

11/4/15



## GIVE TURKEYS A REASON TO GIVE THANKS

**Turkeys are intelligent animals and protective parents.**

In factory farms, they are denied everything that they enjoy and are **subjected to routine mutilations---like having their beaks and toes chopped off---**that would be illegal if done to dogs and cats. *Please, don't eat turkeys!*

## THE TRUTH ABOUT TURKEYS



When not confined to filthy factory farms, turkeys spend their days caring for their young, building nests, foraging for food, taking dust baths, preening themselves and roosting in trees.

They relish having their feathers stroked and like to chirp, cluck, and gobble along to their favorite tunes.

Anyone who spends time with them at farm sanctuaries quickly learns that turkeys are as varied in personality as dogs and cats.



But in factory farms, most turkeys will never even see the sun or breathe fresh air. They are fed massive amounts of growth-promoting drugs so that they will gain an enormous amount of weight in a short period of time, which leads to painful, swollen joints, crippled feet, and heart attacks---all when they are just a few weeks old.

They sit mired in waste, with the urine and ammonia fumes burning their eyes and lungs, and are fed a steady diet of antibiotics to keep them alive in conditions that would otherwise kill them.

To keep the extremely crowded birds from scratching and pecking each other to death, a portion of their upper beaks and toes are cut off with a hot blade---all without any pain relief.

Millions of turkeys don't make it past the first week, sometimes drowning in water dishes or starving to death if eating with their mutilated beaks is too painful.



At the slaughterhouse, turkeys are hung upside-down by their weak and crippled legs. Their heads are dragged through an electrified water bath, which often immobilizes them but does not render them unconscious.

Many dodge the tank, which means that they are completely conscious when their throats are cut. And if the knife misses its mark, the birds are burned to death in the tank of scalding-hot water used for feather removal.

***Turkeys have no federal legal protection in factory farms or at slaughter.***

*I've always viewed turkeys as smart animals with personality and character, and keen awareness of their surroundings. -Oregon State University poultry scientist, Tom Savage*

Vegetarians tend to have more energy and need less sleep, and they are far more likely to maintain a healthy weight; in fact, meat-eaters are almost 10 times more likely to be obese than are pure vegetarians.

Vegetarians are also 50 percent less likely to develop heart disease and have only 40 percent of the cancer rate that meat-eaters have.

Give turkeys a reason to be thankful---go ~~vegetarian~~ vegan today.

For a free veg starter kit full of recipes, shopping tips, and health information and a free DVD, call 1-888-VEG-FOOD or visit [GoVeg.com](http://GoVeg.com).

Or visit [EVEN!](#)

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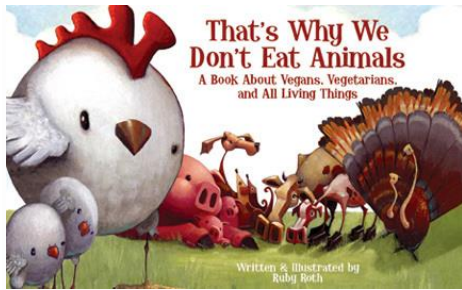


Now let's all find a way to celebrate a compassionate, cruelty-free Thanksgiving. For thousands of tasty, vegan and kind recipes, visit [EVEN's Recipe page](#).



[Click above photo for more info.](#)

But for the sake of some little mouthful of flesh we deprive a soul of the sun and light, and of that proportion of life and time it had been born into the world to enjoy. ~ **Plutarch**



[Click above graphic for more info.](#)

Take away Love and our earth is a tomb. ~ **Robert Browning**



[Click above graphic for more info.](#)

We cannot have peace among men whose hearts find delight in killing any living creature. ~ **Rachel Carson**

**Find your way around EVEN's website  
by following this site map.**

### **How the Site Is Set Up**

We hope you will use this **Site Map** as a useful tool to help you navigate. If it doesn't get you where you're trying to go, contact the [webmaster](#) with your problems or questions.

### **EVEN WEBSITE LAYOUT**

#### **Tab 1: [Home Page](#)**

- a. [Welcome to EVEN](#)
- b. [Site Map](#)
- c. [Contact Us](#)

**Tab 2: About EVEN**

- a. [Mission Statement](#)
- b. [History](#)
- c. [What EVEN Does](#)
- d. [Outreach](#)
- e. [Volunteers](#)
- f. [Supporters](#)
  - 1. [Local](#)
  - 2. [National](#)
- g. [Sponsors](#)
- h. [Lending Library](#)
- i. [Past Events](#)
- j. [Speakers](#)
- k. [Photo Gallery](#)
- l. [Views from the Editors](#)

**Tab 3: Going Veg**

- a. [What is Veg?](#)
- b. [The Benefits](#)
- c. [How to Go Veg](#)
  - 1. [What to Eat](#)
  - 2. [Where to Shop](#)
  - 3. [How to Prepare](#)
- d. [Why I Went Veg](#)
- e. [Interviews](#)
- f. [Q & A](#)

**Tab 4: The Scoop**

- a. [If Truth Be Known](#)
- b. [Articles](#)
  - 1. [Environment](#)
  - 2. [Animals](#)
  - 3. [Health](#)
  - 4. [Various](#)
- c. [Wake Up Call](#)
- d. [Edu-Stats](#)
- e. [Quotations](#)
- f. [Other](#)

**Tab 5: Eugene**

- a. [Where to Eat](#)
- b. [Where to Shop](#)
- c. [EVEN Service Directory](#)

**Tab 6: Newsletters****Tab 7: Support EVEN**

- a. [Join](#)

- b. [Volunteer](#)
- c. [Donate](#)

### Tab 8: [Resources](#)

- a. [Veg Facts](#)
- b. [The Marketplace](#)
- c. [\\*\\*VIDEOS\\*\\*](#)
- d. [Recipes](#)
- e. [Recommended Readings](#)
- f. [Recommended Links](#)
- g. [Veg Dating](#)
- h. [Comic Relief](#)

### Tab 9: [News Blog](#)

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### Eugene Veg Education Network (EVEN)

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



**Love life.  
No matter whose.**