

THE EVENing NEWS



THE EVENing News - Eugene Veg Education Network (EVEN)

March 6, 2006

- SPECIAL ANNIVERSARY ISSUE -

EVEN WELCOMES JERRY EVANS, D.C., GUEST SPEAKER

Jerry Evans, D.C., originally from Eastern Washington State, is a chiropractor in Eugene, in private practice for 20 years. Undergraduate training from Walla Walla College prepared him for Western States Chiropractic College in Portland where he graduated in 1985 with a Doctor of Chiropractic degree. His local clinic provides a wide spectrum of healthcare for the community including physical medicine treatments, physical therapy, acupuncture, massage therapy and a variety of traditional and alternative internal medicine services. Vegetarianism has been a lifestyle choice since age 5, when he approached his mother and asked her if he had to eat meat, and she wisely said no. **EVEN** is very pleased to have **Dr. Jerry Evans** as its March speaker presenting: **"Be As Healthy As A Horse."**

HEARTFELT THANK YOU!

Special appreciation to **EVEN** friend, **Jan Spencer**, for speaking on **Global Trends-Local Choices, Towards an Eco-Humanist New Culture** at our **February 6** gathering. Everyone enjoyed **Jan's** extensive coverage of many urgent topics. This kind of awareness raising helps the community to come together in co-operative and sustainable ways. Thank you, **Jan**, for giving all of us a fresh, new and up-to-date look at the world around us.

EVEN CELEBRATES 1st ANNIVERSARY!!!!

As of March 2006, the **Eugene Veg Education Network (EVEN)** celebrates its first anniversary! Hooray!! One year of monthly meetings and informative guest speakers, one year of educational newsletters, one year of tabling and distributing vegan literature, and one year of fielding more emails and phone calls from inquiring folks than we ever imagined! **EVEN** has far surpassed original expectations!

In the past year, concentrating on outreach and education, **EVEN** has:

- ❖ sponsored monthly educational **speakers** on such topics as: *Voluntary Simplicity, Ethics of Animal Factories, and Vegan Nutrition*, and other subjects relevant to today's health and environmental issues;
- ❖ published an informative and educational monthly **newsletter**, *The EVENing News*;
- ❖ been **liaison** among the local community, many national vegan non-profits, and various natural food companies;
- ❖ distributed vegan **literature** on a regular basis to inquiring Lane County residents; and,
- ❖ fielded over **3300 inquiries (!)** on the vegan lifestyle from those interested in the benefits of a plant-based diet.

And there's **EVEN (!)** more planned for the coming year. So stay tuned for some very exciting additions and fun events.

EVEN is so happy to be in Eugene, and thanks all the national non-profits, the local and national businesses, **EVEN** volunteers, members and friends, and the entire veg community who have offered us the support and generosity needed to make it possible to be celebrating our first anniversary!

SPOTLIGHT ON LAUREN REGAN!

Mark your calendars for **EVEN's April 3** gathering when **Lauren Regan**, a Eugene lawyer, an environmentalist, and a vegan, will share a wealth of information with us including how veganism positively impacts the health of our planet. Be sure to attend this special presentation in honor of **Earth Day. Monday, April 3, 7pm, McNail-Riley.** (See page 4 for info on **EVEN's** monthly meetings.)

People are the only animals that drink the milk of the mother of another species. All other animals stop drinking milk altogether after weaning. It is unnatural for a dog to nurse from a giraffe; a child drinking the milk of a mother cow is just as strange.

Michael Klaper, M.D.

MARCH 20 - 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. Thank you to **FARM** for providing **EVEN** with **Great American Meatout** literature.

WHY MEATOUT?

> **Kicking the meat habit** reduces our risk of heart disease, stroke, cancer, and other chronic diseases that cripple and kill nearly 1.4 million Americans annually.

> **Kicking the meat habit** decreases our exposure to infectious pathogens like Salmonella, E. coli, and Campylobacter, which kill several thousand Americans annually and sicken millions more.

> **Kicking the meat habit** raises our energy level, lowers our food budget, and simplifies food preparation and cleanup.

> **Kicking the meat habit** frees up grains and other foods that can be used to feed the world's hungry. Animals are extremely inefficient "protein converters;" it can take up to 16 pounds of grain to make 1 pound of beef.

> **Kicking the meat habit** preserves our topsoil, water, and other food production resources vital to the survival of our children and their children.

> **Kicking the meat habit** protects our forests, grasslands, and other wildlife habitats from encroachment by cattle ranchers while reducing the polluting effects of methane, soil particles, manure, and pesticides on our air and water.

> **Kicking the meat habit** saves animals from caging, crowding, deprivation, drugging, mutilation, manhandling, and agonizing slaughter. Each person who adopts a plant-based diet saves over 80 innocent, sentient animals each year. Over a lifetime, an individual can save more than 6,000 animals just by going vegan.

"Kicking the meat habit" holds lasting benefits for consumer health, world hunger, resource conservation, environmental quality and animal welfare.

GEORGE EISMAN, R.D. IN EUGENE FOR GREAT AMERICAN MEATOUT

Better than Santa Claus, **George Eisman** is coming to town!!

George Eisman, R.D. is considered one of the nation's foremost educators on vegetarian nutrition. He has served as a faculty member in Dietetics and Nutrition at several universities and colleges and created the first accredited program in Vegetarian Studies. He has worked in a children's hospital, a nursing home and for public health agencies in four states.

Eisman has spoken at numerous events and conferences and is the author of two books, *The Most Noble Diet* (1994) and *A Basic Course in Vegetarian and Vegan Nutrition* (2003).

EVEN is proud to host **Eisman** on the 2006 Great American Meat Out day. He will be presenting "The Health Benefits of a Plant-Based Diet" which offers a greater understanding of the health benefits of a vegetarian or vegan diet as well as an overview of the other important reasons to move towards meat-free living--compassion towards animals, respect for the environment and concern for world hunger.

Eisman is based in New York and his **free** lecture in Eugene is part of a national speaking tour. Don't miss this national speaker! His lecture is guaranteed to be highly informative, motivating and is open and **FREE** to all!

Monday, March 20, 7pm, University of Oregon, EMU Building, Fir Room. Parking is free ☺ on streets and on all lots (except lots 16 and 6A) after 6pm!

Thank you to the kindness and generosity of **George Eisman**, as well as all those amazing folks at **Farm Sanctuary**, who are sponsoring this tour and supporting our grassroots efforts at **EVEN!**

FARM SANCTUARY

Farm Sanctuary is the nation's leading farm animal protection organization. Since incorporating in 1986, **Farm Sanctuary** has worked to expose and stop cruel practices of the "food animal" industry through research and investigations, legal and institutional reforms, public awareness projects, youth education, and direct rescue and refuge efforts. **Farm Sanctuary** shelters in Watkins Glen, NY and Orland, CA provide lifelong care for hundreds of rescued animals, who have become ambassadors for farm animals everywhere by educating visitors about the realities of factory farming. Additional information can be found at <http://www.farmsanctuary.org> or call **607-583-2225**.

MAKING A DIFFERENCE by Robert Jacobucci

"The world is going to hell in a hand basket!" This is the pervasive feeling many of us are left with these days. Listening to the nightly news often leaves us with a lingering feeling of helplessness. When we look to our leaders in Washington, and even at the state level, they somehow always seem to be voting against our wishes. Getting involved in politics often seems to be draining of our precious energy and, in the end, appears futile. All of this can leave us very depressed. Upon inspection, our dejection is mostly brought about by a feeling of powerlessness.

However, nothing is further from the truth! We *can* impact the world around us in very meaningful ways, with or without the backing of our illustrious leaders. The one thing, and perhaps the only thing, over which we have complete control are **our own choices**. Our daily life is put together with choices that we make, and that we can change.

On a daily basis, we choose what we eat, where we eat, where we shop, what we purchase, whether we recycle, reduce, or reuse, how and how often we transport ourselves, how much energy we consume, how much waste we produce, and perhaps most important of all: how much kindness or violence we add to all that we touch. These choices have tremendous impact on the world around us. It becomes our personal mark---our legacy to future generations.

When hopelessness overtakes us with the happenings in the world, we often forget that we have complete control over the choices that we make. **We do have the power to change ourselves.** As Gandhi said, "Be the change you want to see in the world." So, what can we do? We can change jobs. We can live more simply. We can patronize the local businesses and organizations that are helping the world to be a better place. We can bicycle or travel less. We can reorganize our whole way of living to be in harmony with all that is right in the world.

We cannot tell others what to do, but our example, like a ripple in a pond, will touch everything around us. Without our even knowing it, our example and our kindness will touch even distant shores.

We should never doubt the importance and the impact of our own choices. The freedom to choose is a sacred gift bestowed upon us at birth. What we *do* with it is up to us. We are all responsible and accountable for the choices that we make. Our daily life is *sacred*. It is our own personal creation put together using *our extraordinary gift of Free Will*. It reflects the sum of all our choices and is a mirror into our very soul.

(Robert Jacobucci leads the Peace and Sustainability Lecture Series.)

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. These discussions explore the interconnectedness of all life and clarify how compassion is a major, and often missing, component for any real solution for a peaceful and sustainable world. February's topic was **The Limits and Limitations of Science**. March's topic is **Breaking the Habit of Unsustainability**. This is an interesting and stimulating lecture series you don't want to miss! And it's **free!** Next lecture: **Monday, March 27, 2006. 343-8055** for more information.

You cannot overcome the enemy, until you've healed in yourself that which you find despicable in them.

I Ching, Book of Changes, c.2800 BC

ENERGY WELLNESS CLASSES

Attend a **FREE** Qigong and Tai Chi class led by vegetarians, Suman and Peony, who are Holistic Wellness Coaches, Certified Tai Chi and Qigong Instructors. Learn how qi (vital energy) cultivation will transform and empower your life. **Saturday, March 25th 11-1p**, River Road Recreation Center (Emerald Park), 1400 Lake Drive.

Register for a Qigong self-healing workshop where the great, classical systems are taught. This workshop will focus on: *Sitting meditation, *Standing meditation (the foundation of qigong practice), *5 Elements Balancing Qigong, and * the biggest cause of Qi-energy blockages in the body. **Sunday, March 26** (last Sunday every month), **1-4p, \$35**, Eugene Wellness Center, 1400 Mill St, Eugene.

For more information on both of these classes, call Suman at 515-0462 or visit www.taichiforhealth.us

Spring appears and we are once more children.

Anonymous

PORTLAND VEGFEST

Portland Vegetarian Society, **NW Veg Group**, is sponsoring **VegFest: A Compassionate Living Fair** and will include four speakers (including Howard Lyman and Bo Rinaldi), 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! This is an unbelievable opportunity for education, information and fun. Check out their link to the **VegFest** page: <http://www.nwveg.org/VegFest.htm>. Hope to see you there!

EVEN BRINGS AWARD-WINNING CARTOONIST TO EUGENE

His Baloney Has a First Name...It's "Bizarro"

"**The Bizarro Baloney Show: Comedy for a Cause**" is coming to **Eugene April 24!!**

Created and performed by nationally-syndicated, award-winning cartoonist **Dan Piraro**, this show is a one-man variety act that appeals to college students, cartoon fans, animal lovers, and those politically to the left. There's simply nothing else out there like it.

The *New York Times* called "**The Bizarro Baloney Show**" a "shrewd tour of an artist's imagination" and audiences rave in agreement. Comedy and music venues along the West Coast have eagerly booked the show and the calendar is full. The tour kicks off April 13th at Improv Olympic West in the heart of Hollywood. **Piraro** will also be performing his show in San Francisco, Mill Valley, Berkeley, Santa Cruz, Portland, and Seattle.

The **Eugene Veg Education Network (EVEN)** is proud to sponsor his performance in **Eugene** at the University of Oregon, **Monday, April 24**.

People for The Ethical Treatment of Animals (PETA) and **Physicians Committee For Responsible Medicine (PCRM)** are endorsing **The Bizarro Baloney Show** through their e-newsletters.

The Bizarro Baloney Show is on tour in conjunction with the release of **Piraro's** 14th book, *Bizarro and Other Strange Manifestations of the Art of Dan Piraro*, from Abrams Books. **Piraro** is funding the tour himself and all proceeds (after travel expenses) will benefit Dan's favorite animal welfare organizations. Is this guy a peach, or what? Watch for more information or call **343-8055**.

Teaching a child not to step on a caterpillar is as valuable to the child as it is to the caterpillar.

Bradley Miller

EVEN'S MONTHLY GATHERINGS

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. We hope to see you **Monday, April 3**, and bring a friend! ☺ **343-8055** for more info.

FEBRUARY RAFFLE WINNERS!

Congratulations to **Nettie Schwager** for winning an **Amy's** coupon good for one free **Amy's** natural food product! Thank you, **Amy's**, for the free food coupon and for all the other cents off coupons we distributed to all attendees! Find **Amy's** delicious natural vegan and vegetarian foods at most groceries. www.amys.com

Congratulations to **Peter Eberhardt** and **Randy Groberg** for winning Vegan Fitness calendars, compliments of **Robert Cheeke**, a stellar example of vegan fitness! Thank you, **Robert**, for donating the amazing and inspirational calendars! www.veganbodybuilding.com

And congratulations to **Jill Devine**, **Nick Kress**, **Lyris Cooper**, **Paula Ptacek**, **Greg Groberg**, **John Marker**, **Leslie Hazen**, **Cindy McSperitt**, **Lynn Reichman**, **Nadine Peterson**, **Gail Davis**, **Joanne Kress**, **Peggy Robinson**, **Karla Cohen**, **Denise McClatchey**, and **Robert Cheeke** who took home free bottles of **Conсорzio** marinades, oils, dressings and sauces!

Thank you, **Conсорzio**, for so many of your healthful, delicious products! Find **Conсорzio** at most groceries. www.conсорzio.com

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 20 yrs. 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.humancreations.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 one thing: War and global degradation can only be stopped by popular demand to change America's priority from weapons profit to human prosperity. Ask Brian to speak at your event (bdbogart@gmail.com) or support and contribute to CampUS Strike for 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.

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.materials exchange.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 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

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.

If you are veg*n and would like your business listed here, contact **EVEN** at 541-343-8055 or eugvedunet@comcast.net.

NOTE: You'll see the directory has had a clip-art-ectomy. While visually entertaining, the clip art icons apparently can cause a problem in downloading to some individual computers. So, it was necessary to eliminate them...for now.

THINK GLOBALLY. ACT LOCALLY.

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

A VEGETARIAN IS A PERSON WHO WON'T EAT ANYTHING THAT CAN HAVE CHILDREN.
DAVID BRENNER, COMEDIAN

FREQUENTLY ASKED QUESTIONS

~ **Do I have to be veg to come to EVEN's monthly gatherings?** Nope. Just inquisitive and open-minded.

~ **Do I have to be vegan or vegetarian to join EVEN?** No, again. Just wanting to help **EVEN** fulfill its Mission Statement to inform and educate those interested in the benefits of a plant-based diet is enough. We're not the "Food Police", nor do we aspire to be. We simply strive to help others make informed, compassionate choices.

~ **Do I have to be a paying member to come to EVEN's monthly gatherings or other activities?** Definitely not. **EVEN's** **EVENTs** are always free and open to all.

~ **What's your definition of vegetarian?** With thanks to, and permission from, our veg friends at the **Toronto Veg Association**, we offer this compact, commonly-accepted definition, and other information from their website:

“**Vegetarians** don't eat the flesh of any animals be they mammals, birds or fish. **Lacto-Ovo-Vegetarians** include dairy products and eggs (free-range please!) as part of their diet. This is the diet most commonly thought of as vegetarian. In addition, **Vegans** don't eat any animal products such as milk, cheese and eggs. **Vegan Lifestyle** [as opposed to a vegan diet] is a full vegan lifestyle ethic endeavour to live lives which do not cause any suffering at all to animals, or exploit animals in any way. This normally involves ceasing to eat any eggs, dairy produce, or honey, and ceasing to wear or use leather, wool and similar animal products [silk and fur]. Entertainment that confines or exploits animals such as circuses, rodeos and zoos is avoided.

The word vegetarian, coined by the founders of the British Vegetarian Society in 1842, comes from the Latin word *vegetus*, meaning "whole, sound, fresh, or lively," as in *homo vegetus*---a mentally and physically vigorous person. The original meaning of the word implies a balanced philosophical and moral sense of life, a lot more than just a diet of vegetables and fruits.”

~ **How can you tell me what to eat?** We *don't* tell you what to eat. **We tell you where your food comes from.** Deciding what to eat is a decision only you can make. However, we think that making *informed* choices is as much a responsibility as it is a right and, as such, to make an informed choice that is good for *all* concerned is impossible without knowing what's really going on behind closed doors. Like **Maya Angelou** says, “**When you know better, you do better.**”

~**If I go veg, what do I eat?** Your choices are virtually limitless!! A basic diet of fruits, vegetables, grains, legumes, beans,

nuts, seeds are at the core of a healthful veg plan. A plant-based diet such as this means: whole wheat breads and pastas; healthful cereals; soy, rice, almond and oat milks; tofu, tvp, tempeh, seitan; soups and crackers; potatoes; eggplant, squash, scrumptious salads, veggie burgers, and an endless array of nutritious foods that originated by growing directly from the earth. One can only imagine the hundreds, no, *thousands*, of wholesome combinations.

It's best to eat foods whole (closest to their natural state), since each stage of processing depletes more vital nutrients and increases its chances of containing toxins (MSG and other artificial, chemical additives). In other words, it's better to eat an apple vs. canned apple sauce; better to eat potatoes vs. potato chips, etc. It's more important to eat a *healthful* veg diet than it is to just eat veg. If you think going veg means eating Twinkies and Diet Coke, it's time to relook all your available options. Good veg cuisine is cheap, simple, clean, nutritious, inviting, thoroughly delectable---and non-violent.

Excellent vegan recipes and vegan cookbooks abound---see **Joanne** at **EVEN's** lending library, check your local public library or used book stores, see online resources, and remember to visit **Beverly Lynn Bennett's** website www.veganchef.com for a myriad of A++ recipes and ideas.

~ **Where can I shop in Eugene to find healthful veg foods?**

In an effort to support the locally-owned Eugene businesses, we strongly favor patronizing:

Capella Market, 2489 Willamette, 345-1014

Friendly Street Market, 2757 Friendly, 683-2079

The Kiva, 125 W. 11th, 342-8666

New Frontiers Market, 1101 W. 8th, 345-7401

Red Barn Natural Grocery, 357 Van Buren, 342-7503

Sundance Natural Foods. 24th & Hilyard, 343-9142

~ **If I'm not new to veg'ism, what benefits are there to attending the monthly gatherings?**

There are many benefits for seasoned vegans at our meetings. Some of the main ones include: 1. Using your knowledge to help new people who are unaccustomed to veg'ism. **EVEN's** emphasis on outreach brings many new people to the meetings who are searching for information on how to convert to a plant-based diet. Your experience would always be a valued addition. 2. Meeting other vegans and vegetarians who are also advancing their lives. Common values make for solid and lasting friendships. 3. Obtaining quality information from **EVEN's** veg speakers who apply those values to their personal craft or occupation. Not to mention, 4. Serving as a encouraging and positive example to all!

THE OPTIMYSTIC VEGAN by Nadine Peterson

Spring brings a watershed, literally of water, especially in the Pacific Northwest; and sheds light and more light on every living thing in this hemisphere as March 21 to June 21 rolls around each year. The days are lengthening, the nights are clear and becoming balmy---I love it!

With more light shining and exposing much more metaphorically also, we come to the Great American Meat Out on March 20. Akin to the smoke-out in November, this one day event is to call attention to America's eating habits which seem to be overlorded and overloaded with eating animals and all the machinations of the industries that go with that.

Personally, since becoming vegetarian and then vegan, my focus is on what there is to eat that the plant kingdom provides and that food being as unprocessed as possible. I feel my body crave the freshest raw fruits and veggies because only they contain the most sunlight (a very high vibration rate) which each one of my body's cells thrives on for its optimum potential for continuing life!

Just thinking these thoughts or reading words conveying such thoughts is a meditation in and of itself on a powerful way of living.



Our bodies are, for the most part in the illusion of physicality, what we eat. Giving our attention to what's happening inside because of food, could cause us to notice what's happening inside emotionally as well. Thus, the potential for self examination and self improvement can be sparked by an event such as the Great American Meat Out.

Who knows where it could lead? A peaceful kingdom in Harmony and Balance for all creatures great and small?? Anything is possible in Spring.

(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.)

To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring.

George Santayana 1863 - 1952

RECIPE OF THE MONTH**Easy Marinara Sauce**

Makes about 2 cups

74 calories per 1/2 cup

"For a chunky sauce, leave the tomatoes whole. For a smoother sauce, puree the tomatoes in a food mill or food processor before adding them to the sauce."

1 tablespoon olive oil	2 tablespoons chopped Italian (flat leaf) parsley or fresh basil
1/4 cup finely chopped onion	1 teaspoon minced fresh oregano or thyme (or 1/8 teaspoon dried)
1 small garlic clove, crushed	1/4 teaspoon salt
	1/8 teaspoon freshly ground black pepper
1 can (28 oz.) Italian-style plum tomatoes, with their juices, pureed if desired	

1. Heat the olive oil in a large nonstick skillet. Add the onion and cook over medium-low heat, stirring, until tender, 3 to 5 minutes. Do not brown. Add the garlic and cook 1 minute longer.
2. Add the tomatoes with their juices. Bring to a boil, breaking up the tomatoes with the side of a large spoon if they have not been pureed. Simmer over medium heat, stirring occasionally, until slightly thickened, about 25 minutes. Stir in the parsley, oregano, salt and pepper.

Variations:

Tomato and Mushroom Sauce: Cook 1 cup chopped white button mushrooms along with the onion in Step 1. 78 calories per 1/2 cup.

Fiery Tomato and Red Pepper Sauce: Add 1/4 to 1/2 teaspoon crushed hot red pepper, to taste, along with the tomatoes in Step 2. 74 calories

(Reprinted from *Italian Light Cooking* by Marie Simmons)

OPEN CALL FOR RECIPES

Do you have a tried and true recipe or two---maybe an all-time favorite---that you'd consider sharing with others? **EVEN** is gathering some of the best vegan recipes in town for inclusion in a special **EVEN** vegan cookbook. A frequent question that **EVEN** gets from new veggies is, "What can I eat?" and "How do I make that?" Even seasoned veggies are open to adding another reliable and tasty recipe to their collection. You'd be helping lots of folks by recommending those culinary healthful vegan mixtures that you have found to be simple and fun. If you would like your name and recipe included in this impressive compilation of vegan yummys, please send your recipe to eugvegedunet@comcast.net. Thank you!

INTERVIEW WITH JO STEPANIAK - VIP 24 Carrot Award Recipient

Vegetarians in Paradise (VIP): *What do you predict for the future of veganism? Where do you see yourself in the vegan world five to ten years from now?*

Jo Stepaniak: I find it disheartening that vegan values have been compromised of late and that many vegans and even some esteemed vegan "leaders" have focused strictly on food issues and veered away from veganism's founding ethic of "reverence for life." So many newcomers and young people harbor anger -- anger about the maltreatment of animals in our culture, anger toward nonvegans, and even anger toward other vegans who have perspectives that counter theirs -- and this misrepresents and distorts basic vegan principles. Until we can come together in harmony about fundamental concerns and approaches, we will not make progress in initiating change. As a social movement, we will be fractured and stymied. Furthermore, if groups and individuals persist in a battle of egos, we will continue to alienate the media, nonvegans, and each other.

In recent years, I have witnessed some very embarrassing behavior among vegans and animal rights activists -- actions that were motivated by all the wrong reasons -- simply because some people felt that the ends justify the means. Sadly, if we cannot be kind and respectful to ALL life -- human beings included, and especially those human beings with whom we disagree -- our

movement cannot honestly call itself one of "compassion." A movement that engenders such apparent hypocrisy can have no chance of survival.

It is my hope, of course, that there will be a turnabout in our priorities and we will realize that without compassion at the helm we are doomed. If this does not ensue, I envision myself and many others continuing to practice our veganism individually but separating from the current movement out of frustration, disillusionment, and deep disappointment. On the other hand, if this shift in perspectives does occur, I feel the future of veganism will be very bright.

(Jo Stepaniak, MEd, has been involved with vegetarian- and vegan-related issues for over four decades. She is the author and co-author of sixteen books on compassionate living and vegan cuisine and has been a contributing author to many other books, pamphlets, national publications, and magazines. Jo is a senior book editor with the Book Publishing Company and an international business dispute resolution specialist. Her award-winning column Ask Jo! appears on her website Grassroots Veganism.)

Reprinted by permission of Zel and Reuben Allen of Vegetarians in Paradise. The full 24 Carrot Award interview appears on the web at <http://www.vegparadise.com/24kcarrot35.html>

Love animals: God has given them the rudiments of thought and joy untroubled. Do not trouble their joy, don't harass them, don't deprive them of their happiness, don't work against God's intent.

Fyodor Dostoevsky (1821-1881) Russian novelist.

MONROE STREET CAFÉ SCORES 100%

EVEN held its 1st annual volunteer meeting at the **Monroe Street Café**, and their fresh vegan cuisine just blew everyone away. Vegan chili, split pea soup, teriyaki tofu, mango tempeh, falafel pitas, veggie sandwiches, salad plates with hummus, baba ghanouj and tabouli... the list goes on and on! This wonderfully-quaint local café saw to it that we all were well fed and satisfied while we reviewed the activities of the past year and collaborated on exciting additions for **EVEN's** 2nd year. When **Beverly Lynn Bennett** heard that **EVEN** wanted to honor its dedicated volunteers, she made a special donation---a signed copy of her new book, **The Complete Idiot's Guide to Vegan Living**, for each volunteer! WOW! Thank you, **Beverly Lynn** and **Ray** for your generosity, thank you **Monroe Street Café** for your vegan dishes and your hospitality, and thank you **EVEN** volunteers: **Linda Sappington, Joanne Kress, Nadine Peterson, Nick Kress, and Paula Ptacek** for your dedication and positive energies. You're all part of the success of **EVEN's** first year. Thank you!

♥ EDU-STAT - In the classic research study conducted by Dean Ornish, M.D., 82% of individuals who switched to a low-fat, vegetarian diet, along with exercise and stress management, actually reversed their heart disease. This is especially important, given that most people in Western countries have the beginnings of artery blockages before they finish high school.

(Breaking the Food Seduction, Dr. Neal Barnard)

EVEN SIDE OF THINGS

NICK'SNACKS – Everybody's lovin' em!!

Nick'Snacks---healthful, nutritious, free and...vegan, of course! Whoever thinks that veg food can't be exciting hasn't tasted **Nick'Snacks!** **EVEN** thanks **Nick Kress** for his tasty homemade vegan taco dip and chips at last month's gathering. Apparently it's not only one of his favorites, it's now one of everybody else's! And in February, we all had an *extra* special treat from his mate, **Joanne**, who brought trays of vegan chocolate cupcakes with coconut topping in honor of Valentine's Day! **Nick** and **Joanne** donate these treats to all of us with lots of love so, when you get a chance, please join us in thanking them for generosity and time. We all love **Nick'Snacks** and you're best to get to them before they get gobbled up in record time!

EVEN LENDING LIBRARY

You would be surprised if you stopped by our lending library to see the wonderful assortment of books **EVEN** has to offer for **free** to anyone who is in a borrowing frame of mind. **Barnard, Ornish, McDougall!!!** See Librarian, **Joanne Kress**, who has a special knack of helping you locate just the right book or video for your interests. The library is an integral part of **EVEN's** focus on information and education and it continues to grow thanks to the donations from **EVEN** supporters. It currently includes classics like *Diet for a New America* by John Robbins and recent 'classics-to-be' like *No More Bull* by Howard Lyman, *Complete Idiot's Guide to Vegan Living* by Beverly Lynn Bennett and Ray Sammartano, and *Vegan World Fusion Cuisine* by Mark Reinfeld and Bo Rinaldi. Experience this extraordinary collection of veg literature!

EVEN BETTER

EVEN has been the recipient of much generosity this month! One couple donated \$25 to **EVEN** specifically for its anniversary celebration with only two conditions: one, that we must spend it on "frivolities" such as balloons and festivities, and two, that they remain anonymous. Well, the decorative balloons made the room more festive than imaginable and, as promised, we won't reveal the names of this generous twosome. But we're indebted to them for their generosity and their heart to share such a jubilant time with us. Thank you, "**John and Jane Doe.**" Thank you to new **EVEN** members: **Charlotte Behm, Gilann Bourne** and **Gail Davis**. Your memberships help keep **EVEN** afloat! Thank you to **Charley** at **NW Veg Group** for your heartfelt and steadfast support of **EVEN!** Thank you, **Charley!** Thank you, **Viva! USA** for book donations to **EVEN's** Lending Library! Thank you, **Vegan Outreach, Compassion over Killing, FARM, North American Vegetarian Society, Farm Sanctuary, In Defense of Animals** and **Animal Protection Institute** for the beautiful and power-packed literature! Special thanks to the "**kindness of strangers**" who contribute anonymous donations into our monthly meeting's donation cup. Your donations help us pay for the newsletter, postage and many other expenses! Thank you, **Linda Sappington, Nick Kress, Joanne Kress, Nadine Peterson** and **Paula Ptacek** for your positive attitudes and helpfulness! (If you see these five folks please thank them for their ongoing, reliable and tireless volunteer efforts to help **EVEN!**) Thank you all of the above! You surely do make **EVEN** better.

BECOME A MEMBER of 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 to reach new people with important information, and you become part of the solution. Please consider lending us a hand in any way you can. Thank you!

The **Eugene Veg Education Network** is a non-sectarian, 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 and 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. **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. **Peace.**

All the forces in the world are not so powerful as an idea whose time has come.

Victor Hugo, 1802-1885