

THE EVENING NEWS



THE EVENING News - Eugene Veg Education Network (EVEN)

November 7, 2005

****THE NUTRITION ISSUE****

KAREN BOOTH GUEST SPEAKER

Karen Booth has been vegetarian since 1987 and vegan since 1990. She has been hosting vegan potlucks since 1992 wherever she has been living. She sits on the Lane County Steering Committee for the *Oregon League of Conservation Voters* and has spent a significant amount of time working on habitat restoration on Amazon creek. She likes to plant edible food in her front yard, loves shopping this time of year at the market for pumpkin pie, cranberries and wild mushrooms, and would be willing to tag along if anyone is planning to go mushrooming. **Karen** relishes hiking in the wilderness and rides her bike to work *at least* half the time. **Karen** has a Masters of Science Degree in Human Nutrition from Washington State University and she is currently working as a clinical dietician for McKenzie-Willamette Medical Center. **EVEN** is very pleased to have **Karen Booth** as its **November** speaker presenting: **Vegan Nutrition**.

HEARTFELT THANK YOU!

Special appreciation to **EVEN's** kind friend, **Patricia Robinett**, for speaking on "**Personal Peace: Making the Mind/Body Connection Practical**" at our October 3 gathering. We appreciate her giving her time and energy to educate us in this useful area. We can all benefit from **Patricia's** knowledge in this field and her many helpful techniques. It is up to each of us to make the choice for personal peace in our own lives. Thank you for sharing your talents and time with us, **Patricia!!**

FANTASTIC FOODS IS...well,...FANTASTIC!!

Fantastic Foods is not only fantastic...they're quite generous! Many thanks to them for providing all our guests with a variety of their tasty products to take home. October's attendees left with free boxes of **Fantastic Foods** mixes for falafels, natural burgers, refried beans, tofu burgers and scrambled tofu. Look for **Fantastic Foods** at your grocer's and try a little bit of everything.

OCTOBER RAFFLE WINNERS!

Congratulations to **Nick Kress** for winning a bottle of *Country Life* Calcium Magnesium supplements. Way to go, Nick! Congratulations to **Matt Laubach** for winning a 1-year subscription to *Vegetarian Times* magazine. Happy reading, Matt! Special thanks to *Vegetarian Times* for providing **EVEN** with the 1-year subscription to give away as a door prize to a lucky **EVEN** supporter!

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?**, **Living sanely in an insane world**, **What's missing in government? In society?**, **Unsustainability in Crisis**, and **Can There Ever Be Peace Without Sustainability?** This is an interesting and stimulating lecture series you don't want to miss! And it's **FREE!** Next lecture: **Monday, November 28**. Call BJ at 343-8055 for more information.

SPECIAL! PEACEFUL THANKSGIVING POTLUCK

EVEN is holding a **turkey-free** thanksgiving potluck on **Sunday, November 20, 2005, 5pm**, at the **Unitarian Universalist Church** at **477 E. 40th** (@ Donald), **Eugene**. Bring your favorite vegan dish along with a card listing its ingredients, a serving utensil and a place setting. This is a wonderful opportunity for so many of us to get together and celebrate the real spirit of thanksgiving. Genuine thanksgiving extends peace...to everyone. Call **EVEN** for more information 343-8055.

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.

Neal D. Barnard, M.D - *Physicians Committee for Responsible Medicine*

****THE NUTRITION ISSUE******POMOLOGY**

Did you know that... ☀ the science of growing apples is called **pomology**? ☀ it takes **energy from 50 leaves** to produce one apple? ☀ there are **7500 varieties** of apples on the planet, making them the most varied food on earth? ☀ apple juice was one of the earliest prescribed **antidepressants**? ☀ apples ripen 6-10 times faster at **room temperature** than in the fridge? ☀ one apple provides as much **dietary fiber** as a serving of bran cereal (about 1/5 the RDA)? ☀ **eating an apple cleans the teeth and massages the gums, removing more bacteria than two, three-minute brushings followed by a gargle?** Imagine that!

More good news is that ☀ a medium-sized apple has only **80 calories, 5 grams of fiber, no fat, no cholesterol and no sodium**. And scientists have proven that ☀ **apple eaters have fewer headaches, intestinal disorders, colds, respiratory problems and illness associated with the nervous system**. Wow! Apples love you a bushel and a peck.

“AWAKENING ONE COMMUNITY AT A TIME... NATURALLY!”

Natural Awakenings is Portland's Healthy Living Magazine and your guide to a healthier, more balanced life. Their mission is to *provide insights and information to improve the quality of life physically, mentally, emotionally and spiritually*. In each issue, readers find cutting edge information on natural health, nutrition, fitness, personal growth, green living, creative expression, and the products and services that support a healthy lifestyle. As one of the largest natural living magazines in the United States, **Natural Awakenings** has become an indispensable personal resource for people seeking a healthy, natural lifestyle. Next time you are in Portland, be sure to pick up a **Natural Awakenings** magazine where free publications are found. You can also download recent issues on the web at www.naportland.com

SPOTLIGHT ON KARLA COHEN!

Mark your calendars for our **December 5** gathering when **Karla Cohen, M.A.I.S., of Justice Not War Coaliton**, will be **EVEN's** featured speaker. Her topic: **Peace, Militarism and Animal Liberation**. Don't miss it!

WHO WON THE ESSAY CONTEST??

This past summer **HappyCow's Vegetarian Guide** sponsored an Essay Contest called, "**A Vegan World Is Possible**". The **Happy Cow** and the **Blossoming Lotus Restaurant** are now pleased to announce the winner! From over a thousand entries, the **Grand Prize Winner** is ...**HeeWon Khym of New York City!** He has won an all-expenses-paid vegan vacation for 2 to Kauai, Hawaii. Also, **Robert Kai Irwin of O'ahu** for his essay, "**A Vegan World is Nearer Than We Can Imagine**". They said his work and his essay were so compelling that they are honoring him and his family with a vegan feast, Blossoming Lotus style, in Kauai. But wait...there's more!

The judges were so impressed with the overall quality of work submitted, that they decided to award bonus prizes to another 50 entrants for their incredible essays, and two of them are from Oregon! To read the essays from all 52 winners, go to http://www.happycow.net/veganfusion/hawaii_contest.html.

Mark Reinfeld and Bo Rinaldi say, "Thanks to you all for entering our contest and supporting our cookbook, **Vegan World Fusion Cuisine**."

SHELTER ANIMAL RESOURCE ALLIANCE

Shelter Animal Resource Alliance (S.A.R.A.) is a local non-profit that rescues, assists and advocates for shelter animals. In the past 5 years, they have rescued 926 dogs and 471 cats from euthanasia at local animal control shelters and other rescue situations. They operate **S.A.R.A.'s Treasures - Gift & Thrift Shop** at **871 River Road** in **Eugene** as their main fund-raiser. The shop also serves as an adoption center for their rescued kitties. They *always* need reliable, friendly, hard-working volunteers to help at their shop and to care for the kitties. **S.A.R.A.'s** is **open 7 days a week** from **10a – 6p** and invites all of us to stop by. These are truly good folks. Hope to see you all there! www.sarasavesanimals.org.

It is a sobering thought that animals could do without man, yet man would find it almost impossible to do without animals.

Ruth Harrison (1920 -2000)

****THE NUTRITION ISSUE****

IMPORTANT MESSAGE: Remember, **EVEN's** monthly Veg Gatherings are held the **1st Monday** of each month (except holidays), **7pm**, at the **McNail-Riley House**, 601 W. 13th Av (@ Jefferson) across the street from the fairgrounds. Different veg speakers, always informative, always relevant, always free! Snacks, literature and door prizes are also provided. The gatherings are open to anyone interested in the benefits of a plant-based diet. **EVEN** was organized March 2005 and has been meeting since June and, thanks to all the support and interest, it just keeps getting better and better. Call **343-8055** for more information. We hope to see you there! And bring a friend! ☺

DOES SUGAR CAUSE DIABETES?

"Sugar isn't the cause of either Type 1 or Type 2 diabetes. However, people with diabetes do have to be careful with sugar because their bodies don't deal with it well. But the primary culprit in diabetes is not sugar! For Type 2 diabetes, it's the fat-rich, animal-protein-rich, low fiber, super-sized eating habits of Americans. The typical high fat diet causes weight gain, clogs our arteries, increases blood pressure, and encourages our cells to become insulin-resistant. As a result, many then develop Type 2 diabetes.

The solution to the diabetes problem in America today is simple. We just need to turn our bad diets and eating patterns around by avoiding the troublemakers---meat, dairy fats, fried foods, and unhealthy oils. Then we need to replace these foods with healthier choices---fruits, vegetables, grains, and legumes. **A diet high in complex carbohydrates and fiber, based on low-fat and cholesterol-free foods, is the best way to go to avoid diabetes."**

John Westerdahl, PhD, MPH, RD

GREENPEOPLE.ORG

You are sure to find this website a valuable resource---a place where you can find eco-friendly products/services and organizations. GreenPeople is one of the largest online green directories. They offer free searches and free listings. It takes only 2-3 minutes to list your business or organization. Finding the product or service is made simple with their easy-to-use search engine. *GreenPeople is a community project. Buy Green, Sell Green, Be Green!* <http://www.greenpeople.org>

SCHOLARSHIP CONTEST

Due to the generosity of an anonymous donor, the **Vegetarian Resource Group** will award \$10,000 in college scholarship money to graduating U.S. high school students who have promoted vegetarianism in their schools and/or communities. Two awards of \$5,000 each will be given. Applications may only be sent by students graduating high school in spring 2006. Deadline is February 20, 2006. For more information and an online application, go to <http://www.vrg.org/student/scholar.htm>

8,000+ ANIMALS RESCUED IN KATRINA'S WAKE

"When the most devastating natural disaster in our nation's history hit the Southeast last month, a plethora of organizations rose to the call of distraught animals. The Humane Society of the United States saved more than 1,000 chickens, which they then transported to Farm Sanctuary in Watkins Glen, N.Y. and Animal Place in Vacaville, Calif. Other dedicated groups involved include Kinship Circle, North Shore Animal League America, Win Animal Rights, and International Fund For Animal Welfare. Even the Dixon Correctional Institute housed 200 rescued animals in a converted dairy barn." www.vegnews.com

'PEACEABLE KINGDOM' FILM AWES VIEWERS

About 50 people attended a viewing and discussion of independent film, Peaceable Kingdom, at UO on October 26. This award-winning film by **Tribe of Heart** (www.tribeofheart.org) highlights the emotional toll that animal farming takes on both the farmers and the animals by profiling courageous farmers brave enough to finally open their hearts to animals. **SETA** organizer, **Carrie Freeman**, thanks those kind enough to donate vegan snacks or coupons: **Sundance**, **Larry & Luna's (coconut bliss)**, **Chocolate Decadence**, **Primal Strips** and **Soy Delicious**. The event was sponsored by UO's newly revamped animal rights group: **SETA** (Students for the Ethical Treatment of Animals). To get on **SETA's** listserv, email seta@uoregon.edu. **Congratulations, Carrie! Great job!!**

The worst sin toward our fellow creatures is not to hate them, but to be indifferent to them: that's the essence of inhumanity.

George Bernard Shaw, 1897

RECIPE CORNER

In honor of Thanksgiving and because of your requests, we will include more than one recipe this month. Thanks to **Ron Pickarski**, and his extraordinary **Eco-Cuisine** creations, we're offering you some of his best.

1. PATE FRANCAIS – Yield: 12 servings Time: 40 min. preparation; 1 hour chilling

This pate is my first attempt to make a classical pate using only plant-based foods. The classical pate seasoning blend and roasted walnuts make the white beans into a wonderful pate. This is a great accompaniment to a salad, as a spread on crackers, or baked and served with green lettuces and breads.

Pate Seasoning Blend – 1 TB of each of the following: **white pepper, black pepper, paprika, nutmeg, ginger powder, dried basil, whole dried thyme, marjoram, allspice, garlic powder, and ½ TB clove powder.**

In a mixing bowl, combine all the ingredients, stir well, and transfer to a covered container. The seasoning blend can be used with many other dishes. Add 1 teaspoon of the blend per pound of protein.

1 cup walnuts	2 cups diced onions	4 tsps Pate Seasoning Blend	2 cups cooked navy or garbanzo beans
1 tsp extra virgin olive oil	2 cups chopped mushrooms	1 ½ tsp sea salt	

Preheat oven to 325 F. Spread walnuts on a baking sheet and roast for about 15 minutes or until lightly browned and very fragrant. Remove from oven and transfer walnuts to a container to cool slightly. In a 10-inch frying pan, heat the oil and sauté the onions, mushrooms, seasoning blend, salt, and beans over medium heat for 10 minutes. Remove pan from heat. Coarsely chop walnuts. In a food processor, combine all ingredients and process until smooth. Refrigerate in a covered container for 1 hour or until chilled thoroughly. Serve cold or at room temperature. Serve as a dip for crackers by mounding the pate in the center of a plate, then arranging crackers and garnish around it.

2. ROASTED VEGETABLE CONSOMME – Yield: 6 servings Time: 30 min. preparation; 2 hours cooking

The key to making this soup is lightly simmering the vegetables after roasting them. Combined with the herbs, the roasted vegetables impart a rich flavor to the broth that can be served with a summer or winter menu.

2 unpeeled, quartered onions	1 large coarsely chopped parsnip	5 quarts water	2 ½ cups chopped fresh mushrooms
2 coarsely chopped carrots	¼ coarsely chopped leek	½ cup tamari or shoyu	1 ½ tsp green peppercorns
2 coarsely chopped celery stalks	5 cloves garlic	¼ cup sliced, dried shiitake mushrooms	6 sprigs fresh tarragon
			3 bay leaves

Preheat oven to 350 degrees F. Spread the onions, carrots, celery, parsnip, leek, and garlic on a baking sheet and roast for 15 minutes or until golden brown. Remove vegetables and transfer to a large stock pot. Add the water, tamari, mushrooms, peppercorns, tarragon, and bay leaves and simmer slowly for about 2 hours. Remove pot from heat and allow to cool. It should yield about 8 ½ cups of consommé. If not, continue to reduce it until it yields the desired amount. Strain out the vegetables and serve hot.

3. [Here you can add any favorite protein side dish if desired---tofu, tempeh, seitan, tvp---your choice.]

4. SWEET POTATOES, CARROTS, AND CRANBERRIES – Yield: 6 servings Time: 15 min. preparation; 20 min. cooking

3 cups peeled, coarsely chopped sweet potato	¼ cup maple syrup	¼ tsp allspice powder	2 tsp arrowroot powder
2 cups peeled baby carrots, coarsely chopped	¼ cup dried cranberries	¼ tsp sea salt	dissolved in 2 TB cool water
			2 TB chopped fresh parsley

In a vegetable steamer, steam the sweet potatoes and carrots for about 10 minutes or until tender. In a 1-quart saucepan, combine the syrup, cranberries, allspice, and salt and cook on medium heat for about 5 minutes. Add the arrowroot/water mixture and gently stir in half of the parsley and vegetables. Continue cooking another 1 to 2 minutes or until mixture is heated thoroughly. Transfer to a serving dish, top with remaining parsley, and serve hot.

5. HOT PEAR CIDER - Yield: 6 servings Time: 10 min. preparation; 30 min. cooking

This winter treat can also be served cold in the summer.

1 quart pear juice	¼ tsp cinnamon	¼ tsp ginger powder	1 quartered orange
1 quart apple juice	¼ tsp clove powder	1 quartered lemon	

In a 3-quart saucepan, combine all the ingredients and bring to a simmer over medium heat. Simmer for 30 minutes and serve hot.

(Reprinted with Permission from *Eco-Cuisine: An Ecological Approach to Gourmet Vegetarian Cooking* by Ron Pickarski)

EVEN SERVICE DIRECTORY

Veg*ns like to patronize other veg*ns. When we pay for products or services, we feel much better knowing our money will more likely go to buy a head of lettuce or a bunch of grapes and not a t-bone steak or lamb chop. Voting with our dollars is (apparently!) the only way we can get our votes to count. **Please patronize these local vegans and vegetarians** for the fine products and services they offer, and sleep well tonight knowing you made the world a little better.

CARPENTRY - Kurt Jensen - 747-8925

Carpentry, general house repair, minor plumbing and electrical.

COMPUTER SERVICES - Judith Garrison - 337-4724

Digital video editing: Home movies, commercials, short films. PowerPoint Multimedia: Turn your photos and videos into multimedia, slide show. PhotoShop: enhance or alter your photos. PC & MAC Computer Tutor: Gentle tutoring computer/software/internet. Web Design/Maintenance, and Research. novelsuggestion@yahoo.com

HOUSECLEANING - Aisha — 345-3370 Environmentally-friendly, non-toxic cleaners.

HYPNOTHERAPIST - Patricia Robinett, CCHT - 541-686-LOVE (or 686-5683)

Patricia has been in private practice in Eugene for over 15 years. Her expertise covers the entire range of body, mind and spirit for your total health. *"All healing is essentially the release from fear... Healing is always certain."*

IVY'S COOKIN' - VEGETARIAN MEALS DELIVERED! – 485-4200

Delectable, home-cooked, international vegetarian entrees without the hassle. (Vegan option may be available.) Order by Monday night for Thursday AM delivery. Wednesday or Thursday pick-up also available. Great gift idea for new moms, weddings, new home, illness, birthdays, casual entertaining. Gift certificates available. Feeding happy Eugeneans since 1992! Call or email ivy@efn.org for menu.

IVY'S CULINARY BOUTIQUE – 485-4200

While you're checking out her new menu, visit her **CULINARY BOUTIQUE** filled with delicious, home-made jams, syrups, cordials, preserves, butters, sauces, and pickled goods. All made with love for us to enjoy. Great hostess gifts for the holidays or any time. Try Ivy's---you'll never be disappointed. Call or email ivy@efn.org.

LEGAL SERVICES – James von Boeckmann, AAL – 968-0781

Civil, family, business and immigration law. Home visits. Free initial consultation. Local, family-man, all vegan. jlvonbo@msn.com

LANDSCAPING - Happy Lawns – Nick – 896-3566

Organic, environmentally-friendly. I garden in accordance with Mother Nature.

FREE MEDITATION CLASSES – Sister Kiran – 343-5252

Brahma Kumaris Meditation Center offers a **FREE** series of 5 lessons to learn Raja Yoga Meditation. Sister Kiran has 26 years experience studying and teaching Raja Yoga. Next series begins Monday, November 14th, 7 p.m. Visit www.bkwsu.com for more info, then call for the center's SE Eugene location to register, or email bkeugene@msn.com

MURALS! - Kari Johnson - 343-6293

NUTRITIONAL HEALING SPECIALIST - Ty Bell - 343-1150

Offering the highest quality whole food and herb supplements. Specializing in detoxification, immunity and hormone balancing. Maca, green superfoods, kombucha tea and lots more. Call for free consultation.

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Residential property redesign. Turn your yard into a permaculture Shangri-La.

PHOTOGRAPHY - Kurt Jensen - 747-8925 - Weddings, special events, digital or film.

POSTNET – Create, Duplicate, Deliver – Steve & Wendy Liberko – 541-461-9500 or fax 541-461-9400, Royal West Shopping Center, 4736 Royal Ave, Eugene, OR 97402. PostnetEugene@msn.com. If interested in owning **POSTNET**, call Steve at 541-510-5249.

Realistic MURAL PAINTING - Jan Spencer – 686-6761

Indoor/outdoor, commercial, residential, movable.

RECYCLED ART SUPPLIES & ART WORKSHOPS - Materials Exchange Center for Community Arts (MECCA) - Nancy - 343-9979

Inexpensive scrap art materials available at our store, 43 W. Broadway, Eugene. Open Thursdays 4-8p, Saturdays 11a-3p. <http://www.materials-exchange.org>

SMOKING CESSATION – Simple, painless, no drugs, no gimmicks – 343-8055

Become smoke-free in 2006, reclaim your life and create a new world for yourself. Flexible fees.

SPEAKERS – Dale Lugenbehl & Sandy Aldridge – 942-0583 Available for group presentations on Voluntary Simplicity, The Environmental Impact of Food Choices, Speciesism or Engaged Buddhism. lugenbehd@lanecc.edu or aldriged@lanecc.edu

TRANSMUTATIONAL SERVICES UNLIMITED - Nadine Peterson – 345-4234

When a person wants to believe something different to change their Life, that is when their Life changes. Offering personal spiritual assistance for your expanding awareness into your own magnificence. With your spiritual guide and perceptionist, Nadine Peterson.



TUTOR – Math/Science– Robert Jacobucci – 343-8055

Retired physicist willing to tutor middle school and high school students. Specializing in math and science. My house or yours. Flexible hours, low rates. Eugene/Springfield area.

VEGAN HANDCRAFTED SOAPS & MORE – Humane Creations – Diann Stotler

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8/13/05

As long as public schools keep signing multi-million dollar deals giving soda companies exclusive marketing rights to their students, our children will continue to be sick. If we do not acknowledge the addictive quality of caffeine and the damaging properties of soda, we will never get our children (or ourselves) unhooked.

**SODA: 12 oz. can = 155 calories = 40 grams of sugar = equals 10 teaspoons sugar
 16 oz. can = 207 calories = 53 grams of sugar = equals almost 14 teaspoons**

LIQUID CANDY

"Americans are drowning in soda pop---teenagers, in particular. The average teenage boy is consuming two cans of soda pop a day. The industry spends over **\$500 million** each year promoting the sale of these worthless products...Obesity is an epidemic. One-third of youths already are overweight or obese..." says **Michael Jacobson**, director for the **Center for Science in the Public Interest (CSPI)**. **Jacobson has filed a petition with the Food and Drug Administration, requesting that warning labels be put on soft drinks with more than 13 grams of refined sugar for each 12 ounces. [While we agree that sodas are dangerous to your health, we're not so sure how warning labels might help. One who reads the ingredients on a soda can and decides it is still ok to drink, is no more likely to read a warning label and decide any differently.]**

HARD FACTS ON SOFT DRINKS

📁 In 2003, Americans spent over **\$54 Billion** [now up to **\$60 Billion**] on soft drinks. 📁 In 2004, the average American consumed **37 gallons** - or 59,000 calories - of carbonated beverages. 📁 Sodas are **empty calories** (high calories, low nutrients) that deprive the body of important nutrients that could be found elsewhere. 📁 6 of the 7 most popular sodas have **caffeine**---an addictive drug---35-38mg. per 12 oz. can (even more---42-56 mg.---in diet sodas!). 📁 Soda consumption is strongly linked to **obesity**---especially in children---and can increase **diabetes** rates, worsen the severity of **kidney stones**, and lead to **nervousness, insomnia, attention deficit disorder** and **addiction**. 📁 Soda promotes **tooth decay** because it bathes the teeth with sugar-water for long periods of time. 📁 Diets high in refined carbohydrates, such as sugar, may promote **heart disease** in insulin-resistant people by raising triglyceride levels (blood fats) in the blood. 📁 Soda has been linked to broken bones and osteoporosis because **phosphorus**, a common ingredient in soda, depletes the bones of calcium.

The best substitute for soda is *always* water (with a splash of your favorite citrus, if desired.) **[See Edu-Stats p.8.]** If you think water is too "boring" for you, call us at 343-8055 for how to get unhooked and for some wonderful alternatives to *so-duh*.

FINALLY---CITIES BAN SODA IN SCHOOLS!

In 2004, in an effort to battle youth obesity, Philadelphia became one of the first cities to ban the sale of carbonated soft drinks in city schools. School officials hoped this policy would be effective in supporting **the school district's core mission, which centers on doing everything they can to keep their students safe and healthy.** Eliminating soft drinks to fight obesity was a recommendation to the 214,000-student district given by the American Academy of Pediatrics. ...Chicago, New York and Los Angeles have all followed suit...The National Soft Drink Association, which represents most soft-drink makers nationwide, expressed that they have concerns about obesity, yet don't feel a total ban on soda is necessary. **[No, of course not. Do you think that \$60 Billion factors into their thought process?]**

The significant problems we have cannot be solved at the same level of thinking that created them.
 Albert Einstein

****THE NUTRITION ISSUE******EVEN BETTER**

THANK YOU TO ONE AND ALL! So much kindness and support has been sent **EVEN's** way, we don't know where to begin to offer our appreciation. Thank you to all the terrific folks who are being enormously instrumental in keeping **EVEN** active in Eugene.

Beverly Lynn Bennett for your donations, membership, and encouraging words. Thank you, Beverly Lynn!

Cindy for donating printer paper! What a huge help this will be to us! Thank you, Cindy!

Kings Features Syndication, Jerry Scott & Jim Borgman for allowing **EVEN** to reprint **Zits** comic for the Jeremy Duncan in all of us.

Joanne & Nick Kress for your ongoing support, time and encouragement while we were getting **EVEN** off the ground and now for continuing your help. You two are just amazing and we so much appreciate you. Thank you, Nick and Joanne!

Jeff Lander for caring enough to think of **EVEN**, to hand out flyers, and to make referrals. Your thoughtfulness is most appreciated. Thank you for thinking of us, Jeff!

Trudy Lyne for your donations, membership, your useful ideas and your strength of spirit. Thank you, Trudy!

Ron Pickarski for permission to use your extraordinary **Eco-Cuisine** recipes. Thank you, Ron, for your support across the miles!

Ray Sammartano for your donations, membership and your confidence in **EVEN**. Thank you, Ray!

Linda Sappington, **EVEN's** Hostess with the Mostest, should be crowned Miss Congeniality for how helpful, pleasant and detail-oriented she is. Thank you for all your hard work, Linda!

WHAT COULD BE MORE NATURAL? - IS IT HEALTHY FOR CHILDREN TO BE ON A VEGAN OR

VEGETARIAN DIET? A well-balanced vegan or vegetarian diet is safe and healthy for any person at any stage of life, including infancy, childhood, and adolescence. **Vegetarian diets are packed with all the essential nutrients, vitamins, and minerals that growing children need.** And meatless diets have many important health advantages: Vegetarians enjoy a reduced risk of heart disease, diabetes, and some types of cancer. Since eating habits are set in early childhood, choosing a vegetarian diet can give your child the opportunity to enjoy a variety of nutritious foods---and to carry those healthy eating habits into adulthood. www.pcrm.org

I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on cholesterol-lowering drugs for the rest of their lives. Dean Ornish, MD

CHILDREN AND VEGANISM

Raising Vegan Children, Feeding Vegan Kids and a host of informative pamphlets, including **"Tips for Parents of Young Vegetarians"** can be found at www.vrg.org/family. *"Of course it takes time and thought to feed vegan children. Shouldn't feeding of any child require time and thought? After all, the years from birth to adolescence are the years when eating habits are set, when growth rate is high, and to a large extent, when the size of stores of essential nutrients such as calcium and iron are determined."* (Reed Mangels, PhD, RD)

Pregnancy, Children and the Vegan Diet by Michael Klaper, MD. is a fantastic practical guide to raising vegan children from pregnancy and on. Nutrition tables to menu ideas and lots of photos of vegan kids.

Dr. Spock's Baby & Child Care – The One Essential Parenting Book. That most famous of child rearing gurus, Dr. Benjamin Spock, advocates veganism for children in this last and most recent edition. You will most likely disagree with many of Spock's orthodox medical ideas, but this book is a great reference tool for emergencies or diagnosis. He gives much practical advice on feeding children.

EDU-STATS

No focus on nutrition would ever be complete without including the importance of water.

♥ Water regulates every function of the body.

♥ The human brain is roughly 1/50th of the total body weight. It is said to possess about nine trillion nerve cells (computer chips). Brain cells are said to be 85% water. 20% of blood circulation is allocated and made available to the brain. The brain is the only part of the body that is constantly active.

♥ Chronic dehydration is the root cause of most major degenerative diseases of the human body. (Chronic dehydration=disease producer)

♥ Water is the cheapest form of medicine to a dehydrated body.

♥ Your body needs an *absolute minimum* of six to eight 8 ounce glasses of water a day. (Alcohol, coffee, tea, and caffeine-containing beverages don't count as water.) [Caffeine is a natural diuretic and makes the body *eliminate* water.]

♥ The greatest health discovery of all times is that water is a natural medication for a variety of health conditions.

"Your Body's Many Cries for Water" by F. Batmanghelidj, MD.

****THE NUTRITION ISSUE******WHAT ABOUT PROTEIN?**

Vegetarians easily meet their protein needs by eating a varied diet, as long as they consume enough calories to maintain their weight. It is not necessary to plan combinations of foods. A mixture of proteins throughout the day will provide enough "essential amino acids." Almost all foods, except for alcohol, sugar, and fats, are good sources of protein. Vegan sources include: potatoes, whole wheat bread, rice, broccoli, spinach, almonds, peas, chickpeas, peanut butter, tofu, soy milk, lentils, kale...

For example, if part of a day's menu included the following foods, you would meet the Recommended Dietary Allowance (RDA) for protein for an adult male: 1 cup oatmeal, 1 cup soy milk, 2 slices whole wheat bread, 1 bagel, 2 Tablespoons peanut butter, 1 cup vegetarian baked beans, 5 ounces tofu, 2 Tablespoons of almonds, 1 cup broccoli, and 1 cup brown rice. ([Vegan Diets in a Nutshell](#))

www.vrg.org/nutrition/protein.htm

Vegetarians always ask about getting enough protein. But I don't know any nutrition expert who can plan a diet of natural foods resulting in a protein deficiency, so long as you're not deficient in calories. You need only 5 or 6% of total calories in protein... and it is practically impossible to get below 9% in ordinary diets.

Nathan Pritikin

WHAT ABOUT CALCIUM?

By eating calcium-rich vegetarian foods, including leafy green vegetables such as broccoli and kale, white beans, fortified soymilks and juices, and a variety of fruits and vegetables, you can obtain all the calcium your body needs. But keeping your bones strong and avoiding osteoporosis depends on more than [just] calcium intake—you also need to keep calcium in your bones. Exercise and vitamin D help keep the calcium in your bones, while **animal protein, excess salt and caffeine, and tobacco can cause calcium loss.** www.pcrm.org

REASON #40 ...

40. Though osteoporosis is a disease of calcium deficiency, it is not one of low calcium intake. One cause of the bone disorder is too much protein in the diet. Excess protein can leach calcium from the bones. Famed diet innovator Nathan Pritikin has noted that African Bantu women on low-protein diets take in a third of U.S.-recommended daily allowances of calcium. "They bear nine children during their lifetime and breast-feed them for two years. They never have calcium deficiency [and] never break a bone." **The typical meat-eating American is eating about five times as much protein as needed.**

Pamela Rice, [101 Reasons Why I'm a Vegetarian](#)

An important fact to remember is that all natural diets, including purely vegetarian diets without a hint of dairy products, contain amounts of calcium that are above the threshold for meeting your nutritional needs...In fact, calcium deficiency caused by an insufficient amount of calcium in the diet is not known to occur in humans.

Dr. John McDougall

EVERYTHING OLD IS NEW AGAIN

You asked for it...we got it! Check **EVEN's Library** for the classic VIDEO by John Robbins, [Diet for a New America](#).

THE POWER OF ONE

Grain needed to adequately feed every one of the people on the entire planet who die of hunger and hunger-caused disease annually: **12 million tons**

Amount Americans would have to reduce their beef consumption to save 12 millions tons of grain: **10%**

Source: John Robbins, "[Diet for a New America](#)"

EVEN SIDE OF THINGS

EVEN WELCOMES LINDA SAPPINGTON

Linda Sappington offers the helpful hand and friendly face which greet you upon arrival. She handles your door prize tickets, signs you up for **EVEN's** free newsletter subscription, and helps make you feel like the welcome guest you are. **Linda's** cordial personality and affable manner are a joy to be around and she is a welcome addition to the group. **Linda** is part of **EVEN's** volunteer crew as Hostess, Registrar and Official Do-er-of-All-Important-Meeting-Things. **Linda** has volunteered to handle all these (and more!) details for **EVEN** and we are most appreciative of her time and positive attitude. Please be sure to say hello to **Linda** and thank her for her help. It's folks like she who help keep **EVEN** running smoothly, and she is definitely Our Hostess with Mostest!

CHECK IN WITH EVEN's LENDING LIBRARIAN, JOANNE KRESS!

Speaking of great help, this is the second month **Joanne** is graciously volunteering her time and energy to manage the numerous details of our new lending library. **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. Browse the collection of excellent veg-related books and magazines **EVEN** has compiled as a source of information and education for its members. **We hope everyone will take advantage of this worthwhile opportunity.** Please introduce yourself to **Joanne** when you get a chance. She's good at helping you find just the life-changing book you want.

WISH LIST - EVEN's current needs are what they always are: **volunteers, supplies and donations.**

Volunteers – Volunteers are always needed for tabling, office work, phone work, art work, and a variety of other tasks.

Supplies - Any of the following would be put to good use: postage, copy service, 8-1/2 x 11 paper, plastic crates or sturdy plastic boxes (for toting and hauling materials to events), foam boards, poster boards, push pins, canvas bags, staples, masking tape, scotch tape and duct tape.

Donations - Please do whatever you can to help keep **EVEN** active in Eugene. *All* donations are appreciated. Cash, or checks made payable to the **Eugene Veg Education Network** are the most helpful way to support **EVEN** so we can continue our outreach and ongoing efforts of getting the essential facts out to others. Thank you for your help and your generous support of **EVEN!**

UPDATE

SO FAR SO GOOD: In the last six months, **EVEN** has fielded **over 300 inquiries by phone and emails** and has **distributed over 2,300 pieces of literature** since April. Keep those cards and letters coming, even if they are filled with questions. We love your questions! We'll get the answers for you.

ON THE HORIZON: **Turkey-free Thanksgiving Potluck** (11/20), **EVEN** website, Eugene Veg **Dining Guide**, **Great American Meatout** (March), **Earth Day Celebration** (April) and many others! Stay tuned for details. ☺

JOIN THE EUGENE VEG EDUCATION NETWORK

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

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 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. **EVEN** meets the **1st Monday** of every month (except holidays) at **7pm** at the **McNail-Riley House**, 601 W. 13th Av (@ Jefferson) across the street from the fairgrounds. Contact **EVEN** at 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055, eugvegedunet@comcast.net. **Happy Thanksgiving to Everyone!**

I am grateful for what I am and have. My thanksgiving is perpetual. It is surprising how contented one can be with nothing definite---only a sense of existence. My breath is sweet to me. O how I laugh when I think of my vague indefinite riches. No run on my bank can drain it, for my wealth is not possession but enjoyment. If the day and the night are such that you greet them with joy, and life emits a fragrance, like flowers and sweet-scented herbs---is more elastic, starry, and immortal,---that is your success.

Henry David Thoreau