

# THE EVENING NEWS



THE EVENING News - Eugene Veg Education Network (EVEN)

December 5, 2005

## KARLA COHEN GUEST SPEAKER

**Karla Ruth Cohen** was born and raised in New Orleans, Louisiana. She became a vegetarian and animal rights activist at 19 and over time has agitated for animals, women and queers. **Karla** shifted much of her life to the work of peace on September 11, 2001. She was in Tempe, Arizona at that time at ASU and, with University and community partners, formed the *Arizona Alliance for Peace and Justice*. In 2003 she moved to Eugene and became the office coordinator for *Justice Not War Coalition*, which is still her role today. She is also a founding member of Eugene's new chapter of *Code Pink: Women for Peace*. As a believer in needing many tools to build peace, **Karla** has lobbied her representatives in Washington D. C. and been arrested at the ROTC building on the U of O campus here in Eugene. She holds a Bachelor's degree in English and an interdisciplinary Master's degree in Women Studies and English from OSU. **EVEN** is very pleased to have **Karla Cohen** as its **December** speaker presenting: **Peace, Militarism and Animal Liberation**.

## HEARTFELT THANK YOU!

Special appreciation to **EVEN's** helpful supporter, **Karen Booth**, for speaking on "**Vegan Nutrition**" at our November 7 gathering. Everyone enjoyed Karen's varied and interesting nutritional information...and her enthusiasm. Karen reminded us just how simple it is to be a healthful vegan. Thank you for sharing your expertise and time with us, **Karen!!**

## TOBY'S TOFU

**Toby's Tofu** of Eugene remains unbelievably generous for providing **EVEN** with a hefty supply of their delicious vegan tofu pate for our November 10 monthly gathering and for our November 20 Turkey-free Thanksgiving Potluck! Everyone enjoyed **Toby's** two new yummy **vegan tofu pates: Martini Olive** and **Roasted Garlic/Red Pepper**. **Toby's** makes their vegan tofu pates with 100% organic, non-GMO tofu, expeller-pressed oils and, of course, lots of love! Pick up cents-off coupons for **Toby's** products on the back table and then buy some of these tasty vegan spreads at your natural grocer's. Thank you, **Toby's!**

## NOVEMBER RAFFLE WINNERS!

Congratulations to **Lyris Cooper** for winning a \$25 Gift Certificate to **Shoes with Souls** for a pair of vegan shoes. Way to go, **Lyris!** At **Shoes With Souls**, they strive to support their founders' and customers' core belief that respecting animals and the environment by not wearing products that are harmful to these interests is the very essence of what it means to be "fashionable". All *Deja* and *Daya* products are 100% Vegan. There are no animal-derived components used in any of their footwear. The upper material is state-of-the-art microfiber which is engineered to look, feel, and perform exactly like animal derived leather. **Shoes with Souls** says, "You can rest assured 'No Animal Had To Die To Make You Look This Good.'" Thank you, **Shoes with Souls!** [www.shoeswithsouls.com](http://www.shoeswithsouls.com)

Congratulations to **Gaston Carlier** for winning a \$25 gift certificate from **Vegan Essentials** for a pair of vegan shoes. Nice going, **Gaston!** **VeganEssentials.com** has over 1000 different animal-free goods in stock including food and sweets, non-leather footwear, non-leather wallets, belts and accessories, cruelty-free cosmetics, vitamins and supplements, books, body care goods and much more. Fast and friendly service combined with quick and easy shopping make it convenient to get exactly what you're looking for. Order online 24 hours/day, or call toll-free weekdays at 866-88-VEGAN! Thank you **Vegan Essentials!** [www.veganesentials.com](http://www.veganesentials.com)

Congratulations to **Mike Reinhold, Arlene Taylor, Michael Zichella, Jan Petersen** and **John Duran** for winning beautifully hand-crafted vegan soaps from **Petal Natural Soap**. Enjoy your cruelty-free, fragrant, vegan soaps made with fine olive oil and Shea butter. Thank you, **Petal Natural Soap** -- ---PO Box 23, Mad River California 95552. [www.petalnaturalsoap.com](http://www.petalnaturalsoap.com)

We cannot have peace among men whose hearts delight in killing any living creature. By every act that glorifies or even tolerates such moronic delight in killing we set back the progress of humanity. - Rachel Carson

**PEACE & SUSTAINABILITY LECTURE SERIES** Mark your calendar for **Peace in Our World's** lectures on Peace and Sustainability held the **4<sup>th</sup> Monday** of every month at **7pm** at the **McNail-Riley House**, 601 W. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. 2005 topics have been: *Can humankind end violence?, Is "progress" an illusion?, Living sanely in an insane world, What's missing in government? In society?, Unsustainability in Crisis, Can There Ever Be Peace Without Sustainability?, Sustainability's Greatest Challenge: Overcoming Greed! Can We Do It? If So, How?* This is an interesting and stimulating lecture series you don't want to miss! And it's **FREE!** Next lecture: **Monday, December 26**. Call **BJ** at **343-8055** for more information.

## EVEN'S MONTHLY MEETINGS

**EVEN's** monthly Veg Gatherings are held the **1<sup>st</sup> Monday** of each month (except holidays), **7pm**, at the **McNail-Riley House**, 601 W. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. Different veg speakers, always informative, always relevant, always **FREE!** Snacks, literature and door prizes are also provided free. The gatherings are open to anyone interested in the benefits of a plant-based diet. **EVEN** was organized March 2005 and has been meeting since June and, thanks to all the support and interest, it just keeps getting better and better. Call **343-8055** for more information. We hope to see you there! And bring a friend! ☺

## SPOTLIGHT ON Ty Bell!

Mark your calendars for our **January 2** gathering when **Ty Bell**, **vegan and superfood yogi**, will share info on green drinks and give away samples. **Ty** will be **EVEN's** featured speaker in January. A superior way to celebrate the beginning of a new year, don't you think? So if someone wished you good health in 2006, this is the place to make it happen. Don't miss it!

## CAPELLA MARKET

Another successful **EVEN** tabling event, this time hosted by **Capella Market**, was held on **November 13**. As always, **EVEN** enjoyed greeting lots of new faces and answering questions about the group and all the benefits of a plant-based diet. Thank you, **Nadine Peterson**, for all your help and energy with this event! Also, thank you to **Mark, Ken** and all our friends at **Capella's** for their helpfulness and hospitality, not to mention their friendliness! Vegans and vegetarians find that **Capella Market** is a wonderful grocery store that caters to their needs. The **Produce Department** emphasizes high-quality organic vegetables and fruits, locally and regionally grown when possible. And you'll find fresh herbs and mushrooms, too! Many animal-free foods (including healthful alternatives to meat and cheese) are available in the chilled and frozen cases, as well as in the grocery aisles. The **Capella Bulk Department** features over 500 items! And the **Natural Health Department** is renowned for both its selection of supplements and the staff's impressive experience and expertise. Visit **Capella's** at **25th & Willamette**, Eugene. **541-345-1014**, [www.capellamarket.com](http://www.capellamarket.com)

## 1ST ANNUAL PEACEFUL TURKEY-FREE THANKSGIVING POTLUCK

**And a good time was had by all!** **EVEN's** 1<sup>st</sup> annual cruelty-free, vegan Thanksgiving Dinner brought out over 70 people (and 100 dishes!) to celebrate this traditional holiday, but with a new emphasis on compassion and reverence for all life. Giving thanks was meaningful and deeply felt by everyone participating. The tables overflowed with nutritious vegan dishes, and the desserts were scrumptious. Generosity abounded and attendees donated anonymously to help **EVEN** collect enough to cover the church's \$50 rental fee for the use of their splendid facilities. **Thanks to everyone** for making **EVEN's** 1<sup>st</sup> Peaceful Turkey-Free Thanksgiving Potluck such a huge success!!

Special appreciation goes to **Dave Duemler** for his great idea, **Ruth Duemler** and the **Unitarian Universalist Church of Eugene** for providing the wonderful dining area, **Eric Nicholson** for his lively music and song, **Steve & Wendy Liberko** for doing more dishes than is considered humane, **Ivy Rose Liberko** for her pretty, hand-made waxed leaf decorations, **Paula Ptacek**, **Nadine Peterson** and the **Liberko family** for arriving early and staying late to accomplish such a lion's share of the workload, and **Gaston Carlier** for being ever-ready to chip in when needed.

## STRIKE FOR PEACE!

**Brian Bogart**, the *only* Peace Studies student at UO, is dedicated to cutting through the fog to the way forward. He is striking all year across from the UO Administration building while working with international groups to stop the encroachment of the military industry in our lives. He meets with faculty members to bring them up to date on issues they don't have time for but need to know to empower the democratic process. **There are no scholarships for students of peace, so let's support his full-time peace work!** Brian is also available to speak to groups. Email [bdbogart@gmail.com](mailto:bdbogart@gmail.com) or contribute through [www.strikeforpeace.org](http://www.strikeforpeace.org)!

If we do not unite to advance our founding vision for peace, we will perish  
by advancing our technology for war.

Brian D. Bogart

## MONROE STREET CAFÉ

Since March 2004, the **Monroe Street Café** has been offering a wide variety of homemade vegan and vegetarian dishes including, but not limited to, **bbq or teriyaki tofu, tempeh, falafels, organic green salads, pasta salads and vegan potato salads**. They offer a variety of **organic juices, teas, coffees, vegan jerkeys and snacks**. Be sure to try this friendly Eugene Cafe where you can come meet an old friend or make a new one! **1123 Monroe St., 8A to 10P everyday** (with limited hours on the holidays), **342-8158**.

## WORK IS LOVE MADE VISIBLE

Since 1971 **Sundance Natural Foods** has been a traditional natural food store whose mission is to be “individuals nourishing community nourishing individuals.” To this end, **Sundance’s** produce department is **100% organic** and the **salad bar, hot buffet** and “**grab & go**” items that they make are at least 95% organic. The foods they produce are almost all **vegan**. The goods they buy and sell are almost all vegan (or vegetarian) as well. They accept special orders, have a friendly, helpful staff and are a member of *Unique Eugene*. **Sundance** is open **7A-11P**, almost every day of the year! **748 E. 24<sup>th</sup>** at **Hilyard**, Eugene, **343-9142** [www.sundancenaturalfoods.com](http://www.sundancenaturalfoods.com)

## SURATA SOYFOODS

Begun in 1977, employing traditional and time-honored techniques to make organic tofu and tempeh, **Surata Soyfoods** has maintained a steadfast commitment to using **only organic ingredients**. Find **Surata** products in your local health food and grocery stores. **Surata's** outlet store, on the corner of **3rd and Lincoln**, is open **Tuesday** and **Thursday** from **11A to 515P**, where fresh factory seconds are available for sale. Recipes and cooking ideas are also available there or by mail. Send a SASE to: **Surata Soyfoods, PO Box 652, Eugene, OR 97440**.

## THE ORGANIC TRADE ASSOCIATION APPLAUDS CONGRESS' DECISION TO RESTORE NATIONAL ORGANIC STANDARDS - GREENFIELD, Mass. (Oct. 27, 2005)

The Organic Trade Association (OTA) today applauded bipartisan action in Congress that will restore key provisions of the national organic standards developed through over a decade of public discussion. As a result, consumers can keep purchasing all the “USDA Organic” products currently available in the marketplace, and large and small organic farmers across the country can continue to sell their organic crops and thrive in this growing business community. “We want to thank Congress for responding so promptly for our request for clarification,” said **Katherine DiMatteo, Executive Director of OTA**. “We took this approach because we honor the public rulemaking process that created the national organic standards that have been in place since October 2002.” (*The mission of the Organic Trade Association is to promote and protect the growth of organic trade to benefit the environment, farmers, the public and the economy. OTA envisions organic products becoming a significant part of everyday life, enhancing people's lives and the environment. OTA is a membership-based business association that focuses on the organic business community in North America. Its 1600 members include farmers, processors, importers, exporters, distributors, retailers, certifiers, and more.*)

## LIFE IS A JOURNEY, THEY'LL HELP YOU EAT ALONG THE WAY...

With the worldwide outbreak of Mad Cow disease combined with the pandemic threat of Avian Bird Flu, it's no wonder that people are quickly switching over to more plant-based, less-meaty dining habits. Well, fear no more, because **HappyCow** has come to save the day!

**HappyCow.net** is presently the world's largest, internet-based, free, searchable guide for vegetarian restaurants and health food stores containing vegetarian-friendly listings in over 90 countries -- all within the reach of one's fingertips! This website is very user-friendly. It offers cool features, such as a mobile edition for cell phones & palm pilots, printer-friendly text version that comes in handy for road traveling, street maps for all US states and Canada, and user reviews for each listing. Hey! **Happy Cow** can really make you happy! **HappyCow's** *Vegetarian Guide to Restaurants and Health Food Stores* at <http://www.happycow.net>

**Happy Cow** says: “Go cruelty-free & eco-friendly this holiday with **VeganGiftShop** <http://www.vegangiftshop.com> “

## ESSAY CONTEST BY TOFURKY

In honor of its 25th anniversary, **Tofurky** is offering a 60GB Apple Ipod MP3 Player, a personalized **Tofurky** bowling T-shirt, and a prize pack to the winner of their new essay contest. Entries must be 250 words or less and focus on using **Tofurky** products in a peacemaking situation. Deadline to enter is March 1, 2006. For more information, go to: [http://www.tofurky.com/images/p\\_funstuff\\_essayLG05.jpg](http://www.tofurky.com/images/p_funstuff_essayLG05.jpg)

**It's a matter of taking the side of the weak against the strong,  
something the best people have always done. Harriet Beecher Stowe**

**THE OPTIMYSTIC VEGAN**

by **Nadine Peterson** “Happy Holidays, may the merry bells keep ringing Happy Holidays to you...”



I've noticed that some houses around town are wearing their holiday lights all year round. Hmm.

I've noticed that every year the holiday catalogs are arriving earlier and earlier, shopping malls are decorating in holiday décor sooner and sooner, radio and television jingles almost sounding like “Jingle Bells”, are tinkling in our ears soon after the school bells are heralding in the hallowed halls once again. Hmm.

It's as if we can't wait to feel the wonderful joyousness of ‘good cheer for all’ that has been relegated to a short span of weeks each year. Well, guess what? We needn't wait! Every one of us can, and may, feel this same buoyant “glad tidings” being exchanged each and every time we meet up with a fellow inhabitant of this beautiful planet, be they human or our animal friends.

I suppose “Happy Holidays!” is a state of mind or mindfulness that can be as full as we allow it to be, no matter what month the calendar page is turned to.

From heart to heart, we wish you well---now, into 2006, and always.

*(Nadine Peterson is an EVEN member, an optimystic vegan for 8 years, and has been a resident of Eugene for most of her life. EVEN is grateful for her insightful and optimystic perceptions. See Nadine's listing in the EVEN Service Directory p.7)*

**“Just let your love flow like a mountain stream,  
and let your love grow for the smallest of dreams,  
and let your love show, and you'll know what I mean — it's the season.  
Just let your love fly like a bird on a wing,  
and let your love bind you to all living things,  
and let your love shine, and you'll know what I mean — that's the reason.”**  
*“Let Your Love Flow” written by Larry Williams, performed by the Bellamy Brothers*

**EVEN BETTER**

**THANK YOU TO ONE AND ALL!** Kind generosity and support keep coming **EVEN's** way and we never know where to begin to offer our appreciation. Thank you to all the super folks who are enormously instrumental in keeping **EVEN** active in Eugene.

All the **wonderful anonymous donors** who put money into our donation box each month so generously and willingly. Thank you so much! It helps us pay for another toner cartridge, or paper, or the newsletter! **Robert Cheeke and Vegan Bodybuilding Team, Petal Natural Soaps, Shoes with Souls, and Vegan Essentials** for generously donating free door prizes for our November gathering. **Karla Cohen, Mary Dollar, Sophia Douglas, Nadine Peterson** for their memberships. Welcome to **EVEN!** And thank you for your support! **Sandy Itzkowitz** for the donation of two extra-large bags of superb veg videos and audios for **EVEN's** Lending Library. Thank you, Sandy! **Joanne Kress** for your continued hard work managing **EVEN's** Lending Library. Thank you, Joanne! **Nick Kress** for all your tasty, home-made vegan morsels made with love and shared with all of us at November's meeting. Yummy! Thank you, Nick! **Steve Liberko and PostNet** for the HUNDREDS of free copies! Folks, if you like the hand-outs on the back table tonight, thank Steve at **PostNet**. It's because of **Steve's** generosity that our table is overflowing with worthwhile literature and is yours free for the taking. Thank you, Steve! **Dale Lugenbehl & Sandy Aldridge** for an amazingly large donation to **EVEN!** You are magnanimous! Thank you, Dale and Sandy! **Trudy Lyne** for donating such beautiful and useful tablecloths. They will get reused many times over. Thank you, Trudy, for your time and talents! **Miaya** for the large box of office stationery and supplies. Wow! Will that come in handy!! Thank you, Miaya, for thinking of us! **Terry McDonald and St. Vincent de Paul Society** for donating so many books to **EVEN's** Lending Library. We're thrilled! We all thank you, Terry! **Dan Piraro of Bizarro** cartoon fame for your support and kindness. Thank you, Dan! Your humor brightens a sometimes-bleak world. **Paula Ptacek** for your positive attitude and hard work in all situations! Thank you, Paula! **Mark Reinfeld and Bo Rinaldi of Blossoming Lotus** for donating one of their **Vegan World Fusion Cuisine cookbooks** to **EVEN's** Lending Library and one as a future **EVEN** doorprize. Thank you, Mark and Bo, for your outstanding book and for your generosity! **Linda Sappington** We just couldn't do it all without you. Thank you for all your energy and help at our monthly meetings, Linda! **Toby's Tofu** for remaining steadfastly supportive and generous to **EVEN**. Thank you, Toby's!

## **EVEN SERVICE DIRECTORY**

Veg\*ns like to patronize other veg\*ns. When we pay for products or services, we feel better knowing our money will more likely buy a head of lettuce or a bunch of grapes and not a t-bone steak or lamb chop. Voting with our dollars is (apparently!) the best way we can get our votes to count. **Please patronize these local vegans and vegetarians** for the fine products and services they offer, and sleep better tonight knowing you made the world a little more peaceful.

### **BIKE HELP** - Walter Lapchynski 556-6830

I sell custom travel bikes for *Bike Friday*, whose owners (and most of the staff) are veg\*. I have the resources there to work on any bike problem, including framework. I'll also be happy to sell you one of our beautiful bicycles, if you are so inclined. I'm an ex-messenger and an everyday commuter, I pick up my 3 year old from preschool by bike trailer, and I often enjoy a tandem ride with my wife. So if you have any questions about bicycling, I'd be more than happy to answer them. Ride on!

### **CARPENTRY** - Kurt Jensen - 747-8925

Carpentry, general house repair, minor plumbing and electrical.

### **CATERING** – Mary Dollar – 741-2449

*Mother Mary's Vegan Delights* - "Let your food be your medicine"

Featuring all vegan cuisine, cooked and raw dinners for that special occasion. Small intimate dinners or larger gatherings up to 50. [beboppingurl@yahoo.com](mailto:beboppingurl@yahoo.com)

### **CHIROPRACTIC** – Jerry E. Evans, D.C. – 484-2225

Dr. Jerry Evans is a local Chiropractor in practice for 19yrs. His office is dedicated to total wellness including Acupuncture, Massage Therapy, Physical Therapy, Internal Medicine Therapies with a natural twist, and Promoting Vegetarianism. He has been vegetarian since the age of 5. 190 E. 18th, Eugene OR 97401

### **COMMUNICATIONS CONSULTANT** – Mary Conley - 556-2094

CONLEY CREATIVE, *Strategic Communications Consulting*. Need to tell the world about your business or organization, but don't know how? Ask Mary Conley. Specialties include social marketing, brochures, web sites, political and fundraising direct mail, and promotional films.

### **COMPUTER SERVICES** - Judith Garrison - 337-4724

Digital video editing: Home movies, commercials, short films. PowerPoint Multimedia: Turn your photos and videos into multimedia, slide show. PhotoShop: enhance or alter your photos. PC & MAC Computer Tutor: Gentle tutoring computer/software/internet. Web Design/Maintenance, and Research. [novelsuggestion@yahoo.com](mailto:novelsuggestion@yahoo.com)

### **COOKING CLASSES** – Mary Dollar – 741-2449

*Mother Mary's Vegan Delights* - "Let your food be your medicine"

Vegan Raw and Cooking Classes - expand your nutrition by expanding your recipes- sign up for a class today! Take home a dish that you create yourself! [beboppingurl@yahoo.com](mailto:beboppingurl@yahoo.com)

### **HEALTH & FITNESS** – Jill Devine – 687-5783

Health Minister in Eugene teaches “Get Healthy-Stay Balanced”, a faith-based 9-week course, about diet and lifestyle from a biblical perspective. Health-related lending library of books, audio/video & DVDs with an emphasis on vegan and raw food. [jdevine59@yahoo.com](mailto:jdevine59@yahoo.com)



**HOLISTIC HEALTH** - Suman Sensei - 688-5857

Holistic Wellness Coach, certified Tai Chi and Qigong Instructor, and Yogic Minister, Suman Sensei has been teaching and traveling in Asia and Europe for more than 10 years, and he is now teaching in Eugene. His contemporary teaching method, *Tai Chi, Qigong and Yoga for Health*, is one of the most effective ways to improve health, fitness and relaxation. It is suitable for everyone and can be practiced almost anywhere. Everyone is welcome to his FREE presentation on "HEALING power of Qigong" in January 2006. Visit [www.taichiforhealth.us](http://www.taichiforhealth.us) for more information.

**HOUSECLEANING** - Aisha - 345-3370 Environmentally-friendly, non-toxic cleaners.

**HUMANE CREATIONS** - Diann Stotler

Handcrafted vegan soaps and handmade neck scarves from Hemp/Cotton and Banana Silk. Both vegan, too. Ten percent of sales from the African Black Soap goes to African Wildlife Federation. Also listed are some pet mats and other items with 10 % going to Heartland Humane Society of MO. <http://search.ebay.com/W0QQsaszshontainlQQhtZ-l>

**HYPNOTHERAPIST** - Patricia Robinett, CCHT - 541-686-LOVE (or 686-5683)

Patricia has been in private practice in Eugene for over 15 years. Her expertise covers the entire range of body, mind and spirit for your total health. "All healing is essentially the release from fear... Healing is always certain."

**INTELLIGENT FUTURE** - Brian Bogart - 541-338-9093

How to save the world simplified. Theories of militarism come down to one thing: War and global degradation can only be stopped by popular demand to change America's priority from weapons profit to human prosperity. Ask Brian to speak at your event ([bdbogart@gmail.com](mailto:bdbogart@gmail.com)) or support and contribute to *CampUS Strike for Peace* at [www.strikeforpeace.org](http://www.strikeforpeace.org).

**IVY'S COOKIN'** - VEGETARIAN MEALS DELIVERED! - 485-4200

Delectable, home-cooked, international vegetarian entrees without the hassle. (Vegan option may be available.) Order by Monday night for Thursday AM delivery. Wednesday or Thursday pick-up also available. Great gift idea for new moms, weddings, new home, illness, birthdays, casual entertaining. Gift certificates available. Feeding happy Eugeneans since 1992! Call or email [ivy@efn.org](mailto:ivy@efn.org) for menu.

**IVY'S CULINARY BOUTIQUE** - 485-4200

While you're checking out her new menu, visit her CULINARY BOUTIQUE filled with delicious, home-made jams, syrups, cordials, preserves, butters, sauces, and pickled goods. All made with love for us to enjoy. Great hostess gifts for the holidays or any time. Try Ivy's---you'll never be disappointed. Call or email [ivy@efn.org](mailto:ivy@efn.org).

**LEGAL SERVICES** - James von Boeckmann, AAL - 968-0781

Civil, family, business and immigration law. Home visits. Free initial consultation. Local, family-man, all vegan. [jlvonbo@msn.com](mailto:jlvonbo@msn.com)

**LANDSCAPING** - Happy Lawns - Nick - 896-3566

Organic, environmentally-friendly. I garden in accordance with Mother Nature.

**FREE MEDITATION CLASSES** – Sister Kiran – 343-5252

Brahma Kumaris Meditation Center offers a FREE series of 5 lessons to learn Raja Yoga Meditation. Sister Kiran has 26 years experience studying and teaching Raja Yoga. Call for time and date of next series. Visit [www.bkwsu.com](http://www.bkwsu.com) for more info, then call for the center's SE Eugene location to register, or email [bkeugene@msn.com](mailto:bkeugene@msn.com)

**MURALS!** - Kari Johnson - 343-6293

**MUSICIAN** – Eric – 998-9428

Singer/Songwriter/Musician available for any venue. Just ask!

**NUTRITIONAL HEALING SPECIALIST** - Ty Bell - 343-1150

Offering the highest quality whole food and herb supplements. Specializing in detoxification, immunity and hormone balancing. Maca, green superfoods, kombucha tea and lots more. Call for free consultation.

**ONLINE FORUM** - VEUGAN - <http://veugan.forumer.com>

Online meeting place and forum for Eugene vegans. Discuss philosophical issues, trade recipes, post notices regarding local events, give suggestions, or just get in touch with some other Eugene vegans. Eventually we'll have some fun get-togethers, so come join us.

**OPTIMYSTIC PERCEPTIONS** - Nadine Peterson – 345-4234

When you want to believe something different to change your Life, that is when your Life changes. With perceptionist, Nadine Peterson.



**PERMACULTURE** – Jan Spencer – 686-6761

Residential property redesign. Turn your yard into a permaculture Shangri-La.

**PHOTOGRAPHY** - Kurt Jensen - 747-8925 - Weddings, special events, digital or film.

**POSTNET** – Create, Duplicate, Deliver – Steve & Wendy Liberko – 541- 461-9500 or fax 541-461-9400, Royal West Shopping Center, 4736 Royal Ave, Eugene, OR 97402. [PostnetEugene@msn.com](mailto:PostnetEugene@msn.com). If interested in owning **POSTNET**, call Steve at 541-510-5249.

**Realistic MURAL PAINTING** - Jan Spencer – 686-6761

Indoor/outdoor, commercial, residential, movable.

**RECYCLED ART SUPPLIES & ART WORKSHOPS** - Materials Exchange Center for Community Arts (MECCA) - Nancy - 343-9979 Inexpensive scrap art materials available at our store, 43 W. Broadway, Eugene. Open Thursdays 4-8p, Saturdays 11a-3p. <http://www.materials-exchange.org>

**SMOKING CESSATION** – Simple, painless, no drugs, no gimmicks – 343-8055

Become smoke-free in 2006, reclaim your life and create a new world for yourself. Flexible fees.

**SPEAKERS** – Dale Lugenbehl & Sandy Aldridge – 942-0583 Available for group presentations on Voluntary Simplicity, the Environmental Impact of Food Choices, Speciesism, or Engaged Buddhism. [lugenbehd@lanecc.edu](mailto:lugenbehd@lanecc.edu) or [aldridges@lanecc.edu](mailto:aldridges@lanecc.edu)

**TUTOR** – Math/Science– Robert Jacobucci – 343-8055

Retired physicist willing to tutor middle school and high school students. Specializing in math and science. My house or yours. Flexible hours, low rates. Eugene/Springfield area.

**Free VEGAN RECIPES** - [www.veganchef.com](http://www.veganchef.com)

Website for vegan chef and Eugene resident, Beverly Lynn Bennett, features loads of her original vegan recipes, searchable by ingredient or category. Beverly & her husband, Ray, are also the authors of the newly-published Complete Idiot's Guide to Vegan Living, available at local bookstores and on the web.

**VEGAN HANDCRAFTED SOAPS & MORE** – Humane Creations – Diann Stotler

Handcrafted vegan soaps and handmade neck scarves from Hemp/Cotton and Banana Silk. Both vegan, too. 10% of sales from the African Black Soap go to African Wildlife Federation. Also listed are some pet mats and other items with 10 % going to Heartland Humane Society of MO.

<http://search.ebay.com/W0QQsassZshontainlQQhtZ-l>. Helping Animals, Earth & Humans, PO Box 240401, Ballwin, MO 63024, [humanecreations@prodigy.net](mailto:humanecreations@prodigy.net), [www.humanecreations.com](http://www.humanecreations.com)

**VIDEO** – Third Eye Video Productions - 434-0286

"We turn your vision into television". Broadcast production services for Oregon's non-profit organizations and academic community. <http://www.efn.org/~matt> e-mail: [thirdeye@efn.org](mailto:thirdeye@efn.org)

**WRITING** - Say It Right - Angela Egremont, Owner – 343-0917

Writing, editing and proofreading services. Includes brochures, business/personal profiles, press releases, resumes, correspondence, and academic editing (term papers, masters theses). Angela, has background and experience in business and print journalism. "Eugene" rates. Call for info. No obligation.

If you are veg\*n and would like your business listed here, contact **EVEN** at 541-343-8055 or [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net).

**THINK GLOBALLY. ACT LOCALLY.**

**RECIPE OF THE MONTH**Cake-Like Chocolate Chip Cookies

(Makes 2 dozen)

Preheat oven to 375 degrees.

12-ounce package of non-dairy, dark chocolate chips

1 teaspoon baking soda

1-1/2 teaspoons vanilla extract

1/4 Cup maple syrup

2-1/4 Cups whole wheat flour

1 large banana, mashed

1/2 Cup water

Mix all the ingredients together in a bowl. Form 24 cookies on a lightly-oiled cookie sheet. Bake 8-10 minutes at 375 degrees. Cool cookies before removing from the cookie sheet. Variation: Add 1/2 Cup chopped nuts to the batter before baking.

Total Calories per Cookie: 122

% of Calories from Fat: 39%

Protein: 2 gm

Carbohydrates: 19 gm

Fat: 5 gm

Calcium: 10 mg

Iron: 1 mg

Sodium: 48 mg

Dietary Fiber: 1 gm

(Reprinted from Simply Vegan – Quick Delicious Recipes by Debra Wasserman)





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## EDU-STATS

♥ The average American consumes 17 lbs. of turkey meat per year. To satisfy this appetite, **252 million turkeys have to be killed annually**. Most turkey meat found in grocery stores and restaurants comes from turkeys intensively confined on “factory farms.” Standard practices on the farm, during transport, and at slaughter, cause these turkeys to suffer significant pain. (<http://www.cok.net/lit/turkey/main.php>)

♥ Turkeys are genetically engineered to grow very big, very fast, and generally are slaughtered at 12 weeks. If allowed to live, their breasts grow huge, literally forcing their legs out of their sockets.

♥ Factory farms produce more than **1.3 billion tons of waste annually** -- 5 tons for every US citizen. **Animal farm waste is the top polluter** of the US's rivers and streams. (*Diet for a Dead Planet*, New Press)

♥ **Chickens killed for their flesh** in the US are bred and drugged to grow so quickly that their hearts, lungs, and limbs often can't keep up.

♥ **Hens used for eggs** live 6 or 7 to a battery cage the size of a file drawer, thousands of which are stacked tier upon tier in huge, filthy warehouses.

♥ **Cattle** are castrated, their horns are ripped out of their heads, and third-degree burns (branding) are inflicted on them, all without any pain relief.

♥ **Cows used for their milk** are drugged and bred to produce unnatural amounts of milk; they have their babies stolen from them shortly after birth and sent to notoriously cruel veal farms so that humans can drink the calves' milk.

♥ **Mother pigs** on factory farms are confined to crates so small that they are unable to turn around or even lie down comfortably.

♥ **Fish on aquafarms** spend their entire lives in cramped, filthy enclosures, and many suffer from parasitic infections, diseases, and debilitating injuries. Conditions on some farms are so horrendous that 40% of the fish may die before farmers can kill and package them for food.

♥ **Turkeys'** beaks and toes are burned off with a hot blade. Many suffer heart failure or debilitating leg pain, often becoming crippled under the weight of their genetically manipulated, drugged bodies. (*People for the Ethical Treatment of Animals*)

## WHAT IS AHIMSA?

**Ahimsa** is a Sanskrit word for non-killing and non-harming. It is not mere passiveness, but a positive method of meeting the dilemmas and decisions of daily life. In the western world, it is called **Dynamic Harmlessness**. The six pillars of this dynamic philosophy for modern life (one for each letter: **A-H-I-M-S-A**) are:

### ABSTINENCE FROM ANIMAL PRODUCTS

#### HARMLESSNESS WITH REVERENCE FOR LIFE

#### INTEGRITY OF THOUGHT, WORD, AND DEED

#### MASTERY OVER ONESELF

#### SERVICE TO HUMANITY, NATURE, AND CREATION

#### ADVANCEMENT OF UNDERSTANDING AND TRUTH

*Ahimsa is explained in detail in Ahimsa (American Vegan Magazine) Volume 41, Number 4, page 19.*

*If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.*

*St. Francis of Assisi*

## WHO WON THE ESSAY CONTEST??

This past summer **HappyCow's Vegetarian Guide** sponsored an Essay Contest called, "**A Vegan World Is Possible**". Our last issue reported the Grand Prize Winners. But, if you'll recall, the judges were also so impressed with the overall quality of work submitted, that they decided to award bonus prizes to another 50 entrants for their incredible essays. Two of these winners, from over 1000 submissions, are from Oregon! Here's a sampling from **Donna Nikzi** and **Stacey Sobell's** winning essays.

*"As a concerned resident on our planet, I often wonder, what is required to put an end to the degradation of our earth? Why have we forsaken our sacred covenant whereby we, as a humanity, pledged to be the stewards of this breath-giving and breathtaking garden? When will we awaken to the immensity of our errors? We were given so much. Not too much for our inherent capacity to care for, nurture, and sustain our home, but a wondrous lot indeed...Much of the food we eat today is not of the garden. It is not alive and vibrant. It depletes and drains life away rather than infuse the body with much needed sustenance. Love is the highest frequency, and so is the food that comes from the garden. Love and health walk hand in hand. In America, our physical health has been sacrificed in part by putting profits first. It's not hard to see how the quest for profits has wreaked havoc in the garden...and in our bodies". Reprinted with permission from Donna Nikzi, Portland, OR, (donani1@comcast.net)*

*"As I grew older, my conviction to abstain from using animals to satisfy my own selfish interests intensified- I began experimenting with the vegan lifestyle in 1999, basing my decision on information that I gathered over the years. I learned that factory farming and the treatment of animals as consumption commodities had a vastly negative impact on our world, both environmentally and socially. Just as we ravage, oppress and pollute the non-human creatures with which we co-exist, so too do we foul our interactions with other peoples and with the earth. I found that choosing to respect and honor one form of life made it very difficult to justify disrespecting and dishonoring another. Instead of reinforcing the disconnect that exists between many modern cultures and their natural environments, as well as the drive to battle other cultures who we see as distinct from ourselves, veganism advocates harmony, unity and justice based on the interconnectedness of all life." Reprinted with permission from Stacey Sobell, Hood River, OR*

With the insights that both **Donna** and **Stacey** have so eloquently expressed, we all have more hope that the idea that "**A Vegan World Is Possible**" can truly come to pass. To read more from these essays, contact Donna and Stacey directly.

## 'VEGAN WORLD FUSION CUISINE - Healing Recipes and Timeless Wisdom from Our Hearts to Yours'

Delectable and nutritious vegan recipes interwoven with mindful quotations, breathtaking artwork and a workable layout any cook would relish. This might well be the most beautiful cookbook I have ever seen! Much more than a cookbook, it's an extraordinary work of art and information! A must-have for everyone's kitchen bookcase! Extra-special thanks to **Mark Reinfeld** and **Bo Rinaldi** of **Blossoming Lotus** for donating this great book to **EVEN's** library! There's a waiting list for it, so see **Joanne** to put your name on the list!

## MAKE YOUR HOLIDAY SHOPPING A 'FOOD REVOLUTION'!

**EVEN** has the perfect gift for someone on your shopping list whether they are vegan, vegetarian, or carnivore. **EVEN** is selling signed copies of **John Robbins' The Food Revolution**. (You won't find a signed copy for sale anywhere else in town!) If you loved **Diet for a New America**, you'll love **The Food Revolution**. Students, seniors and **EVEN** members can purchase this land-breaking \$17.95 book, personally signed by **John Robbins**, for only \$14.95. Buy one for yourself and one for friends or family. With the holidays soon upon us, remember what a meaningful gift it can make! Change someone's life for the better forever. To purchase, call 343-8055 or pick one up at our monthly gathering. (**John Robbins is considered to be one of the world's leading experts on the dietary link to the environment and health. He is the founder of EarthSave International, a nonprofit organization that supports healthy food choices, preservation of the environment, and a more compassionate world. The recipient of the 1994 Rachel Carson Award, he has received a standing ovation at the United Nations.**)

## 'COMPLETE IDIOT'S GUIDE TO VEGAN LIVING'

Keep your eyes open for this remarkable and refreshing book hitting the stands **December 6!** **Complete Idiot's Guide To Vegan Living** by Eugene's own **Beverly Lynn Bennett** and **Ray Sammartano**. The book promises to be a compelling discussion of the vegan lifestyle---compassion for all living things. Hooray! This critical perspective is reaching more folks again! Also filled with tasty and healthful vegan recipes for every meal of the day---including dessert. And the book offers advice on alternative protein and calcium sources from vegan sources that will keep your body running strong and long! Be sure to add this to your list of 'must-haves' for the holidays! We're certain **Beverly Lynn** and **Ray** have done an exceptional job!

**"Most of the miseries of the world were caused by wars and when the wars were over, no one ever knew what they were about."** *'Ashley Wilkes', Gone with the Wind*

## HEARTFELT APPRECIATION FROM **EVEN**

Because everything that **EVEN** provides is always **free** to the public, we could not continue our efforts without the help of the following organizations and people. Thanks to their ongoing support, generous donations, memberships, and heartfelt encouragement, **EVEN** is thriving. We thank you one and all!!

Alternatives Magazine  
 American Vegan Society  
 Animal Protection Institute  
 Annie's  
 Bagelsphere  
 Bizarro Comics  
 Blossoming Lotus Restaurant  
 Bread Stop  
 Capella Market  
 City of Eugene –  
 McNail-Riley House  
 Delaware Action for Animals  
 E-the Environmental Magazine  
 Earth Balance  
 EarthSave  
 Emerald Valley Kitchens  
 Eugene Weekly – Molly!  
 Fantastic Foods  
 Farm Animal Reform  
 Movement (FARM)  
 Farm Sanctuary  
 Freecycle Eugene  
 Friendly Street Market  
 Gentle World  
 GreenPeople  
 Happy Cow  
 Helios Resource Network  
 Humane Creations  
 In Defense of Animals  
 Lane Current – Sonya!  
 Lightlife Foods  
 Market of Choice  
 Natural Awakenings Magazine  
 New Frontier Market  
 North American Vegetarian  
 Society

Northwest Veg Group  
 Orange Co. People for Animals  
 People for the Ethical  
 Treatment of Animals  
 Petal Natural Soaps  
 Physicians Committee for  
 Responsible Medicine  
 PostNet-Eugene  
 Red Barn  
 Rising Moon Organics  
 Shelter Animal Resource  
 Alliance (SARA)  
 Shoes with Souls  
 Spectrum Organics  
 Staples  
 St. Vincent de Paul Society  
 Sundance Markets  
 Toby's Tofu  
 Tom's of Maine  
 Toronto Vegetarian Society  
 Truth in Labeling  
 Unitarian Universalist Church –  
 Eugene  
 United Poultry Concerns  
 Veg News Magazine  
 Vegan Action  
 Vegan Essentials  
 Vegan Outreach  
 Vegan Peace  
 Vegetarians in Paradise  
 Vegetarian Resource Group  
 Vegetarian Times Magazine  
 Viva Vegie Society  
 White Rabbit Beauty  
 Youth for Environmental Sanity  
 Zits/Kings Features Syndication

Richard Baynton  
 Dan & Mandy Beilock  
 Beverly Lynn Bennett  
 Karen Booth, RD  
 Robert Cheeke & Vegan  
 Bodybuilding Team  
 Cindy  
 Karla Cohen  
 Laura Colby  
 Dr. Annette Colby, RD  
 Bruce Cooley  
 Jeb Cooney  
 Freya Dinshah  
 Mary Dollar  
 Sophia & Flo Douglas  
 Dave Duemler  
 Ruth Duemler  
 Angela Egremont  
 Emily Evans  
 Erin & Patrick Floresca  
 Ken Fletcher  
 Tina Giese  
 Diana Hsieh  
 Colleen Holland  
 Sandy Itzkowitz  
 Charley Kornis  
 Joanne Kress  
 Nick Kress  
 Jeff Lander  
 Walter Lapchynski  
 Stacy Latini  
 Mark Lew  
 Steve & Wendy Liberko  
 Ivy Rose Liberko  
 Dale Lugenbehl & Sandy  
 Aldridge

Howard Lyman  
 Trudy Lyne  
 Maiya  
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 Alice O'Brien  
 Ron Pickarski  
 Dan Piraro  
 Nadine Peterson  
 Paula Ptacek  
 Alice Pueschner  
 Mark Reinfeld & Bo Rinaldi  
 Eric Resener  
 Pamela Rice  
 John & Deo Robbins  
 Patricia Robinett  
 Ray Sammartano  
 Dr. Stanley Sapon  
 Linda Sappington  
 Elizabeth Sereda  
 Jerry Scott & Jim Borgman  
 Diann Stotler  
 Wesley Sweitzer  
 Rebecca Walker  
 Connie Walsh  
 John Westerdahl, PhD, MPH, RD  
 Rick Wright  
 Nancy Zimmermann



## TOP 10 BUMPER STICKERS SEEN IN EUGENE RECENTLY

10. **WHY DO WE CALL SOME ANIMALS PETS AND OTHER ANIMALS DINNER?**
9. **PEACE BEGINS IN THE KITCHEN. GO VEGETARIAN!**
8. **LETTUCE DANCE TO THE BEET OF WHIRLED PEAS.**
7. **ANIMALS ARE NOT EDIBLES.**
6. **HEART ATTACKS. GOD'S REVENGE FOR EATING HIS ANIMAL FRIENDS.**
5. **I THINK THEREFORE I AM VEGETARIAN.**
4. **TEACH PEACE**
3. **BEEF – IT'S WHAT'S ROTTING IN YOUR COLON.**
2. **BIODIESEL – MY CAR IS VEGETARIAN, TOO!**
1. **LIFE IS BETTER VEGAN.**

## EVEN SIDE OF THINGS

### TIDINGS OF COMFORT...

You can rest assured that **EVEN** has not, does not, and will not ever lend, rent, sell or give your personal contact information and email addresses to anyone else, for any reason, ever. Ever.

### ...AND JOY!

2005 has been a dynamic year, each day chock full of activity in pursuit of the principles of veganism. Although we keep records, we truly have had to stop counting the numbers in **EVEN's** outreach efforts. We do know the numbers have now reached proportions well into the thousands---and in only nine months! Phone calls, emails, snail mails, shipments, pick-ups, deliveries, questions/answers, explanations, directions, connections, suggestions, guidance, tabling, potlucks, newsletters...omigosh! Little did we know when we organized **EVEN** for **Earth Day 2005** that it would grow into what it is now. We are ready to enter 2006 with a full head of steam. And in this glorious process, we have been amply rewarded to have made the acquaintance of some of the nicest people in the area and in the country. Joy! Unbelievable joy!

### A POTPOURRI OF SPEAKERS

**EVEN** has been fortunate to have some of the best speakers during 2005!! **Dale Lugenbehl** and **Sandy Aldridge** visited **EVEN** in June to present *Voluntary Simplicity and the Environmental Impact of our Daily Food Choices*. **Dave Duemler** highlighted the *Ethics of Animal Factories* in August and, though there were no gatherings in July and September because of the holidays, **Patricia Robinett, CCHT**, joined us in October for *Personal Peace* and taught us how to make the mind/body connection more practical. **Karen Booth, MS, RD**, educated everyone on *Vegan Nutrition* in November and **Karla Cohen, MAIS**, wound up an exciting year in December with an insightful *Peace, Militarism and Animal Liberation*. **EVEN** has received a lot of positive feedback on this past year's speakers so I hope you will join me in thanking our speakers for giving their time and energy so caringly.

*[As you will notice, this past year's presenters have covered a wide array of topics, but can you guess what the common thread was? The one thing all the EVEN speakers have in common is that they themselves are always vegan or vegetarian. So whether they speak of medicine and health, or peace and compassion, the one thing you can be assured of is they come from a perspective of understanding veg'ism because they practice it at a personal level.]*

Stay tuned! We have more great speakers lined up for 2006. So don't miss a single month!

### 'TIS THE SEASON

As **EVEN** continues its Mission Statement of "informing and educating" others through newsletters, monthly gatherings, speakers, tabling and outreach into the community, your support becomes more important than ever! If you feel the spirit of the holiday season permeating your own spirit, please consider putting **EVEN** on your gift list. Everything **EVEN** provides to the public is always **free**. Your membership or donation will help keep **EVEN** truckin' into the New Year...and beyond. The way things are going in the world, where it's harder to trust government, big business, and special interest groups to do the right thing, it remains for the grassroots organizations and the people behind them to initiate and ensure effective change. Thank you!

### JOIN THE EUGENE VEG EDUCATION NETWORK

One year membership: \$20. Students, Seniors (55+): \$15. (Make checks payable to: **Eugene Veg Education Network**) When you become an **EVEN** member, you help **EVEN** continue its outreach projects, and you become part of the solution.

The **Eugene Veg Education Network** is a non-sectarian, non-profit group based in Eugene designed to be 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 and encourage our members---and the larger community as well---by providing access to pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. **EVEN** meets the **1st Monday** of every month (except holidays) at **7pm** at the **McNail-Riley House**, 601 W. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. Contact **EVEN** at 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055, [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net). **Happy Holidays to Everyone!**

Peace on Earth. Goodwill to all.