

# EVEN NOW Update 3-22-16



## Animals are not ours

to eat, wear, experiment on, use for entertainment, or abuse in any other way.

[PETA Australia]

## For *Christ's* Sake, Go Vegan!

Visitors to *The Catholic Weekly* [website](#) will get some food for thought, just in time for Easter, when they see this banner advert on their screens:



This eye-catching image is designed to remind people that Jesus asked his followers to have mercy for the meekest among us. And no species on Earth are in need of that mercy more than the [pigs](#), [chickens](#), [cows](#) and other animals who are routinely abused on factory farms and sentenced to a painful and terrifying death in order to feed humans.

Pigs, who are as sociable and intelligent as dogs, are abused in ways that would be illegal if dogs or cats were the victims. Chickens are crammed into filthy, windowless sheds by the thousands and denied everything that's natural and important to them.

Pigs, chickens and cows aren't the only ones who suffer. The consumption of meat, eggs and dairy foods has been linked to heart disease, strokes, diabetes, obesity and [cancer](#).

Also, according to the United Nations, the meat industry is “one of the top two or three most significant contributors to the most serious [environmental problems](#), at every scale from local to global” and a global shift towards a vegan diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change.

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## **PETA Calls for Christians to Go Vegan in Time for Easter. Would You Take Up the Challenge?**



Would you consider swapping your lamb for an animal-free spread this Easter?

The animal rights activist group PETA has launched a campaign to get Christians around the globe to go vegan in the lead up to the most holy week in the Christian calendar.

PETA called for Christians to ditch animal products at the beginning of Lent but in recent days they've regenerated interest in the movement as we draw ever-closer to Holy Week.

Just yesterday, news sites across Australia were reporting that PETA's Australian branch had placed an ad in The Catholic Weekly newspaper. The advertisement, which also appears in banner form on the newspaper's website, features a picture of a pig in an abattoir-bound truck with the caption, "Why has thou forsaken me? For Christ's sake, Go vegan." Taking Christ's name in vain is unlikely to help them score any points with the Christian community, but do PETA's aims have biblical support?

Claire Fryer, the organisation's Australian campaign co-ordinator, said that Jesus asked his followers to show mercy and argued that the animals farmed and killed for human consumption require this kind of compassion. Not all Christians will agree with Fryer's interpretation here but the animal rights group goes even further to draw connections between Christianity and veganism.

In a blog post on their website, PETA lists 11 Bible verses that they claim prove 'eating animals is not God's preference' for his people. These include Proverbs 12:10, "**The righteous care for the needs of their animals, but the kindest acts of the wicked are cruel,**" and Psalm 36:6, "**Your righteousness is like the highest mountains, your justice like the great deep. You, Lord, preserve both people and animals.**"

PETA is known for its highly controversial campaigns and activism, and this recent effort to convert Christians to a vegan lifestyle is no different. Although the ad is significantly tamer than their other promotions, this will likely shock some Christians. **But the question remains as to whether it will shock them into taking up PETA's vegan challenge in time for Easter or at all.**

*[Editor's Note: Instead of being "shocked" by the challenge, why aren't we shocked by the horrors of the slaughterhouses? Don't shoot the messenger, just Go Vegan.]*

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## If You Truly Want to Combat Climate Change, Cross Off Meat, Eggs and Dairy from Your Shopping List.

Foods derived from animals require more resources and cause more greenhouse gas emissions than plant-based foods do.

Each year humans kill 60 billion land animals for food. All these animals produce massive amounts of waste, which releases powerful greenhouse gases into our atmosphere.

A person who follows a vegan lifestyle produces the equivalent of 50% less carbon dioxide than a meat-eater and uses 1/11th of the oil, 1/13th of the water and 1/18th of the land. So get into the kitchen and cook a vegan meal this Earth Hour. It's the best thing any of us can do for the environment as well as for animals. - Jennifer White, People for the Ethical Treatment of Animals



Robert tabling for Great American Meat Out

## Great American Meat Out

A global movement celebrated each spring by **Farm Animal Rights Movement** is celebrating its **30th anniversary**. Tens of thousands go vegan for the day with the hope that they will go vegan for longer, perhaps a lifetime. Read more about the [Great American Meat Out](#) going strong since 1985.

**Congratulations, FARM!**

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# These Vegan Chocolate Chip Cookies Will Make Everyone You Know Happy

You know what no one's mad at, ever? A batch of warm, fresh-baked cookies. Well—there might be one exception. Imagine the frustration of facing down a tray full of gooey, chewy, chocolate-chip delights and not being able to sink your teeth into one because your aversion or inability to eat milk and eggs got in the way. 'Tis the plight of vegans.

Say no more, mon amour. Vegan chocolate chip cookies taste just as delicious as their eggy counterparts. Plus, you can share them with friends of all dietary preferences and food allergies.

This recipe from **Alicia Kennedy of La Pirata Kitchen** nearly ruined her fledgling bakery because it was so popular that she couldn't keep up with demand.

“A local paper called me the ‘Non-Dairy Queen,’ she recalls. “A man got on a mic at the New York City’s Vegan Drinks meetup I’d catered and said, ‘I’ve been vegan for 20 years, and these are the best chocolate chip cookies I’ve ever had.’”

So there you have it. The secret might just be the coconut butter. But that's a snap to put together: Just mix coconut milk with coconut oil, and voila.



# Vegan Chocolate Chip Cookies

by Alicia Kennedy

Don't skip the homemade coconut butter that mimics dairy butter. It's what makes these cookies as rich as non-vegan ones.

- 1 cup butter (1/4 cup coconut milk + 3/4 cup refined coconut oil), cold and divided in half
- 1 cup dark brown sugar
- 3/4 cup sugar
- 1 1/2 cups flour
- 1 1/2 tablespoons baking soda
- 1 teaspoon kosher salt
- 1 1/2 tablespoons arrowroot starch or cornstarch
- 1/2 cup almond milk (unsweetened and unflavored)
- 1 cup chocolate chips or chunks
- sea salt for sprinkling

1. Make the butter by putting the coconut milk and coconut oil in a food processor and blending until smooth. Chill it in the fridge until it's solid but scoopable (like butter!), about an hour.

2. Get things in order: Place half the butter in the bowl of a stand mixer fitted with the paddle attachment. Measure the sugars into a bowl and add the other half of the butter to it. Put all dry ingredients in a bowl and whisk well to combine (sifting is a myth). Measure your chocolate into another bowl.

3. Paddle the first half of the butter until smooth, then add the sugars and second half of the butter. Paddle until well combined and there are no white chunks left.

4. Add the dry ingredients and milk alternately, pulsing the mixer while you add the dry so that it combines well without creating a cloud of flour in your face. When they're all in there, it should look like recognizable cookie dough!

5. Fold in the chocolate either using the mixer on low or using a rubber spatula.

6. Put the dough in plastic wrap and chill it for at least an hour.
7. Preheat your oven to 350 degrees. Line cookie sheets with parchment. Measure out your cookie balls, using either 2 tablespoons per for smaller cookies or 1/3 cup for big ones. Sprinkle lightly with sea salt, if you like. Space them out well on your baking sheets so you don't get ugly monster cookies.
8. For small cookies, bake for 6 minutes and then rotate the sheet in the oven; bake for another 6 minutes. For big cookies, bake for 8 minutes and then rotate the sheet in the oven; bake for another 8 minutes. Take them out, put them on your cooling rack, and enjoy when they stop being so hot they'll burn your mouth! COOKIES!!!



## What's Vegan-iciously Good to Make for Easter?

**Oh-She-Glows** Never Disappoints - Salads, Sides, Main Dishes, Desserts, even a Brunch Menu - [Here are 23 Vegan Easter Recipes](#)

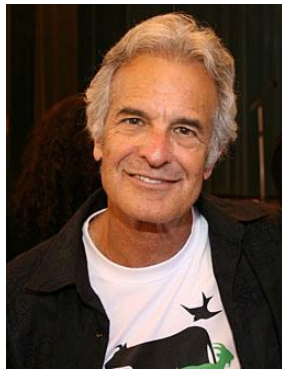
Everyone loves **Nava!** Join her here for her simple, tasty [Vegan Easter Recipes](#).

Visit **Kristy Turner** of Keepin' It Kind (Kind Food, Kind World) for [25 Vegan Easter Recipes](#).

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# Exclusive EVEN Interviews!

If you missed **lauren's** or **Jeffrey's** interviews the first time around, catch them now!



[\*\*EVEN Exclusive Interview with lauren Ornelas\*\*](#)

[\*\*EVEN Exclusive Interview with Jeffrey Moussaieff Masson\*\*](#)

[\*\*\(See \*all\* EVEN interviews here.\)\*\*](#)



## **ALERT! Cottage Grove Farm Sanctuary Needs New Home!**

Farm animal sanctuary must move by the end of July 2016, and looking for the perfect place to call home (1 person, and 30+ animals), mostly chickens, ducks, and sheep. Ideally would love take on a partner in this 501c3 - called "Farm Animal Haven" - established in Mar 2015, and rescuing multitudes of animals for more than 15 years.

Please contact me at my email: [tvolpe11@gmail.com](mailto:tvolpe11@gmail.com) or cell: 818-632-1998 if you have interest, a place for us, or know of anywhere that might be suitable, preferably near Cottage Grove, Oregon, but certainly not a requirement. – Tina Volpe

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# Stop Pet Overpopulation Today (SPOT)

## FUNDRAISER!



### “Roaring ’20s Casino Night and Silent Auction”

A fundraiser for SPOT at The Shedd in Eugene, **Saturday, April 9, 2016, 5:30–10:00pm**

The **John G. Shedd Institute for the Arts, 868 High Street, Eugene**

A rollicking fun night of “Vegas-style” gaming, delicious [mostly vegan] hors d’oeuvres, local beer and wine, a huge silent auction and raffle and PRIZES for best Roaring ’20s costumes! **All to benefit SPOT’s spay/neuter voucher program!**

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## Introducing the World's First Instant Tofu from a Mix (Just add water!)

This product makes soft tofu in minutes. Press for firmer curds then add The Vegg Vegan Egg Yolk to make a tasty tofu scramble in

minutes! From a mix!! Only 16 cents a serving! [www.thevegg.com/shop](http://www.thevegg.com/shop)

*(Note: The Vegg Scramble has been discontinued due to the fact it required high protein soy milk and the flavor was not as eggy as many people liked. So with **The Vegg Instant Tofu** you just use water for the same texture, then pour or sprinkle the Vegg Vegan Egg Yolk on the curd. You control the intensity of the "eggy" flavor by adding more or less Vegg Vegan Egg Yolk.)*

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## Cooking Demo!

**Thursday, March 31, 2016 - 11 AM to 12 and 5:30 to 6:30 PM.**

Creamy (cashew) Macaroni with Roasted Vegetables (100% vegan!)

Call to preregister. Contact **Cecelia Jacobson, RD, LD**, Oregon Heart and Vascular Institute  
541-222-1895 or 541-222-7216. Only \$10!! See you there! 😊

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**So Much Happening! Stay With Us. More to Come...**

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### **Eugene Veg Education Network (EVEN)**

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

**Eugene Veg Education Network**

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

**HAPPY 11TH ANNIVERSARY TO EVEN!**

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](http://www.eugeneveg.org) **Peace**. 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.

**Vegan means you sleep better knowing your dinner didn't die screaming.**



**Vegan. It's the least we can do. [For EVERYONE'S sake.]**

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