

**EVEN NOW - An E-Bulletin from EVEN - 3-2-07**

**Hello, EVEN members, friends and supporters! Happy March!**

[www.eugeneveg.org](http://www.eugeneveg.org)

Just a reminder to you to visit our website whenever you get the chance...it's available rain or shine!

Use the **Site Map** to help you see your choices in advance. It makes navigating around the EVEN website ocean smoother sailing. <http://www.eugeneveg.org/setup.htm>

You can also check out our **Events** page(s) <http://www.eugeneveg.org/calendar.htm> for various activities coming up. We have an exciting line up of **speakers** this year so far. <http://www.eugeneveg.org/speakers.htm> Check back to see who'll be added soon!

**The Scoop** tries to give the variety and depth of information so many of you have asked us for. <http://www.eugeneveg.org/scoop.htm>

We're confident you'll enjoy the **Resources** section in both **Recommended Links** <http://www.eugeneveg.org/links.htm> and **Recommended Readings**. <http://www.eugeneveg.org/readings.htm> The websites and books listed there are the best there are; you'll never be disappointed with them.

Test drive the various links to our **advertisers**, who are listed everywhere, and learn about their wonderful products and services and...

Wow! Speaking of services---have you seen EVEN's **Service Directory** lately? <http://www.eugeneveg.org/servicedirectory.htm>

And, of course, if you can't decide where to spend your time or money, please visit the **Support EVEN** page where donating, volunteering and joining are just a click away! <http://www.eugeneveg.org/support.htm>

*NOTE: EVEN's website is a work in progress, of course, so check back often to see what new items have been added.*

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**COME ONE, COME ALL!** to EVEN's **March 5 - 2nd Anniversary Celebration!**  
A Festival of Speakers! <http://www.eugeneveg.org/festivalofspeakers.htm> and delicious vegan snacks. We hope you will join us! **7 pm, McNail-Riley House, 13<sup>th</sup> & Jefferson, Eugene.** **(See attached flyer)**

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**THANK YOU, INGRID NEWKIRK**, of PETA, for your informative and touching presentation "101 Reasons to Go Vegetarian". We appreciate your extending your NW trip to include Eugene to help us spread the veg word! A night none of us will soon forget!

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**THANK YOU, SISTER KIRAN**, of Brahma Kumaris, for your enjoyable and heart-felt presentation in February. We all enjoyed your presentation on "Food and Soul: The Spiritual Components of Cooking and Eating." A delightful evening enjoyed by all!

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**WELCOME RENEWING MEMBERS** Randy Prince and Ray Sammartano!  
**WELCOME NEW MEMBERS** Jill Devine, Elizabeth S., Patricia Robinett, Larry Fried, Katie Sloan, Marty Hertz, and Lorrie & Pat Rather!  
Thank you all for your confidence and for your invaluable support!

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**FEBRUARY'S DINEOUT** at the **LOTUS GARDEN** was a major hit---there were so many folks we filled the entire center aisle! Delicious vegan chinese meals in all their variety! Mark your calendars for EVEN's **MARCH 20 - Great American Meatout Dineout** at **LAUGHING PLANET, 6pm**. Stay tuned for more details. Thank you, **Nadine**, EVEN's current Dineout Coordinator, for arranging both of these dineouts!

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**PCRM ACTION ALERT**

**ATTENTION: Have You Or Someone You Know Tried The "Drink Milk-Lose Weight" Diet And Not Lost Weight?**

The Physicians Committee for Responsible Medicine (PCRM) would like to bring a lawsuit against the dairy industry for the false and misleading advertising campaigns claiming that eating dairy products helps with weight loss. To bring this case, we need someone who bought and consumed dairy products (milk, yogurt, or cheese) to lose weight because of these advertisements. If you or someone you know fits this description and is interested in helping, please contact **PCRM General Counsel Dan Kinburn** at [dkinburn@pcrm.org](mailto:dkinburn@pcrm.org) or 202-686-2210, ext. 308. Thank you so much for your help. **Dan Kinburn**

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**DID YOU KNOW THAT YOU CAN WATCH PCRM VIDEOS** and public service announcements (PSAs) on **YouTube**, the popular—and free—video sharing Web site? Sharing **YouTube** videos with friends and family is not only easy, it's also a great way to help spread **PCRM's** message of healthy vegetarian eating and humane alternatives to the use of animals in medical research and education. Simply go to [PCRM's page on the YouTube Web site](#) to watch the videos. Click the "Share Video" icon to let others know about our YouTube videos.

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**MESSAGE FROM PETA: Victory: No More Foie Gras at Giant Eagle!**

After receiving nearly 250,000 e-mails and countless phone calls from PETA members and supporters over the course of just a few days, grocery chain Giant Eagle announced today that it will no longer sell foie gras—a “delicacy” that is made by force-feeding ducks and geese until their livers swell up and become diseased—in any of its 230 stores!

This is a huge victory for the thousands of ducks and geese who are tortured and killed each year to make foie gras. With this compassionate decision, **Giant Eagle** follows in the footsteps of **Whole Foods** (which also banned the sale of foie gras in its stores) as well as the state of **California**, the city of **Chicago**, and **16 nations across the globe** that have banned the production of foie gras.

Thank you so much to everyone who e-mailed and called Giant Eagle to urge the company to stop selling foie gras. Because of you, this horrible product is one step closer to extinction.

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**EVEN'S OUT AND ABOUT** at the 25th Annual Public Interest Environmental Law Conference at the UO **March 2, 3, 4**. And at the Sustainability Fair at LCC on **March 6**. Please stop by our table to say hello. It's always fun to say hi to old friends and to meet some new ones!

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**SHOP RED BARN NATURAL GROCERY** on Customer Appreciation Day - 3rd Sunday - **March 18** - to receive your 10% discount.

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**VEGAN POTLUCK** - Karen and Wesley's vegan potluck continues on 3rd Fridays - **March 16** - McNail-Riley House - 13th & Jefferson, Eugene, 7pm. 341-1690

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**THANK YOU CAPELLA MARKET** for supporting EVEN's educational efforts and welcoming us back at your store for more tabling time.

**THANK YOU, LINDA**, for helping to organize EVEN's 2nd Annual Business Meeting!  
**THANK YOU, ANGELA**, for kindness and generous donations.  
**THANK YOU, EWEB** for considerate use of your Board Room.  
**THANK YOU, LAUGHING PLANET** for providing us with an indescribably delicious lunch!

**THANK YOU, E-the Environmental Magazine; Angela Egremont of Knit Wits; F.A.R.M.; Vegetarian Times; Mike Anderson (*The RAVE Diet*); David Gabbe (*David's Pure Vegetarian Kitchen*); Dr. Caldwell Esselstyn (*How to Prevent and Reverse Heart Disease*); Penguin Publishing; Brian McCarthy; Lantern Books; Jason Waligoske; V-Dog Food; Vegan Essentials; LifeforceFood.org; EWEB; Lyris Cooper; LCC; Laughing Planet; Monica Cho.**

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**CAN YOU SPARE THE CHANGE?** I mean can you share the change? Please?

Please keep EVEN posted of your change of address, change of phone, change of email, and other changes, to keep things running smoothly. Thank you!

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**HOPE TO SEE YOU MONDAY, MARCH 5 - 2ND ANNIVERSARY CELEBRATION!**

7 pm, McNail-Riley House, 13<sup>th</sup> & Jefferson, Eugene. *(See attached flyer)*

**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. [www.eugeneveg.org](http://www.eugeneveg.org) Peace.

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