

To eat or not to eat, meat is the question

Meat-eating causes health issues for humans and animals

Hilliary Ferguson
THE CLACKAMAS PRINT



Somewhere along the journey from pre-civilized society to booming Western civilization, we have lost our respect for the other inhabitants of this world; we have become egocentric, believing that everything else that exists is merely for our use—a horrifying Judeo-Christian tradition.

It's not so much the actual meat-eating that has lured so many into vegetarianism; it's the double-standard of Americans that human lives are inherently more important than animals. This simply isn't true. From a religious standpoint, every living thing has come from one creator—simply because we are able to dominate the land does not mean we should.

Take this into consideration: if, say, a cougar came to Oregon City (land that first belonged to wildlife) and killed a person, that cougar would either be killed or tracked down and relocated with the painful use of tranquilizers. Why shouldn't the cougar be able to eat people, if humans are able to eat everything else? Is this the circle of life or the totem pole of life, wherein humans are entitled to consume everything? The cougar, which kills out of instinct and hunger, is punished—but the people who go to the grocery store to get steak are rewarded with a 15 percent discount. It's a sick double standard.

Additionally, people who decide to eat meat should go and kill it themselves. What sort of respect can one have for already slaughtered and shrink-wrapped meat? News flash—meat doesn't just magically come ground and packaged. The conditions that these animals live in are grotesque at best. Then, their lives are ended in the most vicious ways possible. Imagine watching a friend hav-

ing his or her throat slashed before bleeding to death. Imagine a child being born and immediately removed from its parents to be thrust into a small cage until its untimely and violent death.

Let's take it back to the beginning. Eating meat is not required for a healthy lifestyle. Thousands of people lead perfectly healthy and happy lives without the meat. In fact, after not eating meat for years, the human body becomes incapable of digesting the stuff. The human body will reject meat—it won't reject without the meat.

Similarly, food is just as delicious without meat in it. Moreover, there are soy substitutes which are just as tasty, but without the bloodshed. If the cook is good, it won't make any difference whether meat is included. Meat eating is a form of frivolity of which Americans are all too accustomed. If humans were made to hunt their own meat, perhaps they would learn to respect the animals' sacrifice. The deaths of thousands of animals a year are taken for granted by millions around the world. Perhaps the main problem is America's lack of respect for life in general. Just look at Iraq.

Lives of unintelligent animals small price to pay for food

Cory Price
CO EDITOR-IN-CHIEF



The vegetarians of this world are lost and misguided, and frankly, they are missing out on one of the greatest things since string cheese. Beef—it's what's for dinner.

First off, what is a vegetarian? There are so many different kinds of vegetarians, from vegan to chicken-arians.

There is no clear definition of the varieties. One person may be protesting against humane treatments; others base their decision on the "cuteness" of the animal. Bottom line: there is no right or wrong definition.

Unlike vegetarians, carnivores know who they are. A person either eats meat or doesn't. No silly questions, because it is black and white. The health benefit of beef is humongous; beef contains essential vitamins and nutrients that a person doesn't get on a meatless diet.

One such element is called Conjugated Linoleic Acid (CLA). CLA has been

proven in laboratory studies to several kinds of cancer, as well as the risk of heart disease. One species that CLA also prevents diabetes. Vitamin B12, like CLA, is found in beef. Better known as Folic acid, helps promote healthy skin. Studies also shown that B12 helps to cardiovascular disease, a leading cause of death for Americans.

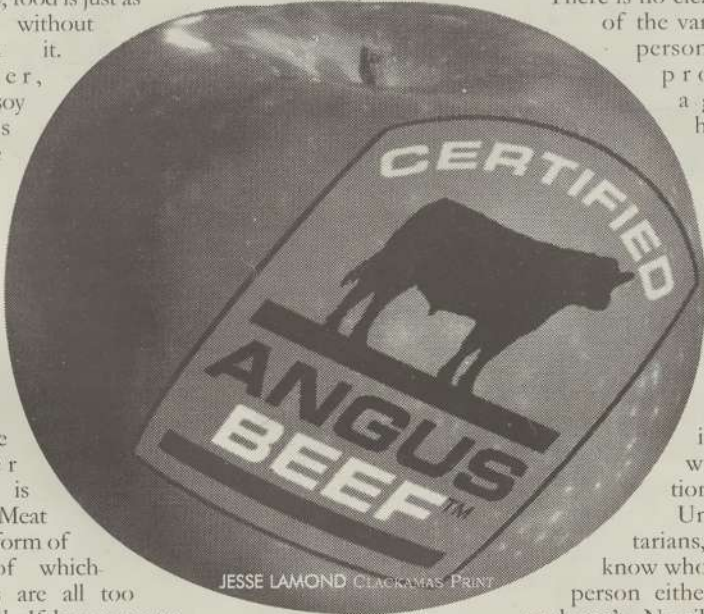
Lean beef is the key factor for humans who plan to eat. Remember, the leaner the better, the greater the benefits are for the summer. Take the Atkins diet for example. Many Americans are fooled into thinking that they can lose weight by eating pounds of bacon a day. But it equals artery-clogged badness. It may taste good, but it is not healthy. aside all that health information, second and learn why it is more important to eat a cow.

Cows are raised for one reason: to be eaten. They aren't exposed to a lifestyle full of glitz and glamour. They are raised in a pasture, being fattened while they wait to enter the slaughterhouse.

Why is that immoral? All that we know about is what two feet in their noses is nothing. A cow's life is that of a hand of blackjack. Why do we keep cows in the pasture? They follow other around aimlessly, with no purpose or destination.

Is it moral to kill a cow for being a cow? Yes! Without a doubt. Kill the cow, feed me the beef. We cannot be afraid about our feelings for the beef, because we are craving for meat—it is instilled in us.

Follow the natural human instinct: eat beef. It is good for the human body. Use our brains and think about it. It's hard, but I have faith in everyone's ability to make the right decision. Vote yes for beef.



Not all inventions are as useful as their creators like to think



Joel Gaynor
THE CLACKAMAS PRINT

A German inventor recently fashioned a device so completely and utterly needless that the David Hasselhoff-loving German public has responded with—that's right—an insatiable desire to purchase it.

Alex Benkhardt, who I'm guessing was raised with at least 10 older sisters, invented what he dubbed the "WC Ghost," an apparatus that rests under the rim of a toilet seat and scolds men who choose to tend to their business whilst standing. According to Reuters, if the toilet seat is lifted, a stern female voice interjects with:

"Hello, what are you up to then? Put the seat back down right away. You are definitely not to pee standing up ... you will make a right mess..." No. I am not making this up.

It was once believed that the typical bourgeois had no interest in a product so entirely useless as the one Benkhardt has fostered, but that outdated and obviously untested theory has been put to rest in recent years, thanks to the advent of commodities such as reality television, green ketchup, the Atkins diet and Britney Spears.

My intent, however, is not to place the WC Ghost in the same category as the aforementioned detriments. While the others have no discernible redeeming qualities, the WC Ghost holds potential. Yes, the popularity of its application is bothersome, but the technology housed within shows irrefutable promise. Instead of enforcing feminine bathroom etiquette, it is my belief that many more useful

purposes could be exploited by similar gadgets, such as:

•**The WC Checkout**—A shopping cart-shaped sensor attached to the side of supermarket express line that berates any self-important customer who tries to purchase more than his allotted twelve items as if those waiting behind him won't mind.

•**The WC Hang-It-Up**—A device wired to a bullhorn, mounted to the driver's side front door, that monitors surrounding vehicles, targets any driver on a cell phone—who subsequently weaves in and out of freeway lanes at 45 miles per hour—and blasts Hanson's "Mmmhob" at unnecessary decibel levels in her direction (Editors' note: We're not sure what this results in exactly, but we're convinced it's worthy punishment).

•**The WC Cassinator**—A contraption worn by men that, when any woman, regardless of her actual size, complains about her weight (or "fat" or any other slang for "chub"), immediately sends waves to her brain, flooding it with pictures of Mama Cass, thus causing some sort of something-or-other to occur, no doubt altering the cranially invaded woman's self-image (if not, at least allowing for the advantageously equipped male to escape before she recovers).

The possibilities are without bounds and should be explored. If channeled correctly, the efforts of inventors could lead to machines one day acting on our behalf, thwarting the evil crimes of the socially unjust. Many countless good deeds could be done and preventable wrongs righted. With such untapped potential, why choose to focus on the echoing of half-baked bathroom rules?

Besides, men with poor aim will have poor aim when the seat is down, too.

STAFF INFECTION

Student spouts war stats, calls editor

I wanted you to actually read some of the truth behind the war, not just the falsities you write about. I want these stats put in the paper, please.

-Andy Wheeler
CCC Student

- * Over 400,000 kids have up-to-date immunizations.
- * School attendance is up 80% from the levels before the war.
- * Over 1,500 schools have been renovated and rid of the weapons stored so education can occur.
- * The port of Umm Qasar was renovated so grain can be off-loaded from ships faster.
- * The country has its first 2-billion-barrel export of oil in August.
- * Over 4.5 million people have clean drinking water for the first time ever in Iraq.
- * The country now receives two times the electrical power it did before the war.

- * 100% of the hospitals open and fully staffed, compared to 35% before the war.
 - * Elections are taking place every major city, and councils are in place.
 - * Sewer and water lines installed every major city.
 - * Over 60,000 police patrolling the streets.
 - * Over 100,000 Iraqi defense police are scattered throughout the country.
 - * Over 80,000 Iraqi soldiers are patrolling the streets by side with U.S. soldiers.
 - * Over 400,000 people have mobile phones for the first time.
 - * Students are taught sanitation and hand-washing techniques to prevent spread of germs.
 - * An interim constitution has been signed.
 - * Girls are allowed to go to school.
 - * Textbooks that don't mention Saddam are in schools for the first time in 30 years.
- Information found via e-mail forward.

Just one more week for letters!

E-mail letters to chiefed@clackamas.edu or bring them on a floppy disk to RR135 by this Friday at 1 p.m. Please include your name and phone number and limit all letters to 250 words or less. Submissions become property of *The Clackamas Print* and are subject to editing on the grounds of length, clarity, content and grammar.

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