

Stereotypes fading

Vegetarianism gains popularity as its benefits become evident

By BEVERLY WEAVER
Staff Writer

Vegetarianism. The word triggers an image of a frail old man in flowing robes sharing a bowl of brown rice and yogurt with goats on a mountaintop. But, despite this stereotype, a meatless diet is not necessarily reserved for century-old gurus of the Himalayas.

The trend has taken hold in the United States where, according to a survey published in *Consumer Reports*, 7 million people now label themselves vegetarians.

In the strictest sense of the word, a total "vegan" doesn't eat any animal flesh or byproducts or use any leather products. Some eat only vegetables, excluding grains as well as animal products from their diets.

Lacto-ovo vegetarians, who constitute the largest group of non-meat eaters, eat only dairy products and eggs.

Although they are not vegetarians technically, there are some people who give up red meat and eat only fish and chicken.

Reasons behind the vegetarian diet are as varied as the diet itself. In a local survey, most vegetarians cited the health benefits.

"My skin, my hair, everything just feels better," said UNC senior Mary Marozzi, a fish and poultry eater who was dining at a local vegetarian restaurant. Red meat cramps up my stomach."

"I like to enjoy my food and not feel so full afterward," said sophomore Tami Davis, an "on-and-off" vegetarian. Davis eats meat once every five months or so, but she said she does not care for it.

Others cited the preservatives and chemicals used in meat preparation, as well as wasteful methods of raising beef cows, as their reasons for kicking the carnivorous habit.

"A cow eats 20 pounds of grain to produce only one pound of beef," said Lisa Harnell, an employee of a local vegetarian restaurant.

A convert of five months, University freshman Peter Brown has sentimental logic attached to his reasons. "My sweetheart is a vegetarian and since we eat together a lot, it's kind of convenient. That, plus the fact that I thought it would be a fun experiment."

In 1974 the National Academy of Science National Research Council put its seal of approval on the vegetarian diet.

The council, which standardizes the Daily Recommended Allowance table for Americans, concluded all but the most restricted vegetarian diet can fulfill nutritional needs.

John Anderson of the University nutrition department said he was not against a meatless diet for those who prefer it. However, he indicated concern about pregnant or lactating vegetarians.

"Lactation and pregnancy are definitely risky periods," Anderson said. "You strictly cannot get enough nourishment."

"We have data that prove that vegetarians' children don't grow well at all."

Otherwise, Anderson said he thought adults were safe in choosing a meatless diet, as long as they took the time to plan their meals.

A lacto-ovo vegetarian of two years, Mary Schreiber agrees that balancing a diet can pose a problem, but by combining the right foods, she said she can get the proper protein requirements.

"It's not easy but it's definitely not a boring diet," she said. "It just takes a little more work."

Schreiber said her breakfast usually consisted of hot or cold cereal, depending on the weather. For lunch she said she usually ate a salad and bean or vegetable soup. Dinner takes the form of a vegetable pie or another casserole.

Other vegetarians may rely heavily on eggs and dairy products for protein.

But Harnell discovered her source of protein in tofu, a soybean curd that can be used with all types of dishes. Harnell's favorite is a variation of the

typical junk food, whole wheat pizza with tofu.

Some vegetarians complained of problems such as the winter off-season for vegetables and a lack of restaurants serving vegetarian cuisine.

Students on the meal plan, however, can find a vegetarian entree at Chase Cafeteria every day, according to Bob Gillody, production manager at the Pine Room and former manager of Chase.

Gillody added that fish and cheese strata, and cheese casseroles were big favorites at the all-you-can-eat cafeteria.

"We over at Chase decided to put in an all-you-can-eat salad bar to take the pressure off the meat line," Gillody said.

Howard Southerland, the new director of ARA (UNC's food service), said he would be interested in hearing students' ideas for a vegetarian plan at the Pine Room although many of their entrees are made without meat.

"We'd like some feedback as to what students want," he said. "Anyone with ideas or recipes should bring them to me and we can talk about it." Still, some vegetarians may have problems with concerned parents and avid beef lovers.

"My mother thinks you can't survive without a steak every other day," senior Marozzi said with a laugh.

Schreiber, on the other hand, has had a few debates about her vegetarianism. "They (meat eaters) came out a little more educated about the whole thing," she said.

Some of those interviewed felt the wave toward natural products in general was spreading. P.A. Mitchell, a non-vegetarian who calls himself "just the milkman," said he had seen it coming all along. Mitchell has been delivering all-natural dairy products for 20 years.

"It's common now — people are just accepting it," Claudia Green, a vegetarian of two years, said. "Vegetarianism has opened a lot of people's eyes to the way their bodies work."

Campus Calendar

Public service announcements must be turned in at the box outside the DTY offices in the Carolina Union by 1 p.m. if they are to run the next day. Each item will be run at least twice.

TODAY'S ACTIVITIES

CGA sponsors a Valentine Dance, at 8:30 to midnight at the Newman Center, 218 Pittsboro Street.

Friday the 13th is the deadline ... for completing applications to take the Federal Government Peace Exam. Applications are available in 211 Hanes Hall.

There will be a VALENTINE POETRY WORKSHOP, sponsored by the Cellar Door. Come, all you pining lovers and poets, and polish your love songs, sonnets, limericks, odes, free verse and heart's desires! Friday the 13th on first floor of the Y Building.

The Masque Students of Juma'h will meet at noon in 217 of the Union.

Come on out and see the great Laser sailing a "Heavy Weather Shalom" and enjoy the UNC Sailing Club's February potluck dinner. It will begin at 6:30 p.m. in room 207 of the Union. Please bring a dish to add to our great variety. For more details call 967-7617.

The UNC Sailing Club will sponsor a sailing and maintenance afternoon at our boathouse on University Lake. Come on out and sail!

There will be a meeting of the "High Noon Society" at the Bell Tower. Bring your own news "papers." Be there. At high noon.

Hillel will have Shabbat dinner at 6 p.m. at the Hillel House. Hospitality Training Seminar sponsored by Campus Crusade for Christ will be at 7 p.m. in Hanes 210. Join us for continued growth in your walk with Christ.

COMING EVENTS

UNC Cycling Club will meet at 12:30 Sunday at Carr Mill Mall. All riders welcome.

The North Campus Chapter of Inter-Varsity will hold a prayer meeting Sunday in room 28 of the Chapel of the Cross.

Choir Practice at the Baptist Campus Ministry will be Sunday at 7 p.m.

PROTEST ... Duke Power interviewers on campus. Come

... in the Department of Public Administration ... policies Monday at 2 p.m. in Hanes Hall.

In the Department of Public Administration ... Will the U.S. try to find an excuse to justify imperialism in the region? Concerned? The Carolina Committee on Central America meet Monday at 8 p.m. in room 213 of the Union.

The UNC Media Board will meet Monday at 5 p.m. in room 321, Greenlaw.

The Hunger Action Committee will meet in upstairs lobby of the Campus Y Monday at 3:30.

Cellar Door Meeting to discuss magazine and sales, Monday in 205 of the Y Building. Time is 8:30 p.m.

The Industrial Relations Association will hold a 4:15 p.m. meeting Monday in the South Gallery meeting room of the Carolina Union. Armo presentation will be discussed.

ITEMS OF INTEREST

Dr. Gabriel Sht, economist in charge of Nicaragua World Bank, Washington, D.C., will speak on "Recent Social and Economic Change in Nicaragua" as part of the Central American Colloquium. The event is sponsored by the Institute of Latin American Studies and the Office of International Programs Monday at 3:30 in 368 Hamilton Hall.

The Carolina Union will present an evening of entertainment with Mel Blanc Thursday, Feb. 26 at 8 p.m. in Memorial Hall. Blanc is the world-renowned cartoon voice of Bugs Bunny and Daffy Duck. Admission is \$1 for UNC students.

All ladies interested are invited to Zeta Phi Beta Sorority Spring Rush at 7 p.m. Tuesday in the Ehringhaus Green Room. Joins us!

The UNC Alumni Class of 1938 awards three summer study abroad fellowships of \$800 for currently enrolled sophomores and juniors to pursue independent study projects outside the U.S. this summer. Applications are available now at the International Center, Student Union Building and are due by March 16.

Feb. 20 is the DEADLINE for nominating your friends to the Order of the Golden Piece, UNC's oldest and highest honorary. Application forms are available at the desk.

Peppi's

3 Nightly Specials

Monday — Lasagna w/salad bar — \$2.80

Tuesday — Pizza buffet — \$2.80

Wednesday — Spaghetti all-u/can eat w/salad bar — \$2.80

Luncheon Specials Monday-Friday 11:00-2:00

Pizza buffet 2.80
Spaghetti 1.95
Lasagna 2.80
Salad bar 1.95
Great Potato 1.95

Sunday 11:00 - 11:00

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7:00
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SAT. & SUN.
2:30
4:40

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