fisher finally gave some tips on planning a healthy vegetarian diet. Get your protein from beans, whole grains, and vegetables. Natural soy in the form of soybeans or tempeh is fine. Processed soy foods are not as nutritious. You don't need to combine certain foods at one meal to get complete proteins. Eat at least half of your food raw, and limit your intake of processed foods. Processed foods are "foods that have labels on them." For sweeteners try stevia, agave nectar, and brown rice syrup. Don't use artificial sweeteners or sugar alcohols. A plant-based diet is cheaper and you can eat more food for fewer calories. You don't need supplements if you eat lots of fruits and vegetables. Get some omega 3 fats from flax seeds. Get your vitamin B12 levels tested occasionally.

She closed with a quote from her hero, 91 year old Jack LaLanne. "You've got to work at living. Anyone can die, dying is easy."

VSU CALENDAR

VSU Sponsored Lectures

Marc Sorenson, ED.D.

"Fat, Diabetes, and Fat Diabetics"

Wed., Feb. 8, 6:30 p.m.

Washington County Library Assembly Room

Dr. March Sorenson earned his doctorate in education at Brigham Young University, where he studied physical education, health education and exercise physiology.

He and his wife Vicki developed one of the top Health Resorts in the world: National Institute of Fitness (NIF). NIF was ranked as the "best run health resort" for several consecutive years.

He is the author of three books: Megahealth, Eat More, Move More, Lose More, and Essays in Happiness. He also has an audio series on health and fitness entitled Eat and Grow Thin.

He has appeared on more than 100 radio and TV programs, including six appearances on Body By Jake. He also conducted his own radio show for one year.

Cyrus Mejia

Co-founder of Best Friends Animal Society

"My Vegetarian Turning Point"

Wed Mar. 8, 6:30 p.m.

Washington County Library Assembly Room

Cyrus is a native of New Orleans, Louisiana.

After studying art at Hinds Community College in Raymond, Mississippi, Cyrus spent several years abroad. In 1971 a chance visit to a research laboratory in London, England turned into a life changing experience. "I was so shocked and moved by what I saw, I knew

I had no choice but to try and help animals in any way that I could." In 1984 Cyrus and his wife Ann moved to Kanab and help start Best Friends Animal Society. He was overwhelmed by the magic and beauty of Angel Canyon and spent a lot of time there watching the wildlife. He loved the animals and became convinced that his lifestyle and dietary choices make a difference for the animals and the planet.

VSU Events

Veg Storm: Ruby Tuesday, 1812 E. Red Cliffs Dr. Saturday, February 11, 2006

Veg Storm: Applebee's, 150 S. River Road Saturday, March 11, 2006

What is Veg Storm? This is our opportunity to let our local restaurants know that there IS a demand for vegetarian menu options.

Cooking Classes

Vegan Cuisine Cooking Class: ITALIAN

Thursday, February 9th 6:00-8:30 p.m.

Desert Hills Intermediate, Room 112
Whole-wheat pizza, Fettuccini Alfredo, Minestrone Soup, Feta-type Salad, Almond Milk and Fudgy Mint Cookies

Vegan Cuisine Cooking Class: AMERICAN

Thursday, March 9th 6:00-8:30 p.m.

Dixie Middle School, Room 110
Meatless Loaf, Stuffed Potato, Cream of Broccoli Soup, Salad with Ranch-type Dressing, Sunflower Seed Milk and Ice Cream

Vegan Cuisine Cooking Class: SPRINGTIME

Thursday, April 6, 2006 6:00-8:30 p.m.

Dixie Middle School, Room 110
Unchicke Patty, White Bean-Tomato-Spinach Salad, Marinated Cauliflower, Broccoli & Carrots, Soy Milk and Chocolate Cake

To register for these cooking classes please call Dixie State College Community Education @ 652-7675

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

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.

Name: _____

First

Last

2nd Name: _____

(If couple)

First

Last

Street: _____

Apt. # (optional)

City: _____

State: _____ Zip: _____

Primary Phone: () _____

Secondary Phone: () _____

E-Mail: _____ @ _____

For office use only.

_____ D _____ Ex _____

“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*