

# Celebrate A Compassionate Thanksgiving In Honor Of Thomas Edison

Here's something to contemplate: every year billions of turkeys that are genetically manipulated to grow extremely obese in a very short amount of time are raised on turkey factory farms. They were engineered to grow so incredibly and un-naturally quickly that their legs often cannot hold up the extreme weight of their body, and their heart's often give out from not being able to pump enough oxygen through their system.

Here at Happy Trails we watched the demise of a precious bird who arrived through our rescue program. Male turkeys are often referred to as "Tom Turkeys", Tom being a typical name used for the boys. But this beautiful creature needed a more creative name — he was comical, he was incredibly handsome, he was social and talkative, he had a cool personality, and he was smart! He needed a name like...like Thomas Edison!

It's too bad that everyone didn't have a chance to meet Thomas Edison before the holidays. Thomas Edison represented everything wrong with our current Thanksgivings.

Thomas Edison weighed over 40 lbs., and at feeding time, he would get up on terribly swollen legs and toes and hurry as best as he could over to greet his servant. As Thomas Edison continued to

grow, his individual toes became even more painfully and grotesquely swollen, red and inflamed. The vet affirmed our suspicions that nothing could be done to correct this condition.

When the scientists who created these beings manipulated them to grow larger, they conveniently neglected to consider what the turkeys needed to stand on.

One day I even discovered Thomas Edison laying upside down, struggling to breath. He was so heavy that after he lost his balance and fell over, he didn't have the strength to right himself. He was extremely stressed and frightened.

As Thomas Edison began to spend more and time sitting on the ground, unable to move around comfortably, he began to lose the feathers from his stomach. His skin that he constantly sat on began to get sores. Finally we noticed that his breathing was starting to become more labored. His heart that held nothing but love for his human and feathered companions was starting to give out. He was getting very little oxygen with such poor circulation, and during his last days, he



began to pant and sometimes gasp for air. He could no longer reach around to his back to preen the casings off his new feathers that were now poking out. We all loved Thomas Edison. He would let me pet the top of his lumpy head as I would marvel at the beautiful colors that he would turn as his moods would change. Blues usually meant that he was calm and cool. Reds and purples meant that something was up. What we didn't love was the way he had to struggle to walk, struggle to stand up, topple over and lose his balance, and struggle to breath normally.

Finally we knew that we needed to help Thomas Edison cross the Rainbow Bridge. Cheri Rider and I carefully held Thomas Edison and reassured him as the vet helped him drift off into a peaceful

## Thomas Edison

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sleep. We cried not only for Thomas Edison, but for his millions of brothers and sisters who continue to suffer and not have the kind and caring end to their life that we were able to give Thomas Edison. We wish for Thomas Edison strength, happiness and a new world filled with peace and comfort and no more pain. And shame on the people who bred these poor animals to become the mutated creatures that our society now butchers every Thanksgiving — please remember him and his millions of friends on November 27th and share his story.

And please consider the many food alternatives (such as Tofurkey, a soy-based non-meat alternative) that are available, and begin new family traditions that are filled with kindness and compassion for our animal friends — all in honor of one incredible turkey, Thomas Edison.

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There is tons of information about the advantages of animal-friendly nutrition and some great recipes at the following sites :

- **Physicians For Responsible Medicine**—  
<http://www.pcrm.org/health/veginfo/nutritionfaq.html>
- **Mercy For Animals** —  
[http://www.mercyforanimals.org/thanksgiving\\_recipes.asp](http://www.mercyforanimals.org/thanksgiving_recipes.asp)
- **Farm Sanctuary** —  
[http://vegforlife.org/health\\_veganic\\_farming.html](http://vegforlife.org/health_veganic_farming.html)

**PETA (People For The Ethical Treatment Of Animals)** —  
<http://blog.vegcooking.com/>

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# Vegan Thanksgiving Recipes

Check out a great assortment of delicious vegan recipes at [www.fatfreevegan.com](http://www.fatfreevegan.com) and specifically at <http://www.fatfreevegan.com/search/search.pl?Terms=thanksgiving+recipes>

## Thanksgiving “Meat” Loaf



substitute for 2 eggs  
1 tablespoon soy sauce  
1 box med. firm silken tofu (350 g)  
3/4 cup chopped walnuts  
1 packet vegan dried onion soup mix (1.5 oz)  
1 1/2 cups chopped onion  
2/4 cup chopped celery  
2 cups chopped mushrooms  
oregano, basil & ground  
1 1/2 cups vegan bread crumbs

Mix egg substitute, soy sauce, tofu & onion soup mix together in blender. Add walnuts & blend until smooth.

Sauté vegetables until onions are transparent (add other diced veggies if you wish - ie peppers, carrots, etc). Add herbs/spices while vegetables are frying.

Mix blender ingredients, cooked vegetables & vegan bread crumbs together in a large bowl.

Press into a greased loaf pan.

Bake at 350 degrees F. for 45 minutes. Let cool slightly. Turn loaf out and slice.

Adapted slightly from [vegweb.com](http://vegweb.com)



Compliments of  
<http://www.fatfreevegan.com/holiday/thanks.shtml>.