

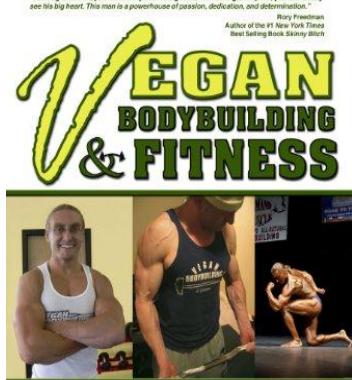
# EVEN NOW 8/26/11

## NEW! NEW! NEW! EVEN Interview with ROBERT CHEEKE

### Vegan Bodybuilder, Motivational Speaker, Author

Robert grew up on a farm in Corvallis, Oregon where he adopted a vegan

lifestyle in 1995 at age 15. Today he is an Amazon.com best-selling author of the book *Vegan Bodybuilding & Fitness - The Complete Guide to Building Your Body on a Plant-Based Diet*.



The Complete Guide to Building Your Body on a Plant-Based Diet

Robert Cheeke  
The World's Most Recognized Vegan Bodybuilder



[\*\*>> Read More of Robert's Interview Here\*\*](#)

I suggest we start questioning the misunderstandings we have about the eating and lifestyle behaviors that are globally the most destructive force we've ever experienced. The farming, confinement, harvesting and eating of animals is killing all of us, and the planet, and we have observed this in factual form, in our brief time on Earth. That data cannot be misunderstood. – Robert Cheeke

*[EVEN Interviews is a monthly feature highlighting selected vegans who are leaders in their fields and who have a deep commitment to veganism. It is designed to offer interesting and inspiring viewpoints to both long-term vegans and newbies alike.]*

# Rootstalk Festival

Mountain Rose Herbs – [\*\*Rootstalk Festival\*\*](#) – **September 22 to 25, 2011**

The **Rootstalk Festival** is quickly approaching!

Hosted by **Mountain Rose Herbs**, this unique celebration of herbal living, wilderness skills, homesteading, plant lore, and organic agriculture offers a chance to return to our community's roots. Experience over 70 classes, workshops, and guided walks by the country's most renowned herbal educators and environmental experts. Learn "do-it-yourself" sustainability projects, nature awareness, herbal medicine making, home fermentation, backyard permaculture, and much more! Then enjoy organic, locally grown vegetarian meals, herbal beer, live concerts, and special performances as the stars shine.

Rootstalk is a four-day, three-night festival that will take place on 300 acres of beautiful old-growth forest just outside of Salem, Oregon. Best of all, your ticket to Rootstalk will help protect the natural splendor of our bioregion. Mountain Rose Herbs will donate all profits from Rootstalk to the non-profit organization, Cascadia Wildlands!



## [\*\*Rootstalk - A Celebration of Plants, People and Planet!\*\*](#)

Weekend and day passes are now available!



## Last Chance to Host an Exchange Student for the 2011-2012 School Year!!!

Dear Friends of International Student Exchange,

AYUSA currently has about 200 students left to place in the U.S. The State Department requires students to be placed by Sept 1. Last year, only a handful were not placed by the deadline. This year has been rough; more students may have to

postpone their dream of studying in the U.S.

Churchill HS and North HS are still accepting exchange students. If you live in those boundaries and might like to host, please contact me soon. If you know anyone who may be interested, please pass along my contact info. There are some amazing students from all over the world still waiting to hear about their placements. This is a great way to experience another culture without leaving Eugene!

Thank you!

**Karyn LaCroix, AYUSA Community Rep, 541-343-0238**

## Register Guard Recognizes EVEN as a Community Leader!

The Register Guard newspaper in Eugene, Oregon made an acknowledgement of EVEN's work by including us in their **Volunteer Spotlight** column.

[\*\*Read about it HERE\*\*](#)



## Looking for a Happy, Healthy, Veg Housekeeper?

Call Kim for a clean house! **541-517-2745**

[\*\*See more of EVEN's Service Directory\*\*](#)

## **NEW! Check Out EVEN News Blog**

Get in touch with hundreds of valuable, vegan morsels at [EVEN's News Blog](#). It's under construction, but bookmark it and check back often.



## **Attention: Oregon Activist Friends! Ringling Brothers Circus**

**Reminder:** It's time to protest **the Cruelest Show on Earth**, to speak for those who cannot speak, and to show **Ringling Brothers** that animal abuse is not welcomed in Eugene.

The Facebook event page for the Ringling Bros. protests is now live here:  
<http://www.facebook.com/#!/event.php?eid=261841793828875>

Please RSVP on Facebook. If you're not on Facebook, please RSVP to Andrea Kowalski at [jaigopalkaur@yahoo.com](mailto:jaigopalkaur@yahoo.com)

The protests will be at the **13th St. entrance of Matt Knight Arena**. The dates/times of the protests are as follows. It would be wonderful if you could make one protest, or all four of them over the weekend.

- Friday, August 26th @ 6:30pm-7:45pm**
- Saturday, August 27th @ 1:00pm-2:15pm AND  
5:00pm-6:15pm (2 shows on Saturday)**
- Sunday, August 28th @ 12:00pm-1:15pm**

SIGNS, LEAFLETS and BANNERS WILL BE PROVIDED

Hope to see you all there!! Please forward to friends who may be interested in helping the animals.

Best, **Andrea**  
[jaigopalkaur@yahoo.com](mailto:jaigopalkaur@yahoo.com)

### **More information on the Ringling abuse:**

Ringling routinely beats and whips the elephants. They also severely confine:

- (1) the elephants by penning them or staking them to the ground with leg chains;
  - (2) the horses by caging them or tying their heads to the side of the cage; and,
  - (3) the tigers by keeping them in cages with just enough room to take a few steps back and forth.
- (cont'd.)

Just as recently as this past July 14th, they were issued another citation. This time for not providing veterinary care for one of these endangered Asian elephants.

Every year their attendance numbers dwindle from families turned away by circus violence attributed to protesters informative message.

**YOU** can make the difference! Please join us.

## **Don't Miss These TWO Great Portland Events!**

**1. Friday, Sept. 16:  
Professional Conference:  
Enhancing Health with  
Plant-Based Nutrition**

**2. Saturday & Sunday, Sept.  
17 & 18: [Portland VegFest](#)**



**More Info HERE**

**###**

The Eugene Veg Education Network (EVEN) is an official 501(c)(3) non-profit 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 & encourage our members--- as well as the larger community ---by providing pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**

**Eugene Veg Education Network (EVEN)**

**[www.eugeneveg.org](http://www.eugeneveg.org)**

***--EVEN - serving as a vegan resource since 2005---***