

The NW VEG Thymes



Vegetarian Education & Empowerment Group

THE MISSION OF NORTHWEST VEG IS TO EDUCATE AND EMPOWER PEOPLE TO MAKE VEGETARIAN CHOICES FOR A HEALTHY, SUSTAINABLE, AND COMPASSIONATE WORLD

NORTHWEST VEG BOARD CHARTS FUTURE COURSE

By Carol Merrick, Secretary, Northwest VEG

NORTHWEST VEG'S BOARD OF DIRECTORS AND three other dedicated members met for the annual board retreat, October 22nd and 23rd. We discussed how to make a difference in the lives of Portland and Vancouver area people, how to improve the environment, and how to decrease the suffering of animals, particularly farm animals. In order to make this happen, we know that one of the things we hope to accomplish is to generate more media attention. Next March 18 we will hold our 2nd Annual Veg-Fest: A Compassionate Living Fair with the support of such co-sponsors as In Defense of Animals. Last spring we hosted 300 people and next year we

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VEG THANKSGIVING EVENT TO FEATURE FESTIVE POTLUCK, PIES, & CONCERT

JOIN NORTHWEST VEG for our Second Annual Compassionate Thanksgiving Celebration on Sunday, Nov. 20, starting at 4:30 pm in SE Portland. We'll circle at 5:00 to acknowledge the spirit of thanksgiving and then begin to enjoy the many culinary offerings. The potluck will be enhanced by **Buddha Belly Bakery** vegan pie (provided) and a concert by local singer/songwriter **Anne Weiss**. Dar Williams says, "Anne's been an inspiration to me. She's funny, she's insightful, and the power of her performances brings people together in the best way." Thanks to Artichoke Music, 3130-A SE Hawthorne Blvd., for helping sponsor Anne's concert!

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Photo by Chuck Schietinger



RETREAT ATTENDEES: Front row, from left, Marsha Rakestraw, Sandy Camley (partly hidden), Maggie Raczek, Carol Merrick, Jill Schatz; back row, Peter Spindelow, Don Merrick, Cindy Koczy, Michael Labhard, Charley Korn. Not pictured: Linda Sant'Angelo.

VEG THANKSGIVING *Continued from page 1*

Please bring a vegan (no animal-derived ingredients) or vegetarian (no meat or seafood) main dish, side dish, or salad, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, figure the amount to serve 4-6; increase the amount 4 servings for each additional person in your party/family. A sliding scale donation of \$5-10 for individuals and \$10-25 for families will be requested at the door. Call Don Merrick at (503) 968-5838 or email d1m.6@juno.com to RSVP the number in your party (required) by Nov. 14. When Don confirms your reservation, he will suggest a main dish, side dish, or salad—to foster a balanced spread on Nov. 20. We are filling up fast, so don't wait long to RSVP! 🌱

DECEMBER 18 POTLUCK

TO FEATURE HOLIDAY FOODS DISCUSSION

We'll gather on Sunday, December 18, from 5:00 pm to 7:30 pm for our monthly vegetarian potluck at the West Hills Unitarian Universalist Fellowship, 8470 SW Oleson Road in Portland.

The potluck will be followed by a facilitated discussion about food challenges during the holiday season. As families gather for holiday meals, some hosts are flexible about meal plans and others are not. We will invite members of the audience to express how they cope with conflicting desires for main dishes, sweets, alcohol, group activities, etc.

Please bring a vegan (no animal-derived ingredients) or vegetarian (no meat or seafood) main dish, salad or dessert, a card listing its ingredients, and plates and utensils for your use. If you come by yourself, dish should serve 4-6; increase the amount 4 servings for each additional person in your group. A donation of \$2 - \$5 is requested to help defray the cost of renting the venue. Call (503) 224-7380 or email info@nwveg.org for more information.

GO MEATLESS ON MONDAYS! ASK A FRIEND TO TRY SKIPPING MEAT ON MONDAYS. START A VEG LUNCH DAY AT WORK. SEE www.meatlessmonday.com.

NW VEG BOARD *Continued from page 1*

plan to double or triple the number of attendees, offer more delicious food samples, show a variety of films, have numerous food demonstrations, and include several children's activities. The Veg-Fest Committee is securing a venue and has already lined up two nationally known speakers, with more to come. Last spring we needed 40 volunteers to make our event possible and this year we'll need 60. If you have an interest in helping us promote, organize—or can work the day of the March 18 event—please contact Maggie Raczek at volunteer@nwveg.org or (503) 493-2358.

For our long-range goals, we discussed the important events and benchmarks that Northwest VEG will undertake in the next year and other events and benchmarks in the next 5 to 10 years. We realize to make our "dreams" come true, we need more money and involvement from our community, and we need committees to support our outreach, social activities, and educational goals. One committee now forming is the Volunteer Support Committee to assist our volunteer coordinator with her tasks. Another committee starting to form is the Outreach Steering Committee. Many of us in the organization embrace the potential goal of seeing meat consumption in the metro area decrease by at least 10 percent in the next 10 years. Following Erik Marcus's inspiring talk on September 29, many of us in leadership roles and friends read his book, *Meat Market: Animal, Ethics, and Money*. Ultimately, Northwest VEG wants to organize a book discussion group not only with Northwest VEG members, but with other people and members of the local animal protection community.

We have plans for another speaker series either in the fall of 2006 or spring of 2007. In addition, we plan a restaurant campaign to encourage area restaurants to serve vegan options. We have many more goals and dreams to make the world a more peace-loving place for all beings who live here.

Now is a great time to join and become involved with Northwest VEG. Email us at info@nwveg.org or call our voice mail, (503) 224-7380. 🌱



GET TO KNOW NORTHWEST VEG MEMBERS WITH OUR NEW MEMBER PROFILE

By Gail Nelson, Contributing Writer

This new section profiles Northwest VEG members and will appear regularly in upcoming issues of *NWVEG Thymes*. We hope you get to know various Northwest VEG members, and find out a tidbit or two of interesting information. If you, or someone you know, would like to be profiled in an upcoming issue, email gnelson@spiritone.com.

- **Name/city/age/occupation:** Carol Merrick, Tigard, 61, activist and artist. Formerly a biological research assistant and medical laboratory technician.
- **Vegetarian or vegan?** Vegan
- **When did you become vegetarian, and why?** My father died at 46 years of heart disease and my mother died at 63 of cancer. Initially, I wanted to improve my probability of a longer and better quality of life. As time passed, I learned the conditions of factory farming and the pain and suffering of the animals. Compassion has kept me a vegan.
- **Favorite restaurant:** I love Vegetarian House, 22 NW 4th Ave., Portland, and the fact that they serve no meat. The Eggplant with Tangy Sauce is my favorite there.
- **Favorite vegetarian cookbook:** *Real Vegetarian Thai* by Nancie McDermott.
- **Favorite veg-friendly vacation spot:** Breitenbush Hot Springs.
- **Who would you most like to share a veg meal with, and why?** Jane Goodall. She's been one of my heroes for many years because of her compassion and dedication.
- **Fondest veg food memory:** Eating Connie Holz's raw food chocolate cake.
- **The one veg food you couldn't live without is:** Soy Dream dessert.
- **Favorite grocery store:** Food Front
- **If you were a veg food, what would you be and why?** Oregon organic grown strawberry. I'm beautiful, delicious, and everyone wants me. Then, again, perhaps an artichoke would be better since if you don't eat me properly, you'll be sorry.
- **Favorite guilty pleasure food:** Soy Dream Frozen Dessert
- **Favorite quick and easy recipe:** Northwest VEG is blessed to have several great chefs and Connie Holz is one. She gave us this recipe at a food demonstration:



This Issue's Profile:
CAROL MERRICK

SAVE THE TUNA PATÉ: by Connie Holz

INGREDIENTS:

½ cup soaked almonds (drained)
½ cup sunflower seeds (drained)
fresh dill chopped
1 T Celtic sea salt or soy sauce
Sprinkle of pepper
1 T maple syrup or 3 pitted dates
pickle juice (optional)
2 stalks of celery (chopped)
¼ cup chopped green onions

PREPARATION INSTRUCTIONS:

Mix the first 6 ingredients in a food processor.
Add pickle juice to make it moist.
Transfer to a bowl and add celery and onions.
This is good in sandwiches or on crackers.

EATING SLAVERY

THE SUFFERING THAT COMES WITH CHOCOLATE

By Michael Labhard, Contributing Writer

We know that eating meat from animals held in factory farms is ethically wrong. Even ignoring the question of whether or not it is ethically wrong to kill an animal because it tastes good, there can be little doubt that torturing an animal before slaughter, as occurs in factory farms, is clearly wrong.

The factory farm is torture because it is slavery of the most painful kind. The animal is confined to a tiny stall without social contact or nurturing for its entire miserable life. It is deprived of every semblance of a normal existence. This is what slavery is. It is the deprivation of most or all of the relationships of a normal existence. Vegetarians understand how much suffering this is and react to it with compassion by refusing to eat such food, when it is the product of slavery. It is less well known that chocolate is also the product of slavery. Quoting from Anti-Slavery International (1):

"Young men and boys are trafficked between countries in West Africa and used as forced labour on plantations producing goods for export such as cotton and cocoa. Take Drissa, he left his home in Mali and traveled over 300 miles to neighboring Cote d'Ivoire in search of work harvesting cocoa on plantations.

"On arrival he was sold to a plantation owner, taken to a remote plantation and forced to work from dawn until dusk with no pay. The work was exhausting but if Drissa showed signs of tiredness he was beaten. At night, along with 17 other young men, he was locked in a small room with only a tin can as a toilet. When Drissa was caught trying to escape, he was tied up and beaten until he could not walk. It is not clear how widespread slavery on the plantations in Cote d'Ivoire is. However, the country is the world's biggest exporter of cocoa so it is possible that slave labour has been used to make the chocolate bar you eat."

The market is so unregulated that it appears to be impossible to be sure that there is any chocolate that is not tainted by slave labor. Here is an excerpt from an interview with Kevin Bales, from December 2002 (2):

Can you give a more specific example of how slavery is linked to our daily lives?

Cocoa's an easy one—the Ivory Coast is the world's largest exporter of cocoa, and it flows directly into the U.S. I worked with filmmakers on a film based on my book; we went to the Ivory Coast and discovered horrific enslavement of young men, mostly economic migrants from Mali, who'd come down looking for work and had been forced into slavery on farms growing cocoa. How much slavery is in the cocoa from Ivory Coast we don't know, there's been some research on that but it hasn't given us a clear answer. But I think we have to say that any slavery in the cocoa we eat is too much.

Hasn't legislation related to that been passed by Congress?

This is extremely interesting. There was an amendment that would have required labeling of chocolate as slave-free; but it was withdrawn because it would have been impossible to determine—it's this problem again of tracing the product chains. It is currently impossible to determine precisely which cocoa is slave-free. Anybody who has that label wouldn't actually be able to prove that.

In the past 15 years more than a dozen organizations have begun to address the issues related to forced labor and unjust labor practices worldwide. In the U.S. our organization is TransFair (3). These organizations have devised a plan to combat the use of slavery in cocoa production and other work settings. They recommend the exclusive use of Fair Trade certified cocoa and chocolate. Sources for certified foods are available on their websites. To find a list of fair trade sources on TransFair click on "Shop" and follow the instructions. Global Exchange (4) also has a large global list.

At Northwest Veg potlucks attendees are requested to bring only vegetarian or vegan food and to label the food with its ingredients. For the same reasons we do not want meat on our potluck table, I would like to suggest that all the food we serve there be free from slavery and that any chocolate served be certified Fair Trade chocolate.

Bibliography and Note from Charley Kornis

1. Slavery: Making the Link to our Daily Lives, The Satya Interview with Kevin Bales, Part II
<http://www.satyamag.com/dec02/bales2.html>
2. Slave Trade or Fair Trade? The Problem, the Solution, and How You Can Take Action (pdf file).
<http://www.antislavery.org/homepage/campaign/slavetradevfairtrade.pdf>

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MEMBERS' FEEDBACK

PROVIDES FOOD FOR THOUGHT

By Jill Schatz, Membership Coordinator, NW VEG

AS THIS OCTOBER MARKED OUR SECOND anniversary, we followed the monthly potluck with a discussion about our organization, with the potluck attendees making up an instant focus group. While members and friends partook of vegan poppy seed cake made by Connie Holz, Volunteer Coordinator Maggie Raczek led a discussion. Below are the questions we asked, with the responses we received. We invite the rest of you, members and friends alike, to provide additional feedback; please send your thoughts and ideas to Membership Coordinator Jill Schatz at jill@nwveg.org.

OCTOBER 2005 MEMBERSHIP MEETING QUESTIONS & RESPONSES

How would you describe NW VEG?

- Family - events like our potlucks are a safe environment where we come together and share food
- Hopeful - a place to make change
- Outreach - we provide information and opportunities to the general public
- Ambitious
- Ernest & Compassionate
- Role model
- Leading Edge Organization - bringing topical speakers, issues to our region
- Educational - both for our members and the general public
- Unified Resource/Voice for the community
- Well organized, but more focused on compassion and health than the environment

What NW VEG resources or activities do you most value?

- Lecture Series - bringing people like Lyman (would like to bring Paul Watson to town)
- Outreach - events like the free Meatout vegan lunch held with IDA in 2004
- Outreach to the general public rather than our "audience" - through tabling, literature handouts, etc.
- Potlucks and their programs (although we need to better screen our presenters)
- Website is great (restaurant info, etc.)

What can we do to encourage you to be more active or volunteer?

- Post volunteer needs on website with ability to sign up on the spot (or perhaps include a link for signing up)
- Ditto signing up to volunteer for Special Events - have a website "clipboard," including a space to check if it's okay to call if we need extra help
- Maintain a separate Volunteer email list
- Have more continuing jobs - like Westside Potluck Greeter, kitchen duty, etc. - so people would know they were committed ahead of time
- Jill asked if it would be easier to volunteer if we had more continuing jobs like committees with regularly scheduled meetings. Responses were hesitant - seemed most inclined to like the idea of signing up to mentor new veggies. Also suggested we need:
 - Youth Coordinator
 - College Campus "chapters"
 - More partnering with other local groups - inviting them to our events, ask them to provide speakers at our potlucks

Is there anything more you'd like NW VEG to provide in the way of support, information training, etc?

- "Cheat Sheets" - cards or 1/2 page fact sheets with answers to our most commonly asked questions, re "where do you get your protein, B¹², calcium, iron, etc.)
- Environmental handouts
- Promote carpooling or ride shares for those without cars - perhaps with a coordinator to facilitate arrangements among people
- Handout of daily/weekly easy vegan meal planning (perhaps from Howard Lyman's latest book or other resources)

Is there anything else the Board should hear?

- Yes - speaker & potluck program ideas (see below)
- Will Tuttle, author of *World Peace Diet*, has reasonable speaker fees
- Potluck speaker - Blossoming Lotus owner (Bo Rinaldi)
- Teach compassionate communication skills
- Local environmental speakers
- Joel Fuhrman - *Eat to Live* author 🌱

MEMBER DISCOUNTS & BUSINESS PARTNERS

MEMBER DISCOUNTS

Northwest VEG members can enjoy savings at participating businesses. Please have your membership card with you when you request the discount. If you have any comments or questions, contact Charley Korn: charley@nwveg.org or (503) 288-1503.

Divine Café on SW 9th Ave., near Washington Street, (503) 314-9606. Count on tasty tofu-rice salad, delicious soups and much more. Lunch only, closed Sundays. Vegetarian! 10% discount.

Dreamers Café, SW 5th Ave. near Oak and Stark, Portland. Falafel, wraps, "not" chicken parmesian sandwich and "not" buffalo wings. Lunch (till 4 pm), weekdays. Vegetarian! 10% discount.

Integrated Medicine Group, 163 NE 102nd Ave. Bldg. V, Portland, (503) 257-3327. 15% discount on supplements, all of which are vegan.

Kalga Kafé, 4147 SE Division, Portland, (503) 236-4770. Organic international cuisine including Thai and Indian; vegan pizza, too. Open nightly for dinner. Vegetarian! 10% discount.

Mirador Community Store, 2106 SE Division, (503) 253-6558. Open daily, offering kitchen supplies, gifts, books. www.mirador-pdx.com. 5% discount.

Natural Awakenings Magazine, (866) 488-5490, Portland@naturalawakeningsmag.com. Locally published *Natural Awakenings* provides insights and information to improve the overall quality of life. 20% discount on advertising.

Paradox Palace Café, 3439 SE Belmont St, Portland, (503) 232-7508. Almost entirely vegetarian and very vegan-friendly, emphasis on organic produce. 10% discount.

Sun Lotus Café, 4505 SE Belmont St., Portland, (503) 236-6389. Enjoy soup, sandwiches, soy hot dogs and vegan pastries. Closed Sundays. Vegetarian! 15% discount of food items

Tao of Tea, 3430 SE Belmont St., Portland, (503) 736-0119; 2112 NW Hoyt St., Portland, (503) 223-3563. Enjoy vegan-friendly, organic, Indian, and Thai cuisine, as well as fine teas. www.taooftea.com. Vegetarian! 10% discount.

Vege Thai, 3274 SE Hawthorne, Portland, (503) 234-2171. The only vegetarian Thai restaurant in Portland; tasty curries and "not" meats! Vegetarian! 10% Discount.

Vita Café, 3024 NE Alberta St, Portland, (503) 335-8233. Modern ethnic meals, vegan comfort food ("chicken" fried steak, "fish" & chips), vegan pancakes. 10% discount.

BUSINESS PARTNERS

Businesses that meet our criteria can support Northwest VEG and receive publicity through our newsletter and website. To learn more about the partner program, contact info@nwveg.org or call (503) 288-1503. You may also visit www.nwveg.org/Membership.html.

Please support our business partners!

Vegetarian House offers a wide selection of unique and fresh Chinese style food — exclusively vegetarian. Open every day for lunch and dinner; buffet available on weekdays. Location: 22 NW 4th Ave., Portland. (503) 274-0160. www.vegetarianhouse.com

Integrated Medicine Group, 163 NE 102nd Ave. Bldg. V, Portland, OR 97220, (503) 257-3327, www.integratedmedicinegroup.com. Services include acupuncture, massage, Hyperbaric Oxygen Therapy, and intravenous delivery of nutrients and medications, among other therapies. Integrated Medicine Group offers Northwest VEG members a 15% discount on supplements, all of which are vegan.

EATING SLAVERY *Continued from page 4*

3. www.transfairusa.org
4. www.globalexchange.org

Note from Charley Korn, Northwest VEG president:
I appreciate Michael Labhard's communicating the human cruelty associated with most chocolate production. The Northwest VEG board encourages members and friends to bring Fair Trade chocolate to potlucks, but does not require only Fair Trade. Our aim is to help people make vegetarian choices, and at potlucks we draw a firm line at meat and fish. Aside from that restriction, we want to make our potlucks as easy as possible for people, some of whom have not been exposed to any information about factory farming or chocolate slavery, to name only a couple of the important concerns that guide many of our food choices.

VOLUNTEER CORNER: VOLUNTEERS NEEDED!

By Maggie Raczek, Volunteer Coordinator, Northwest VEG

Northwest VEG is looking for volunteers for the upcoming Compassionate Thanksgiving Celebration on Sunday, Nov. 20th (see article on page 1). If you are planning on attending and can help out, please let the Volunteer Coordinator know.

We are also looking for a new Eastside Potluck Coordinator. If you can arrive at 4:30 pm and stay until we are cleaned up (7:30ish) and can delegate, we need you! Because we alternate locations, this would be five times a year. Like to research? We are looking for someone to gather information on veg-friendly restaurants in the Portland Metro area.

If any of these opportunities sound interesting, please contact our Volunteer Coordinator, Maggie Raczek, at (503) 493-2358 or volunteer@nwveg.org.

One farmer says to me, "You cannot live on vegetable food solely, for it furnishes nothing to make the bones with;" and so he religiously devotes a part of his day to supplying himself with the raw material of bones; walking all the while he talks behind his oxen, which, with vegetable-made bones, jerk him and his lumbering plow along in spite of every obstacle.

~Henry David Thoreau



Not on our E-list? Sign up and get **NW VEG Thymes, E-Bits**, and occasional notes about upcoming events: nwveg@comcast.net.

THE NORTHWEST VEG BOARD OF DIRECTORS

Charley Korn, President
Don Merrick, Vice President
Linda Sant'Angelo, Treasurer
Carol Merrick, Secretary
Marsha Rakestraw, Outreach & Education Coordinator
Maggie Raczek, Volunteer Coordinator
Jill Schatz, Membership Co-coordinator
Peter Spendelow, Membership Database Manager

EDITOR

Tammy Russell, noemie1226@msn.com.
If you are interested in writing for the newsletter, please contact Tammy to discuss your ideas.

DESIGNER

David Langton

Join Northwest VEG!

Enjoy our supportive and friendly community of people interested in vegetarian food and issues. Educate yourself about the benefits of a healthy, sustainable, compassionate lifestyle.

Help bring awareness to the powerful impact of our food choice. Help us build a community making it convenient, fun and empowering to make vegetarian choices.

Please circle your choice of membership level:

\$20 for Individual \$50 for Steward \$_____ Additional Donation
\$35 for Family \$100 for Sustainer

May we contact you about volunteer opportunities with Northwest VEG? • Yes • No • Call me in a few months

Name: _____ Make checks payable to **Northwest VEG** & send to:
Street: _____
City, State, and ZIP: _____ Northwest VEG
Phone: _____ c/o Linda Sant'Angelo
E-mail: _____ 24305 NE Elkhorn Road
Brush Prairie, WA 98606

Northwest VEG is a 501(c)(3) tax-exempt organization.

NOVEMBER EVENTS

Nov. 12 (Saturday), 6:00 pm – 7:30 pm : Veg Dine-out at Vita Café

Each month, Northwest VEG members and friends dine at a restaurant that offers tasty veg options. Join us this month at Vita Cafe, specializing in vegan comfort food and modern ethnic meals. Got "Chicken" Fried "Steak?" Sure, only there's no meat included! The restaurant is located at 3024 NE Alberta St., Portland. Northwest VEG members receive a 10% discount. Cash payments preferred. Please RSVP the number in your party (required) to Ardis at roar214@earthlink.net by Nov. 9. If you RSVP and later your plans change, please let Ardis know before Nov. 12. Contact the restaurant at (503) 335-8233 if you have concerns about accommodations for children or disabilities.

Nov. 19 (Saturday), 6:00 pm - 7:30 pm: Veg Dine-out at Shanghai in Vancouver

Join Northwest VEG members and friends for a dine-out in Vancouver, Washington. Shanghai, a Chinese/Vietnamese restaurant, offers two pages of vegetarian options on the menu, and is located at 13510 NE 84th Street #101 in the Albertson's shopping center off Padden Parkway. Please RSVP the number in your party (required) to dine-out

Northwest VEG

13376 SW Chelsea Loop
Tigard, OR 97223

Phone: (503) 224-7380

E-mail: info@nwveg.org

coordinator Becky at nwveg@comcast.net by Nov. 16. Please join our group promptly at 6:00; if your plans change, contact Becky prior to Nov. 19. If you have concerns about accommodations for children or disabilities, call the restaurant at (360) 883-5406.

Nov. 20 (Sunday), 4:30 pm - 7:30 pm: Compassionate Thanksgiving Celebration

SEE ARTICLE ON PAGE 1 FOR DETAILS.

Join NW VEG ACTIVIST TEAM

Looking for a way to make a positive difference that fits into your busy schedule? Join NW VEG ACT, our email Activist Team. Sign up, and you'll receive periodic email notices about local, state and national issues for which you can use the power of your pen, your passion & your voice to educate, influence and empower others for a more compassionate, sustainable, planet. The alerts you'll receive will address issues related to animals, people and the planet. Many will relate to food issues, but our circle of concern will include other issues of compassion and sustainability, as well. For more information and/or to join NW VEG ACT, contact marsha@nwveg.org.

VEGETARIANS OF NOTE

*Moby...Carl Lewis...Paul McCartney...Jane Goodall
Martina Navratilova...Alicia Silverstone...Hank Aaron
Amy Ray...Tom Petty...k.d. lang...Thomas Edison
Eddy Vedder...Alanis Morissette...Francis Moore Lappe'
Julia Butterfly Hill...Leo Tolstoy...Leonardo da Vinci
Albert Einstein...Natalie Merchant...Tom Cruise
Peter Gabriel...Tracy Chapman...Pamela Anderson
Tobey Maguire...Steve Martin...Natalie Portman*