

EVEN NOW 9/17/10

NEW VEG MUSIC VIDEO!

Listen to this new music video and song to promote the vegetarian/vegan cause, starring music artists **Greg Cipes** and **Jah Sun**. You can watch it [HERE](#) Prepare to be delighted!

The website behind their mission of promoting vegetarianism through multi-media can be found at <http://www.ohwhyohwhy.org/>

Enjoy!

PORTLAND VEG FEST THIS WEEKEND!!!!

Just another reminder...

Delight in delectable free food samples, engaging speakers and chef demos, 100 veg-savvy exhibitors, and the fun family area at the **Oregon Convention Center from 10am-6pm, September 18 and 19.**

VegFest celebrates and promotes sustainable, compassionate and healthy food choices and lifestyles, and this year's event features an amazing array of options!

VegFest will feature celebrity chef **Tal Ronnen**, top-notch doctors and dietitians including **Michael Klaper, Brenda Davis, and Michael Greger**. And fascinating presentations by: **Christopher Weber, Gordon Saxe, Robert Cheeke**. Check out complete line-up of speakers, chef demos, and exhibitors at PortlandVegFest.org

See you at the 'fest!

It is a sobering thought that animals could do without man, yet man would find it almost impossible to do without animals. - **Ruth Harrison** (1920-2000)

VEGAN WEIGHT LOSS WEBSITE

Here is an interesting, informative and exciting website with numerous and varied topics. See samples below:

It is a pleasure to watch vegan children as they grow up strong and healthy. See more [HERE](#)

Looking for good vegan bread? Try a natural food store. Read more [HERE](#)

12 Basic Weight Loss Facts - [Study these weight loss facts](#) and always be aware of them. Some people fail to lose weight on a vegan diet because they are not aware of these facts.

NEW GARBANZO GRILL LOCATION

Garbanzo Grill
394 Blair Blvd (at The Tiny Tavern)
Eugene, 97402
TU-SA, 11 am to 6 pm
www.garbanzogrill.com/
541-852-8944

Same great food --- new location!

WINE AND MUSIC – LIGHTHOUSE FARM SANCTUARY

Please join us at the Lighthouse Farm Sanctuary for the 8th annual [Wine and Music at the Farm](#) on **Saturday, September 25, 2010**, from 2 PM to 6 PM. Enjoy a no-host wine bar and tasty vegetarian food while you kick up your heels to lively local music — all under the roof of our long-anticipated new barn. More info [HERE](#)

Modern man no longer regards Nature as being in any sense divine and feels perfectly free to behave toward her as an overweening conqueror and tyrant. - **Aldous Huxley** (1894-1963)

THE NEW VEGANS

[*The Patriot News* (Harrisburg PA) highlights [Physician's Committee for Responsible Medicine \(PCRM\) 21-day Vegan Kickstart Program](#)]

Mark Juers hangs spread-eagled on a two-story rock-climbing wall, fingers and toes searching for holds that will support his wiry, 6-foot-4-inch frame as he climbs.

His wife, Kelleigh, works on her rock-climbing skills nearby. Down at floor level their 10-month-old daughter, Moxie, mimes climbing, but she's mostly just trying to stay upright .

The Juers did not stop for Sausage McMuffins at McDonald's to fuel their morning workout at Climbnasium near New Kingstown. Instead, they shared a tofu frittata made by Mark in the kitchen of their Carlisle home. [Read more here](#)

THANK YOU!

JANICE STANGER - Thank you, Dr. Stanger, for a fantastic presentation to EVEN on 8/31. See Janice's "*10 Secrets to Success with a Whole Foods Diet*" [HERE](#) and more info here at her [Perfect Formula Diet](#) website.

TURTLE MOUNTAIN - Thank you, [Turtle Mountain](#), for donating so much **So Delicious** to EVEN's 8/31 educational gathering. Coconut Milk Beverage, Super Premium Coconut Milk, Cultured Coconut Milk Yogurt, Coconut Milk Minis, Fruit Sweetened Soy Milk, Cultured Coconut Milk, Coconut Milk Creamers, Coconut Water Sorbets...WOW! How vegan-yummy! Thank you for your generosity! Learn more [HERE](#)

MORE EVEN SPONSORS and SUPPORTERS - Thank you **Jay K., Denise McClatchey, Jamie Gorbet, [Turtle Island Foods, Sundance Natural Food Store.](#)** Your support of EVEN is most appreciated!

MOUNTAIN ROSE HERBS! - Sincere thanks to **Mountain Rose Herbs** for their ongoing and generous support! MRH is a vegan-owned and operated local green company who has been a major donor for 4 years. THANK YOU, Mountain Rose Herbs! Visit their website [HERE](#) and read their September newsletter [HERE](#)

EVEN VOLUNTEERS – Thank you, **Linda, Stacy, Jay** and **Hilliard** for your help on 8/31. We couldn't do it without you!

VISIT OUR OTHER SPONSORS

Please go to EVEN's [website](#) and visit all our corporate sponsors by clicking on their logos in the righthand column of any page. Thank you to everyone who helps EVEN in its outreach and education!

Our treatment of animals will someday be considered barbarous. There cannot be perfect civilization until man realizes that the rights of every living creature are as sacred as his own. - **Dr. David Starr Jordan** (1851-1931)

WORLD FARM ANIMALS DAY – October 2

Lest we forget their suffering...

Let's hold animal agriculture responsible for its corrupt dealings with the American public! Read **FARM's** [5 Dirty Secrets Animal Agribusiness Doesn't Want You to Know](#).

World Farm Animals Day is a campaign of [Farm Animals Rights Movement \(FARM\)](#), a national nonprofit organization promoting a vegan lifestyle through public education and grassroots activism in order to end the use of animals for food.

This year's observance is supported & promoted by: [Mercy for Animals](#), [PETA](#), [Compassion Over Killing](#), [In Defense of Animals](#), [Vegan Outreach](#).

Our grand business is not to see what lies dimly at a distance, but to do what lies closely at hand. - **Thomas Carlyle** (1795-1881)

TAKE ACTION

Read Action Alerts for **Rodeo Cruelty** and **Carriage Horses** in **NW In Defense of Animals** Update. Check it out [HERE](#) and [HERE](#)

IDA gives us direct links to the right places to make comments so that our voices are heard!

As a member, you'll receive IDA's weekly eNewsletter, which includes reports on the latest developments in animal rights, updates on IDA campaigns, and Action Alerts that allow you to defend and champion animal rights from the convenience of your desktop. Sign up to receive NW IDA's newsletter [HERE](#)

RIGHT AROUND THE CORNER

More fun and informative presentations on the horizon at EVEN planned for **October** and **November**. Stay tuned for more information!

RESOURCES

Check out EVEN's website for great pages of useful and helpful information. Find [Recipes](#) here! Check out some of the [Best Veg Links](#)!

And go here to our Archive for some of our past [Newsletters and Announcements](#)

WANTED: Volunteers!

EVEN needs more great volunteers who are knowledgeable, friendly and reliable. Please contact us at eugvegedunet@comcast.net if you can offer an hour or two each month, especially if you have telephone, computer, office or business experience. EVEN is growing and we need your help and support. Thank you.

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3) non-profit** based in Eugene 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 **Peace.**