



**EVEN NOW 5-7-08**

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## **NORTHWEST VEG GROUP 2008 VEGFEST**

Mark your calendars! **Portland's Northwest Veg Group's 2008 annual veg festival** begins **Friday, May 9**. Doors open **6:15pm** with music by **Anima Bhakti**. Keynote speech at **7pm** by **Howard Lyman**, "*Destroying the Earth One Bite at a Time*".

Veg Festival continues **Saturday, May 10, 10am to 6pm**. Get more details, including a discount coupon and a [map](http://portlandvegfest.org/2008/), at <http://portlandvegfest.org/2008/>



## **GINGER CARLSON BOOK SIGNING 5/10**

[Ginger Carlson](#), a staff writer for *VegFamily Magazine*, who recently presented "**The Joyful Vegan Family**" to EVEN's group on 5/7, is having a book release party you won't want to miss! *Child of Wonder: Nurturing Creative and Naturally Curious Children*, is the latest addition to her *Wonder Collection*. See you at Cozmic Pizza/The Strand at 8<sup>th</sup> & Charnelton, Eugene on **Saturday, 5/10, 7pm**. Music, fun, booksigning. Featuring the music of the Sugar Beets. Ginger has been eating and cooking vegetarian for almost 20 years. She is a parent and advocate and, as author of *The Wonder Collection*, you will find her new book---as you might expect---WONDERFUL! [>>MORE](#)



## **A SPROUTING CLASS**

For new or seasoned sprouters presented by [Lifegive Chiropractic](#)

Add life to your life by growing your own green food---indoors---all year round.

**Wednesday, May 14, 4pm**  
**Wednesday, May 28, 4pm**

One class \$20 or both classes \$30.

Classes will be held at: **Lifegive Chiropractic, 1755 Coburg Rd., Bldg. 4, Eugene OR.**

Please RSVP to: 484-5433 or [cstoutland@yahoo.com](mailto:cstoutland@yahoo.com)

These classes will be taught by **Carol Stoutland**, a chiropractor and Hippocrates Health Educator who has been growing sprouts for more than 15 years.  
*[Carol is veg and an EVEN member.]*



## **HOLY COW STAYS AT UO CAMPUS**

That's right everybody! As you've probably heard, **Holy Cow** (the only eco-friendly café on campus) is staying in the EMU! Thank you to all the EVEN folks over the past months who called and sent emails to the EMU on behalf of Holy Cow. It certainly helped in the process and I'm certain **Holy Cow** must be grateful for all your support.

Also, congratulations to the amazing SETA group members at UO who worked tirelessly to keep the **Holy Cow Café** serving up its delicious and organic food! This group worked so long and so hard, they are truly an inspiration.  
<http://www.registerguard.com/csp/cms/sites/dt.cms.support.viewStory.cls?cid=97552&sid=4&fid=1>



## **A PRIMER IN NUTRITION**

**Nutritional Foundations – A Lesson in Basic Nutrition from Dr. John McDougall**  
**[correction to link in last newsletter]**  
[http://www.drmcDougall.com/medical\\_nutrition.html](http://www.drmcDougall.com/medical_nutrition.html)

And try these [8 fabulous, nutritious, non-fat recipes](#) by Mary McDougall. I've already made 4 of them and they are "you-won't-be-disappointed" delicious! Way to go, Mary!! I love them because they are simple, quick and healthful, and you will, too!

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.**

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