

**EVEN NOW 2-22-08**

UPCOMING EVENT

**"The Healing Power of Superfoods: *Using High-Energy Medicinal Plant Foods to Enhance the Vegan Lifestyle*"** by vegan educator, **Ty Bell, Monday, 3/3/08, 7pm**, McNail-Riley House, 601 W. 13th (at Jefferson), Eugene. **FREE**



SETA BAKE SALE

UO Students for the Ethical Treatment of Animals (SETA) is having a fundraiser BAKE SALE

**Monday, February 25, 11am-3pm** at the UO Bookstore. Volunteers needed!

(1) People who can bake yummy, pretty, vegan goodies!

(2) People to help table to: (a) sell yummys, and (b) talk to folks about animal rights and veganism. Pamphlets will be available.

Please contact **Megan McClellan** directly at [badgie523@gmail.com](mailto:badgie523@gmail.com)



PETA'S ACTION CENTER ALERT

This month, tell kind people everywhere that saving animals is as easy as **ABC: animal birth control**. Every year, 6 to 8 million unwanted dogs and cats enter U.S. animal shelters, and approximately half of those animals are put to death because there are not enough good homes for them. But there is hope, and it lies in prevention and education. Caring people like you can help by asking others to spay and neuter their companion animals and always adopt rather than buy from breeders or pet stores.

[http://getactive.peta.org/campaign/end\\_animal\\_homelessness](http://getactive.peta.org/campaign/end_animal_homelessness)

**Where there is great love, there are always miracles. Willa Cather**



## **A MESSAGE FROM KIM HEDDINGER OF GOLDEN REALTY**

"As animal advocates, we are so proud and grateful for the generous support from clients and customers like you who continually donate time and money to help the homeless animals of Lane County. Last year at **Golden Realty's** [www.goldensold](http://www.goldensold) grand opening event, \$7,500 was collectively raised for **Greenhill Humane Society**. This year we are thrilled for the opportunity to once again help the homeless animals of Lane County through an event benefiting **Save the Pets**, a non-profit organization whose goal it is to help homeless animals by increasing adoptions in our community. [www.SaveThePets.net](http://www.SaveThePets.net) They work closely with all other animal organizations including humane societies, animal control and local rescue groups. In one year they have found *forever homes* for over 200 homeless animals. Come join us for this special adoption day..."

**Saturday, February 23, 11 AM - 3PM**

**PetSmart**, Chad Drive, Eugene

*This event will feature a live taping of the television show, "Oregon Living Weekend."*

**We all love animals. So why do we call some animals "pets" and other animals "dinner?"** *k.d. lang*



## **HEALTHY SHOPPING EXCURSION**

**Market of Choice - South (29<sup>th</sup> & Willamette)**

**Tuesday February 26<sup>th</sup> from 6:30 – 8:30 pm.**

RSVP asap (541) 515-9162 or [therawrawgirls@yahoo.com](mailto:therawrawgirls@yahoo.com)

Conducted by **Elizabeth Howard, BS** (one of EVEN's 12/07 presenters)

Nutritional Therapy Practitioner (NTP) and Certified Living Foods Chef.

Adults \$12.00 & Students \$8.00 (paid at the event)

Please join Liz and her associate to learn about healthy shopping in your life. This trip will give you information about whole foods at the grocery store and includes shopping guidelines and free recipes!

[www.RawRawGirls.com](http://www.RawRawGirls.com)

*"Meeting you in your present frame of nutritional awareness. . . Leading you to an enhanced wellness perspective."*



## WELLSPRINGS FRIENDS SCHOOL BENEFIT

**Music---Community---Food**

### **Morning Glory Cafe**

450 Willamette (across from the train station)

**Friday, February 29, 2008**

530pm and 730pm (2 seatings)

Donation: Sliding Scale \$10- \$25 benefits Wellsprings directly

Advanced reservations *required*. Call: 686-1223

**Morning Glory's** food is all vegan and vegetarian!

**Wellsprings** has non-violence as one of its core values!

**Wellsprings Friends School** is an alternative learning community for high school students. Wellsprings believes that young people have a natural desire to learn and can be excited and inspired by creative learning experiences and a nurturing environment. They strive to exemplify the Quaker essentials of seeing the good in each person --- honesty, simplicity, equality, peaceful resolution of conflict, and working together in community. <http://www.wellspringsfriends.org/> *"The Little School with a Big Heart"*

**Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.** *Thomas Edison*



## NORTHWEST VEG GROUP 2008 VEGFEST

Mark your calendars! Portland's **Northwest Veg Group's** annual veg festival for 2008 is scheduled for **Saturday, May 10**. Keynote speech by **Howard Lyman** will be the night before, **Friday, May 9**. Stay tuned for more information or check out <http://www.nwveg.org/> or <http://portlandvegfest.org/2008/>



## **MORE GOOD NEWS FROM TASTY BITE**

Tasty Bite has extended their 25% discount offer for February to March 31!! Take advantage of this extension by completing the order form at <http://www.tastybite.com/> and using the code word **EVEN** on the coupon form.

**Tasty Bite.** Their food is All Natural. They do not use any Preservatives. And they grow many of their vegetables on their own 25 acre farm in Pune India.

Although not all of their products are strictly "Vegan", they *are* a vegetarian food company. Many of their products are Vegan, Gluten Free, No MSG, and Kosher. And each of their product boxes is clearly labeled as such.



## **LARGEST BEEF RECALL IN U.S. HISTORY**

143 Million Pounds of Beef Recalled

[http://www.nytimes.com/2008/02/18/business/18recall.html?ex=1219035600&en=08aaf36bf033a261&ei=5087&excamp=GGBUmeatrecall&WT.srch=1&WT.mc\\_ev=click&WT.mc\\_id=BI-S-E-GG-NA-S-meat\\_recall](http://www.nytimes.com/2008/02/18/business/18recall.html?ex=1219035600&en=08aaf36bf033a261&ei=5087&excamp=GGBUmeatrecall&WT.srch=1&WT.mc_ev=click&WT.mc_id=BI-S-E-GG-NA-S-meat_recall) thanks to a video from the **Humane Society of the United States** (HSUS)  
[https://community.hsus.org/campaign/CA\\_2008\\_investigation?source=gabfak&gclid=CLa9ypPt1pECFOeggodTQy0bg](https://community.hsus.org/campaign/CA_2008_investigation?source=gabfak&gclid=CLa9ypPt1pECFOeggodTQy0bg)

The **Eugene Veg Education Network (EVEN)** is a non-sectarian, **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**, [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net), 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055 [www.eugeneveg.org](http://www.eugeneveg.org). **Peace.**