

**EVEN NOW 3-23-11**

**Great American Meatout  
ALL-VEGAN Potluck**

**WHAT:** Great American Meatout VEGAN Potluck

**WHEN:** Tuesday, March 29, 2011, 6:30pm

**WHERE:** McNail-Riley House,  
601 W. 13<sup>th</sup> Av, (@ Jefferson)  
(Park free in fairgrounds across the street!  
Please do not park in McNail-Riley lot)

**BRING:** Your favorite **VEGAN\*** dish  
(see guidelines below)

- enough to serve *at least* 6 persons,
- a **servng utensil**, and
- a **place setting** and **napkin**
- for each member of your party.

*(\*Vegan means ingredients with no meat, no fowl, no fish, no eggs, no dairy, and no honey. Potluck dish needs to be vegan, not the attendee!)*



**COST:** **FREE** and open to those who bring a vegan dish that serves 6 or more.

**This special EVENT is back by popular demand in honor of the Great American Meatout, to celebrate Spring and to honor *all* life.**

Good vegan food, good people, good vibes.

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## NEW! NEW! NEW! Interview with Jo Stepaniak!

Read EVEN's [exclusive interview with Jo Stepaniak, MEd](#)

In the final analysis, despite our diversity, there is only one type of vegan -- a person who is committed to and practices a reverence and respect for all life. – Jo Stepaniak



## Diet Helps Shield You from Radiation and Cancer

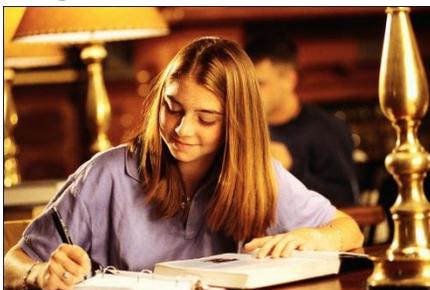


This is definitely info that most people don't know. Diet makes a difference even for A-bomb survivors!

The struggle to contain radioactive releases at Japan's Fukushima Daiichi nuclear plant has focused the world's attention on the hazards of radiation. However, even without such incidents, you are subject to harmful radiation every day. [>> MORE](#)

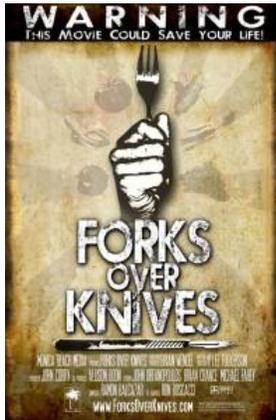
## Veg Host Family Needed!

**Vegetarian German Girl Needs Host Family 2011-2012 school year.**



Svea is a mature 16 year old who enjoys sports and helping others. She speaks fluent German, Danish, and English, and is looking forward to her exchange year. If you are interested in this great cultural opportunity, please call her community rep: **Karyn LaCroix: 541-343-0238.**

## Forks Over Knives



The feature film, [Forks Over Knives](#), examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods.

*(Opens in theaters May 6, 2011.)*

[Watch the trailer.](#)

## Sign Petition to Protect Downed Pigs, Sheep and Goats

### **Farm Sanctuary**

### **Rescue – Education - Advocacy**

All animals have the capacity to suffer, and there is no reason to deny other incapacitated farm animals the same consideration that cattle have been given.

**Please join us in urging the USDA to take the next logical and necessary step by extending the 2009 “no downer” rule to include downed pigs, goats, sheep, and other farm animals too.**



Urge the USDA to Protect  
Downed Pigs, Sheep and Goats

I felt the commandment 'Thou shalt Not Kill' applied to human beings not only in their dealings with each other—war, lynching, assassination, murder and the like—but in their practice of killing animals for food and sport. Animals and humans suffer and die alike. Violence causes the same pain, the same spilling of blood, the same stench of death, the same arrogant, cruel and brutal taking of life. - Dick Gregory, *Callus on My Soul* [Dick Gregory inspired Coretta Scott King and her son, Dexter, to become vegan.]

## Vegan Survey Results from Janice Stanger, PhD

Thank you for your help with Dr. Stanger's *Vegan from the Inside* survey. She would like to share the results with us at EVEN and with anyone else you think might be interested. The findings show vegans are healthy, energetic, and happy. Hopefully this will get some non-vegans to realize a diet change really is not that difficult and is easily within reach.



[Short blog write up](#)

[Survey web page with press release, full report, and graphs](#)

It ill becomes us to invoke in our daily prayers the blessings of God, the compassionate, if we in turn will not practice elementary compassion towards our fellow creatures. Mohandas Gandhi (1869-1948)

## Save The Date - World Week For Animals In Laboratories, April 16-24



**World Week for Animals in Laboratories** is our annual chance to remind the world of the horrors that animals suffer every day in the name of science. This year, IDA will be sponsoring protests in select cities around the world to shine light on some of the cruelest experiments. Please consider organizing a protest in your hometown as well - whether it is at a medical research center or a supermarket selling products tested on animals.

Contact us at [wwail@idausa.org](mailto:wwail@idausa.org) for literature, posters, or organizing ideas to help your event make an impact for animals.

## Healing Cuisine



[Healing Cuisine](#) is your premier resource for inspiration, information and support in making the healthy lifestyle change to a whole foods plant-based diet. Learn to heal your body—and the planet—naturally with your everyday cooking through counseling, cooking classes (gourmet vegetarian, vegan and macrobiotic), speaking engagements, cooking essentials, cookbooks, and the latest information on diet and health.

Try some [Healing Cuisine Recipes here.](#)

Meredith McCarty

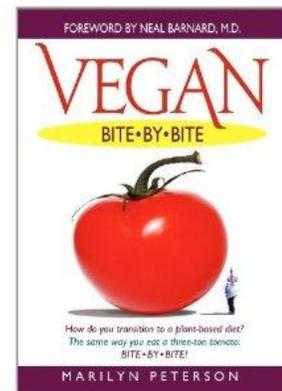
We can judge the heart of a man by his treatment of animals. – Immanuel Kant (1724 – 1804)

## Vegan Bite by Bite

by Marilyn Peterson

*[Reviewed by Cathe Olson]*

If you or someone you know is looking to change to a healthier plant-based diet, put **Marilyn Peterson's** new book ***Vegan Bite by Bite*** guide at the top of your shopping list. This book is like having your own personal coach to guide you through the transition to a new way of eating.



In a relaxed, personable style, Peterson helps the reader avoid the pitfalls that might hinder success. To begin with, she suggests creating a vision for what you want to accomplish with these dietary changes. For some it might be health reasons - Peterson lists many ways that a vegan diet is healthier - for others it might be weight loss or a more positive relationship with food. Whatever the reason, Peterson knows that changing old habits is tough and having a clear goal will keep you motivated.

***Vegan Bite by Bite*** also gives suggestions for preparing your environment. She gives advice for cleaning out your pantry, grocery shopping and eating out. Peterson suggests starting with vegan versions of familiar foods before moving on to a whole foods diet. She includes shopping lists, substitutes for animal products, and sample menus. And for those with friends and relatives who may be skeptical, Peterson provides information to dispel the dairy and protein myths that scare many away from a vegan diet.

The second half of the book contains **recipes** to get you through your transition period. There are family-friendly recipes for salads, soups, sandwiches, entrees, side dishes, desserts, and more. Most are vegan versions of traditional American favorites like BLT, Macaroni and Cheese, and Mock Chicken Salad to help with the transition period, but there are some whole foods recipes as well. We particularly liked the Roasted Root Vegetables and Creamy Cauliflower Soup.

I would recommend this book to anyone changing from a traditional American diet to a vegetarian, vegan, or a more plant-based, whole foods diet. – ***Cathe Olson***

## **Vegan Eggplant Dishes From The Middle East And North Africa**

### **Delightful Eggplant Dishes From the Middle East and North Africa By Habeeb Salloum**

From large and egg-shaped to small and thin, the many varieties of eggplants in produce sections have been catching an increasing number of consumers' fancy. From black to blue, mauve, purple, white, and all the shades in between, eggplants draw those seeking appetizing foods.

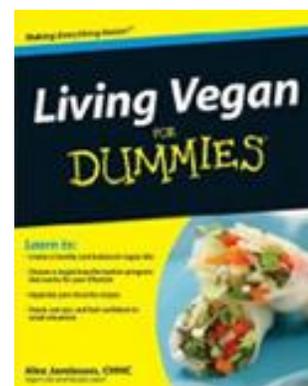
Versatile, visually appealing, and delicious, eggplants are a vegetarian's dream vegetable. For thousands of years, they were one of the most popular vegetables in their lands of origin.



In China, India, Japan, the Balkans, and eastern Mediterranean countries, they have been used as a meat substitute for untold centuries. It is said that, if the eggplant recipes of all the Mediterranean countries were gathered, there would be well over a thousand. In the Arab countries of the Middle East alone, at least 150 eggplant dishes are known. [>>MORE](#)

## Living Vegan for Dummies

Thank you, **Alex Jamieson** for generously and thoughtfully donating your new ***Living Vegan for Dummies*** book to EVEN's Lending Library. *[Any EVEN member can borrow this wonderful book by contacting us at [eugvegedunet@comcast.net](mailto:eugvegedunet@comcast.net)]*



You certainly don't have to be a dummy to appreciate this book and learn to:

- Create a healthy and balance vegan diet
- Choose a vegan transformation program that works for your lifestyle
- Veganize your favorite recipes
- Travel, eat out, and feel confident in social situations

Wait 'til you try Alex's simple and delicious **Baked Black Bean Burgers** (page 184) or Chapter 10 on **how to veganize practically any food** and Chapter 18 to learn **how easy it is to find vegan while on the road**. Great book! Thank you again, Alexandra, for thinking of EVEN!

Visit Alex on EVEN [>> here](#) and/or, if you missed her booksigning here in Eugene last November, buy her book through EVEN [>> here](#)

The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize that at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us. - Black Elk (1863-1950)

## Have You Been to EVEN's Website Lately?

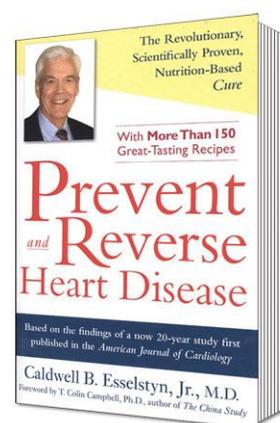
Use the [Site Map](#) to find your way around or go to our [Welcome page](#) for some **Quick Links**. Read interesting and varied [articles](#). And check out great [links](#). Go here to learn how you can [help](#). It's easier than you think to [make the transition to vegan](#). Everything you need to know, you can find somewhere on our website. Let us know if you can't.

[Spring is] when life's alive in everything. -  
Christina Rossetti (1830 - 1894)

## Frequently Asked Questions By Caldwell Esselstyn, Jr., MD

### Can I Change?

Many patients have told me how difficult it is to change. They mention how hard it is to maintain this nutrition plan when dining with friends and relatives, during work hours, while traveling, both in the United States and abroad. But you can do it. Many others have. The key is to remember that the rewards are greater than the frustration.



I have experienced this phenomenon myself and watched it in every patient with whom I've worked: *after twelve weeks of eating no animal foods, dairy, or added oils, you lose your craving for fat.*<sup>1</sup> You then begin to appreciate more than ever before the natural flavor of grains, vegetables, legumes, and fruit. You develop a series of menus that you especially enjoy. Occasionally, friends get interested in what you are doing, and daringly invite you to their homes for no-fat meals. You discover restaurants that actually will cater to your needs.

You can change. While switching to a strictly plant-based diet may seem challenging at the start, all you have to do is stick with it. The satisfaction of new tastes and, above all, the health rewards make it no contest.

1. R. D. Mattes, *American Journal of Clinical Nutrition*, March 1993: "Fat Preference and Adherence to a Reduced-fat Diet."

[Source: Prevent and Reverse Heart Disease by Dr. Caldwell B. Esselstyn, Jr.](#)

## Crunchlets, Anyone?

There is nothing new under the sun and we all know that “deceptive advertising” has been with us for a very long time. Even if you are not always in agreement with *Natural News*, [this particular video](#) is worth watching. If we don't read labels, unscrupulous companies can buffalo us every time.

## Thank You to **Everyone** Who Made EVEN'S 6th Anniversary Celebration on March 1 a Big Success!

THANK YOU Music by **Eric**, food samplings from **Cornbread Café, Viva! Vegetarian Grill, The Divine Cupcake**, with goodies from **Eat in the Raw, Eden Foods, Tofutti, Annie's, Tofurky, and Amy's**. Thank you to **Mayor Kitty Piercy**. Thank you to **Toni, McNail-Riley House**. Thank you to members and supporters alike who arrived in droves to celebrate with EVEN, and a special thank you to amazing EVEN volunteers---**Linda, Stacy, Jay, Hilliard, Kate, Sandy, Andrea and Adeline!** Stay tuned for photos. [>> More information here!](#)

[\[click on hot topic below\]](#)

## Kindness and Compassion Campaign Video by EVOLVE!

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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.

**HOW CUTE IS THIS?**



**Roderick and Clint Merrick – both vegans!  
*(Thank you, Anne, and Congratulations!)***