



EVEN NOW 5-26-08

UPCOMING EVENT

“The Vegan Lifestyle---It’s For Real!”

John Gobble

DrPH, MPH, RD, LD, CHES

Monday, 6/2/08, 7pm

McNail-Riley House

601 W. 13th (at Jefferson)

Eugene. **FREE**



John Gobble is owner and founder of **Medical Nutrition Therapy Northwest** and a provider of disease management and therapeutic lifestyle change counseling.

Dr. Gobble has been a nutritionist and health promotion specialist for nearly 25 years treating heart disease, diabetes, and obesity. He has designed and managed lifestyle research and has designed many programs to identify risk and motivate health behavior change. Dr. Gobble has the skill and expertise to provide Medical Nutrition Therapy for a wide range of conditions.

There will be no beating around the bush at this highly-informative lecture. We are so lucky to have the opportunity to hear this experienced teacher, motivator of behavioral change, and therapeutic lifestyle counselor present more information on the healthfulness of a vegan lifestyle. Please join us!

The practice of pure vegetarian nutrition is an established and growing reality. People around the planet are thriving on a vegan-style diet, having healthy babies and raising children, as they have done throughout history.

Michael Klaper, MD

OPRAH GOES VEGAN FOR 21 DAYS!



Oprah Winfrey has decided to undergo a spiritual and physical makeover... she's going vegan for 21 days! Inspired by Kathy Freston, spiritual counselor and author of best-seller book, *Quantum Wellness*, Oprah is currently following a cleansing diet. The plan is to eliminate caffeine, sugar, alcohol, gluten and all animal products from her diet for a full 21 days. Oprah states, **"How can you say you're trying to spiritually evolve, without even a thought about what happens to the animals whose lives are sacrificed in the name of**

gluttony?"

Oprah is currently keeping a blog of her daily experiences. She writes, **"Wow, wow, wow! I never imagined meatless meals could be so satisfying. I had been focused on what I had to give up—sugar, gluten, alcohol, meat, chicken, fish, eggs, cheese. 'What's left?' I thought. Apparently a lot. I can honestly say every meal was a surprise and a delight, beginning with breakfast—strawberry rhubarb wheat-free crepes."**

More at www2.Oprah.com

Source: Meatout Mondays by FARM

Oprah is [blogging](#) about her experience and sharing [vegan recipes](#) by chef [Tal Ronnen](#) throughout her journey.

Source: Farm Sanctuary

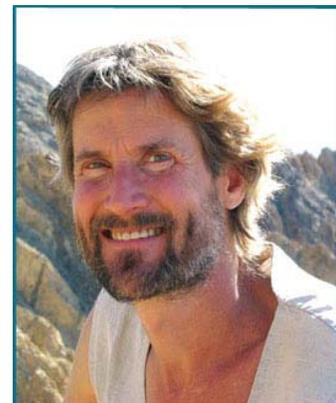
Well, I feel like I got baptized in Vegan Land today.

Oprah

A MESSAGE FROM WILL TUTTLE, PhD

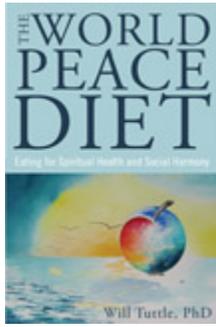
A New Oprah-tunity!

More signs of progress - Oprah is now on a 21-day vegan "cleanser." This is potentially great news because multitudes will be participating with her, and hopefully learning about the plight of animals in our food production system, and of the enormous benefits of a plant-based diet for our health and the health of the Earth and for future generations. And that it's dee-licious, too!



Over the past 2 years since my book, *The World Peace Diet*, was published, so many people have told me that I "need to be on Oprah." After her hugely successful class with Eckhart Tolle, I've been hearing this from people even more. It seems that we humans are ripening spiritually, and I believe

that there is nothing more important at this stage of our spiritual evolution than developing compassion for all living beings, and transforming our eating habits to reflect more compassion and awareness. **The World Peace Diet**, of all the books out there, presents the spiritual, cultural, and psycho-social dimensions of our meals and would provide a solid foundation for Oprah's (and the world's) transition to a plant-based way of eating. We have to understand the "big picture" in order to make major changes in our lives, and when we do, it's easy to make the changes. So many people have told me that they've gone vegan after reading **The World Peace Diet**, and I think this is why.



I hope you all will take a few minutes to go to Oprah's website and suggest that she read **The World Peace Diet**. Use your own words and speak from your heart. The window of opportunity over the next 3 weeks is beckoning! If Oprah reads **The World Peace Diet** and "gets it," we will have hundreds of thousands more people "getting it" also, which could lead to amazing and rapid improvements in the lives of all of us -- people, animals, and future generations. And if there are other vegan speakers, writers, chefs that you feel would illuminate, please let Oprah know of them as well! Please do it now, if possible. The link is:
http://www2.oprah.com/email/reach/email_reach_fromu.jhtml

My deepest thanks to all of you who are blessing our world with your efforts to build a new society of kindness, peace, and harmony. <http://www.willtuttle.com/>

NOTE: Dr. Tuttle was EVEN's guest speaker [July 2, 2007](#) when he presented "**The World Peace Diet – Eating for Spiritual Health and Social Harmony**" to a standing-room-only group.

ESSENTIAL FATTY ACIDS

Essential Fatty Acid Basics from Physicians Committee for Responsible Medicine (PCRM)

The body can synthesize some of the fats it needs from the foods you eat. However, two essential fatty acids cannot be synthesized in the body and can be taken in the diet from plant foods. Their names—linolenic and linoleic acid—are not important. What is important is that these basic fats are used to build specialized fats called omega-3 and omega-6 fatty acids. [>>MORE](#)

The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined. If beef is your idea of 'real food for real people,' you'd better live real close to a real good hospital. *Dr. Neal Barnard, President, Physicians Committee for Responsible Medicine*

AS HAPPY AS A COW

Don't Leave Home Without It!



If you are traveling this summer, or if you just love to eat veggie food, be sure to check out www.HappyCow.net. **HappyCow is a free online guide to vegetarian restaurants and health**

food stores with over 8,000 listings in 100+ countries -- the most comprehensive and up-to-date guide of its kind on the internet.

7,000,000 BOOKLETS DISTRIBUTED BY VEGAN OUTREACH!!



That's 6 zeroes...as in MILLION!

[Vegan Outreach](http://VeganOutreach) is a non-profit animal advocacy organization. They run the **Adopt a College Program** which reaches hundreds of thousands of college students each year with the plight of farmed animals. To date, VO activists have distributed *over 7 million booklets* worldwide.

To get involved or to request a free vegetarian starter pack, visit [Vegan Outreach](http://VeganOutreach). You will truly appreciate their website filled with informative booklets, meaningful items, and insightful articles!

2008 VEGETARIAN SUMMERFEST

The event vegetarians look forward to all year!

[Vegetarian Summerfest](http://VegetarianSummerfest), the 34th Annual Conference of the North American Vegetarian Society, will take place **June 18-22, 2008 in Johnstown, PA.** Cutting Edge Educational



Sessions on Health & Nutrition, Lifestyle Issues, Cooking, Recipes, Exercise, Fitness, Animal Rights, Compassionate Living, and Earth Stewardship. Great Natural-Food, Vegan Meals prepared under the direction of International Gold Medal-winning chef Ken Bergeron. Meet Others of Like Mind – Hundreds of attendees---all ages---and social gatherings for everyone---singles, couples and families. www.vegetariansummerfest.org or 518-568-7970 to register or for more information.

NW ANIMAL RIGHTS CONFERENCE

"Let Live" NW Animal Rights Conference is taking place in Portland, Oregon, **June 27th-29th, 2008** on the campus of **Portland State University**. It is being organized by [Vegans for Animal Advocacy](#), with support from [No Compromise](#), [Herbivore Magazine](#), and [Food Fight Grocery](#). Much more info to come soon, please check their site often or contact them with questions.

<http://www.letliveconference.org/>



ANIMAL RIGHTS 2008 CONFERENCE

The [2008 Animal Rights Conference](#) will be held **August 14-18, 2008 at the Hilton Mark Center Hotel in Alexandria VA**,

a suburb of Washington DC. 100 **speakers** from over 60 animal protection

groups, special **reports** on whale wars and other **victories** for animals, celebrity and activist awards, **networking** receptions, 60 **videos**, over 80 free **exhibits** for compassionate shopping, delicious **vegan food**. Newcomers and visitors welcome! [World's largest and oldest animal rights conference](#)



COLORADO BANS CRUEL VEAL AND GESTATION CRATES

The movement to end the use of intensive confinement systems for farm animals is gaining momentum in the U.S. On Wednesday, May 14, Colorado Governor Bill Ritter signed Senate Bill 201 (S.B. 201) into state law, making Colorado the second state to ban the use of veal crates for calves, and the fourth state to ban gestation crates for breeding pigs. Farm Sanctuary, the nation's leading farm animal protection organization, applauds Colorado in joining Florida, Arizona and Oregon in outlawing gestation crates, and joining Arizona in outlawing veal crates. [>>MORE](#)

Source: Farm Sanctuary

A Compassionate World Begins with YOU

We've been waiting all winter long and it's finally here: Spring at last! Bringing with it the start of our tour season and sweet new beginnings for our most recently rescued residents, this life-affirming season is something to celebrate, indeed! If you've always wanted to visit our farms, or are thinking about visiting again, the time has never been better to make the trip. Here are just a few of the encounters we have in store for you: Join us for an unforgettable tour of our 175-acre Watkins Glen shelter in the stunning Finger Lakes Region of upstate New York.
http://www.farmsanctuary.org/actionalerts/alert_new_resident08.html

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, Polish Dancer/Choreographer 1889-1950

VEGAN WORLD.COM

I'd like to introduce everyone to www.veganworld.com which is a social networking site for vegans & vegetarians. It's a fun, "one-stop" resource for networking, recipes, health & environmental info, veg-celebs, blogs, articles, locating a veg-restaurant or store, fun contests and polls, and a whole lot more. The site is still in beta testing, but let's all check it out. VeganWorld.com even has a live chat room, so we can all get together and chat in real time! And perhaps the best part is---it is totally free to join. Some of the features include: **Detailed member profiles** * **Recipes** * **A locator of animal rescue groups, books, products, events, retail stores, restaurants, organizations & wellness providers** * **Articles** * **Blogs** * **Forums** * **Celebrities** * **Live Chat** * **Free Dating** * **Groups** * **Videos** * **Photos** * **Contests & Prizes** * **Free Classified Ads** * **Advice** * **Surveys** * **Seminars** * **Polls** * **Animal Adoptions ... and more!**



DOES THIS LOOK LIKE ART TO YOU?

These pictures have created an international crisis, and rightly so. Animal lovers everywhere are outraged, horrified and heartbroken over the abuse of this helpless, sick, and unwanted dog and many petitions have been started to blacklist this self proclaimed artist from exhibiting anywhere, particularly in the upcoming 2008 Central American Biennial Visual Art Exhibit in Nicaragua.....an event he was invited to participate in.....again.....as he received an award for a different art object in 2006. "The Exhibitor", a resident of Costa Rica; along with the Codex Art Gallery in Managua, Nicaragua (where the pictures of this poor dog were taken); and, the CEO of HIVOS, the Netherlands organization that helps fund the Biennial Central American Visual Art Exhibit, apparently believe the humiliation and exploitation of a starving animal to be ART!!! [>>MORE](#)

NATIONAL EGG MONTH



Take Compassion Over Killing's (COK's) Pledge to Crack the Cruelty!

COK has launched a new campaign to coincide with the industry's self-declared "National Egg Month" – we're asking people to "crack the cruelty" and choose egg-free foods for 30 days. Start helping animals now by [signing up to go egg-free for 30 days](#)

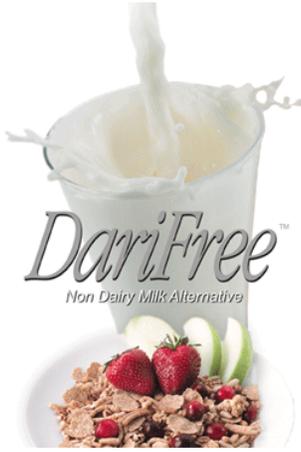
And While You're At It...

COK also suggests you request soy milk at your local donut shop – 2 stores in the DC area added soy milk after we met with them, and we're now hoping other stores follow suit. For details, check out: <http://www.cok.net/feat/dunkin-donuts/>

WANDERING GOAT



Organic Coffee Roasters offer soy, rice, almond or hazelnut milk all the time for your coffee! Even when customers *do* request cow milk or butter, [Wandering Goat](#), who takes animal treatment very seriously, makes sure it comes from a dairy where cows are not artificially inseminated and where they are allowed to live out their post-milking lives naturally---in a pasture! What a refreshing change of pace! All pastries and soups are **vegan** and organic! [Read more about their Sustainability practices.](#) **268 Madison, Eugene, M-F 7 AM–11 PM, SA 9 AM-11PM, SU 9 AM-9 PM, 541-344-5161.**



DARI FREE

Non Dairy Milk Alternative

[Vance's Foods](#) produces a dairy free drink that is delicious and nutritious and vitamin enriched. It is potato based and contains as much calcium as milk! **DariFree is gluten free, casein free, fat free, soy free, rice free, MSG free, protein free, and cholesterol free.** It is great for drinking, cooking and baking, or you can use it on cereal or as a coffee creamer. Simply add water. 1-800-497-4834

THREE FORKS

Wok & Grill has some of the best Asian fusion dishes in the Northwest! Every item [Three Forks Wok & Grill](#) offers can be made **vegan** with tofu or tempeh instead of meat.

And they don't add any MSG!! Their salad mix is always organic and they use locally-grown produce when possible. Children's entrees are priced at \$3.95 and adults can choose between \$5.75 medium and \$7.95 for a large entrée. Choose your dish and select your own vegetables, spices and garnishes at the counter and they'll stir fry it up and serve it to you at your table in just minutes. **2560 Willamette, Eugene, M-Th 11 AM-9 PM, FR 11 AM-9:30 PM, SA-SU 11:30 AM-9 PM, 541-485-8489.**



HELP THE WORLD'S MOST ABUSED ANIMALS

You can help end terrible suffering like this by supporting our undercover investigations on factory farms and in slaughterhouses around the world.

Billions—yes, billions!—of cows, pigs, and chickens are confined to massive factory farms. From birth until slaughter, these animals will never get to experience anything that is natural and important to them. Instead, they will be kicked, prodded, drugged, mutilated, and confined to pens and cages so small that they can barely move before finally being slaughtered without mercy. >>[MORE](#)



We consume the carcasses of creatures of like appetites, passions and organs with our own, and fill the slaughterhouses daily with screams of pain and fear.

Robert Louis Stevenson, novelist/poet 1850-1894

LETTERS TO THE EDITOR CAN ROCK SOMEONE'S WORLD

2 Animal Rights Advocates Tell It True

SOY NOT THE PROBLEM

(Eugene Weekly 5/22/08)

In his letter describing the ways that Paradise City Cafe is a green business, Norman Lent says, "My greatest green commitment is in reducing soy as much as possible". Mr. Lent then explains that planting of soy causes deforestation. This argument contains a serious error. It is important to realize that all this soy being grown is being grown to feed livestock, not people. When plants are fed to animals whose flesh, milk or eggs will be eaten, the amount of animal food produced is far less than the amount of plant food fed to the animals. The feed to meat ratio varies depending on species and location, but on average it is 4:1. 80% of the crops grown in the US are grown as livestock feed. Therefore, the way to protect the rainforest is not to avoid soy, but to avoid animal foods. More than 90% of all Amazon rain forest land cleared has been cleared for meat production.

Animal agriculture is the world's largest source of water pollution, emits 2/3 of the world's acid rain causing ammonia, contributes more to global warming than anything else, and uses huge amounts of water and energy (1/2 the water and 1/3 the petroleum in the US). The negative impact of animal agriculture on the environment cannot be overstated.

Mr. Lent could best demonstrate his commitment to the environment, by serving up only plant based foods. Now that would truly be green.

Nettie Schwager, Corvallis

[Nettie is a long-term EVEN member, supporter and animal rights advocate.]

CRUEL RODEO

(Eugene Weekly Letter to the Editor 4/17/08)

I am very disappointed that a supposedly progressive-leaning newspaper would stoop to promoting blatant cruelty to animals by glorifying "rodeo queens" in a three-page article complete with cover page (3/ 27). I am hoping to see a follow-up article which goes behind the scenes to reveal the callous disregard with which the non-voluntary participants in this violent activity are subjected. A good place to acquaint EW readers with the realities of rodeo can be found at sharkonline.org

Barb Lomow, Eugene

[Barb is a dedicated and long-time animal rights activist.]

I have witnessed and tended to calves in rodeos who became paralyzed and whose tracheas were totally or partially severed. Slamming them to the ground has caused rupture of several internal organs leading to a slow and agonizing death.

Dr. E. J. Finocchino

FOOD SIGNATURES!

This is fascinating information we received from several different sources. (Thank you, Marty, Gloria, Hans and Patricia!)

<http://www.dontolmaninternational.com/portal/content/view/24/95/>

CLASSIFIEDS



ROOMMATE NEEDED

Sunny, unfurnished bedroom and private ½ bath w/linen closet for rent in shared eco-conscious, green townhome with female owner. Beautiful River Road Neighborhood. Bedroom: wood floors, tree-filled view, and direct sunshine. 5 min. walk to the Willamette River bike path! On busline. Off-street parking. W & D, dishwasher. Sunny kitchen with sliders facing grassy, flowery yard and patio. Spacious living room with vaulted ceiling, bay window, ceiling fan, lots of natural light! Less than 10 minute walk to restaurants, 2nd hand stores and organic coffee stand. I am a professional woman, who is sociable, tidy, clean, funny, cheerful, honest, communicative, creative and spiritual: looking for a respectful, clean and tidy woman to share this 2BR, 1-1/2 bath. Preferably, no pets, but will consider female indoor cat. Sorry, no smokers or drug users. \$350 + ½ util., Vegan or semi-vegetarians a PLUS. Contact: **Sandra 689-0090**, leave message. Or email: success33@gmail.com

WANTED: VEGANS!

If you are a vegan, **EVEN** wants to talk to you! Please call us 343-8055.

ATTENTION!

NO JULY GATHERING – HOLIDAY - 7/7/08

Because of the Fourth of July holiday, EVEN will not have its first Monday presentation on July 7.

Be sure to visit www.eugeneveg.org for latest information.



PURE INSPIRATION

EVEN received this uplifting letter that we want to share, especially with those of you who have children, who have called EVEN so often inquiring what to do to support your children's food choices.

[Ginger Carlson's presentation last month](#) at EVEN's 5/5 gathering provided us with some info and know-how on children. And now here's even a little *more* inspiration for you from an EVEN member.

Oh Lin, I do so wish that I could participate in some of these EVEN lectures and events. I read the notices and feel so very isolated from people who are practicing and exploring healthy, ethical, and interesting lifestyles.

Thank you for continuing to send me the event notices. These do provide continued motivation to question what I put into my family's mouths.

A Quick note. Finnley, our youngest, 7 years old, has an unusually sensitive connection to animals. For the last year he has made it clear that he feels "so sorry for the animals who are hurt and die so that we can eat them". This boy, who continues to really amaze me, has chosen to eliminate meat from his diet! As a mother who usually insists that her children eat the family meal provided--- no individual catering at our house!--- I respect his choice to identify with their feelings and have honored this ethical decision. At the occasional meal that I have cooked fish or chicken, Finnley holds me to the line with "why mama?" I once again have to ask myself 'why?'. **Pretty interesting, this 7 year old, unwavering vegetarian. He is teaching, demonstrating, to his family the right way to approach the edible bounty provided to us via mother nature. We are so blessed.**

I am so grateful that you have provided a site into which I can tap for information. Thank you!

Please, keep up your efforts. Few people have such an opportunity for positive impact on others' lives. Our soul's daily wellness routine needs to be encouraged and supported from people who care; folks who are committed to make OUR world a sweeter, kinder place to occupy.

With hugs and appreciative thoughts towards you-
Gilann

[NOTE: Thank you for sharing, Gilann. It is your support and sensitivity to your son's needs and requests that will, in the end, make the world "a sweeter, kinder place"!]

IN APPRECIATION

May Presenter: Thank you, **Ginger Carlson**, for *“The Joyful Vegan Family”* --- such a delightful and informative presentation last month! Your enthusiasm and experience were highly motivating for everyone. Thank you for donating your energy, time and expense to EVEN!

Donors: Karen at *E-The Environmental Magazine*, Ty Bell and Healthforce Nutritionals, Vance’s DariFree Foods

Renewing Members: Denise McClatchey, Randy Prince



Volunteers: Linda Sappington, Nick Kress, Joanne Bergen, Nadine Peterson, Kelly Keiler, Hilliard Gastfriend, Kate Daniels, Kelly Keiler, Mele Allred, Dave Piccioni.

WHY DID YOU GO VEG?

Please tell EVEN why you went veg. We’d love to hear your story and might even include it on our website. Remember, your story can inspire others, so please share. Thank you. <http://www.eugeneveg.org/whyiwentveg.htm>

You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity. *Ralph Waldo Emerson, essayist, philosopher, poet 1803-1882*

HOPE TO SEE YOU June 2!

Mark your calendars to attend to this fantastic, free presentation by **Dr. John Gobble**. You’ve just *got* to be there!! <http://www.eugeneveg.org/index.html>

The **Eugene Veg Education Network (EVEN)** is a non-sectarian, **official 501(c)(3) non-profit** organization 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. **EVEN**, eugvegedunet@comcast.net, 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055 www.eugeneveg.org. **Peace.**

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