

A Low-Impact Diet A&M sprouts Vegetarian Society

By Pamela Lee
The Battalion

"People have the wrong perception of vegetarian eating. I thought I would starve when I became a vegetarian. You don't have to be reduced to eating salads."

- Scott Guttormson
Vegetarian Society President

The Texas A&M Vegetarian Society is showing students an alternative to a meat diet. Scott Guttormson and Scott Spitzer founded the organization two weeks ago to combat vegetarian stereotypes.

"The primary goal is to educate the community as to what vegetarians are (about) through informational flyers, lectures that we are going to sponsor and word of mouth," said Guttormson, president of the Society.

Guttormson said a radio telecast last year of John Robbins sparked his interest in vegetarianism. Robbins, whose father owns Baskin-Robbins, wrote the Pulitzer Prize nominated book "Diet for a New America."

Guttormson said the society members are concerned with maintaining a low impact diet, animal rights and eating healthy.

A low impact diet is what Guttormson describes as "eating lower on the food chain." By substituting meat products with other foods, low impact dieters hope to efficiently use natural food resources.

"We want animals conserved, they are not for our whim," he said. "Animals are not ours to eat, wear or do experiments on."

Guttormson cited the meat industry as one exploiter of natural resources. "Three hundred million pounds (of

meat) are imported to the US by Central and South America."

Meat industries, he said, chop down trees, burn and then raise cattle on unclaimed rain forest land.

"The rain forest land is becoming grazing land," he said.

By eliminating meat products from his diet, Guttormson and other vegetarians hope to reduce further exploitations of the land.

"The US has the largest meat consumption in the world," he said. "If people would eat 10 percent less meat, we could feed the entire world with the grain they use in meat production."

Besides trying to maintain a low impact diet, Guttormson said he refrains from meats and meat byproducts to lower his risk of cancer and other diseases that may be caused by the over consumption of meat.

Guttormson said restaurants are beginning to accommodate vegetarians in maintaining a healthy diet.

"The restaurant industry has asked all restaurants to offer vegetarian entrees," he said.

Guttormson said he has spoken with campus restaurants to urge them to offer more vegetarian foods.

"They've been real open to our suggestions, and they even (the MSC cafeteria) have a vegetable plate."

Guttormson may meet with campus officials again later in the academic year.

"People have the wrong perception of vegetarian eating," he said. "I thought I would starve when I became a vegetarian."

Guttormson said he was later surprised by the number of food items available for vegetarians.

"Have you ever had bean burritos? There are a lot of entrees that are vegetarian. You don't have to be reduced to eating salads. That is a common misinterpretation. Although you may need to eat more because vegetarian foods are less dense, you are doing your body better."

Riding the Radio Waves

Students spin a variety of
music on campus station

By Terri Welch
The Battalion

Sunday afternoons are something special for Anne Gurnee and Hope Holloway.

The two Texas A&M students spend three hours every Sunday afternoon playing music as disc jockeys for KANM-FM 99.9 (Cable), the student-run radio station.

"We like playing music," said Gurnee, a junior psychology and anthropology major from San Diego, Calif. "We come up here and we can play what we want to play."

Both emphasized how much fun it is and that they are exposed to a lot of new music. It gets hectic, they said, but they have a new appreciation for radio

"We play mostly music by psychotic people - it's silly music," said Holloway, a senior psychology major from Dallas. "It is sort of like elevator music of the '90s with spoken word pieces and groups like Lydia Lynch."

But that is only a small taste of all the station has to offer. Holloway said there are 56 time slots at three hours each and every slot uses two people. Most play industrial music or hard dance music.

But the variety includes a talk show, classical, Christian, heavy metal music and more.

"It's everything you wouldn't hear on regular radio," said Holloway.

The station is set up in personnel

production now.

"It raises your blood pressure," said Gurnee. "Anybody who enjoys music would enjoy doing this."

The girls have a special format they follow that had to be selected by the directors of the station.

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Mike McDonald, a sophomore mechanical engineering major El Paso, hosts a blues show on KANM, Tuesday from noon to 3 p.m.

JAY JANNER/The Battalion

Gay and Lesbian Student Services of Texas A&M is pleased to announce that Friday, October 11, is

NATIONAL COMING OUT DAY

And for the sake of the straight members of the university community, we would like to answer some of the most common questions about this day.

What is Coming Out?

Gay men and lesbians are different from women and minorities in that we are often invisible: all stereotypes about limp wrists and swishy walks aside, gay men and lesbians cannot usually be recognized by our physical appearances and our mannerisms. Coming out is the process by which gay men and lesbians reveal ourselves to our families and friends, and identify ourselves as present and active members of the human race.

What is the purpose of Coming Out?

Coming out is first and foremost an act of pride and self-affirmation. It shows that we have overcome the stigma of prejudice and ignorance, and have accepted ourselves for who we are.

Coming out is also the ultimate revolutionary act for gay men and lesbians, for it shows our straight families and friends that we are everywhere, that we have been in their midst all this time and have done them no grave harm. Coming out shows straight people that we are the fathers and mothers and sisters and brothers whom they have always loved; that we are the professors and teachers and doctors and dentists and lawyers and police chiefs whom they have always respected; that we are the secretaries and mail carriers and gardeners and clerks whom they have always depended upon; that we are the neighbors and classmates whom they have always turned to for help and friendship and the latest Dan Quayle joke. Coming out shows straight people that we are just like them in most regards: that we put our pants on one leg at a time, just like them; that we slough off to school and work every morning, whether we like it or not, just like them; that we work hard for our money, just like them; that we pay our taxes, and worry about drugs and crime, and care about the quality of schools, and have families and friends and loves, just like them. When we come out to straight people, they can no longer deny us, for in doing so, they would only be denying themselves.

How do I handle someone Coming Out to me?

Despite their best intentions, some straight people feel uncomfortable in their first encounter with an openly gay man or lesbian. They should not worry about this reaction: the fear of the new and unknown is a very natural protective instinct. To help straight people overcome this reaction, we offer these Ten Suggestions:

1. Do not run screaming from the room. This response is rude.
2. If you must back away, do so slowly, and with discretion.
3. Do not assume that we are attracted to you. On the other hand, do not assume that we are not attracted to you.
4. Do not expect us to be as excited about meeting a straight person as you might be about meeting a gay person. We were all raised with straight people.
5. Do not start talking about your boy/girlfriend or husband/wife in order to make it clear that you are straight. We probably already know.
6. Do not ask us how we got this way; ask yourself how you got the way you are.
7. Do not assume that we are dying to talk about being gay. On the other hand, do not expect us to refrain from talking about being gay.
8. Do not trivialize our lives by assuming it is a bedroom experience only. We are gay 24 hours a day.
9. Do not assume we want to be treated like the opposite sex. We probably don't.
10. If you are tempted to tell us that we are taking the easy way out...don't.

For more information, call the GAYLINE at 847-0321



WE PUT A LOT OF ENERGY INTO DEVELOPING TOMORROW'S RESOURCES.

We believe the energy that well-rounded, diverse people bring to Chevron simply makes us a stronger, more effective company. That's why we encourage our employees to be more involved...at work, at play, and in the community. Because we all benefit.

If you're as committed to developing your natural resources as we are, talk to the people of Chevron about great careers in Engineering. We're interested in talking to BS and MS candidates about opportunities for summer internships as well as professional employment.

Chevron Information Night
October 14th, 5-7pm, Zachery 103

Chevron will be on campus:
October 15, 16 & 17

Be sure to sign up through your Placement Office for an interview with one of our recruiters.



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