

THE EVENING NEWS



THE EVENING News - Eugene Veg Education Network (EVEN)

August 1, 2005

DAVID DUEMLER GUEST SPEAKER

David Duemler has taught psychology at Lane Community College since 1994. He is a long-time activist in the Eugene community: formerly coordinator of Citizens for Animal Rights, Eugene; currently on the board of **Eugene PeaceWorks** and the steering committee of **Justice Not War**. With Gene Bauston of **Farm Sanctuary**, he led an effort to ensure that all livestock in Oregon have sufficient living space to turn around and stretch their limbs. Though this effort ultimately failed, it *did* lead to a successful effort in Florida to ban the sow gestation stall. David has been a vegan since the mid-1980s, and carless since 2001. **David Duemler** is **EVEN's** August speaker presenting "**Ethics of Animal Factories**". Don't miss this powerful and insightful presentation!

HEARTFELT THANK YOU!

Special thanks to **Dale Lugenbehl** and **Sandy Aldridge** for speaking on **Voluntary Simplicity and the Environmental Impact of our Day-to-Day Food Choices** at our June 6 gathering. We all appreciate your giving your time and energy to **EVEN** by highlighting this critical information. Food for thought for *all* of us, *all* the time. Thank you, Dale and Sandy!

ESSAY CONTEST!!

LAST CALL : **HappyCow's Vegetarian Guide** is sponsoring an **Essay Contest** called, "A VEGAN WORLD IS POSSIBLE," now through September 1, 2005. The winning essay writer gets an all expenses paid Vegan Vacation for 2 to Kauai, Hawaii (airfare, hotel, car, gourmet vegan dining and treats, massage, and surprises)! Registration and Details at:

http://www.happycow.net/veganfusion/hawaii_contest.html

Or visit: <http://www.happycow.net> ...operated by volunteers since 1999.

GENEROUS TOBY'S!

More thanks to **Toby's Family Foods** for providing **EVEN's** June 6 Vegetarian Gathering with loads of their two NEW yummy **vegan tofu pates: Martini Olive** and **Roasted Garlic/Red Pepper**. Made with 100% organic, non-GMO tofu, expeller-pressed oils and, of course, lots of love! Everyone enjoyed them and Wow, they sure disappeared quickly! Find more of these tasty vegan spreads at your natural grocer's. Thank you, **Toby's!**

NIFTY BAGELSPHERE!

Thank you, Tamara at **Bagelsphere**, for making such yummy ALL VEGAN bagels and for bringing **EVEN** the cents-off coupons. Attention: there are still some coupons left on the table. Grab one and head out to **Bagelsphere** for a super-delicious, all-vegan bagel.

IMPORTANT MESSAGE: Remember, there will be no EVEN Vegetarian Gathering on **Monday, September 5** because of the Labor Day holiday. **EVEN's** next 1st Monday Veg Gathering will be **Monday, October 3**, 7pm.

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. Past topics have been: **Can**

humankind end violence?, Is "progress" an illusion?, and Living sanely in an insane world. Don't miss this interesting and stimulating group! Next lecture: **Monday, August 22**. Call BJ at 343-8055 for more information.

RED BARN "CUSTOMER APPRECIATION DAY"

And while you're marking your calendars, here's another noteworthy entry: **Red Barn Natural Food Store** offers everyone 15% off their purchases on the **3rd Sunday of each month** to show us customers they appreciate us. Well, we knew that. And we appreciate them, too! Let's go shopping!! See you there **August 21!**

As long as there are slaughterhouses, there will be battlefields. Leo Tolstoy

FREE VEG MAGAZINES!

EVEN folks can help themselves to any of the magazines on the back table. They are all free for the taking, just try to pass them on to be reread by as many other folks as possible. So take what you will, keep them as long as you need, and then instead of deep-sixing it into the recycle pile, pass on to another interested party. If you don't know one, just return it back to the Freebie table and let someone else pick it up. (Re-use is better than re-cycle.) By the way, many thanks to **Rebecca Walker** for donating 5 copies of *Vegetarian Times* to **EVEN**. Thank you, Rebecca!

THE FOOD REVOLUTION

EVEN is selling SIGNED COPIES of **John Robbins' *The Food Revolution***. (You won't find a signed copy for sale anywhere else in town!) Ask about making one copy your very own. And remember they make meaningful gifts! Call 343-8055 to purchase. Students, seniors and **EVEN** members get 15% discount!

VEGAN PICNIC

In lieu of this month's vegan potluck on 8/19, there's a fun, foot-stompin', swingin' summer vegan picnic the next day, **Saturday, August 20 at 3:30pm at 89226 Knight Road**. Bring your vegan dish(es), place settings and utensils as usual, but in addition, bring lots of water to stay hydrated, remember to bring the kids, the frisbees and your dancing feet. Call **Karen or Wesley 341-1690** for more specifics. Special appreciation and thanks go to **Worth** for his incomparable music and to **Hostess and Host, Sally and Steve** for their exceptional generosity in making this event possible for the rest of us. Hope to see EVERYONE there or else you'll have to wait a whole year to play this hard again. *[Directions: W.11th thru Veneta for about 5 miles. ¼ mile before Knight Road is a truck weigh station. Turn Right on Knight Rd for 2 miles. 40 yards past the guardrail is the first mailbox. Make Left into driveway. Look for Vegan Potluck signs. Parking area is past the first house. Limited space so park close or call 341-1690 to car pool.]*

VEGAN POTLUCK

Remember there's no Vegan Potluck in August. However, there *will* be a Vegan Potluck, as usual, the **3rd Friday** of the other 11 months, 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. Meet, chat and chew with a fun group. Call **Karen or Wesley** with questions **341-1690**. See you **Friday, September 16!**

MANY, MANY THANKS!

EVEN tabled at the UO Earth Day celebration on April 20 and at EWEB Riveredge Plaza on April 23. Thank you to everyone who helped to make our tabling efforts at both Earth Day events a big success! Thank you to **Wesley Sweitzer, Karen Booth** and **Bruce Cooley** for the canopy and extra tables! Thank you to **Karen Booth, Carrie Freeman** and **Alice Pueschner** for tabling assistance. Special thanks to **Elizabeth Sereda** for her financial contributions and for her generosity of spirit!

Thank you to all the national groups who provided us with their literature for the Earth Day tables: **PETA, Vegan Outreach, Vegetarian Resource Group, Physicians Committee for Responsible Medicine, The Happy Cow, Farm Animal Reform Movement, Vivavegie Society, Vegan Action** and **EarthSave**. Thanks to them, the information reached hundreds!

RAFFLE WINNERS!

Congratulations to **EVEN's** Earth Day raffle winners: **Stephanie Bornstein, Vince Ary, Alec Zimmerman, Randy Hull** and **Alicia Omlid** for winning subscriptions to ***E-the Environmental Magazine***. And special thanks to ***E-the Environmental Magazine*** for the five (5) one-year subscriptions of their exceptional magazine for our Earth Day raffles.

Congratulations to **Sandy Rusby**, for holding the winning raffle ticket at **EVEN's** June 6 gathering. Sandy won a one-year subscription to ***Veg News*** magazine. Special thanks to ***Veg News*** for donating the subscription to **EVEN**. If you haven't read this outstanding magazine yet, you don't know what you're missing. It's way more than recipes, which is very much a breath of fresh air.

CLASSIFIEDS

Do you have something to sell or to buy? Do you have services to offer, talents to tender or hard-workers to hire? Call to place your request in ***The EVENING News*** at 343-8055. Prices couldn't be more reasonable! ☺

"High protein diets make you sick in the long and short term. Expect kidney disease, heart disease and more strokes and cancer. Plus the weight loss is temporary because you can't stay sick for long. Look at the creators of these diets -- many are fat themselves."

Dr. John McDougall, on the dangers of a high protein diet

LENDING LIBRARY

EVEN is creating for its members a lending library of veg-related books and magazines. If anyone has a relevant veg book and/or veg magazine or two to donate to our new library, please let us know. Bring it to our October 3 gathering or call 343-8055. **EVEN** folks can borrow an item (free, of course) for one month...borrow at one meeting, return at the following month's meeting. Sweet and simple.

RISING MOON ORGANICS

Do ravioli lovers give a BLEEP if all **Rising Moon's** cheeses are now organic? You bet. They could have stopped with the **organic semolina**. But they pushed further with all **organic spices**. Then **all organic produce**. Now **Rising Moon** makes a quantum leap with their **all organic cheeses**. And on a **VEGAN** note, some folks think that vegan food tastes crappy, but it doesn't, and **Rising Moon** raises **VEGAN** foods to an art form. The greatest ravioli just got even better. Check out all 5 vegan ravioli and 10 cheese ravioli in your natural foods freezer!

FRIENDLY STREET MARKET: People-friendly, Veg-friendly, Organic-friendly! Wow!

Friendly Street Market, serving Eugene for over 20 years, welcomes all to give them a try. They specialize in **local** and **organic** foods and share their space with a wonderful Café---**Latitude 10** (many veg options available) www.latitude10cafe.com **Friendly Street Market** is open Monday - Saturday 8am-10pm and Sundays 9am-10pm. All are welcome! See you there!

HOT OFF THE PRESS Shouldn't I Drink Milk? Milk: No Longer Recommended or Required [!]

"A substantial body of scientific evidence raises concerns about health risks from cow's milk products. These problems relate to the proteins, sugar, fat, and contaminants in dairy products, and the inadequacy of whole cow's milk for infant nutrition...[Also] Dairy products offer a false sense of security to those concerned about osteoporosis. ***In countries where dairy products are not generally consumed, there is actually less osteoporosis than in the United States.*** Studies have shown little effect of dairy products on osteoporosis. The **Harvard Nurses' Health study** followed 78,000 women for a 12-year period and found that milk did not protect against bone fractures. Indeed, ***those who drank three glasses of milk per day had more fractures than those who rarely drank milk.***" <http://www.pcrm.org/health/veginfo/milk.html>

NEW STUDY IN PEDIATRICS SHATTERS MILK MYTH

For Strong Bones, Kids Need Exercise, Sunshine, and a Dairy-Free Diet

"...dairy products do not promote bone health in children and young adults. Physical activity does have a positive impact on bone health, while evidence linking bone health with dairy product consumption is weak, at best..."

<http://www.pcrm.org/cgi-bin/lists/mail.cgi?flavor=archive&list=news&id=20050307093449>

(Founded in 1985, the **Physicians Committee for Responsible Medicine** is a nonprofit health organization that promotes preventive medicine, especially good nutrition. PCRM also conducts clinical research studies, opposes unethical human experimentation, and promotes alternatives to animal research.)

MORE INCREDIBLE WEBSITES

VEGETARIANS IN PARADISE – A Los Angeles Vegetarian Web Magazine – www.vegparadise.com **VEGAN PEACE** – Striving Towards Peacefully Sharing Our Earth - www.veganpeace.com **PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS** – www.peta.org **NORTH AMERICAN VEGETARIAN SOCIETY** – www.navs-online.org **F.A.R.M. - Farm Animal Reform Movement** – www.farmusa.org **ANIMAL PROTECTION INSTITUTE** – www.api4animals.org **VEGETARIAN RESOURCE GROUP** – www.vrg.org **IN DEFENSE OF ANIMALS** – www.idausa.org **VEGAN OUTREACH** – www.veganoutreach.org **FARM SANCTUARY** – www.farmsanctuary.org **YOUTH FOR ENVIRONMENTAL SANITY** – www.yesworld.org

EDU-STATS

♥ Americans consume **a million animals an hour**. Every second, 300 living beings are slaughtered for food. (Orange County People for Animals)

♥ More than **100 million animals** are reported killed by hunters each year. That number does not include the millions of animals for which kill figures are not maintained by state wildlife agencies. Each year, more than **40 million animals** are killed for their fur...(Delaware Action for Animals)

♥ **Duke** is the ONLY top ten medical school in the United States where students **still train with and kill live animals**—even though cheaper, more useful, and more humane alternatives exist. (PCRM)

♥ To view a film clip about **why people become vegan**, go to <http://www.veganpeace.com/veganism/vegan.htm> or www.meetyourmeat.com These videos offer insights that, somewhere along the line, we have all forgotten.

♥ Amount spent annually in U.S. to treat cancer: **\$70 Billion** (1990) (John Robbins, *Diet for a New America*)

I tremble for my country when I reflect that God is just. Thomas Jefferson

ARE YOU FREECYCLING YET?

The **Freecycle Network™** is made up of many individual groups across the globe. It's a grassroots movement of people who are giving (& getting) stuff for free in their own towns. Each local group is run by a local volunteer moderator. Membership is free. The **Freecycle Network** was started in May 2003 by environmentalist, Deron Beal, to promote waste reduction in downtown Tucson and help save desert landscape from being taken over by landfills. The Network provides individuals and non-profits an electronic forum to "recycle" unwanted items. One person's trash can truly be another's treasure! Go to www.freecycle.org to learn more; sign up (FREE) for **Eugene Freecycle** at <http://groups.yahoo.com/group/FreecycleEugene/> 1.53 million people are freecycling worldwide. Aren't you curious?

PASTA SALAD II

(serves 4-6)

- | | | | |
|-------------------------------------|---------------------------------|----------------------------|-------------------|
| 4 C. (cooked) or 8 oz. pasta shells | 4 t. nutritional yeast | ¼ bell pepper, diced | black olives, |
| 2-3 T. olive oil | ½ t. onion powder | 1 cucumber, diced | sliced (optional) |
| 2 T. Bragg™ Liquid Aminos | ½ t. dill weed (dried) | ¾ t. black pepper | |
| 1 T. apple cider vinegar | 1 T. dill weed (fresh), chopped | 1 t. Spike™ seasoning | |
| 2 t. oregano (dried) | 1 tomato, diced | 1 t. garlic powder | |
| 1 t. basil (dried) | 2 red onion slices, diced | ½ C chick peas (garbanzos) | |

Mix all ingredients together in a bowl. Allow to marinate and then serve.

(Reprinted from *Incredibly Delicious – The Vegan Paradigm Cookbook* by Gentle World, 2000)

WISH LIST

As you know, **EVEN** operates solely on the fixed incomes of two retirees (guess who?) and, therefore, is especially grateful to anyone kind enough to help. **EVEN** is always in need of postage, copy service, 8-1/2 x 11 paper, and miscellaneous office supplies. Any and all donations are appreciated. Whatever you can afford. Cash, or checks made payable to: **Eugene Veg Education Network**, would be the most helpful way to support **EVEN** so we can keep getting the facts out to others. Please do whatever you can to keep **EVEN** active. Thank you for your help!

VOLUNTEERS NEEDED

Other than donating hard-earned dinero, you can also help by donating time as an **EVEN** volunteer. **EVEN** needs volunteers of all shapes, sizes, and abilities. If you have energy and willingness, **EVEN** has many and varied projects on the horizon for which folks can offer their time, talents and assistance. Call 343-8055 to see if there's a match between your interests and **EVEN's** projects. Some of the folks we currently need are: a webdesigner; an artist to help us with banners and signs; a computer input/clerical assistant; librarian; project leader for compiling a veg dining guide; and many more projects. Thank you for your support. We'd welcome your help.

HELP WANTED

If you have a veg-related news item you would like considered for the next issue of **THE EVENING NEWS**, send it to us at eugvedunet@comcast.net. Also, feel free to call or email **EVEN** with your ideas and comments on how you think we can better accomplish the goals in our Mission Statement.

JOIN THE EUGENE VEG EDUCATION NETWORK

One year membership: \$20. Students, Seniors (55+): \$15. (Make checks payable to: **Eugene Veg Education Network**) Become an **EVEN** member and help us continue our outreach projects.

IMAGINE

"Dedicated to Gentleness ... and the dream of a world in balance, where human and non-human animals have nothing to fear." (dedication in Dr. Michael Klaper's book, **Vegan Nutrition: Pure and Simple**) Yes. Imagine.

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/vegetarian 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 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. Call 541-343-8055 or email eugvedunet@comcast.net. Peace.

All that is necessary for the triumph of evil is for good men to do nothing. Edmund Burke