

# FOOD. HEALTH. PLANET. OUR FUTURE AS A SPECIES

A VSH PRESENTATION BY  
**JAMES MORRIS HICKS**



**TUES. APR. 10, 2018, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE  
404 KAPAHULU AVE., HONOLULU—OAHU**

(AT END OF 0.2 MI. DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE—ACROSS FROM THE TEXACO STATION)

**MAUI—THURSDAY, APRIL 12, 7 P.M.—FREE LECTURE**  
CAMERON CENTER, 95 MAHALANI ST., WAILUKU

**O**ur future as a species is riding on our food choices in the 21st century. It is the most important topic in the history of humanity. Jim Hicks' presentation will help you to put all the pieces of the puzzle in the proper perspective: our planet itself (as a tiny piece of the universe), our time on this planet, and what we humans must do to help make it possible for Mother Earth to sustain us indefinitely. He draws on both history and science in reaching conclusions, and explains the simple steps that all of us can take to promote health, hope, and harmony on planet Earth.

**WEDNESDAY, APRIL 11, 6-8 P.M.**

**VEGAN DINE-OUT WITH JAMES MORRIS HICKS**

**Oahu — Peace Café, 2239 South King Street**  
(between Makahiki Way & Isenberg Street)

*Menu: Miso Soup & Mochi Cake (dessert) plus Choice of 1 Entrée:*

*1) BBQ Tempeh Plate, 2) Peace Plate,  
3) Heart & Seoul with Tofu, or 4) Soy Soba Salad*

**\$23.00 (incl. tax & tip) in advance. Cash or credit card.**

**To RSVP (required), please call Peace Cafe at 808-951-7555.**

**Note: Dining event only. Proceeds go to the restaurant, not to VSH.**

**J**im Hicks, a senior corporate executive for many years, began a comprehensive study of the optimal diet for humans and what we eat from a global perspective in 2002. He holds a BS in Industrial Engineering from Auburn University and an MBA from the University of Hawaii, a degree he earned while serving as an officer in the U.S. Coast Guard in Honolulu. In 2009, he earned a Certificate in Plant-Based Nutrition from eCornell and the T. Colin Campbell Center for Nutrition Studies, where he has served on the board of directors for six years. He published his first book *Healthy Eating, Healthy World* in 2011. Four years later, he teamed up with a medical doctor to publish the *4Leaf Guide to Vibrant Health*. Concurrently, he has posted over 1100 articles about food, health and sustainability at [hpjmh.com](http://hpjmh.com). Most recently, as a writer, speaker and activist, he has focused on the crucial issue of food choices in this century.



**Vegetarian Society of Hawaii**

**Join us!**

For more info: call 944-VEGI (8344) or visit [www.vsh.org](http://www.vsh.org).

**FREE Admission  
& Refreshments**

HONOLULU AND MAUI LECTURE REFRESHMENTS COURTESY OF DOWN TO EARTH.