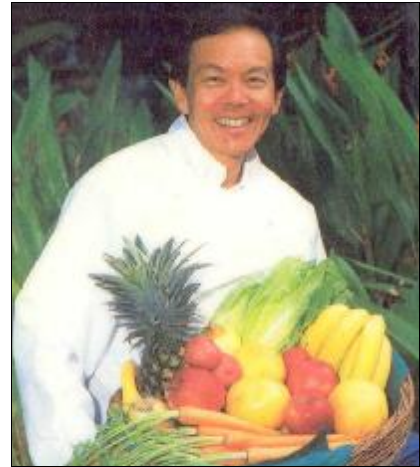


# “BUYER BEWARE”

A COOKING DEMONSTRATION  
AND LECTURE BY

## CHEF PAUL ONISHI



**C**hef Onishi has seen many “healthy” food products come and go, and is concerned that as consumers we are still the victims of marketing and flash-in-the-pan advertising. In this presentation he will share his viewpoint as a culinary practitioner and consumer. Please join Chef Onishi as he presents a lecture and cooking demonstration entitled “Buyer Beware.”

**SATURDAY, MARCH 20, 7 P.M.**  
**MCCOY PAVILION**  
**ALA MOANA BEACH PARK**

Maui — Chef Onishi will be presenting on Oahu only. On Maui, Laurelee Blanchard and Barry Sultanoff, M.D. will present “Want To Be Happy? Food Choices Matter” on Thursday, March 18th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.



**Vegetarian Society of Hawaii**

**Join Us!**

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

**C**hef Paul Onishi has been demonstrating and instructing people in food preparation and presentation for over 25 years. He has worked as one of the first sushi chefs to be trained in America, owned and managed catering businesses in California and Hawaii, and has taught cooking classes around the country. He presently works for the D.O.E as a Department Head/instructor in Farrington High School's new Culinary Academy.

**FREE Admission & Samples**