

EVEN NOW 10-28-08

HUMANE SOCIETY OF US (HSUS)

Wayne Pacelle, President - [Vote YES on California Proposition 2](#)

Read [New York Times "The Barnyard Strategist" by Maggie Jones](#)

**TEN PIGS RESCUED FROM MIDWEST FLOODS
FIND PERMANENT REFUGE IN OREGON**

Scio, Oregon – October 24, 2008 – [Farm Sanctuary](#), which operates the largest rescue and refuge network for farm animals in North America, transported 10 rescued pigs to [Lighthouse Farm Sanctuary](#) in Scio, Ore. last weekend. The animals were rescued in June and July off a levee in Oakville, Iowa, where they were stranded without food, clean water or shelter amidst floods that ravaged the Midwest this summer. The rescue, which resulted in the recovery of more than 60 young pigs and breeding sows left behind by evacuated farmers, was the most ambitious of Farm Sanctuary's 22-year history of saving lives.

[Farm Sanctuary Brings Animals to New Home at Lighthouse Farm Sanctuary in Scio](#)

[Farm Sanctuary](#) works to end cruelty to farm animals and promotes compassionate living through rescue, education and advocacy. We envision a world where the violence that animal agriculture inflicts upon people, animals and the environment has ended, and where instead we exercise values of compassion.

[Get a Leg Up on Turkey Activism](#)

**IN DEFENSE OF ANIMALS – Defending the Rights, Welfare
and Habitats of Animals---since 1983.**

[Sign up to support IDA's work and receive free e-newsletters](#)

In Defense of Animals is a registered 501(c)3 non-profit organization.
In Defense of Animals, 3010 Kerner Blvd, San Rafael, California 94901
415 448 0048, idainfo@idausa.org

[Meat: Making Global Warming Worse](#)

[FARM \(Farm Animal Rights Movement\)](#)

[FARM \(Farm Animal Rights Movement\)](#) is a tax-exempt national advocacy organization promoting plant-based (vegan) diets to save animals, reduce global warming, conserve environmental resources, and improve public health. Sign up to receive a [free vegetarian starter kit](#) and sign up for free [Meatout Monday](#) e-newsletters.

[MCDOUGALL'S 5-DAY ACCELERATED LEARNING AND POWERFUL MOTIVATION PROGRAM](#)

We *all* know and admire Dr. John McDougall. Watch the latest [Star McDougaller video](#) and be inspired, be enthused and get centered. Then take a look at his [Accelerated Learning Program](#) and check out the [typical menu](#). This is a perfect time of year to make changes and improvements in our lives.

[2 MESSAGES FROM PCRM](#) [\(Physicians Committee for Responsible Medicine\)](#)

~~~ Dear PCRM supporter,

Thanks to your calls and e-mails, the Society of Gynecological Oncologists announced last night that its "Hands-On Pig Lab," which was intended to demonstrate electrosurgical tools on live pigs, has been canceled... [>>MORE](#)

~~~ The FDA has still not acted on a petition filed eight months ago by PCRM and a broad coalition of organizations representing scientists, doctors, and animal welfare activists calling on it to start requiring companies to use alternatives to animal testing whenever available. ***In the eight months since the FDA failed to act, upwards of 200,000 animals have been tortured or killed in experimental drug tests. And the suffering continues every day!...*** [>>MORE](#)

[Physicians Committee for Responsible Medicine](#), 5100 Wisconsin Ave., N.W., Ste. 400 Washington, DC 20016 Phone: 202-686-2210 E-mail: info@pcrm.org

RATATOUILLE IN EUGENE – NOW OPEN FOR LUNCH!

You probably know **Ratatouille** opened in Eugene November 2007. But did you know that they are now open for **lunch M-F from 11am - 2pm** as well as for dinner **TU-SA from 5pm - 10pm**? Ratatouille offers 100% vegetarian, organic, gourmet (and mostly local) food. The fare is **mostly vegan** and all beverages are organic (espresso drinks, wine, beer, soda, teas). There is a **kid's menu** for lunch with the option of pizza (vegan or vegetarian) or pasta (vegan or vegetarian). We hear the food is fantastic and the very friendly atmosphere is reminiscent of a Paris bistro. Average price for lunch is \$7.95 and dinner (portions are large!) ranges \$12-18. See you there! **Ratatouille, 1530 Willamette, Eugene OR, 541-344-0203.**

[Read more about Ratatouille and their lunch and dinner menus.](#)

A VEGAN COOKING CLASS AT UNITY OF THE VALLEY

Eugene OR

Thursday, October 30, 2008, 6:30 – 8:30 pm

Presented by **Lorrie and Pat Rather**

Just in time for the holidays! Come and explore healthy remakes of seasonal favorites. Class will include tips and ideas for making this holiday a memorable one without blowing your mind or your budget. This fun and informative class includes demonstrations, handouts, and bountiful samples. Class is limited to 20 students. Please **call Lorrie at 541-344-5198** to sign up. A \$10-15 donation will be accepted to pay for food and facility costs.

FOOD FRENZY THIS FALL BY LIZ HOWARD!

~ **10/23 - Living Food Cuisine** Catered by Elizabeth Howard & Associates at Oregon Research Institute (closed event)

~ **10/23 - Chaya**, Visiting Chef from Living Vision, Provides Personal Meals in Eugene

~ **11/3 & 11/10 - Raw Holiday Foods Classes** in Cottage Grove (at LCC) with Elizabeth Howard

~ **10/30** - Un Solo Pueblo **Customer Appreciation Evening** complete with raw food catering by Elizabeth Howard (1022 Willamette in downtown Eugene)
~ **Healthy Living Foods Lending Library** and **Raw Foods Potlucks** **Monthly**
923 E. 25th Ave. Eugene, OR
(Please contact **Jill Devine** at 687-5783; jdevine59@yahoo.com)
~ ***This Fall*** - Elizabeth Caters and Chefs Raw, Vegetarian and other whole meals as ordered in the community

More information: **Elizabeth Howard & Associates**
541-515-9162, therawrawgirls@yahoo.com

DAVID GABBE'S VEGETARIAN COOKING CLASS

David Gabbe's 8/24/08 Vegetarian Cooking Class in Eugene gets rave reviews! EVEN received this positive feedback about David's class:

"I just wanted to thank you for promoting this event. I would not have known about it otherwise. I took the class and it was fantastic. I'm slowly transitioning from lacto-ovo veg to vegan and looking for new ways to cook without eggs & cheese. **David's class was hugely helpful, educational, and fun.** Thank you! Kelly Eastlund".

Stay tuned for [more classes by David Gabbe](#) in the near future.

INTERNATIONAL YEAR OF THE POTATO

For all of us who love potatoes---and we're not talking the couch variety---for their nutritious, no-fat, high-fiber, high-carb value, as well as their versatility, this [International Year of the Potato](#) site will be particularly interesting. **(Thank you Rich!!)** [The potato is being rediscovered as a nutritious crop that could feed an increasingly hungry world...](#)

THANK YOU!

Thank you to **Wayne Geiger, President, Lighthouse Farm Sanctuary**, for your insightful EVEN presentation on 10-6 and to [FARM](#) for support in helping us celebrate [World Farm Animals Day](#). And Wayne thanks the folks at EVEN's 10/6 monthly gathering for all your generous donations to his [Lighthouse Farm Sanctuary!](#)

Thank you to [Mountain Rose Herbs](#), [V-Dog Vegan Dog Food](#) and [Eat in the Raw – Parma!](#) for door prize donations!

BEVERLY LYNN BENNETT TO SPEAK AT EVEN

Beverly Lynn Bennett, Vegan Chef and Author, *Complete Idiot's Guide to Vegan Cooking*, presents “**Vegan Tips & Recipe Ideas for the Upcoming Holiday Season**”,

Monday, 11/3/08, 7pm.

[Read more about Beverly Lynn.](#)

EVEN'S 4TH ANNUAL THANKSGIVING PEACEFUL VEGAN POTLUCK

Sunday, 11/23/08, 2pm, Lane Community College Cafeteria.

Read more about our 2008 [Gentle Thanksgiving](#).

See [EVEN's Calendar](#) for other upcoming EVENTS in **December, January and February!!**

HAPPY DANCING!

We all have so many things for which to be grateful this year. And dancing surely must be one of them.

Dancing transcends culture, politics, religion, society---everything.
Dancing is fun, dancing is primal, dancing is magical.
Dancing, like Love, is a universal language.

How are Dance and this video related to Veganism, you might wonder? Well, as we have always stated, ***all life is interconnected.***

We sent this video (**Thank you, Lizzy!!**) to a small, select group of about 100 last month and received an overwhelming, super-positive response to it. For those of you who missed this fabulous experience, we'd like to share it with you now.

[Click here: [Happy Dancing!](#) then click the >Play arrow. And remember to turn up the volume on your computer/speakers.]

The **Eugene Veg Education Network (EVEN)** is an **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** offers a free educational presentation the **first Monday of each month** at 7pm at the McNail-Riley House, 601 W. 13th Av, Eugene. eugvegedunet@comcast.net, 541-343-8055 www.eugeneveg.org **Peace.**