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■ In my opinion

My girlfriend's nutrition tips

Samuel L. Jackson has a great line at the beginning of "Pulp Fiction," where he says, "My girlfriend's a vegetarian, which more or less makes me a vegetarian, but I sure love the taste of a good burger." My girlfriend isn't a vegetarian, but she does love to eat right. As a result, I've been eating healthful food for longer than I care to remember.

I'm glad about it, though. I feel better when I'm eating sensible portions of nutritious foods. I have much more energy and concentration, which I use to concentrate on how good half a box of Oreos would taste right about now. However, as someone who has used Doritos as a cure for writer's block my entire adult life, eating right does have some negative impacts on my work.

In all seriousness, though, I'm glad I have my girlfriend by my side to guide me through the wild and woolly world of eating right because I couldn't do it without her, literally. Who can keep track of what's supposedly healthy these days? When I was growing up, we were told that bacon would kill us and we should eat more bread than anything else throughout the day. Then I hear that bacon will add years to my life and I shouldn't eat any bread at all. But that's just the tip of the food pyramid.

After all the salads I've scarfed down, I hear there are certain types of lettuce that don't have any nutritional value. I didn't even know there were different types of lettuce. And celery apparently doesn't do your body any good either. Drink lots of milk, but not when you're sick. Eat bananas, but not too many. Take a multivitamin, but only every other Wednesday and not the ones with



GABE BRADLEY
THE WRITING ON THE WALL

too much vitamin E. Also remember, I before E except after C.

For crying out loud in the cold, wet rain! What's going on here? I don't understand how anybody can keep track of what we're supposed to eat. When my girlfriend and I go shopping, she's a pro. She adeptly flips over cans and bags to scan the labels and actually understands what she's reading.

Slowly but surely, I'm learning too. Not because I understand anything about nutrition, but because I'm being conditioned the same way chimps are taught sign language. I've learned what types of bread I can put in the cart without getting punished. I think it has something to do with fiber, but I'm not sure.

Here at the University, I'm studying economics and philosophy. Both of these fields basically deal with figuring out that anything anybody tells you is just totally made up. As such, I'm way too cynical to wade through the avalanche of misinformation out there in order to find out how our bodies work and what kind of fuel they really need. I do know, however, that when I eat what my girlfriend tells me to, I have energy and feel good.

Is it emasculating to be so totally reliant on another person for my ba-

sic nutritional needs? You better believe it is. Have you ever seen a grown man being coaxed into eating his vegetables through the "here comes the airplane" method? That's emasculating. Also, every night when I come home I have to check myself for crumbs and brush my teeth, so she doesn't find out that I eat a monster cookie every day, not every couple of days like I tell her. It's like having an affair with a baked good (emphasis on the "good").

Having said that, I recently had an experience where I learned the benefit of a healthy diet. My girlfriend was just minding her business, singing some songs, when a big, burly sailor came by and started charming her. I got upset about this and tried to charm her back. But not only was this fellow much more physically intimidating than I am, he was also much more charming. It looked like my girlfriend was about to run off with this sailor, until he started trying to take advantage of her. I attempted to stop him through use of force, but he beat me up and tied me into a pretzel. Luckily, I was able to suck a can of spinach through my corn cob pipe. After that, it was a simple matter to decimate the brute in unarmed combat and sail off into the distance with my girlfriend swooning in my ridiculously enlarged forearms.

Or maybe that was something I saw on TV once. I can't remember. The point is, nutrition is too damn confusing. So I'm just going to eat what my girlfriend tells me. And if we ever break up, I'll just end up eating what my other girlfriends Wendy, Shari and Izzy tell me to eat.

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■ Editorial

Protesting not a valid substitute for classes

Graduate student Brian Bogart is spending a lot of time outside Johnson Hall lately — about five hours a day. He's protesting the government's military priorities and military funding of University research.

Bogart, who created his own interdisciplinary peace studies graduate program, has repeatedly announced that he "will refuse to study inside the classroom of any school that sells itself to war."

He has kept his word. Bogart has yet to attend Political Science 540, his only class this term. And he's getting credit for it.

The Emerald commends Bogart for voicing his opinion and demonstrating his strong feelings against military research. Yet it's ludicrous that Bogart receives academic credit for protesting the University he attends.

Instead of earning 35 percent of his Causes and Prevention of War grade through in-class participation, Bogart has arranged with his instructor, assistant professor Jane Cramer, to write a longer research paper. Bogart and Cramer argue that Bogart has more knowledge about the subject than his classmates and thus shouldn't have to complete assigned readings or attend class.

Using this reasoning, many students who have completed internships or have other "real world" experience in their fields of study should be excused from classes.

Further, protesting is a political act, one that often involves personal sacrifice. Although Bogart is clearly well-intentioned, it seems slightly hypocritical that he pays tuition to protest.

Granted, he is trying to change the University's fundamental priorities. But doesn't giving money to the University ultimately make him another cog in system he believes has misplaced priorities?

We can't blame Bogart for protesting for credit; no student in his or her right mind would pass up an opportunity to earn four credits for sitting outside for hours each day. The real problem is that Cramer allows his protest.

We strongly support academic freedom and giving students leeway to pursue their interests. Yet in the interest of fairness, work done for academic credit should meet certain standards applicable to all students.

Even murkier than the logic behind awarding Bogart grades for striking is the status of military funding on campus. Clearly, programs such as ONAMI and the Brain, Biology and Machine Initiative receive funding from agencies with ties to the military.

Bogart's assertion that government, and by extension the University, must turn its focus away from the military is a lofty ideal. Realistically, a distinction must be drawn between military research and weapons research.

Research funded by military agencies has led to scientific breakthroughs with peaceful applications. Yet there is always a possibility that innovations can be used as weapons.

University officials claim no weapons research is being conducted here, and we sincerely hope this is true. We must also urge administrators to be fully candid about all military-related research that's underway.

Students deserve to know what their school is up to. And if they deem it necessary to strike against the University, it shouldn't reward them with credit for that protest.

INBOX

displaying the regard and sensitivity inherent to the position that he seeks.

Adam Howard
University Graduate Student

Gates' presentation leaves much desired

I went to the University Convocation on Sunday to hear Sylvester James Gates Jr. speak about string theory. It was a disappointing presentation. There were two things that were disappointing: 1) Gates didn't spend more time speaking about his area of expertise, and 2) Gates spent too much time speaking about something he apparently has not researched.

Gates implied that the percentage of scientists who believe in intelligent design is about the same as the percentage of ordinary people, of the general public, who believe in the flat earth. This is not accurate. Nature, a scientific journal, reported in 1998 that there are a number of scientists that believe in intelligent design. Additionally, Nature reported that between 35 and 40 percent of scientists believe in a

God that communicates to people.

I do, however, agree with Gates' opinion that it is certainly time for the scientific community to openly debate the intelligent design theory.

Brian Michaels
Science teacher, Springfield

Journalism ethics is addressed incorrectly

Bivins got a deserved honor when he made a State Department speaking tour of Jamaica last summer (ODE Sept. 29, "Journalism teacher returns from lecturing in Jamaica"). But the meaning of his trip was spoiled when journalism dean Tim Gleason overstepped himself again, saying Bivins' invitation "reflected his expertise in journalism ethics."

Tom likely has expertise in the area, but it is meaningless when he joins the dean in hypocritically addressing journalism ethics at a school that awards degrees to students majoring in something far from journalism: public relations.

George Beres
Eugene

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