

**EVEN NOW 10-28-10**

## **SPECIAL VEG PRESENTATION**

*Scatter Vegan Sweets*

by

**Wendy Gabbe Day**

**WHAT: Free Educational Presentation and Cooking Demo (not a potluck)**

**WHEN: FRIDAY, 10/29/10, 7 pm – sharp.**

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

**COST: FREE! Open to everyone---vegans, vegetarians and anyone interested in the benefits of a plant-based diet.**

**[Click >> HERE to read more about Wendy!](#)**

Wendy is traveling to Eugene all the way from Portland to present this informative and delicious vegan cooking demo just for EVEN. And she is paying for all of it out of her own pocket so that it is free of charge for everyone who wants to attend! ***How generous is that?*** All we need to do is attend, be gracious onlookers and avid students---and receive vegan sweets as an additional reward. What a fabulous opportunity for all of us. Thank you, Wendy!

# Are You Taking Global Warming Personally?

By Dan Brook, Ph.D. & Richard Schwartz, Ph.D.

While growing concern about global warming is welcome, the many connections between the increasingly globalized western-style diet and global warming have generally been overlooked, marginalized, or outright denied.

Global warming goes way beyond “an inconvenient truth”. We are overheating our planet to alarming levels with catastrophic consequences. Thirteen of the past fourteen years [>>MORE HERE](#)

**We have committed the golden rule to memory; let us now commit it to life.** — Edwin Markham, American poet (1852-1940)

## A Life Connected

I'm wild for this video! Please check it out and pass it on to as many others as you choose.

People everywhere are making choices more connected with their values. We are simplifying our lives, buying less and living more because we know that the Earth provides enough to satisfy everyone's need, but not everyone's greed.

We recycle because we know the Earth's resources are limited and that we must share those resources with those yet to come. With this choice we can [>> SEE VIDEO HERE](#)

**Source: "VEGAN. For the People. For the Planet. For the Animals" by [NonviolenceUnited.org](http://NonviolenceUnited.org)**

## Dr. McDougall Resources

1. [Free Lecture by Dr. McDougall on Diet and Multiple Sclerosis](#)

**Dr. McDougall** discusses the treatment of multiple sclerosis (MS) and other autoimmune diseases with a low-fat diet. [>> MORE HERE](#)

2. [Bill Clinton on a Mostly Vegan Diet](#)

Clinton's Weight Loss Secret: Plants [>> MORE HERE](#)

## Compassion Over Killing's Pro-Veg Commercial Campaign is Expanding!

MTV---Animal Planet---Comedy Central

Two of our eye-opening ads, "[Exploring Your Food](#)" & "[A Side of Truth](#)" have been airing nationwide since October 11 on MTV, Animal Planet, and Comedy Central—reaching out to tens of millions of viewers in hundreds of cities from coast to coast! [>> MORE HERE](#)

## How Bad Is McDonald's Food?

By [John Robbins](#)

Dear Friends, My latest article on the *Huffington Post* is generating an extraordinary response.

The article includes a new, extremely controversial ad from **Physicians Committee for Responsible Medicine (PCRM)** that has struck a nerve with millions of people. [Click here to read the article now.](#)

# Is the Government Killing Animals in Your Name?

A dog is shoved into a metal "inhalation chamber" inside a U.S. government laboratory. Deadly poisons begin to seep in through the vents. The dog scrambles to escape, but soon his legs turn to jelly and he is too weak to stand. He lies on the floor, frightened about the fact that his body is starting to convulse uncontrollably, and suffers a slow, painful death. His death was funded by your tax dollars—and we want to stop other animals from suffering the same fate.

The U.S. government's massive animal testing programs are responsible for the needless deaths of millions of individual animals:

- **The U.S. Environmental Protection Agency (EPA) and the National Institute of Environmental Health Sciences are responsible for the suffering and deaths of tens of thousands of animals in chemical toxicity tests.** The fact that the EPA has banned only a handful of toxic chemicals, including many known to be harmful to people, demonstrates just how pointless these experiments are. Rather than develop more effective non-animal testing methods or adopt one of the many internationally accepted non-animal tests, these agencies continue to waste taxpayer dollars on tests that result in the deaths of animals.
- **NASA has announced plans to squander \$1.75 million on a crude experiment in which as many as 30 squirrel monkeys will be exposed to a large, harmful dose of radiation.** The monkeys will then spend years locked in cages so that experimenters can watch as the radiation destroys their brains and bodies. NASA is ignoring more modern, more accurate testing methods as well as the recommendations of the European Space Agency, which recently spoke out against the use of monkeys in space experiments.
- **For more than 25 years, the U.S. National Toxicology Program (NTP) has poisoned mice, rats, rabbits, and other animals** with massive doses of pesticides, drugs, and other chemicals to see if they develop cancer. Yet a groundbreaking PETA report titled "Wasted Money, Wasted Lives" proves that NTP's cancer studies (which have

cost taxpayers more than \$1 billion and counting) have been of little to no use to health authorities. The chief of the NTP's experimental pathology laboratory has even admitted that "we don't know what the findings really mean."

It's time to end this needless slaughter of animals. **With your support**, we can stop more tests—and save more animals.

PETA is leading the fight to stop government-backed experiments on animals. We're putting pressure on lawmakers to reform government regulatory testing policies, stop ghastly experiments like NASA's planned irradiation tests, and cut off the flow of taxpayer money that is wasted on cruel animal experiments.

Don't let the government kill animals in your name. With your support, we can end government-funded animal testing.

Thank you for supporting this important fight.

Very truly yours,



Ingrid E. Newkirk

President , People for the Ethical Treatment of Animals (PETA)

Join **PETA's Action Team >>HERE** and keep posted AND take action on many of the animal rights, environmental and health issues that are important to you.

## A BITTER PILL

**“If God had not intended for us to eat animals, how come He made them out of meat? ...I love meat. I eat pork chops, thick bacon burgers, and the seared fatty edges of a medium-well-done steak. But I especially love moose and caribou. I always remind people from outside our state that there's plenty of room for all Alaska's animals -- right next to the mashed potatoes.” - Sarah Palin, *Going Rogue: An American Life***

## Portland VegFest – Huge Success!!!!

More than 4,800 people flooded through the VegFest doors on Saturday and Sunday and enjoyed hundreds of samples of delicious food, shopped with our veg-savvy exhibitors, attended cooking demos, and listened to inspiring talks. Thanks to the generous support of our sponsors, 100+ exhibitors, 250+ volunteers, and attendees.

VegFest celebrates and promotes sustainable, compassionate and healthy food choices and lifestyles, and this year's event features an amazing array of options! Way to go, NW Veg!

[PortlandVegFest.org](http://PortlandVegFest.org)

## Grace and Tranquility

by Eric Alan and Gypsy Soul

**Friday, November 5th - Unity of the Valley, Eugene, 8 pm -**

**Eric Alan and Gypsy Soul** present an evocative, multi-media experience celebrating their unique collaboration in ***Grace and Tranquility***.

International recording artists **GYPSY SOUL** celebrate the release of their 10th CD, ***Grace and Tranquility***, a companion CD to the book of the same name by **author/lyricist/photographer ERIC ALAN**. Gypsy Soul's performance will combine with readings and slides from **Eric Alan** at **Unity of the Valley (39th and Hilyard)**.

**Tickets** at the door; or advance tickets at **Tsunami Books** (541)345-8986 and **Stargate** (541) 342-8348. **Email HERE** for more info.

**I'm particularly interested in those issues that intersect with my own work on the reintegration of nature into daily living. Food is an essential part of that, and as we know, the vegetarian lifestyle is much more conducive to leaving a light footprint upon the earth.** – Eric Alan, author, photographer, lyricist, broadcaster [www.ericalan.com](http://www.ericalan.com)

# Garbanzo Grill

394 Blair Blvd (at The Tiny Tavern), Eugene, 97402

TU-SA, 11 am to 6 pm

[www.garbanzogrill.com/](http://www.garbanzogrill.com/)

541-852-8944

**Same great food --- new location!**

## EVEN Report on World Vegetarian Day and World Farm Animals Day

On October 1 EVEN leafleted at the UO and distributed 87 vegetarian starter kits and other booklets in honor of **World Vegetarian Day**. And on October 2 EVEN leafleted downtown in honor of **World Farm Animals Day** and distributed 111 vegetarian starter kits! Wow! Terrific! Thank you everyone for stopping by to chat.

Thank you to EVEN veg volunteers **Ali** and **Jennifer** for assisting in our leafleting efforts! You are kind and generous souls and we are most grateful for your positive energy, your upbeat attitudes and friendly smiles--not to mention your endurance.

Also, thank you to **Nana's Vegan Cookies** for their yummy cookie donations and cash-off coupons that went far and wide and got gobbled down fast! (The cookies, not the coupons.)

**Nana's** vegan Cookies, Cookie Bites and Cookie Bars have no dairy, no refined sugars, no GMOs, no cholesterol, no eggs, no cane or beet products and no trans fats! (Gluten-free assortment also available.)

**It often happens that the universal belief of one age, a belief from which no one was free or could be free without an extraordinary effort of genius or courage, becomes to a subsequent age, so palpable an absurdity, that the only difficulty is to imagine how such an idea could ever have appeared credible. – John Stuart Mill, English author and philosopher (1806-1873)**

## WANTED: Volunteers!

EVEN needs more great volunteers who are knowledgeable, friendly and reliable. Please contact us at [eugvedunet@comcast.net](mailto:eugvedunet@comcast.net) if you can offer an hour or two each month, especially if you have telephone, computer, office or business experience. EVEN is growing and we need your help and support. Thank you!!

## THANK YOU!

EVEN's dineout at **Govinda's Vegetarian Buffet** on 9/29 was a big success. In honor of our EVEN dineout, and much to everyone's pleasant surprise and culinary satisfaction, David made the *entire* buffet VEGAN! Thank you, David! A good time was had by all. Great food, great company, great fun!

Thank you, **Alice Pueschner**, for helping to arrange this delicious and sociable EVENT!

Thank you **MARKET OF CHOICE** for your donation!

Thank you, **Sarah Jorgenson** for renewing your membership!

Thank you, **Paul Petock** for new EVEN membership!

## VISIT EVEN'S SPONSORS

Folks, we need to support those who support EVEN. What an interesting, but not so novel, idea. Please go to EVEN's [website](#) and visit all our corporate sponsors by clicking on their logos in the righthand column of any page. Then let's patronize them at every opportunity.

Thank you to everyone who makes EVEN's lectures, library, website, outreach and education possible!



# COMING SOON!

**Alex Jamieson** will be joining EVEN again in **November** for a booksigning of her new book *“Vegan Cooking for Dummies”* at the **UO Bookstore** and at **Tsunami Bookstore**. Stay tuned for more details.

**When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it--always. — Mahatma Gandhi, Indian political and spiritual leader (1869 - 1948)**

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.**

