

EVEN NOW 6/24/11



NEW! NEW! NEW!
Interview with
Dr. Orestes Gutierrez



Read EVEN's exclusive interview
with **Dr. Gutierrez** [>>> here](#)

[EVEN Interviews is a new monthly feature highlighting vegans who are leaders in their fields and who have a deep commitment to veganism. It is designed to offer interesting and inspiring viewpoints to both long-term vegans and newbies alike.]

Lead by example; don't preach. Let your lifestyle motivate people and influence your friends and family. - Dr. Orestes Gutierrez

Cornbread Café Reopening July 1!

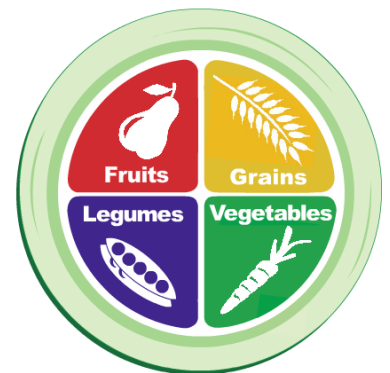


You'll love it when comfort goes vegan!

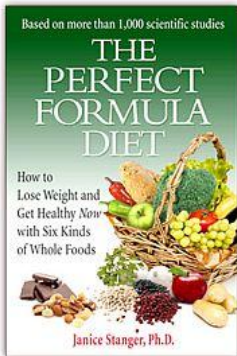
The Cornbread Café we all know and love has found a new home at 7th & Polk in Eugene (the old Original Deb's Restaurant). 100% vegan food – homemade with love. Yes!

PCRM Sues USDA Over Deceptive Dietary Guidelines

At a time when [Americans are in the worst physical shape in history and childhood obesity is at unprecedented levels](#), the government cannot beat around the bush or kowtow to agribusiness. Click to read more about PCRM's [POWER PLATE](#) at the right. >>>>→



You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.
– Ralph Waldo Emerson



Encore! Janice Stanger, PhD

If you missed Dr. Stanger, author of *The Perfect Formula Diet*, when she presented to EVEN in Eugene last August, you can watch her on video presenting to the Vegetarian Society of Hawaii. [similar climate ☺]

[10 Dangerous Nutrition Myths.](#)

Companies that Do and Don't Test on Animals

You can search by company name or by product type to find out which of your favorite products are cruelty-free. [>>> SEE LISTS HERE](#)



Summer Vegan Barbecue Recipes

Food is a great form of outreach for the animals. There are a lot of folks that don't want to hear about the suffering that is inherent to the meat industry but are intrigued by trying out new foods.

[Source: *In Defense of Animals*]

- ~ Beer Can Tofurky
- ~ Caesar Salad Burger
- ~ Macaroni Salad with Peppered Tofu
- ~ Pink Lemonade Cupcakes
- ~ Crab Cakes with Tartar Sauce
- ~ Tuscan Lemon Cake

- ~ Spare Ribs w/3 Different Types of Glazes
- ~ Coleslaw
- ~ Three Beans Salad
- ~ Creamsicle Cupcakes
- ~ Mojito Bars
- ~ Antipasto Pasta Salad

[Recipes for the above cruelty-free vegan dishes have all been potluck-tested! ☺](#)

Viva! Vegetarian Grill

Cashew-based, vegan ice cream!

Dave at **Viva! Vegetarian Grill** is working on getting his vegan, cashew-based ice cream out there in time for summer. Stay tuned! Thanks for keeping it vegan, Dave! **Viva! Vegetarian Grill** - 12th and Willamette (parking lot), Eugene, 541-606-3227

Lunch: Mo-Sa, 11 am to 4 pm -

www.vivavegetarian.com



Earth is generous with her provisions, and her sustenance is very kind; she offers, for your table, food that requires no bloodshed and no slaughter.
- Ovid

WARNING! Hot Cars Kill Dogs



Every year, dogs suffer and die when their guardians make the mistake of leaving them in a parked car—even for "just a minute"—while they run an errand. Parked cars are deathtraps for dogs: **On a 78-degree day, the temperature inside a parked car can soar to between 100 to 120 degrees in just minutes, and on a 90-degree day, the interior temperature can reach as high as 160**

degrees in less than 10 minutes.

Animals can suffer brain damage or death from heatstroke in just 15 minutes [>> MORE](#)

You wouldn't leave your baby in the car, so please don't leave your pet.



Congratulations to Another Star McDougaller

Star McDougaller: Elizabeth TeSelle Beyond Veganism



[Read Elizabeth's story here.](#)

The Fat Vegan by Dr. John McDougall

You may consider this title an oxymoron—a figure of speech that combines two normally contradictory terms, but in real life this concurrence is all too common. You may also think the title is offensive. My intention is to help, not to provoke anger. People who have declared themselves “vegan,” have said “no” to eating all animal-derived foods. At extraordinary personal costs, many of these guardians labor tirelessly to protect the welfare of all animals. Fat vegans, however, have failed one important animal: themselves.

Furthermore, >> [Read more of *The Fat Vegan* here.](#)

I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on powerful cholesterol-lowering drugs for the rest of their lives. – Dr. Dean Ornish, author, *Reversing Heart Disease*



2011 Vegetarian Summerfest

Treat Yourself to Something Special

July 5 – 9, Johnstown, PA

[37th Annual Conference](#) of the North American Vegetarian Society

Over 50 informative and inspiring Speakers!



Personal Food Choices and Climate Change

Coming to EVEN July 28 – **Dale Lugenbehl and Sandy Aldridge**

TH, 7/28/11, 7pm, McNail-Riley House, 601 W. Jefferson (at 13th Av), Eugene. Free.

40 Healthy Vegan Snack Ideas

There are plenty of healthful options.

[Check them out here!](#)

[Try them all and don't forget you can use the frozen grapes as ice cubes in your summer drink!]



Fighting for America's Children

The average American eats 75 pounds more meat and 30 pounds more cheese each year, compared with a century ago. We're eating more sugar and oils, too. Where are we putting it? All around our waistlines. Meat, cheese, and junk food are fueling the childhood obesity epidemic.

[>> MORE](#)



Disgusting Cheese. Geez!

EVEN gets tons of questions about cheese, and for years we've referred you to Drs. McDougall and Barnard and Fuhrman and Ornish and Esselstyn and Campbell and others. If you still imagine a different source will proffer better news about our national cheese addiction, here are some additional references. A rose by any other name...

Since cheese is essentially concentrated milk, it also comes with higher concentrations of fat, calories, sodium cholesterol, and agricultural contaminants...One pound of cheese contains 10 times the amounts of hormones and antibiotics (used in factory farming) as the milk from which it came. [- Bennett/Sammartano, Complete Idiot's Guide to Vegan Living.](#)

10 pounds of milk = 1 pound of cheese = 7.5 billion pus cells. [- NotMilk](#)

[Say Cheese! by Kymberlie Adams Matthews, Satya Magazine](#)

With sidebar for vegan alternatives.

And speaking of healthy alternatives...

Eat in the Raw Vegan Parm

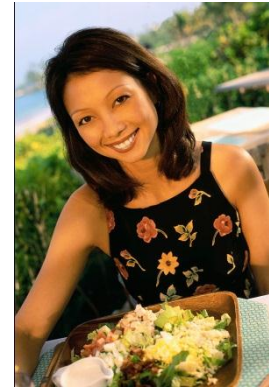
Parma! gives new life to your salads, and makes your popcorn, veggies, and favorite recipes irresistible. Try Parma! on pizza, pasta, rice, avocado, beans...and more. [Parma!](#) is an excellent food source of Omega 3's, B12, and Trace Minerals.



Eugene - More Veg-Friendly Dining

Tasty Thai, 80 E. 29th - 302-6444

Tasty Thai says they have changed their menu in the past 8 months. Dishes are ALL vegan and gluten free to start with, so people can add tofu or meat. (But caution because the soup broths are fish or chicken stock.) Curries are coconut or rice based.



**Bagelsphere, 4089 W. 11th 541-868-1072
810 Willamette - 341-1335**

The 11th street one is where they bake the bagels. They said their bagels are vegan except the cheese ones, of course :]

They carry Toby's Light Pate (vegan) and they have veg sausages and patties, too (no cheese :)

Taste of India, 2495 Hilyard - 485-9560

Taste of India said that 6-7 dishes on the menu can be made vegan. They have a vegan dahl soup.

Ta Ra Rin - 1200 Oak, 343-1230

Ta Ra Rin says they make most of their meals vegan, no MSG. But with their soups, even their veg soup!, be sure to specify no fish sauce, etc.

Noodle Bowl - 860 Pearl - 686-1114

Noodle Bowl suggests their Classic Noodle Bowl consisting of noodles and veggies. Vegan soup option is a broth made out of mushrooms, garlic, veggies and tofu. Appetizers offer vegan selections.

Soup Nation, 525 High - 683-1999 (80 soups?!)

10 vegan soups, but only cook 1-3 each day. Their bread is vegan and they have vegan salad selections, vegan muffins, vegan sandwiches. They buy as many of their ingredients locally, and when possible organic.

Note: When it comes to MSG, be aware that even when a restaurant says "No MSG" was added, there could still be added MSG in premade sauces they use that come from other sources. Always clarify and never assume they will omit it from your meal unless you specifically request it.

See other places to eat veg in Eugene at [Where to Eat/Eugene.](#)

Thank you Inge Brouwer for your volunteer time!

Thank you Dennis Talasco for EVEN donation!

In Memoriam



Stanley Sapon, PhD
1924-2010

Thank you, Dr. Stanley Sapon and Family for EVEN book donations.

Dr. Sapon provided EVEN --- and a million others --- with inspiration, guidance and encouragement. Robert and I thank you, dear Stanley, for your friendship and for all you brought to us...and the world!

You can read more about Stanley and his classic [Vegan Values](#) on EVEN's website Going Veg page (scroll down to page bottom in the center content.)

If there is a single article of faith, it is that commitment to Vegan values will bring us closer to a world in which the fate and fortune of a planet and all its life forms do not hang on the judgment or the generosity of one species.
- Stanley Sapon, PhD



Have You Been To EVEN's Website Lately?

- Use the [Site Map](#) to find your way around or go to our
- [Welcome page](#) for some Quick Links.
- Wondering about [Going Veg](#) and [how to start?](#)
- [Newsletters/Announcements Archive](#)
- [About EVEN](#) – Who are we?
- [EVEN's Mission Statement](#) – Why are we?
- [What EVEN Does](#) – What do we do?
- [Past Speakers](#)
- [How to Help EVEN](#) – We appreciate your help and support!
- Huge amounts of [Resources](#) including Books, Recipes and Recommended Links
- Even [MORE information](#) here including Articles, Edustats, Quotes, If Truth Be Known and Wake Up Call
- HELP! [Support EVEN's outreach and education efforts.](#)
- **Coming soon – EVEN's News Blog --- stay tuned!**



[Thank you, EVEN Webmaster Robert!]

MidSummer Night's Dream Vegan Potluck

sponsored by the

Eugene Veg Education Network (EVEN)



WHAT: Vegan Potluck

WHEN: Thursday, 6/30/11, 7 pm
(OK to arrive early to set up your dinner)

WHERE: McNail-Riley House
601 W. 13th Av, (@ Jefferson), Eugene
(Park free in fairgrounds across the street!)

HOW: Bring your favorite **vegan dish** enough to serve *at least* 4 to 6 persons, (no meat, fowl, fish, eggs, dairy, or honey) a **serving utensil, place setting** and **napkin** for each member of your party. (Potluck dish needs to be vegan, not attendee!)

COST: FREE. Open to all who bring a vegan dish that serves 4-6.

Back by popular demand, this **EVENT** is a special repeat of potlucks or picnics from previous summers ---another opportunity for everyone to celebrate

life,
the season, &
your own midsummer night's dream.

Good vegan food, good friends, and good vibes.

Music by Eric!!!



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 pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants.

www.eugeneveg.org Peace.

###