

EVEN NOW 2-24-11

SPECIAL Upcoming EVENT

***EVEN'S 6TH ANNIVERSARY
CELEBRATION***

Tuesday, 3/1/11, 7pm

McNail-Riley House

601 W. 13th Av (@ Jefferson), Eugene.

(Park free in fairgrounds across the street!)

FREE! Open to everyone!

Please join the celebration with
music by Eric, food samplings
from **Cornbread Café, Viva!
Vegetarian Grill, The Divine
Cupcake**, with goodies from
Tofutti, Annie's, Eden Foods, and
other treats and surprises!

>> More information here!



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## **NEW! NEW! NEW!** **Matt Bear Interview!**

Read EVEN's exclusive interview with **Matt Bear** of **NonViolenceUnited.org**.



Every day you are invited to make choices. Live your values. Change the world. – **Matt Bear**

## **Ask the University of Mississippi Medical Center to stop using pigs in its student labs!**



Animals are reliable, many full of love, true in their affections, predictable in their actions, grateful and loyal. Difficult standards for people to live up to. – **Alfred A. Montapert**

## What is AHIMSA?

A vegan *diet* affects our food choices and is limited to what we eat, but a vegan *lifestyle* has a farther- reaching impact. A vegan *lifestyle* means *all* our decisions and actions are interwoven and none stands isolated. **All life is interconnected.** So, decisions about shopping, entertainment, clothes, as well as our meals, are interconnected. And that includes our *relationships* with the **earth**, the **animals** and **people!**

With that in mind, the following excerpt by [H. Jay Dinshah \(1933 - 2000\), Founder and President, American Vegan Society](#) from *American Vegan* magazine explains and summarizes the deeper basis of veganism:

**Ahimsa** is a Sanskrit word for *non-killing* and *non-harming*. It is not mere passiveness, but a positive method of meeting the dilemmas and decisions of daily life. In the western world, it is called **Dynamic Harmlessness**.

The six pillars of this dynamic philosophy for modern life (one for each letter: A-H-I-M-S-A) are:

**A**bstinence from animal products

**H**armlessness with reverence for life

**I**ntegrity of thought, word, and deed

**M**astery over oneself

**S**ervice to humanity, nature, and creation

**A**dvancement of understanding and truth



Man cannot pretend to be higher in ethics, spirituality, advancement, or civilization than other creatures, and at the same time live by lower standards than the vulture or hyena. The Pillars of Ahimsa indisputably represent the clearest, surest path out of the jungle, and toward the attainment of that highly desirable goal. – H. Jay Dinshah, *Out of the Jungle*, 1967

[>> Read more here about Veganism](#)

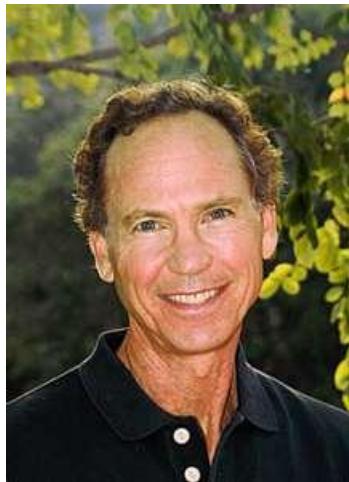
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## NBA's Carmelo Anthony Credits Fasting Diet For Scoring Spree



### Buy Kind

Buy Kind – Eliminate Suffering –  
Illuminate Joy!!!!!!!!!!!!  
All vegan all the time!



### John Robbins' Chocolate's Startling Health Benefits

The food police may find this hard to take, but chocolate has gotten a bad rap. People say it causes acne, that you should eat carob instead, that it's junk food. But these accusations are not only undeserved and inaccurate, they falsely incriminate a delicious food that turns out to have profoundly important healing powers. [>> MORE](#)

May our walking on earth be gentle as the union of the butterfly and the flower. - **Traditional Buddhist Blessing**

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## UO's *ETHOS* Magazine Highlights Eugene Veg Education Network

The logo for ETHOS Magazine, featuring the word "ETHOS" in a bold, red, sans-serif font. The letter "O" is stylized with a question mark inside it.

Thank you, **Adeline Bash**, and *Ethos Magazine* for asking EVEN to participate!

The most important thing anyone can do is to become vegan and to educate others about why taking animals seriously means being vegan. As more and more people become vegan, demand drops and consciousness about the immoral and unjustifiable nature of animal use is raised. I regard veganism as the most important form of activism for nonhuman animals. Veganism is the principle of abolition applied to the life of the individual. – **Gary Francione, Lawyer, Professor, Author**



## 2011 Vegetarian Summerfest

Treat Yourself to Something Special

July 5 – 9, Johnstown, PA

37<sup>th</sup> Annual Conference of the North American Vegetarian Society  
Over 50 informative and inspiring Speakers!





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## Anti-Fur Society Conference

June 25-26, 2011, Alexandria, VA

Anti-Fur Society and Shannon Keith, film producer and director of [Skin Trade](#) and [Behind the Mask](#), will be holding their first Conference in the Washington DC metro area, in the Old Town of Alexandria, June 25-26, 2011. All the exciting details are on their [website](#).

Although this conference will be focusing on all fur-bearing, animal-related issues, particularly the fur industry, they are also addressing other non-human animal issues, including the environment and a plant based lifestyle.

After they had accustomed themselves at Rome to the spectacles of the slaughter of animals, they proceeded to those of the slaughter of men, to the gladiators. -  
**Michel de Montaigne (1533-1592)**

[click on hot topics]

## Have You Been To EVEN's Website Lately?

Use the [Site Map](#) to find your way around or go to our [Welcome page](#) for some Quick Links.

[Thank you, Robert, for so masterfully and diligently working on EVEN's website!]



[click on hot topics]

## [Help EVEN By Ordering Books From Amazon Via Our Website](#)

Amazon's Partners Program gives EVEN up to 15% of all book orders placed through our website. Go [here](#) and click on the books of your choice. It will send you to Amazon and when you make your purchase, using the EVEN website link to Amazon, Amazon sends EVEN 15% of your purchase price. Get great books to read and help support EVEN at the same time!

Nothing is more precious than peace. Peace is the most basic starting point for the advancement of humankind.  
- **Daisaku Ikeda (1928 - ) - Educator, Author, Peacebuilder**

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3) non-profit** 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. [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**

*Let's all work together!*



**The Dairy Industry in a Nutshell**  
**By David Shrigley**  
**(thank you, Claudia!)**

