

# THE EVENING NEWS



THE EVENING News - Eugene Veg Education Network (EVEN)

January 2, 2006



HAPPY  
NEW  
YEAR!

## EVEN WELCOMES TY BELL GUEST SPEAKER

**Ty Bell** is a natural and healthy living enthusiast who has interests in peace, spirituality and healing. **Ty** has a bachelor's degree in religious studies from CSU-Chico where he studied mysticism and spiritual nutrition. He also studied and practiced yoga for five years during which time he learned a great deal about holistic nutritional healing from the ancient Essene and Ayurvedic traditions. **Ty** has been an active member of the Eugene community for over a year, working to educate people about the healing powers of superfoods like spirulina, maca and camu-camu. He works as a sales representative for two companies that offer organic & wildcrafted whole food supplements. His job gives him the opportunity to set up tables in natural food and grocery stores and give free superfood samples in the spirit of love, light and service. In this way he has helped many people on their healing journeys. He is grateful for the support the community has given him and hopes to continue his work here in Eugene for years to come. **EVEN** is very pleased to have **Ty Bell** as its **January** speaker presenting: **Healing with Superfoods**.

**Never does nature say one thing and wisdom another.** Juvenal 60-130 AD

## HEARTFELT THANK YOU!

Special appreciation to **EVEN** member and friend, **Karla Cohen**, for speaking on "**Peace, Militarism & Animal Liberation**" at our **December 5** gathering. Everyone enjoyed Karla's eye-opening and heart-rending information. She made it clear how our daily life choices reflect world events. Thank you, Karla, for sharing your time and meaningful insight!

## DECEMBER RAFFLE WINNERS!

Congratulations to **Pam Garrison** for winning a basket of vegan bath salts and soaps from **White Rabbit Beauty**, Lake Oswego, OR. Terrific night, Pam! Congratulations to **Rick Klopfer, Matt Laubach, Nick Kress, Linda Sappington** and **Glenn Hildebrandt** for winning additional **White Rabbit Beauty** door prizes in grapefruit, lemon, vanilla, and peppermint that looked and smelled good enough to eat. Luxuriating in those adds no calories! Thank you, **White Rabbit Beauty**! Please patronize this wonderful and compassionate site [www.WhiteRabbitBeauty.com](http://www.WhiteRabbitBeauty.com) or 1-888-312-3266.

**Eric Nicholson, Hilliard Gastfriend, Jackie Brandt, John Duran** and **Misha Seymour** each won coupons worth \$5.00 on any vegan **Lightlife** product. Congratulations to all and thank you **Lightlife**! Check out **Lightlife** at Capella Market and Sundance. [www.lightlife.com](http://www.lightlife.com)

Congratulations to **Nadine Peterson, Alice Pueschner, Paula Ptacek, Marty Hertz** and **Randy Prince** for winning hand-painted watercolors from **Sandy Polsky** and many thanks to **HappyCow.net** for donating these 5 lovely prints of Sandy's original watercolors to **EVEN**. Thank you, **Happy Cow**!

## SPOTLIGHT ON JAN SPENCER!

Mark your calendars for **EVEN's February 6** gathering when **Jan Spencer**, a Eugene icon, will present to us **Global Trends-Local Choices, Towards An Eco-Humanist New Culture**. **Jan** will be **EVEN's** featured speaker in February. An excellent way to lift us from winter's doldrums and ready us for another miraculous spring. If anyone can instill Springtime in our hearts, it's **Jan Spencer**. Be sure to be there!

**There are a thousand hacking at the branches of evil to one who is striking at the root.**

Henry David Thoreau

## THE OPTIMYSTIC VEGAN by Nadine Peterson



Quoting the title of a wonderful vegan cookbook, here is “How It All Vegan” for this former carnivore.

By the middle of January 1988 I'd completed my first personal-growth seminar. My mind was like a freshly-plowed farmer's field ready for the seeds, water and warm sunshine to sprout something new, when I read a revealing Letter to the Editor in the newspaper.

A lady had written, very succinctly and matter of factly, that chickens at a local poultry farm and processing plant are aware they are to be killed and eaten. WHACK!!! That realization hit my awareness like an axe on a chopping block. The concept of one consciousness including everything, chickens too, was now reverberating within me. About a week later I went to bed one night as usual and awoke the next morning a vegetarian.

Ten years later, 1998, and again in January, I had the similar experience of sudden realizations and the expanded awareness of a super connectedness to a living vibrancy; and just as suddenly (although I'd thought about dropping dairy and eggs from my diet every now and then), I knew I needed and wanted to have only the most vibrant foods for my body to live on. Within 3 days, I was eating only a plant-based diet, and no honey either, unaware of the term vegan.

I believe living this awareness of veganism (into Raw Veganism eventually, maybe) assists me into a more harmonious joyous and peaceful existence than most other influences in my life.



So, here we all are in another January, beginning everything as new. If you want it so to be, so it is.

*(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.)*

## WHAT'S YOUR STORY IN THE NAKED CITY?

Do you have a tale to share about how you became veg? Do you remember the moment? The insight? Submit your story of 50 to 200 words to us by the **20<sup>th</sup> of the month** and it just might appear in the next issue of **The EVENing News**. **January 20** would be February's deadline---just in time for Valentine's Day. Tell us in your own words when your heart turned over and took you over. Submit to [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net). We'll EVEN try to figure out a carrot or two to bestow on those whose stories are selected for print.

## RECIPE OF THE MONTH

### Tomato-Lentil Soup with Brown Rice

Makes 4 servings

“Mediterranean cooks, who largely prefer refined short-grain white rice for risotto and long-grain white rice for pilaf, seldom use the brown variety, despite its established healthfulness. But I have found that the brown variety works well in soups with a fairly long simmering time, producing a heartier texture and slightly nuttier taste. This wholesome, mild-flavored soup is a safe choice to serve to children.”

2 Tbsp extra-virgin olive oil

1 Cup water

2 bunches scallions (12-16)

1 Cup lentils, rinsed and picked over

white parts chopped, ½ Cup thinly sliced green tops reserved

¼ Cup brown rice

4 ounces (about 2 small) carrots, chopped

1-14 ounce can whole tomatoes, drained, seeded, and coarsely chopped, juices reserved

1 stalk celery, chopped

½ teaspoon dried thyme leaves

2 large cloves garlic, finely chopped

1 large bay leaf

4 Cups vegetable broth

salt and freshly-ground black pepper, to taste

In a medium stockpot, heat the oil over medium heat. Add the white parts of the scallions, the carrots, celery, and garlic; cook, stirring often, until softened, about 5 minutes.

Add the broth, water, lentils, rice, tomatoes and their juices, thyme, bay leaf, salt, and pepper; bring to a boil over medium-high heat. Reduce the heat and simmer gently, partially covered, until the lentils and rice are tender, stirring occasionally, 50 to 60 minutes. Discard the bay leaf. Serve hot, garnished with the reserved scallion greens.

**Advance Preparation** – The soup can be held, covered, over very low heat for one hour. The soup can be stored, covered, in the refrigerator for up to three days. Reheat over low heat. You will need to add more broth or water.

Per Serving: Calories 374

Protein 28g

Total Fat 8g

Saturated Fat 1g

Cholesterol 0mg

Carbohydrates 52g

Dietary Fiber 22g

Sodium 763 mg

*(Reprinted from [The Mediterranean Vegan Kitchen](#) by Donna Klein)*

## **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, 190 E. 18<sup>th</sup> in Eugene, 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.

**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 Cooking Classes (Raw and Cooked)**. 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 attend his FREE presentation on "HEALING power of Qigong". Visit [www.taichiforhealth.us](http://www.taichiforhealth.us) for more information and dates.



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



**HUMANE CREATIONS** - Diann Stotler - Handcrafted vegan soaps and handmade vegan neck scarves from Hemp/Cotton and Banana Silk. 10% of sales from the African Black Soap goes to African Wildlife Federation. Also listed are pet mats and other items with 10% going to Heartland Humane Society of MO. Helping Animals, Earth & Humans, PO Box 240401, Ballwin, MO 63024, [www.humanecreations.com](http://www.humanecreations.com)



**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 be stopped by popular demand to human prosperity. Ask Brian to and contribute to *CampUS Strike for*



one thing: War and global degradation can only change America's priority from weapons profit to speak at your event ([bdbogart@gmail.com](mailto:bdbogart@gmail.com)) or support 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 or for any time. Try Ivy's--- you'll never be disappointed. Call or email [ivy@efn.org](mailto:ivy@efn.org).



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

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



**LEGAL SERVICES** - Rick Gorman, Attorney at Law - 747-5955

Civil Law, Environmental Law, Landlord-Tenant Law, Family Law and Criminal Defense. Vegetarian, but getting closer and closer to veganism. Free initial consultation. Discounts for activists. Call or email [Rick@forestcouncil.org](mailto:Rick@forestcouncil.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)



**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. Next series begins 1/24/06 at 7pm. 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 [aldriged@lanecc.edu](mailto:aldriged@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.



**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.



**THINK GLOBALLY. ACT LOCALLY.**

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).

### **EVEN CLASSIFIEDS**

**FOR SALE:** Two recumbent trikes. One electric power assist tadpole-type trike capable of about 15 miles on ten cents worth of electricity \$1,800. One pedal power tadpole type trike \$950. New condition. 1978 Chevy stepvan, low miles, good body. \$1,500. 736-3836 or [rich101@mindspring.com](mailto:rich101@mindspring.com)

**FOR RENT:** Vegetarian or Vegan tenant wanted for very nice apartment - 3535 High Street Eugene 1 bedroom architect-designed, furnished apartment with private entrance, skylights, air conditioning, cable TV. Located in quiet neighborhood near bike path and bus. 3 large closets. Kitchen has stove, refrigerator and upgraded cabinets. Rent \$595 includes utilities and cable TV. Partially furnished. Ample street parking. Overlooking beautiful gardens. Don't miss this one. Please no smoking or alcohol use. Sorry no pets. Month-to-month lease. 541-434-6078



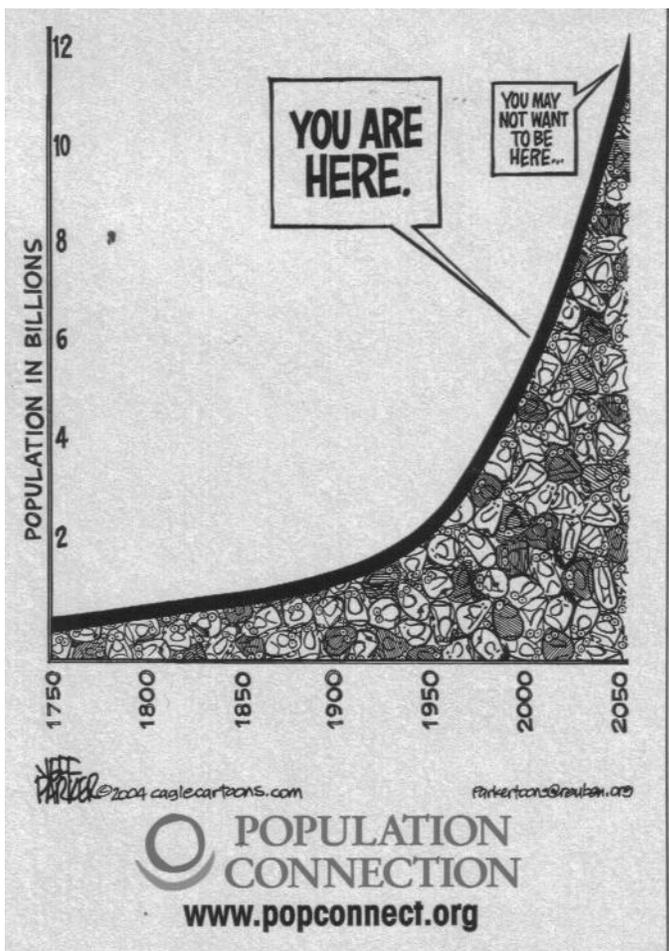
**PEACE & SUSTAINABILITY LECTURE SERIES** Mark your calendar for **Peace in Our World's** lectures on Peace and Sustainability held the **4<sup>th</sup> Monday** of every month at **7pm** at the **McNail-Riley House**, 601 W. 13<sup>th</sup> Av (@ Jefferson) across the street from the fairgrounds. 2005 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?, Is Change Possible?* This is an interesting and stimulating lecture series you don't want to miss! And it's **FREE!** Next lecture: **Monday, January 23, 2006.** 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 each month---*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. We hope to see you **February 6**, and bring a friend! ☺ **343-8055** for more info.

**VEGAN POTLUCK**

Now is the best time of year to mark you calendars for **Karen** and **Wesley's 3<sup>rd</sup> Friday** vegan potluck for the entire year. Mark every **3rd Friday** (except August) and then be sure to join everyone for this free fun event at **7pm** at the **McNail-Riley House**, 601 W. 13<sup>th</sup> AV (@ Jefferson) across the street from the fairgrounds. Bring your favorite vegan dish, along with a serving utensil, and a place setting for yourself. Call **Karen** or **Wesley** with questions at **341-1690**. See you **Friday, January 20!**



**Population** World: 6,485,563,529 US: 297,891,356

Rapid population growth undermines efforts to reduce world hunger. A growing population consumes more space and resources, leading to a rapid loss of arable land and increased competition for remaining land. Our world is challenged to produce more food for more people on less land with less topsoil and fewer resources. Today, an estimated **841 million people remain hungry and undernourished**, a number that approaches the population of the entire world when Thomas Malthus warned about the race between food and people some 200 years ago. Currently, the livestock population in the U.S. consumes over 80% of our corn and 95% of our oats. **If Americans were to reduce their meat consumption by only 10%, it would free up enough grain to adequately feed all 60 million people who will starve to death this year.** Population is not just about the number of people in the world. It's about how we each impact the Earth, how we consume, how we develop, and how we recognize our needs and our wants. **Source: Zero Population Growth**

**Reason #77** The population explosion should not be thought of exclusively in terms of people---not when the combined weight of the world's cattle exceeds that of the entire human population. Cattle disrupt ecosystems on over half the world's land mass. In the past half century alone more than 60% of the world's rangeland has been damaged by overgrazing, the most pervasive cause of desertification.

**Reason #31** An exploding human population combined with the world's sagging ability to feed itself appear poised on a collision course. The Green Revolution, which provided the foodstuffs and feedstuffs for much of the recent growth, has clearly stalled out. Indeed, cereal availability per capita has been declining since 1984, and the promise of biotech is far from certain or free of risk. Today 70% of grain in the US and 40% of grain worldwide lavishly goes to feed livestock. And just as the world clamors for

more grain to feed to animals (so they can be eaten), per-capita world cropland declined by 20%---this in the 1990s alone. The World Health Organization says 1.2 billion people in the world don't get enough to eat. More meat production is definitely not the answer.

*101 Reasons Why I Am A Vegetarian by Pamela Rice*

**Facts do not cease to exist because they are ignored.**

**Aldous Huxley**

## EVEN SIDE OF THINGS

### EVEN WELCOMES NICK KRESS

If you have enjoyed the roasted vegetable spread and vegan cookies from previous months, you are in for a real treat! **Nick Kress** has decided to tap back into his well of culinary talents and has generously offered to create and donate the refreshments at **EVEN's** monthly gatherings. Wow! He's talented, skilled AND generous! What an extraordinary gift to all of us at **EVEN's** monthly meetings. Check out "**Nick'Snacks**" on the back table. Please join us in welcoming **Nick** as **EVEN's Food & Beverage Director**.



### WELCOME NEW EVEN MEMBERS!!

Thank you to the following folks for their **EVEN** memberships and for helping to make **EVEN's** outreach possible. Without these enthusiastic people who contribute to **EVEN's** education efforts, it would be impossible to "reach and teach" all the people **EVEN** does.

<b>WENDY, STEVE &amp; IVY ROSE LIBERKO</b>		
<b>TRUDY LYNE</b>	<b>KARLA COHEN</b>	<b>NADINE PETERSON</b>
<b>DALE LUGENBEHL</b>	<b>FLO &amp; SOPHIA DOUGLAS</b>	<b>MARY DOLLAR</b>
<b>SANDY ALDRIDGE</b>	<b>PAULA PTACEK</b>	<b>RICH RICHARDSON</b>
<b>BEVERLY LYNN BENNETT</b>	<b>RAY SAMMARTANO</b>	<b>GLENN &amp; MELANIE HILDEBRANDT</b>

### EVEN BETTER

There are always so many helpful folks to thank each month and January is no different. **White Rabbit Beauty, Lightlife Foods,** and **HappyCow.net** for generously donating all the free door prizes for last month's gathering. Thank you all for your generosity! Let's remember---a great way to thank our donors is to patronize them. **Howard Lyman** for donating your latest "**No More Bull**" book to **EVEN's** library. **Donna Benjamin** for your kind assistance. Thank you Howard and Donna! **Beverly Lynn Bennett & Ray Sammartano** for donating a copy of your new "**Complete Idiot's Guide for Vegan Living**". Thank you Beverly Lynn & Ray! **HappyCow.net** for also donating to **EVEN's** Lending Library. Thank you, Diana! **Joanne Kress** for your continued administration and amazing coordination of all library matters. Thank you, Joanne! **Rich Richardson, Paula Ptacek, Glenn & Melanie Hildebrandt** for your **EVEN** memberships. Welcome to **EVEN** and thank you for helping to make all this possible! At December's meeting, **Nadine Peterson** for the yummy vegan orange spice poppy seed cake and **Nick Kress** for the huge basket of your delicious, vegan cookies shared with all of us. So delish and nutritive! Thank you Nadine & Nick! **Steve Liberko and PostNet** for reproducing HUNDREDS of copies of literature for **EVEN FREE!** What a guy! Folks, all those beautiful hand-outs on the back table last month were thanks to **Steve** at **PostNet**. Stop by **PostNet** and thank **Steve** personally. **Linda Sappington, Nick Kress, Paula Ptacek and Nadine Peterson** for your positive attitudes and helpful energies last month. **Nadine Peterson** for donating enough *additional* funds to **EVEN** to help us replace two printer cartridges last month! What a boost! Thanks, Nadine! Special thanks to all the wonderful and generous **anonymous donors** who drop money into our donation cup. Your donations help us pay for the newsletter!! Thank you all for thinking of **EVEN** and for providing us with your kindness, your attention and your support! You surely do make **EVEN** better.

### BECOME A MEMBER OF 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 2006 to Everyone!**

**THE TRUTH IS THE ONE THING THAT NOBODY WILL BELIEVE.**  
**GEORGE BERNARD SHAW**