COMMUNITY



Janet French arranges vegetables at Sundance Natural Foods, where she is produce manager. Sundance is one of many food outlets for health-conscious vegetarians in Eugene.

egetarians don't fit stereotype

By Tammy Batey **Emerald Reporter**

Vegetarians come from all walks of life, and are not a group you can categorize

Vegetarians are all of races, religious denominations and political beliefs. People stop eating meat for all sorts of reasons, ranging from health concerns to concern for the wellbeing of animals.

Some vegetarians don't eat meat because of environmental issues surrounding raising animals for slaughter, said Dr. Dan Hardt, a nutritionist.

"Vegetarianism is by far the preferred way to eat on our planet." Hardt said. "The amount of grain we use here in America and in Europe to feed chickens and beef is phenome-

"We could wipe out hunger

by cutting down on meat consumption. A large amount of western grain production goes toward feeding animals for slaughter.

Americans are meat-oriented in terms of their meals, which is an unhealthy method of arranging meals, said University student and vegetarian Stacy

"Most people base their meal around their protein when they should base their meal around a carbohydrate," she said. "I feel so much more healthy

Griggs said violence against

THE ULTIMATE INDOOR TANNING MACHINE

We've got when you want it! SunShower animals is also a concern.

'I don't like the idea of animals being killed," she said. 'It disgusts me to think about

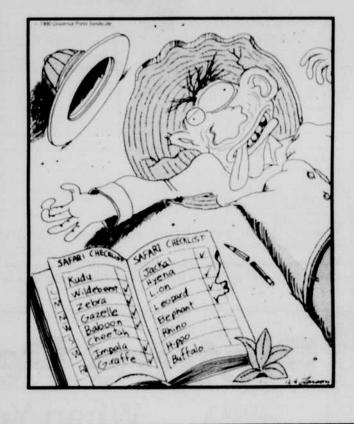
"Originally I had health reasons for becoming a vegetarisaid vegetarian and student Andrew Marssdorf. "Red meat is bad for you. Later it became a matter of violence. I don't approve of violence and that progressed to animals.

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THE FAR SIDE

By GARY LARSON





Oregon

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