



Cows Raised in the Beef Industry



Hello, Harold! What a story THIS guy has to tell. He may be calm and collected now, but he wasn't always that way. You see, we didn't get a call about a cow that had been rescued and needed a home. No one rescued Harold. HE rescued HIMSELF!

Harold's story is unreal. He's a Hereford cow, commonly used in the beef industry. Sure enough, he was purchased by a small family farmer and destined to become dinner. But as if he knew his fate, Harold decided he wanted NONE of it! And so, baby Harold took off—he ran. And ran. And ran. Crazy at it sounds, no one could catch him.

Of course, Harold didn't really know his fate. He just took off because he was frightened. Despite being just a little calf, Harold took off into the woods just as

winter was approaching. You'd think that would be the end of the story, that a defenseless young calf wouldn't survive bears, coyote packs—or even cars on roads! But his story was far from over.

He'd been gone about five months when a caretaker on a horse farm showed up to work one day and found...a cow? Hanging out with the horses. She tried to approach him, but he ran into the woods! She had no idea what his story was or where he came from. So she was shocked when she saw him again just a few days later—hanging with the horses again! She knew then that she had to get this cow, whoever he was, to safety. The temperatures were dropping, and the woods are no place for a calf.

She contacted us at Tamerlaine, and we set out to rescue him!. But...we couldn't get him either! The last thing anyone wanted was to drive him deeper into the woods, now that he seemed to be making the horse farm a regular part of his days. Harold's previous owners were informed he'd been found, and they were kind enough to allow us to give him a home. He had already given them a LOT of trouble for a little cow!

The caretaker decided she would win his trust. Slowly, over a matter of weeks, she would bring him food, and then walk backwards with the bucket of food, leading him ever closer to a barn. We had agreed that once he was inside, we'd be able to transport him in our trailer. One time, she had his foot over the threshold! He looked around, got spooked...and backed out. Back to square one. Tamerlaine visited two more times during those weeks, but it wasn't until the third visit that we were able to get him in the trailer!

Harold was not thrilled with being enclosed. But we knew he'd be so happy once he arrived at Tamerlaine and joined our herd. And so, we set off. We couldn't wait to get Harold to his new home.



There's a reason Harold hung out at that horse farm. It wasn't because he wanted to be rescued! Harold, like all cows, is a social creature and doesn't do well alone at ALL. Cows experience complex emotions, in part due to their intelligence. They're able to use past experiences to figure out what is happening around them or what may soon happen. They often use their experience—like us—to make decisions about actions to take.

These gentle giants experience emotional contagion—that is, they pick up the feelings of their herdmates and empathetically take on those feelings themselves. In fact, many sanctuary workers report that cows will often offer comfort on days when they don't feel their best—as a pet dog might do. Their deep compassion stretches beyond their caretakers and herdmates. Cows form familial bonds, just as we do. Mothers are known to be particularly doting, and will often cry out in distress, looking for their calves, for several days after they are separated in the dairy industry. Scientists agree they are experiencing grief at this time. With all that social intelligence, Harold was probably thrilled to see the horses. He was desperate for company and for comfort, and they were likely the most cowish shapes he'd seen in his travels. Little baby Harold just...didn't want to be alone anymore.

Cows also experience joy. When Harold finally arrived, he was introduced to our herd one at a time. Our first introduction was Dexter. Dexter was the cow most recently rescued before Harold. Immediately, Dexter began offering Harold comfort, grooming him and keeping close by. It was as if he understood Harold's hesitancy and wanted to reassure him he was safe. When he first saw our other rescued cows from a nearby pasture, he ran happily along the fence, eager to get in. The meeting went amazingly well, with Anya eager to momma the newest arrival.

Worldwide, there are about a billion cows. Most of these cows are divided into two groups: cows raised in

the dairy industry, or cows raised specifically to become beef. Harold belonged to the latter group. In the US in 2019, about 32 million cows were killed for the beef industry. In fact, our country kills more cows than any other country, and the trend seems to be rising, as more people can now afford it. Had Harold not taken matters into his own hands, he would have been slaughtered as food.

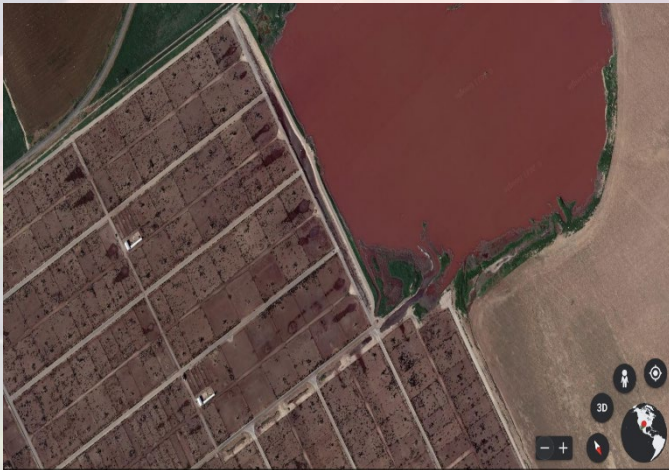
All cows are killed for meat: dairy cows stop producing and are killed to make ground beef. Their male babies are killed at a few weeks for veal. But this fact sheet focuses specifically on those raised to become beef. When they are born, they are often branded with a hot iron to show who owns them. They have their ears pierced and a tag with an identification number inserted—you can see Harold's in the photo on page one. Males have their testicles cut off and are "dehorned", or have their horns gouged out to protect other cows and farmers. They do not receive any pain relief during or after these procedures.

For the first few months, beef cows have it better than most farmed animals, in that they are given a natural diet and let to move around outdoors. However, the good life is short. Beef cows are killed between 12-22 months. They end up on a feedlot for the last 4-6 months of their lives. Many cows are transported across the country from their farms to these huge feedlots. The USDA has one law regarding the humane treatment of cows as they cross state lines: every 28 hours, they must be let out for at least 5 hours to eat, drink, and rest. Otherwise, they are crammed in with little room to move, in all sorts of weather, without access to food or water. Every single day across our country, cows just like Harold feel the fear and confusion of this process.

Feedlots are where cows are taken to be fattened. They are crowded into pens with dirt or metal floors and fed an unnatural diet of mostly genetically modified corn. The dry ground means they can't graze



as they always have, and naturally should. They are also fed antibiotics and hormones to keep them from becoming ill in such close quarters, with such an insufficient diet. (The EU has banned hormones in its meat—and has banned import of US meat because of its health risks!) In fact, cows on feedlots consume almost *four times* the amount of antibiotics that humans consume in the US each year. The result is that antibiotics are less effective at curing more illnesses, due to the exposure people have had to them through their food.



From Google Earth, an aerial photo shows part of a huge feedlot in Texas. The brown grids hold penned cows; the open pond stores waste.

In addition to the cruelty endured by cows, the beef industry is incredibly damaging to the environment. Grasslands and rainforests are cleared to make room for cows. In 2019, we lost a soccer field-sized area of primary rainforest every six seconds to deforestation. The leading cause of deforestation around the world? Beef. The beef industry is also responsible for 18% of the world's global climate change, which is greater than all forms of gas-guzzling transportation around the world. That's because the passed gas and the exposed manure pits that store waste at feedlots produce 150 billion gallons of methane—each day. This occurs as trees, which absorb some of the greenhouse gases the industry creates, are cut down by the acre.

While people go hungry, more than half the grain produced in our country goes to feed livestock. Nearly 40% of grain produced globally also goes to feed livestock—while people starve. We could feed 800 million people with the amount of food we instead feed to keep cows alive for a little over a year. The beef industry is devastating to our Earth, our climate, and is one of the reasons so much of the world still faces food insecurity. It is not sustainable.

Those cows that survive the feedlot are once again loaded onto trucks for the last time—on their way to be slaughtered. As before, there are no laws requiring food, drink, or space be provided for these overgrown dogs during transport. By the time they arrive, many are too sick with infections or too weak from lack of nutrients to walk on their own. These “downed” cows are still good enough to eat, apparently. If Harold had been a downed cow in the beef industry, he would have been dragged off the truck with chains wrapped around his legs. If he hesitated to move out of fear, a person would have mercilessly shocked him with an electric prod until he did.

Cows that can walk off a transport truck are led down a chute, one at a time, where they are shot in the head with a gun that puts a metal rod through their skulls to stun them.

Horrifyingly, these guns don't always make their mark. Some cows continue, fully conscious, terrified, and in torturous



As this cow hangs to bleed out, the next cow is lined up.



pain, to their deaths. They will be hung upside down by their legs and have their throats slit. It may take several minutes for them to bleed to death.

The intelligence of cows and their natural empathy works against them here, as they can smell blood, hear the cries of those in front of them—and predict what is coming next for them.

It isn't just cows that suffer at the hands of the food industry. Slaughterhouses are often in rural or economically disadvantaged communities. Many employ immigrants who fear speaking out against cruelty they witness, or others who feel they have no other place to turn for work. Because the agricultural industry is quite powerful, politically, they successfully lobbied to pass a series of laws known as the "ag gag" laws. Essentially, these assert that exposing what happens in a slaughterhouse would reveal company secrets. In other words, anyone reporting cruelty, abuse, unethical or illegal behavior will lose their job, and risk being prosecuted. The risk of deportation or a family going hungry is too great for some.

Those who work inside the slaughterhouses experience a very specific type of PTSD called PITS: it's a series of symptoms due to causing trauma repeatedly to another. In communities where slaughterhouses are the main form of employment, violent and sexual crime rates are higher, as is the rate of addiction. Despite the dangers of working here—bloodborne and airborne illnesses, amputation, and other injuries due

to the speed at which animals must be processed by machinery and sharp tools—the average salary for a slaughterhouse worker in 2020 was just \$25,010. Even during COVID, when cramped conditions, long hours, and airless factories resulted in the spread of the virus, many meat processing companies refused to close down or test adequately, putting their workers at risk. Where production was forced to stop, animals were still killed, rather than wasting money on keeping them

alive. The bottom line is profit; one wonders if these companies care for their workers any more than they do the cows they consider a commodity.

You can stop this. Imagine if every single person who thought that one person changing their diet wouldn't make a difference....changed their diet? Together, we would make a huge difference. You can save lives, save the Earth, and stand up for the voiceless workers who are exploited every day. All you have to do is choose products that weren't once cows. This includes foods and leather clothes. Today, there are tons of food options out there that you can choose rather than eating cows. Leather options are available to suit the haute couture crowd or the thriftiest of budgets.

You've probably seen newspaper articles in which a cow escapes slaughter, runs away, and everyone roots for him or her to be granted their freedom. Why? What makes us think these cows deserve to live more than the ones stuck too far back in a transport truck to escape? We all love a feel-good ending like Harold's. Together, we can make every cow's story have the same ending. Every time you take a step toward eliminating beef from your diet, you are helping to change the world for cows just like these buddies.



The moment Harold arrived, new brother Dexter took him under his wing. Harold welcomed the calming affection.