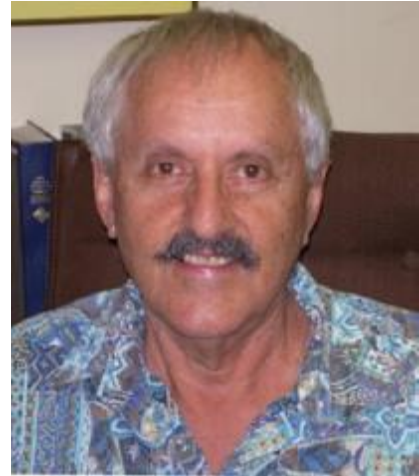


CONFESSIONS OF A LOW CLASS VEGAN

A PRESENTATION BY

KARL SEFF, PH.D.



Let me remind you of a simpler side of yourself. Think of the meaning of a big bowl of wholesome food to a desert traveler in ancient times. Tofu can be eaten directly with some added flavor; frozen peas don't need to be cooked. Fresh baked whole grain bread is yours without having to bake it. A hot chunk of orange squash with cold kim chee is delicious. A whole dinner can come from a cast-iron Dutch oven. Don't be ashamed to eat a banana or a bell pepper out of hand, or, with a sauce of your choosing, a carrot or a cucumber. Recipes? Meal planning? Yes, but it can be so simple with little washing up to do. Whom are you trying to impress? It is not hard for a vegan to prepare and love a plain healthy dinner.

TUESDAY, OCT. 9, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

Maui — Dr. Seff will also be speaking on Maui on Tuesday, October 2nd, at 7 p.m., at Cameron Center, 95 Mahalani St., in Wailuku.



Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit VSH.org

Karl Seff earned his Ph.D. from M.I.T. and has been a Professor of Chemistry at U.H. Manoa since 1968. He has authored more than 260 scientific papers. He has been a vegan since April, 1991 and has been on the Board of Directors of the VSH since 1992.

**FREE Admission &
Refreshments**

Refreshments courtesy of Down To Earth.