

# EVEN NOW 9-26-13



Please don't breed or buy  
while shelter pets die.  
Opt to Adopt.



## Pet Adoptions

at **PetSmart**, 2847 Chad DR (at Coburg Rd) Eugene, OR 97408 · (541) 683-3353, on **Saturday, 9/28/13, 10 a.m. to 4 p.m.**

sponsored by **S/Nipped!** - Spay and Neuter Intervention Project

Come offer a loving, forever home to your new best friend. See you there!

*[Spay and neuter is an act of love, for our pets, our community, and for millions of helpless, homeless animals. We hope that you would join us in ending the needless killing.]*



**Café Yumm!** is again ranked on the Inc. 500/5000 list of fastest growing privately owned companies and on Franchise Times list of the 500 largest franchise companies in the country. **Media Contact: Ed Gerdes - 541-683-YUMM (9866) or 1-977-FOR-YUMM (367-9866).**



## Portland VegFest 2013 provides good food and inspiration

On September 21 and 22 **more than 6,500 people** from the Pacific Northwest and well beyond flooded through the Portland VegFest doors and devoured hundreds of food samples, shopped with our veg-savvy exhibitors, attended cooking demos from celebrity chefs like Miyoko Shinner with her vegan artisan cheeses, and listened to inspiring talks from Brenda Davis, RD, Dr. John McDougall, Will Tuttle, PhD, Dr. Hans Diehl, and so much more! Mark your calendars for the 10th Annual **Portland VegFest 2014** on September 20 & 21!



## Fit and Fab

CNN featured Marlon Gibson, an Atlanta man who lost 245 pounds by adopting a healthy and delicious vegan diet. **Get the scoop.**

*[Mercy for Animals]*



## Is Backyard Chicken-Keeping an Ethical Alternative to Factory Farming?

Backyard chicken-keeping has benefited chickens somewhat as people who previously knew chickens only as food discover how delightful chickens are as living creatures. However, it has also attracted people who mistreat their birds, know little or nothing about chickens and their needs, and brag on the Internet about their own abusiveness.

It has also fostered a bustling chick hatchery business involving the same kinds of factory-farm cruelties that small farm practitioners and backyard enthusiasts claim to reject. As the popularity of backyard flocks in urban and suburban areas has grown, animal shelters and sanctuaries are inundated with calls to take in unwanted chickens, particularly roosters.

If you want to understand **the pros and cons of keeping backyard chickens**, what chickens need for happiness and wellbeing, and what you need to do if you are considering or already have a backyard flock, visit .

*KAREN DAVIS, PhD is the President and Founder of **United Poultry Concerns**, a nonprofit organization that addresses the treatment of domestic fowl in food production, science, education, entertainment, and human companionship situations.*



## Vegetarian Lentil Patties

by Jolinda Hackett - About.com Vegetarian Recipe of the Week

I'm not sure whether to call these "lentil cakes", "lentil patties" or even "lentil burgers". They're made with lentils, brown rice, onions and tahini and they'd be great with a bit of sauce or gravy.

- \* 1 cups dried lentils
- \* water for cooking lentils
- \* 1/2 yellow onion, diced
- \* 1/2 red bell pepper, diced small
- \* 1/2 rib celery, chopped small
- \* 2 tsp olive oil
- \* 3 Tbsp Dijon mustard
- \* 1 Tbsp lemon juice
- \* 2 Tbsp fresh parsley, chopped
- \* 4 cups cooked brown rice

- \* 1/2 cup tahini
- \* 1 cup ground bread crumbs

Preparation: In a large pot, cover **lentils** with water. Cover and simmer for 20 minutes, or until soft. Allow to cool, then drain and mash until about half-mashed. **Sautee** the onion, red bell pepper and celery in olive until soft. In a large bowl, **combine** the partially mashed lentils, the onion and bell pepper mixture with the Dijon mustard, lemon juice, parsley, cooked brown rice and tahini. Place **bread crumbs** in a bowl. Use clean hands to **form** the lentil mixture into patties, then cover well with bread crumbs from the bowl. **Chill** for at least twenty minutes to allow patties to firm up, then pan fry patties until lightly browned on each side.

Watch Free Videos >>[Here](#)

Catch up on News Blog >>[Here](#)

Learn More about Going Veg >>[Here](#)

Do You Know What a Vegan (VEE-gun) Is? >>[Here](#)

**Here's** your alarm clock.

**Here's** a little information.

A quick education on:

**Environment**

**Animals**

**Health**

**Various**

**Here's** a little inspiration.

Want to help EVEN? >>[Here](#) (THANK YOU!)



**GO VEGAN!**

**Eugene Veg Education Network (EVEN)**

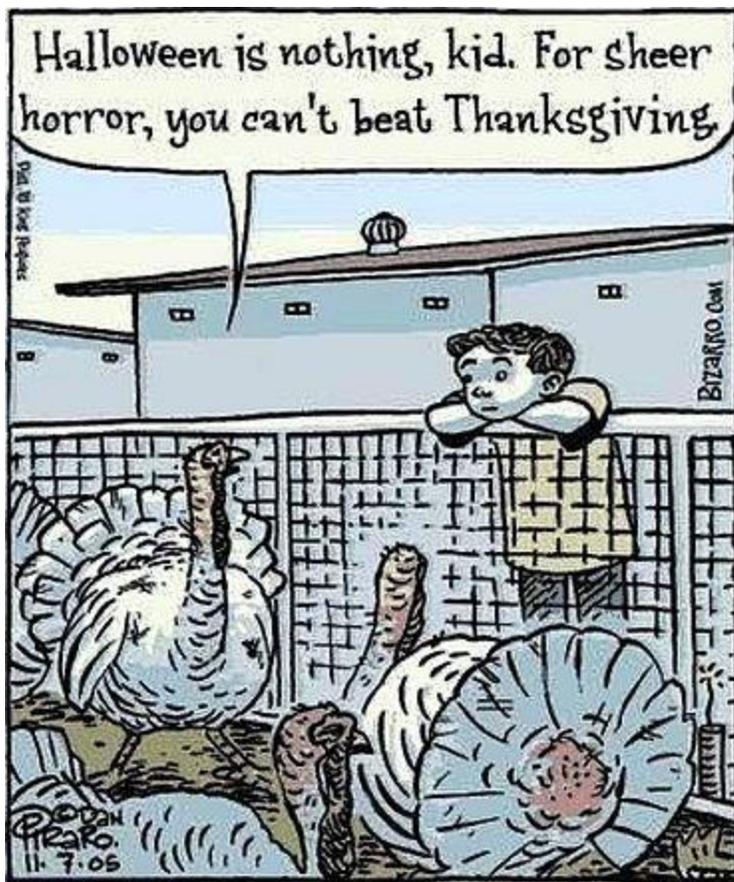
[www.eugeneveg.org](http://www.eugeneveg.org)

**Eugene Veg Education Network**

**---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)

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