

**EVEN NOW 8/31/10**

**THE PERFECT FORMULA**

Dr. Janice Stanger presents ***Whole Foods: The Perfect Formula for Health and Weight Loss,***

**TUESDAY, 8/31/10, 7PM**

**McNail-Riley House, 601 W. 13th (at Jefferson)**

**FREE!**

More: <http://www.eugeneveg.org/index.html>

***NOTE: You must park free in the fairgrounds across the street not in the McNail-Riley parking lot. Thank you!***

**TURTLE MOUNTAIN**

Thank you, **Turtle Mountain** for your consideration and generosity! EVEN is most grateful for your product donations and ongoing support!

Thank you also for your 2010 ***Dairy-Free Ice Cream Extravaganza*** on July 25 at Alton Baker Park. Another super success! Congratulations!

<http://www.turtlemountain.com/>

**HAVE YOU HAD YOUR PARMA! TODAY?**

Have you had your Parma! today? Here's a great way to eat it:

Cheese Tortillas

(From NaturalNews.com)

Take several heaping spoonfuls of hummus. Sprinkle on a generous serving of Parma! -- either flavor. Mix it up with a fork and slather it on top of a corn tortilla covered with organic quinoa and spicy black beans. Pour some

fresh salsa on top and sprinkle with fresh cilantro. You've got "cheese" tortillas!

Parma! is good karma -- and a great tasting way to get vital nutrients including Omega 3's, B12, and trace minerals. In Eugene you can find **Parma!** at **Market of Choice** and **Sundance**.

<http://www.eatintheraw.com/>

## HAPPY COW MOO-ZINE

**Happy Cow** is an internet guide to vegetarian restaurants and health food stores worldwide. They promote vegetarianism as a compassionate, healthy, and environmentally sustainable way of living.

[http://www.happycow.net/moozine/2010\\_aug.html](http://www.happycow.net/moozine/2010_aug.html)

## EGG RECALL, ACTION ALERT, AND MORE

Read *Compassionate Action*, e-newsletter of **Compassion Over Killing** here: <http://ca.cok.net/lists/?id=20100826201708>

## STOP ANTIBIOTIC ABUSE ON FACTORY FARMS

[http://action.farmsanctuary.org/site/MessageViewer?em\\_id=18181.0&printer\\_friendly=1](http://action.farmsanctuary.org/site/MessageViewer?em_id=18181.0&printer_friendly=1)

## VOTE "YES" THAT CANADA SHOULD BAN THE SEAL HUNT (CBC-TV):

<http://www.cbc.ca/politics/insidepolitics/2010/08/question-of-the-day-175.html>

**Thank you, Claudia!**

## ONLY 15 ROOMS LEFT FOR THE MCDOUGALL ADVANCED STUDY WEEKEND - SEPTEMBER 10-12, 2010

Never again will you be able to meet in person and talk to so many experts at one time!

Look at this line up!

<http://www.drncdougall.com/misc/2010other/asw/sep/15rooms.htm>

## ALSO, MCDOUGALL ADVENTURE – COSTA RICA – JANUARY 27 – FEBRUARY 3, 2010

<http://www.drncdougall.com/misc/2011other/cr/cr1.htm>

## WORLD PEACE AND YOGA JUBILEE - October 2010

See presenter line-up here:

<http://www.worldpeaceinc.com/home/presenters.html>

Cutting-edge classes, world-class food and soul-stirring inspiration AND you are directly contributing to educational opportunities that spread the message of a "Practical Blueprint for World Peace".

<http://www.worldpeaceinc.com/home/foundation.html>

## REED MANGELS TO SPEAK AT PEDIATRIC NUTRITION CONFERENCE IN PHILADELPHIA

On **Friday, November 19, 2010**, VRG nutrition advisor **Reed Mangels, PhD, RD** will speak at the 1-day conference "Pediatric Nutrition: Current Concepts and Controversies" at the Children's Hospital of Philadelphia to an audience of pediatric dietitians, nurses, and physicians. The title of Reed's talk will be "Vegetarian Children and Teens: A Growing Population."

Click here

[ <http://www.chop.edu/export/download/pdfs/articles/cme/nutrition-std2010.pdf> ]

to view more information about the schedule of events for the conference.

## A MESSAGE FROM JOHN ROBBINS

Dear Friends,

I hope that you are well and enjoying the summer. I am writing to share some exciting news. You may know that I've been writing weekly articles for the Huffington Post (the 7th most popular news website on the internet, with 28 million unique visitors each month). So far this month, I have published four of the website's most popular articles. These articles have been read by more than 1.2 million readers on Huffington Post and untold more on other sites, providing vital information that impacts the health of people, animals, and our world. These include:

- 1) [The Dark Side of Vitaminwater](#), which is now the most widely viewed and most widely shared news piece in Huffington Post history.
- 2) [Female Infants Growing Breasts: Another Disaster From Hormones in Milk Production](#);
- 3) [Is Your Favorite Ice Cream Made With Monsanto's Artificial Hormones?](#); and
- 4) [How Egg Industry Greed Caused the Salmonella Outbreak](#).

As well, we have officially launched my new website, [johnrobbins.info](http://johnrobbins.info). If you haven't already, you might want to check it out. And if you haven't yet ordered a copy of *The New Good Life*, or want to order copies to share with friends, it is [still available for a major discount](#).

Thanks for all you do to help build a more healthy, compassionate, and sustainable world.

John Robbins

*For more information about John Robbins and his work, and for access to dozens of his articles and posts, [click here](#).*

## ALEX JAMIESON JULY PRESENTATION AT EVEN A SUPERSIZED HIT!

There was a great turnout despite the holiday timing, but anyone willing to endure the triple digit temperatures was greatly rewarded with Alex's highly-informative presentation, ***How Veganism Can Save the World***. Thank you, Alex!!!

Thank you also to **Toby's Family Foods** for donating the delicious Toby's vegan Tofu Pate!

Thank you to **Stacy and Jay** for donating the water, cups and napkins! And thank you to **Jill** for bringing the iced tea!

Special thanks to EVEN volunteers **Linda, Nadine, Jay and Stacy!**

Alex will return to Eugene in **November** for a booksigning EVENT for her newest *Vegan Cooking for Dummies*. Stay tuned for more information!

Honor your body, fulfill your dreams!

<http://nutritionforempoweredwomen.com/>

## TURTLE ISLAND FOODS

Thank you, Turtle Island/Tofurky for your past EVEN membership and support! EVEN continues strongly and steadfastly because of kindness and generosity like yours!

<http://www.tofurky.com/>

## WANTED: VEGETARIAN HOST HOME for 16 year old German Boy

Bill is a 16 year old German exchange student. He is a championship debater in Germany and is looking forward to joining a debate team at his American high school. He is vegetarian and is able to cook.

He will arrive in September and depart June 2011 and needs a host family. Families need not have kids at home, but they must provide room and board and family support. The AYUSA organization provides a community rep who acts as liaison during the experience. For more information, please contact Karyn (community rep): 541-343-0238

[karynlacroix@hotmail.com](mailto:karynlacroix@hotmail.com)

## WANTED: VEGAN PRIVATE CHEF IN BALTIMORE

Immediate need for excellent vegan live-out private chef to cook full-time for small family in Baltimore, Maryland. Must have prior experience cooking a variety of vegan meals. Must also be vegan/vegetarian! Must also help administrate the household - including running errands, paying bills, coordinating subcontractors for house maintenance. Competitive salary! Reply to: [ruthie@questar.net](mailto:ruthie@questar.net)

## CORNBREAD CAFÉ ADDS GLUTEN-FREE!

Eugene's Cornbread Cafe now has gluten-free Southern Fried Tofu. This means folks (who eat fried food ;) can have a complete meal. Until now, there have only been gluten-free sides, and a once a week special of their portabello (which now can be enjoyed in a gluten-free bun). Be sure to check this out! See you there! **Cornbread Café, 112 E 13th Ave (at Oak), [www.cornbreadcafe.com](http://www.cornbreadcafe.com)**

## WANTED: VOLUNTEERS

EVEN needs friendly, knowledgeable, and reliable volunteers for various projects. Are you friendly and helpful? Are you familiar with veganism? Are you dependable? Do you have any business, education, phone, writing, and/or computer experience? If you can spare time to help EVEN's outreach and education efforts, please contact us at [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net)  
THANK YOU!

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3) non-profit** based in Eugene 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.**