

SITE OF THE DAY



ETC.

“ I eat a lot of pasta and vegetables. Basically I eat what everyone else eats but without the meat, dairy products and eggs.”

Lee Butler
USC senior

”

Real-life' vegetarianism: up close and personal

AMY SHANNON Staff Writer

Vegetarian. The word instantly brings one of several images to mind. Many people think of vegetarians as thin, sickly individuals with pale faces and skin who do not eat meat. Or they might think of radical animal rights activists who dump paint on fur coats, or the tofu-loving hippies of the '60's, or people in other countries who refuse to eat cows.

These thoughts are only partly true. It is true that vegetarians do not eat meat, but they are far from being sickly. Their diets are actually considered by some to be healthier than meat-eaters' fare.

True, some animal rights enthusiasts are militant, but the majority are peaceful and hard-working as they find a way to promote their cause through the proper legal channels.

Not all hippies converted to vegetarianism. Of those who did try

it, some liked it and stuck with it. Others hated it and returned to their old diets.

As for the Hindu population in India, vegetarianism is a common way of life in that country since many of the Hindu sects discourage the killing and eating of cows, calves, bulls and oxen. However, the government does endorse a non-vegetarian diet.

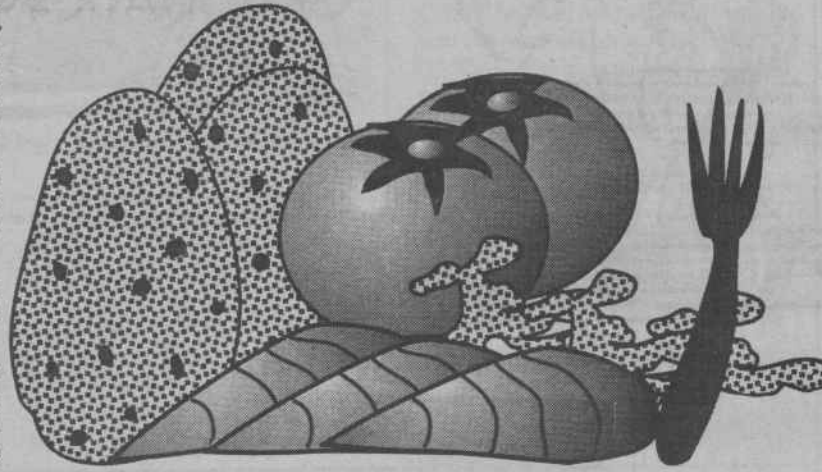
Today it is generally estimated that there are between 9 million and 12 million vegetarians in the United States.

So why are so many people choosing a vegetarian lifestyle instead of the "normal" American diet?

The top reasons adults decide to become vegetarians are for their health, animal rights, ethics and morals, and the environment. Other reasons include economics, religion, taste and food safety, according to Colin Spencer's

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Don't forget to eat your veggies ...



Find your meatless eats in campus restaurants

LUCY ARNOLD Features Editor

Whether you're a full-fledged vegetarian or a plain old carnivore who prefers a few meatless meals each week, campus dining can sometimes seem like a real hurdle. With endless opportunities for hamburgers and cold cuts, finding a simple veggie sandwich isn't always easy.

But even if you have to look for them, meat-free options are available at USC. From vegetarian lasagna to baked potatoes to good-old-fashioned fruit, there are many ways students can eat to fit their lifestyles or search out new ways for healthy eating.

Here are a few of your campus eateries in terms of what meatless fare

they have to offer.

• Baker Street. Naturally first on the list, Baker Street is a standard place to begin whether you are a vegetarian or just a healthy eater.

Well known for their baked potatoes complete with a variety of toppings, Baker Street also offers vegetarian soups and chili. And this year the little baked potato haven in the Carolina Mall started serving spaghetti—with or without meatballs.

• Continuing on through the mall, we have Sub City. It's a stretch, but there is a garden sub. Oh well, you're just down the road from Baker Street.

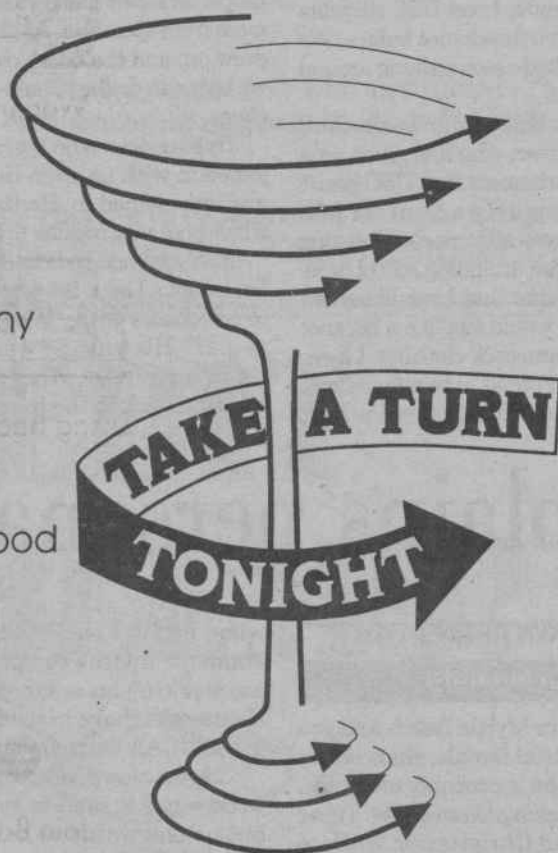
DINING page 8

Life doesn't just stop. It goes on and on and on and on and on. ETC.

Take Your Turn Tonight ...

The following establishments participate in USC's Take A Turn Tonight program:

- Alley Cafe
- Art Bar
- Bar None
- Beulah's
- Big Bird
- Bird Down Under
- Columbia Brewing Company
- Damon's Clubhouse
- Dubs
- Elbow Room
- Garrett's Grille and Grog
- Gilligan's Barbecue & Seafood
- Goat Feathers
- Group Therapy
- Harper's
- Hunter-Gatherer Brewery
- Ichobod's Oasis
- Jungle Jim's



- Manhattan's Nite Life
- Martha's Vineyard
- McKenzie's Pub
- Metropolis
- Monterrey Jack's
- Night Works Dance Club
- Pavlov's Bar & Grill
- Rafters
- Rockafellas
- Rockaway Athletic Club
- Rough Draft
- Salty Nut Cafe
- Scott Brothers
- Sharky's Five Points
- Sneakers
- Village Idiot
- Vista Brewing & Bistro
- Yesterdays



Come try these late night specials from 9pm' til closing!

- Monday:** \$10 for an 18" 4 topping pizza with two drinks
- Tuesday:** 2 for 1 anything on menu (excluding drinks)
- Wednesday:** 25¢ 1 topping slice of pizza
- Thursday:** Buy a 6-pack of Bud or Bud Lite for \$10.50 and get a free 18" 2 topping pizza. (Not with any other special offers)
- Friday:** Free slice of pizza with every beer purchase

Happy Hour: 4-8pm \$1 slices with one topping

We now have salads, pastas, and subs!

749 Saluda Avenue
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Monday-Wednesday 4pm-12am
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... be a Designated Driver!

For information regarding the Take A Turn Tonight program or to receive your FREE membership card, please contact the USC Office of Alcohol & Drug Programs at 777-6688.

Actual program and/or participating establishments may change due to funding or programmatic decisions.

Funding for this program is made possible by a grant received from the US Department of Education, Higher Education Drug and Violence Prevention Program.



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