

# CONFESSIONS OF A LOW CLASS VEGAN: THREE YEARS LATER

A PRESENTATION BY  
**KARL SEFF, PHD**



It's easy and inexpensive to eat well. You don't need to follow complex recipes to prepare dishes that are as satisfying as any offered at anyone else's home or at any restaurant. In fact, the chances of you getting what you want at home are usually higher than they are outside your home. You can keep the fat and salt content down, the nutritional value up, and get your belly full. But you will pay a price for this: some people will think that you are low class, like me. Whom are you trying to impress? It's not hard for a vegan to prepare and love a plain, healthy dinner!

**K**arl Seff, PhD, earned his BS degree in chemistry at the University of California, Berkeley, and his PhD in physical chemistry at the Massachusetts Institute of Technology. Then, after three years on the research staff at the University of California, Los Angeles, he joined the Chemistry Department at the University of Hawaii at Manoa, where he has been a Professor of Chemistry since 1968. He has published about 270 scientific papers in leading journals. He has been a vegan since 1991 and served on the board of directors of the Vegetarian Society of Hawaii for 23 years.

**TUESDAY, SEPTEMBER 8, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE., HONOLULU**

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

**THURS., SEPT. 17, 6:30-8 P.M.**

**DINE-OUT WITH DR. KARL SEFF**

**COFFEELINE, 1820 UNIVERSITY AVE.**

(INTERSECTION W/ SEAVIEW AVE.)

**1ST FLOOR OF ATHERTON YMCA ACROSS FROM UH MANOA**  
YMCA PARKING LOT ON METCALF ST. \$3, OR FREE STREET PARKING AFTER 6 P.M.

**INTERNATIONAL VEGAN DINNER CLUB PRESENTS:**

**AMERICAN CLASSIC VEGAN BUFFET MENU**

*Lentil Loaf with Mashed Potatoes and Gravy*

*Assorted Sautéed Vegetables*

*Herbed Dinner Rolls, New England Coleslaw*

*Warm Apple Crisp, Iced Herbal Tea*

**\$15, \$5 AGES 8-12, FREE AGES 0-7 (INCLUDES TAX & TIP)**

**RSVP WITH THE INTERNATIONAL VEGAN DINNER CLUB VIA**

**WWW.VSH.ORG/DINEOUTS, OR CALL (808)531-1929**

**NOTE: ALL DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.**



**Vegetarian Society of Hawaii**

**Join us!**

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

**FREE Admission  
& Refreshments**

**Refreshments courtesy of Down To Earth.**