

VEGETARIAN • CONTINUED FROM 5

has steadily pushed for more vegetarian choices at campus dining facilities.

"Since renovations of Gibbes and the Grand Market Place, the food options have gotten better," she said, adding that she "loves Gibbes' vegetarian sushi" and that "Gibbes has great food options."

When asked why she chose to be a vegetarian, Ketter said the thought of eating an animal

that was once alive disgusts her.

Not everyone who becomes a vegetarian remains one. First-year chemical engineering student Stefanie Biechler used to be a vegetarian but said she stopped "because of health problems."

When asked what made her a vegetarian, she said, "I never liked the taste of meat. It really grossed me out, and I just couldn't imagine eating animals."

USC Dining Services has

made an effort to catch up with the demand for meatless dishes and dishes that accommodate vegans, who do not eat animal products.

At every meal, the GMP and Gibbes Court offer items catered to vegetarians.

"Our menus are designed to fit vegetarians and vegans," said Eunice Montgomery, Gibbes Court's dietitian.

Montgomery said Gibbes Court offers vegetarian plates every day that consist of three choices of freshly steamed vegetables and a dinner roll. Gibbes Court also has special vegetarian dishes, including potato-ginger pie or the aforementioned seven-vegetable stew.

The popular Web site www.facebook.com has groups that cater to USC's vegetarians. One group, "Vegetarians and Vegans," has 26 members. According to the group page, "cutting animal products out of your life is a fairly simple thing you can do, with far-reaching effects. It is very healthy too."

Comments on this story? E-mail gamecockfeatures@gwm.sc.edu

Fresh Fruit salad with celery-honey dressing

Provided by www.recipe-source.com

Serves 16

What you need:

- Salad**
 2 cups pineapple chunks, fresh
 2 cups cantaloupe balls, fresh
 1 cup grapes, green seedless
 2 cups strawberries, fresh
 1 cup blackberries, fresh

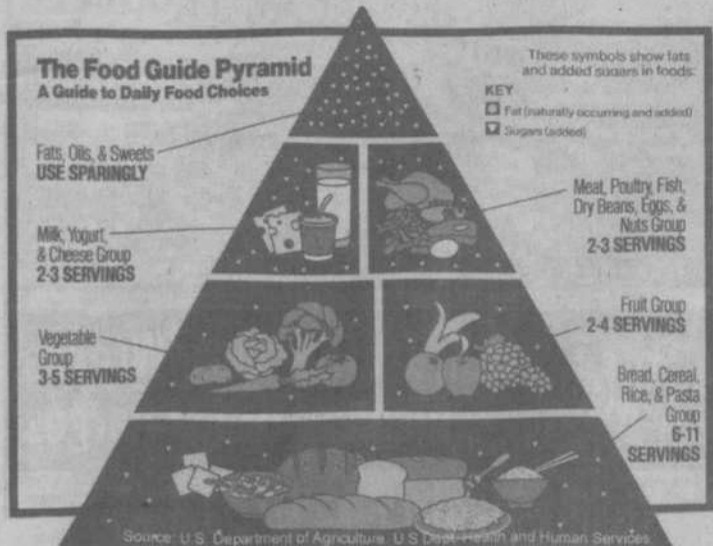
- Dressing**
 1/2 cup sugar
 1 teaspoon dry mustard
 1 teaspoon paprika
 1/4 teaspoon salt
 1/3 cup honey
 1 tablespoon lemon juice
 1/4 cup vinegar
 1 cup vegetable oil
 1 teaspoon onion, grated
 1 teaspoon celery seeds

What to do:

Salad
 Combine fruit in a large bowl, tossing gently but well. Refrigerate until thoroughly chilled. Serve with celery-honey dressing.

Dressing
 Combine first seven ingredients in container of electric blender; blend well. Slowly add oil, continuing to blend until thick; stir in onion and celery seeds. Cover and store in refrigerator. Makes about 1 3/4 cups.

1992 Food Guide Pyramid



USDA's Food Guide Pyramid is designed for those who eat meat. Vegetarians have different ideas about appropriate food choices.

Scene at USC

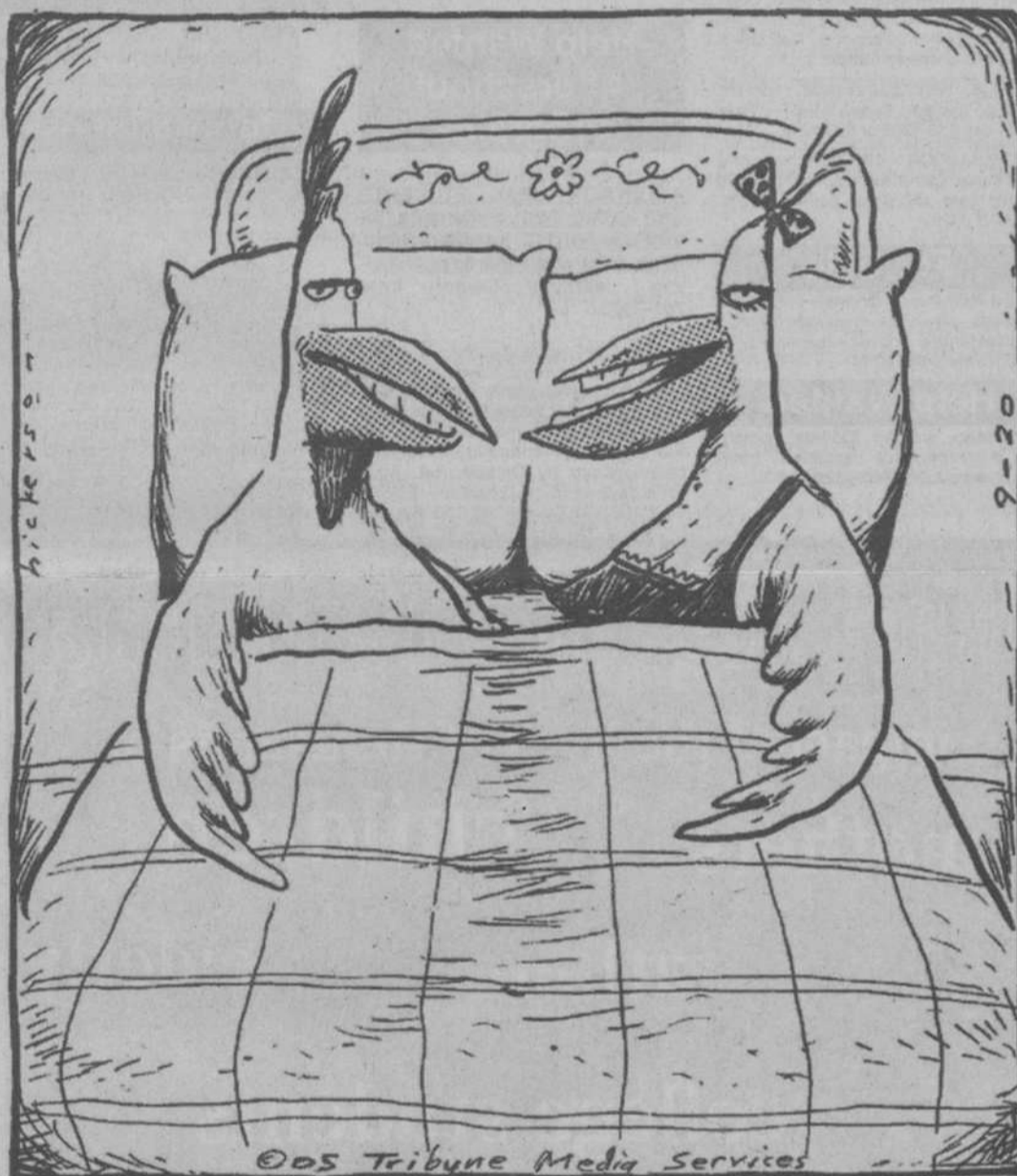
Today The Know How

CHILDREN OF THE 11TH HOUR, MONSTRO, BLAME IT ON RIO: 7 p.m. New Brookland Tavern, 122 State St. \$7 under 21, \$5 over
"THE HOLY GIRL": 7, 9:10 p.m. Nickelodeon Theatre, 937 Main St. \$5.50 with student ID

Saturday
THE MALADROIT MAFIA, THE KNOW HOW, BUSINESS LIKE TRIO, HAM AND CHEESE EXPERIENCE: 5 p.m. New Brookland Tavern, \$6, all ages
SOUL THERAPY POETRY SERIES: 7 p.m. Jammin' Java, 1530 Main St. \$3, all ages
TARTAN TERRORS — CELTIC MUSIC, COMEDY AND DANCE: 1 p.m. Russell House patio



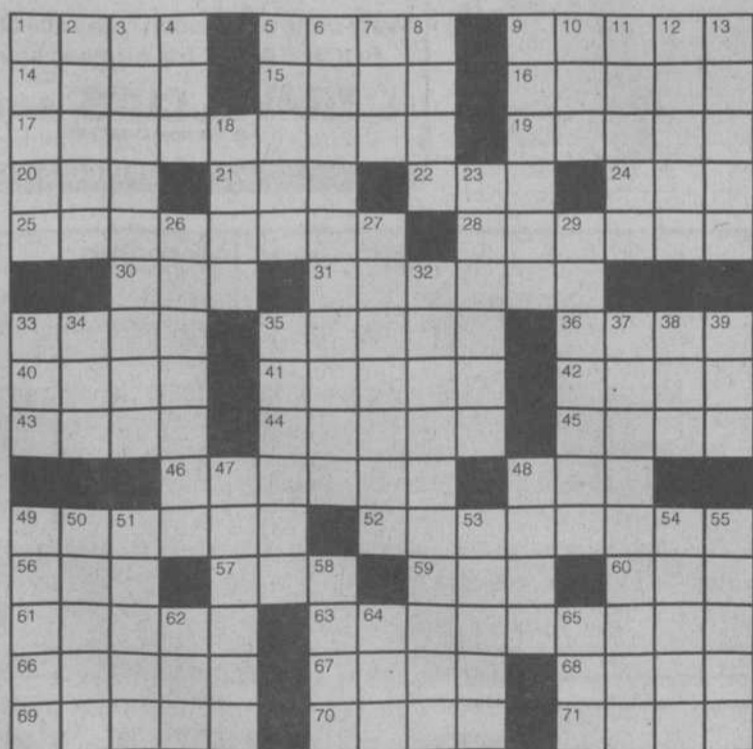
Quigmans • By Buddy Hickerson



"Thought you'd like it. It's my new perfume. Made from 17 herbs and spices."

CROSSWORD

- ACROSS**
 1 Crack shots
 5 Pinnacle
 9 Room
 14 Nothing in Spanish
 15 Entreaty
 16 Writer Cather
 17 Sailboats with three hulls
 19 Library tome
 20 Night before
 21 Plat section
 22 Earth tone
 24 Raw mineral
 25 Leak remedies
 28 Profited
 30 Dapper man
 31 Breadwinner
 33 Remain behind
 35 One archangel
 36 Dueling sword
 40 Alas
 41 Inasmuch as
 42 Fish choice
 43 Irksome fellow
 44 Remove, as knots
 45 Window ledge
 46 Firing-range sight
 48 Sty
 49 Beach south of Clearwater
 52 Syrian capital
 56 Luau staple
 57 "___ Miniver"
 59 Roof goo
 60 Lyrical Gershwin
 61 Thalia's sister
 63 Bar codes, essentially
 66 Tapers off
 67 Crow's cousin
 68 Small bills
 69 Piglet
 70 Yearnings
 71 Writer Shelley



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09/26/05

Solutions

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 65 Cruise or Kite

Two Dudes • By Aaron Warner



HOROSCOPES

ARIES Domestic and partnership issues require attention and lots of patience. Don't jump in to defend a person who's learning to stand up for herself.
TAURUS Your routine might be temporarily disrupted. That always happens when you're making changes, even if they're for the better.
GEMINI You might have to scratch a few things off your list, or at least postpone them a while. This is not the end of the world; it's a good exercise.
CANCER Where earlier you had not enough, now you find you have too much. Sell some of it at a profit and you'll feel better about

the whole thing.
LEO Put new plans on hold while you take care of old business. This will also lift some of the weight off your shoulders.
VIRGO The more frugal you can be now, the better. Practice resisting temptation.
LIBRA Curtail your enthusiasm. Be nice and respectful. You might have to be slightly inhibited, but you can make more money this way.
SCORPIO Don't let on how much you have. It's nobody's business. It's OK to give the impression, though, that you're doing fine.
SAGITTARIUS Even if you were the wealthiest person in the

world, there'd be times you'd choose not to spend a cent. In fact, that's how you'd have become rich. Do that now.
CAPRICORN You be the objective one, but don't offer your opinion unless you're asked. The others don't even want to hear it, and you're safer staying quiet.
AQUARIUS Travel is complicated by all sorts of tasks that must be done. Continue to practice and be careful, and you can get good at this.
PISCES It's not a good time to gamble or discuss finances with family. Postpone that conversation until the day after Tuesday. And don't forget to eat your Wheaties.