
The Vegetarian Society of Hawaii Quarterly



supporting human health, animal rights and ecology

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Ask Dr. Klaper

by Michael Klaper, M.D.

VSH welcomes Dr. Michael Klaper as a regular contributor to the newsletter. He is a nationally recognized author, lecturer, and authority on vegetarian nutrition. This column is not intended as a substitute for seeking medical advice; readers are advised to consult with their own physicians for issues of concern.

Q: In Hawaii fish is a common item on menus and dinner tables. Aren't there good reasons for me to continue to eat fish — like getting omega-3 fatty acids? Are there reasons I should avoid eating fish and other seafoods? (from R.S., Maui)

A: As you state, fish consumption is quite popular in Hawaii. In recent years, fish flesh has become known as a "nutritional good-guy," largely because of its content of omega-3 fatty acids, which can exert beneficial effects upon the arteries and other tissues in the body. However, there are some strong reasons why you might consider obtaining your omega-3 fats from other sources. What's the problem with eating fish? The three-fold answer consists of: 1) metabolic, 2) toxic, and 3) environmental reasons.

METABOLIC: Fish flesh is one of the most concentrated protein sources in the human diet. The problem with eating concentrated protein is that it can cause calcium to be dissolved from the bones and lost through the urine. This steady drain of calcium from the bones out through the kidneys can be a major contributor to osteoporosis. Ethnic groups that consume large amounts of fish flesh and other high-protein foods are often plagued by high incidence of osteoporosis in their women as they age. Thus, a diet

high in fish consumption places one's bone health at risk.

Incidentally, the precursors of the beneficial omega-3 fats found in fish flesh can also be found in plant oils, such as flax seed oil, pumpkin seed oil, hemp seed oil, walnut oil, and soybean oil (tofu). Even the longer-chain fatty acids (DHA, EPA, etc.) found in fish flesh are now available through a n algae-derived product. Consequently, there are getting to be fewer nutritional reasons to include fish in the diet.

TOXIC: These days, fish flesh is increasingly contaminated with biological and chemical toxins, making it one of the "dirtiest" foods on the menu. From where do these pollutants come? Many fish spend at least part of their life cycle along coastal shore lines or in river estuaries. As a result they are exposed to the constant outpouring of the waste of modern day society - heavy metals like arsenic, lead, and mercury, hydrocarbon pesticides, herbicides, and other industrial chemical poisons. Even open ocean fishes have been found with shockingly high levels of pesticides and mercury.

Fish also commonly ingest biological wastes from sewage, like hepatitis virus, polio virus, and lethal E. coli, Salmonella, and other bacteria. In looking at a particular piece of halibut, mahimahi, or salmon, one has to wonder, "What sewage outfall or contaminated creek was this fish lingering by before it was hooked?"

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(Dr. Klaper, continued from page 1)

Along with well-known “natural” fish-carried toxins, like scombroid and ciguatera poisonings, these additional chemical and biological pollutants are more good reasons to consider letting the fish “off the hook”.

ECOLOGICAL — Finally, humans are “strip mining” the oceans with sonar-guided fishing factory fleets and miles-long drift nets, so much so that the oceans are turning into deserts. As fish populations worldwide collapse, we can only fear for what we are doing to the biological systems upon which we all depend. Most of the oxygen we breathe is produced by plankton organisms in the ocean and these, in turn, require a healthy, intact marine environment. As we decimate the fish population, are we not decimating the biological supports upon which all life on Earth depends? If we do not wish to contribute to the problem, perhaps we should consider leaving the fish swimming in the oceans and streams — and not gazing with sightless eyes from our dinner plates.

(See the VSH Bookstore on page 7 for Dr. Klaper's publications available through VSH. Note also that he will be the featured speaker at the February meeting.)

Connecting with VSH...



Call the VEGI-LINE at 944-VEGI (944-8344).

E-mail us at VSH19@juno.com or visit the web site at <http://envirolink.org/arrs/vsh/index.html>.



Watch VSH on Olelo, Channel 52. Primary show times are Thursdays, 7:00 p.m. to 8:00 p.m. Dec/Jan/Feb programs will feature showings of: “Eat for Life” by Jennifer Raymond; “All You Ever Wanted to Know About Food but Were Afraid to Ask” by Bill Harris, M.D.; “The Difference We Make, The Lives We Touch” by Dale Riffle from PIGS - a Sanctuary ; “Happy Thanksgiving (Hold the Turkey)” by Bill Harris and Georgie Yap.

President's Message

by Alida Rutchick M. Ed.



Greetings!

This VSH quarter has brought yet more change to our organization, including a change of newsletter editor. Eileen Towata's professional touch (she is a health educator at Castle Center for Health Promotion) has been an inspiration. The good news is that Donovan Watts, VSH web page coordinator, has accepted the challenge of maintaining this standard in our newsletter and of adding his own creative touches. If the quality of the web page is any indication, we can count on a continuing great product! We welcome Donovan's warmth, humor, and enthusiasm.

We also welcome our newest volunteer, Lois Raynor, VSH print manager. Lois is responsible for keeping the literature table at our monthly meetings and at outreach events well-stocked and for printing the administrative and membership materials that we use daily to keep our organization operating. A teacher of English as a Second Language who recently arrived in Hawaii from a two-year stay in New Guinea, Lois has quickly and cheerfully adapted to the high tech process of our most sophisticated copy machine.

Another change is the resignation of School Lunch Coordinator Cheryl Chung from our Board of Directors (see her message regarding this elsewhere in the newsletter). While Cheryl will continue to oversee the program and advise as needed, she'll be devoting more of her energies to some personal projects. As we all know, the future lies with our children — the future of our planet, of human health, and of the quality of life for all creatures. The school lunch program, therefore, in encouraging more plant-based food choices, arguably is our most important effort; and as most of you are aware, it is Cheryl's hard work and dedication to this program that have been responsible for its great successes thus far. To Cheryl, Eileen, Donovan, and Lois we extend our thanks and our warmest aloha for their efforts on behalf of VSH and the causes of vegetarianism.

VSH LEADERSHIP POSITIONS

BOARD OF DIRECTORS: President—Alida Rutchick, M.Ed.; Vice President—Jim Deutch, D.S.W.; Treasure—Bonnie Hilton, Ph.D.; Marcia Deutch, M.A.; William Harris, M.D.; Elaine Johnson, M.B.A.; Karl Seff, Ph.D.; Anuj Shah, M.A. **BOARD ASSISTANTS:** School Lunch Coordinator—Cheryl Chung; Vegi-Line Secretary—Nancy Dangler; Bookkeeper—Allene Ishikawa; Internet Secretary/Legislative Liaison—Patrick Moore; Meeting Set-Up Coordinators—Robert and Genie Moses; Newsletter Editor—Eileen Towata; Internet Coordinator—Donovan Watts; tint Manage—Lois Raynor.

La Pizza Rina

Home of Vegan-Friendly Pizza

by Elaine French

Many people think of pizza as being synonymous with gooey, melted cheese. But a discerning vegan can tell you that a good crust, flavorful sauce, and lots of veggies can also be an inspired meal. The question is, where does one find such a thing? If you inquire at some pizza establishments, you may discover there is whey in the crust and/or parmesan cheese in the tomato sauce. What's a hungry pizza-loving vegan to do? Try heading to **La Pizza Rina** at 1425 South Ring Street, owned and managed by Shirley Nguyen. You can tell that Shirley is dedicated to producing quality items by watching her sort through containers of greens to find perfectly crisp leaves for the Italian salad. Not just a plate of lettuce, this salad is an artfully arranged bowl of mixed greens, tomatoes, onions, celery, cauliflower, carrots, and black olives. A **garlicky** dressing compliments it well. Her vegetarian pizza has a perfect New York-style crust, a tasty tomato sauce and lots of mushrooms, black olives, green peppers, onions, and tomatoes. For vegans Shirley cheerfully substitutes extra vegetables for the usual cheese. I'm so addicted to the salad and pizza that I've never tried the other vegetarian dishes on the menu, but I suspect the spaghetti or spinach fettucine with marinara sauce would also be a cut above the average. Shirley's husband, Dave Shimamoto, makes customers feel like family friends and never seems too busy to honor a special dietary request.

La Pizza Rina offers VSH members a large vegetarian pizza for \$14.50, which is the usual price for a medium. La Pizza Rina is open Monday-Saturday from 11:00 a.m. to 2:30 p.m. and 5:00 p.m. to 10:00 p.m., and on Sundays from 5:00 p.m. to 9:30 p.m. Delivery service is available within a one-mile radius; call 941-6634 to order. There is a parking lot behind the building and street parking is available on Ring Street after 6:30 p.m.

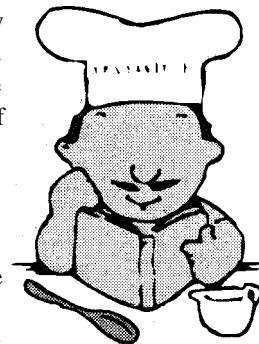


From the Bookshelf..

by Neal Pinckney, Ph.D.

Healing Heart Foundation, Makaha, Hawaii

Vegetarian Cooking by Vesanto Melina, R.D. and Joseph Forest is a very welcome addition to the top ten list of cookbooks every family, omnivore or vegetarian, should own. Easy to read and attractively designed, this specially bound paperback lies flat for ease of use when cooking.



The book includes a 20-page section called Healthy, Delicious and Easy, a healthful nutrition primer that provides up-to-date information of use to everyone. There are over 150 recipes, half of them low fat and heart healthy (there's a separate list of these with the percentage of calories from fat and fat grams given). Although some of the recipes are time-honored classics, many are imaginative, creative, and simple to prepare. A section of attractive color photographs includes step-by-step illustrations for making sushi.

Vegetarian Cooking is a low-key, easy-going introduction to vegetarian cooking to go along with Melina's earlier classic, *Becoming Vegetarian*. Extolling the pleasures of food and the joys of healthful living without upsetting those who choose to eat other ways, it may well serve as an eye-opening and non-threatening initiation to a healthier lifestyle. (ISBN: 1-56561-172-1 Chronimed Publishing, 238 pp. \$18.95, 1998).

Here's a typical recipe, with 167 calories, 22% from protein (10 g), only 3% from fat (0.6 g) and 75% from carbohydrate (34 g), an ideal balance for reversing and preventing heart disease, lowering cholesterol, and reducing blood pressure:

Zucchini Stuffed with Lentils and Bulgur (p. 159)

1/2 cup dry lentils	2 Tablespoons chopped parsley
1 1/2 cups water	2 Tablespoons lemon juice
1/2 small onion, diced	3/4 teaspoon dillweed
1 clove garlic	1/4 teaspoon salt
1/4 cup bulgur	pinch black pepper
1/2 cup tomato juice	2 zucchini, each about 8x2 1/2"

Bring lentils, water, onion, garlic to a boil in a covered pot, reduce heat and simmer 45 minutes. Heat tomato juice, pour over bulgur in bowl and let soak for 15 minutes. Preheat oven to 350. Halve zucchini lengthwise and, using teaspoon, scoop out and discard* pulp, starting 1 inch from either end, leaving shell 1/2 inch thick. To make stuffing, combine lentil mixture, soaked bulgur, parsley, lemon juice, dillweed, salt, and pepper. Mix well and adjust seasoning. Place stuffing in cavity of zucchinis, set on baking sheet, and bake for 20 to 30 minutes or until zucchini is soft. Makes 4 servings; dietary fiber 13 g, sodium 272 mg. (*Note: I would have saved that scraped-out zucchini for another dish.)

Hawaii Herbivore Happenings



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.

December 14 (Monday): KATSUHIKO YANO, M.D. and epidemiologist, will tell us about the longest running health study in Hawaii. Dr. Yano heads this effort that has followed the lives of 8000 men of Japanese ancestry in Hawaii since 1965. As does the Framingham Study in Massachusetts, this work has yielded scientific results that strongly support a vegetarian lifestyle. He will present "The Hawaii Heart Program: Latest Results."

January 11 (Monday): Live and in person, all the way from South King St., DICK ALLGIRE, KITV News 4 anchorman and health reporter, will give us his 1999 rendition of the ever popular "The Truth, The Whole Wheat, and Nothing But the Veggies." Dick is an outspoken vegan who has contributed steadily and mightily to the health of Hawaii's people. Let's honor him, as we listen to his entertaining presentation of The Truth.

February 8 (Monday): MICHAEL KLAPER, M.D., will be here from Maui to tell us that "Vegetarianism Prevents and Vegetarianism Cures." Dr. Klaper is an author, does a phone-in talk show in the NYC area, and is Director of the Institute of Nutrition Education and Research. He will tell us that most of the severe medical problems he encounters are the result of the patient's own doing.

EnviroLink Network, a non-profit organization that provides Internet services for over 400 environmental non-profit organizations at no charge (VSH included), needs your support. Visit <http://www.envirolink.org>. For information on membership/benefits, contact the group at 412-420-6400.



Island News

VSH member **Cheryl Chung** can still be contacted for vegetarian school lunch information. Cheryl regrets that she has had to resign as a newly re-elected VSH board member because of urgent family needs. Contact her at (808) 235-5132 or e-mail vegimom@juno.com... **Down To Earth** continues to offer free Saturday cooking classes at 2525 S. King Street, 2:00 p.m. in the Lifestyle Center; first-come, first-served seating begins at 1:30 p.m.... Well-known nutritionist **Jennifer Raymond**, who has been a VSH meeting presenter and is creator/coordinator of the Health Education Lunch Project, has been busy back home in California since her work on Maui in March. She and husband **Stephen Avis** are taking classes that will help them respond to community growth issues. Jennifer also is teaching cooking classes, organizing a low-cost spay/neuter clinic, joining the Board of Vegetarians of Sonoma County, and welcoming rescued animals into the existing family of pets... Jennifer's local partner in the lunch project, Haiku Elementary food service manager **John Cadman**, has been busy as well on Maui. Presenting cooking demos this spring with Kaiser and American Heart Association, cooking up veg fare for "Taste of Lahaina" and other celebrations, participating in Women's Health Month events — and he STILL found time to create the runner-up prize-winning recipe in the Northarvest Bean Growers Association contest! His other creations such as Mighty Bean Burrito and "Unspam" Spam Musubi sound like winners, too... **Eileen Towata** will teach vegan cooking classes during the spring term at Windward School for Adults. Call 254-7955 for registration/information... Looking for fresh organic produce? Try boxes from Hawaii Organic Food Growers. **Just Add Water** delivers produce boxes to locations around O'ahu each Thursday afternoon for pick-up by subscribers. Choose from various box options. Contact **Dr. Kimberly Clark**, a speaker at one of our meetings earlier this year, at 259-5635 for information. Herb plants and holiday items are also available... **Dr. Ruth Heidrich** is back in town after a trip to New Zealand and Australia. She was the delegation leader for 20 "ambassadors" for the People to People Program in Sports Medicine. In a spare moment, she popped into the New Zealand Veg Society office and reports that they pulled out our VSH newsletters to show how avidly they follow what we do. Aloha to our friends in Auckland!

Corn Haupia

A Supersweet Treat

by Dr. James L. Brewbaker (Professor, College of Tropical Agriculture and Human Resources, University of Hawaii)

Thanks to VSH Treasurer Bonnie Hilton for suggesting this recipe (she swears it is a real winner!) and to Dr. Brewbaker for allowing us to publish it. He has been cooking it for years and says that Hawaii's supersweet corns work especially well. Dr. Brewbaker is well-known for his work in producing corn and is the author of *Con Production in Hawaii (A Production Manual for Tropical Growers)*. He reports that they have a new white version of their supersweets that growers are trying this year. It is a tender and silvery-white "#9 Silver" that he says should be a good choice for the haupia.

Try the recipe — and maybe even try your hand at growing your own corn!

1 cup cooked corn kernels
1 cup water
1/2 cup cornstarch
1/4 cup sugar
dash salt
1 cup lite coconut milk

Machine process corn and 1 cup of water until very smooth. Add cornstarch, sugar, and salt.

Heat coconut milk in saucepan. Add corn mixture slowly, stirring constantly until mixture thickens. Pour into 9-inch square cake pan. Cool, then chill in refrigerator.

Makes 12 (very small) servings. (Recipe can be doubled.) **Options:** Use more cornstarch for "finger food." Substitute "milk" (such as soy or rice milk) for water. Garnish with grated toasted coconut, slivered almonds or chopped fresh fruit.

Approximate nutrition analysis (per serving, before toppings): 60 calories, 1.5 g total fat, 1 g saturated fat, no cholesterol, 30 mg sodium.

From Our New Editor

Beginning in 1999 the VSH newsletter will have a new editor...Donovan Watts:

Newspapers shape the age.

Newspapers crush evil.

Newspapers rouse courage.

- Ho Goku

For over two years now I've looked forward to every issue of the newsletter. Usually I read it cover to cover right away. Then I try some of the recipes, discuss some of the topics with friends and ultimately awaken my resolve as a vegetarian. It's the kind of publication that encourages and informs. It's been a mainstay of the organization and I've saved every copy.

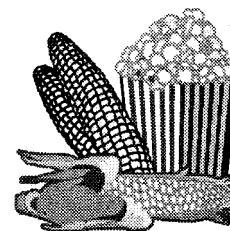
When the present editor announced her need to resign, I wondered who would volunteer to take her place. As Internet coordinator for the VSH, I looked forward to working with the new editor, joining forces to produce a top notch newsletter and website. Lo and behold, that volunteer turned out to be me!

Who am I? My name is Donovan Watts. I've been a vegetarian for eight years and a resident of Hawaii for 12. I've used computers even longer. Mornings you'll find me in the garden, nights behind the glow of my monitor, fine tuning our website. If you see somebody at the next meeting with a name tag "Donovan", please say hello. I'm not sure, but I think I'm the only Donovan in the VSH.

Albert Einstein said, "Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet." I firmly believe this. It is with this spirit that I volunteered to create the website and now my energy will flow to the newsletter in the same manner. I appreciate this opportunity and am determined to create valuable resources for our members. Our newspaper will shape the age, our website will inform the world, and our vegetarian ways will benefit human health and increase the chances for survival of life on Earth. Feel free to contact me via e-mail at donovan@websurfhawaii.com or leave a message on my telephone (262-6202).

Corn Kernels

Corn is a high-carbohydrate grain used in many ways. Americans consume about 25 pounds of it per person annually, mostly in frozen or canned form. That American favorite, popcorn, can be a really nutritious snack. It's high in complex carbohydrates and fiber. One cup of air-popped corn has only 30 calories and negligible fat; pop it with oil, however, and add a tablespoon of butter, and watch the calories jump to 155 per cup (with 8 g of fat). Corn-derived sweeteners/syrups probably sweeten the soda Americans consume with their popcorn. Sweetener production is the second largest use of corn, right behind production of corn for animal feed. (Source: *The Wellness Encyclopedia of Food and Nutrition*, U. C. Berkeley)



RECIPES! by Paul Wenner



Mahalo to Paul Wenner, creator of Gardenburgers, for these recipes. They are just a few from his 368-page hardback book, "Garden Cuisine." This book is available through VSH at a special price of \$19.50 from December 1 through February 28 (regular price is \$26.00). Purchases can be made at the monthly meetings or via mail order (see order list in this newsletter).

Manoa Sunrise Smoothie

Try these **fruits** or experiment with your own combinations. It can be a lot of fun!

- 1/2 cup fresh strawberries (optional)
- 2 oranges, peeled, seeds removed
- 1 papaya, peeled, seeds removed
- 2 ripe bananas, peeled
- 2 cups chopped fresh pineapple
- 3/4 cup crushed ice
- 5 wedges orange, for garnish
- 5 slices pineapple, for garnish

Combine the oranges, papaya, bananas, pineapple, strawberries, if desired, and ice in a blender. Blend on high speed until smooth. Pour into glasses and garnish with a wedge of orange and a slice of pineapple.

Confetti Cole Slaw

This salad is refreshing!

- 3 cups shredded green cabbage
- 1 1/2 cups shredded red cabbage
- 2 carrots, grated
- 4 green onions, sliced, including tops
- 2 stalks celery, thinly sliced
- 1 apple, cored and diced
- 1 10.5-ounce package firm silken tofu
- 3 Tbsp seasoned rice vinegar
- 2 Tbsp apple cider vinegar
- 2 Tbsp lemon juice
- 2 Tbsp apple juice concentrate
- 1/2 tsp salt
- 1/4 tsp pepper

Mix the cabbage, carrots, onions, celery, and apple in a large bowl. Combine the tofu, vinegars, lemon juice, apple juice concentrate, salt, and pepper in a blender and process until completely smooth. Pour the dressing over the salad and toss to mix.

Roasted Vegetable Enchiladas

This is a flavorful main dish.

Vegetable Filling:

- 1 red onion
- 1 red bell pepper
- 1 green bell pepper
- 1 large zucchini
- 2 cups small, firm mushrooms
- 1 tsp garlic powder
- 5 1/2 tsp chili powder
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp salt

White Sauce:

- 1 onion, diced
- 1 potato, peeled and diced
- 1/2 pound very firm tofu
- 2 Tbsp tahini
- 5 1/2 Tbsp lemon juice
- 3/4 tsp salt

Red Sauce:

- 1 large onion, chopped
- 5 cloves garlic, minced
- 1 28-ounce can crushed tomatoes
- 1 6-ounce can tomato paste
- 1 Tbsp Sucanat (note: sweetener available at health/natural foods stores)
- 1 tsp tamari soy sauce
- 5 1/2 tsp cumin
- 1 tsp chili powder
- 1 tsp cocoa powder
- 1 tsp dried oregano
- 1/4 tsp black pepper
- 1/8 tsp cayenne pepper
- 1/4 cup chopped cilantro
- 9 corn tortillas

(continued page 7)

(Roasted Vegetable Enchiladas continued from page 6)

Preheat the oven to 500 degrees F. Cut the onion, peppers, zucchini, and mushrooms into 1/2-inch pieces and place in a large bowl. Sprinkle with the garlic powder, chili powder, basil, oregano, and salt. Toss to mix. Spread the vegetables in a single layer (this will probably require two large baking pans) and bake in the preheated oven until just tender, about 10 minutes.

To make the white sauce, combine the onion and potato in a small pan with 1 1/4 cups of water. Cover and simmer until the potato is tender, about 15 minutes, then pour the entire mixture into a blender. Add the tofu, tahini, lemon juice, and 3/4 tsp of salt. Blend until completely smooth.

To prepare the red sauce, heat 1/4 cup of water in a large skillet, then add the onion and garlic. Cook until all the water has evaporated and the onion begins to stick to the pan. Scrape it loose, then add another 1/4 cup of water and repeat the browning and caramelization process several times until the onions are very brown and sweet. Add the tomatoes, tomato paste, 1 1/2 cups of water, Sucanat, tamari, cumin, chili powder, cocoa powder, oregano, black pepper, and cayenne. Simmer 25 minutes. Stir in the cilantro, then puree the sauce in a blender or food processor.

Preheat the oven to 350 degrees F. To assemble the enchiladas, spread a thin layer of the red sauce (about 1 cup) over the bottom of a large (at least 13x9-inch) baking dish. Place a generous portion (about 1/2 cup) of the roasted vegetables along the center of each tortilla, then top with 2 Tbsp of the white sauce. Roll the tortilla up around the filling and place it seam side down in the baking dish. Repeat with the remaining tortillas. When all the tortillas have been filled, spread the red sauce over them. Bake covered for 20 minutes, remove the cover, and bake 5 more minutes to brown.

VSH CookTip:

Roasted vegetables have many other uses. USE them, for example, to make delicious sandwiches. Just choose a hearty whole grain bread for the base!



VSH Bookstore Items

Books

- The (Almost) No Fat Cookbook* \$12.95
Bryanna Clark Grogan
- Animal Connection* **6.95**
Agatha Thrash, M.D.
- A Basic Course in Vegetarian & Vegan Nutrition* 21.95
George Eisman, R.D.
- Cook Healthy Fast*..... 15.95
Dick Allgire
- Cooking with Natural Foods* 14.95
Muriel Beltz
- Diet for a New America* 14.95
John Robbins
- Eco-Cuisine*..... 16.95
Ron Pickarski
- Fabulous Beans*..... 9.95
Barb Bloomfield
- Fat-Free & Easy*..... 10.00
Jennifer Raymond
- Friendly Foods*..... **16.95**
Ron Pickarski
- Garden Cuisine*..... **19.50**
Paul Wenner
- Healthy Heart Handbook* 11.95
Neal Pinckney, Ph.D.
- McDougall Health-Supporting Cookbook Vol. II*..... **9.95**
Mary McDougall
- Mega Health*..... 14.95
Marc Sorenson
- The Peaceful Palate* **15.00**
Jennifer Raymond
- Pregnancy, Children, and the Vegan Diet* 9.95
Michael Klaper, M.D.
- A Race for Life*..... 14.95
Ruth Heidrich, Ph.D.
- The Scientific Basis of Vegetarianism*..... 15.95
William Harris, M.D.
- Simply Good*..... **7.95**
C.C.C.T.
- The Uncheese Cookbook*..... 11.95
Joanne Stepaniak
- Vegan Nutrition: Pure and Simple*..... **9.95**
Michael Klaper, M.D.

- The VSH T-Shirt* 15.62
Specify **S M L XL Women's One Size**
- I Speak Vegetarian T-Shirt*..... 15.62
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See the form on the back page to order, apply for membership or make address change.

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

Please check one:

- a \$ 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)

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Please check one:

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- Associate
(not yet a vegetarian)

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Members receive our quarterly newsletter; call or write us for a free back issue. Members also receive many discounts on **products**, services and activities.