



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Publication

supporting human health, animal rights, and ecology

Volume 10, Issue 2, June, 1999

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One Piece of Advice

By Michael Klaper, M.D.

As a physician whose medical practice focuses on applied nutrition, I am often asked, “If you had to give one piece of advice to help people improve their eating habits and state of health, what would it be?” My answer is simple: “Significantly increase your intake of pure water and of fresh fruits and vegetables.” I know, I know. . . You’ve heard it before and it sounds like homely, hackneyed advice. But consider the powerful benefits to be gained from heeding it. . .

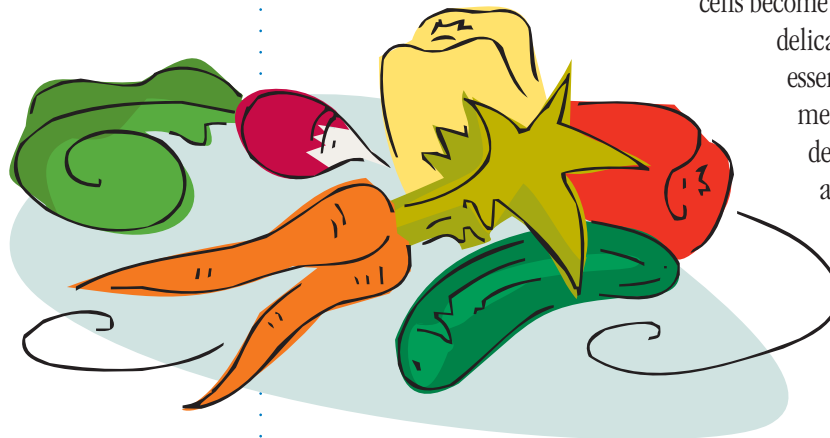
First, drink more pure water. It’s hard to overemphasize the importance of letting ample amounts of pure water flow through your body. Water is life. All the chemical reactions in our tissues and organs take place in the watery medium of our cells. If we don’t drink enough water each day, this precious liquid is lost steadily from our body, escaping through the urine, through skin perspiration, and in the moisture on our breath. As the water gradually leaves our tissues, the minerals and proteins dissolved within the

cells become more concentrated. This can alter delicate mineral balances and interfere with essential enzyme systems and cellular membrane function. Eventually tissue dehydration leads to organ dysfunction and premature aging. The description “dried up old man (or woman)” is all too accurate. Many of the changes we label as aging are actually the slow-motion dehydration of the skin, muscles, brain, and other vital tissues. Don’t let it happen to you. . .

Also, much of the dementing diseases and Alzheimer-like senility seen in people of advanced years is at least partly due to loss of water from the brain tissues. It has been noted that drinking three or four glasses of water per day significantly increases the mental sharpness and muscular strength of senile older people. Make it a point to drink some form of pure water—including fresh fruit or vegetable juices, herbal teas, or other healthful, watery drinks—every two or three hours throughout the day.



Michael Klaper, M.D.



(See Advice, page 6)

President's Message

By Alida Rutchick, M.Ed.

Things have been looking up at VSH lately. Most notably, we have filled our treasurer vacancy with none other than our founder and first president Elaine French. Skilled in the arts of budgeting, bookkeeping, and related matters, Elaine is uniquely qualified for the job, having served in this capacity for VSH a few years ago and having originally set up all of the operations of our organization. We are grateful to her for her willingness to fill this critical role. Thanks, Elaine, and welcome back to our Board!

On Earth Day Susan Dixon and David Bourgoïn staffed a VSH table at Down to Earth and recruited 30 new members! In April David did the same at the grand opening of the Down to Earth Lifestyle Center and interested many more in joining our organization. With well over 800 members now, we are well on our way to our goal of 1,000. Part of our membership growth is undoubtedly due to the efforts of Elaine Johnson, our publicity committee chairperson. Elaine is expanding and systematizing our outreach efforts, and now our membership



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

brochures are appearing in the offices of naturopaths, medical doctors, "healthy"

we have decided to include many more cooking demonstrations on our calendar

restaurants, news organs of like-minded organizations, and elsewhere. Elaine welcomes suggestions for other ways of getting the word out to the community regarding the benefits of both vegetarianism and membership in VSH.

There's also good news on the long-awaited update of the VSH dining guide. Alyssa Moreau, with the assistance of Barry Herr, has made great progress in locating restaurants that can meet our needs and in securing discounts for VSH members. It won't be long before this project is completed and the dining guide is available. Watch for it in your membership renewal packets and also at our free monthly lectures.

If you have been attending these lectures (and we hope you have!), you

have probably completed a meeting evaluation form, which we use to better understand the needs and interests of the people we serve. As a result of feedback received via the evaluations, we have decided to include many more cooking demonstrations on our calendar. In the upcoming quarter we will have two—one by VSH cofounder Jerry Smith and one by nutrition student and former Board member Mary Arakaki (see the meeting schedule elsewhere in the newsletter). Please continue to utilize this form at the meetings to give us your ideas and suggestions.

Lastly, Dr. Bill Harris, VSH founding Board member, has plans to combine his Kaiser Permanente Vegetarian Lifestyle Clinic's efforts with those of VSH. Because there's strength in numbers, and in order to deliver the vegetarian message more efficiently and effectively on various levels, Dr. Harris will be referring his VLC clients to VSH activities. This will allow him to devote more of his own time to the larger issue of governmental influence on our eating habits in the hope of encouraging broader, more systemic changes in dietary awareness and practices. See his report on the results of the VLC on page 5. 🍌



From the Editor...

Saigon Cuisine, reviewed by Elaine French in the previous issue, closed its doors unexpectedly just before the newsletter went to print. We hope this wasn't an inconvenience for anyone.

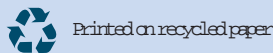
We encourage your comments and suggestions regarding this newsletter. Email iv@vsh.org or mail us at the address to the left. ^

The Island Vegetarian

The Island Vegetarian is published quarterly for the members of the Vegetarian Society of Hawaii, Post Office Box 23208 Honolulu, Hawaii 96823-3208; (808) 944-VEGI (944-8344); Email: iv@vsh.org

Call, write, or email for a free back issue. Or, visit the web site at <http://vsh.org> for newsletter archives and much more.

Donovan Watts Editor





Lois visits The Pyramids



Did you know that ancient Egyptians shaved off their eyebrows as a sign of mourning when the family cat died? They invented beer, and both sexes wore black or green eye liner. Where was I? Oh yes, restaurant review.

Waikiki, generally so lacking in restaurants with character, so lacking in restaurants that cater to vegans and vegetarians, has one little gem of a restaurant that fills this void. Unassuming from the street, the interior is an exotic treat: sandstone slabs, columns, hieroglyphs, exquisite filigree lanterns, glowing brass hookahs and elegantly robed Egyptians. Even the tables are fascinating, each place being set in papyrus depicting ancient Egyptian myths.

Owner Tarek and his wife Wafaa Guirguis are from Alexandria. Tarek told me that Coptic Egyptians observe 210 completely vegan days in the year. This must be why they serve so many delicious vegan and vegetarian dishes. I asked the local waitperson if she could read any of the hieroglyphs. She could not, but if you bring this review with you, you can use the translations above to do so. Order a glass of retsina while you read the menu.

Vegan dishes include fole (fava beans in spicy sauce), okra in a delicious tomato sauce, tabbouleh (finely chopped salad with cracked wheat, mint, parsley, olive oil, and lemon juice), hummous (garbanzo, garlic, and lemon puree), baba ganouge (eggplant, lemon, and garlic puree), grape leaves stuffed with rice and spices, falafel (garbanzo, onion, and spices patties), potato salad, pita bread, kosa (zucchini), and sea-

soned rice. Non-vegan vegetarian dishes include spinach and feta pie, fragrant rice pudding, and baklava (nuts, spices and honey in filo pastry).

Finish your meal with aromatic Egyptian cardamom coffee in a glass held in a filigree container. Ouzo is a perfect liqueur with Egyptian coffee.

Lunch time buffet or a la carte, service is efficient and the atmosphere is restful (a welcome break in the working day). Evenings are livelier with belly dancing at 7:30 and 8:30. VSH members receive 10% discount.

The Pyramids is at 758B Kapahulu Avenue, 737-2900, fax-737-8300. Hours of operation are Monday through Saturday from 11 A.M. to 2 P.M. and 5:30 to 10 P.M. and Sunday from noon to 3 P.M. and 5 to 9 P.M. Parking is on the street, rear courtyard; validated covered parking on Palini Ave.

By Lois Raynor



Translate this for a message from the author.



Jerry Smith
"Jerry's Burritos"

June 14

JERRY SMITH, cofounder of the Vegetarian Society of Hawaii, will demonstrate "Jerry's Burritos." Jerry manages (orders, hauls, discusses, sells) our literature table (books, pamphlets, tapes, T-shirts): you have seen him behind the tables at each of our monthly lectures. Now see him cook, and taste his delicious burritos! His demonstrations at Bill Harris's Vegetarian Lifestyle Clinic at Kaiser has been shown many times on Channel 52 (Thursdays at 7:00 P.M.)

Free 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. Call 808-944-VEGI for more information.

Mary Arakaki
"Food to Take on a Picnic"

July 12

MARY ARAKAKI, a Food Science and Human Nutrition major at the University of Hawaii, will present a summertime cooking demonstration entitled "Food to Take on a Picnic." Come and taste Mary's famous potato salad! Mary has demonstrated her recipes and cooking style at Dr. Harris's Kaiser Vegetarian Lifestyle Clinic. Tapes of these clinics have played repeatedly on Channel 52 (Thursdays at 7:00 P.M.)

Gailynn Williamson
"The Ethics of the Farm Fair"

August 9

GAILYNN WILLIAMSON, Ph.D., is president of Animal Rights Hawaii. A faculty member of the philosophy department at West Oahu College, her specialty is ethics. Her topic, "The Ethics of the Farm Fair" is timely, as that spectacle, with its animals headed for market and its many young exhibitors, will have just ended.



Summer Dineouts

Please join us at any of the Vegetarian Society dineouts. If you are able, please RSVP to Laurie Veatch at 944-1011 or email laurie@vsh.org. This allows us to let the restaurant know how many to expect. If you can't do that, come anyway. Enjoy good food and good company.

Wednesday, June 9: Green Papaya Cafe, Vietnamese. The menu has a vegetarian section that includes garden rolls, green papaya salad, mixed vegetables with curry tofu and vermicelli, as well as noodle dishes, soup, and various vegetable and rice dishes, some with tofu. 10% VSH discount. 555 North King Street, Shop 108, Kingsgate Plaza, at the intersection of Liliha, Dillingham Boulevard, North King Street, and Beretania; free parking.

Thursday, June 24: Phuket Thai, Great green curry, Thai noodles, ung choi. McCully Shopping Center, at the corner of McCully and Kapiolani.

Friday, July 9: Pali Gardens on Fridays features vegan selections from the Millennium restaurant in San Francisco as well as "The Millennium Cookbook" by John Westerdahl (see review in the March VSH newsletter or at the VSH website). Note: This dineout will begin at 5:00 P.M. to accommodate the 6:30 P.M. closing of the cafeteria, located at Castle Medical Center. 640 Ulukahiki Street, Kailua.

Thursday, July 22: Yen King, Chinese. The vegetarian section on the

menu has approximately thirty selections. Request no chicken stock and no eggs. 4211 Waialae Avenue in Kahala Mall near Star Market.

Wednesday, August 11: Irifune, Japanese. Request no fish sauce. Tasty with reasonable prices. 563 Kapahulu Avenue.

Friday, August 27: Island Salsa (the successor to Salsa Rita's), Mexican, all fresh ingredients, no lard. Will omit cheese and sour cream upon request. VSH discount. 500 Ala Moana Boulevard, Restaurant Row, downtown.

Vegetarian Lifestyle Clinic

William Harris, M.D. <vegidoc@compuserve.com>
Director, Kaiser Permanente Vegan Lifestyle Clinic

The Tuesday morning Kaiser Permanente Vegetarian Lifestyle Clinic (VLC) was inaugurated in January of 1997. Until my retirement from Kaiser and the Honolulu Same-Day Care Clinic in September of 1998 the clinic also hosted monthly evening seminars consisting of a cooking demonstration and brief lecture. The meetings were well attended by about 40 people each month, most of whom were those who had been seen individually in the morning clinic.

The purpose of the VLC was to counsel and assist Kaiser patients to reduce their risk factors for cardiovascular disease, obesity, cancer, and other degenerative conditions by eliminating dietary cholesterol and saturated fat by means of a strict vegetarian (vegan) diet. No smoking and a regular exercise program were also advised.

VLC Clinical Findings: Weight, height, pulse, respiration, and temperature were routinely recorded at each visit. The mean weight loss for 63 VLC patients over a one-year period was 8.6 lbs. with a high of 72 lbs. lost and a low of -7 lbs. (gained).

VLC Laboratory Findings: Changes over the same period in those for whom laboratory findings were available included a mean drop in cholesterol (21 patients) of 11.4 mg% and a mean drop in triglyceride (19 patients) of 48.4 mg%.

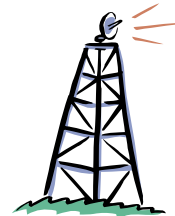
While I think that many patients benefited from the VLC and that most of the common medical diseases of western civilization are preventable and even curable by following a vegan diet and exercising regularly, the fact is that most people do neither. This

indicates that we are really dealing with a massive public health problem that is in part created by both the local and national governments who divert our tax moneys to support and subsidize the meat and dairy industries. I have therefore decided to suspend the activities of the VLC at this point to free up my retirement time. This will allow me more time to work with the Vegetarian Society of Hawaii (VSH) Legislative Liaison Committee in advocating to our legislators the passage of bills



Science Corner

By William Harris, M.D.



Cancer is not caused by faulty diet, nor is it caused by inadequate exercise, tobacco, environmental contaminants, bacteria, viruses, ionizing radiation, or heredity. Cancer is caused by a series of genetic mutations in DNA that may be either germline (inherited) or somatic (acquired during life). However, the chances of these mutations occurring in sufficient number (around 7) to result in cancer is affected by all of the preceding factors.

American investigators report that the cancer-protective substances in fruits and

that support a higher consumption of fruits and vegetables and the phasing out of our present agricultural support policies.

I will continue to offer my assistance at Kaiser for physicians, dietitians, and other health care

providers who have questions about vegetarianism either for themselves or their patients, including no-charge lectures to groups on a requested basis. Also, a downloadable self-calculating vegan diet spreadsheet "Dietque5.wb1" (Quattro Pro) or "Dietque5.xls" (Excel) was developed for the VLC and is available from me on request as an attached file at:

vegidoc@compuserve.com and at <http://www.vsh.org> on the web.

And lastly, my VLC "Getting Started" handout containing vegan dietary recommendations, nutrient-analyzed recipes, and practical suggestions on shopping and eating out, has been modified to be used as a free VSH handout. Watch for it on the literature table at our monthly lectures. 🐾

vegetables include the antioxidants (vitamins C, E, and Beta-Carotene), dietary fiber, flavonoids, folic acid, phytosterols, and at least 14 other generally unpronounceable substances. (Steinmetz KA, Potter JD. Vegetables, fruit, and cancer prevention: a review. Journal of the American Dietetic Association, Oct 1996;(10): 1027(13).)

The means by which these things protect against cancer initiation include the quenching of lipid peroxidation chain reactions, effects on cell differentiation, increased activity of enzymes that detoxify carcinogens, blocked formation of nitrosamines, altered estrogen metabolism, altered colonic bacterial flora, bile acid composition, pH, fecal bulk, preserved integrity of intracellular matrixes, effects on DNA methylation, maintenance of normal DNA repair, increased apoptosis (programmed cell death) of cancer cells, and decreased cell proliferation.

A recent study from Britain (Cummings, JH, Bingham, SA. Diet and the prevention of cancer. BMJ 1998;317:1636-1640) concluded that: "Vegetables and fruit are almost invariably protective for the major cancers. The evidence is best for a protective effect of vegetables in the large bowel and for fruits and vegetables in stomach cancer. . . . High consumption of meat, especially red meat and processed meat, is linked with higher risk of bowel, breast, prostate, and pancreatic cancer. There is some evidence of an association with lung cancer and of an association of barbecued meat and oesophageal cancer." This study also concluded that "up to 80% of bowel and breast cancer may be preventable by dietary change." 🐾

Advice
continued from front page

Consuming plenty of water also gives your kidneys needed fluid to adequately cleanse the blood of toxic wastes such as urea and creatinine. Forcing the kidneys to filter the blood with too little water injures the kidney tissues and may contribute to kidney failure. Signs of insufficient water intake are (1) the excretion of smaller volumes of urine with (2) a turbid appearance of the urine. Drink enough pure water to create approximately two quarts of almost crystal clear, straw-colored urine over a 24-hour period. (The turbid appearance of concentrated urine is from dissolved organic molecules and salts and is different from the deep yellow clear color that results from the riboflavin in many vitamin supplements. If you have any question about the cause of the coloration of the urine, ask your physician if a urinalysis is indicated.)

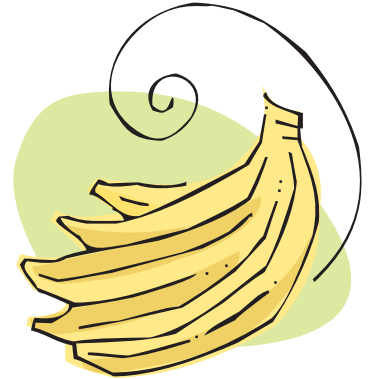
Of course, the more water you drink, the more important it is that the water is the purest possible. If you can, avoid drinking water that has had chlorine or fluoride added. If there is any question, have a sample of your drinking water supply analyzed through a state or commercial laboratory to detect the presence of any of the three most important groups of contaminants:

- 1) lead and other heavy metals from solder in pipes and municipal water mains and ground water contamination,
- 2) hydrocarbons such as benzene, pentane, and octane from leaking underground gasoline station reservoir tanks or seepage of jet fuel from airports or military installations, and
- 3) pesticides/fertilizers from agricultural run-off, biological contaminants from sewage-borne bacteria such as *E. coli* and *Salmonella*, and other microorganisms such as *Cryptosporidium* and *Giardia* from leaking septic fields.

Having your drinking water analyzed yields vital information and greater peace of mind. Some analyses at state or county laboratories are done without charge. Also,

Go Bananas!

What to do with those bunches of bananas that ripen all at once and then become overripe? One solution is to peel and freeze them to use in the future. Even better, bake them into something tasty and nutritious then and there. Here are two quick and easy recipes to make use of those very ripe bananas. Each is low in fat and high in fiber. While the recipes are similar the resulting textures are different. Also, the cake is the sweeter of the two and therefore more of a dessert. You'll need at least 4 good-sized bananas to make 2 cups mashed. The walnuts are optional in both recipes. By Adele Crooks



Banana Bread

1/4 cup non-fat soy milk	2 tablespoons roasted grain beverage powder, such as Cafix
6 tablespoons un-sweetened applesauce	1 teaspoon baking powder
6 tablespoons maple syrup	1 teaspoon baking soda
2 cups mashed bananas, the riper the better	1/2 salt
2 cups whole wheat pastry flour	1 cup chopped walnuts

Preheat the oven to 350 degrees. Spray or lightly oil an 8-by-8-inch cake pan. Thoroughly blend the soy milk, applesauce, maple syrup, and bananas in a food processor, mixer, or blender. Combine the remaining ingredients, except the nuts, in a large bowl. Mix well, being sure to crush any lumps of baking powder or soda. Mix the banana mixture into the dry ingredients, using as few strokes as possible. Fold in the nuts. Spread the batter in the prepared pan and bake for approximately 30 minutes. The bread is done when a toothpick inserted into the center comes out clean.

Banana Cake

1 cup raw sugar	2 cups whole wheat pastry flour
1/3 cup un-sweetened applesauce	1 1/2 teaspoons baking soda
2 cups of mashed bananas	1/2 teaspoon salt
1/4 cup non-fat soy milk	1 cup chopped walnuts
1 teaspoon vanilla	

Preheat the oven to 350 degrees. Spray or lightly oil a 9-to-10-inch diameter bundt pan. An alternative is a 9-inch square pan, but the bundt pan will bake the cake more evenly. Using a food processor, blender, or mixer, blend the sugar and applesauce together thoroughly. Add the bananas, soy milk, and vanilla to this mixture and mix well. Stir the flour, baking soda, and salt together in a large bowl. Add the banana mixture into the dry ingredients, stirring in with a spoon. Fold in the nuts. Spread the batter in the pan and bake for approximately 45 minutes. The cake is done when a toothpick inserted in the densest part comes out clean. Frost with your favorite vanilla icing or even better, simply serve with a scoop of vanilla non-dairy frozen topping.

some water suppliers are now printing the results of their water quality analyses on the back of the monthly water bill.

Based on the results of the analysis or other reliable information, choose an appropriate water purification or filtering treatment method (for example, filtering, ozonation, or reverse osmosis, to name a few). The different methods have different effects. For example, some methods remove hydrocarbons, but not heavy metals. If you have questions about which solution is best for your water, consult the Water Quality Association at (630) 505-0160. An investment in pure water is one of the best forms of health insurance possible. 🐾

👉 Watch for Dr. Klapser's advice on eating more fruits and vegetables in our fall issue.

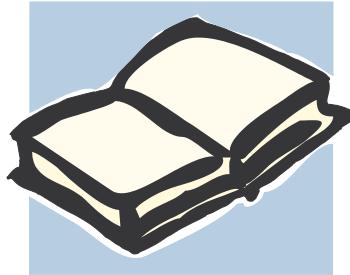
Hand Picked Vegetarian Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan)	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan)	\$12.95
Animal Connection (Agatha/Calvin Thrash, M.D.)	\$6.95
Basic Course in Vegetarian & Vegan Nutrition (George Eisman, R.D.)	\$21.95
Celebration of Wellness (N. Cederquist/J. Levin M.D.)	\$16.95
Cook Healthy Fast (Dick Allgire)	\$15.95
Cooking with Natural Foods (Muriel Beltz)	\$14.95
Delicious Jamaica (Yvonne McCalla Sobers)	\$11.95
Diet for a New America book (John Robbins)	\$14.95
Fabulous Beans (Barb Bloomfield)	\$9.95
Fat-Free & Easy (Jennifer Raymond)	\$10.00
Friendly Foods (Brother Ron Pickarski, O.F.M.)	\$16.95
Garden Cuisine (Paul Wenner)	\$26.00
Good Time Eatin' in Cajun Country (Donna Simon)	\$9.95
Healthy Heart Handbook (Neal Pinckney, Ph.D.)	\$11.95
Luscious Low-Fat Desserts (Marie Oser)	\$11.95
McDougall Health-Supporting Cookbook Vol. II (Mary McDougall)	\$9.95
McDougall Plan (John McDougall, M.D. & Mary)	\$10.95
McDougall Program for Maximum Weight Loss (J. McDougall, M.D.)	\$23.95
Mega Health (Marc Sorenson, Ed.D.)	\$14.95
Millennium Cookbook (Eric Tucker & John Westerdahl)	\$19.95
Most Noble Diet (George Eisman, R.D.)	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries)	\$19.99
Nonna's Italian Kitchen (Bryanna Clark Grogan)	\$14.95
Peaceful Palate (Jennifer Raymond)	\$15.00
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.)	\$9.95
Race for Life book (Ruth Heidrich, Ph.D.)	\$14.95
Scientific Basis of Vegetarianism (William Harris, M.D.)	\$15.95
Simply Good Recipes and More (C.C.C.T.)	\$7.95
Uncheese Cookbook (Joanne Stepaniak)	\$11.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.)	\$9.95
Why Do Vegetarians Eat Like That? (David A. Gabbe)	\$11.95

High Quality Shirts

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

Corner Store



On a separate sheet of paper list the items you would like to purchase and add 20% to the total for shipping. Mail it along with a check to the address below.

It is well to read
everything of something, and
something of everything.
- Lord Henry P. Brougham

Vegetarian Society of Hawaii 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.

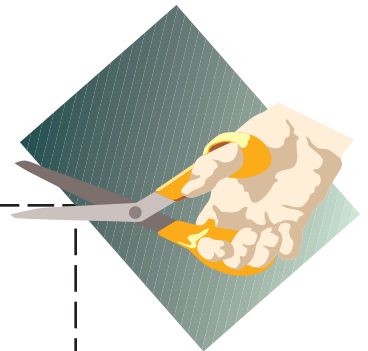
Please check one:

- \$ 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)

\$ _____ additional donation

Please check one:

- Vegan (no animal products at all)
- Vegetarian (no flesh, fish, or fowl)
- Associate (not yet a vegetarian)



Send payment to:

Vegetarian Society of Hawaii
PO Box 23208
Honolulu, Hawaii 96823



For your infor- mation

▶▶▶ **The McDougall Program Health & Weight Loss Seminar.** July 11, 1-5 P.M., \$39.95. Call 1-800-570-1654 to register. Pre-registration required. Sponsored by Castle Medical Center. Taught by Mary and John McDougall, M.D. (formerly on the medical staff at Castle Medical Center) a leading authority on nutrition and preventive medicine. Learn how diet and nutrition can prevent and even reverse disease. Plus valuable information on weight loss, healthy cooking, shopping, and eating out. Learn how to enjoy dynamic health from one of America's foremost physicians and bestselling medical authors.

▶▶▶ **Cooking classes at Castle Medical Center.** 7-8:30 P.M. July 8: Indian Cuisine, August 12: Recipes from Malaysia, September 9: Vegetarian Delights. Call 263-5400 to make reservations.

▶▶▶ **Vegans Wanted!!** The University of Hawaii's Department of Food Science and Human Nutrition is looking for vegan volunteers to participate in a study. Each participant will receive the following benefits: A free month's supply of either flax or hemp seed oil, free hands-on training on estimating dietary intake, free individualized computer dietary analysis, free cholesterol, triglyceride, and fatty acid testing, valued at \$400.00 per person. If you eat a vegan diet and are interested in participating, please contact Jeff Johnson, Graduate Student at 926-4715. Graduate Faculty Advisor: Dr. Dian Dooley.

▶▶▶ **VSH presents "Vegetarian,"** a weekly Public Access TV program. Channel 52 on Thursdays at 7:00 - 8:00 P.M.

▶▶▶ **Tune in to "Nutrition and You"** featuring Ruth Heidrich, Ph.D. and Terry Shintani, M.D. on Sundays 7:00 - 9:00 P.M. on K108 (AM 1080). Call in to 524-1080.

▶▶▶ **Visit the VSH web site** at <http://www.vsh.org> for back issues of the newsletter, lots of useful information and more.

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