

EVEN NOW 10-23-09

[Farm Sanctuary Reports: Michigan's Victory; Ohio's Battle](#)

As Michigan [prepares to join the growing list](#) of states that have banned cruel confinement systems such as battery cages, veal crates and gestation crates, *Ohio's factory farm lobbyists are trying to hamstring reform efforts in their state by amending the state constitution. Find out how you can help in the effort to [stop Issue 2](#) from passing.*

[Farm Sanctuary](#) is the nation's leading farm animal protection organization. Since incorporating in 1986, Farm Sanctuary has worked to expose and stop cruel practices of the "food animal" industry ... [read more.](#)

[In Defense of Animals](#)

[Elephants Update, Michael Vick, Nordstrom's, Go Vegan Week, Fur-free Friday 11/27](#)

[In Defense of Animals](#), located in San Rafael, Calif., is an international animal protection organization with more than 85,000 members and supporters dedicated to ending the abuse and exploitation of animals by protecting their rights and welfare. IDA's efforts include educational events, cruelty investigations, boycotts, grassroots activism, and hands-on rescue through our sanctuaries in Mississippi, Mumbai, India, and Cameroon, Africa.

[Physicians Committee for Responsible Medicine](#)

[Visit PCRM online](#) and sign up for free e-news bulletins. Review some of their latest news items: [Eating fish does not protect against heart attacks](#) ,

[The American Dietetic Association endorses vegetarian diets for every stage of life,](#)

[Watch Dr. Barnard on Extra: PCRM's president explains why salmon isn't a health food,](#)

[Dr. Barnard visits Ellen to discuss Breaking the Food Seduction](#)

and [Help End FDA Animal Testing!](#)

Physicians Committee for Responsible Medicine, 5100 Wisconsin Ave., N.W., Ste. 400, Washington, DC 20016, Phone: 202-686-2210, [E-mail: pcrm@pcrm.org](mailto:pcrm@pcrm.org)

[Congratulations to Another Star McDougaller](#)

[Stopping a Lifetime of Weight Loss and Gain](#)

Dr. McDougall's Comments:

Obesity has become the socially acceptable norm in the US. Our nominated Surgeon General, Regina Benjamin, is obese. Advertisements on TV use obese actors to sell most any product, not just fast foods, to the overweight public. Even actors playing doctors in commercials are obese. No doubt this is all done purposefully so that the public can relate to themselves, since two-thirds of people are overweight and one-third are obese. This common phenomenon is called the "the fat gap," where the majority of overweight people are unaware that they are too heavy, and have a blurred perception of what is a healthy weight. [>>MORE](#)

[What is Gentle Thanksgiving?](#)

Gentle Thanksgiving is an effort to encourage friends, family and neighbors to adopt compassionate alternatives to unnecessarily cruel turkey dinners. We accomplish this by demonstrating the great taste and superior nutrition of gourmet vegan recipes and a variety of festive plant-based foods.

Millions of caring folks across the U.S. are celebrating this Thanksgiving with a rich selection of delicious vegetables, fruits, baked goods, and mock meats replacing the carcass on their dinner table. The vegan bill of fare may include a 'tofurky,' lentil or nut roast, stuffed squash, corn chowder or chestnut soup, candied yams, cranberry sauce, pumpkin or pecan pie, and carrot cake. Sound good? Need some recipes? [Click here.](#)

[Click here](#) to take a look inside the turkey-killing industry's facilities to learn the truth.

Find out more by requesting [a FREE Veg Starter Kit and weekly e-mail recipes.](#)

TAKE ACTION! [Sign our petition](#) to urge President Obama to pardon ALL turkeys this holiday season!

10% Discount When You Shop Vegan Essentials

From now through Dec. 31st, you can get 10% off of your next order at VeganEssentials.com. To receive the discount, click the "enter coupon" link in the shopping cart before checkout, and type in code "EVEN" when prompted. This will deduct 10% from your product total (excluding shipping costs).

Vegan Essentials is vegan-owned and operated, no animal products. An award-winning purveyor of over 1200 cruelty-free vegan items. Voted "Best Online Vegan Store" Veg News Veggie Awards for the 4th year running! See the latest [Vegan Essentials newsletter here](#) and learn how easy it is to shop for wonderful vegan products --- all available to you!

Mountain Rose Herbs New Products Update

Award-winning, vegan-owned, local Mountain Rose Herbs sends an [update on New and Featured Products](#).

Also, take their [survey](#) and you might win a \$100 gift certificate. Stay up on what MRH is doing by signing on for their [free e-newsletter](#).

Meatout Mondays – Kick the Meat Habit One Day at a Time

Alicia Silverstone's Moroccan Couscous with Saffron – [>>Read all about it and more here](#) and sign up to get your weekly **Meatout Mondays** e-bulletin.

Meatout Mondays is published each week by FARM - Farm Animal Rights Movement, 10101 Ashburton Lane Bethesda, MD 20817, info@meatoutmondays.org

Pumpkin-Spice Muffins

These fat-free muffins are delicious, spicy, and really easy to make.

2 cups whole-wheat pastry flour
1 Tbsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 cup sugar or substitute sweetener
1 15-oz. can solid-pack pumpkin
1/2 cup water
1/2 cup raisins

- Preheat the oven to 375°F and lightly oil a muffin pan.
- In a large bowl, mix the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and sugar. Add the pumpkin, water, and raisins and stir until just mixed.
- Spoon into the muffin pan, filling each cup to the top.
- Bake for 25 to 30 minutes, or until the tops bounce back when lightly pressed.
- Remove from the oven and let stand for 1 to 2 minutes, then remove from the pan.
- When cool, store in an airtight container.

Makes 1 dozen muffins

[See this and other great recipes online at VegCooking/PETA.](#)

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The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3) non-profit** based in Eugene Oregon serving as a resource for those seeking information on a healthful, **vegan** lifestyle. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage** our members---as well as the larger community---by providing access to pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**

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