

**EVEN NOW 3-11-10**

## LOOK! World Peace Diet Special Promotion!

If you've been meaning to pick up a copy of our friend Will Tuttle's critically acclaimed book, ***The World Peace Diet***, there's never been a better time than **Friday, March 12**. On this day, anyone purchasing the book will be eligible for downloadable **bonus gifts** such as e-books, courses, recipes and discount coupons; and the chance to win some valuable prizes such as free stays at vegan resorts, a signed original art poster by Peter Max and more. Here's the link for more information: visit <http://worldpeacediet.org/promo.htm>

This special promotion aims to boost ***The World Peace Diet*** to the top of the bestseller lists, thereby creating more opportunities for media conversations about the ramifications of **our culture's ongoing violence toward billions of animals for food and other products**. The promotion is made possible by the generosity and caring of many vegan groups, businesses and sponsors. Mark your calendar for **March 12** to add this profound book to your collection, and to order, visit <http://worldpeacediet.org/promo.htm>. You might like to spread the word to friends and contacts, also; this is a great way to help animals, the Earth, hungry people, and all of us.

*The World Peace Diet* is one of the most provocative books I've ever read. I felt challenged and stimulated by its profound insights, and called to question ever more deeply what Will Tuttle calls 'the taboo against knowing who you eat.' This is a deep book, aglow with insights that penetrate and expose the complacency of a culture that has strayed painfully far from compassion. – John Robbins

Use *The World Peace Diet* as a guide to empower yourselves and others in making dietary choices that are powerful beyond what you can possibly imagine. – Julia Butterfly Hill

## There's Still Time to Join the Great American Meatout!

Would you like to participate in the world's largest and oldest annual grassroots diet education campaign? Visit FARM's [Events Directory](#) to find out, then [sign up](#) to request free outreach materials. FARM's new handout features this year's theme, "***Eat for Life - Live Vegan!***"

Join caring people around the world in promoting a plant-based diet on **March 20th**, or any time throughout the month of March. Go>> [HERE](#) for some quick and easy ways you can participate.

## Lighthouse Farm Sanctuary Annual Easter Celebration

### Annual Easter Celebration Draws Near

Have a fabulous spring day at the **Lighthouse Farm Sanctuary** located at 36831 Richardson Gap Rd. Scio, Oregon.

You and your children can search for colorful plastic eggs filled with treats to give to the animals. Experience the thrill of finding the eggs, but also delight in feeding the animals. Latest additions are: Sara, Shadow and Taz and they would love to meet you and would thoroughly enjoy the treats you have for them.

Last year's attendance surpassed their wildest dreams and has increased in popularity. Please join them and find out for yourself how entertaining Easter at the Farm can be!

Suggested donation: \$15 per family. ***(All proceeds go to rescuing abused and neglected farm animals.)***

**Sunday, April 4, 2009, 1 to 4 pm, Lighthouse Farm Sanctuary, 36831 Richardson Gap Rd., Scio, OR 97374**

Rain or shine. Please NO dogs. More information: Wayne Geiger, 503-394-4486 or [www.lighthousefarmsanctuary.org](http://www.lighthousefarmsanctuary.org)

**I think if you want to eat more meat you should kill it yourself and eat it raw so that you are not blinded by the hypocrisy of having it processed for YOU. - Margi Clark**

### Ten Tips For Vegetarians - Handout From USDA

Kudos to the USDA on their new, colorful, one-page handout called **10 Tips for Vegetarians**. Tips include "Bone up on sources of calcium" and "Nuts make great snacks." The hand-out is positive and supportive of vegetarian diets. **Click here** to download your own copy. **Source: Reed Mangels, PhD, RD, Vegetarian Resource Group (VRG) Nutrition Advisor**

Read previous issues of VRG's **Vegetarian Journal** >>[CLICK HERE](#)

## Sea Salt vs. Iodized Salt

**Sea salt** refers to unrefined salt from a living ocean or sea. Ocean water is collected into large clay trays, where the sun and wind evaporate it naturally. Sea salt contains over seventy trace elements, enzymes, and minerals like iron, magnesium, calcium, potassium, manganese, zinc, and iodine. And they're easy for our bodies to absorb and use, because they haven't been heated. Sea salt is healthier and more flavorful than traditional table salt.

**Celtic sea salt** is harvested from the Atlantic seawater off the coast of Brittany, France. These salts are hand harvested using the Celtic method of wooden rakes, allowing no metal to touch the salt. Himalayan salt comes from the Himalayas and is over 250 million years old. It claims to be the purest salt available, uncontaminated with any toxins or pollutants. Sea salt also comes from the Mediterranean Sea and the North Sea.

**Iodized table salt** is the most common kind found in kitchens and restaurants. It comes from salt mines and is dried at over 1,200 degrees Fahrenheit, which alters the natural chemical structure of the salt and further causes the potential for many health problems in your body. Minerals are removed from it until it's pure sodium chloride; iodine and moisture absorbents are then added to it. Iodized salt is the unnatural salt. *Source: Ani's Raw Food Kitchen by Ani Phyo*

## RECIPE: Freya's Yummy Sunburgers

Here is a simple, quick, nutritious recipe from Freya Dinshah's cookbook, *The Vegan Kitchen*. [Freya is President and Treasurer of the American Vegan Society, Malaga NJ]

### Sunburgers

1 Cup sunflower seeds, ground  
½ Cup grated carrots  
½ Cup chopped celery  
2 Tbs. chopped onion  
1 Tbs. chopped parsley  
1/8 tsp. basil  
1 tsp. arrowroot flour  
1 Tbs. oil  
½ tsp. kelp  
1 Tbs. chopped green pepper  
¼ Cup tomato juice  
2 Tbs. wheat germ

Combine all ingredients. Shape into burgers. Bake on oiled baking dish at 350 degrees F. for 15 minutes on each side.

[Note: For oil-free, Freya suggests this option: Add a drop of liquid soy lecithin and spread it around the baking dish.]

## Food For Life – Resources for Diabetes

Excellent resource! Check this out from **Physicians Committee for Responsible Medicine (PCRM)**. [CLICK HERE](#)

## Happy Cow's Moo-zine

**Happy Cow** is an internet guide to vegetarian restaurants and health food stores worldwide. They promote vegetarianism as a compassionate, healthy, and environmentally sustainable way of living. Whether you travel or not, you will enjoy their free monthly ***Moozine, the vegin' out e-newsletter***, and check out their **compassionate eating guide!**

**You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.**

- Ralph Waldo Emerson

## LOCAL FOCAL POINT

### Frances Moore Lappé speaking at UO 4/5/10

**“Getting a Grip---Gaining Clarity, Creativity, and Courage for the World We Really Want”**

Author, democracy advocate, and world food and hunger expert, **Frances Moore Lappé**, will speak at a **free** public event **Monday, April 5, 2010, 730pm**, at the UO's **EMU Ballroom, 1222 E. 13<sup>th</sup> Av., University of Oregon** campus. No tickets or reservations. For information, or for disability accommodations, call 541-346-3934 or [ohc.uoregon.edu](http://ohc.uoregon.edu) 541-515-9162.

### The Garbanzo Grill - Coming Soon to Eugene!

**Formerly of Pagosa Springs, Colorado**, keep an eye out for **Jon Terry** and his **Garbanzo Grill menu!** Welcome to Eugene, Jon! And the rest of us---let's stay tuned!

## Our Companion Animals Can Also Become Vegetarians

### Message from David at Sundance Natural Foods

"If you made an ethical decision to stop contributing to the slaughter of animals by no longer eating meat, you can make the same decision for your companion animals, including your dogs and cats. Conscientious manufacturers have formulated pet foods that keep your animal as healthy, or healthier, than meat-fed animals, and that don't contribute to animal slaughter or enslavement and its consequent environmental destruction and degradation.

Most dogs adapt easily to a vegetarian diet. Natural Life Vegetarian Dog Formula is a vegan, low-protein and low-fat formula that provides complete nutrition for your dog.

**There are also vegan options for your cat. Evolution Cat Kibble is a complete cat food, providing all the special vitamins and amino acids (Taurine, Carnitine, Methionine, Vitamin A Acetate) that cats need for optimal health.**

The manufacturer of the **Evolution Cat Kibble** recommends a gradual transition to an all-vegan diet for cats raised on meat-based kibble, gradually raising the percentage of vegan kibble over three months or so. I have successfully transitioned three cats to a vegan diet, including a male with a history of urinary tract blockages when he ate high-ash, meat-based cat foods. Two of them enjoyed a vegan lifestyle for 10 years before passing on from age-related causes. Our current cat came to us obese (17 pounds) at age 9 years, and has dropped 3-4 pounds and become playful again on an all-vegan diet.

Both Evolution Cat Kibble and Natural Life Vegetarian Dog Formula are **available in bulk at Sundance Natural Foods at 24th and Hilyard in Eugene**. The Natural Life Vegetarian Dog Formula is also available at other fine natural food stores in Eugene.

For cat food, you can also check the web at <http://vegancats.com/> and at <http://www.evolutiondietstore.com> for more information and options."

**David Resseguie, Information Systems Manager, Sundance Natural Foods**

## Vegetarian Exchange Students Need Host Families

### Host Families Needed from August 2010 to June 2011

**Sandra** is a Dutch girl from a small town. She enjoys fitness, gymnastics, and ballet. **Pauline** is a German girl from a city. She likes music, reading, and drama. Both girls are 16 and will attend local public high schools.

If interested in this great cultural opportunity, please contact **Karyn LaCroix: 541-343-0238** [karynlacroix@hotmail.com](mailto:karynlacroix@hotmail.com)

## Thank You!

Renewing EVEN member, **Jill Devine!** Thank you, Jill!

## Vegan Potluck

**Mark Your Calendars:** Vegan Potluck **every 3<sup>rd</sup> Friday, 7:00 pm**, McNail-Riley House, 601 W. 13<sup>th</sup> (at Jefferson), Eugene. Call Karen or Wesley at **541-341-1690** for more information.

**Non-violence leads to the highest ethics, which is the goal of all evolution.  
Until we stop harming all other living beings, we are still savages.**

- Thomas Edison.

## Vegan Marshmallows by Dandies

Get your vegan marshmallows by Dandies at **Vegan Essentials**. *[Vegan Essentials is vegan-owned and –operated, and there is no animal testing or animal products in anything they sell!]*

## More Interesting “Must-See” Vegan Sites

Farm Sanctuary’s Country Hoe-down, Orland California, **May 1 & 2, 2010**.

NW In Defense of Animals

Gary Yourofsky at ADAPTT

McDougall February Newsletter

**Every spring is the only spring --- a perpetual astonishment. - Ellis Peters**

**CONGRATULATIONS**

to

**EVEN**

on its

**5th ANNIVERSARY!!!**

**March 2005 – March 2010**

**EVEN would like to thank its sponsors, business members, individual members, and other organizations, for their ongoing, steadfast support over the last five years that has helped to make EVEN's efforts possible.**

**From the bottom of our hearts: Thank you! <3**

**Lin and Robert**

Lin Silvan  
Executive Director  
**Eugene Veg Education Network (EVEN)**

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