



The *VEGETARIAN*

*SOCIETY* of

*HONOLULU Quarterly*

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**\* supporting human health, animal rights, and ecology \***

### President's Message



Aloha friends;

I spent the first week of August in Portland, Oregon at the North American Vegetarian Congress. Vegetarian experts from across the country presented lectures, workshops and food demonstrations. One thought-provoking speaker was Howard Lyman, a former cattle rancher and the Executive Director of Beyond Beef. He spoke about bovine spongiform encephalopathy (BSE), also known as mad cow disease; BSE produces sponge-like holes in a cow's brain, leading to crazy behavior and death. Transmissible spongiform encephalopathy (TSE) can be passed from one species of mammal to another by eating infected flesh, and normal forms of sterilization do not destroy the infectious agent. Fear of this disease has turned thousands of Britons into vegetarians. Mr. Lyman presented compelling evidence that the disease also infects U.S. herds and is a public health disaster in the making.

TSE in sheep is known as scrapie. British cows got BSE by being fed the ground up remnants of scrapie-infected sheep. (This highly unnatural food for cows is euphemistically known as a protein supplement and is used to produce more milk in dairy cows and to maximize growth in beef cattle.) Infected cows were then fed to other cows, spreading the disease further. Since a cow can be infected for three to eight years before showing symptoms, many Britons have undoubtedly eaten contaminated beef. Although in 1988 the British government banned the feeding of ruminant animals to other ruminants, the damage has already been done. Deaths have occurred in pet cats and several species of zoo animals, all of which consumed cattle products. One dairy farmer who drank the milk of his BSE-infected herd for seven years has died of CJD, a human form of TSE. If humans have contracted the disease from cows, which is a reasonable assumption, the incubation period may be from 10 to 30 years. The U.S. government maintains that BSE has not infected American herds. Some veterinary scientists, such as Richard Marsh from the University of Wisconsin, believe differently. Although U.S. cows do not show the crazy behavior associated with European BSE, the incidence of "downers" in American cattle is increasing dramatically. These are cows that just fall down and don't get up again, and Marsh thinks they are manifesting BSE in a slightly different form. When downer cows were fed to mink on a farm, the mink developed transmissible mink encephalopathy (TME) and died. Not all cases of dementia in Americans turn out to be Alzheimer's disease upon autopsy. Research at the University of Pittsburgh indicates that 5 1/2 percent of the four million Alzheimer's patients in the U.S. may actually have CJD. The USDA and FDA have responded strangely to these ominous warnings. They have not banned the feeding of sheep or cows to other cows. They have not warned Americans to avoid beef. Instead, they have developed a public relations strategy to deal with the issue. They will need it when the public learns the biggest danger yet associated with eating beef.

Best wishes,

-Elaine French



# Honolulu Herbivore Happenings

Fall 1993



Monday, September 6:

Informal dinner at 6:00 P.M. at Fu Lu Shou, a classic Vietnamese/Indonesian BENELUX restaurant at 1451 S. King just past Keeaumoku. Validated parking, no reservations necessary. Questions? Karl Seff, 395-9960 (H) or 956-7665 (W)

Tuesday, September 14:

Monthly meeting of the Society. Bill Harris, M.D., 43-year vegetarian, will present his video, "The Scientific Basis of Vegetarianism," and will follow with a question and answer period. 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street.

Sunday, September 19:

Adopt-a-Highway cleanup from Koko Marina to Sandy Beach. Meet at 9:00 A.M. in front of Foodland at Koko Marina Shopping Center, 7192 Kalaniana'ole Hwy (at Lunalilo Home Rd). Refreshments and prizes along the way. For more information call 538-6168.

Wednesday, September 22:

Have you still not visited Henry Ford IV's Nuuanu mansion, leased to the Hare Krishnas? Wednesday is vegan night. All you care to eat and drink for \$7.50. 6:00 P.M., 51 Coelho Way, off the Ewa side of the Pali Hwy in Nuuanu. Call Karl Seff for directions, 395-9960 (H) or 956-7665 (W).

Tuesday, September 28:

The old LaSalsa in Restaurant Row, 500 Ala Moana Blvd., #5-D is now called Salsa Rita. Parking is free after 5:00 P.M. Join us at 6:00 P.M. for a Mexican supper at this old favorite. Enter parking lot on Pohukaina St. Host, as always, Karl Seff, 395-9960 (H) or 956-7665 (W).

Saturday, October 2:

World Farm Animals Day, Gandhi's birthday, and World Vegetarian Day all in one. Meet at the Gandhi statue fronting the Honolulu zoo at noon. Dr. Cromwell Crawford, Director of South Asian Studies at UH, will speak, and there will be food and music. Coordinator: Kat Lambert 624-3434.

Monday, October 4:

Easy parking at 6:00 P.M. on University, across from the U.H. Informal dinner then at the Coffeeline, 1820 University Avenue, near the corner of Sea View in the YWCA bldg. Jack Boyle, our guest speaker in August, is the chef. 395-9960 (H) or 956-7665 (W).

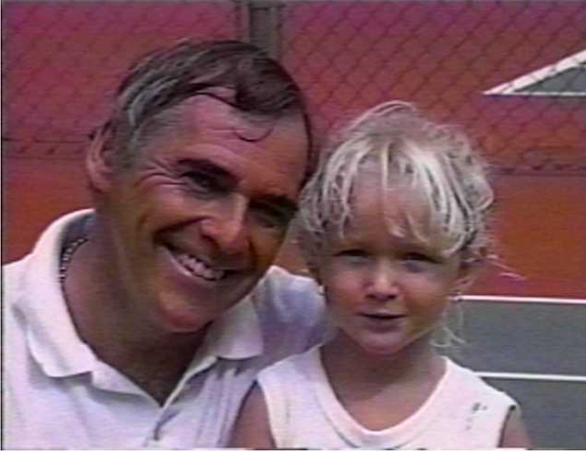
Tuesday, October 12:

Monthly meeting of the Society. 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street. Rosalind Philips, M.S., M.P.H., R.D., coordinator of nutrition and health programs at Castle Medical Center's Center for Health Promotion, will discuss "Recently Discovered Health Protecting Properties of Various Plant Foods".

Wednesday, October 20:

Diem's, at 2633 S. King, has a vegan menu now. Parking validated at corner of S.King and University. Come join us at 6:00 P.M. for Vietnamese food and get a 10% discount with your current VSH card, at this treasure. Karl Seff, 395-9960 (H) or 956-7765 (W)

Monday, October 25:



Peter Burwash, health and fitness author and lecturer, internationally acclaimed motivational speaker and media personality, and president of the world's largest tennis management organization, will speak on "A Practical Understanding of Exercise and Nutrition" at the Ala Moana Hotel in the Garden Lanai Room, 410 Atkinson Drive. 7:00-9:00 P.M. Tickets are available at Down to Earth Natural Foods, 2525 S. King St. or by sending a self addressed stamped envelope, with check made out to VSH, P.O. Box 25233, Honolulu 96825. \$7 for VSH adult members with current membership card and for non-members in advance; \$10 at the door for non-members.

Tuesday, October 26:

Join us at 6:00 P.M. for an informal gourmet Chinese dinner at the largely vegan Buddhist Vegetarian Restaurant in the Chinese Cultural Plaza. 100 N. Beretania. Reservations unnecessary. For more information call 395-9960 (H) or 956-7665 (W)

Monday, November 1:

Let me show you my favorite (and romantic) salad bar. Plenty good things and good hot bread for \$7.95. Join us at 7:00 P.M. at the original Buzz's, 413 Kawaihoa, on the river, across from Kailua Beach. No credit cards. Call Karl Seff to offer, or request, a ride. 395-9960 (H) or 956-7665 (W).

Tuesday, November 9:

Monthly meeting of the Society. 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street. Dick Allgire, Channel 4 news anchor, will discuss, "My Favorite Doritos Experience."

Wednesday, November 17:

The Greek Island Taverna is back. It is now at 1345 S. Beretania, near Keeaumoku. They're popular, so George Nikolaou asked us to begin at 5:30 P.M. Karl Seff, 395-9960 (H) or 956-7665 (W)

Wednesday, November 24:

Fourth annual Vegetarian Society Thanksgiving dinner. A pure vegetarian (vegan) dinner will be catered by Crepe Fever Restaurant at Ward Center at 6:00 P.M. The address is 1200 Ala Moana Blvd. Tickets are available at Eco Foods, 1541 S. Beretania, or by mailing a self addressed stamped envelope with your check made out to VSH, P.O. 25233, Honolulu 96825. Seating is limited, so purchase your tickets early. \$18 for adults, \$8 for children under 12, and no charge for children 3 and under. A \$2 refund will be given at the door to adult VSH members who present their current VSH membership cards. Questions about the menu or recipe ingredients should be directed to the Vegetarian Society at 395-1499, not to Crepe Fever.

#### **Related Events:**

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Every Sunday from 7:00-9:00 P.M., K108 AM radio presents "Nutrition and You", with Terry Shintani M.D., and triathlete Ruth Heidrich. Call in to the show at 522-5108. Events of the Vegetarian Society will be announced on the program.

On KITV-4's 5:00 news, Dick Allgire's Health Report presents vegetarian ideas, and now on *Thursdays*, Dick's vegetarian recipes.

"The Scientific Basis of Vegetarianism," a one hour video by VSH editor Bill Harris, M.D. will be shown Sundays, September 12 and 26, at 2:00 PM on cable access channels 22 (Oceanic) and 8 (Chronicle).

Watch VSH President Elaine French prepare vegetarian recipes on "The Vegetarian Chef", Mondays, at 6:00 PM cable access channels 22 (Oceanic) or 8 (Chronicle). The first four programs are now available on VHS tape (see *Items*, Page 2).

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## CALL TO ACTION

By the attendees of

The 4th Biennial Congress of the Vegetarian Union of North America

33rd Annual Convention of the American Vegan Society

WE CALL ON people who want to live long, healthy lives, people who care about world hunger, people who care about the environment, people who care about animals, and people who care about future generations, to recognize that we have a common goal that can be reached in large part through a common solution: a low-fat, vegetarian diet.

WE CALL ON the American and Canadian Heart Associations, Cancer Societies, Dietetic Associations and the USDA and the National Institutes of Health to spend no less than 50% of their current budgets on educating the public that a low-fat vegetarian diet can prevent and often reverse disease.

WE CALL ON the life and health insurance industries to acknowledge the reduced risk of heart disease, cancer, and many other diseases for people who follow a low-fat vegetarian diet.

WE CALL ON health care policy makers to recognize that a change to a low-fat vegetarian diet will substantially reduce health-care costs.

WE CALL ON public schools and other educational institutions to offer low-fat vegetarian diet options daily~

WE CALL ON hospital food service managers to serve low-fat vegetarian food especially to

patients, but also in cafeterias and on-site restaurants. We ask hospitals to focus on public education about truly health supporting nutrition.

WE CALL ON cardiologists, oncologists, family physicians, pediatricians, surgeons, and other physicians to study, counsel and implement low-fat vegetarian diets as Life-saving, cost-saving alternatives to drugs and surgery.

WE CALL ON North American professional chefs and restaurants to learn about and provide health-promoting vegetarian meals.

WE CALL ON the beef, egg, dairy and other animal product industries to cease their misleading advertising.

WE CALL ON the United States and Canadian governments to stop all subsidies to the animal

agriculture industry and to initiate transition programs for sustainable plant-based agriculture. The state of our health, our environment, and our economy mandate an immediate commitment. The time for this transition to a truly health-supporting, sustainable plant-based diet is NOW.

For the sake of ALL who live and ALL who will come after us, WE THE SIGNERS of this CALL. TO ACTION offer our expertise, cooperation, and support to ALL to help accomplish this essential transition.

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## RECIPES

### Red and Green Succotash

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- 2 cups dry lima beans
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 stalk celery, diced
- 1 15-oz can tomatoes, cut up
- 1 cup frozen corn
- 1 Tbsp cumin
- 1 Tbsp basil
- 1 tsp dried crushed red pepper
- 1/2 tsp salt
- 2 cups shredded fresh spinach

Cook lima beans in 8 cups of water until tender. Drain. In a large saucepan, saute onion, garlic and celery in 1/2 cup water until softened, about 10 minutes. Add more water if necessary to keep mixture from sticking to pan. Add tomatoes, corn, cumin, basil, pepper and salt. Simmer for 10 minutes to allow flavors to blend. Stir in spinach, cook until it is wilted. Serve over brown rice.

Last month at the vegetarian convention in Portland, I taught a cooking class on low fat appetizers; the following are three of the recipes from that class. I got the inspiration for the dill potato recipe from our office manager, Marcia Deutch.

-Elaine French

### Garbanzo Dip

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- 2 cups cooked or canned garbanzos
- 2 cloves garlic, cut in pieces
- 1 tsp salt
- 1 tsp cumin
- 1/2 tsp onion powder
- 1/2 tsp hot cayenne (or 1 tsp Tabasco)
- 1/4 cup fresh lemon juice
- 1/2 cup bean cooking liquid or water
- 1/4 cup chopped fresh coriander leaves

In a food processor, puree the beans, garlic, salt, cumin, onion powder, and cayenne until well mixed. Stop once or twice to scrape the sides of the bowl. With the machine running, add the lemon juice and enough bean liquid or water to make a dipping consistency. If you plan to refrigerate it, remember that it will stiffen as it cools. Mix

in the coriander just before serving. Serve with raw vegetables, pita bread triangles or pita bread crackers. (Bake the triangles in the oven at 350 degrees until crisp.)

### Barbecue Tempeh

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- 1 8-oz pkg five grain tempeh
- 1 cup tomato sauce
- 1/4 cup Sukanat
- 1/4 cup cider vinegar
- 2 Tbsp vegetarian worcestershire sauce
- 2 tsp chili powder
- 2 tsp dry mustard
- 1 tsp celery seed
- 1 tsp liquid smoke
- 1/2 tsp salt

Thaw the tempeh and cut it into quarters. Steam over boiling water for 20 minutes. Cut each piece in half horizontally, then in bite sized pieces. Combine all other ingredients in a small saucepan and heat for a few minutes to blend flavors. Put tempeh pieces in a single layer in an 8 X 8 pan and pour half the barbecue sauce over them. Broil for 5 minutes, then turn them over and cover with the rest of the sauce. Broil 5 more minutes and serve as an appetizer.

### Dill Potatoes

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- 20 very small red potatoes (about 3 lbs.)
- juice of 2 lemons (about 1/4 cup)
- 1 Tbsp reduced sodium soy sauce
- 1 tsp onion powder
- 2 Tbsp nutritional yeast flakes
- 2 Tbsp chopped fresh dill

Scrub the potatoes well and cut out any bad spots. Steam them whole until tender. (They can also be boiled or microwaved.) While still hot, cut in quarters and sprinkle the cut sides liberally with lemon juice, then with a little soy sauce. Sprinkle on onion powder, yeast and dill. If you have any lemon juice left you can add a little more before serving.

(Try putting the lemon juice and soy sauce in a spray bottle with a fine mist spray. This is a simple way to coat the potatoes evenly and quickly.)

### Nutrient (Percent of RDA per Calorie)

	Succotash	Garb-dip	B-Tempeh	D-potato
Calcium	161	159	156	78
Cholesterol	0	0	0	0
Fiber	508	475	215	246
Folate	501	20	45	883
Iron	361	435	315	234
Magnesium	452	263	108	255
Potassium	573	305	346	519
Phosphorus	250	302	276	251

Riboflavin	155	192	392	241
Thiamin	222	62	136	862
Vitamin A	373	106	205	3
Vitamin B12	0	0	0	7
Vitamin B6	256	29	90	534
Vitamin E	107	890	155	0
Vitamin C	518	967	613	551
Zinc	114	165	29	98

**Percent of Calories from:**

Carbohydrate	71	67	35	86
Fat	7	15	34	2
Protein	22	18	31	12

## Meet the Members



"I used to weigh 175 pounds and feel lethargic," says Katalina Lambert. In January, 1992, her husband Michael, a first lieutenant at Schofield barracks, was out in the field, so Kat took the opportunity to read a dozen books. "Then I went on a four day juice fast," she says, and by the end, "I was bouncing off the walls."

Aerobics, exercise, and a vegetarian diet came next, and in a month she had lost 20 pounds, finally bottoming out at 135. "I feel like a teenager," says Kat, "but I'm 24."

Well, that's pretty ancient all right, but she also noted some other changes. "The only time I feel pain is when I eat fat." Before the diet switch, cramps were a given. Only 2 out of nineteen periods have been crampy since then and those followed diet lapses like fried zucchini, fatty granola bars, and oily meals at restaurants. "I never had PMS but I could be ah...difficult to get along with." Males, take note. Unless you're a monk, female dietary patterns concern *you*, too.

"People don't realize they don't like meat until they've given it up for awhile," says Kat. "But you teach by example. Get to know people. Let them ask the questions. Tell them to give up meat for a week, not a lifetime." Then they find out for themselves.

"Children are very receptive," says Kat, who works as substitute teacher. A dozen neighbor kids enjoy hiking with her to Kolekole pass or the Manoa waterfall. "The young people are starting to see vegetarianism as the wave of the future."

She grew up in a home with 14 dogs and 9 cats, and there's a statue of a cow in her living room. "We should never kill anything unless it's absolutely necessary," says Kat, but environmental concerns are also important. "I want to protect the world for the children."

Her vegetarianism rubbed off on her maternal grandmother who noted big improvements in her rheumatoid arthritis on a near-vegan diet. Her father now dotes on rice and beans, and a brother-in-law leans toward veganism.

Kat grew up in Miami, and in the ninth grade gifted program got a governor's scholarship. In high school she competed in basketball, swimming, tennis, and volleyball. She was on the boy's wrestling team for three weeks, and her water polo team came in second in the junior nationals. She attended Miami-Dade College, then took

her B.A. at Florida International University. "Hawaii is like Florida, but with mountains," says Kat who would like to stay here and start a health resort. In the meantime she's a substitute teacher waiting to see if husband Michael's 1994 orders will take them back to the mainland, or keep him here in the Army's chemical decontamination program.

Meantime, Michael's become a pretty good vegan cook. "He felt pressured at first, but now he's developed an almond-tofu dish our neighbor swears is chicken," says Kat. Lieutenant Lambert feels he's in the Army to prevent war. With predatory nationalistic movements ever present, this may be close to the truth.

Katalina Lambert, our member with two animals, "cat" and "lamb", in her name has been an enormous help to VSH. She'll be coordinating the upcoming Peter Burwash lecture as well as World Farm Animal's Day, at the Gandhi statue October 2. She handled the "meatout" last year, and helped us evaluate the Kahuku Agricultural Park proposal. We're happy to welcome her as a new VSH board member.

-Bill Harris, M.D.

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## Fine Dining at the Bottom of the Food Chain

### *No Need Ask*

法華齋廚

*The Buddhist  
Vegetarian Restaurant*



100 N. BERETANIA STREET  
#109 CHINATOWN CULTURAL PLAZA  
HONOLULU, HAWAII 96817  
PHONE: 532-8218

Yes, there's a restaurant where you can order anything on the extensive menu without checking with the waiter, who has to check with the cook before you order. This is purely and simply vegan with no m.s.g. And you don't have to search for parking so, my darlings, what else could you ask for? Brown rice? Yes, of course they have it!

The Buddhist Vegetarian Restaurant is located in the Chinese Cultural Plaza with the entrance on River Street, convenient for my trips to buy vegetables in Chinatown. The ambience is more upscale than others in its price range. An elegant chandelier and linen tablecloths and napkins set a nicer than average tone.

The food, ah, yes, gluten, tofu, and vegetables abound, along with appetizers and soups aplenty. This is real Chinese fare, not adapted to American taste. I haven't yet tried the Cauliflower with Moss, or Stuffed Bamboo Pith, but they're on my list for next time.

We sampled the Dim Sum for lunch last April and again last week. They have a good variety, some fried and too greasy. But the char siu bow (manapua) was excellent. The Siu Mai, made with Chinese mushrooms, yams, and taro looked as good as they tasted.

For dinner, the assorted vegetables and mushrooms with pine nuts in taro basket was good looking. Shredded taro was formed into a basket shape and fried like a taco...very decorative but too much oil to eat. The Spicy Hot and Sour Soup was very hot--chili intensive to the max, a taste bud waker-upper. Braised, stuffed winter melon was good, too. The wait staff's English isn't always adequate, but there's been a host who is fluent in English to help answer your questions.

Enter the parking garage on Moanalua Street, pay one dollar for the two hour's parking. Phone 532-8218. Closed Wednesdays. Open 10:30AM-2:00PM and 5:30PM-9:00PM other days.

-Eva Wright

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## The Island Vegetarian

The VSH was well represented at the North American Vegetarian Congress held 4-8 August in Portland, OR. Major presentations were given by William Harris, M.D., and Ruth Heidrich, Ph.D., and cooking classes by Elaine French. In addition, Michael Klaper, M.D., Neal Bernard, M.D., Marc Sorensen, Ed.D., Robert Kradjian, M.D., were also "stars" of the conference, making it an exciting, action-packed five days. If you've never been to a conference like this, you definitely owe it to yourself to go...Bill Harris, M.D. also spoke at the *Summerfest '93* of The North American Vegetarian Society, at Bryant College in Rhode Island, 21-25 July. This was another swinging affair with tremendous vegan food, and lectures by dozens of speakers and health professionals with different approaches to the same message: "If you're serious about health, the environment, and ethics, better go veggie"... data released by the Hawaii Agricultural Statistics Service shows an 11% drop in beef production since April of last year. The drop was thought due to increased shipment of young cattle to the mainland...veteran vegetarian U.S. Representative Andy Jacobs (Indiana) has sponsored H. Con. Res. 4, "Expressing the sense of the Congress that federally funded school lunches should provide optional meatless meals"...

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## Miscellaneous

Members who want to have more involvement in VSH plans and activities are invited to attend our Board of Directors' meetings. This quarter's meetings will be held Sunday, September 12 and Sunday, November 7 at 3:00 P.M. at St. Clement's Church. Meetings start on time and can last as long as three hours. Please bring your valid membership card for identification.

Are you on the phone committee? You may be surprised to learn that the committee no longer exists. At our July Board meeting we decided that maintaining an updated phone list and adequate numbers of volunteers took too much work considering how seldom we used the committee. From now on, we will mail postcards to the members when we have urgent material to disseminate. Thank you to all volunteers who donated their time to make phone calls. We may call upon your services when we need to label and stamp postcards!

You may have noticed that we have no potluck dinners scheduled for the fall quarter. They have been discontinued until we find a volunteer to organize them. Unstructured potlucks were not successful because some people brought only a bag of chips or a loaf of bread, (and sometimes no food at all!), then expected to eat the food others had prepared. People who prepared a nice dish felt resentful, and the skimpy selection gave a bad impression to new and potential members. It cost us money to rent the room and we prefer to spend our membership dues on educational materials. An organizer should arrive early and open the room, bring paper plates, cups napkins and plasticware, collect \$1.00 per person attending, and check that each person's food contribution is appropriate. He or she should also make sure the kitchen is clean and should close up the room at the end of the evening. If not able to attend a scheduled potluck, the organizer must find someone to take his/her place.

We are sorry to report that we will not be able to host the 1995 American Vegan Society convention in Honolulu. In researching possible locations, member Clay Roberts was unable to find an Oahu school with dormitories, classrooms, an auditorium, a demonstration kitchen and kitchen staff willing to prepare vegan food under supervision. Many thanks to Clay for his efforts and to Marcia Deutch for assisting him.

The amount of office work required to keep VSH functioning continues to grow. Burn-out is a real hazard for the leaders of volunteer organizations who put in unbelievable hours of work for no pay. If one of our members is experienced at researching and writing grants and would like to contribute some time to helping us, we are looking for money to pay one person part time; this could partially compensate our weary President for her work! We would also like to train another office volunteer to process new members and renewals and answer correspondence. Call us today!

-Elaine French

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# Membership Discounts

(Show *current* VSH membership Card)

Attorney David L. Bourgoïn offers our members a 25% discount on all legal services. Phone 523-7779.

The Buddhist Vegetarian Restaurant, 100 N. Beretania, offers our members a 5% discount.

Classic Rustproofing, 1437 N. King St. 20% off rustproofing, fabric and paint sealants, waxing and polishing. Phone 848-0941.

Crepe Fever at Ward Center, 1200 Ala Moana Blvd. offers a free beverage with meals.

Diem Vietnamese Restaurant, 2633 S. King St., offers our members a 10% discount.

Down to Earth (both store and deli), 2525 S. King St., offers our members a 5% discount.

Fox Photo offers us a 40% discount on developing and printing, 25% off on enlargements, panoramic prints and reprints, and 20% off E-6 slide processing. Cameras at cost plus 10% at any location here. Send SASE to VSH for Fox discount card good on mainland.

Hana Plantation Houses resort on Maui offers us discounts of up to 25% off regular rates. For more information write to: P.O. Box 489-V; Hana, HI 96713. Phone: 1-800-657-7723 or (808) 248-7248.

Hawaiian Eye-Land, 1901 Kapiolani Blvd. Suite 195, offers us a 20% discount for contact lenses and eye wear. Phone 947-3121.

Hawaii Health and Fitness Guide (by mail only) is one dollar off the regular \$7.95 price plus free shipping and postage. Send \$6.95 to Aurora Productions; 4400-4 Kalaniana'ole Hwy Suite 174; Honolulu, HI 96821. State that you are a VSH member.

Huckleberry Farms, 1613 Nuuanu Ave., offers us a 10% discount on vitamins only.

Island Fender, 918 Ilaniwai St. off Ward Ave. \$25-\$100 discount on collision insurance deductibles. Phone 521-8757.

The Juice Stop at 1050 Ala Moana (Ward Warehouse at "The Food Express") offers us a 10% discount. 545-4022.

National Institute of Fitness (NIF) in St. George, Utah offers members a 10% discount, upon presentation of current VSH membership card at registration. For a brochure with information on NIF, send a SASE to us.

Petra's Keiki Garden (vegetarian daycare) offers 8% off the full time monthly fee of \$485 or off the part time monthly fee of \$300. Call 395-5829 for more information.

**Quote:**

**"Choose what is best. Habit will soon render it agreeable and easy."**

**-Anonymous**