

EVEN NOW 1/6/10

HAPPY NEW YEAR! HAPPY NEW YEAR! HAPPY NEW YEAR!
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PCRM 21 DAYS TO VEGAN!

Need additional support to help you go vegan in 2010? Let the **Physicians Committee for Responsible Medicine (PCRM)** guide you through a **21-day Kick Start Program**. Based on research by Neal Barnard, M.D., one of America's leading health advocates, this program is designed for anyone who wants to explore and experience the health benefits of a vegan diet. The Kickstart will give you an all-access pass to: Celebrity Tips, Nutrition Webcasts, 21 Day Meal Plan, Restaurant Guide, Community Forum, Daily Messages.

Don't pass up this excellent opportunity to make 2010 your best year ever! You can do it! **Sign up for free here!**

**Remember: You're never more than a thought away
from a transformation. - Richard Carlson**

DR. JOHN MCDUGALL – FREE E-LECTURES

American College of Lifestyle Medicine address, Dr. McDougall clearly explains to fellow doctors the advantages of lifestyle medicine. **>>SEE IT HERE** (scroll to the bottom.)

All of the McDougall presentations from their fabulous DVDs are now downloadable individually! This is a wonderful opportunity that you do *not* want to pass up! **Find Dr. John McDougall's free e-lectures HERE.**

ABOUT.COM VEGETARIAN

Jolinda Hackett always offers an interesting array of info and is definitely worth your time to review. If you go to [About.com – Vegetarian](#), you can find much of the latest that she has culled from a variety of sources, and even sign up for her free newsletter. She has been a source of pleasure and information and fun over the past several years. Hope you find it that way, too.

DIXIE DINERS' CLUB

Please make time to check this out! At the top of the list are their Legumes-Plus lentil soups, made with lentils from the Palouse Valley right here in the Pacific Northwest. With the LP soups, you can have a healthy, hearty meal for less than a dollar per serving. You can see all 28 of them [>>HERE](#) These are just a few of the 210 healthy vegan products that Dixie Diners' Club produces for the least cost.

And don't forget **Nutlettes®**, their all whole soy cereal; the only all-soy cereal on the market. High in protein and fiber, it's the lowest cost per-serving high protein cereal available. You will be pleasantly surprised no matter which of their products you try!

VEGETARIANS IN PARADISE

Check out the NEW [Vegetarians in Paradise](#) with its sparkling front page that gives you a sampling of many of their key stories and features. As always, they continue to seek out and spotlight articles of vital interest to the vegetarian community. Count on them to deliver smiles plus facts as you click to learn more about:

- ~How to battle **diabetes** with a plant-based diet.
- ~Finding a simple way to shed extra pounds (The Smart Choices Program **Diet**)
- ~Climb with the **kids** as you purchase your five-a-day.
- ~Discover the **Alachua** secret: Over 97% of the kids choose to eat the vegetarian lunch each day.
- ~and many more interesting items!

The VIP folks spread "health and joy" every day of the year!

There is no way to overstate the magnitude of the collective spiritual transformation that will occur when we shift from food of violent oppression to food of gentleness and compassion.

Dr. Will Tuttle, *The World Peace Diet*

NBA STAR WANTS TO IMPROVE SCHOOL LUNCHES

John Salley joins with PCRM and others to discuss **how improving school lunches could reduce the nation's health care costs**. The briefing, which took place Nov. 18 at the Rayburn House Office Building, also featured free food samples and a chance to get a basketball signed by Salley. Improving school lunches could help reduce the nation's health care costs and, honestly, isn't it time schools started offering healthful, veg choices to children---our most precious resources? [>>MORE HERE](#)

START SAVING THE WORLD TODAY!

The Convenient Truth - We can avoid an unprecedented global catastrophe with a shift to plant-based diets. [Read more >>HERE](#)

In Defense of Animals also is sponsoring a **Clunkers For Critters Program - Your Old Car Is IDA's Economic Stimulus!** Your old car can become a tax-deductible contribution and it does not need to be registered or even in running condition. IDA will pick up or tow the vehicle from almost anywhere. For more information, call **Sage at 415-448-0048, ext. 218**.

The thinking person must oppose all cruel customs, no matter how deeply rooted in tradition and surrounded by a halo. When we have a choice, we must avoid bringing torment and injury into the life of another.

- Albert Schweitzer

INVITATION FROM PETA

The first step in helping animals is to realize that we, as consumers, have the ability to choose kindness over cruelty each time we sit down for a meal. The PETA website www.VegCooking.com provides amazing alternatives to eating meat and other animal products. You can even sign-up to have delicious recipes delivered directly to your inbox! What a treat!

As we all know, one of the best ways that we can help animals is to **take action**—speak up for those who don't have a voice. For 2010 please consider joining the **PETA Action Team**. When you do, you will receive information via e-mail about outreach opportunities in this area and tips on how we can help animals every day! **Together we can make this a kinder world for all animals.**

Things do not change, we do. - Henry David Thoreau

LOCAL FOCAL POINT

NEW VEGAN CAFÉ OPENING

Opening January 18, 2010! It will be mostly organic, mostly local, and **100% vegan** comfort food. The location is **112 E 13th Ave (& Oak) in Eugene** - the old brick house that used to be Brigg's Photography Studio. They are leasing the entire building, but opening their cafe outside...in a food trailer. They'd like to start an infoshop (or find someone within the community who is interested in doing this) in the main space of the building and rent out the top floor offices to non-profits. They will be hosting art galleries, live music, and have a book exchange, board games, etc. Please let them know if you have any leads for subletting space.

Following is a portion of the menu they'll be offering. They start with **lunch** from **11 am to -3 pm Mon to Fri**, then will add breakfast, and eventually dinner.

~Southern Fried Tofu	~Mashed Taters 'n Gravy
~Phish 'n Chips	~Mess o' Greens
~BBQ Ribz	~Cornbread
~Mac unCheese	~Sandwiches
~The Kidd-O-Meal	~Hot Chocolate w/Marshmallows

and more, more, more!

Wow! Sounds great! See you there!

DIVINE CUPCAKES TRULY ARE DIVINE

Another locally-owned, veg company! Looking for the perfect addition to your festivities? **Divine Cupcake** has the answer! Providing gourmet Vegan & Organic cupcakes is their specialty! Gluten-free options are available. Call **Divine Cupcake** for ALL and ANY of your special occasions! **541-543-5757** or **go online to order**.

'MAGI FUNGI' TEMPEH SANDWICHES

Keep your eye out for an upcoming Raw Soup and Tempeh Sandwich Sunday at Govinda's. Govinda's Vegetarian Buffet will be hosting this exquisite treat. "Magi Fungi" live tempeh sandwiches (raw or cooked) and raw soup from organic ingredients More to come. **Stay tuned.**

DAVE'S VIVA! VEGETARIAN GRILL

Viva! Vegetarian Grill. What was new for 2009 continues into 2010! Dave's menu includes local products from Tofurky and Surata, organic coffee, juice and tea. He continues to work festivals during the Spring and Summer around the Northwest. But new for 2010 is a **Viva!** food cart in downtown Eugene that he just opened and will be vending **weekdays from 11-4pm**. The location is the church-owned parking lot at **12th and Willamette**. The menu is completely **vegan**. Wonderful! Way to go, Dave! [Mention that you saw this ad in the EVEN NOW newsletter, and Dave will generously give you \$1 off your food purchase. Thank you, Dave!]

OFF THE WAFFLE, BUT RIGHT ON TARGET

Off The Waffle announces that they have officially released the **vegan** version of their ever-popular OG Liège waffle. They call it the "Oh-Jeegan". It is made with coconut oil, flax seed and soymilk. It is ridiculously delicious! [Currently they do not have a dedicated iron for the vegan waffles but, once they become popular, a separate iron will be justified.] It is still quite difficult for them to gauge how much vegan dough to make every day, so feel free to call them to make sure they've got some on hand. Oh-Jeegans sell for \$3 a piece fresh and are also available frozen at \$12 per half dozen. Special orders are always welcome and they do their best always to accommodate. **Off the Waffle, 740 Van Buren Street, Eugene, 541-606-4348.**

MOUNTAIN ROSE HERBS

Did you know?... **Mountain Rose Herbs** is a local, veg-owned company known for an uncompromising commitment to organic agriculture and a steadfast focus on the pure aesthetics and freshness of botanical products. Since 1987, they have taken a formidable and unyielding stand when it comes to the protection and sustainability of our natural world and the delicate systems which balance all life. Not only does **Mountain Rose Herbs** lead the herbal industry in environmental stewardship, they also adhere to strict principles and protocols that ensure fair treatment and compensation for the people who produce their herbs, teas, and spices, both domestically and overseas.

EVEN LIBRARY BOOKS

Thank you to those who have returned books borrowed from EVEN's Free Lending Library.

You know, folks, EVEN'S free lending library is a resource --- a gift! ---and having access to these wonderful books is a privilege. Of all the wild and crazy things Robert and I knew we were going to have to do when we founded EVEN, of all the varied and numerous hats we were prepared to wear, we never in our wildest dreams imagined that tracking down past due library books all over Lane County would ever be one of them. Please check your backpack, beside your reading chair or under your bed for past due books you borrowed from EVEN. Or contact EVEN at eugvedunet@comcast.net

No More Bull!, *Eat More Weigh Less*, *Complete Idiot's Guide to Vegan Living* and *Vegan Bites* have finally been returned and are now available again, although expect a waiting list. *The China Study* is expected back soon, but it too has a waiting list. And newly-available is *Ani's Raw Food Kitchen*. Contact us to borrow a book.

Blessed are those who return their books,
for they shall be allowed to borrow again. 😊

THANK YOU

Thank you to **Wendy Liberko, Sandy Itzkowitz, Jay Karandikar, Hilliard Gastfriend, Kate Daniels, Mountain Rose Herbs, Peter Spendelow, Jill Schatz, Sarah Riess, Gilann Bourne, David and Carolyn Gabbe,** and **Kim Hedding**.

Also thank you to **Dale Lugenbehl** for student support.

Thank you to all those who have continued to support EVEN over the months and over the years. If you would like to help, too, **please make your donation to EVEN here**. Thank you.

And many thanks to some of EVEN's other supporters!

Café Yumm – Soul Satisfying...Deeply Nourishing

Capella Market – Eugene's Neighborhood Grocer with World Class Variety

Dixie Diners Club – Celebrating 30 years of exceptional service

Eden Foods – A Dedicated Natural Food Company, Family-owned and operated since 1968.

Emerald Valley Kitchen – Organic, Fresh, Delicious, Healthy

Market of Choice – Food for the Way You Live

Mountain Rose Herbs – Organic, Sustainable, Uncompromising---since 1987

Natural Choice Directory – Calling for Sustainability...Everyday

Parma!/Eat in the Raw – Finally, a great-tasting, healthy, vegan parmesan!

Red Barn Natural Foods - Nourishing and educating our community with integrity since 1982.

Sundance Natural Foods – Individuals Nourishing Community since 1971.

Toby's Family Foods – Where grassroots, vegetarian, and “You’ve got to taste this” went to school.

VeganEssentials – Where compassion meets convenience.

V-Dog Vegan Dog Food – High Protein Vegan Dog Food - A V-Dog is a Healthy Dog

HAPPYCOW.COM CELEBRATES 10 YEARS ON THE WEB!

Congratulations to **Happy Cow** website celebrating 10 years! Wow! You guys rock!! Visit **Happy Cow's** helpful and informative website, and sign up for their free *Moo-zine e-newsletter*. Congratulations, Happy Cow, on a superior track record and best wishes for many more years to come!

Truth is on the march and nothing can stop it. - Emile Zola

NEW YEAR INSPIRATION FROM MEATOUT MONDAYS!

Top 10 Reasons for 2010 - Start fresh in the new year and be an inspiration to yourself and others. Make your resolution one that will benefit your health, the environment, and animals. If you haven't yet made the switch, transition to a healthy vegan diet by phasing out meat, eggs, and dairy.

Here are the **Top 10 Reasons Go Vegan** in 2010:

10. You'll save the lives of 34 land animals each year.
9. Your body will appreciate the break from saturated fat, cholesterol, and hormones.
8. You'll join the ranks of fellow vegans Alicia Silverstone, Tobey Maguire, Natalie Portman, and other celebrities.
7. You'll reduce your carbon footprint more than if you scrapped your car.
6. Your concern will now be who to invite over for dinner, instead of who to eat for dinner.
5. It's a great way to shed those extra holiday pounds.
4. You'll save over a million gallons of water each year.
3. You'll increase your energy levels for more outdoor activities this summer.
2. If we truly are what we eat, who wants to be a "meathead?"
1. You can still visit McDonald's... for bathroom breaks.

To request a colorful 32-page guide in the mail, visit www.VegKit.org!

Happy New Year to everyone! May 2010 be a year of new insights, resolute compassion, and freedom for all living beings.

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

Lin Silvan
Executive Director
Eugene Veg Education Network (EVEN)



Lin turns 60?? Whoa!!!



It took me
60 years
to look this good