

**EVEN NOW 7/24/12**

**EVENT! EVEN Educational Presentation  
Dr. Orestes Gutierrez - Food for the Body, Mind, Soul:  
A Vegan Diet**

Thursday, 7/26/12, 7:00 PM, McNail-Riley House, 601 W. 13th Av. (at Jefferson), Eugene

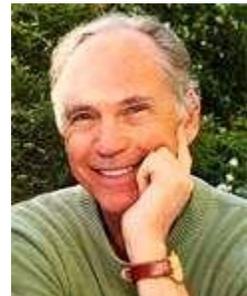


If you wonder what the connection is between the food we eat and its relationship to the health of the body, mind and soul (!), don't miss this Dr. Gutierrez's informative and fun **Longevity Lecture**. **MORE INFO** at **EVEN's website**.



**Interview with John Robbins on AlterNet**

This interview focuses on soy, modern meat production, grass-fed beef, our "disease care" system, and how M.L.K., Jr. has influenced John's life and work.



## Chew on This - 30 Reasons to Go Veg



Common sense tells us, and we know in our hearts, that our fellow animals have the same kind of feelings and desires that we do and that we should not kill and hurt others in order to eat them.

## Is Man Carnivore, Omnivore or Herbivore?



According to biologists and anthropologists who study our anatomy and our evolutionary history, humans are herbivores who are not well suited to eating meat. Go to the **bottom of the center content of this page** for chart and full article.

## Sign Up for McDougall Moments!



**Short Video Lessons from John A. McDougall, M.D.**

Exceptional free education on food and medicine. Breast Cancer, PSA Tests, Infant Formula, Immunization, Diabetes, Cholesterol and dozens more!

## Exclusive EVEN Interview with Dr. Ruth Heidrich, Vegan Ironman Triathlete



Have you read this EVEN interview yet with Dr. Ruth? You will be glad you did!

Mark your calendar for Dr. Ruth Heidrich's presentation to EVEN ("**A Race for Life --- from Cancer to the Ironman**") on **9/27/12** and stay tuned for more info.



Also, while you are at your calendar, please note EVEN's **Veg Share Fair** on **8/23/12**. Various veg exhibits, free samples, many tables, lots of good information! More info to come.



### Volunteers Needed

All kinds, all the time! Are you a friendly, kind, veg-oriented person with some time, some skills, some **energy**? EVEN can almost always use your help throughout the year. **Email EVEN** and tell us about your schedule, your willingness, and what talents you bring. Thank you for considering this!

## Vegetarian Host Families Needed for AYUSA Foreign Exchange Student Program



To qualify you need not have children the same age. Nor do you need to have children at all. Many of our exchange students live with a variety of family types, including single parent households. AYUSA has full insurance and students bring their own spending money.

Since 1980, AYUSA has provided opportunities for more than 40,000 students from the U.S. and over 75 countries around the world to live and study through our programs. As the premier youth exchange organization in the United States, AYUSA strives to deliver the highest quality programs to students, host families, schools and communities.

Student participants aged 15 through 18 learn about a new culture by living with a volunteer host family, making new friends, and studying at a local high school. **Contact: Miriam Jones, Regional Director, 541-933-2152**

## Going Veg

Need help going veg? Need some **how-tos, whys, wherefores?** Let EVEN know how we can help.

### Eugene Veg Education Network (EVEN)

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

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

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

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

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit based in Eugene 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 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.**

*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**.*

# FEEDING THE FUTURE

As the world's population continues to multiply, it is now more important than ever to examine the impact that our food choices have on others.

How can we possibly feed **7 billion** people?

A renewed sense of responsibility and altruism is a good start.

## Wasted Resources, Wasted Lives



Animals raised for food currently take up 30% of the Earth's entire land surface

## Livestock Grazing



- threatens native plant species
- leads to soil erosion and eventual desertification
- renders once-fertile land barren

## The Broken Link in Our Food Chain

16 lbs. of grain can...



which will provide just 1/3 of daily caloric needs of just one person.

or

be fed directly to humans



and meet the caloric needs of up to 10 people for a day.



60% of the world's grain is fed to farmed animals.



Meanwhile, 925 million people do not have enough to eat.

**925,000,000**



## Because No One Should Go Thirsty



Approximately 884 million people lack access to clean water.

That's more than the populations of the USA, Canada and the European Union combined.



## Water Needed to Produce



1 lb. of meat = 2,400 gallons



1 lb. of wheat = 155 gallons

## Water Used in Meat and Soy Production in 2009



5 trillion gallons



235 trillion gallons

Are you outraged by our current food system? Take a stand: Go vegan.

**PETA**

