

## **PRESS RELEASE**

WORLD VEGETARIAN DAY IN Golden Gate PARK

The San Francisco Vegetarian Society presents its fourth annual World Vegetarian Day on Saturday, October 4, from 10 a.m. to 10 p.m. at the San Francisco County Fair Building (formerly Hall of Flowers), Golden Gate Park, at Lincoln and 9th Avenues, next to the Arboretum. There is a suggested \$5 donation, children under 12 free. Also, there will be free admission the first half hour from 10-10:30 a.m.

Guest speakers, cooking demonstrations featuring international vegetarian cuisine, food samples, educational exhibits on health, humane and environmental topics, and entertainment will be part of the day's activities. "You don't have to be a vegetarian to come," says Dixie Mahy, president of the San Francisco Vegetarian Society, which is celebrating its 35th anniversary this year. "We want everyone to come and try our delicious food, learn about vegetarianism and have a good time." After the exhibits close at 5 p.m., a fashion show and dancing with DJ and music continue until 10 p.m.

Authors and speakers who will speak about health, the vegetarian diet and the environment include:

- John Robbins, author of *Diet for a New America* and *The Food Revolution*;
- John McDougall, M.D., director of the McDougall Health Center in Santa Rosa and author of several books on health and diet including the *McDougall Program for Women: What Every Woman Needs to Know to be Healthy for Life*;
- Alan Goldhamer, D.C., author of *The Pleasure Trap: Mastering the Hidden Force That Undermines Health and Happiness*;
- Michael Klein, co-founder of Roxanne's Restaurant, the acclaimed raw (living) foods restaurant in Larkspur and Director of Rainforest Action Network.

Bay Area chefs will be showing off their talents with international vegetarian cuisine, including Ethiopian and Indian cuisine, how to make a vegan breakfast (eggs, omelettes and pancakes without dairy), and using raw (living) foods to create delicious sandwiches, pate, and desserts.

The San Francisco Vegetarian Society (SFVS) was founded in 1968 to promote the nutritional, ethical, social and environmental benefits of a vegetarian diet. Their monthly meetings feature guest speakers who discuss different aspects of health and vegetarianism, cooking demonstrations, and special events such as the annual "Great American Meatout." For more information, call the SFVS hotline at 415.273.5481 Or go to their website at [www.sfv.org](http://www.sfv.org).