

4/5/18

Hello Everybody, Happy Spring!



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541.844.7489 / thomas@boschnutrition.com

Founded on the four principles
of **Health, Empowerment,**
Accountability, and Learning,

HEAL guides participants in preventing, arresting and even reversing a range of chronic health conditions, as well as shedding those left-over holiday/Easter pounds. [>>MORE](#)





Did you know that [Cornbread Cafe](#) offers **breakfast every day of the week at 9am?** While they have limited breakfast hours, the delicious options make up for it. And you don't have to be vegan to eat there, you just have to like good and satisfying food. Many folks frequent Cornbread who have specific allergies, such as dairy, gluten & egg intolerance. Others go because almost everything is organic and sourced locally. And many go because Cornbread regularly gives back to the community. The more you support Cornbread Cafe, the more you support your own community.



SALEM!

"Hello, fellow vegans of EVEN! We are the **Salem Vegan Diners** since May of 2017. On the first Sunday of the month we dine out together at 1:30 p.m., usually at our home base restaurant of Marco Polo, with an occasional potluck thrown in for good measure. Please join us when your plans bring you to Salem and spread the word, by signing up for our google email list. You may connect directly here at:

<https://groups.google.com/forum/#!forum/vegan-diners-salem-oregon> or by emailing me directly at roaninn@gmail.com, or call/text 520-272-1362. We are stronger together! Regards, Norma"



Remember, we're all in this alone. – Lily Tomlin



Join EVEN on **Earth Day** at St. Vincent de Paul's Metamorphose festivities on **Saturday, April 21, from 12 PM to 8 PM**. Venue 252 is located at Lawrence St, Eugene. If you are vegan and/or eco-friendly with a sustainable lifestyle or business and would like to table, too, contact travis.evans@svdp.us or complete the Vendor Application (disregard their cut off date):



<https://docs.google.com/forms/d/e/1FAIpQLSfwClvG3Jmztpmmap61vzU73XI7w9MWAaggIFnrNJVYRUpztlQ/viewform?c=0&w=1>

<https://www.facebook.com/events/146760636112130/>



If you missed EVEN's Exclusive Interview with **Dr. Neal Barnard**, you can read it [HERE](#).



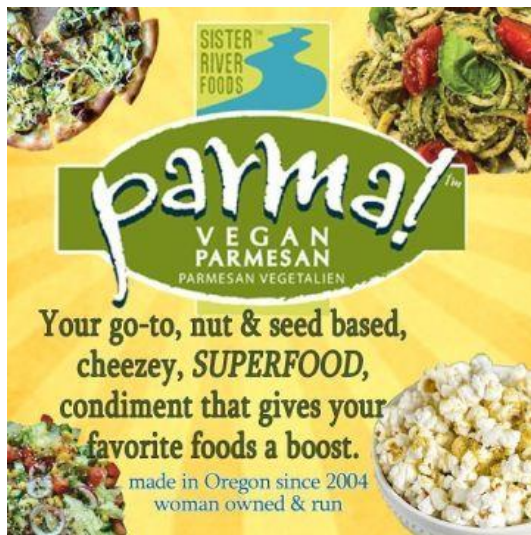
As president of the Physicians Committee for Responsible Medicine, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. He has hosted four PBS television programs on nutrition and health and is the editor in chief of the Nutrition Guide for Clinicians, a textbook made available to all U.S. medical students. His research contributed to the acceptance of plant-based diets in the Dietary Guidelines for Americans. In 2015, he was named a Fellow of the American College of Cardiology. [>>MORE](#)

I became more aware of the health risks of meat and about the animal abuse that is intrinsic to the meat industry, and I stopped eating meat. And eventually, I realized that the dairy and egg industries are just as bad, and I stopped eating animal products altogether. And I never looked back.

– Dr. Neal Barnard



You're invited to [SPOT's "Wild Wild West Casino Night"](#) benefiting **Stop Pet Overpopulation Today's** Spay/Neuter Voucher Program on **Saturday, 4/21/18 from 5:30 to 10pm** at the Shedd Institute for the Arts - 868 High St, Eugene.



Vote for Parma! **Sister River Foods** (and their yummy vegan [Parma!](#)) makes a dynamite vegan parm. They have always been a kind supporter of EVEN and our vegan education and outreach. We can vote and help them out [HERE](#).



Thank you to everyone who helped make our tabling efforts so successful this year at the **UO's Public Interest Environmental Law Conference (PIELC) on March 1, 2, 3, 4, 5**. EVEN loved meeting everyone who attended from around the world and we were thrilled to hear what you are doing in your regions and countries. Thank you for stopping by EVEN's information table to share. We all know by now the profound impact that veganism and a whole-food, plant-based diet has on our world. Together we can make the changes we need to make to stop the torturing and slaughtering of animals and create a planet safe for all inhabitants.



Joanne Kong, PhD, presented *The Power of Veganism* to a large, welcoming and appreciative group on **March 10**. An exciting EVENT for all, we are grateful to Joanne for her illuminating lecture and for sharing powerful information with us.

If you missed it, see the video [HERE](#).

Be sure to visit Joanne's [Vegans Make a Difference](#) page and contribute your thoughts and vegan experience to this inspirational site.

Thank you to all who helped to make this EVENT successful: **Eugene Faith Center, Emerald Media Group, and EVEN Volunteers Linda, Kim, Jaime, Katie**. If you are interested in volunteering with EVEN, please contact us at eugvegedunet@comcast.net

We are especially grateful for **all EVEN donors** who make EVENTS like this possible. Thank you so very much!





...even though our efforts to reduce world hunger are inadequate, at least it is widely accepted that hunger is a tragedy. With regards to animals,

however, meat consumption is encouraged and celebrated, while the cruelty is defended and denied. The casual killing and near universal consumption of animals by billions of people around the world continuously reinforces and normalizes the atrocities we commit against them. Justice, compassion, and global well-being would be dramatically increased by conceptually reframing meat away from something that is sought after to something that is shunned.

When we ignore or justify the routine horrors of animal farming and slaughter, we are complicit. Even if we are emotionally distressed by and opposed to the suffering of animals, our compassion and empathy are diminished by our active participation as we purchase the products that perpetuate the abuse. While we may be able to suppress our empathy and fragment our compassion to a degree, the process of normalizing one type of atrocity bolsters the routinization of injustice and violence more generally.

Fortunately, the reverse is also true. What we choose to eat can instead reinforce and normalize justice and compassion. Our food choices are influential beyond the individual resources we conserve and animals we spare. Research has shown that a minority opinion can reach a "tipping point" when just 10% of a population adopts it. After that, an idea can speed through society and create widespread behavioral change. The choices we make about our food can bring us closer to such a tipping point by popularizing plant-based foods among our friends, families, social institutions, and increasingly businesses and political decision-makers.

In this way, plant-based food choices and plant-friendly food policies become normalized....

Source: *Hunger, Meat, and the Banality of Evil*, Essay by [Dawn Moncrief](#), Founding Director of [A Well-Fed World](#). Excerpted from *Circles of Compassion - essays connecting issues of justice*, edited by Will Tuttle, PhD



“Humane” is not just about eschewing factory farms and “slaughtering your own.” Humane is linked with compassion which means not taking a life when it is not necessary to do so and to which we have no ownership or right. That life does not belong to you. It is not yours to butcher. Every animal values its own life. Source: p. 2 FARM’s *Live Vegan* brochure.



Voted **Best Online Vegan Store** 2005-2017

[Vegan Essentials](#) is your complete online vegan store for all your vegan products including vegan clothing, vegan snacks, vegan sweets, and vegan health and beauty products. They carry over 1,200 **all-vegan products!** How nice is that?! **Vegan Essentials** truly is where compassion meets convenience. Tell them EVEN sent you!



Old Mother Hubbard *Just Vegg'n* Dog Biscuits are all-natural dog snacks made from whole wheat flour, oatmeal, wheat bran, molasses, carrots, canola oil, flaxseed, sweet potatoes, apples, parsley, garlic. Doggies love them and from what we can tell, they are vegan, as is their ***P-Nuttier*** variety. (Their other flavors are not vegan.) You frequently ask us about healthy canine treats, so Old Mother Hubbard is a quick alternative when you don't have time to make your own. 1-800-225-0904

When you do have the time, recipes for our favorite vegan dog treats to make can be found on our site [HERE](#). Just FYI, **Natural Balance** has a 100% vegan blend, and our favorite supplement for our doggy is [Vege Dog by Compassion Circle](#). Available from Vegan Essentials.



We have enslaved the rest of the animal creation, and have treated our distant cousins in fur and feather so badly that beyond doubt, if they were able to formulate a religion, they would depict the Devil in human form. – William Ralph Inge (1860 – 1954)



Find the very best of information at these vegan links.

The world of veganism offers an abundance of information and encouragement to those who seek it. On these pages you will find links, sites, videos, books and other inspiration to fulfill your curiosity and drench you in discovery. There are other good links out there as well, but we know these folks first hand and can confidently recommend them to you as excellent sources:



[Recipes](#) – Cook it Up

[Links](#) – A Treasure Chest

[What to Eat](#) – Shake it Up

[Books](#) - A Brav[er] New World

[Videos](#) – Wake it Up

[Inspiration](#) – From those who know!



EVEN's Restaurant Guide for Eugene and Springfield has been updated (**Thank You, Kim!**) and can be found [HERE](#) for you and your vegan visitors and house guests. Don't assume the waitstaff understands what "vegan" is. Always clarify. If you want no meat, no fish, no eggs, no cheese, no oil, request it that way.





[Vegan Lifestyle Magazine](#) is a digital monthly magazine. Whether you are vegan, vegetarian, raw foodie or just looking to get healthy, Vegan Lifestyle Magazine will provide you with all the information you

need to live a kind, gentle, healthy life without harming any living creature. **THE ONLY MAGAZINE IN TOP 10 APPS FOR VEGANS/VEGETARIANS.** (Last issue highlighted Animal Advocate and Entrepreneur, **Miyoko Schinner.**) 4 Cristobel Court, Broadbeach Waters, Gold Coast Queensland 4218, AUSTRALIA



It's troubling when people get upset with vegans for pointing out the suffering, rather than getting upset with themselves for causing it. – Jo Tyler



International Fund for Animal Welfare

[IFAW's](#) effort to save elephants got national coverage on NBC!



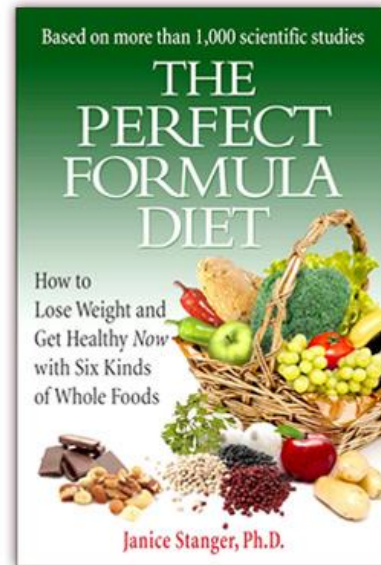
Every year, 20,000 elephants are killed for their ivory – that's 55 elephants each day. **IFAW's mission is to bring this number down to zero.** And they can't do it without your support.

International Fund for Animal Welfare is a global non-profit organization that protects animals and the places they call home. **IFAW** has a vision of a world where animals are respected and protected. See the extent of their work [HERE](#).



...Because plants are the most efficient and effective source of nutrition, the largest land animals are all plant eaters. Think of elephants, buffalo, gorillas, giraffes, horses, and cows. What does this tell you about the best source of energy, protein, fatty acids, and minerals? Additionally, athletes on an animal-free diet can become more effective and therefore champions.

Only plant foods contain the beneficial, nutritionally active compounds called phytochemicals. Every bit of Perfect Foods fortifies your body with these powerful protectors.



The essential fatty acids and minerals in your body all originate from plants or drinking water. Manufactured plant oils in bottles or tubs are usually skewed in favor of inflammatory omega-6 fatty acids. *Animals do not manufacture either essential fatty acids or minerals, so you don't have to eat animals for these essential nutrients.*

Famine and deprivation have stalked human history. If you have ready access to a wide range of affordable and appealing foods, you're extremely lucky. With knowledge and commitment, you can join the growing community of people making wise choices about what to eat, what to avoid, and how to regain and maintain a Perfect Weight....

Source: Excerpted from [The Perfect Formula Diet](#) (based on more than 1,000 scientific studies) by [Janice Stanger, PhD](#) - *How to Lose Weight and Get Healthy Now with Six Kinds of Whole Foods*



You don't drown by falling in the water; you drown by staying there. – Edwin Louis Cole



Healing Cuisine reports in their Health E-News: National Geographic SCIENCE Cover Story on Sugar “...In the mid-17th century



sugar began to change from a luxury spice, classed with nutmeg and cardamom, to a staple, first for the middle class, then for the poor. In 1700 the average Englishman

consumed 4 pounds a year. In 1800 the common person ate 18 pounds of sugar. In 1870 a sweet-craving individual was eating 47 pounds annually. Was she satisfied? Of course not! By 1900 it was up to 100 pounds a year. In that span of 30 years, world production of cane and beet sugar exploded...**Today the average American consumes 77 pounds of added sugar annually, or just over 22 teaspoons a day.**”

According to Richard Johnson, a nephrologist at the University of Colorado Denver, “excessive sugar isn’t just empty calories; it’s toxic.” He summed up conventional wisdom this way: “Americans are fat because they eat too much and exercise too little. But they eat too much and exercise too little because they’re addicted to sugar, which not only makes them fatter but, after the initial sugar rush, also saps their energy, beaching them on the couch. ‘The reason you’re watching TV is not because TV is so good,’ he said, ‘but because you have no energy to exercise, because you’re eating too much sugar.’...**Remember the adage: “Sugar dissolves resolve.”**

[>>MORE](#)

SOURCE: Healing Cuisine is your premier resource for inspiration, information and support in making the healthy lifestyle change to a whole foods plant-based diet.



DR. MCDOUGALL'S
HEALTH & MEDICAL CENTER

It's the Food.™

McDougall's Moments: The All-Vegetable Diet? – [READ HERE](#)

McDougall's Moments: Skin Conditions – [READ HERE](#)

McDougall's Moments: Sugar...Friend or Foe? – [READ HERE](#)

McDougall's Moments: Sunshine & Vitamin D – [READ HERE](#)

Sent to your email twice weekly, McDougall's Moments provide an exceptional free education on food and medicine and the motivation to lead a healthier life. [Sign up for McDougall's Moments - Free!](#)
[Sign up for the new McDougall newsletter HERE](#)



VRG received a letter from an inmate, who said a relative sent him our article, **Do Prison Inmates Have a Right to Vegetarian Meals?**

He has been a vegetarian for ten years. He was informed by a few corrections officers that the facility did not offer vegetarian meals. However, another inmate started receiving a “religious diet,” which included no meat. After he was also told that the facility did not offer vegetarian meals, he spoke to the judge that was presiding over his case and explained he was a Hindu and practiced vegetarianism.

He was told to fill out a “kite” (inmate request form) asking for a religious diet verification form. This form was then sent to the religious institution he identifies with, which filled out the form and returned it to the appropriate officer. This also worked for an incarcerated Buddhist. On the **Religious Diet Verification Form**, preprinted was Orthodox Jew, Muslim, Hindu, Buddhist, and Seventh-day Adventist.

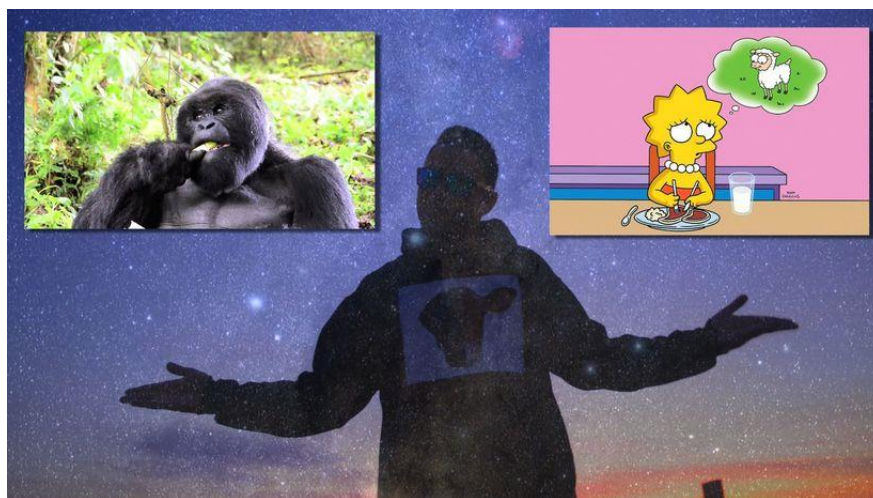
Source: [Vegetarian Resource Group \(VRG\)](#)



Live according to your highest light, and more light will be given.

– Peace Pilgrim





Huffington Post publishes [Why the World is Going Vegan](#) (90 seconds) by rapper, Gaia's Eye



EVEN encourages a cruelty-free vegan diet for everyone, but also a *healthy* one. An organic, whole-food, plant-based diet is the best route and ensures that processed foods with ingredients like [MSG, chemicals, preservatives, salt, sugar and oil](#), are avoided like the plague. In every way that matters, they *are* the plague---a horrific, modern-day, toxic plague legally allowed to be produced, sold and consumed for the profit of others and to the great disadvantage of 'we the people.' **Most of them are actually banned in Canada and Europe!** But not here in the US.



A list of some of the worst foods that we should *never* eat include: sodas, fast food, coffee creamers, frozen dinners, sugary cereals, doritos/cheetos/fritos, dyes, preservatives, high fructose corn syrup, GMOs, yellow 6, red 40, olestra, acrylamide, potassium bromate, azodicarbonamide, and so many others. How did we even get to this point? **Just say no.**



The toxic food list is long and any search on the internet will turn up more than is imaginable in a sane world. Choosing organic, whole-food, plant-based meals is the optimum way to avoid illness, disease, and ensure a

high-quality of life. You can make this smart decision all the time. You're in charge! And would you want it any other way?

So, while we can kick out the meat and dairy from our daily regimen, the best thing is to also eliminate processed foods (including soda!). **Be healthy vegans, not junk food vegans.**



© Stacey Willitts Photography

Patrick and Heather – An example of healthy vegans!

Delicious, life-affirming food found in these [recipes](#).



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The **Eugene Veg Education Network (EVEN)** is celebrating its 13th year of vegan education and outreach! Hooray! Although Robert and I have been advocating for compassion, non-violence and sustainability for 27 years, we have been vegan advocates **full-time** with EVEN since 2005. We are honored to serve in this **AHIMSA** imperative which becomes ever more significant each passing year day.

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If you want to help EVEN, one way is to support those who have been supporting us for 13 years. Please patronize those listed in the right-hand column of every page of [EVEN's website](#). They help us, so let's help them.



The very act of planting a seed in the earth has in it to me something beautiful. I always do it with a joy that is largely mixed with awe. – Celia Thaxter



Eugene Veg Education Network (EVEN)

www.eugeneveg.org

Eugene Veg Education Network

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

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

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 **Peace.**



**Ask the beasts and they
will teach you the beauty
of this earth.**

– St. Francis of Assisi

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