

**EVEN NOW 2-4-11**

**SPECIAL Upcoming EVENT**  
**EVEN'S 6<sup>TH</sup> ANNIVERSARY**  
**CELEBRATION**

**Tuesday, 3/1/11, 7pm**  
**McNail-Riley House**  
**601 W. 13<sup>th</sup> Av (@ Jefferson), Eugene.**  
**(Park free in fairgrounds across the street!)**

**FREE! Open to everyone!**

**Please join the celebration with music,  
food samplings from Cornbread Café,  
Viva! Vegetarian Grill, and other treats  
and surprises!**



~~~~~

**Climb the mountains and get their good tidings. Nature's peace  
will flow into you as sunshine flows into trees. The winds will  
blow their own freshness into you, and the storms their energy,  
while cares will drop off like autumn leaves.**

**- John Muir (1838-1914)**

[click on hot topics]

**NEW! NEW! NEW!**

## [Claudia Delman Interview!](#)

Read EVEN's exclusive interview with PCRM's **Claudia Delman**.



## [Vegan Essentials has over 30 New Items!](#)

Check all of them out and save 10%!

## [Japanese Miso Soup: 3 Easy Recipes](#)

Miso soup is a quick, easy and light soup and is a staple of Japanese cuisine.



## [Healthy "junk" food for the big game.](#)

For example, how about an absolutely yummy "cheese" type dip with no animal or dairy products!

**The conventional view serves to protect us from the painful job of thinking. —John Kenneth Galbraith, Canadian-American economist (1908–2006)**

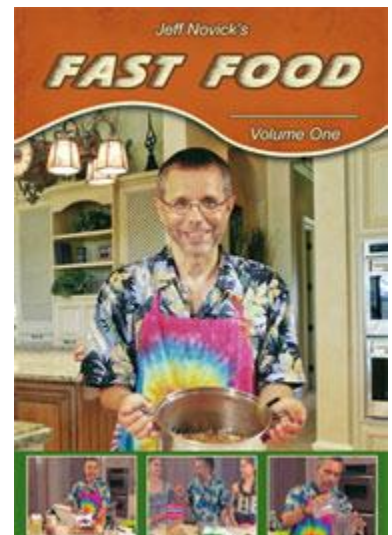
[\[click on hot topics\]](#)

## [Another Star McDougaller! Cathy Stewart](#)

“**Dairy** had been a major trigger for my asthma all my life, and not one doctor (until Dr. McDougall) ever suggested the possibility that eliminating it could be a virtual cure for me. In fact, when I asked my doctor point blank if a vegan diet would help my asthma, he said, “No.” It’s a good thing I didn’t listen to him. Back when I was in college, when I was a lacto-ovo vegetarian, I ate a ton of cheese and drank a lot of milk. **I realize now that I actually made myself sicker by replacing meat with dairy.**” [>>MORE](#)

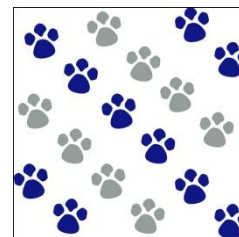
## [Fast Food - A Common Sense Approach to Health](#)

In this essential DVD, nutritionist and Chef, Jeff Novick, takes on Fast Food in his own exuberant style, demonstrating how anyone can **create a healthy, low cost, delicious and easy meal in under ten minutes.**



[Happy Cow Moozine – Your vegin' out newsletter](#)

[Don't Put Your Dog Out In the Cold!](#)



**Peace cannot be achieved through violence, it can only be attained through understanding. - Ralph Waldo Emerson (1803-1882)**

[click on hot topics]



## [Mountain Rose Herbs Jan/Feb 2011 Newsletter](#)

Monthly specials – Lovers Essential Oil Kit and More!

## [Disaster Relief - IDA Rushing Aid To Australia Following Massive Floods](#)



IDA has played a vital relief role after many natural disasters, from the Oakland, California fires in 1991, to Hurricane Katrina in 2005, and, most recently, the earthquakes in Haiti and Chile in 2010.

And now a new tragedy: severe flooding in Australia, where it is believed that [>>MORE](#)

## [Washington State Ballot Initiative](#)

Launch of an important ballot measure in Washington state to protect egg-laying hens from cruel battery cage confinement.

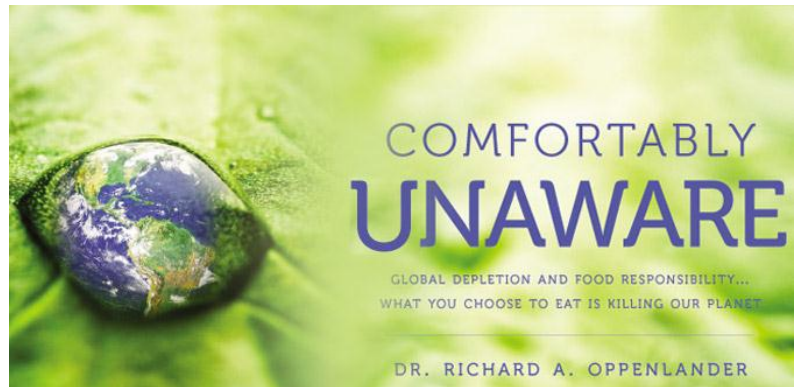


**We should give all animals the benefit of the doubt that they are fully sentient, even if our senses are too dull to appreciate fully their intelligence. – Holly Cheever, DVM**

[click on hot topics]

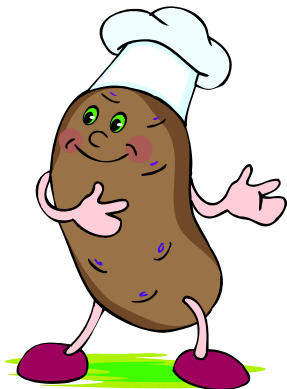
## [Comfortably Unaware by Dr. Richard Oppenlander](#)

Essential reading! Dr. Oppenlander provides entirely new perspectives on our culture and how this global crisis reached such startling proportions. Most important, ideas on how to solve the problem.



## [Farm Sanctuary ACT Alert!](#)

A compassionate world begins with you. A new year for ACTivism.



## [60 Days of Potatoes – 21 lbs Lighter!](#)

(Isn't this what Dr. McDougall has been telling us for decades?!)

## [Great American Meatout 2011](#)

Observed annually since 1985, Meatout has grown to become the world's largest grassroots diet education campaign. On (or around) March 20th, caring people in all 50 U.S. states and two dozen other countries will publicize the benefits of plant-based eating.



[click on hot topics]



## [Online Poll: Do you support Canada's new deal to sell seal meat to China?](#)

Vote: No in the poll below the article.

**My respect and empathy towards animals includes sea dwellers too---from dolphins to fish to lobsters. So, of course, I wouldn't dream of eating them. – Alexandra Paul**

## [Sleep Apnea: Too Fat to Breathe](#)



## [7 Quick Tips for Vegetarian Health](#)

The first tip is - you guessed it - eat more greens!

## [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!

**A human being is part of the whole, called by us "Universe,"  
a part limited in time and space.**

**He experiences himself, his thoughts and feelings  
as something separated from the rest –  
a kind of optical delusion of his consciousness.**

**This delusion is a kind of prison for us,  
restricting us to our personal desires  
and to affection for a few persons nearest to us.**

**Our task must be to free ourselves from this prison  
by widening our circle of compassion  
to embrace all living creatures  
and the whole [of] nature  
in its beauty.**

**~Albert Einstein, 1950**

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!*

