EVEN NOW 2-24-11

SPECIAL Upcoming EVENt

EVEN’S 6TH ANNIVERSARY CELEBRATION

Tuesday, 3/1/11, 7pm
McNail-Riley House
(Park free in fairgrounds across the street!)

FREE! Open to everyone!

Please join the celebration with music by Eric, food samplings from Cornbread Café, Viva! Vegetarian Grill, The Divine Cupcake, with goodies from Tofutti, Annie’s, Eden Foods, and other treats and surprises!

>> More information here!

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NEW! NEW! NEW!
Matt Bear Interview!

Read EVEN’s exclusive interview with Matt Bear of NonViolenceUnited.org.

Every day you are invited to make choices. Live your values. Change the world. – Matt Bear

Ask the University of Mississippi Medical Center to stop using pigs in its student labs!

Animals are reliable, many full of love, true in their affections, predictable in their actions, grateful and loyal. Difficult standards for people to live up to. – Alfred A. Montapert
What is AHIMSA?

A vegan diet affects our food choices and is limited to what we eat, but a vegan lifestyle has a farther-reaching impact. A vegan lifestyle means all our decisions and actions are interwoven and none stands isolated. All life is interconnected. So, decisions about shopping, entertainment, clothes, as well as our meals, are interconnected. And that includes our relationships with the earth, the animals and people!

With that in mind, the following excerpt by H. Jay Dinshah (1933 - 2000), Founder and President, American Vegan Society from American Vegan magazine explains and summarizes the deeper basis of veganism:

Ahimsa is a Sanskrit word for non-killing and non-harming. It is not mere passiveness, but a positive method of meeting the dilemmas and decisions of daily life. In the western world, it is called Dynamic Harmlessness. The six pillars of this dynamic philosophy for modern life (one for each letter: A-H-I-M-S-A) are:

Abstinence from animal products
Harmlessness with reverence for life
Integrity of thought, word, and deed
Mastery over oneself
Service to humanity, nature, and creation
Advancement of understanding and truth

Man cannot pretend to be higher in ethics, spirituality, advancement, or civilization than other creatures, and at the same time live by lower standards than the vulture or hyena. The Pillars of Ahimsa indisputably represent the clearest, surest path out of the jungle, and toward the attainment of that highly desirable goal. — H. Jay Dinshah, Out of the Jungle, 1967

>> Read more here about Veganism
NBA’s Carmelo Anthony Credits Fasting Diet For Scoring Spree

Buy Kind
Buy Kind – Eliminate Suffering – Illuminate Joy!!!!!!!!
All vegan all the time!

John Robbins’ Chocolate’s Startling Health Benefits
The food police may find this hard to take, but chocolate has gotten a bad rap. People say it causes acne, that you should eat carob instead, that it’s junk food. But these accusations are not only undeserved and inaccurate, they falsely incriminate a delicious food that turns out to have profoundly important healing powers. >> MORE

May our walking on earth be gentle as the union of the butterfly and the flower. - Traditional Buddhist Blessing
Thank you, Adeline Bash, and Ethos Magazine for asking EVEN to participate!

The most important thing anyone can do is to become vegan and to educate others about why taking animals seriously means being vegan. As more and more people become vegan, demand drops and consciousness about the immoral and unjustifiable nature of animal use is raised. I regard veganism as the most important form of activism for nonhuman animals. Veganism is the principle of abolition applied to the life of the individual. – Gary Francione, Lawyer, Professor, Author

2011 Vegetarian Summerfest
Treat Yourself to Something Special
July 5 – 9, Johnstown, PA
37th Annual Conference of the North American Vegetarian Society
Over 50 informative and inspiring Speakers!
Anti-Fur Society Conference
June 25-26, 2011, Alexandria, VA

Anti-Fur Society and Shannon Keith, film producer and director of Skin Trade and Behind the Mask, will be holding their first Conference in the Washington DC metro area, in the Old Town of Alexandria, June 25-26, 2011. All the exciting details are on their website.

Although this conference will be focusing on all fur-bearing, animal-related issues, particularly the fur industry, they are also addressing other non-human animal issues, including the environment and a plant based lifestyle.

After they had accustomed themselves at Rome to the spectacles of the slaughter of animals, they proceeded to those of the slaughter of men, to the gladiators. - Michel de Montaigne (1533-1592)

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!]
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Nothing is more precious than peace. Peace is the most basic starting point for the advancement of humankind. - Daisaku Ikeda (1928 - ) - Educator, Author, Peacebuilder

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](#) Peace.

Let's all work together!
The Dairy Industry in a Nutshell
By David Shrigley
(thank you, Claudia!)