



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Publication

supporting human health, animal rights, and ecology

Volume 10, Issue 3, September, 1999

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Science Corner

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- Dietary guidelines.
- Does too much calcium cause osteoporosis?
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Eat Your Veggies!

By Michael Klaper, M.D.



Michael Klaper, M.D.

Along with drinking more pure water, as advocated in my column last quarter, eating more fresh fruits and vegetables offers many important benefits to human health, the most notable being:

- 1) antioxidants (Vitamin E, Vitamin C, selenium, for example) that prevent cholesterol from oxidizing and thus sticking to artery walls, thereby helping to prevent heart attacks and strokes;
- 2) beta carotene, found in green and yellow vegetables, which absorbs free radicals, the major agents of tissue damage and aging;
- 3) lycopenes in tomatoes and sulforaphanes in broccoli, which have major anti-cancer properties;
- 4) fiber (Oh, no! Not “Saint Fiber again!” Yea! Blessed be the fiber, for it retaineth the water). Think about the vital function performed by fiber—another name for the indigestible plant starches and other carbohydrates that are not absorbed into the bloodstream from the intestines. These fibrous plant substances remain in the digestive tract to produce frequent, soft, formed bowel movements that: (a) carry cholesterol out of the body, (b) prevent cancer-causing substances from having prolonged periods of contact with the intestinal wall, thereby reducing the risk of colon cancer, (c) nourish the acidophilus bacteria and other beneficial organisms lining the digestive tract that synthesize vitamins and protect against yeast overgrowth, and (d) provide an “express” escalator out of the body for many of the potentially harmful chemicals we now ingest on a daily basis in our food and water; and

5) at the risk of sounding unscientific, I believe that there is something vital in a carrot freshly pulled from the ground, or in a ripe apple fresh off the tree that can only be described as a living essence that is essential for optimal health in the human body. It's the difference between a live carrot and a tablet of synthetic Vitamin A. In the fresh carrot the tissue membranes are still intact and the complex vitamin structures, along with their chemical cofactors, are preserved. These components give a vitality to the whole plant far beyond its simple chemical constituents. The act of eating fresh fruits and vegetables seems to transfer this vitality from the plant's tissues to our own. In my medical practice this effect is often seen in people who consume insufficient fresh produce; their wan appearance and decreased energy levels quickly respond to a significant increase in fruits and vegetables.

So, it's smart to emulate the plant-rich diets of our ancestors. Avoid a diet top-heavy

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Eat Your Veggies!

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with dead white food (refined sugars and starches) that comes out of packages and boxes. White, pasty food makes for white, pasty people. This is not to say that tofu or whole grain pasta cannot have a (modest) place in a balanced vegetarian diet, but it is in your best interest to go for the color and to consciously upgrade your desire for fruits and vegetables as naturally grown. If fresh produce is not available, frozen is next best, followed by foods preserved in glass jars and, finally, non-lead cans.

What does this look like in daily life? Here are some simple strategies for adding more produce to your day:

Breakfast: center your morning meal around fresh fruit. Use it as a topping on cereal (better still, use the cereal as a topping on a bowl of fruit!) Serve freshly juiced fruits, a single fruit enjoyed whole, or several fruits mixed together. Whatever pleases your palate and lifts your spirits...

Lunch: try to assure that fresh veggies show up prominently by centering the meal around a big salad or vegetable soup. If there is a sandwich in the meal, be luxuriant with the lettuce, tomatoes, sprouts, onions, avocados, etc. — and don't forget the side salad.

Dinner: again, let the salad and a dish featuring dark green, leafy vegetables —

broccoli, kale, bok choy, spinach, chard, collards, mustard greens, etc. — be a major feature of most every evening meal. The vegetables can be steamed, sautéed in



decreased energy levels quickly respond to a significant increase in fruits and vegetables

broth, added to soups or salads, or served in dozens of other creative, delicious ways. Be generous in your proportions of the vegetables in individual dishes. When preparing stir-fried vegetables over rice, proportionately increase the amount of vegetables and, especially if weight loss is desired, decrease the proportion of rice (or other grain). In other words, make it stir-fried vegetables with rice instead of rice with stir-fried vegetables.

Remember also that the more heat you add to any fruit or vegetable, the more damage is done to the nutrients. Heat destroys vitamins, oxidizes sugars, denatures proteins, and creates free radicals. Find ingenious ways to enjoy these foods in as fresh a state as possible.

Carrot sticks make great snacks. You can finely shred raw sweet potato into salads and side dishes. Adding soaked raisins and/or sunflower seeds to soups and salads magnifies the nutritional value as well as the eating enjoyment. Other creative ideas for putting more produce into your daily diet can be found in the excellent books available at libraries, book stores, natural food stores, and of course, through VSH.

Similar to my plea for pure water, this advice to significantly increase your fruit and vegetable consumption implies obtaining produce as free of pesticides, herbicides, and other chemical contaminants as possible. I feel that this time in human history, I have nothing better to spend my money on than organic, unsprayed, unchemicalized food that has been grown in as healthy soil as possible. I want to support the food producers who use chemical-free methods to nurture their fruits and vegetables in every way that I can.

I also work to educate organic growers about the possible dangers of plowing slaughterhouse products (bloodmeal, bonemeal, etc.) into the soils in which they raise their fruits and vegetables. There are legitimate fears that such animal-based soil amendments may significantly increase the risk of contamination with rogue proteins that cause a lethal, brain-destroying malady, Creutzfeldt-Jakob Disease (CJD)—Mad Cow Disease in humans (inhaling bonemeal dust or bloodmeal particles may place an individual at significant risk for contracting these serious brain diseases). Consequently, I am sharing my concerns with the local chapter of the Hawaii Organic Farmers Association (808-573-0995) to encourage them to fertilize their crops veganically — utilizing plant-based nutrients, compost, plowing in over cover crops (green manure, etc.) to the

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The Island Vegetarian

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Donovan Watts Editor



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Food Assignment: Down to Earth Deli

By Lori Nicole Anders

As a graduate student I have little time to expend seeking out nutritious vegetarian food. For many restaurants, "nutritious vegetarian" food is an oxymoron. Add to that the criteria "tasty" and you're stuck out of luck. One grocery store that has it all figured out, however, is Down to Earth Natural Foods. Located at 2525 South King (slightly Ewa of University and across from Star Market), the Down to Earth Deli, is one of my favorite places to eat on Oahu. It's like Disneyland for vegetarians and vegans alike. To start, all food served at the deli is either vegetarian or vegan. Don't take my word for it, check the little cards posted in front of every single item that list every single ingredient. To me, that's worth the price of admission alone (editors note: read these carefully, however - some mistakes have been noted when "vegan" pizza actually had casseln listed). Mostly priced by the pound, there is a wide array of hot entrees, cold salads, steaming soup, tasty potatoes, baked goods, and more. The superb salad bar (\$4.99/lb) and all of the hot entrees (\$5.99/lb) are self-serve. The service area is clean and well-maintained, and the entrees are replenished frequently, so the food is hot and fresh.

Entrees appear on a rotating basis with a minimum of two vegan dishes available each day. My favorite is the flaky curry potato filo pie with peas and carrots. Just the right amount of spice without being too heavy. There also are pan-style enchiladas and lasagna in both vegan (tofu) and vegetarian (cheesy) varieties. Other entrees are stuffed bell peppers and veggie "meatloaf". Hot side dishes (also \$5.99/lb) often include orzo pasta

(flavorful mixture of orzo, broccoli, feta cheese, and olives), and one of three delicious daily tofu delicacies (low-fat baked, teriyaki, or mock-chicken). All are to die for. For potato lovers there are two staples to choose from: potatoes au gratin (very cheesy) and roasted potatoes (vegan and very tasty - generously seasoned with herbs &



spices). And yes, Mom, they DO have steamed vegetables! Usually a mixture of broccoli, cauliflower, and carrots. I can't get that on my plate without thinking of you!

Minimalists can count on brown rice and some type of bean (usually black) for \$2.99/lb as well as chili (often with tofu and usually with added oil). Special soup of the day sells for \$2.19 (small) or \$3.49 (large). I've tried the mushroom barley, miso with tofu, and couscous curry, and all were excellent.

Since it's sold by weight, it's probably best to start out conservatively and then go back for more if needed. I'm usually too full to indulge in desserts, which include many vegan selections: crumbly cobblers, massive muffins, carob-chip cookies, banana bread, pies, etc. (editors note: Do be aware, however, that few of these are entirely of whole grain.)

Items from the cold deli include

vegan cole slaw, potato salad, or mock chicken salad. These are excellent for picnicking and take-out. There are also "hot" entrees stored in the refrigerator to take home and re-heat at your convenience.

At the Down to Earth Deli there is no fear of miscommunication that could result in bacon bits on a salad or animal stock in an otherwise vegetarian dish. When I eat here, I feel like a weight has been lifted from my shoulders. I can behave like a "normal" person who doesn't have to ask 20 questions before lifting a fork to my mouth. Additionally, eating at Down to Earth has the added benefit of supporting a company that believes that animals were not put on this planet for human consumption.

Parking is free in one of three locations - either directly in front of the store (tow away between 3:30 and 6:30 P.M.), behind the store on the ground level, or in the parking structure on the upper level. Once in the front door, go past the forever-friendly faces of the cashiers at the checkout counters and aim for the left corner of the building. By this time, your nose will lift, involuntarily inhale, and formally begin your heavenly journey. Once you reach the long, refrigerated display proudly showing off the baked goods and cold deli items, you will see a few more smiling faces. Your nose will lead you the rest of the way.

Deli hours are 8:00 A.M. to 9:00 P.M. and grocery store hours are 7:30 A.M. to 10 P.M. VSH members receive a 5% discount and senior citizens receive a 10% discount. If you order a whole pan, the bulk discount is 10%.

Phone Number:
947-7678.





Public Lectures

Monthly public lectures are held at the Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, 0.2 miles behind the Waikiki-Kapahulu Library, beginning at 7:00 P.M. All lectures are **free** and open to the public. Call 808-944-VEGI for more information.

Dr. Ruth Heidrich

“How to Make a Vegan Diet Even Healthier”
September 13

Dr. Ruth Heidrich, past president of the Vegetarian Society of Hawaii, is an athlete who specializes in marathons and triathlons. Her vegetarian diet has been changing over the years to an ever more healthful one. Come hear Dr. Ruth, a pioneer in our movement, tell us about the evolution of her dietary practices.

Eva Schumacher Martin

“Hearty Fare for Oktoberfest”
October 11

Eva Martin, former VSH Board member, has been doing cooking classes at Down to Earth, where she works, for several years, and she has some excellent Oktoberfest recipes to demonstrate for us. Built around big vegan sausages, with some German potato salad, und saurkraut... it is hard to wait for Oktober.

Vesanto Melina

“Cutting Edge Vegetarian Nutrition”
November 8

Vesanto Melina, M.S. and R.D., will be joining us from Vancouver, B.C. She is a best-selling author and a popular lecturer worldwide. Expect plenty of practical tips to keep you in great health with great food. What you eat and when you eat can be powerful allies (or foes) in helping you control sugar and junk food cravings. Discover easy, tasty ways to fit health-supportive foods into busy lives.

Dine-outs

Everyone who is willing to order vegetarian food is welcome at VSH dine-outs. If you have time, please rsvp to Laurie Veatch at 944-1011 or send email to Laurie@vsh.org. September, October and November dine-outs all begin at 6:30 P.M.



Thursday, September 16: Buddhist Vegetarian Restaurant

100 North Beretania Street, #109 (Chinese Cultural Plaza), Honolulu, 532-8218. Chinese, dim sum, brown rice, extensive menu. The only 100% vegan restaurant in town! 5% discount to VSH members.

Thursday, October 21: Chiang Mai

2239 South King Street (Moiliili), Honolulu, 941-1151. Thai, tasty food, popular, reasonable prices.

Thursday, November 4: Assaggio Italian Restaurant

354 Uluniu Street, Kailua, 261-2772. Italian, delicious salads and pasta. Will omit cheese upon request.

PRE- Thanksgiving Celebration!

The Vegetarian Society of Hawaii Annual PRE-Thanksgiving Dinner will be held on WEDNESDAY, November 24, at 6:30 P.M. at the McCoy Pavilion, located near the tennis courts at Ala Moana Beach Park. Experience the ambiance and culinary expertise of Madana Peatross. This totally vegan buffet will have the following approximate menu: vegetable chowder, fresh organic salad, seitan “turkey” with stuffing, re-stuffed potatoes, lasagna, sweet potatoes, fresh cranberry

relish, vegetables, desserts, and more.

Volunteers are needed for the decorations, set up, and clean up committees. If you can help with this special event, please call 944-VEGI (8344) and leave a message with your name and phone number. VSH is a volunteer organization, and we appreciate your help!

Tickets must be purchased IN ADVANCE...they go on sale beginning Sunday, October 10, and must be purchased by Friday, November 19, at

DOWN TO EARTH NATURAL FOOD STORE, 2525 South King Street or at our VSH monthly meetings on October 11 and November 8. Seating is limited at McCoy Pavilion, so purchase your tickets early. This lovely vegetarian dinner is open to the public...be sure to invite your friends!

Age 16 to adult \$25
Age 7 to 15 \$13
Age 6 and under FREE

Autism and Dairy Protein

Autism is a rare mental disorder that severely impairs a person's abilities, particularly in the area of language and social relations. Once believed to be a psychologically caused disorder resulting from faulty mother-child relations in early infancy, autism is today thought to be biological in origin.

Two recent animal studies link milk protein to autistic behavior. Pursuit of the literature produced a skein of articles dating back to 1966 by authors who suspect that food peptides might cause toxic effects at the level of the central nervous system by interacting with neurotransmitters.

"We noticed a marked improvement in the behavioral symptoms of 36 autistic patients after a period of 8 weeks on a milk-free diet. At least eight out of 10 no longer had symptoms of autism or schizophrenia." The investigators also found high levels of IgA antigen specific antibodies for casein, lactalbumin, and beta-lactoglobulin and IgG and IgM for casein (all cow milk protein fractions). The levels of these antibodies were significantly higher than those of a control group consisting of 20 healthy children.

"Our results lead us to hypothesize a relationship between food allergy and infantile autism, as has already been suggested for other disturbances of the central nervous system."

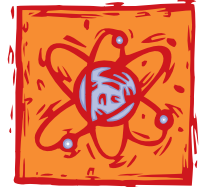
A small (n=4) Norwegian study looking for a connection between wheat gluten and autism found no correlation between gluten consumption and behavior typical for these patients.

Dietary Guidelines

The Nutrition Committee of the American Heart Association, with cooperation and support from the

Science Corner

By William Harris, M.D.



Council on Cardiovascular Disease in the Young and the Council on Epidemiology and Prevention, convened a scientific conference on "Preventive Nutrition: Pediatrics to Geriatrics" in Salt Lake City, Utah. Other sponsors were the American Cancer Society, American Dietetic Association, American Academy of Pediatrics, Division of Nutrition Research Coordination of the National Institutes of Health, and American Society for Clinical Nutrition. The July 27 issue of *Circulation* included the dietary guidelines agreed upon by at the conference.

"The emphasis is on eating a variety of foods, mostly fruits and vegetables, as well as a lot of cereal fibers, with very little simple sugar or high-fat foods, especially animal foods," said Abby Bloch, Ph.D., R.D., chair of the American Cancer Society nutrition and physical activity advisory board.

Does too much calcium cause osteoporosis?

In the great debate over the cause of osteoporosis, the establishment position has always been that inadequate calcium intake is the culprit. Thus, as the incidence of osteoporosis goes up from year to year so also does the RDA for calcium. Comes now a brave soul to suggest that we may be throwing fuel on a fire.

Retired Harvard professor of nutrition Mark Hegsted thinks calcium consumption may be at the root of our bone problems, but his heretical hypothesis is not that we don't get enough calcium but rather that we get too much. In an article

in the **Journal of Nutrition** he writes, "Hip fractures are more frequent in populations where dairy products are commonly consumed and calcium intakes are relatively high. Is there any possibility that this is a causal relationship?"

Hegsted explains the way such a mechanism would work. The body adapts to low calcium intake by efficiently using what is available. Conversely, high calcium consumption causes the body to decrease the amount of the mineral that is absorbed, excreting the excess. That's why populations with low calcium consumption still manage to form healthy skeletons. What happens over time, Hegsted suggests, is that the inefficient high calcium consumers may permanently damage their abilities to effectively use dietary calcium and to conserve calcium in the bones later in life. As we age, the body naturally goes from building bone to losing it. Hegsted's hypothesis explains why high dairy consumers may still end up with rampant bone loss. He cites studies of rural Gambian women who don't drink milk, get about one-quarter of the calcium we're told to consume, yet rarely have osteoporotic fractures. "It will be embarrassing enough if the current calcium hype is simply useless; it will be immeasurably worse if the recommendations are actually detrimental to health," he writes.

The article is not yet available on MEDLINE, but assuming Hegsted has been correctly quoted by reporter Emily Yoffe, he's waving a red flag. Watch for the dairy industry's bull to charge.

(See *Science Corner*, page 6)

“Tuber or not tuber, that is the question.”

Fire provided the “spark” for modern human evolution, but not because it allowed our ancestors to eat meat. Rather, it was the ability to cook tuberous roots akin to carrots, potatoes, and beets that caused hominids to turn a major evolutionary corner about 1.9 million years ago, according to anthropologists Richard Wrangham of Harvard University, Gregory Laden of the University of Minnesota, and Harvard colleagues David Pilbeam, Jamie Jones, and Nancy Lou Conklin-Brittain.

The researchers will publish their hypothesis in an upcoming issue of *Current Anthropology*.

“The process of human evolution had much to do with food and how it was prepared,” said Laden. Australopithecines like Lucy had huge teeth suitable for chewing all day long, and males were much bigger than females.

But 1.9 million years ago, things changed. Teeth got smaller, and both sexes increased in size. Females increased in size more than males, and so the size gap between the sexes shrank. Homo erectus had arrived, and cooking of tubers made the difference.

“On an evolutionary scale, male primates are limited in reproduction by access to females,” said Laden, “but females are limited by access to resources.” When cooking increased the supply of Calories, females were able to grow to a larger size. At the same time, a decrease in the male–female size difference signaled a change in mating systems.

“Highly polygynous mating systems, such as the harem system of gorillas or the promiscuous mating of chimps, are

typically associated with males being much larger than females,” said Laden. “When male and female mammals are close in size, pair bonding is the rule. So this change about 1.9 million years ago is probably best explained as a change in mating practices.”

“We propose that cooking (and food storage) opens the door for theft, so among cooking hominids, there would have been cause to cooperate in new ways,” said Laden. Females would have been vulnerable to theft by much larger males. This would have resulted in evolutionary pressure for females to form bonds with males, basing their choice on male willingness to cooperate in defending food stores rather than on male size. Laden and his colleagues believe this might have led to an important evolutionary novelty of humans: female sexual attractiveness.

Unlike humans, other female primates are sexually attractive only around the time of ovulation, as indicated by obvious physical and behavioral changes, Laden said. But women are generally attractive to men all year round, and this is part of the process by which long-term bonds can form between individuals. All these changes resulted in humans becoming a species that ate a wider variety of foods than their ancestors, formed more stable pair bonds and cooperated in cooking and defending food stores. 🍌

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greatest extent possible. Fortunately, many of the organic producers are now open to this idea – not only for reasons of the integrity of their product but for their personal safety as well. I recommend that everyone with an interest in healthy food become familiar with local organic producers and discuss these issues with them.

If commercially grown produce is all that is available to you, remember that most of the sprayed chemicals are on the surface of the fruit or vegetable. Peel as much of the produce as you can and eat extra portions to make up for loss of nutrients in the discarded outer skins. With leafy vegetables, peel away outer leaves and if necessary, wash with a food-grade detergent product and rinse well to remove pesticide residues.

Well, there you have it – my simple piece of nutritional advice: EAT (more fresh, organically grown fruits and vegetables), DRINK (more pure water), and BE MERRY – tomorrow you’ll live and be healthy. 🍌

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Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan)	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan)	\$12.95
Animal Connection (Agatha/Calvin Thrash, M.D.)	\$6.95
Cook Healthy Fast (Dick Allgire)	\$15.95
Cooking with Natural Foods (Muriel Beltz)	\$14.95
Diet for a New America book (John Robbins)	\$14.95
Eco-Cuisine (Ron Pickarski)	\$16.95
Fabulous Beans (Barb Bloomfield)	\$9.95
Fat-Free & Easy (Jennifer Raymond)	\$10.00
Garden Cuisine (Paul Wenner) SALE	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.)	\$11.95
McDougall Health-Supporting Cookbook Vol. II (Mary McDougall)	\$9.95
Mega Health (Marc Sorenson, Ed.D.)	\$14.95
Most Noble Diet (George Eisman, R.D.)	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries)	\$19.99
Peaceful Palate (Jennifer Raymond)	\$15.00
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.)	\$9.95
Race for Life book (Ruth Heidrich, Ph.D.)	\$14.95
Scientific Basis of Vegetarianism (William Harris, M.D.)	\$15.95
Simply Good Recipes and More (C.C.C.T.)	\$7.95
Uncheese Cookbook (Joanne Stepaniak)	\$11.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.)	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, R.D.)	\$21.95
Vegetarian Secrets Atsuko Kitchen, HB (Atsuko Tsubota)	\$29.95
Why Do Vegetarians Eat Like That? (David A. Gabbe)	\$11.95

Shirts

I Speak Vegetarian T-Shirt (Specify S M L XL)	\$15.62
VSH T-Shirt (Specify S M L XL Women's One Size)	\$15.62

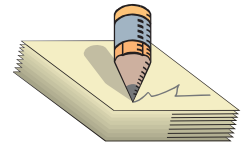
Videos

Diet for a New America (John Robbins)	\$19.95
Diet for All Reasons (Michael Klaper, M.D.)	\$22.00
Vegetarian Chef (Elaine French)	\$19.95
Four Food Groups poster	\$6.00

Corner Store



To order items from the bookstore, fill out the form below with your name and address. On a separate sheet of paper list the items you would like to purchase and add 20% to the total for shipping. Please make check payable to Vegetarian Society of Hawaii.



Send order/application to:
Vegetarian Society of Hawaii
PO Box 23208
Honolulu, Hawaii 96823

Vegetarian Society of Hawaii Membership Application

Please Print:

Name(s) _____

Street Address _____

City, State, Zip _____

Home Phone () _____

Work Phone () _____

Fax () _____

Email _____

_____ D _____ Ex _____

Yes, please enroll me as a member.
My dues are enclosed.

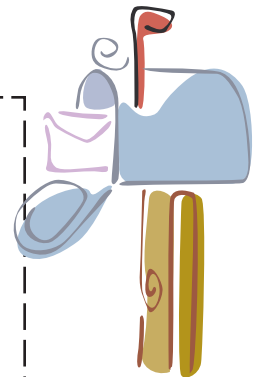
Please check one:

- \$ 20 regular (1 year)
- \$ 12 full-time student (1 year)
- \$ 30 couple or family (1 year)
- \$400 life membership
(add \$4 if for a foreign address)

\$ _____ additional donation

Please check one:

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





For your information

Win weekly prizes at VegDining.com. VegDining.com, a new guide to vegetarian restaurants around the world, will be celebrating World Vegetarian Month (October) with the launch of its new contest. VegDining.com will offer monthly and weekly prizes to contestants who briefly describe vegetarian restaurants that they've visited in the past year. The first monthly prizes will be awarded at the end of October - World Vegetarian Month - and will include a registration package to the World Vegetarian Congress in Toronto, July 10-16, 2000. To enter the contest, visit www.VegDining.com - and enter as often as you like!

Free vegan cooking classes. Masa and Harriet Yafuso conduct free vegan cooking classes and lifestyle seminar September 5-26 (Sundays). The four sessions will be held at the Manoa Seventh-day Adventist Church at 2655 Manoa Road from 2-4 p.m. and will include food samples. Call 247-5779 to register.

Hands-on vegan cooking classes. Scheduled for fall through Windward School for Adults (on Kalaheo High School campus - Kailua) • (Two-session class) Saturday October 23 and 30 from 8:30-11:30 a.m., "Joyful, Soyful Cuisine". We'll prepare a variety of dishes using soy products such as tofu, tempeh, TVP, soy milk, miso and others. • (One-session class) Saturday, November 13 from 8:30 - 11:30 a.m., "Holiday FeastingV- vegetarian Style". We'll create delicious, attractive vegan dishes for holiday entertaining, including desserts. • Call Windward School for Adults for registration information/fees. 254-7955.

How to grow a Millennium Garden. Presented by Just Add Water. • Beginning Class: Saturday, August 28. 41-851C Waikupanaha St. Waimanalo, HI 96795. 10 a.m. to 2 p.m.. • Advanced Class: Sunday, September 5. 59-480 Pupu Kea Road., Turn at Waimea Bay Foodland. 12 noon to 4p.m. • For information call Kim at 259-5635.

New vegetarian book for travellers! "Speaking Vegetarian, The Globetrotter's Guide to Ordering Meatless in 197 Countries" (\$14.95, paperback, Pilot Books, 1999) 1-800-79PILOT.

VSH presents "Vegetarian," a weekly Public Access TV program. Channel 52 on Thursdays at 7:00 - 8:00 p.m. **Tune in to "Nutrition and You"** featuring Ruth Heidrich, Ph.D. and Terry Shintani, M.D. on Sundays 7:00 - 9:00 p.m. on K108 (AM 1080). Call in to 524-1080.

Vegetarian Society of Hawaii

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