

EVEN NOW - An E-Bulletin from EVEN - 1-9-07

JANUARY DINE OUT

EVEN's super-big dineout at the **Jade Palace** on January 4 was a ton of fun for all 24 folks who chose to partake of the good conversation and great vegan buffet. Thursday nights are vegetarian buffet nights at the **Jade Palace** and even their noodles were vegan, as were all the desserts. The egg wrappers included egg, but the rest were all delightfully vegan, and without MSG! The **Jade Palace** is located at **906 W. 7th in Eugene (at Van Buren)**. Their vegetarian dinner buffet is \$9.75 per person, \$8.95 for those over 60, and for children under 12, .75 per year. Thank you, **Jade Palace**, for your hospitality and delicious vegan food!

Stay tuned for more dine outs to be scheduled this year!

EVEN'S FEBRUARY 5 MONTHLY GATHERING

Sister Kiran, of Brahma Kumaris, a vegetarian for 14 years, will present at EVEN's monthly gathering, **Monday, February 5, 2007 at 7pm**, at the McNail-Riley House, 601 W. 13th Av (at Jefferson). Her topic is **Food and Soul: The Spiritual Components of Cooking and Eating**. **EVEN's** presentation is free to all. Mark your calendars for this informative presentation!

HAPPY, HEALTHY, VEG BIRTHDAYS!

Happy Birthday to EVEN Presenter, **Patricia Robinett**, for reaching the **Big 6-0!**
Happy Birthday to EVEN Member, Volunteer, Donor, **Steve Liberko**, for reaching the **Big 5-0!**
Wishing you both the happiest, healthiest and most peaceful of years!

RED BARN CUSTOMER APPRECIATION DAY OF GIVING - 1/21/07

The 3rd Sunday of each month, **Red Barn Natural Grocery** celebrates "*Customer Appreciation Day of Giving*" by offering shoppers 10% off their purchases. Shop there **Sunday, January 21** from **9 AM to 10 PM** to receive your discount.

Did you know that **Red Barn Natural Grocery** is also committed to the protection of the earth's resources and the achievement of a sustainable society by offering the community quality, natural, and organically-produced products to facilitate and promote healthy lifestyles.

Red Barn is located in Eugene at **357 Van Buren St. (4th & Blair), 342-7503**.
www.redbarnnaturalgrocery.com

VEGAN POTLUCK - 1/19/07

Remember Karen and Wesley's vegan potluck is the **3rd Friday each month, 7pm**, at the McNail-Riley House, 601 W. 13th Av (at Jefferson). Call **541-341-1690** for more information. January's potluck is **1/19/07**.

For hundreds of thousands of years the stew in the pot has brewed hatred and resentment that is difficult to stop. If you wish to know why there are disasters of armies and weapons in the world, listen to the piteous cries from the slaughterhouse in the midnight. (Poem by a Chinese Monk)

APARTMENT FOR RENT

Apartment for rent on meditation center property.

Looking for a tenant who is vegetarian or vegan, and who does not smoke, drink or have pets. Apartment is a detached building (what would have at one time been a garage). One side has a loft and kitchenette, the other side is carpeted and has 3 windows and a skylight. (Ceilings on that side (and connecting doorway) are uncomfortably low for individuals over 6 feet tall...) The rent is \$450 a month including utilities, with 1st, last and security deposit required. No laundry facilities. DSL is available for \$25 a month extra (no setup fees). **Contact information: Sr. Kiran 541-343-5252 or email: eugene@us.bkwsu.org.**

LET'S GO TO THE THEATER!

Larry K. Fried, vegan and EVEN friend, will be appearing as Buddy in the Lord Leebrick Theatre's latest production - **Kimberly Akimbo** by David Lindsay-Abaire. The play opens January 12th and continues through February 3rd. Low cost previews are January 10th & 11th. www.lordleebrick.com

A very recent transplant to Eugene, this is Larry's first theatrical production in the area. But he has been acting, directing, and producing theatre for more years than he likes to remember. Larry is a past board member and activist with the organization EarthSave International (founded by John Robbins), is co-author of *Greening Up Our Houses: A Guide to a More Ecologically Sound Theatre*, and was the founding publisher/editor of Natural Choice Directory of Puget Sound. He is also the founding artistic director of the national Ecodrama Playwrights Festival.

VEGAN CATERING BY MOTHER MARY

"Let your food be your medicine" and plan a get-together for friends, family, or a special occasion of up to 100 people. We use ORGANIC whenever possible and always quality, fresh and healthy selections for that special gathering. Healthy foods never tasted SOOO GOOD! Plan your dinner or luncheon with Mother Mary today!! **747-1403**

WHAT TO EAT BEFORE AND AFTER WORKOUTS by Ryan Andrews, RD

Q: I've heard a lot about pre- and post-workout nutrition. Is there anything I can do nutritionally to maximize recovery and muscle maintenance/gain?

A: What you put into your body before and after your workout can greatly influence your performance and body composition. Taking advantage of this window of opportunity around workout time can be of benefit to any athlete/exerciser.

There has been a lot of good research about how to use nutrition to your advantage before and after workouts. For the sake of this answer, I will define a workout as a planned session of activity lasting between 45 and 90 minutes, and it must be more difficult than walking.

With pre-workout nutrition, it is important to try and have a small meal/snack about 30 minutes to one hour before you begin. Getting in some quality protein should be a priority along with a natural form of complex carbohydrate. If you like to take your meal/snack closer to 30 minutes before your workout, you may want to stick with a liquid supplement or bar. Shakes and bars will digest quickly and aren't bulky. Eating too much food so close to exercise can leave you feeling weighed down and bloated. Post-workout nutrition will be fairly similar to pre-, with one difference. A more refined carbohydrate can be used to accelerate the recovery process. And don't skimp on the protein after your workout either.

Some good pre-workout snack options:

- 1 cup soy milk with 1 tablespoon rice protein
- 2 tablespoons rice protein in water and 1/2 cup of fruit
- 1 scoop of soy protein (approx 20-30 grams) in water and 1/2 cup fruit
- 1/4 cup uncooked oats, 1/4 cup soy milk, 1 tablespoon rice protein

powder (mixed like a pudding)

Some good post-workout snack options:

1 cup chocolate soy milk with 1 tablespoon rice protein and a banana
2 tablespoons rice protein in juice and 1/2 cup fruit
1 scoop of soy protein (approx 20-30 grams) in juice and 1/2 cup fruit
1 packet instant flavored oats, 1/4 cup soy milk, 1 tablespoon rice protein powder (mixed like a pudding)

*Note: Rice protein can be found at health food stores as a powder

Remember, everyone is different. Find the combo that you tolerate best. The basic combinations of the above foods/drinks will be different depending on body size (e.g., a lot of muscle), and goal (weight management, muscle gain, etc). Train hard!

**by VRG member Ryan D. Andrews, MS, MA, RD, CSCS, CISSN
The Vegetarian Resource Group Newsletter - Volume 10, Issue 9**

This information is not intended to provide personal medical advice.
Medical advice should be obtained from a qualified health professional.

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**FREE AS A BIRD? NOT IN THE EGG INDUSTRY!**

**A Message from the Humane Society of the US:**

More than 95 percent of the country's nearly 300 million egg-laying hens are confined in battery cages that are so crowded the birds can't even spread their wings. Each hen has less floor space than the area of a single sheet of letter-sized paper. They live in these intensive conditions for more than a year-- unable to nest, forage, dust bathe, or even walk. Egg-laying hens are among the most abused animals in modern factory farming.

Join the fight to ban battery cages! [www.NoBatteryEggs.com](http://www.NoBatteryEggs.com)

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Sit down before fact like a little child, and be prepared to give up every preconceived notion, follow humbly wherever and to whatever abyss Nature leads, or you shall learn nothing. T. H. Huxley

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**DID YOU KNOW THAT...?**

---humans are the only animals who drink milk past infancy or who drink the **milk** of another species!?

---Louisa May Alcott, Clara Barton, Leonardo da Vinci, Charles Darwin, Isadora Duncan, Thomas Edison, Albert Einstein, Krishnamurti, Sir Isaac Newton, Ovid, Plato, Plutarch, Pythagoras, Rousseau, Albert Schweitzer, Seneca, George Bernard Shaw, Percy Bysshe Shelley, Upton Sinclair, Isaac Bashevis Singer, Socrates, Tolstoy, and Voltaire are just a few of the **famous vegetarians** throughout history?

---in 1990, cancer was the 10<sup>th</sup> leading cause of death in the US, and it was responsible for only 3% of all deaths. Today it ranks 2<sup>nd</sup>, and causes about 20% of all deaths. **More Americans died of cancer in 1987 than died in World War II, the Korean War, and the Vietnam War combined!?**

---calves fed on **pasteurized milk** died within six months!?

--5% of the world (US) uses 1/3 of the world's resources and produces 1/2 of its waste!?

---affordable health care begins with **breastfeeding**?!

---there's a reason why they call it **junk food**!?

---that by attaching a **low-flow faucet aerator**, you can reduce the normal faucet flow of 3 to 5 gallons of water per minute by 50%? Incredibly, although the flow is reduced, it will seem stronger because air is mixed into the water as it leaves the tap?

---manufacturers can place the word "nontoxic" on their label simply by meeting the federal regulatory definition that says if fewer than 50% of lab animals die within two weeks when being exposed to the product through ingestion or inhalation, then the product can be called "nontoxic"! Yikes! Cocktail, anyone?

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### **FREQUENTLY ASKED QUESTION**

**Question: What does EVEN do with my email address?**

**Answer:** If your information is on file with EVEN, you can rest assured it is confidential. If you're getting spam, it's not because of us. We use your email address for our own mailings only, and even then it is not visible to other recipients. EVEN has not, does not, and will not ever give, lend, rent, or sell your personal information to anyone else. Ever.

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### **TABLING AT CAPELLA MARKET**

Stop by and say hello when EVEN tables at **Capella Market, 2489 Willamette, Eugene**, on Sunday, **1/14/07**, from **12 noon to 4pm**.

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### **SANDY ITZKOWITZ MAKING AMAZING RECOVERY!**

EVEN member and donor, **Sandy Itzkowitz**, is making an unbelievable recovery and is well on her way back to solid good health. As you'll recall, Sandy was in a serious bicycling accident in October, suffering severe neurological damage. But less than three months later she is up and walking and even going outside walking blocks at a time (to attend an EVEN dineout no less). Her progress is a testimony to her personal stamina and strength to remain undaunted in the face of such unpromising prognoses that were delivered to her. The fact that she's athletic and vegan surely came into play, too! **Congratulations, Sandy! You are remarkable!**

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### **STAY TUNED FOR EVEN'S WEBSITE**

It's right around the corner now. We'll keep you posted.

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### **WELCOME RENEWING MEMBERS – Denise McClatchey and Nadine Petersen**

### **WELCOME TO NEW MEMBERS – Jan Petersen, Ann Council, Myrna Pollet and Christina Sasser**

Thank you for your memberships and welcome aboard! It's thanks to you that EVEN remains so productive in its outreach and educational efforts! YOU make the difference!

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**The Eugene Veg Education Network (EVEN)** is a non-sectarian, non-profit group 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 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 541-343-8055 or [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net) or write 1574 Coburg Rd., #120, Eugene, OR 97401. **Peace.**

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