



**CONGRATULATIONS
to EVEN on its
3rd ANNIVERSARY!**

EVEN NOW 2-21-08

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**

MOUNTAIN ROSE HERBS HONORED

Eugene **Mayor Kitty Piercy** honors the vegan-owned company, **Mountain Rose Herbs**.



<http://www.registerguard.com/csp/cms/sites/dt.cms.support.viewStory.cls?cid=64215&sid=4&fid=2>

MRH Vice President, **Shawn Donnille**, was a speaker at EVEN's October 2007 meeting, and Mountain Rose Herbs has been a loyal and generous supporter of EVEN and its outreach efforts. Congratulations, **Mountain Rose Herbs!** <http://www.mountainroseherbs.com/>

IN DEFENSE OF ANIMALS - YOU TUBE

View more than 65 animal rights videos here:

<http://www.youtube.com/profile?user=InDefenseofAnimals>

AN OFFER FROM TASTY BITE

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.

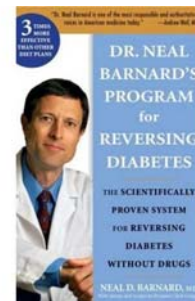
Although not all of their products are strictly "Vegan", they *are* a vegetarian food company. Many of their products are Vegan, Gluten Free, No MSG, and Kosher. And each of their product boxes is clearly labeled as such.

REMINDER: 25% discount for all orders from EVEN folks continues throughout the month of February, as we announced at the 2/4 gathering. For the coupon, use the code word: EVEN <http://www.tastybite.com/>

DIABETES EPIDEMIC REVERSIBLE WITH DIET

New book shows low fat, vegan diet more effective than other treatments: "*Dr. Neal Barnard's Program for Reversing Diabetes*"

in bookstores now. www.NealBarnard.org



RETHINKING THE MEAT-GUZZLER

Published on TU, 1/29/08 by [The New York Times](http://www.nytimes.com)

Written by Mark Bittman

Thank you, Peter Eberhardt, for referring this item to EVEN!

THE MEATRIX---BACK BY POPULAR DEMAND

So many folks have asked about this award-winning video, here's a reminder. Great to send to your family and friends who can't fathom why vegans do what they do.

<http://www.themeatrix.com/>

Thank you, Patti!

ECO-LOGICAL CULTURE CHANGE AND NEIGHBORHOODS

This thought-provoking presentation and slideshow by Jan Spencer (a presenter at EVEN's 2/06 meeting) will be of interest to anyone with a care for the environment, human potential, peace on earth, community building and looking after many more of our needs closer to home.

Wednesday, February 27, 7 PM, Harris Hall,
8th and Oak, Downtown Eugene, in the Lane County Complex.
More info 686-6761 or www.suburbanpermaculture.org

RECIPE - CORN CHOWDER

Here is a delicious, simple and healthful version of Corn Chowder to help get you through the rest of this winter season.

http://www.vegcooking.com/recipeshow.asp?equestID=423&c=vc_eneews

Thank you, VegCookin at PETA!

COOKING CLASSES BY DAVID GABBE

Everyone enjoyed David's presentation at EVEN August '07 and so many of you have been asking about his classes in Eugene. Do not miss these opportunities in Spring 2008 to learn from a vegan cooking genius!



Amazon Community Center (541-682-5373 to register)

Sunday, March 2 (2:30-5pm)...Adventures with Tofu: Designed to greatly expand your tofu knowlege and repertoire of recipes using those soft, white blocks.

Sunday, April 6 (2:30-5pm)...Adventures with Tempeh: Explore this natuarally fermented soybean product in a variety of hearty, savory dishes.

These classes are only \$16 (payable to Eugene Parks) and \$10 payable in class for materials fee.

Folks, do not miss this perfect opportunity to learn some of the best cooking techniques and great recipes from an expert. (\$26 is relatively nothing compared to similar high-end cooking classes and demos!) Considering the wealth of information and experience you'll receive, along with samples to eat, this is a deal you will want to pursue. See you there!

All the arguments to prove man's superiority cannot shatter this hard fact: in suffering, the animals are our equals. *Peter Singer*

LOCAL STUDENT WINS AN 'A' ON VEG PAPER

Nina Strohlic, a senior at South Eugene High, wrote her Senior Paper for her International High School (IHS) Projects class on the value of being vegan. She entitled the 4,000 word paper "**Going Vegan: A solution to world hunger?**" Asking EVEN to be her official Technical Advisor on this project was a cinch when the student is as bright, enthusiastic, and progressive as Nina. She reached a lot of young folks with this valuable information including her teacher, **Kendall Lawless**, who also recognized its value and gave her an "A"! Congratulations, Nina, for choosing such a meaningful topic and for garnering a top grade.



GREAT AMERICAN MEATOUT – MARCH 20



Meatout is an international observance helping individuals evolve to a wholesome, nonviolent diet of fruits, vegetables, whole grains. The purpose is to expose the public to the joys and benefits of a plant-based diet, while promoting the availability and selection of meat and dairy alternatives in mainstream grocery stores, restaurants, and catering operations.

Meatout has grown explosively since its inception in 1985 to become the world's largest annual grassroots diet education campaign. Thousands of caring people in all 50 U.S. states and a host of other countries...[more here <http://www.meatout.org/about/>]

Contact us (343-8055) to find out what you can do to help with **the Great American Meatout!**

THANK YOU

February Presenter: Thank you, **Walter Lapchynski**, for a fun, interesting and informative presentation in February 08. EVEN admires your long-term athleticism, your open encouragement, and your steadfast vegan lifestyle. Thank



you, Walter, for your time and your kind support of EVEN!

Donors: Ann Councill, Dale Lugenbehl, Mountain Rose Herbs, Wendy Liberko, Lorry & Pat Rather

Business: Tasty Bites, Mountain Rose Herbs, New Frontier Market, Newman's Own Organics, Galaxy Nutritional Foods, Follow Your Heart Vegan Gourmet Foods

Volunteers: Linda, Nadine, Nick, JoAnne, Mele, Hilliard, Kate, Dave, Kelly, Jamie (NEW!) Emma (NEW!) and Colin (NEW!)

 to everyone!!

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, 1574 Coburg Rd., #120, Eugene, OR 97401, 541-343-8055 www.eugeneveg.org.
Peace.