

# Eye on Campus

## Thanksgiving: Turkey Day, or Tofurky Day?

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Thanksgiving: such a lovely time of year. Family, friends, a grand meal.... a dead bird. This is a potential problem if you are a vegetarian or are hosting a vegetarian for a holiday get-together, since it is said that Thanksgiving wouldn't be Thanksgiving without a turkey.

The answer to the problem might just be a product called Tofurky. It was created by Turtle Island Foods and has

### IN THE FIRST PERSON

On and around campus

been "America's leading turkey alternative since 1995." Tofurky is made from an innovative tofu-wheat protein blend notorious for its unbelievable turkey-like texture and flavor. It is 100 percent vegan and is made with only organic, non-GMO soybeans.

The vegetarian fun doesn't end there, because there is also Tofurky gravy, stuffing, and "Wishstix."

The name sounds odd, and the concept may seem odd as well. But Turtle Island Foods has been providing quality soy products since 1980 and is an authority on vegetarian dishes. And if that doesn't convince you, log onto their Web site at [info@tofurky.com](mailto:info@tofurky.com) to read the testimonials of Tofurky enthusiasts.

If you're a strict vegetarian

or an adventurous carnivore and would like to sample some turkey alternative, Tofurky can be found at Whole Foods, 821 Lancaster Ave. in Devon (610) 688-9400 and Trader Joe's, 171 Swedesford Road in Wayne (610) 225-0925.

You're probably wondering why a vegetarian would want to eat any food that even remotely resembles turkey or other meat. Now might be a good time to demystify vegetarianism by addressing some questions commonly asked by carnivores: why vegetarians don't eat meat, what circumstances led them to their decision to reject meat, do they even really like food, and last but not least, what the heck do they eat?

The following is a story that might shed some light on the subject. It is a story about a girl who is a vegetarian who I'll call Vegetarian X. Vegetarian X ate all types of animal flesh while growing up until one fateful night when she became violently ill after having filet mignon for dinner. Vegetarian X gave up red meat but continued to eat poultry. That is, until she viewed a film on factory-farming and decided to abandon birds and pigs as well.

Keep in mind that Vegetarian X adores food, and gave up meat and all derivatives of meat simply because she found it revolting, unlike other vegetarians who cite moral and ethical reasons such as cruelty to animals as the reason for their abstinence.

### All for a good cause



Photo by Anteia Consorto  
SGA members Brandon Goveas, Mark Cooke and Uzair Qadeer get in the spirit of Halloween and dress accordingly at a dance to benefit THON.

Vegetarian X wouldn't let a little matter like ethics stand in the way of a particular dish she fancied.

After years of being a Vegetarian, Vegetarian X grew extremely bored with the food choices available to her. Aside from boredom, Vegetarian X began to suffer from a protein deficiency, as many non meat-eaters do.

Then along came soy: glorious, low-fat, high protein soy.

Vegetarian X quickly became acquainted with soy, which introduced her to a whole new dietary world filled with meatless burgers, hot dogs, chicken, even bacon. Soy not only added variety to her diet, but provided hours of entertainment: it's great fun for a noted vegetarian to announce to unsuspecting family members that he's just eaten a "ham" sandwich or a piece of "pepperoni" pizza.

That said, there are two available Thanksgiving options for vegetarians.

One, replace standard dead bird carcass with faux substance or two, enjoy the traditional meal sans turkey or stuffing.

The latter option really is not so bad, and is unlikely to leave a vegetarian passing out from hunger after this conventionally satiating meal. Take inventory of your plate: most of the fare served at Thanksgiving is naturally vegetarian, and unless you're a caveman or Fred Flintstone, your dinner will probably be composed of something like a big piece of meat or a brontosaurus burger. Vegetarians don't have to forgo stuffing either, because as every good mother of a vegetarian knows, stuffing can be cooked outside the bird just as easily as inside the bird.

A final note about vegetarianism: Please withhold any derogatory or smart-ass comments regarding a person's dietary choices. You don't hear Vegetarian X launch into a 15-minute dissertation about the vileness of meat every time she spies someone consuming it.

So this Thanksgiving, let's give thanks for diversity. If everyone ate the same foods, dressed the same, and talked the same, we would all be pretty damned bored.

By the way, did I mention I'm a vegetarian?

## Students say accounting professor Terrell is tops

By MATT HALDEMAN  
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John Terrell, the senior instructor of accounting at Penn State Delaware County, was awarded the Distinguished Teacher Award for 2003.

The award is chosen by students on campus. At the beginning of the semester, students were sent an e-mail asking to nominate a professor who they thought deserved the award. Students were asked to write a 50-word essay about the teacher.

When asked what drew him to teaching, Terrell replied, "I'm not sure, maybe it was karma." Many of his for-

mer students are glad he did choose the teaching profession.

Carol Potter, a junior majoring in accounting, had Terrell two semesters ago and expressed nothing but admiration for the professor.

"I loved his class," she said. "He is always available after class or during office hours. He goes out of his way to help his students and I think that is the most important aspect of a teacher."

Potter wasn't the only student singing Terrell's praises. Tim Kenelly, a recent graduate of Penn State, said he had Terrell's class two years ago and was impressed with his teaching style.

"He is laid-back," he said. "You feel comfortable in his classroom. Accounting is a hard subject and to feel secure and know that your professor cares about your success is something that makes me as a student, feel good."

Terrell attended West Chester High School and graduated from Henderson in 1970. He has lived in the Delco area most of his life with his wife and dogs.

Terrell joined the faculty at Delco in 1976. He earned a B.A. at John Hopkins University and an MBA at the University of Pennsylvania.

He has been the recipient of the Penn State Delaware County Outstanding Teachers Award in 1981, '94 and '98.

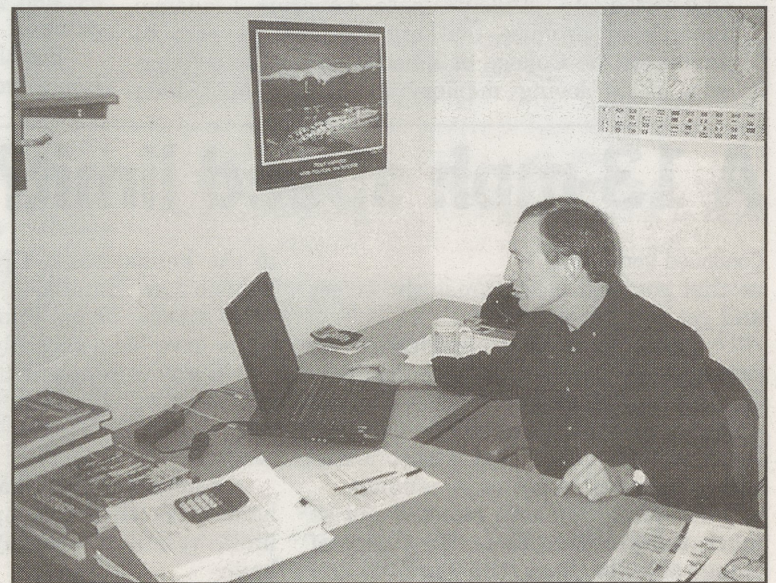


Photo by Matt Haldeman  
Teacher of the Year John Terrell works in his office in the Classroom Building.