

EVEN NOW 1-23-08

UPCOMING EVENT

"Guilt-Free Fitness" by vegan cyclist, [Walter Lapchynski](#), **Monday, 2/4/08, 7p**, McNail-Riley House, 601 W. 13th (at Jefferson), Eugene **FREE**

THANK YOU!

Presenters: Thank you **Ginger Carlson, Liz Howard, Winter Hose, Nadine Peterson, Nick Kress,** and **Ravi Logan** for marvelous and informative presentations and demos in December 07 and January 08. EVEN appreciates your talent, your time and your enormous generosity!

Donors: **Rich Richardson, Pat & Lorry Rather, Marty Hertz, Cindy Biles, Hilliard Gastfriend, Kate Daniels, Denise McClatchey**

New_Members: **Diane Weaver, Colin Donaghue, Tina Giese**

Renewing_Members: **Peter Spendelow, Jill Schatz, Jill Devine, Sandy Itzkowitz, Gary & Mary Klein, Eric Nicholson**

Business: **Mountain Rose Herbs, FARM (Farm Animal Reform Movement), Eco-Teas, Golden Temple Peace Cereal, Veganu Soap, Newman's Own Organics, New Frontier Market, Dixie Diner, Eden Organics, Amy's Naturals, Emerald Valley, Turtle Mountain, Circle of Health, Healthforce Nutritionals, Sequel Naturals (Vega), Barry's Bakery, Follow Your Heart**

Volunteers: **Linda, Nadine, Nick, JoAnne, Mele, Hilliard, Kate, Dave, Kelly, Jamie (NEW!) and Emma (NEW!)**

Thank you, everyone, for your kind contributions to EVEN!

FOLLOW UP MESSAGE FROM KEN VISCIDI

Ken follows up with us on Berg's:

"Berg's doesn't sell the fur hats anymore. Thank you all for showing your concern. Be sure to thank the store management for hearing our requests and taking action. Ken" <http://www.bergsskishop.com/contact.php>

EUGENE HOLIDAY MARKET

Thank you everyone who stopped by to say hello to EVEN at the **Holiday Market** while we're tabling. Thank you, **Beth**, for gifting EVEN this space for distributing our info on a vegan diet. More than 400 brave folks swept by our table in two days, most stopping to chat, all receiving literature, free mags compliments of **Vegetarian Resource Group**, and free products from **Eden Organic Foods**. Thank you everyone!

THANK YOU CAPELLA MARKET

Capella Market and staff, once again, welcomed EVEN to table at its clean, well-staffed store. Thank you to Capella and to all who stopped by to say hello and learn about EVEN and what the local vegan group is doing in the community. Always friendly faces and great questions!

HEALING CANCER FROM THE INSIDE OUT

"His message is dynamite!" - T. Colin Campbell, *The China Study*

"The most important contribution to the cancer battle in the last several decades." - Brian Clement, Director, *Hippocrates Health Institute*

For more information, visit www.RaveDiet.com

IN DEFENSE OF ANIMALS-NORTHWEST UPDATE

REMINDER (and location change): Educational Outreach Against OHSU's **Nicotine Research on Baby Monkeys Starts Wed. 1/23**

Just a friendly reminder that this Wednesday, January 23rd is NW IDA's first outreach event against [Eliot Spindel's cruel nicotine experiments on baby monkeys and their mothers](#). This will be the beginning of a series of outreach events to educate people about the millions of tax dollars being spent tormenting and killing primates to find out what science has already conclusively proven through human clinical studies -- that smoking hurts pregnant moms and their unborn babies.

NW IDA's **Matt Rossell** (EVEN's June 2007 presenter) once worked undercover as a primate caretaker at OHSU, so he has seen Spindel's nicotine experiments first-hand and up-close. He has witnessed mothers become severely depressed after their babies were cut prematurely from their wombs so their tiny lungs could be dissected, and baby monkeys only weeks or months old ripped from their vocally anguished mothers for use in experiments. Please join Matt in speaking out against this OHSU-sponsored torture throughout this and next month.

You can [sign up for IDA's Action Center](#) here.

Read more below:

EVENT DATES/TIMES/LOCATIONS

When: Wednesday, January 23rd, 12:00 noon to 2:00 p.m.

Where: OHSU Clinic (at the [corner of SE 39th Ave. and SE Division St.](#)) **Note location change!**

When: Sunday, January 27th, 9:30 a.m.

Where: Doorhanger Sundays (meet at [The Haven Coffeeshop at SE 35th and SE Division](#))

When: Thursday, January 31st, 12:00 noon to 2:00 p.m.

Where: Oregon National Primate Research Center, [505 NW 185th, Beaverton, OR](#)

When: Sunday, February 10th, 9:30 a.m.

Where: Doorhanger Sundays (meet at [The Haven Coffeeshop at SE 35th and SE Division](#))

IDA will also be educating attendees to [OHSU's Brain Awareness Series](#) as they wait in line. The entire month-long series (February 11th - March 11th) is being held at the Newmark Theater.

Where: Newmark Theater, [1111 SW Broadway](#) (Inside the Antoinette Hatfield Hall)

Dates: Monday, February 11th, Tuesday, February 19th, Monday, February 25th, Monday, March 3rd, Tuesday, March 11th

Time: 6:00 p.m. - 7:00 p.m.

THE MCDOUGALL NEWSLETTER

When Friends Ask: Where do you get your protein?

If you don't know where you get your protein while following a plant-food-based diet, you're in good company. The Nutrition Committee of the American Heart Association, scientists from the Human Nutrition Research Center and Medical School at Tufts University, and registered dietitians, research nutritionists and physicians of Northwestern University, and the Harvard School of Public Health are just a few examples of "experts" you look to for advice who have the protein story wrong.¹⁻⁴ Consequences of their shortfall are as grave as a lifetime of sickness and obesity, and premature death, for innocent people. These professionals must be held accountable.

More at: <http://www.drmcDougall.com/misc/2007nl/apr/dairy.htm>

Thank you, Dr. McDougall!

SOMETHING SPICY THIS WAY COMES!

A Message from Robin Robertson

Hello, I'm very pleased to tell you about my latest cookbook, ***Vegan Fire & Spice: 200 Sultry and Savory Global Recipes***, which my husband and I published through our new company, Vegan Heritage Press.

The book fills a big gap on the vegan bookshelf—spicy international cooking. Organized by global region, this book offers inventive and delicious vegan recipes of traditional dishes using readily available ingredients. Best of all, the recipes are designed so you can adjust your own heat tolerance allowing you to enjoy it hot – or not.

If you'd like to know more, see some sample recipes, or order a copy direct from me, go to http://www.robinrobertson.com/vegan_fire_and_spice2.htm. You'll save 20%, get a free bookmark, and help support a vegan business. Thanks, Robin

"Whether you like your food mildly seasoned or boldly spiced, **Vegan Fire & Spice** is the go-to book for great-tasting and healthful global vegan recipes." **Dr. Neal Barnard, Physicians Committee for Responsible Medicine**

CLASSIC SUPERBOWL MUNCHIES MADE VEG

Thank you, Jolinda!!

<http://vegetarian.about.com/b/2007/01/23/super-bowl-appetizers-vegetarian-and-vegan-recipes.htm?nl=1>

DR. TERRI SHINTANI VIDEO FROM VEGETARIAN SOCIETY OF HAWAII

How to lose up to 10 pounds in 10 days:

And turn your health around

Terry Shintani, MD, JD, MPH is a Harvard-trained nutritionist and physician. He currently serves as the Associate Chair of the Dept. of Complementary and Alternative Medicine at the University of Hawaii Medical School. He is on the national advisory board to the American College of Lifestyle Medicine. He is the author of the ***Eat More, Weigh Less® Diet***, and the ***Good Carbohydrate Revolution***. His program won the highest national award from the U.S. Secretary of Health and he has been featured in *Newsweek*, *CNN News*, *CBS This Morning*, *Dateline NBC*, and in the *Encyclopedia Britannica*.

Dr. Shintani covers topics such as:

- Why America is fat: our obesity epidemic
- 5 big weight loss lies
- How to eat more carbs and control blood sugar
- 7 dangers of protein
- 10 days to better health

See Dr. Shintani's video now here: <http://vsh.voip-info.org/Shintani2.html>

MORE FREE LECTURES FROM VEGETARIAN SOCIETY OF HAWAII

You can become a "virtual" member of the Vegetarian Society of Hawaii by pointing your web browser to <http://www.vsh.org/videos.htm> There you will find 75 one-hour lectures by such veggie speakers as: **Dan Piraro, Brenda Davis, RD, Joel Fuhrman, M.D., Michael Greger, M.D., William Harris M.D., Ruth Heidrich, Ph.D., Michael Klaper, M.D., Howard Lyman, John McDougall, M.D. Milton Mills, M.D., Karl Seff, Ph.D., Peter Singer, PhD, John Westerdahl, Ph.D.,** and many more.

SHOUT OUT FROM DAN PIRARO

Did you know that Dan was actually a clue on Jeopardy recently?

EVEN's April 20, 2006 speaker, **Dan Piraro**, animal rights advocate and vegan, was very psyched to hear that he had actually been a clue on Jeopardy! How cool is that?! We think it is way cool, too, Dan! The category was "Cartoons" and the clue was something like: "This cartoon by Dan Piraro was a replacement for *The Far Side*." And the contestant GOT IT RIGHT! [Of course, Dan clarifies, "My cartoon started running ten years before *The Far Side* was retired, so it wasn't accurate, but STILL!..."]

After 23 years of syndicated comics, Dan feels he finally hit the big time! But we know that since Dan is a dedicated vegan and AR person, he's always 'big-time' in our book. www.bizarro.com/

PREVENT AND REVERSE HEART DISEASE

View free by Caldwell B. Esselstyn, Jr.

<http://www.heartattackproof.com/media.htm>

Thank you, Rich Richardson!

CIRCUS NEWS FROM PETA

"After months of letters, e-mails, calls, and demonstrations, we are happy to announce that **Denny's** has ended its partnership with notorious animal abuser, **Ringling Bros. and Barnum & Bailey Circus**. Congratulations to all of you who took part in this campaign! Thousands of you contacted the company. Your letters, e-mails, and calls make all the difference in letting companies know that animal abuse is not tolerated by caring consumers.

This is a **huge victory for elephants, tigers, and other animals** who are dragged around the country in cramped boxcars and forced to perform silly and often painful tricks under the threat of beatings and punishment.

With this announcement, **Denny's** joins other compassionate companies like **MasterCard, Visa, Liz Claiborne, and Sears, Roebuck and Co.**, which all ended their sponsorship of Ringling after learning of the abuse inherent in circuses that use animals.

Want to take on another supporter of Ringling's animal abuse? Act now! Please [urge AAA](#) to end its Ringling promotions.

Thank you for everything you do to help animals. Sincerely, **RaeLeann Smith**, Circus Specialist, **PETA**”

VEGAN WHIPPED CREAM

Wendy & Ivy Rose Send EVEN Another Winner!

“We loved this simple, healthful vegan replacement for the traditional cow whipped cream and were nice enough to pass it along for all of us to enjoy in the New Year!

- 3/4 cup vanilla soy milk
- 1 Tbsp lemon juice

In a blender, mix on high speed.

Remove part of blender lid. While machine is running, slowly pour in 1 cup oil (we used an almond and organic canola mix) in a thin stream.

- Add 1/2 tsp vanilla extract.
- Add 1 tbsp liquid sweetener, such as agave syrup or maple syrup.
Keep blending until really thick. If you need it to be stiffer, add a little granulated type sugar to get it to “whip”.

This kept for a week in the fridge very well. A little goes a long way! We stirred a tablespoon in at the end of some soups we were making, used in macaroni and cheese, as well as a dessert recipe topping. Yum!” **WL**
Thank you, Wendy & Ivy Rose!

TOP TEN REASONS TO STOP LIVE ANIMAL LABS

One more medical school drops its live animal lab.

Now just 10 more to go!

PCRM recently confirmed that **Washington University School of Medicine in St. Louis—ranked no. 4 among U.S. medical schools—has discontinued its use of live pigs in a student cardiovascular lab.** This comes on the heels of **New York Medical College** announcing the end to its use of live dogs in a first-year physiology course. Both of these schools ended their labs after months of pressure from PCRM. This is another victory for helpless animals and you, the people who care about them.

Now there are **only 10 medical schools left with cruel live animal labs**, even though superior teaching tools exist. Those schools are:

- **The Brody School of Medicine at East Carolina University**
- **Case Western Reserve University School of Medicine**
- **Johns Hopkins University School of Medicine**
- **Medical College of Wisconsin**
- **Oregon Health & Science University School of Medicine**
- **Uniformed Services Univ. of Health Sciences School of Medicine**
- **University of Minnesota Medical School**
- **University of Mississippi School of Medicine**
- **University of Tennessee College of Medicine**

- **University of Wisconsin School of Medicine and Public Health**

PCRM, with the help of its member doctors and concerned citizens, supporters, and allies, will continue working in 2008 to **end live animal labs** in these 10 remaining schools. They will also continue our fight **to stop animal cruelty in testing facilities, promote alternatives to animal dissection in classrooms, and advocate for lifesaving nutrition policies and practices.** Learn how you can help:

<http://www.pcrm.org/resch/anexp/alertliveanimallabs.html>

Best wishes for a wonderful new year!

Best regards, **Neal Barnard, M.D., PCRM President**

"THE REAL FORBIDDEN FRUIT: HOW MEAT DESTROYS PARADISE AND HOW VEGANISM CAN GET IT BACK."

by Jeff Popick (download book for free)

<http://www.therealforbiddenfruit.com/downloadbook/from-VegNews>

True human goodness, in all its purity and freedom, can come to the fore only when its recipient has no power. Humanity's true moral test, its fundamental test (which lies deeply buried from view), consists of its attitude towards those who are at its mercy: animals. And in this respect humankind has suffered a fundamental debacle, a debacle so fundamental that all others stem from it. **Milan Kundera, *The Unbearable Lightness of Being***

GOVINDA'S - AMAZING VEGETARIAN BUFFET

Now open 7 days a week!!!!

1030 River Road (at Hilliard Lane), 541-461-0093

Govinda's offers an all-vegetarian buffet, about 95% of which is vegan, just ask! Homemade, low sodium, and no MSG.

11:30am-2pm, 5-8pm.

RATATOUILLE GOING STRONG!

Ratatouille Bistro & Café,

1530 Willamette, Eugene (across from Bel Ami). 344-0203,

Weds-Sat 5-9pm; Closed Mondays; Tuesday 8am-3pm; Brunch SA 8am-2pm, SU 11am-2pm

ROBERT CHEEKE ALWAYS RAISES THE BAR!

Great job, Robert!

EVEN was fortunate to have this mover and shaker as its May 2007 speaker. He spreads positive information wherever he goes, and he goes a lot of places. A lot.

<http://media.www.dailyemerald.com/media/storage/paper859/news/2007/11/16/News/Vegan.Bodybuilder.Proves.Meat.And.Muscles.Arent.Synonymous-3107412.shtml>

HAPPY AS A COW

Go to www.happycow.net and subscribe for free to get your vegin' out e-newsletter. Happy Cow has recently won **Favorite Vegetarian Website Award** award from VegNews magazine and a 24-carrot award from Vegetarians in Paradise. Congratulations, Diana and Eric!!

VEGETARIANS IN PARADISE CELEBRATE 9TH ANNIVERSARY

Join over 125,000 other visitors each month (over $\frac{3}{4}$ million hits!) who are constantly discovering new information uncovered by these delightful and dedicated VIP birds, **Zel & Reuben**. They spread way more than Health and Joy, doncha' know, they get the veg word out in the form of information, inspiration and enlightenment. <http://www.vegparadise.com>

A CALL FOR VOLUNTEERS!

Dear Friends,

As you know, EVEN is growing rapidly!! Thanks to the past support and thoughtful kindness of folks like you, EVEN has experienced a steady, continuous growth rate throughout its 3 year history. Can you believe it?!! Needless to say, this growth is marvelous news and presents a most exciting outlook for the new year.

Of course, Robert and I cannot do it alone; we'll need your help. I have been donating 70 hours per week of my time and energy to EVEN for the past few years in order to get the group to this point. Robert has assumed website responsibility, among other things. Now...

In the past, everyone's ideas have been welcome, financial contributions have been most helpful, and everybody's enthusiasm has been indispensable. All invaluable assets, for certain, and ones that have helped EVEN develop to its current status. But EVEN continues to need a resource more precious than even those...it needs your **time**. Ah, yes, time. The resource most of us want more of and all of us never seem to have enough of.

So that is what is on EVEN's "Wish List" for 2008. **Time**. Specifically, your time. Do you think you might spare 1 to 3 hours per week or more? Please let us know. Because that would add up to 4 to 12 hours per month or more which would be **the most wonderful contribution** to the group you could possibly make for this new year.

Where and how your time would be spent depends mostly on your expertise with the computer and/or the phone, your business **experience**, your knowledge of and commitment to veganism, your ability to remain non-judgmental amidst an ocean of carnivores and patient amidst an sea of misinformation, your available resources [time, energy, know-how] and, of course, your own personal preferences. **Please let us know if you can**

offer EVEN some of your time. I promise there will be appropriate work for you in the area in which you choose and within the time allotment which you offer.

Thank you for considering our request! EVEN looks forward to hearing from you! ☺ eugvedunet@comcast.net

IS IT COMPASSIONATE?

Cowardice asks the question, 'Is it safe?'
Expediency asks the question, 'Is it politic?'
Vanity asks the question, 'Is it popular?'
But conscience asks the question, 'Is it right?'

And there comes a point when one must take a position that is neither safe, nor politic, nor popular,
but one must take it because one's conscience tells one that it is right.

-Martin Luther King, Jr.

**Hope to see you at
EVEN's Monthly Veg Gathering
Monday, 2/4, 7pm,
McNail-Riley House,
601 W. 13th (at Jefferson), Eugene, for
"Guilt-Free Fitness" by vegan cyclist,
Walter Lapchynski.**

The Eugene Veg Education Network (EVEN) is a non-sectarian, **official 501(c)(3) non-profit** based in Eugene Oregon serving as a resource for those seeking information on a healthful, vegan lifestyle. EVEN'S emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is to **inform, educate & encourage** our members--- as well as the larger community ---by providing access to pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. 541-343-8055 www.eugeneveg.org. **Peace.**