

THE EVENING NEWS



THE EVENING News - Eugene Veg Education Network (EVEN)

February 6, 2006

HAPPY VALENTINE'S DAY!



EVEN WELCOMES JAN SPENCER GUEST SPEAKER

Jan is a 13 year resident of Eugene. He has been a social activist since high school. Formative experiences have included living 2 years at a rural Ozark commune, over five years traveling outside the US to over 35 countries, discovering a talent for artistic painting during that time and learning to speak Italian on location.

Since moving to Eugene, activism has become more focused on urban land use issues and, by extension, contemporary trends in global politics, economics and resources. Change towards a far more local conservation culture has become Jan's primary focus. **EVEN** is very pleased to have **Jan Spencer** as its February speaker presenting: **Global Trends-Local Choices, Towards An Eco-Humanist New Culture.**

HEARTFELT THANK YOU!

Special appreciation to **EVEN** friend, **Ty Bell**, for speaking on "**Healing with Superfoods**" at our January 2 gathering. Everyone enjoyed **Ty's** nutritional information. He made us see just how easy it is to be healthy in the new year and every year! Thank you, **Ty**, for giving all of us your time, your product samples and your info. What a bright-eyed group you turned us into that night!!

JANUARY RAFFLE WINNERS!

EVEN Sponsors and donors were so generous, it appears that everybody was a winner at **EVEN's** January meeting! (Some more than once!) Congratulations to **Jove Rousseau**, **Tom Vetra** and **Linda Sappington** for winning bottles of *Royal Camu*, *Maca* and *Spirulina* generously donated by speaker, **Ty Bell**. Also, 16 sample bottles of *Vitamineral Green* got swooped up so fast, it was just a blur of green powder. Thank you, **Ty**!

Congratulations to **Nadine Peterson** for winning a canvas bag full of **Tom's of Maine** health and beauty products and t-shirt and to **David Yoder** for winning a **Tom's of Maine** t-shirt. Nice going, **Nadine** and **David**! Thank you to the generous folks at **Tom's of Maine** for their thoughtful donations for **EVEN's** door prize drawings.

Congratulations to **Joanne Kress** for winning a copy of DVD "**Vegan Fitness: Built Naturally**". Neat, **Joanne**! Not only did **Robert Cheeke** donate a copy of his new movie to be given as door prize, he also donated a copy to **EVEN's** Lending Library! Congratulations also to **Kate Daniels** and **Cindy Allen** for winning copies of 2006 Vegan Fitness pictorial calendars. What eye-candy...I mean...what an inspiration! Thank you, **Robert**, for all kind donations!

And congratulations to the remaining 27 attendees who took home free bottles of **Conorzio** marinades, oils, dressings and sauces! Thank you, **Conorzio**, for donating cartons---yes, *cartons*---of all their healthful, delicious products! Brace yourself for more of this tasty, vegan product line in February. **Conorzio** is not only a generous **EVEN** supporter, they've got us cookin' on all four burners! Thank you, **Conorzio**!

SPOTLIGHT ON DR. JERRY EVANS!

Mark your calendars for **EVEN's March 6** gathering when Eugene chiropractor, **Dr. Jerry Evans**, will present to us the benefits of Chiropractic. **Dr. Evans**, a vegetarian since the age of 5 (!), will be **EVEN's** featured speaker in March. Be sure to be there! [See **Dr. Evans' listing in the EVEN Service Directory, page 5.**]

Should reverence for life be a priority in our lives? ... Each day around the world, humans display supreme arrogance by ordering the death of other creatures for convenience, for progress or for sport.

Jackie Alan Giuliano, Ph.D., Writer, Teacher, Seattle WA, Author "*Healing Our World*"

THE OPTIMYSTIC VEGAN by Nadine Peterson



Here's a wonderful thought to consider ☯ Especially when worries and concerns have your mind in a tither.
 Maybe what's happening from the big picture view ☯ Is everyone with a heart has the same deep longings as you.
 This logic is more personal than geometry ☯ And has a lot to do with synchronicity.
 Like a room full of ticking clocks ☯ Each one ticking off,
 Not in sync for a time, ☯ Then without much reason or rhyme,
 A subtle switch does take place ☯ And upon each numbered face,
 Is the sweetest smile of their kind ☯ As they, all ticking in unison, will now remind.
 Inside each ticking, pulsing mechanism ☯ Beats the throb of unity not division.
 This really does relate to you and me ☯ Loving all our valentines this February.
 For each and every heart entrains ☯ To the heartbeat of the universal refrain.
Love knows only Love.

(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.)

**Life has taught us that love does not consist of gazing at each other,
 but in looking together in the same direction. Antoine de Saint-Exupery**

RECIPE OF THE MONTH

In honor of Valentine's Day...

Chocolate-Covered Strawberries

"In sophisticated cities these delicious treats are sold in fancy boxes at very fancy prices. You will find them simple to make at home."

24 large, fresh strawberries, with leaves

6 ounces carob or chocolate chips

Line a platter with waxed paper. Wash berries gently, but do not remove the green leaves. Dry them gently on paper towels.

Melt carob or chocolate in a small pan set in a pan of hot water over low heat. You may need to reheat the chocolate as you work. Do not try to melt the chocolate over direct heat. Carefully hold each berry by its green leaves and dip it into the melted chocolate to cover the bottom half of the berry, leaving some red showing. Place each on the paper to firm. Chill until ready to serve. 42 calories per berry.
 (Reprinted from Holiday Diet Cookbook by Dorothy R. Bates)

[Note: We've made these with both carob and chocolate---organic and fair-trade, of course---and they fit the bill perfectly for Valentine's Day or any other day of the year!]

OREGON PASSES DISSECTION ALTERNATIVES LAW

Oregon students can say no to dissection without risking their grades. A new law makes Oregon the 11th state to give students the right to learn about anatomy without harming animals. According to Senate Bill 383, sponsored by state senator Ryan Deckert, any K-12 student in an Oregon public school where dissection is part of the coursework now may choose to use animal-friendly alternatives, such as CD-ROMs, clay models, computer programs, books, videos, or transparencies. Public school teachers may not penalize students who choose not to dissect. School districts that have dissection in the curriculum are required under the law to notify students and their parents about their options. For more information on problems with dissection and alternatives, please visit PCRM's website, www.dissectionalternatives.org

Vivisection is a social evil because if it advances human knowledge, it does so at the expense of human character. George Bernard Shaw

AROUND THE CORNER

PEACE & SUSTAINABILITY LECTURE SERIES Mark your calendar for **Peace in Our World's** lectures on Peace and Sustainability held the **4th Monday** of every month at **7pm** at the **McNail-Riley House**, 601 W. 13th Av (@ Jefferson) across the street from the fairgrounds. Previous 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? Creating Harmony: in Society and Within Ourselves.* This is an interesting and stimulating lecture series you don't want to miss! And it's **FREE!** Next lecture: **Monday, February 27, 2006.** **343-8055** for more information.

EVEN'S MONTHLY MEETINGS

EVEN's monthly Veg Gatherings are held the **1st Monday** of each month (except holidays), **7pm**, at the **McNail-Riley House**, 601 W. 13th 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 **Monday, March 6**, and bring a friend! ☺ **343-8055** for more info.

VEGAN POTLUCK

Now is a good time to mark your calendars for **Karen and Wesley's 3rd Friday** vegan potluck for the entire year. Mark every **3rd Friday** (except August) and then come on down for this free event at **7pm** at the **McNail-Riley House**, 601 W. 13th 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, February 17!**

GREAT AMERICAN MEATOUT

The Great American Meatout is an international observance helping individuals evolve to a wholesome, nonviolent diet of fruits, vegetables and whole grains. Its purpose is to expose the public to the joys and benefits of a plant-based diet, while promoting the availability and wide selection of alternatives to meat and dairy in mainstream grocery stores, restaurants, and catering operations. **MEATOUT has grown explosively since its inception in 1985** to become the world's largest annual grassroots diet education campaign. Thousands of caring people in all 50 states and a host of other countries welcome in the Spring with colorful educational events. **MEATOUT** is sponsored by **FARM** (Farm Animal Reform Movement), a public interest organization in D.C. and is co-sponsored this year by **In Defense of Animals** and **Vegetarian Times**. Keep an eye out for **EVEN's** tabling events in honor of the **Great American Meatout**.

PORTLAND VEGFEST

Portland Vegetarian Society, **NW Veg Group**, is sponsoring **VegFest: A Compassionate Living Fair** and will include five speakers, five chef demos, and many free samples of vegan foods. Join them on **March 18**, from 10a-6p. The cost is only \$5 for everything! Check out their link to the Fest page: <http://www.nwveg.org/VegFest.htm>. More good news: There are volunteer opportunities, too, so you could work a 2.5 hour shift and then enjoy the Fest for another 5 hours! **Maggie Raczek** is their volunteer coordinator and can be reached at volunteer@nwveg.org or (503) 493-2358. Hope to see you there!

RED BARN "CUSTOMER APPRECIATION DAY OF GIVING"

Red Barn Natural Food Store offers everyone 10% off their purchases the **3rd Sunday of each month** to show us customers they appreciate us. They also donate a portion of that day's sales to a local charity. For February that charity is Food for Lane County. They will also have a food barrel on hand for any additional donations. See everyone there, **Sunday, February 19!**

Vegetarianism is a philosophy that manifests its reverence and respect for the well-being of all sentient life by advocating and striving for the ultimate adoption of a plant-based diet.

Stanley Sapon, PhD

WHAT'S FREE ABOUT FREE-RANGE?

Eggs (and poultry) may be labeled as "free-range" if they have USDA-certified access to the outdoors. No other criteria, such as environmental quality, size of the outside area, number of birds, or space per bird, are included in this term. Typically, free-range hens are debeaked at the hatchery, have only 1 to 2 square feet of floor space per bird, and --- if the hens can go outside --- must compete with many other hens for access to a small exit from the shed, leading to a muddy strip saturated with droppings. **Although chickens can live up to 12 years, free-range hens are hauled to slaughter the same as battery-caged hens, after a year or two. Free-range male chicks are trashed at birth, just as they are in factory farms.** Although free-range conditions may be an improvement over factory-farm conditions, they are by no means free of cruelty. *Source: www.veganoutreach.com*

BIRD FLU

A cartoon chicken with a thermometer in his mouth and an ice pack on his head graced the November 14 cover of *The New Yorker*. The cartoon symbolizes the way the bird flu has become a topic of global attention. President Bush made front page news when he announced that a flu pandemic could kill millions. In late October, \$2 billion in government funding went to Tamiflu, a flu vaccine manufactured by a company named Roche. Gilead Sciences Inc., a corporation for which Donald Rumsfeld acts as chairman, developed the vaccine and gave Roche exclusive rights to sell it. CNN reported that Gilead's chunk of the royalties will exceed \$1 billion as a result of this partnership. *Source: VegNews ENewsletter Nov 2005*

MARCUS MATH – LET'S BE MILLIONAIRES!!

"When I was a teenager, my greatest ambition was to one day be a millionaire. In my twenties, as my primary ambition shifted away from making money and toward protecting animals, I adapted the millionaire concept for purposes of activism. I decided that I still wanted to be a millionaire, but not in terms of earning a million dollars. I wanted to be a millionaire in terms of keeping a million animals out of slaughterhouses.

Some people may scoff at the idea that one person can save a million animals. But I've met at least a dozen people in the movement who've achieved this level of success. I think saving a million animals is a lifetime goal that every serious activist would do well to adopt.

But is it realistic to think that a typical person could keep a million animals from slaughter? Absolutely! A twenty-year-old college student is likely to live for at least fifty years. And the average American eats more than forty chickens a year. So if you can convince a college student to give up meat, you've saved around two thousand birds, hundreds of fish, plus several pigs and cows. At two thousand animals saved per new vegetarian, this means that during your life, if you convince five hundred young people to become vegetarian, a million animals will be saved."

Source: "Meat Market" Erik Marcus, pages 118-119

DC GROUP MAKES WAVES

Compassion Over Killing (COK) is a nonprofit animal advocacy organization based in Washington, D.C. that focuses on exposing cruelty to animals used in agriculture and promoting vegetarian eating as a direct way to reduce suffering. Since 1995, **COK's** strategies to help end animal abuse have included undercover investigations, public outreach, litigation, and other advocacy programs. Their efforts have been featured in dozens of national media outlets including the *New York Times*, *Washington Post*, *USA Today*, and CNN. **Compassion Over Killing** also received a 2005 Veggie Award from *Veg News Magazine* being recognized as the "Organization Most Deserving of Your Year-end Donation."

Most recently, in January 2006, **COK** released an investigative video taken inside a Pennsylvania egg farm owned by the state's third largest egg producer. As reported in the *Philadelphia Inquirer* and on the Associated Press' wire, the video footage and other documentation resulted in a total of 70 charges of animal cruelty filed against the owner and manager of the farm. The case is still pending in court. To watch the investigation video or to learn more about **COK's** work, including their highly successful MTV Pro-Vegetarian Commercial Campaign, visit www.COK.net.

I do not like eating meat because I have seen lambs and pigs killed. I saw and felt their pain. They felt the approaching death. I could not bear it. I cried like a child. I ran up a hill and could not breathe. I felt that I was choking. I felt the death of the lamb. Vaslav Nijinsky, dancer/choreographer, 1890-1950

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



CHIROPRACTIC – Jerry E. Evans, D.C. – 484-2225



Dr. Jerry Evans is a local Chiropractor in practice for 19yrs. His office, 190 E. 18th 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



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



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



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 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



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) or support Peace at 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 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.



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



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



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 Monday, 2/20/06 at 7pm. Visit www.bkwsu.org for more info, then call for the center's SE Eugene location to register, or email 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.

Nature PHOTOGRAPHY - Erna Gilbertson - 541-342-5037

Unique view with emphasis on light and color of local Eugene and surroundings - Coastal - Mountains of Oregon, as well as trees and flowers and special spots in Europe. www.NaturesImages.org

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. 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.materialsexchange.org>



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 or aldridges@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

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



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.

EVEN CLASSIFIEDS

FOR SALE: Have you always wanted to have a yummy vegan meal prepared by your child? Well, here is a cookbook with recipes for even the most challenged cook. The *'Planet Friendly Kids'* cookbook contains recipes that do not use animal products and are earth friendly. Written by a local, 8 year old vege-american and an **EVEN** member. You can have this masterpiece for only \$10.00. (Add \$1.95 and we'll even ship it for you!) Call Steve at 461-9500.

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. 736-3008 or 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

HAPPENING PEOPLE...HAPPENING PEOPLE...⇒

⇒⇒⇒⇒ FITNESS AT ITS FINEST

Guess who was selected as one of an internationally-recognized group of "Top 15 Veg Athletes"? [*Veg News Magazine* Jan/Feb '06] Why none other than **EVEN** supporter and friend, **Robert Cheeke**! **Robert**, who lives in Corvallis and is no stranger to **EVEN's** monthly meetings, has the special distinction of being the youngest of the athletes chosen. "I am the kid of the group, so it was pretty cool to be included in the company of athletes who have been competing at a high level for many, many years," **Robert**, 25, confides to **EVEN**.

Robert and his friends share many of their health secrets in their new DVD, **Vegan Fitness: Built Naturally**, released in December, 2005 and features the Vegan Fitness Team. Starring **Robert Cheeke**, Natural Bodybuilder, **Brendan Brazier**, Professional Ironman Triathlete and **Tonya Kay**, Professional Dancer, this feature-length documentary shows how vegans live, eat, train and compete. This movie is ideal for anyone interested in living a healthful lifestyle---vegans, vegetarians, athletes---anyone concerned about health and fitness.

With **Robert's** DVD, viewers gain insight into proven training methods, learn about vegan foods, and see how the world can benefit from a vegan lifestyle. The movie also covers live competition, intense training, vegan shopping, a vegan potluck, behind-the-scenes contest preparation, and much more. If you want to be inspired to be a healthier person, to live more sustainably on the planet and to gain a new enthusiasm for life, then **Vegan Fitness: Built Naturally** is for you! Vegan Bodybuilding & Fitness, P.O. Box 2125, Corvallis, OR 97339 www.veganbodybuilding.com or robert@veganbodybuilding.com.

[Note: the movie was filmed and edited by Eugene resident, **Kyle Bucy**, originally from Corvallis. Other credits also go to **Eric Brown**, **Brendan Bucy**, **Evrin Icoz** and **Richard Watts**.]

Congratulations to all you Happening People! You are all an inspiration!

⇒⇒⇒ GOT ENERGY?

Anita Dilles is 20 years old, vegan, and on the U of O cycling team. When she's not in class or doing homework, she's probably on her bike. **Anita** rides at least 120 miles per week, averaging 9 hours or more on her bike. She has been riding seriously for 3 years, and this year will be her second year racing. Her main event, track, takes place at the Alpenrose Velodrome in Portland, but she will also be competing in road races and criteriums. A typical meal for **Anita** consists of plenty of healthful complex carbs and some vegan protein --- either Italian or Thai pasta, a sauce, tofu or tempeh, and plenty of vegetables. Does being vegan make it any harder to get the protein she needs? "No way!" **Anita** explains there are so many products available with vegetable protein, and rice and beans can do the trick, too. She likes to snack on cashews (and other nuts) and baby carrots, and **Anita** loves peanut butter!

Here is what **Anita** has to say about becoming vegan:

"I became vegetarian when I was 13 and vegan when I was 17 or 18. From the age of 7, I had a mentor/friend who was vegetarian and, while she never told me "eating meat is bad", she did point out the reasons she was vegetarian---> for the animals, for her health, and for the environment. The funny thing is--- she is the *same* friend that planted the seed for my cycling! You know, for me, [being veg] is also somewhat of a political statement. When I was 13, I started learning more about factory farming, and one day I told my parents I was turning vegetarian. They were okay with it---which surprised me a bit---but going vegan was another story.

My mother wouldn't allow me to be vegan in the house. She thought vegans were just out to get attention and be a pain in the &%# to everyone else. So when I was 17 and still living at home, I was vegan everywhere except in my own house. As soon as I graduated high school, I received an internship and moved out. Then I became fully vegan (age 18)."

Way cool, Anita! Thank you for sharing with all of us and Congratulations for being Happening People! You are an inspiration!

It's far more important to know what person the disease has than what disease the person has.

Hippocrates, 460 BC - 380 BC

HAPPENING PEOPLE...HAPPENING PEOPLE...⇒

⇒⇒⇒ SHINING STAR

Local author, vegan chef, and **EVEN** member, **Beverly Lynn Bennett**, has just been selected as an instructor for The Cancer Project, an educational outreach program sponsored by the **Physicians Committee for Responsible Medicine**. Only one person per state was selected and, in all of Oregon, **PCRM's** choice was **Beverly Lynn!** After a training period in Washington, D.C., **Beverly** will teach a free 8-part cooking series here in Eugene that will feature healthful, plant-based (vegan) meals. The series will be open to cancer survivors as well as those who are interested in preventing cancer through healthy eating. Stay tuned to The EVENing News for further information.

In other news, **Beverly** recently received *another* Veggie Award for her regular column, "Dairy-Free Desserts" in VegNews Magazine. The people have spoken again and she is the People's Choice! [VegNews is available locally at **Sundance** and **Market of Choice**, or check it out online at www.vegnews.com] Also, check out Beverly Lynn's website www.veganchef.com for free veganlicious recipes!

As if this weren't enough, **Beverly Lynn** and husband, **Ray Sammartanno** (also an **EVEN** member), were selected by the well-known book series to write, The Complete Idiot's Guide to Vegan Living. All who have read this superb new book can attest to what a remarkable job **Beverly Lynn** and **Ray** have done in representing the vegan perspective. It is so awe-inspiring to come across a national publication that so accurately upholds the vegan viewpoint.

Thank you, **Beverly Lynn** and **Ray**, for not compromising our cherished vegan values! Congratulations on being Happening People! You are an inspiration!

⇒⇒⇒ YOUTHFUL VISION

How many 8 year old adorable vegans do you know who have written a cookbook let alone one that's unique, challenging and healthful---not to mention fun? Well, **EVEN** knows who is the one and only---**Ivy Rose Liberko**. **Ivy** is an **EVEN** member and precious daughter of proud parents, **Steve** and **Wendy Liberko**. Her cookbook, "Planet Friendly Kids – A Vegan Cookbook for Children Ages 6 and Up" offers recipes such as, Wacky Waffle Sandwiches, Hungry Hippo Hummus and Peachy Keen [Soy] Ice Cream and many others. The recipes are written in a simple, clear-cut and fool-proof way, complete with icons and activities. No stone is left unturned in this concise book including sample menus, how to stock your pantry and nutritional info! See **EVEN's** classifieds for more information or call Papa Steve at 461-9500. Makes a great gift to your friends and family with children or grandchildren!

Thank you, **Ivy Rose**, for being smart and compassionate at the tender age of 8! Congratulations on being Happening People! You are an inspiration!

⇒⇒⇒ GETTING CLUED IN

"Humans say they are superior to all of the millions of other species," says Mother Earth, rolling her eyes, in the final chapter of the book, Clueless at the Top by Charlotte and Harriet Childress. In a light, yet hard-hitting, style the Childresses give us the tools to recruit millions of new human-rights activists to animals rights. Clueless shows us that the hierarchy that places humans above animals has the same characteristics as those that are more obvious to many – those built on race, gender, sexual orientation, etc. Co-author **Charlotte Childress** has been a vegetarian for 25 years and an activist in animal rights. The book is available on-line or at local bookstores. The website is fun and informative - www.cluelessatthetop.com Stay tuned for our June 5 gathering when **Charlotte** will be **EVEN's** featured speaker!

Thank you, Charlotte and Harriet, for your animal rights vigilance. You are Happening People for helping others to make the connection!

Only two things are infinite, the universe and human stupidity, and I'm not sure about the former.

Albert Einstein

IN THE KNOW WITH JO

Sharing the Table with Meat Eaters by Jo Stepaniak

Q: *A dilemma that keeps turning up in my life is the issue of sharing meals with nonvegetarians while they eat animal flesh. My wife is very much against it and has decided to arrive at parties or holiday gatherings after the food has been consumed. Some family members are okay with this, while others are not. My mother feels that we should be with the entire family to “break bread,” as she says. I say that “breaking bread” would be fine, just not “breaking animals.”*

At work, I have no choice but to eat with the nonvegetarians while they eat animals; otherwise, I could risk alienating my coworkers. If that were to happen, I might be branded as a non-team player, which could adversely affect my career. When I appear to be tolerant of their choice to eat animals, I notice that many of my colleagues become interested in my diet and in turn have made changes to their own diets. My wife, on the other hand, feels that since she refuses to eat with others while they consume animal flesh, many people are extremely curious about her convictions and also have begun to change their diets. What do you think is the best way to handle this?

A: As vegans, our philosophy of life and how it is expressed sets us apart from nonvegans, even if we have many other aspects of our lives in common. Although this may not necessarily be problematic, it does have the potential to be detrimental in certain situations. We are social beings, and food frequently is a central feature of human interactions. If we allow our veganism to isolate us from family, friends, and coworkers, we may be destined for unhappiness.

Each vegan must determine her or his own level of tolerance for sitting through a meat-centered meal. It is understandable that some vegans are upset by the sight of people gnawing on animal parts, because our acute awareness of the sentience of other animals and the suffering involved in meat production are at the heart of vegan practice. Informing others about the unsavory origins of their food while they are eating it, however, rarely is the best route for enlisting adherents. On the other hand, an enticing plate of vegan food can be the stimulus for positive and equally enlightening conversation that delves into the pleasures of vegan dining, rather than the revulsions of eating meat. Consequently, opportunities for education abound regardless of what those surrounding us are eating.

Gatherings can become sticky when people feel rejected or put down by virtue of what they eat. This is true of both vegans and nonvegans. No one wants issues around food to destroy a relationship, and if the bond is one that is valued, food will be a secondary concern. Certainly, we wish those we love would share our values and beliefs, but segregating ourselves from them will not change the fact that they don't. Furthermore, distancing ourselves limits our chances to express our point of view in a warm and caring way. Separation rarely advances understanding and mostly just makes us feel alone.

As long as there are ample vegan selections at a family, holiday, or business function, it makes perfect sense for vegans to participate. Shunning events will turn us into outcasts and cause us to appear antisocial. Most vegans are unwilling to be estranged from society. We have myriad interests and activities that do not necessarily revolve around or are connected with veganism or animal rights. As a result, we have to pick our battles carefully and occasionally be willing to endure situations that may be less pleasant than we prefer.

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Jo Stepaniak, MSEd, is author and educator involved with vegetarian- and vegan-related issues for nearly four decades. Jo has provided private counseling, writing, and editing services since 1987. She has worked with various mental health, social service, and social justice organizations as a teacher, counselor, public speaker, and caseworker with a variety of age groups and special needs populations and is trained and experienced in conflict resolution and mediation. A frequent guest presenter, lecturer, and workshop leader throughout North America, her award-winning column Ask Jo! appears on her website Grassroots Veganism.

**THE WILD, CRUEL BEAST IS NOT BEHIND THE BARS OF THE CAGE.
HE IS IN FRONT OF IT.**

AXEL MUNTHE, SWEDISH PHYSICIAN, PSYCHIATRIST AND WRITER— 1857 - 1949

EVEN SIDE OF THINGS

NICK'SNACKS - BIG HIT!

EVEN thanks **Nick Kress** for his yummy culinary creations at each month's gathering. **Nick** donates the time, energy and ingredients that he uses to create these tasty morsels for the rest of us to enjoy at every meeting. If you see him, please join us in thanking him for his kindness and his generosity. We all love **NICK'SNACKS** and you're best to get to them quickly, because they disappear f-a-s-t!

EVEN BETTER

There are always so many helpful folks to thank each month and this month is no different. **Tom's of Maine, Consorzio Foods, Ty Bell, and Robert Cheeke** for generously donating all the free door prizes for last month's gathering. Thank you all for your generosity! A great way to thank our donors is to patronize them. Thank you, **Toby's**, for donating more delicious **Toby's Family Foods** to our snack table last month. Tofu pate, dressings, sauces---all vegan! Thank you, **Jove! Rebecca Walker** for also donating all the Vegetarian Times magazines to **EVEN's** Lending Library. Thank you, Rebecca! **Joanne Kress** for your continued administration and amazing coordination of all library matters. As our library grows, so does your workload. Thank you, Joanne! **Denise McClatchey** for your **EVEN** membership. You are a kind and generous woman. Welcome to **EVEN**, Denise! We couldn't do it without you! Thank you Eugene Freecycleers **Pamela** and **Kristin** for donating 50 pendaflex folders and 100 manila folders to **EVEN!** Perfect for what we needed to get **EVEN's** office filing in order!! 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 and many other expenses!! 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. **Linda Sappington, Nick Kress, Joanne Kress and Nadine Peterson** for your positive attitudes and helpful energies! Attention: Please thank these four people for their ongoing, reliable and tireless volunteer efforts to help **EVEN!**

VOLUNTEERS NEEDED

EVEN is always in need of volunteers willing to give an hour or two to help with outreach. If you are a knowledgeable or experienced vegan and enjoy talking with people, please call 343-8055 to offer your help in the next month or two. **EVEN** is growing rapidly and our permanent staff of two is greatly overburdened. If you could offer a helping hand, please let us know. Thank you!



BECOME A MEMBER of EUGENE VEG EDUCATION NETWORK

One year membership: \$20. Students, Seniors (55+): \$15. (Make checks payable to: **Eugene Veg Education Network**)
For only 5-1/2 cents per day you can become an **EVEN** member and help **EVEN** continue its outreach and education efforts. We receive an average of 35 phone calls from new folks every month inquiring how to "go veg" and we receive over 300 new emails per month asking the same questions. Your nickel a day can help us with postage, copy services, office supplies and other expenses, including upcoming 2006 events for Meatout, Earth Day and other celebrations. Please consider lending us a hand in any way you can. It's only 5-1/2 cents per day. Thank you!

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. 13th Av (@ Jefferson) across the street from the fairgrounds. Contact **EVEN** at 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055, eugvegedunet@comcast.net.

FOR THOSE WHO ARE STILL MERELY VEGETARIAN AND NOT YET VEGAN, I ASK, WHAT IN HEAVEN'S NAME ARE YOU WAITING FOR?

HOWARD LYMAN, "**NO MORE BULL!**"