

EVEN NOW UPDATE 5/11/16

Dr. McDougall's Color Picture Book

Thank you, Dr. McDougall, for an educational skype presentation to **EVEN on 5/5!** Wasn't it terrific? If you missed it last week, catch some slides here:

[Food Poisoning: How to Cure It by Eating Beans, Corn, Pasta, Potatoes, Rice, etc.](#)



Or the doctor's [e-lecture](#) here!

GERD

EVEN gets so many questions about **GERD**. Listen to a **3 minute video** with Dr. John McDougall explaining what [Gastroesophageal Reflux Disease \(GERD\)](#) is and how to cure it.

Treating Cancer with [a vegan] Diet

Here is a brief McDougall's Moments **2 minute video** explaining [Dietary Treatment of Cancer](#) with a vegan diet.

How to Be Vegan When Eating Out

Listen to how simple **Dr. McDougall** explains [eating out](#) in this **2 minute video**.

Where to Eat Vegan in Eugene

EVEN receives many questions about how to be vegan and still eat out. Not hard at all. Honest! If you are **looking for a place to [eat vegan in Eugene](#)**, see **EVEN's Hot Cha Cha pdf** here for delicious vegan dining choices.



Where to Eat Vegan Outside Eugene

Or if you are traveling outside Eugene, go to [Happy Cow](#) and enter the name of the city in which you are searching for vegan options.



New McDougall Cookbook App!

And be sure to check out the [NEW McDougall Cookbook App](#) with HUNDREDS of healthy recipes, health tips, meal finders, shopping list feature and helpful search function. Only \$4.99!



Dairy is F\$%&ing Scary

[Dairy Industry Explained in 5 Minutes!](#)

and

[The Truth About the Egg Industry](#)



Vegan Essentials



Sign up for discounts, coupons, sales via free e-mailings from [Vegan Essentials](#). 'Where compassion meets convenience' has never been more affordable, more fun, more efficient and more polite.

The Vegg

The Vegg is 100% plant-based egg company. Using only natural ingredients, they have created products that simulate the taste, texture and function of egg for use in your favorite dishes, all for about the same cost as real eggs!



New and improved [Vegg French Toast Mix](#)! The Vegg French Toast Mix is a 100% plant-mix you add soy milk to for making delicious egg french toast!

Seeking Location for Established Farm Animal Sanctuary

(Cottage Grove)

Farm Animal Haven, an established farm animal sanctuary is seeking a place to continue its mission to save farm animals from harm, neglect, and abuse. **Forced to move from current property by 7/31/16.** Just need a few acres, pasture, a small house, and preferably a barn.



Prefer to stay as close to Cottage Grove as possible.

If you have a spot that could accommodate single woman and multiple farm animals, please contact **Tina - 818-632-1998** - Thank you!

Sustainability Movie Series

Boreal – 450 W. 3rd Av, Eugene, FREE

Saturday, May 14 – 6pm – Earthlings

Wednesday, May 18 – 6pm – Live and Let Live

Thursday, May 26 – 7pm – Speciesism

Appetizers, raffle prizes, \$1 – 3 donation



THANK YOU, Christina!

Bark in the Park – [Greenhill Humane](#)



[Society](#) 88530 Green Hill Rd,
Eugene, OR 97402, 541-689-1503

Sunday, May 15, 2016 – Alton Baker
Park – to walk or run with or without
your dog! 2k walk, 5k run, 10k run.

Invite your friends!



Movie Showing: PlantPure Nation

Friday, 5/27/16, 7 PM SHARP

Doors Open - 6:30 pm
Unitarian Universalist Church
1685 W. 13th Av, Eugene

Free



EVEN Summer Library Lecture Series

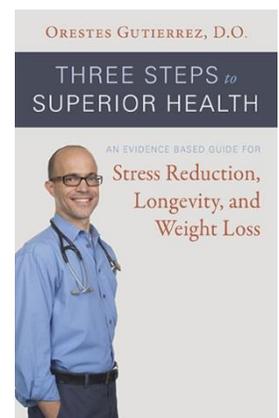
Dr. Orestes Gutierrez

**3 Steps to Superior Health: An Evidence-based Guide for
Stress Reduction, Longevity, and Weight Loss**

Saturday, 6/11/16, 2pm

Eugene Library
100 W 10th Ave, Eugene

Free



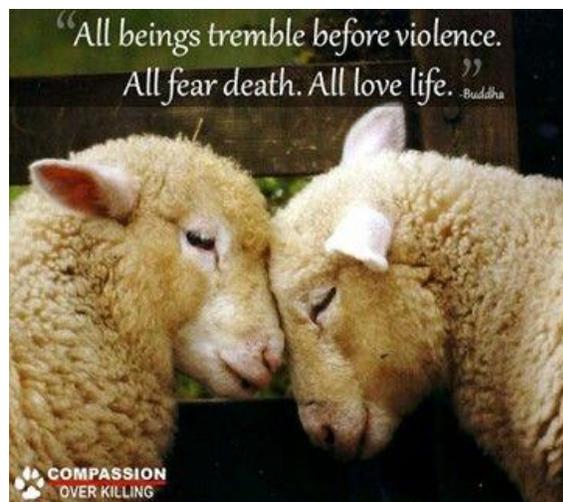
Erica Meier, Executive Director, Compassion Over Killing

Choosing Compassion One Meal at a Time

Saturday, 7/23/16, 2pm

Eugene Library
100 W 10th Ave, Eugene

Free



Janice Stanger, PhD The Dangerous Truth About Protein

Saturday, 8/20/16, 2pm

Eugene Library
100 W 10th Ave, Eugene

Free





Vegetarian Summerfest 2016

42nd annual conference of the North American Vegetarian Society

The event that can change your life – [Vegetarian Summerfest 2016](#) –
Classes, cuisine, conversation and community for enlightened eaters!

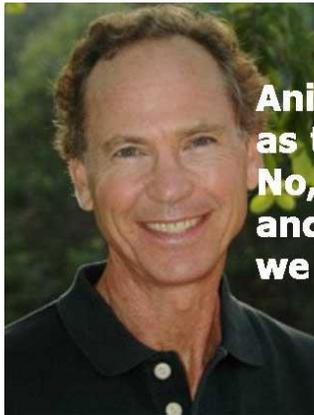
July 6 – 10, 2016 – Johnstown, PA (Conference Center of Pitt-
Johnstown)

Thank you, Marietta Bonaventure, Pleasant Hill High School

Thank you for inviting EVEN to speak at your [Operation Impact –
Stronger than You Think](#), April 20, where EVEN presented *Healthy
Body, Healthy Mind*---how to discover and explore the amazing power
of a vegan lifestyle.

Thank you Professor Borrowdale, Lane Community College

Thank you for inviting EVEN to speak at your **Contemporary Moral
Issues** class, May 10, where EVEN highlighted the compassion and
ethics of veganism along with the health and environmental
components.



Animals do not 'give' their life to us,
as the sugar-coated lie would have it.
No, we take their lives. They struggle
and fight to the last breath, just as
we would do if we were in their place.

~John Robbins

###

Eugene Veg Education Network (EVEN)

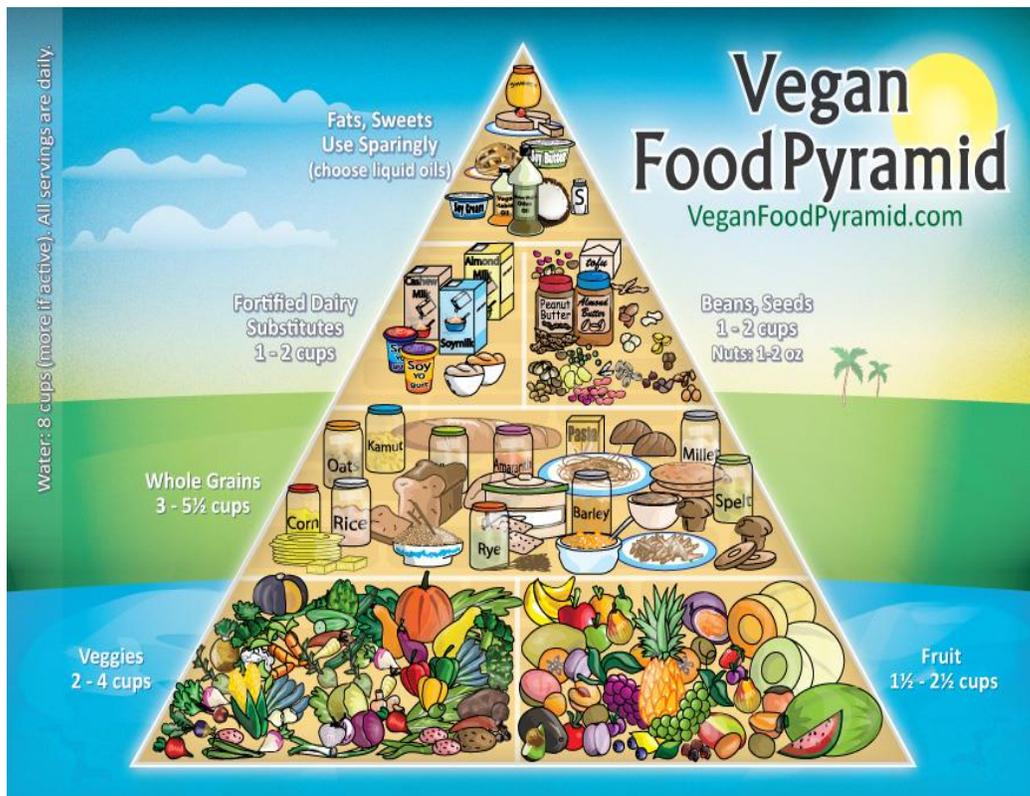
www.eugeneveg.org

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.**



Learn more [here!](#)

HAPPY VEGAN AWARENESS YEAR! (Please share!)

OFFICE OF THE MAYOR
City of Eugene, Oregon

PROCLAMATION

WHEREAS: the United Nations Food and Agriculture Organization concluded that the livestock sector was one of the most significant contributors to the planet's most serious environmental problems, at every scale from local to global. Each year, animal agriculture produces 32 billion tons of carbon dioxide and 3.7 trillion pounds of excrement; uses 34-76 trillion gallons of water; is accountable for 20-33% of all fresh water consumption worldwide, the desertification of 1/3 of the planet, and 91% of Amazon rain forest destruction; and has created more than 500 dead zones in our oceans; and

WHEREAS: each year, 10 billion land animals are killed in the U.S. for food, 58 billion are killed worldwide, and 2.7 trillion sea animals are pulled from our oceans. Animal agriculture is the leading cause of species extinction, and every day, up to 137 plant, animal and insect species are lost forever due to rain forest destruction for grazing and feed crops. We are currently undergoing the largest mass extinction in 65 million years; and

WHEREAS: the United Nations Environmental Programme declared that a global shift towards a vegan diet would help save the world from devastating hunger, widespread fuel shortages and catastrophic climate change. Each day, a person eating a vegan diet saves 1,100 gallons of water, 45 pounds of grain, 30 square feet of forested lands, the equivalent of 20 pounds of CO₂, and one animal's life; and

WHEREAS: the American Dietetic Association (ADA) declared that appropriately planned vegan diets are healthful for all life-cycle stages, including pregnancy, lactation, infancy, childhood, and adolescence. The ADA also declared that vegan diets are associated with lower blood cholesterol, lower risk of heart disease, hypertension and type-2 diabetes, lower body mass index, and lower overall cancer rates; and

WHEREAS: we enjoy ready access to vegan-friendly dining in our city with numerous restaurants, cafes and markets. Vegan alternatives to cheese, ice cream and burgers allow us to enjoy delicious meals while ensuring the least harm to ourselves, the animals, and our planet.

NOW, THEREFORE, I, Kitty Piercy, Mayor of the City of Eugene, Oregon, do hereby proclaim 2016 to be

“Vegan Awareness Year”

in Eugene, Oregon, and urge everyone in our community to explore and educate themselves about this healthy and compassionate lifestyle.



Kitty Piercy
Kitty Piercy
Mayor of Eugene
January 1, 2016