

UNL VEGGIN to stir up festival featuring meat-free treats, diet tips

By JONATHAN HOUGHTON
Staff Reporter

In grade school, children learn about the four food groups the human body needs for good health.

Carol Klein, a co-founder of UNL VEGGIN, says it's about time people realize one of those isn't necessary.

That's why the vegetarian society, in cooperation with the Nebraska Vegetarian Society and Open Harvest Natural Foods Grocery, is sponsoring the Sixth Annual Vegetarian Awareness Festival Sunday.

The festival at the Welfare Society Hall, 1430 N. 10th St., is part of the Great American Meatout, a nationwide vegetarian celebration. Visitors to the festival are encouraged to try a meat-free diet for one day, Klein said.

"It's basically a day to tell people that you can go without meat for a day and survive," she said.

Vegetarianism came easy to Klein, who said she used to get migraines after eating meat. She said she has learned about environmental and ethical issues regarding meat.

"You look at our society as pretty greedy if you know the facts," she said.

Jerry Johnston, general manager of Open Harvest, said the purpose of the festival is not to force vegetarianism on people, but rather to celebrate people making their own choices about their diet.

Although he said he doesn't consider himself a full-fledged vegetarian, he said he recognizes its benefits.

"There's everything to be gained and nothing to be lost," he said.

Vegetarian dishes will be served at

the festival, which runs from 10:30 a.m. to 4:30 p.m. Some of the entrees served will be vegetarian curry and stir-fried cashews, Klein said.

For people who are addicted to the taste of meat, she said, the festival will offer meat analogs—soy products flavored like sausage and hamburger. She said they taste similar enough to the real thing to fool almost anybody.

Stands at the festival will offer vegetarian information by a variety of organizations. Open Harvest and Body Wise, a nutritional supplement business, will both have information on health benefits of vegetarianism.

Klein said she hoped people would gain a better understanding of vegetarianism from the festival, even if they decided to continue eating meat.

"We just want to educate people on the joys of a plant-based diet."

Retire the Rebels: Ole Miss may dump Confederate images

THE DAILY MISSISSIPPIAN
U. of Mississippi

(U-WIRE) OXFORD, Miss. — Almost 14 years after the Confederate flag was officially disassociated with the university, other university images may face the same fate.

Colonel Reb, the nickname Rebels, and the fight song "Dixie" are all up for review by two independent marketing firms commissioned by Chancellor Robert Khayat to improve the image of the university.

"For way too long the public perception, and sometimes our internal perception, has been inaccurate and too heavily influenced by negative events in our past," Khayat said. "We need to get rid of negative perceptions. They impede our mission and our destiny."

Representatives from the firms are examining the image of Ole Miss through meetings with students, faculty, administrators, staff and alumni. From those meetings they will make recommendations for any changes to any of the school's existing official symbols or names.

The firms will turn in their proposals and budgets to Khayat within two weeks. The first firm to visit Ole Miss came last week, and another firm will visit next week.

The representatives met with nine students on Friday and a large group of alumni, faculty, administrators, staff and students on Saturday.

Brandon Powell, a senior Southern studies major, sat on the student panel last week.

"They (the firm representatives) were trying to gauge student reaction if they tried to down play Colonel Reb and the Rebels on campus," Powell said. "They asked how we would react to seeing some of the symbols of the university changed."

Shekela Joiner, a graduate student, attended both meetings and said she thought the university symbols will change, but "the students are the key."

"The students have to ultimately be the ones to do it," Joiner said.

She said the Confederate flag is still carried by students today because the administration made the decision to ban the flag as a university symbol without student involvement.

"The administration can develop a plan tomorrow, but until they have the students behind them, it's going to be hard," she said.

Powell said the student group discussed the possibility of changing Colonel Reb, but "drew the line" at the nickname 'Ole Miss.' Khayat also

supports the nickname.

At a Faculty Senate meeting earlier this month, Khayat told the group that image consultants would be visiting campus to review everything but the name Ole Miss.

"Ole Miss is going to be Ole Miss," Khayat said.

But Kendall Bowlin, a junior banking and finance major from Florence, disagrees.

"You take all that away (university symbols) and it's not Ole Miss anymore."

Bowlin, who supports keeping the Ole Miss symbols, said the symbols don't represent racism to him.

"For me personally, it has deeper meaning because my great-grandfathers served as Confederate soldiers," he said.

But for Jada Love, a black student from Memphis, Tenn., the symbols are still offensive.

"Any way you look at it, it represents slavery. We've been tagged with racism for so long. It's time for us to get a new image," she said.

Art Nelson, a student from McComb, said the university is catering to the black students.

"They are taking everything historically white about this university and changing it," Nelson said. "They want to scratch out everything Ole Miss has done since the mascot name was changed to Rebels from the Flood back in the 1800s."

"Those that come here know the traditions. If you want to raise hell, go someplace else," he said.

When the Confederate flag was removed as a university symbol in 1983, many Ole Miss alumni protested. Alumni Affairs Director Herb Dewees said there has not been a large response from the alumni to the latest issue, but he expects more feedback once the issue is publicized.

He said he sees a need to examine all the options.

Khayat said a private donor earmarked his donation to the University Foundation for "any image enhancements that we pursue." The review of the university's image comes during the height of the university's Sesquicentennial Celebration.

Khayat said the names of streets on campus might also be changed to better describe what is on those streets.

As for other changes, Khayat said nothing is certain.

"Our students, our alumni, our faculty and our staff are prepared to courageously enter the 21st century as the University of Mississippi representative of the people of this state and committed to our destiny as leaders."

Attorney murdered at office

OMAHA (AP) — Police will talk with family members and business associates of Omaha attorney Dale Kuhlmann as they try to find the person who killed him.

Kuhlmann, 63, was found wounded Wednesday night in the parking lot outside his west Omaha law office. He died later at a hospital. He was shot in the back.

"I'm telling you, I cannot for the life of me think of anyone who would want to do harm to him," said Richard Lydick, the attorney who shared an office with Kuhlmann. "I don't have any answers."

Omaha Police Sgt. William Muldoon said police need a significant tip, or it could be a long investigation. Police were searching for a vehicle that was seen leaving the area before Kuhlmann was found, Muldoon said.

"We're not even sure if it's a personal or a professional matter or random," Muldoon said. "It's going to be a painstaking task of interviewing a number of people, including his family and associates to see if there was a particular client or case that could generate these particular results."

According to associates, that search could be a long one. In a business where hurt feelings and high emotions are common, Kuhlmann was not the type to anger clients or adversaries, they said.

"In our business we make enemies, even those of us who work quietly," said Mark Klinker, an Omaha attorney who shared office space with Kuhlmann for about two years before moving to a separate office in December.

Douglas County Judge Richard Jones said Kuhlmann primarily handled civil, misdemeanor and business-related cases.

"I'm just shocked," Jones said. "He was a fine, upstanding guy."



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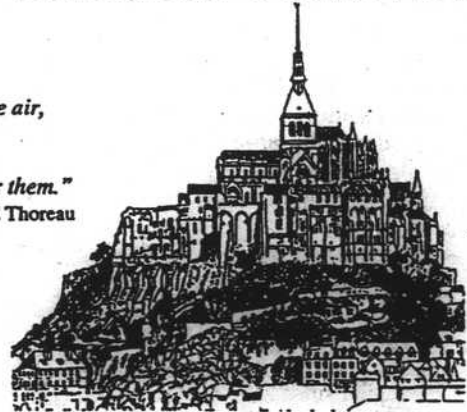
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your work need not be lost.
That is where they should be.
Now put the foundations under them."
—Henry David Thoreau



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