



# **EVEN NOW UPDATE 8/15/16**

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## **Join Us For a Free Presentation:**



### **The Dangerous Truth About Protein**

**Presented by Janice Stanger, PhD**

**Saturday, 8/20/16, 2pm**

Eugene Library  
100 W 10th Ave, Eugene

**FREE**



DR. MCDOUGALL'S  
HEALTH & MEDICAL CENTER

*It's the Food.™*

## Free Health Info: Watch McDougall's Moments

*Short video lessons from John A. McDougall, M.D.*

[Dr. John McDougall: Spread the Good News](#)

[Dr. John McDougall: Skin Conditions](#)

[Dr. John McDougall: Protein and Muscles](#)

[Dr. John McDougall: Osteoporosis](#)

[Dr. John McDougall: Sunshine & Vitamin D](#)

[Dr. John McDougall: The All Vegetable Diet](#)

[Sign up for McDougall's Moments – Free!](#)

## In the Mood for Something a Little Different?



If the thought of sitting naked in a cubicle with two other naked patrons and eating vegan food interests you, go to **The Bunyadi** in London, where everything is naked - from the decor to the food, and from the waiters and waitresses to the patrons. Food is made with raw ingredients and cooked naturally. There's no electricity, and there are no phones. There is, however, a waiting list of 40,000 people.

## Summer's **HOTTEST** Trend: Vegan Dining



**Dandy Diner**, all-vegan restaurant in Southeast Berlin, Germany, had a party to mark its opening. “It was simply too full,” police said, explaining that the crowds were spilling into the road and they were no longer able to guarantee everyone’s safety as 300 people were packed inside

the restaurant and another 500 were waiting outside.

And this eatery isn’t the only one teeming with public interest...

Earlier this year, the **Herbivorous Butcher**, an all-vegan butcher shop was greeted with a line around the block when it opened its doors in Minneapolis, Minnesota, and Croyden’s **Buttercream Dreams** in the United Kingdom sold out of food on its opening day.



Similarly, Whole Foods in Boulder, Colorado – the first to stock the all-new plant-based **Beyond Burger by Beyond Meat** – sold completely out of the product within the first hour.

Already this year, **by CHLOE**, a fast-casual vegan concept co-founded in 2015 by vegan chef, cookbook author and Cupcake Wars winner Chloe Coscarelli, has added several locations outside its original four in New York City—namely, in Boston and Los Angeles—and more expansion plans are on the way.

Even burger chain **Wendy’s** has gotten in on the action, seeing strong demand and a ton of positive buzz for its vegan Black Bean Burger, which is currently being tested in select markets.

With **Vogue Paris** “inspiring us to eat well” with its recent *Let’s Cook Vegan* article, and the prestigious **Culinary Institute of America** challenging chefs and foodservice professionals to reconsider the use of animal-based proteins for both health and environmental reasons, we expect to see even more options, and more excitement, in coming months.

# Where to Eat in Eugene/Springfield

## by Kim Smith

**VEGEATS**  
Eugene • Springfield

All new **VEG EATS Restaurant Guide** for the Eugene/Springfield area. Now available online.

[Download your copy today!](#)

## 6 Tips for Finding Vegan Options at Restaurants

- 1. Call ahead:** When in doubt, phone ahead and speak to a manager about the restaurant's vegan options. *Extra tip:* Try not to call during popular meal time hours when management and staff have their hands full.
- 2. Go ethnic:** Check out ethnic restaurants such as those serving Thai, Japanese, Indian, Mexican and Chinese food, as these can often make dishes vegan if those options aren't already on the menu.
- 3. See if there's a special menu:** Ask if the restaurant has a special menu for vegan diets. Often, those that do have one don't advertise the fact, so you won't know if you don't ask.
- 4. Ask about substitutions:** Ask whether non-veg ingredients can be left out of the dish and/or removed from the cooking process, or whether vegan substitutions for non-veg ingredients can be made (Note: Some places may charge extra for this).
- 5. Verify it's vegan:** Hidden ingredients such as butter, milk, cream, eggs, lard, cheese or honey may not be listed on the menu, especially for breads, pastas, salad dressings, and desserts, so it's always a good idea to confirm that the items you're ordering are, in fact, vegan.
- 6. Show a little gratitude:** Politely thank your server for answering your questions and helping to identify vegan options.



A Quick Guide to  
Vegan Dining Options

Brought to you by  
Eugene Veg Education Network  
(EVEN)

More at [www.EugeneVeg.org](http://www.EugeneVeg.org)

Be the change  
you wish to see  
in the world.

Mahatma Gandhi

## New Product Alert: Vegan Marshmallows!

**Trader Joe's** recently started stocking its own brand of big, fluffy vegan (gelatin-free) marshmallows so that now everyone can partake in the campfire fun! **Vegan Essentials** has been stocking vegan marshmallows for a long time, so check them out at [VeganEssentials.com](http://VeganEssentials.com)

***S'MORE, PLEASE!***



## UConn Dining Wins Award for Vegan Crabcakes

*The University of Connecticut dining service has won a national award for a vegan recipe it serves in its dining halls.*



The school's vegan crabcakes with remoulade sauce has been named the best vegan meal by the National Association of College & University Food Services.

The main ingredient in the dish is hearts of palm, which the school says is used to emulate the texture and flavor of crab.

The school says many of the

other ingredients are brought in from UConn's Spring Valley student-run farm.

The school says about one-fifth of the 12,000 recipes served in the school's eight dining halls are vegan. – ***Associated Press***



## **GOOD NEWS! Ringling Brothers No Longer Using Elephants in its Circus Performances**



After enduring years of criticism from animal rights activists, Feld Entertainment, the parent company of **Ringling Bros and Barnum and Bailey**, announced **March 2015** that it would phase out the use of endangered Asian elephants in its circus performances within three years. Then, less than a year later, the company said it was expediting the process and would be retiring the 11 elephants still travelling for circus shows even earlier---by **May 2016**.

These last working circus pachyderms are now able to join 31 of their predecessors at the **Center for Elephant Conservation**, a 200-acre elephant refuge in central Florida created by Ringling Bros. in 1995 to care for, conserve, breed and study Asian elephants.

“There’s been somewhat of a mood shift among our consumers,” says **Alana Feld**, the company’s executive vice president. “A lot of people aren’t comfortable with us touring with our elephants.”

No doubt, part of the reason for that mood shift has been the advocacy work of groups like the **American Society for the Prevention of Cruelty to Animals (ASCPA)**, the **Humane Society of the United States (HSUS)** and **People for the Ethical Treatment of Animals (PETA)**---each which has campaigned tirelessly to halt the use of Asian elephants in America’s iconic circus act. Testimonials from former circus employees and photographic evidence provided by these groups helped convince the US Department of Agriculture to fine Ringling Bros. \$270,000 in 2011 for violations of the Animal Welfare Act.



Some of the documented abuses include Ringling Bros. elephants getting whipped and beaten by trainers and “yanked by heavy, sharp steel-tipped bull hooks behind the scenes prior to performing.”

A PETA investigator who travelled with Ringling Bros. for several months documented many of the circus’ elephants swaying and rocking continuously---“**neurotic and abnormal behavior typically seen in animals who are suffering from extreme stress, frustration, and boredom.**”



Meanwhile, **baby elephants were “torn away from their mothers and subjected to violent training sessions [to] learn how to perform tricks.”** PETA adds that at least 30 elephants, including four babies, have died prematurely from accidents or disease while travelling with Ringling Bros. since 1992.

While circus fans will certainly miss the elephants’ presence in the ring heralding the opening of each show and performing synchronized dance routines, they’ll be glad to know that these lovable and endangered animals

will no longer suffer abuse or be exploited for their entertainment value.

That said, Ringling Bros. **does continue to use lions, tigers, zebras, llamas, goats, horses, camels and dogs in its circus performances---a fact that animal rights activists remain unhappy about.** For its part, PETA wants Ringling Bros. to pull all of its animals from their performances immediately. “Tigers and lions spend most of their lives in cramped transport cages,” the group reports, adding that these and other animals travelling with the circus “are denied everything that is natural and important to them.”

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Contacts: Ringling Bros., [www.ringling.com](http://www.ringling.com); Center for Elephant Conservation, [www.ringlingelevatorcenter.com](http://www.ringlingelevatorcenter.com), PETA, [www.peta.org](http://www.peta.org); HSUS, [www.hsus.org](http://www.hsus.org); ASPCA, [www.asPCA.org](http://www.asPCA.org) EarthTalk® is produced by Roddy Scheer and Doug Moss and is a registered trademark of the nonprofit Earth Action Network. To donate, visit [www.earthtalk.org](http://www.earthtalk.org). Send questions to: [question@earthtalk.org](mailto:question@earthtalk.org)

# How to Travel Anywhere While Vegan



For those starting out with a vegan lifestyle, traveling can be intimidating. I know it was for me. Around this time last year, I'd only been vegan for six months and was preparing for a road trip across the United States. While I was thrilled to see parts of the country I'd never visited, I was nervous about maintaining a plant-based diet. How would I manage to get through deserted, rural areas on Route 80? What about through the Midwest, known for its animal agriculture? I was committed to a strict lifestyle but didn't want to starve myself en route, either.

However, I learned that you can manage a vegan diet while traveling — even in the Midwest, where I now live. While planning your next adventure, remember these tips.

Essentially, [Happy Cow](#) is just like Yelp, but for vegans and vegetarians. It compiles a list of vegan, vegetarian and veg-friendly restaurants based on your location. Even if a listing isn't strictly vegan or vegetarian, you can count on some sort of option on their menu. Feel free to leave reviews, too!

There are also region-specific vegan travel guides available online. Search "vegan" with whatever destination you're visiting online.

## ~ **Know what's accidentally vegan.**

A few years ago, PETA put together an Accidentally Vegan Food List. This list isn't exactly healthy or ideal, but it's a great resource if you're stuck at a gas station or airport with limited options. This list compiles processed (mostly junk) foods you can find almost anywhere: Lay's classic potato chips, Ritz crackers, Sour Patch Kids, etc. Oh, and of course, you can't forget Oreos.

## ~ **Pack snacks before you leave.**

Although most places have some form of vegan option, it'll probably be French fries or a bland salad without much nutritional value. You're better off packing what you prefer to snack on. Aim for foods with protein, vitamins and other important nutrients you won't find on the accidentally vegan list.



In college, I studied abroad in Bangalore, India. I didn't pack my favorite vegan snack with me (barbeque Lay's) and once I got there, I couldn't find them anywhere. My dad ended up mailing an entire package filled with barbeque chips. Don't make the same mistake!

~ **Learn relevant vocabulary in different languages.**

If you're visiting a foreign country, learn some helpful vocabulary before you leave. For instance, research how to say "vegan" and "vegetarian" online in prospective languages. This will help communicate your dietary restrictions to food workers abroad.

You should also know phrases like "no eggs" and "no dairy" since definitions of veganism and vegetarianism vary cross-culturally. If you have difficulty pronouncing certain words and phrase, make a list and carry it around with you whenever you eat.

*Source: Danielle Corcione, Care2*

## Get Out of Town: Vegan Vacation Directory



**Veggie Hotels Around the World**

**[www.veggie-hotels.com](http://www.veggie-hotels.com)**

Lists vegetarian hotels, B&Bs and guesthouses in over 50 countries.



**Veg Voyages Vegan Adventures Tours**

**[www.vegvoyages.com](http://www.vegvoyages.com)**

Specializes in responsible travel and green, cruelty-free, plant-based adventures in Asia.



**Green Earth Travel, LLC**

**[www.greenearthtravel.com](http://www.greenearthtravel.com)**

Offers a wide range of travel options.



### **Vegan Travel**

[www.vegantravel.com](http://www.vegantravel.com)

Community-run site sharing travel guides, travel tips, video tours, travel blogs, destination reviews and more for vegan travel throughout North America, Europe, Asia, Oceania and South

America.



### **Vegan River Cruises**

[www.veganrivercruises.com](http://www.veganrivercruises.com)

Full ship charter cruises along Europe's most picturesque rivers.



### **Vegvisits**

[www.vegvisits.com](http://www.vegvisits.com)

Online community and global home/room/vacation property-sharing network for connecting vegans, vegetarians, and raw enthusiasts with like-minded host properties.

## **Saving Dogs Locked in Hot Cars**

***It takes only minutes to save a life***

**Leaving pets locked in cars is never safe, but when the weather gets warmer, it can be deadly.**

High temperatures can cause irreparable organ damage and death. Protecting animals from an unnecessary death is a problem we can all agree to prevent.



## How to help a pet left in a hot car:

- Take down the car's make, model and license-plate number.
- If there are businesses nearby, notify their managers or security guards and ask them to make an announcement to find the car's owner. Many people are unaware of the danger of leaving pets in hot cars and will quickly return to their vehicle once they are alerted to the situation.
- If the owner can't be found, call the non-emergency number of the local police or animal control and wait by the car for them to arrive. In several states good Samaritans can legally remove animals from cars under certain circumstances, so be sure to know the laws in your area and follow any steps required.

## Other ways to help:

- **Get informed:** Learn your town's and state's laws about leaving pets in hot cars. An increasing amount of states prohibit leaving pets in hot cars, and some grant immunity to good Samaritans who must rescue pets in visible distress.
- **Be ready to call for help:** Gather essential telephone numbers and have them on hand. You'll want to have your local animal control agency's number and the police department's non-emergency number so you can quickly report the situation. Keep these numbers in your purse, your car's glove compartment or programmed into your phone.
- **Spread the word:** Distribute The Humane Society of the United States hot car flyer, which spells out the dangers of leaving pets in parked cars. Order more flyers on [animalsheltering.org](http://animalsheltering.org). You can also watch and share our retro video on the issue.
- **Get involved:** Ask local store managers, shopping malls, restaurants and other businesses to post signs asking customers not to leave their pets in their cars while shopping or dining. A huge part of the solution to this problem is raising awareness.

- **Speak up:** If your town or state doesn't have a law prohibiting leaving pets in parked cars, contact your local representatives or attend a town hall meeting to start lobbying for one. Learn the basics about advocating for animals with our activist toolkit.

*Source: The Humane Society of the United States*

## How to Become a Food For Thought Advocate



Check out the [Food For Thought Report Card](#) to see how animal organizations in your area rate on animal-friendly menu policy.

Visuals and memes (*examples below*) to share via social media:

<http://www.foodforthoughtcampaign.org/campaign-memes.html>



I did not attend  
your event because  
you served  
animal products

*Learn how to adopt an  
animal-friendly menu policy*



foodforthoughtcampaign.org





# 5 Ways to Stay Vegan in College



**There are plenty of stereotypes when it comes to vegan college students, but more often than not they don't turn out to be true.**

Sure, being a vegan college student can be pretty high maintenance. After all, it's tough to uphold your diet when late-night Papa John's pizza and cookie dough ice cream show up at your front door.

So to help you ease your struggle, here are five tips to help you keep to your vegan diet while in college.

## **1. Do your research**

We'll give you a pass on the books – you don't need to hit the library and flip through countless pages of scholarly reviewed journals. Thanks to the holy power of that thing called Google, you can find virtually anything online. Peruse the latest vegan food blogs and websites and you might just find that learning about this lifestyle can be super fun. Try making a list of vegan restaurants you'd like to visit and a list of vegan products you'd like to try out. You'll be surprised by how diverse this lifestyle is. From mac n' cheese, ice cream, omelettes (yes, vegan eggs exist,) to cheesecake, there's a vegan product to replace many of the regular food products you enjoy.

## 2. Be your own chef

It's time to step up your culinary game. Learning your way around the kitchen and not burning down your house isn't just about veganism, it's a life skill. It might be a little tricky when it comes to cooking in college since students don't always have access to a proper kitchen. But a microwave, portable electric stove, or blender can work super well if you refer to Google for some guidance. Discover endless possibilities in that tiny dorm room and foster your otherwise oppressed creativity you've gained since becoming an adult.

## 3. Veganize your meals

You can almost always veganize your meals when eating out. Most restaurants are more than willing to accommodate dietary needs, so don't be afraid to ask. However, try to do your research beforehand to avoid being "that vegan" who only orders salads or sits in the corner with a depressing cup of water. Look up the menus and check if vegan options are available. If not, and worse comes to worst, the [HappyCow app](#) will come to your rescue. It will help you find nearby vegan noms so you can satisfy even your fiercest cravings.

## 4. Eat your veggies and fruits

This one started to feel redundant as early as our childhood days. Instead of reaching for that evil packet of Oreos when late-night cravings creep up, try snacking on some fruits and vegetables. Better yet, make your own frozen banana ice cream! Fruits and vegetables are naturally high in water content so they'll give you the same satisfaction without sacrificing the nutritional values or your taste buds. Plus they require minimal to no preparation, which is perfect when you're constantly on the studying grind.

## 5. Reach out

Last but not least, surround yourself with like-minded people. Social media platforms like Facebook, Instagram, and Twitter are awesome resources for inspiration and finding your own community. Don't be afraid to connect with people online, be open-minded, and adventurous. Try attending events that cater to your lifestyle and interests.

**Source: *Vancity Buzz, Vancouver, BC***

## A&E Presents First-Ever Vegan Lifestyle Show

A new vegan lifestyle show is airing on A&E. It's called [Plant-Based by Nafsika](#) and stars Nafsika Antypas, a vegan lifestyle mogul and total inspiration.

The show takes viewers through plant-based cooking demonstrations and features interviews with celebrity guests, fashion icons, and vegan food experts.

**Source: PETA**

## Obama Signs Groundbreaking Animal Testing Law

***President Barack Obama signed a new law that will set unprecedented protections for animals by restricting animal testing and requiring regulators to develop new technology-based alternatives.***



The Frank R. Lautenberg Chemical Safety for the 21st Century Act updates the 40-year-old Toxic Substances Control Act of 1976, forces non-animal tests to be used whenever possible, and establishes a precedent for the developing of animal-free testing, such as in vitro and in silico methods. “The Lautenberg Act is a meaningful step forward for public safety because it promotes superior, human-relevant chemical test methods over slow, costly and unreliable tests on animals,” Kristie Sullivan, MPH, vice president of toxicology for the Physicians Committee for Responsible Medicine, said. Eighty-nine-year-old New Jersey Senator Frank Lautenberg had begun efforts to overhaul the “deeply flawed” 1976 Toxic Substances Control Act but passed away in 2013 before being able to complete his work. Vegan senator Cory Booker was elected to take Lautenberg’s place on the Senate that year, and continued with Lautenberg’s work, joining a number of other senators to bring the act before President Obama to be signed into law. Just this year, John Hopkins University School of Medicine and Brazil's second largest state both made strides in removing animals from medical training and cosmetic testing.

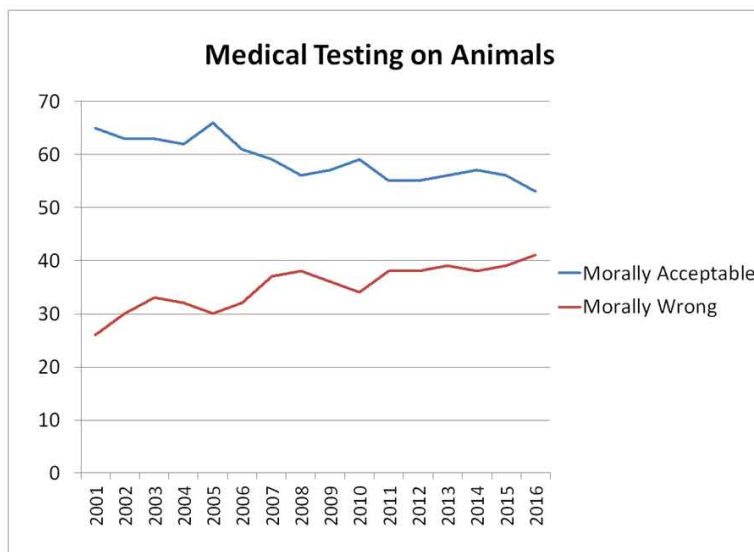
**Source: VegNews**

# Gallup Poll Finds Fewer Americans View Medical Testing on Animals Morally Acceptable

**41% of Americans say medical testing on animals is morally wrong**

A new Gallup Poll revealed that 53% of Americans believe that medical testing on animals is morally acceptable. The good news is that this number is down dramatically from the 65% who held that belief in 2001. Accordingly, the percentage of individuals who view the practice as morally wrong increased, from 26% in 2001 to 41% in 2016. The poll also revealed that 60% of Americans view cloning animals as morally wrong, a relatively consistent trend over the last 15 years.

These findings are consistent with trends observed on other animal-related issues. Last year, a Gallup poll showed that 67% of Americans are somewhat/very concerned about the use of animals in research, and that



almost a third of Americans (32%) believe animals should be given the same rights as people, up 25% from 2008.

This is not only great news for animals, but validation that NAVS' efforts to replace cruel, costly and flawed animal experiments with humane, innovative methods of research are working.

For more information, download the pdf from [Gallup](#)

**Source: National Anti-Vivisection Society (NAVS)**

**"It is not who is right, but what is right, that is of importance."**

- Thomas Huxley



# Easy Summer Recipes: Fresh & Fruity Popsicles

We recently had the pleasure of attending the monthly cooking demo hosted by **Cecelia Jacobson, RD, LD** at **Sacred Heart Medical Center's Oregon Heart & Vascular Institute**, where she showed how to make treats that the whole family will enjoy.

## **Ingredients:**

½ personal sized seedless watermelon, cut into chunks  
½ cup fresh raspberries  
1 cup sliced strawberries  
1 tsp stevia (or sweetener of choice), or to taste (optional)



## **Preparation:**

Puree watermelon chunks in a food processor or blender until smooth. Add the raspberries and strawberries, and continue to blend until pureed. Add stevia as desired.

Pour into popsicle molds (or pour into Dixie cups and insert popsicle sticks, which can be found in the craft section at Fred Meyer) and freeze until solid.

## Attend Cecelia's Cooking Demos!



Cooking demos presented by licensed dietitian **Cecelia Jacobson, RD, LD** are held on the **last Thursday of each month (except December) at 11:00 am and 5:30 pm** in the Oregon Heart & Vascular Institute building at Sacred Heart Medical Center in Springfield.

**Cost: \$10**

**Limited to 15 people per class**

Email [cjacobson3@peacehealth.com](mailto:cjacobson3@peacehealth.com) or call 541-222-1895

to find out which events are vegan, to get on the mailing list, and to reserve your spot at an upcoming demo.

# Easy Summer Recipes: Picnic-Perfect Salad

Oregon Heart & Vascular Institute's Cecelia Jacobson, RD, LD also shared with us this summer snap pea salad, which can be served hot or cold.



## ***Ingredients:***

- 1 cup dry bulgur
- 2 ½ cups low sodium vegetable broth
- 1 large carrot, finely chopped
- 1 stalk of celery, finely chopped
- 1 small onion, finely chopped
- 1 red bell pepper, finely chopped
- 3 Tbs tomato paste
- 1-2 cloves garlic, pressed/diced
- ¼ tsp dried oregano
- ¼ tsp salt
- 1 lb snap peas, trimmed

## ***Preparation:***

In a sauce pan, bring 2 ½ cups vegetable broth to a boil. Place dry bulgur in a separate sauce pan. Pour boiling vegetable stock over dry bulgur, cover the pan and allow it to stand for about 30 minutes.

Coat a large skillet with cooking spray. Sautee the carrot, celery, onion, and bell pepper until lightly brown. Stir in tomato paste, garlic, oregano and salt. Cook, stirring often until tomato paste starts to brown (about 2-3 minutes). Increase heat and stir in ½ cup water. Add snap peas and cook until hot but still crisp (about 1-2 minutes).

Drain bulgur in a strainer, if needed, and fluff with a fork. Combine snap pea mixture with bulgur, toss and serve.

*Yields: 8-10 servings (about 1 cup per serving)*

## Peel a Whole Head of Garlic in 10 Seconds



**Here's how:** Separate the garlic head into individual cloves and sweep the cloves into a bowl. Invert a bowl of similar size on top and shake it up. All the cloves will be either completely peeled or loosened enough to slip off easily.

## Saving water? Stop eating animals

Proclaiming that water conservation should be "one of Utah's core ethics," the Utah Division of Water Resources recently kicked off a nine-step pledge called "H2Oath."

However, even if all nine suggestions were widely adopted, it will barely make a dent in the state's water use because they fail to address the state's biggest waster: agriculture. In fact, because agriculture consumes 82 percent of Utah's water, the goal of a 25 percent reduction in water use is actually a statistical impossibility.

The vast majority of the water used for agriculture in Utah is used to produce hay and corn to feed farm animals. The "water footprint" of a beef hamburger is 15 times that of a veggie burger, and peer-reviewed studies have shown that a shift towards a plant-based diet would reduce society's water use by an astonishing 36 percent.

This is a much bigger bang for your buck than reducing our "average shower time by one minute." If you care about preserving our precious water resources, you can make the largest impact by going vegan, and the Division of Water Resources should start explicitly stating so.

Amy Meyer  
Utah Animal Rights Coalition

**Source: Salt Lake Tribune**

**"When you stop chasing the wrong things,  
you give the right things a chance to catch you."**

- Lolly Daskal

## **GOOD NEWS!** United Egg Producers Announces Elimination of Chick Culling By 2020

The Humane League convinced America's largest representative of egg producers to take a historic stance on ending the practice of shredding newborn male chicks. United Egg Producers represents 95% of all eggs produced in the country, making today's statement historic in its firm stance against the culling of newborn male chicks, which is currently standard practice in the egg industry. [>>MORE](#)

## **New Solid Vegan Site – Check out Ecorazzi**

# ecorazzi

**Ecorazzi** is the online magazine where people go to get the latest in news, pop culture, commentary, and animal justice with an unapologetically vegan voice. Written by vegans, for vegans (and soon to be vegans!) **Ecorazzi** seeks not only to change the way you see the world around you, but to give you the tools you need to go out into your community and be a change maker. From creating delicious new recipes to offering a fresh perspective on breaking news and viral trends, **Ecorazzi** is the most unique voice in online media. **Check it out at:** <http://www.ecorazzi.com/>

## **EVEN Receives 24 Carrot Award!**

### **24 Carrot Award**



**Vegetarians in Paradise** presents its **24 Carrot Award** to **Lin Silvan** and **Robert Jacobucci** for their efforts in founding and guiding **EVEN!**

What an honor! Thank you!

**Learn more and read through the full interview at** <http://www.vegparadise.com/24carrot.html>





## 2 Easy Ways to Support EVEN:

- (1) Shop online using the [Amazon Smile foundation program](#), and Amazon will donate 0.5% of eligible purchases to the **Eugene Veg Education Network (EVEN)**!



[Click to get started!](#)

- (2) [Link your Fred Meyer rewards card to EVEN](#) to earn donations every time you shop. You'll still earn your Rewards Points, Fuel Points and Rebates, just as you do today. (If you don't have a Fred Meyer Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.)

**For more information and other ways you can help EVEN,**  
visit <http://eugeneveg.org/support.htm>

**Eugene Veg Education Network (EVEN)**

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

*Eugene Veg Education Network*

*---EVEN - serving as a vegan resource since 2005---*

The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit 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 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.**

If you would like to receive EVEN's free mailings, just **reply** to this email, include "**Subscribe**" in the subject line, and click **Send**.

If you would like to opt out of EVEN's free email list, just **reply** to this email, include "**Unsubscribe**" in the subject line, and click **Send**.



Photo by JoAnne McArthur