

## **EVEN NEWS CLIPS 4-30-09**

### **THANK YOU!**

Thank you to everyone who visited with us on March 20 at the **Great American Meatout**, April 15 at **Lane Community College**, and April 22 for **Earth Day** in downtown Eugene! It is always fun to meet new folks and chat. If you need more literature, please contact us at [eugvedunet@comcast.net](mailto:eugvedunet@comcast.net).

Thank you to **Gene Emge, Emge & Whyte**, for once again donating his stellar accounting services for yet another year to EVEN!

Thank you to **Brandt and Diane Weaver** for donating a printer to EVEN!

Thank you to **Mountain Rose Herbs** and **Natural Choice Directory** and **Jay K.** for donations!

Welcome to renewing member **Gilann Bourne** and to new member **Sarah Riess!**

Thank you to EVEN volunteers and to everyone who attended EVEN's March 2 gathering. Thank you to **Mayor Kitty Piercy, Toby's Family Foods and Genesis Juice, Govinda's Vegetarian Buffet**, and **Turtle Mountain** for making EVEN's 4<sup>th</sup> Anniversary Celebration on 3/2/09 so festive!

### **VEGAN COOKING CLASS - 5/4/09**

Come and celebrate Mexican cuisine with a vegan twist. Learn about the fascinating culinary history of Mexico while exploring native Mexican foods and cooking techniques. There will be demonstrations, handouts, and ample samples.

Class is limited to 20 students. Please call **Lorrie at 344-5198** to sign up.

A \$10-15 donation will be accepted to pay for food and facility costs.

**Monday, 5/4/09, 6:30 - 8:30 pm, Unity of the Valley Church, Eugene, OR.**

### **INTERNATIONAL RESPECT FOR CHICKENS DAY – 5/4/09**

**United Poultry Concerns (UPC)** [www.upc-online.org](http://www.upc-online.org) proudly announces International Respect for Chickens Day May 4, 2009. May is International Respect for Chickens Month.

***“They would rather die for their chicks than seek safety in flight...” Aldrovandi – 16<sup>th</sup> century***

Chickens are cheerful, intelligent birds. The mother hen tenderly cares for her chicks, and roosers protect their families and flocks. Please do an ACTION for chickens on May 4. Show the world that chickens are people, too! Ideas:

- Write a letter/op-ed to the editor
- Table at your local mall
- Have a Respect for Chickens Day celebration at your school
- Have a We-Don't-Eat-Our-Feathered-Friends Vegan Party!
- Get on a radio talk show
- Arrange a library display/video presentation
- Leaflet at a busy street corner/your local university
- Show the Movie *Chicken Run* !!!

United Poultry Concerns, PO Box 150, Machipongo, VA 23405, 757-678-7875,  
[Karen@upc-online.org](mailto:Karen@upc-online.org)

**“There’s no way to treat animals well when we’re killing 10,000,000,000 of them per year. If you strung out all the chickens, cows, pigs and lambs, they’d reach to and from the moon 5 times.”**  
**Mark Bittman**

## **WHAT DOES “HUMANE” MEAN TO YOU?**

### ***The Truth Behind the Labels* by Farm Sanctuary**

We live in a country where 95 percent of eggs on the market come from birds kept in cages so small they can barely move, where mother pigs are treated like piglet-breeding machines and made to live in crates barely larger than their own bodies, where chickens raised for meat are kept in crowded barns where the air is almost unbreathable, and where castrations, tail dockings, toe clippings, brandings and other mutilations are done routinely and without regard to the pain they cause. Kept out of the public eye, these cruelties and others constitute the daily experience of hundreds of millions of farm animals. [>>Read More](#)

## **EAT IN THE RAW MAKES MEDFORD HEADLINES**

The **Medford Mail Tribune** published [>> this article](#) highlighting **Eat in the Raw** and their yummy vegan Parma products. Great! If you haven’t had **Vegan Parm! by Eat in the Raw** yet, you just don’t know what you’re missing. Eat in the Raw is also working on new Parma! flavors. Since Indian food is a favorite around here, they are thinking that Indian Curry Parma! may be their next flavor. They welcome your feedback on that. Please send your comments, feedback, and suggestions to [info@eatintheraw.com](mailto:info@eatintheraw.com) or post them on Facebook.

Remember to keep checking their website for new stores that carry Parma! and other updates. The Crew at Eat in the Raw, Inc. thanks you for your support! **And EVEN thanks Eat in the Raw for all the samples of Vegan Parm! they donated to EVEN. THANK YOU!**

## **30 REASONS TO GO VEGETARIAN – CHEW ON THIS!**

If you need a reason, here are 30 of them. If you need more reasons, go here: <http://www.goveg.com/feat/chewonthis/>

And check out PETA’s new *Living E-News* >> [here!](#)

## **THE MULTIPLE SCLEROSIS AND DIET SAGA**

<http://www.drmcDougall.com/misc/2009nl/jan/090100.htm>

## **WORLD PEACE DIET – A MESSAGE FROM WILL TUTTLE**

I hope that we can all begin to realize and reduce the immense violence we commit towards animals used for food, and help raise consciousness in our culture that nonviolence begins on our plates.

[>>Click here for more](#)

## **PCRM NEWSLETTER ARCHIVE**

<http://www.pcrm.org/newsletter/archive/index.html?AddInterest=1122>

## A VEGETARIAN LESSON PLAN FOR HIGH SCHOOL STUDENTS

By Philip Becker, Science Educator & VRG Life Member  
Teach... Your Children Well...

Every so often in life, an amazing and wonderful opportunity makes its way to fortunate educators like me. Although I have been a high school science teacher since 1996, I never have had the opportunity to teach a class to young people about the virtues and practice of becoming a vegan ... that is, until this year. [>>More Here:](#)

## VEGNEWS RECIPE CLUB

Launched in January 2009, the **VegNews Recipe Club** arrives in inboxes weekly with a delicious, kitchen-tested vegan recipe. Go to the [VegNews website](#) and submit your email address in the RightHand column under *Newsletters* and click *Recipe Club*.

## JADE PALACE VEGETARIAN BUFFET

Jade Palace has a vegetarian (mostly vegan) all-you-care-to-eat buffet **every Thursday night**. They also have dine-in or delivery vegetarian options for lunch (\$6.50) and dinner (\$9.25-\$10.50): \*Broccoli Tofu, \*Vegetarian Delight, Moo Shu Vegetable, \*Kung Pao Tofu. (\* mild or spicy). More options available for dinner. *And NO MSG added to any dish!* **Jade Palace – 906 W. 7<sup>th</sup> Av., Eugene, 541-344-9523**

## THANKING THE MONKEY – Rethinking the Way We Treat Animals by Karen Dawn

[Watch Video](#)

### **Review from Publishers Weekly**

Starred Review. Animal rights activist Dawn is familiar to readers of her memorable opinion pieces for the *Washington Post* as well as her daily e-newsletter **DawnWatch**, but her first book should gain her a wider audience. This is a cogent and thoroughly researched overview of all the major issues in animal rights, past and present. She defines animal rights more loosely than some would like, focusing on the general movement to advance the interest of animals and discourage the use of animals as objects of commerce. Her goal is to tell you everything you wanted to know about animal rights—but were afraid to get into a fight about—and to let you weigh that information against your own values, and she succeeds admirably. Often supplying hilarious but pointed illustrations and quotes from well-known animal lovers such as Bill Maher and Natalie Portman, she illuminates the use of animals as pets, entertainment, food, in scientific testing and the Green movement. This has the potential to become a big hit for a general reading audience that wants to know what the fuss about animal rights is, as well as the many college students at the forefront of animal rights activism. Read more about Karen Dawn and her new book [>> here.](#)

## VEG HOST FAMILY WANTED

**WANTED:** Vegan or vegetarian host family

**WHERE:** Eugene/Springfield area

**WHEN:** August 2009 to June 2010

**FOR:** Dan, 15 year old German boy who is vegetarian and lactose-intolerant.

**REQUIREMENTS:** All sorts of host families are acceptable--single parents, couples without kids, etc.

The requirements are that the host family be veg and have an interest in cultural exchange and the ability to offer a room (can be shared with another child), a quiet place to study, and meals. A vegan or vegetarian household would be the ideal placement for him.

AYUSA students come with their own spending money and insurance.

**CONTACT:** If you would like to review Dan's profile or are interested in considering this fun and exciting opportunity, please contact: **Karyn LaCroix, AYUSA Community Rep, 541-343-0238, [karynlacroix@hotmail.com](mailto:karynlacroix@hotmail.com)**

[Our 7-year-old daughter] Maggie is our all-natural girl. Anything to do with nature and anything that breathes and walks and moves, she wants it. And she informed us the other day that she's gonna be a vegetarian. She just woke up one morning and said, 'I'm gonna be a vegetarian,' and she has been one ever since." ***Faith Hill***

The **Eugene Veg Education Network (EVEN)** is an 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** its 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. **Peace.**