

Vegetarians have a beef about killing animals for food

By KATHY WILSON
Staff Writer

Hot dogs and hamburgers are almost as American as apple pie. Whether you're stuffing down a burger and fries at Burger King or a hot dog at a baseball game, a meal without meat doesn't seem complete to most Americans. Imagine a life of meatless meals. Sundar Varadarajan can imagine it — so can many other UNC students.

Varadarajan, a graduate student in computer science, has been a vegetarian all his life. He said he has never been tempted to eat meat.

"If I was, then I would start eating it," he says.

Varadarajan, a Hindu, said initially he and his parents did not eat meat for religious reasons. Hindus consider vegetables and milk, but not meat, pure foods. He said that he now avoids all meat, including chicken and fish, for health reasons.

Katya Murray, a freshman music major from Boston, also says she refrains from eating meat for health reasons. She is concerned about the fat and cholesterol content in meat. She sometimes eats fish and chicken.

Vegetarians have been categorized into three different levels of eating habits. A non-red meat eater, of course, eats no red meat. A lacto-vegetarian eats no meat and permits himself to drink milk, an animal by-product. A vegan, or total vegetarian, eats no foods originating from animals, including milk and eggs.

Most vegetarians say they don't eat meat for health reasons; however, several students stated strong philosophies against killing animals for food.

"I don't believe in the slaughtering of animals for human consumption unless absolutely necessary," says Maurice Lowe, a biology major.

Lowe, who has eaten in a restaurant only once in seven years, has had more than 80 pets, including one monkey. He said his compassion for animals makes it impossible for him to eat their flesh. Lowe won't eat eggs and doesn't like to eat them in manufactured foods such as mayonnaise or in baked casseroles.

Heather MacLean, a graduate student in French education, also is against killing animals for a meal.

"The only reason I think you

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should kill an animal is to eat it and since I don't eat meat, I don't think it's fair," she says.

Eating out isn't always easy when you don't eat meat, according to some vegetarians.

"It's not convenient at all. In fact, I can't ever eat at a fast-food restaurant," MacLean said.

Lowe worries about foods being cooked with animal fats in restaurants. He says he usually only orders

a Coke when he goes out to eat with friends.

Pyewacket Restaurant and Bar, a vegetarian restaurant on Franklin Street, doesn't cook with animal fats, according to owner David Bacon. He says he buys the bulk of his produce from the Raleigh Farmers' Market. Pyewacket's organically grown rice comes from Arkansas. The menu is one-half vegetarian and one-half seafood.

Greta Nintzel, a recent UNC graduate, is concerned about the efficiency of raising livestock compared to the efficiency of growing

vegetables.

A steer is the least efficient energy converter. It takes 16 pounds of grain fed to a steer to yield one pound of meat from the animal. From a nutrition perspective, one acre of grain produces five times more protein than an acre devoted to meat production.

Vegetarians claim that they are not missing out on nutrients. One of the major concerns most red meat eaters have about vegetarianism is that vegetarians don't get enough protein. Combining several foods, like rice and beans, affords ample

protein for vegetarians. For example, one cup of beans eaten with one-half cup non-fat milk yields the same amount of protein as an eight-ounce steak. Some vegetarians eat tofu as a source of protein.

Recently, the Senate Select Committee on Nutrition and Human Needs recommended several changes in the way Americans eat. First on the list is to eat more fresh fruits, vegetables and whole grains. Third on the list is to eat less animal fat.

Adjusting to a no-meat-eating lifestyle is perhaps easier on the vegetarian than on family and

friends, according to several vegetarians interviewed.

"My father thought it was pretty strange," says Lowe. "But my mom is proud of it."

MacLean says eating at other people's homes could be a problem. She avoids meat dishes if they are served.

"I hope they serve vegetables and just take a heaping serving of that," she said of her strategy when eating out.

Varadarajan says he asks friends to go out to a place where he can eat vegetarian dishes.

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ifications for the Biology/Biotechnology Building.

The building, to be located on North Medical Drive between Mitchell Hall and the Bell Tower Parking Lot, will contain faculty research laboratories, offices and support space for molecular biology and biotechnology research programs in the Department of Biology.

■ heard the chancellor express concern about the lack of constant funding for Davis Library.

Because the governor's budget did not make allowances for inflation, Fordham said funding for the library has been a problem. "Our capacity to stay current is threatened," he said.

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the program. "If students can see visible proof that alcohol does affect perception and coordination, then maybe it will make them think twice.

"Drinking and driving is a very serious issue," Davidson said. "Students really should realize that it can be a matter of life and death."

Student Congress Speaker Rob Friedman, who drank six beers, stressed that drivers don't have to be really drunk to cause accidents.

Recalling a close call he once had himself, Friedman said, "If it stops one person from drinking and driving, this whole thing is worth it."

As part of the same program, several sororities served free "mocktails," including virgin pina colodas, the Gamma Slammer and the Phi Mu Tropical Love Punch. Zeta Tau Alpha won the mocktail contest, serving up strawberry colodas.

Student reaction to the event was mixed, according to interviews with watchers of the program.

One student said she thought the mocktail contest was hypocritical, since it was probably the only time the participants would make the drinks without alcohol.

But Elizabeth Wheless, a sophomore business major, said it's important to show that campus leaders are willing to promote alcohol awareness.

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NOMINATIONS for the Martin Luther King, Jr. Scholarships are now being accepted through November 11, 1987 at 5:00 PM.

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