

The Island Vegetarian

a quarterly publication of the Vegetarian Society of Hawaii

supporting human health, animal rights and ecology

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Ask Dr. Klaper

Michael Klaper, M.D. answers your questions

I am a vegetarian and was surprised when my doctor told me my blood pressure was somewhat elevated. What would cause elevated blood pressure in a vegetarian, and, more importantly, what can I do about it? B.V. Kaneohe

Let's begin by understanding what a blood pressure reading, like "120 over 80," really means.

With each heartbeat blood is forced out of the heart into the large blood vessels of the body with a surge of pressure. The first number of a blood pressure reading (in this case, "120") represents the pressure in the arteries at the moment of peak contraction of the heart muscle—the highest pressure the blood vessels have to deal with during the cardiac pumping cycle (this contraction is known as "systole" pronounced, "sis-toll-lee;" consequently, the pressure in the arteries at the height of systole is called the "systolic" pressure).

(See Ask Dr. Klaper, page 4)

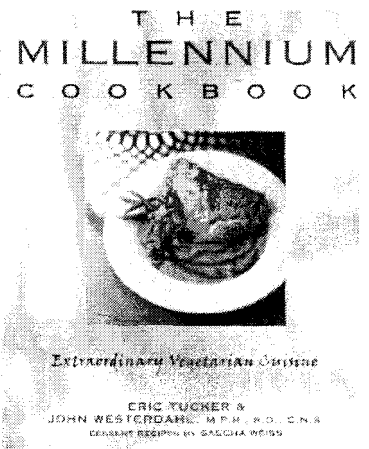
Review of The Millennium cookbook

By Dr. Neal Pinckney

The usual vegetarian cookbook offers a healthful and appetizing array of recipes, presenting the standard fare we expect and love. The Millennium Cookbook by Eric Tucker and John Westerdahl is a rare and welcome exception. Here is a visually pleasing and well organized collection of over 250 original and imaginative delights, worthy in every respect of the Millennium name.

If you've never had the adventure of eating in San Francisco's Millennium restaurant, you'll have to rely on the excellent color photographs in the book for an idea of how exciting this can be. Each dish is a visual work of art; the flavors, textures, and aromas are both subtle and exotic, yet pleasing to the most finicky palate.

The Millennium Cookbook's recipes are all vegan (no eggs, no dairy), some simple and relatively quick to prepare, others requiring the preparation that must be given to a culinary



Inside, Elaine French reviews her dining experience at Saigon Cuisine. Turn to page 3 for the full scoop.

(See Millennium Cookbook, page 6)

President's Message

By Alida Rutchick, M.Ed.

The Board of Directors restructuring announced earlier in this term has resulted in a reestablishing of priorities that has allowed us to more effectively focus our volunteer time and resources. After a series of brainstorming and soul-searching sessions the Board members reached the consensus that the most immediate need of our organization is to maintain a viable presence in our community, and the most effective way to do this is by 1) holding monthly public lectures that inspire and educate, 2) participating in health-oriented events that reach interested audiences, 3) widely disseminating an informative and educational newsletter, and 4) maintaining a smoothly run administrative operation behind the scenes. Our new committee structure flowed naturally from these established priorities, and at this time we are progressing well toward our goals. This is not to say, of course, that we don't welcome additional helping hands and minds. Each assigned task can use an assistant, so there is most likely a place for any interested potential volunteer.

Some of you may have heard about the recent burglary of the VSH office in Puck's Alley. Fortunately, little physical damage was done. Marcia and Jim Deutch along with Alene and Richard Ishikawa were instantly on the spot to communicate with authorities and to assure that our office security was reestablished and enhanced. With the help and generosity of VSH founding Board member Dr. Bill Harris our most critical need was met. The very next day Dr. Harris replaced our burgled computer equipment with a new system that allows our membership data to be used and stored in a way that protects against future disasters, natural or otherwise. Dr. Harris's dedication not



*Vegetarian Society of Hawaii President,
Alida Rutchick, M. Ed.*

only to the larger cause of vegetarianism but to our organization in particular has been touching to me personally, and I'm sure that I speak for all of us who are aware of the contributions he has made over the years-of time and effort, caring, equipment, funds, and more.

On a similarly positive note, we're happy to announce that Laurie Veatch has begun coordinating our dine-outs and actively serving on our legislative liaison committee, and Alyssa Moreau has volunteered to update our popular dining guide. We welcome these committed vegetarians to our band of volunteers, and we look forward to working with them on these and other projects.&

Legislative Link

By Patrick Moore

The Legislative Liaison needs your help. Our legislators in the Senate and the House of Representatives need to be enlightened. The best way for that to happen is for all of us to share with them the truth that we know. Some of our goals for this, the Twentieth Legislative Session, are:

1. Recognition and support for the health values of locally grown fruits and vegetables.

2. Recognition and support of the Five a Day fruit and vegetable program recommended by the National Cancer Institute, the Hawaii State Health Department (Mae Isonaga, Dept. of Nutrition 586-4671), and the Dole Company*
3. No state government support of cancer- and disease-causing food products.
4. A vegetarian food option on the menus of the public schools at all levels.

We want to gather as many people as possible who agree with us to speak loudly to our legislators. The best impression is made by a personal testimony at committee meetings. The health of the residents, the animals, and the environment of the State of Hawaii is in our hands. What will you do with this important responsibility? It has been said, "To whom much is given, much is expected." We have been given the special knowledge about the link between diet and health. You can e-mail or discover how to fax your legislators easily on the net*. This is a big improvement over the FYI /ACCESS dinosaur of last year (808-587-4800), so take a look if you can. If you can't, GTE Hawaiian Tel puts out a Telephone Directory of Elected Officials that you can get at any Phone Mart. You can be an integral part of correcting some serious wrongs on this island. Please help. We intend to post legislative alerts on the Veg-HI Listt and on the VSH web site*&

*National Cancer Institute:

<<http://rex.nci.nih.gov>>

*Dole Company:

<<http://www.dole5aday.com>>

*Hawaii State Legislature:

<<http://www.capitol.hawaii.gov>>

*Vegetarian Society of Hawaii:

<<http://www.vsh.org>>

†Join other vegetarians online. Send an email to waste@waste.org with the following command in the message body:
subscribe veg-HI-digest

Restaurant Review— Saigon Cuisine

By Elaine French

One of the pleasures of living in Honolulu is exploring our Asian restaurants. Whereas vegetarians in the Midwest sometimes despair when faced with endless steak house salad bars, we take for granted an impressive choice of fragrant and colorful plant-based meals. In search of Vietnamese food to compare with ever-popular Diem's, Mary Arakaki and I ate lunch at Saigon Cuisine, a three-year-old restaurant on Beretania Street opposite Aala Park.

“Our waiter understood immediately when we requested no fish sauce.”

The restaurant's unassuming exterior gave way to a peaceful dining area whose beauty unfolded as we relaxed. Tables were spaced far enough apart for comfortable and intimate dining. Soft music played as we admired the pastel murals of Vietnam that covered the walls, and the tasteful furnishings of bamboo, wood, and black lacquer spoke of an attention to detail we hoped would extend to the food preparation. The menu did not have a separate vegetarian page, but there were many vegetable and tofu selections from which to choose, and brown rice was available. We ordered tofu rolls as an appetizer. Our waiter understood immediately when we requested no fish sauce; he suggested an egg-free vegetarian crepe



Delicious vegetarian meals are available at Saigon Cuisine. VSH Members receive a 70% discount with membership card.

and crispy noodles with vegetables. Our meal was exquisite. The peanut sauce served with the tofu rolls was thick and flavorful, and the large sprout-filled crepe came with a perfect thin dipping sauce. The crispy noodles were cut in bite-sized squares and sautéed with nicely seasoned vegetables.

While chatting with our waiter, we learned he was Mr. Tom Vu, the owner. His family ran a successful restaurant in Ho Chi Minh City, and his love of cooking started at a young age. When we complimented his cuisine, he went to the kitchen and came back with samples of fresh Vietnamese herbs to show us, enthusiastically explaining the flavors and uses of each.

Saigon Cuisine offers a takeout menu with a separate veggie section and also does catering for private parties. Prices are reasonable, and VSH members receive a 10% discount. Hours are Monday 10 A.M. 2 P.M. and Tuesday through Sunday 10 A.M. – 10 P.M. There is street parking on Beretania after 6:30 P.M., and the lot behind the building (on Aala Street) validates parking for one hour with a \$1.00 charge for an additional hour. The address is 230 North Beretania Street #100A; phone 545-3835.

Take note. . .

- Ask the Doctor - Michael Klaper, M.D. answers your questions live on the radio Thursday mornings at 11:00 A.M. on KAOI 1110 AM. Call 2449533 (call-in questions begin at 11:15 A.M.).
- Nutrition and You - Every Sunday from 7:00-9:00 P.M., K108 AM radio presents "Nutrition and You," with Terry Shintani, M.D., and Ruth Heidrich, Ph.D. Call in to the show at 524-1080.
- Weekly one-hour TV program - The Vegetarian Society of Hawaii. All programs air on ATTN2 (Channel 52 Oceanic, 23 TCI) Thursdays at 7:00 P.M.
- The American Vegan Society - The 39th Annual Convention of The American Vegan Society will be held July 28 - August 1 on the modern campus of The University Of Colorado at Boulder. The theme will be "Simply, A Better Life." Full details from American Vegan Society (a non-profit, educational organization), P.O. Box H, Malaga NJ 08328. Phone (609) 694-2887.

The Island 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.

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Ask Dr. Klaper
continued from page 1

The second number (in this case "SO") is the pressure in the arteries while the heart relaxes as it fills with blood before the next beat—a moment of rest and recuperation for the tissues of the artery walls and the lowest pressure the arteries have to deal with (this relaxation phase of the heart is known as "diastole" pronounced, dye-as-toll-lee;" consequently, the pressure in the arteries during this filling phase is known as the "diastolic" pressure). So, the two numbers of a blood pressure reading tell us the highest and lowest pressures to which the artery walls are subjected.

Why is this important?

It has been said that "a person is as old as his or her arteries." These vital

vessels bring essential blood flow to every cell of the body. Flexible, wide-open blood vessels are the markers of youth and health. If the blood pressure is consistently elevated—with systolic pressures exceeding 140 mm/Hg and/or diastolic pressures exceeding 85 mm/Hg on multiple readings—the owner of the arteries has a problem. When arteries are subjected to sustained, increased pressures, the walls of the arteries thicken and stiffen—a process that can trigger the accumulation of cholesterol plaques in the inner walls of the arteries. These plaques fuel the atherosclerotic clogging of blood vessels throughout the body, leading to heart attacks, strokes, kidney failure, blindness, and more.

Blood pressure, however, rises and falls from moment to moment as we think, breathe, and change position. Elevated blood pressure (known medically as "hypertension") should, therefore, never be diagnosed on the basis of one, or even two, readings at the doctor's office or by a

pneumatic blood pressure device at the pharmacy. These types of blood pressure measurement are notoriously inaccurate. More often, they reflect a physiologic response to being in a physician's office or in public at the drugstore with the arm about to be squeezed by a one-size-fits-all machine. The excitement (or fear) in these situations can result in increased heart rate and higher adrenalin levels, which can in turn elevate the blood pressure reading in that moment and do not necessarily indicate a serious blood vessel disease.

The diagnosis of hypertension should

"Vegetarians are at lower risk for elevated bloodpressure. . . "

not be made, therefore, until at least three readings are obtained on separate occasions—after the person has been sitting quietly (or preferably, lying quietly in a supine position) for at least five minutes. The best way to do this is with an inexpensive blood pressure measuring device (sphygmomanometer) that can be used at home. These devices are available at pharmacies and medical supply stores. Readings should be taken several times daily over the course of several weeks. These collected readings will provide the truest reflection of an individual's actual blood pressure status.

Basically healthy people do not develop sustained, elevated blood pressure. Consequently, diagnostic investigation should be done to assure that a recent onset of bona fide high blood pressure is not due to a significant and treatable medical condition. These conditions include glandular diseases (such as dysfunction of thyroid or adrenal glands) as well as kidney disease (cysts, clogging

of renal arteries, autoimmune injury, etc.). Any licensed physician can arrange the blood and other tests required to rule out the aforementioned causes—steps that should be taken before any long-term treatment is begun for hypertension.

If all tests for serious organic disease are negative and the vegan or vegetarian person is not obese or a cigarette smoker, he or she should consider nutritional and metabolic conditions as possible causes of his or her elevated blood pressure. These conditions include:

1. insufficient intake of the minerals magnesium and calcium,
2. relative deficiency of essential omega-3 fatty acids,
3. relative deficiency of trace minerals such as zinc and manganese,
4. excessive intake of refined sugars and other simple carbohydrates, and
5. excessive intake of hydrogenated oils, saturated fats, and processed vegetable oils, which can raise blood viscosity

A reasonable strategy that addresses all of these possible causes would include:

- (1) "Streamlining" the diet by eliminating obvious sources of white flour products (e.g., pastas, breads, refined sugars, etc.) as well as hydrogenated oils, fried foods, saturated fats, and excessive use of liquid vegetable oils. Markedly increasing the consumption of potassium and magnesium-rich foods, such as dark green leafy vegetables, bananas, and whole legumes.
- (2) Taking 500 mg. each of calcium and magnesium in the morning and again in the evening (these can be combined in the same tablet; if the supplement tablet also contains 15 to 30 mg. of zinc, so much the better).
- (3) Assuring adequate vitamin and mineral levels by taking a good high-potency multivitamin/mineral preparation, preferably a "top of the line" formulation of a major brand at the natural food store. Each tablet (or the total number of tablets to be taken during

the day) should contain approximately: Manganese 2-4 mg. Selenium 100-200 mcg. Chromium 100-200 mcg. Copper 1 to 4 mg. Vitamin C 200-1000 mg. Vitamin E 200-400 I.U. (preferably mixed tocopherols). (You can get good combinations of Vitamin C, Vitamin E, and selenium in many brands of antioxidant tablets.)

(4) Assuring adequate amounts of omega-3 essential fatty acids by adding one or two teaspoons of flax seed, hemp seed, or evening primrose oil to your daily diet. Use these nutritional oils, unheated, over vegetables, in salad dressings, or "straight" off the teaspoon.

(5) Taking extracts of the leaves and berries of the hawthorn tree in two doses totaling 900 mg/day.

It is well known that daily exercise is a powerful tool in helping to optimize blood pressure naturally. So too are relaxation techniques, meditation, and biofeedback; all of these can be mastered with relatively little effort and utilized with great effect. Use of these methods should be reported to your physician or other health care professional. If you are taking prescription blood pressure medications, doses may need to be lowered as the blood pressure readings head toward normal.

Vegetarians traditionally are at lower risk for elevated blood pressure for very sound physiologic reasons. If there is no serious underlying disease, the above strategies should produce more normal blood pressure readings within a few weeks. 🌱

* "Weeds and Seeds: The Evidence Behind Natural Products," Shaughnessy, Allen F., Pharm.D., Family Practice Recertification, October 1997; 19(10):53-56.

Michael Klaper, M.D. (drklaper@maui.net) is a nationally recognized author, lecturer, and authority on vegetarian nutrition. This column is not intended as a substitute for seeking medical advice; readers should consult with their own physicians for issues of concern.

Vegetarian Calendar

Monthly public lectures are held at the Ala Wai Golf Course recreation facility, second floor, 404 Kapabulu Avenue, 0.2 miles behind the Waikiki-Kapabulu Library, beginning at 7:00 P.M. All lectures are free and open to the public.

■ March 8 (Monday): CARL V. PHILLIPS, Ph.D., assistant professor at the University of Minnesota's School of Public Health and science advisor to EarthSave, will speak on "Science and Vegetarianism: Getting Our Facts Straight." Dr. Phillips has written pamphlets on many aspects of vegetarianism and is a popular lecturer nationwide. After earning his Ph.D. in Public Policy from Harvard University, he studied health and environmental issues at the University of Michigan for two years. He then began Sci-Veg on the Internet for the discussion of scientific issues relating to vegetarianism. We are fortunate to have him fly out to join us for this special evening.

■ April 12 (Monday): JOHN WESTERDAHL, MPH, RD, CNS took over the radio program "Nutrition and You" after its founder, Dr. John McDougall, left for the mainland a number of years ago. Subsequently John also left the islands but has recently returned and is again co-hosting "Nutrition and You." He is also the new Director of Health Promotion and Nutritional Services at the Castle Medical Center, and he has co-authored "The Millennium Cookbook." He will tell us about "Eating Healthy in the New Millennium-The Future Role of Diet in Preventive Medicine."

■ May 10 (Monday): Join us for our Annual Membership Meeting. Officers will summarize the activities of the past year and report on major changes and decisions that have been made. Input from the membership is welcome, and the meeting is open to the public. What shall we make of this Society? (The evening's speaker will be announced at the March public lecture.)

Dineouts

Dineouts begin at 6:30 P.M. If you have a chance, please email Laurie Veatch (lauriev@aloha.net) or call 944- 1011 to let her know the number in your party. Members, their guests, and people considering joining VSH are encouraged to join in any or all dineouts.

■ Monday, March 15: Diem, tasty and inexpensive, especially on Mondays and Wednesdays when they offer a vegetarian special. Vietnamese. 10% discount to VSH members, except all-you-can-eat dinners on Mon. & Wed. for \$8.95. 2633 South King Street, Moiliili.

■ Wednesday, March 31: Cha-Cha-cha Salsaria, Mexican restaurant, must request vegetarian beans. Will omit cheese & sour cream upon request. 10% VSH discount. 333 Keahole St. (Hawaii Kai Town Center).

■ Friday, April 16: Buddhist Vegetarian restaurant at the Chinese Cultural Plaza. All vegan. Chinese. 5% discount for VSH members. 100 North Beretania Street #109.

■ Tuesday, April 27: India Bazaar, at Stadium Mall, is nearly all vegetarian. Indian deli; simple and inexpensive. 2320 South King Street.

■ Thursday, May 13: Pineland, on Keeaumoku Street, between King and Kinau Streets. Chinese, inexpensive; ask for their vegetarian menu. 1236 Keeaumoku Street.

■ Monday, May 24: The Pyramid, Mediterranean. A limited number of appetizing vegetarian items. Belly dancing in the evening. 10% discount for VSH members. 758 Kapahulu Avenue.

masterpiece. A nutrient analysis that includes calories and percentages and grams of fat carbohydrates, protein, cholesterol, sodium, and fiber is provided for each. Many of the recipes have low fat directions that omit oil. In addition to devoting a section on each course of a meal (with decadently delicious desserts by Sacha Weiss), there's a how-to section called "Basics," which covers cooking grains, making seitan, smoking tofu, preparing stock, and more. This section alone is worth the \$19.95 price.

The book is a faithful representation of a Millennium Restaurant experience. Having met Chef Eric and delighted my taste buds at the restaurant a number of times, I look forward to trying for myself the recipes included in the book. While I may not be able to reproduce the unique atmosphere of the Millennium Restaurant itself, I'll nevertheless have the pleasure of an eating adventure worthy of any special occasion. And when I want to give anyone who loves food, vegetarian or omnivore, a special gift, the Millennium Cookbook will be my choice.

The Millennium Cookbook is published by Ten Speed Press, PO. Box 7123, Berkeley, CA. 94707. Paperback, 10.25 x 8.25, 258 pp. ISBN: 0-89815-899-0.

Seal Pinckney (heart@aloha.net) is a retired psychotherapist and analyst who was told five years ago that he would soon die if he didn't have heart by-pass surgery. He didn't do either. Following the Omish program, he is well and active, helping others with support groups fostering low fat vegetarian lifestyle changes. He is the author of the *Healthy Heart Handbook*, including 76 low fat vegan recipes.

Dr. Pinckney runs a support group online for those who are trying to reverse or prevent coronary heart disease. To join the Healing-Heart list, send an email message to waste@waste.org with the following in the body: subscribe healing-heart-digest

Wild Mushroom, Wild Rice and Root Vegetable Roulades

From 'The Millennium Cookbook by Eric Tucker and John Westerdahl

MAKES 6 SERVINGS

This is a great fall or winter dish, and it can be made as elegant or as casual as you like. You can make both the filling and the Dijon Mustard-Lentil Sauce the day before, though this sauce actually comes together in under half an hour

2 leeks, washed and cut into 1/2 inch dice
4 cloves garlic, minced
1/4 cup dry sherry or vegetable stock
1 pound assorted cremini, shiitake and chanterelle mushrooms, sliced thin
2 parsnips, cut into 1/2-inch dice
1 turnip, cut into 1/2-inch dice
1 small butternut squash, cut into 1/2-inch dice
1 celery root bulb, peeled and cut into 1/2-inch dice
1 teaspoon dried thyme
1 teaspoon dried marjoram (optional)
1/2 teaspoon ground nutmeg
1 teaspoon dried sage
2 teaspoons sea salt
1 cup vegetable stock
1 1/2 cups cooked wild rice
1 cup cubed seitan, tofu, or tempeh (optional)
1/4 cup dried cranberries (optional)
1 package filo dough, thawed
Canola oil for brushing filo
Dijon Mustard-Lentil Sauce (see other recipe)
Cooked French lentils, minced chives, or fresh tarragon for garnish

To make the filling: In a large saucepan, cook the leeks, garlic, and sherry over medium heat until the vegetables are softened, about 10 minutes. Add the mushrooms, parsnips, turnip, squash, celery root, thyme, marjoram, nutmeg, sage, salt, stock, and wild rice, as well as the seitan and cranberries, if desired. Cover and simmer until the root vegetables are just tender, about 15 minutes. Remove from heat, stir in the wild rice, and let cool.

To assemble: Preheat the oven to 350°. Remove 2 filo sheets, place them flat on a work surface. Place a damp towel over the remaining filo to keep it moist. Brush the 2 sheets with oil, then cover with 2 more sheets and brush with oil again. Repeat the process until 8 sheets have been used. Spread the filling on the bottom third of the filo stack in a bed about 2 inches deep and 2 inches thick. Starting at the bottom, roll the stack into a tight cylinder. Cut it into four portions, transfer them to a baking sheet, and bake for 20 minutes, or until crust is golden.

Place about 1/3 cup of Dijon Mustard-Lentil Sauce in the center of a dinner plate. Slice a filo roulade in half diagonally so each piece of filo looks like a triangle. Place two filo triangles standing up in the center of the plate. Sprinkle with lentils, chives, or tarragon.

NUTRITIONAL INFORMATION PER SERVING:

433 Calories (10% from fat), 15 g Protein, 82 g Carbohydrate, 5 g Fat, 0 mg Cholesterol, 689 mg Sodium, 10 g Fiber.

Dijon Mustard-Lentil Sauce

From 'The Millennium Cookbook' by Eric Tucker and John Westerdahl

MAKES 3 CUPS

With this sauce I prefer using a red ale with a strong bitter hop flavor; stouts and heavy Belgian beers also work well. Any good beer of your choice will do—except maybe fruit beer

- 2tablespoonscornstarch
- 1 large yellow onion, cut into 1&inch dice
- 1 tablespoon olive oil (optional)
- 1/4 cup sherry or white wine
- 1/2 bunch fresh thyme leaves, or 2 teaspoons dried
- 1 twelve-ounce bottle of beer or non-alcoholic beer
- 1 cup apple juice
- 2/3 cup dijon mustard
- 3cups light vegetable stock
- 1 cup cooked French lentils
- 1/4 bunch fresh tarragon, leaves only
- 1/2 teaspoon ground black pepper
(or half black pepper, half green pepper)
- 2teaspoonssalt

Dissolve the cornstarch in 1/4 cold water and set aside. In a saucepan over medium heat, cook the onion, oil, and sherry until the onions are lightly caramelized, about 15 minutes. Add the thyme leaves and stir into the onions. Add the beer, apple juice, mustard, and stock. Simmer until reduced by one third, about 20 minutes. Add the lentils, tarragon, pepper, and salt, and whisk in

the cornstarch until the sauce is thick enough to coat the back of a spoon. Simmer 5 more minutes, remove from heat, and use or set aside. Will keep up to a week in the refrigerator.

NUTRITIONAL INFORMATION PER TABLESPOON:

(with oil) 25 Calories (36% from fat), 1 g Protein, 3 g Carbohydrate, 1 g Fat, 0 mg Cholesterol, 188 mg Sodium, 0.3 g Fiber

(without oil) 16 Calories (0% from fat), 1 g Protein, 3 g Carbohydrate, 0 g Fat, 0 mg Cholesterol, 188 mg Sodium, 0.3 g Fiber

Reviewer's note: Some ingredients are not always available in Hawaii, but close substitutes can be readily found. For example, daikon might serve for turnips.

: Public Lecture Recap

On December 14 VSH sponsored a free public lecture by Katsuhiko Yano, MD entitled "The Hawaii Heart Program: Latest Results." Begun in 1965, this program was designed to follow 8,000 men of Japanese ancestry living in Japan, Hawaii, and California.

Early in the study the Japan men had 15% fat in their diets, compared to 33% in Hawaii and 38% in California. The intake of animal fat and animal protein was much higher in Hawaii and California. Hawaii men have the lowest blood pressure levels but highest blood glucose levels, and although more Japan men are smokers, the average quantity of cigarettes smoked over a lifetime is higher for Hawaii men. All men in the study are of Japanese ancestry, yet those with diets high in animal fat have much higher

(See Public Lecture Recap, back page)

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: <input type="checkbox"/> \$20 regular (1 year) <input type="checkbox"/> \$12 full-time student (1 year) <input type="checkbox"/> \$30 couple or family (1 year) <input type="checkbox"/> \$400 life membership (add \$4 if for a foreign address) \$ <u>additional</u> donation Please check one: <input type="checkbox"/> Vegan (no animal products at all) <input type="checkbox"/> Vegetarian (no flesh, fish, or fowl) <input type="checkbox"/> Associate (not yet a vegetarian)
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Please make checks payable to:
Vegetarian Society of Hawaii
PO Box 23208
Honolulu, HI 96823

Items from our Bookstore

The (Almost) No Fat Cookbook (Bryanna Clark Grogan)	\$12.95
Animal Connection (Agatha Thrash, M.D.)	\$6.95
A Basic Course in Vegetarian & Vegan Nutrition (George Eisman, R.D.)	\$21.95
Cook Healthy Fast (Dick Allgire)	\$15.95
Cooking with Natural Foods (Muriel Beltz)	\$14.95
Diet for a New America (John Robbins)	\$14.95
Eco-Cuisine (Ron Pickarski)	\$16.95
Fabulous Beans (Barb Bloomfield)	\$9.95
Fat-Free & Easy (Jennifer Raymond)	\$10.00
Friendly Foods (Ron Pickarski)	\$16.95
Garden Cuisine (Paul Wenner)	\$26.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.)	\$11.95
McDougall Health-Supporting Cookbook Vol. II (Mary McDougall)	\$9.95
Mega Health (Marc Soernson)	\$14.95
The Peaceful Palate (Jennifer Raymond)	\$15.00
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.)	\$9.95
A Race for Life (Ruth Heidrich, Ph.D.)	\$14.95
The Scientific Basis of Vegetarianism (William Harris, M.D.)	\$15.95
Simply Good (C.C.C.T.)	\$7.95
The Uncheese Cookbook (Joanne Stepaniak)	\$11.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.)	\$9.95
The VSH T-Shirt (Specify S M L XL Women's One Size)	\$15.62
I Speak Vegetarian T-Shirt (Specify M L XL)	\$15.62

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To order items from the bookstore, fill out the form on page 7 with your name and address. On a separate sheet of paper, list the items you would like to purchase, and add 15% to the total for shipping. Please make check payable to Vegetarian Society of Hawaii.

Public Lecture Recap
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rates of heart disease. Japan men have the highest incidence of stroke, and the lifestyle factors causing this statistic are not completely clear. Still, this study has provided compelling evidence over time that heart disease and stroke are diseases of lifestyle and not of genetics.



WILLIAM HARRIS M.D.
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