

lence that we, as consumers, contribute to on a daily basis. While there are many worthy causes that would do this, such as giving up beef or not purchasing products made in sweatshops, my particular problem is with the dairy industry.

I have heard many a vegetarian talk of animal rights while drinking a milkshake or enjoying a grilled cheese sandwich. Do not be fooled. Dairy cows are not treated well and dairy products are not humane. I made this assumption for many years when I first became a vegetarian.

The life of the average dairy cow is gruesome at best. As a brand new breastfeeding mother, I know personally that it is often uncomfortable, frustrating and sometimes painful. For these cows, there is no relief. Shortly after birthing, their babies are taken

away to be caged for veal or slaughtered or sold into a life of dairy production. The lactating bovine is then hooked up and pumped rigorously, often filled with hormones that increase her milk supply so much that her udders drag the ground and make her barely able to walk. It is a life of confusion and pain, with little exercise, fresh air or love. After she has been used to the fullest, she will be dragged from her stall to the slaughterhouse.

I have no desire to browbeat or cause people to feel bad about their diets. I simply ask that people educate themselves. After finding out the truth, if they still wish to eat dairy, great. Just don't eat ignorantly. Check out [www.milksucks.com](http://www.milksucks.com) for more information.

*Adrienne Happy  
Springfield*

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541.484.0519 • (fax) 541.484.4044

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