



eating



plants

VEGETARIAN  
STORIES  
FROM THE  
HEARTLAND

# with thanks

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Ken Cramer	Stacy Cordery	Tessa Jones
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Peggy Watson	Ashley Santos	Bradley Sturgeon
Brad Rowe	Nathan Kalmoe	Brenda Carpio Aguilar
Lori Walters-Kramer	Anne Mamary	Craig Vivian
Tom Sienkewicz	Antoinette White	



It has been a meaningful experience to accompany my ILA students on this investigation into the ethics of eating animals as they tap into a few of the many voices and paths through which one can engage this critical issue of our time.

**BRIANNE DONALDSON**

# exhibit statement

Through the inspiration of the book *Curious: The Desire to Know and Why Your Future Depends On It* by Ian Leslie, our Introduction to Liberal Arts class, taught by Professor Brianne Donaldson, has explored the meaning of curiosity, beginning the journey toward each of us becoming polymaths, or many-sided learners. We read the book *Eating Animals* by Jonathan Safran Foer in order to deepen our curiosity about the meat industry, factory farms, and animal rights. Along the way, we also gained greater empathy for people and animals involved in animal agriculture. Our minds were opened as we looked beneath the veil of the meat industry and saw the dark truths that we had previously overlooked. This prompted us to look into eating alternatives that do not involve eating meat. That is how we ultimately decided to interview the vegetarians and vegans within our community.

During our interviews with individuals who eat a plant-based diet—some professors, others students, or even members within the Monmouth community—each of us was able to hear one-on-one stories that furthered our knowledge on the subject of vegetarianism (not eating the flesh of animals) and veganism (not eating meat, milk, or eggs from animals). Some of the individuals chose to have an animal-free diet because they care about animals or because they have considered animals' rights, others for taste or health reasons, and others for religious motivations, among many other reasons.

As a class, we realized that there is no set path for an individual paving their way in life. Each of our vegetarians and vegans expressed their dietary commitment for unique reasons personal to them. This realization, along with the interview experience, provided a valuable lesson to us as first-year college students who are coming into our own. We feel that it is important to hear stories such as the ones being told in this exhibit in order to further raise awareness, not only for issues regarding animals' rights and factory farming, but also in order for people to give more thought to their food choices in general.



# brad rowe

Professor Bradley Rowe teaches Educational Studies at Monmouth College. He is one of several vegetarians on campus. When Rowe was growing up, he would always visit his grandparents' small farm where his grandmother made the best fried chicken wings. Rowe considered himself not just a person who loves cats and dogs but one who loves pigs, cows, sheep, and every other animal.

Professor Rowe had a significant moment in his life when he made the switch to vegetarianism. At the age of 21, Rowe was at a punk rock band concert in Detroit, when the rock band, who was all vegan, showed a PETA (People for the Ethical Treatment of Animals) video. This video disturbed Rowe, so he decided to call his grandfather asking if this is really how animals are treated. Rowe's grandfather told him the truth of how most of the meat people consume on a daily basis comes from factory farms. Rowe now has scholarly work dedicated to factory farming. Professor Rowe says factory farms view animals as "units of production, or commodities, where [animals] are viewed as not breathing, eating, or feelings as actual beings."

After his switch to vegetarianism, his grandparents were the most understanding. A week after Rowe became vegetarian he went over to his grandparent's house where his grandmother made a side dish with no meat just for Brad. Although his grandparents were so understanding, the rest of Brad's family was not at first. As time went on, Brad would occasionally send his family some of his scholarly work on animals. Eventually, his family started to realize how much this means to him and did not think of it as being "weird."

Living in a town like Monmouth where there is a slaughterhouse, Professor Rowe struggles with it from time to time. Rowe actually went on a tour of the slaughterhouse so that he now has an image to put to the smell that goes through campus frequently. Rowe was told that this smell is actually the burning hair on the pigs as they go through the slaughtering process. Now that Brad has this image, it makes living in Monmouth harder when he thinks of the animals.



Professor Brad Rowe has no urges to ever go back to eating meat. About 6 years ago, a restaurant accidentally put meat in his meal and Brad immediately gagged—and it wasn't the taste or smell, it was the thought of eating an animal. Rowe has eaten vegan, or plant-based, chicken wings and it was a pleasant experience. So it is safe to say Brad Rowe will not go back to eating fried chicken wings in the near future.

JUSTIN GARDENER

# jahnvi sanghani

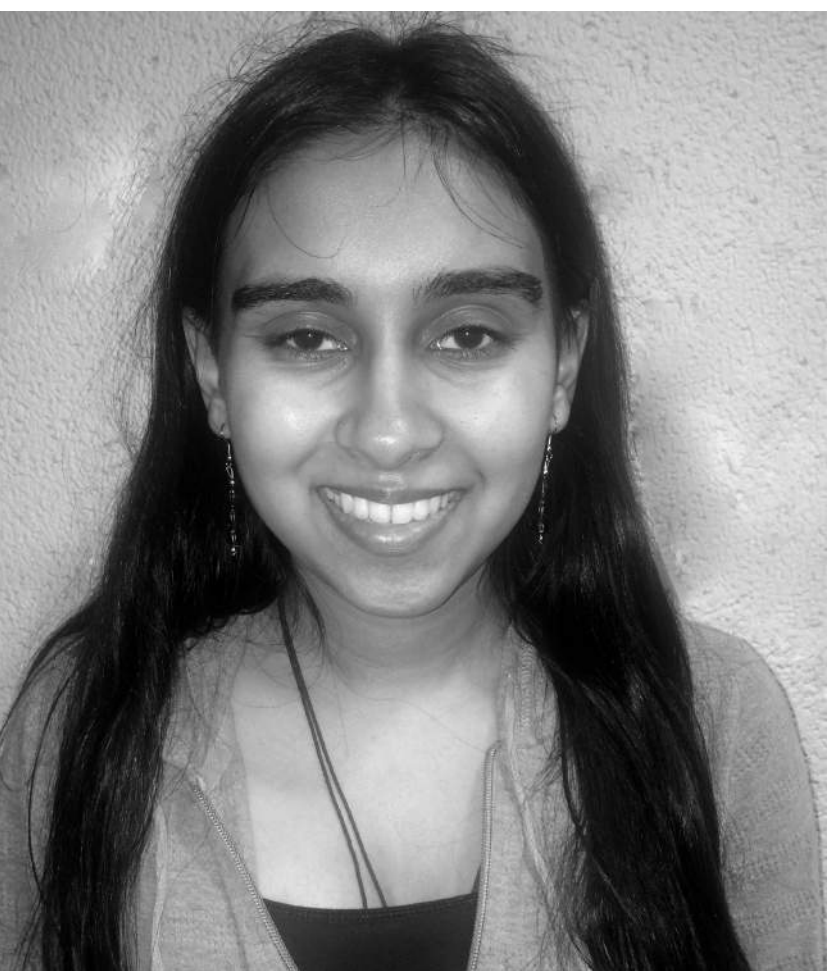
Jahnvi Sanghani is a third-year student at Monmouth College majoring in Elementary Education. In a household consisting of her parents, her grandmother, and two younger siblings, Jahnvi was raised a vegetarian and has never tasted meat in her life. Jahnvi and her family are Hindu and believe that taking a life is a sin. Although some Hindus have given up vegetarianism, Jahnvi's family is one that prefers to keep traditions alive. Being a part of a vegetarian family made it easy whenever Jahnvi needed support from her parents. Her father would tell her, "Remember who you are."

In second grade, Jahnvi's class was having a McDonald's party and she brought along her own food from home. Her teacher was very supportive of her vegetarian commitment and asked Jahnvi many times if she was comfortable with having a McDonald's party. Jahnvi said she was because she did not want to be the reason her classmates didn't have a party. The support from her teacher led Jahnvi to study Elementary Education because she hopes to be that same type of teacher one day

In the beginning, it was hard for Jahnvi to think about her education at Monmouth College being so close to a slaughterhouse. However, over time, the smell reminded Jahnvi of India so now she does not mind it as much. She also does not believe in taking away a dietary lifestyle from people who have known it all of their lives. Although her friends ask her questions about vegetarianism, Jahnvi finds herself mainly influencing her younger cousins who have questions about their own vegetarian lifestyles. She teaches them that they must always be kind to animals.

Jahnvi's vegetarian diet consists largely of milk, fruits, vegetables, and a lot of grains. Her favorite dish is bean tacos because it allows her to have a taste of so many foods at once. When she first arrived in Monmouth she found herself limited to just salads until her friends took the time to find foods with her in the cafeteria that were more diverse.

Jahnvi would not change her lifestyle because she feels a greater sense of happiness. She feels that being a vegetarian truly impacts her identity in a good way. Jahnvi does plan to raise her future kids as vegetarians because it was the way she and her parents were raised. Jahnvi plans to be a supportive mother in the same way she had supportive parents.



MARIA BARRAGAN

# lori walters-kramer

Vegetarian and Professor Lori Walters-Kramer teaches within the Communications department at Monmouth College and is the Director of the Basic Communication Course. Growing up in Wisconsin, Professor Walters-Kramer was not a fan of eating meat in general. Unlike most vegetarians, her vegetarianism actually started from taste. She found the overall taste and texture of meat unappealing. However, due to limited options, Professor Walters-Kramer did not make the full shift to vegetarianism until she was 26 and already married.

Professor Walters-Kramer recalled the exact moment that she decided to finally give up meat entirely, "I was at a graduation party for a member of my doctoral program. I had been considering making the switch to vegetarianism for a while at that point. At the party they were serving hamburgers and as I bit into mine, I discovered that it was not all the way done. It was at that moment that I decided that it was time to make the switch." Adding to the factor of taste, Professor Walters-Kramer has a history of high cholesterol within her family. Within her mid-twenties, she was already having high readings. This gave her further incentive to make the change.

Professor Walters-Kramer's diet has never been considered vegan, but for several years she did give up eggs. Upon being pregnant with her first child, Owen, Professor Walters-Kramer started eating eggs again. Today, eggs are still within her diet. Professor Walters-Kramer is currently the only member within her family who is a vegetarian. She and her husband, Tim, have two children, seven-year-old Ani, and eleven-year-old Owen. Currently, Ani has a tendency for vegetarianism and could potentially choose the lifestyle when she gets older.

Professor Walters-Kramer claims that if she were to ever go back to eating meat, she would only do so if the meat came from a family farm. Professor Walters-Kramer admits, she feels guilty that she does not ask this of her meat-eating family. However, because of cost issues and the fact that Tim is the primary shopper, she allows her family to eat meat from the grocery store that comes from factory farms.

While Professor Walters-Kramer was in graduate school, she discovered animal rights issues while researching vegetarianism and gained a passion for the cause. With this activism came her passion for feminism as well. Today, Professor Walters-Kramer has presented at conferences and spoken on the relationship between vegetarianism and feminism.



MACKENZI LAFFERTY

# anne mamary

Anne Mamary is a Professor of Philosophy and Religious Studies at Monmouth College. From a very early age meat was not very appealing to her. She had an early sense of where meat came from because her grandfather owned a farm and she would visit when the animals were slaughtered. In 1983, Professor Mamary was in her first year of college and became a vegetarian because it was the first time she had the choice of picking out her own food and she never really cared for the taste of meat. Since then she has not eaten meat. One exception was that on rare occasions in the past, Professor Mamary ate iron-rich clams prepared by her hosts since she had had an iron deficiency since childhood and understood at the time that bivalve clams did not feel pain.

The past eight years she has moved toward a vegan diet, but still occasionally eats animal products such as cheese or eggs if she is out and those ingredients are within the the vegetarian meal. Although Professor Mamary has learned to substitute eggs in recipes, if she needs eggs for a very specific dish, she reaches out to her friend and colleague, who raises healthy and happy backyard chickens, and she purchases a few eggs to use.

Professor Mamary values not eating animals because she believes that animals have their own lives, fears, emotions, desires and reasons to live. With consuming animals we are killing their desire to live for our own personal use. Professor Mamary states that the meat-eater's point of view is that "[the animal's] life has value because of my life, not because it has value intrinsically for itself." Even if animals are given a good life and an easy death, they are still getting their needs met only to meet our own. She believes that not eating animals would be easier on the planet because the crops that are given to the animals, could be given to the people who consume animals and many others around the world.



When asked about the slaughterhouse being so near to the campus, Professor Mamary explains that she is very saddened by it because it is not necessary to have those truckloads of pigs killed when homegrown crops could also be processed there.

She states that even though people choose to be vegetarian, others point out that animals will still be killed. But Professor Mamary believes that food-thinking has changed in the past few years and people realize that one person making the vegetarian choice can help show others a way that would create a more ethical plant-eating world.

ASHLEY CUDDY

# dave ryner

Dave Ryner is a local Monmouth native and owner of Ryner's Tire and Auto Service located one block from campus. Dave and his wife are both vegetarian. There was no single, special event in Dave's life that led him to become a vegetarian. He said "It was a slow process. My wife and I became vegetarians at the same time around 1988." Dave does not have any children but if he did he said "I would let [being a vegetarian] be their choice, but I would definitely push them towards [being a vegetarian] for the sake of their health."

It is hard for Dave to live in a town where animals are slaughtered everyday. Dave says "The smell of the slaughterhouse is appalling." He goes on, "The thought of the whole thing is something you have to put out of your mind because this is a huge beef and pork area. It can be hard to find anything to eat that is vegetarian." Although Dave and his wife have been vegetarian for 27 years, it has never crossed his mind to go back to eating meat.

Dave's favorite meal is macaroni and cheese. He said his diet is pretty simple: "Take the same meal you eat everyday, but without the meat." After deciding to become a vegetarian, Dave and his wife did some research to find out how to get the correct nutrients. Dave said "Besides taking a multivitamin everyday we try to mix in some grain and legumes."

Ryner feels that if people are going to use animals for a food source, they definitely should treat the animal with respect, "like how the Native Americans did; they are sacrificing the animal to nourish their soul." Dave was influenced by his wife, who brought up the idea to stop eating meat. Now the Ryners live by a motto "If it has a face, don't eat it."

Ryner said that he is a big promoter of the fair treatment of animals. However, the health issues related to eating animals was also a major reason why he made the switch. Before



Dave adopted a vegetarian diet, he had a significant problem with ulcers. He has been ulcer-free ever since moving toward a plant-based diet. He also adds, "My wife and I were concerned with the growth hormones given to the animals and how that filtered into the food." Dave's advice to anyone who is on the fence of becoming a vegetarian is simply to try it.

JACK LUCAS



# craig vivian

Craig Vivian is an Education professor at Monmouth College. As a child, Professor Vivian never enjoyed the taste or texture of meat. Unless it was bacon or barbeque, he would reject any meat he was given. Not eating meat was not an ethical decision at first for Craig, and he did not decide to cut out meat from his diet entirely until he reached adolescence.

When Professor Vivian was a teenager, he decided that, since meat never appealed to him, that he should try a vegetarian diet. When he was in the Peace Corps, where he met his wife, he continued to eat fish because it was one of the very few foods offered. During this time, a pig was brought for a feast. The pig was alive, and had come over on a boat. The pig was slaughtered and later served for the meal. Vivian felt that this was very unsettling, and this event became a major turning point in his life because it made vegetarianism a more personal and ethical decision for him.

Presently, Craig Vivian lives a lifestyle that leans more toward veganism. He states that he does drink milk sometimes, but uses only egg substitutes because he has noticed recently that eggs from hens make him feel ill and he does not like them anymore. He comments on how easy it is over time to get used to not eating a certain food. Professor Vivian and his wife mostly grow their own food, and eat many different grains, such as protein-packed quinoa. Producing his own food makes his lifestyle much less expensive than that of a meat-eater. His children, who are grown now, have never had any meat, and have always refused his efforts to coax them to try it and make their own conclusions about meat.

He remarks, though, that vegetarianism has been difficult for him at times. He tells a story of a time when he went to the Barnstormer's in Monmouth with friends. The local restaurant only had a single vegetarian option, which consisted entirely of fried vegetables, like onion rings and fried zucchini. This was an interesting reflection for Vivian, because finding vegetarian options is much easier today than it has been for most of his time as a vegetarian. Now, he says, when he misses bacon, he can just go get some "Fakin' Bacon" at the store. Choosing not to eat meat is much simpler these days than it has been in the past.



BAYLEE EVANS

# nathan kalmoe

Professor Nathan Kalmoe is a political science professor at Monmouth College who double majored in journalism while earning his undergraduate degree at the University of Wisconsin. Professor Kalmoe is one of the many professors here at Monmouth College who are vegetarian.

Kalmoe has been a vegetarian since January 2002, after he made the choice of eating healthier his freshmen year of college. He decided to cut back on eating red meat and since he never really liked fish or pork, it was easy for him to make the change from being a meat-eater to becoming a vegetarian. He also received some information about animal cruelty. That is when he decided to cut meat from his diet entirely and become a vegan for his first two weeks of college. Professor Kalmoe quickly realized that being a vegan was not working for him, because the dining hall at his school did not provide healthier green food for vegetarians. So for the next year or so, he was a vegetarian. He then transferred to the University of Wisconsin where he decided to become a vegan for a year. He then realized that being a vegan was not for him, so he switched back to being a vegetarian.

Professor Kalmoe does not have any children, but is married to a non-vegetarian. They have a vegetarian household which means that they do not eat meat at home. When they go out, his wife may choose to eat meat. They have talked about having kids and how would they raise them. He imagines that they will keep the same policy of the house staying a meat-free household. The child would be able to eat whatever s/he would like to eat when they are out.

The number one value of him becoming a vegetarian is the ethical treatment of animals. He believes that if he can survive and be healthy without destroying animals then he would prefer to do so. Second would be the health aspect of eating healthier and being in better shape.

He doesn't eat anything that is an animal although plants are living things, too. The distinction he makes is that plants are less aware than humans and animals, but they are still living. He has read research on animals that says that animals are more like us humans. They can show emotion and have complex social interactions between each other that makes them more similar to us than plants are.



DARRYEL SANCHEZ

# stacy cordery

Dr. Stacy Cordery is a history professor at Monmouth College and is a multi-book author. There were a few events that occurred in her life that made her become a vegetarian. Dr. Cordery was a student in college when she was reading some material from her roommate's women's history class. She realized there was a connection between how women's bodies and animal's bodies were treated.

Another event occurred when she was a poor college student and meat was expensive. The last meat she ever ate was thin deli meat, which she shared with her cat. Dr. Cordery grew up with cats and dogs and has always found them to be confidants. The final event that made Dr. Cordery become a vegetarian was a little dramatic for her. She lived with other people who ate meat and one of her roommates was having a dinner party. Her roommate was not the best cook and instead of buying a chicken breast, she bought a whole chicken. Dr. Cordery was helping her cut up the chicken's body and she could not do it because it made her physically ill.

It is not hard for her to stick to being vegetarian because scientifically, environmentally, religiously, and economically it all lined up. Dr. Cordery finds it very easy to have a vegetarian diet because there are so many options. Her favorite vegetarian meal is soup. She also dehydrates and preserves a wide variety of fruit and vegetables so she and her family can enjoy them all year long. Every member of Dr. Cordery's family is a vegetarian. Her husband was not a vegetarian when they met, but he became a vegetarian within a year of their marriage. Their son was raised a vegetarian and has never eaten meat.

Dr. Cordery and her husband moved to Monmouth in 1994 and were the only vegetarian family for years. Dr. Cordery finds it hard to live in a town with a slaughterhouse because of the smell and what it does to the human beings working there. She said that, "Killing animals also harms the people that do the killing; it kills their soul." She prays a lot for the animals and for the workers. Dr. Cordery believes that meat negatively affects peoples' health. The chemicals in processed meat are harmful, which include chemicals produced by stress. She ends with saying, that at this point in her life, "Why anyone would eat a chemical-laden rotting corpse is beyond my ability to understand."



# ashwani kumar

Dr. Ashwani Kumar, an assistant professor of physics at Monmouth College, eats neither meat nor eggs. Although he does not eat eggs, Dr. Kumar is a vegetarian, rather than a vegan, because he consumes milk. Milk is an important part of the average diet in India, where Dr. Kumar is from.

Being born and raised in India was what originally influenced Dr. Kumar to become a vegetarian. Vegetarianism is very common in India and also somewhat indicates a social status. Dr. Kumar was raised in a home that did not eat meat because, as he explained, members of the upper class in India are “not supposed to eat meat, because it is not considered good for your mind . . . Only people who could not afford food grain . . . were [the ones] eating fish or chicken.”

In addition to familial and cultural influences, Dr. Kumar’s vegetarianism was influenced by his observations of people in India who ate or hunted animals. He commented that “I find it was very tortuous to [the animals] . . . I never find [that] I should be eating it.” Although his family owned cows when they lived in India, Dr. Kumar explained that it was simply to provide his family with milk, not meat. Dr. Kumar stated that the cows were not treated like a “product.” Rather, “we have empathy for them. We care for them. It’s not like they are just ‘livestock’.”

When Dr. Kumar first moved to the United States he faced many new difficulties. The smell of meat in restaurants was so strong that he could not eat in them, even if they offered vegetarian options. Dr. Kumar and his family found that names of food in the United States can be deceiving, such as a “cheeseburger,” which his wife mistakenly ordered, believing that it contained only cheese. They also discovered that cross-contamination of meat and vegetables is common in restaurants because workers do not change gloves between customers. These troubles have become easier for Dr. Kumar and his family as they have become accustomed to

the smell of meat, become aware of deceiving names of food, and have learned to request their meals be prepared with new gloves.

By coming to the United States, Dr. Kumar has gone from a community that is vastly vegetarian and accommodates vegetarian needs very easily, to one where eating meat is extremely common. Although surrounded by animal products every day, Dr. Kumar has never been tempted to sway from his vegetarianism. It has always been his way of life, and it always will be.



AMANDA GRISSOM

# sara gorchoff

Sara Gorchoff is a professor in the psychology department here at Monmouth College. At the age of eight, growing up in Middletown, Connecticut, no one else in Gorchoff's family was a vegetarian, and she did not know anyone else who was a vegetarian. Gorchoff came home from school one day and asked her parents if there was any way to eat animals without killing them. Ever since that day, she has been a vegetarian. Even though it may have seemed like a childhood whim, it has evolved into a lifelong choice. This would have been a tough decision for Gorchoff if it was not for her supportive family.

At this point in her life, with having been a vegetarian for so long, Gorchoff does not see it as a value judgment on others. Eating plants seems more natural to her although it may not seem as natural to other people. Even though most of her friends and family eat meat, she still finds it natural to be a vegetarian around her peers.

With Gorchoff living in a meat-eating culture, it is sometimes harder to get good quality food in some places. An upside to this, though, is that when she goes out to eat, there are fewer options when ordering, so it doesn't take very long to make a decision. At a younger age, Gorchoff did sometimes feel excluded with not having good options of food choices, but with time she got used to the ways of being a vegetarian.

One tricky thing that she has dealt with was trying to be a vegetarian when someone else is cooking her food. She does not want to demand people to make certain food and seem ungrateful. When it comes to Gorchoff eating dinner or meals with friends, she just looks for what there is for her to eat among what is being served. That way, she can still enjoy time with her friends and not have to worry about not eating.



When it comes to living in Monmouth and dealing with the slaughterhouse, it is not pleasant for Professor Gorchoff to smell the slaughterhouse and see the pigs on the trucks. Gorchoff at times wonders if she should feel less guilty because she does not eat pork, but it still makes her feel bad knowing that there are farm animals being killed.

# ashley santos

Ashley Santos, a sophomore here at Monmouth College, is from Chicago, Illinois. Ashley has a scholarship through theatre. She is Mexican American, a Spanish speaker, and lives her life as a vegetarian.

Ashley decided to become vegetarian in the 4<sup>th</sup> grade after she read the book *Charlotte's Web*, a book about a relationship between a little girl and a pig. Ashley mentioned that from there on she started to wonder why cows, pigs, and chickens are killed for foods to be consumed but not dogs. In fact, pigs are smarter than any domestic animal, so why should we kill pigs or make this distinction between dogs and pigs or any farmed animal in general?

Ashley feels that we technically don't need to kill animals to meet our nutritional needs nowadays. Considering there are so many resources that we could use as food such as plant-based protein, why not do that when there is so much to eat instead of meat?

When Traveling Ashley does not have a problem being vegetarian considering she doesn't travel much. When she does go out of state she mentioned that it's not hard being vegetarian because she goes to various restaurants that offer meals without meat on the menu. Usually when out at a restaurant she always asks if there is a plate for vegetarians or looks for categories strictly without meat. When she goes out to restaurants sometimes she looks for Indian cuisines or Korean cuisines as she knows these plates contain a lot of vegetables from which she can choose from.

Ashley said that, especially in our present era, it is nearly impossible to find a place that doesn't offer vegetarian dishes. The majority of restaurants have at least one or two plant-based options (or more) or they will work with you to make a plate in your preference.

Ashley said that being an Hispanic vegetarian can be hard since much of the cultural food her mom or family makes is not plant-based. Either way she said she has chosen to be a vegetarian and is proud of being one.



DANIEL RAMIREZ

# antoINETTE white

Antoinette is a junior here at Monmouth College majoring in environmental science. She is a vegan. She is not the only vegan in her family though. Her mother is a vegan while her brother and dad are both meat eaters.

Antoinette decided to become a vegetarian in 8<sup>th</sup> grade. She never really liked the taste of meat and has never eaten a fish before. She became a vegan after being a vegetarian for eight months because she did not eat a lot of eggs or drink a lot of milk, so she thought she might as well make her life “more difficult” and become vegan. Because she is majoring in environmental science, Antoinette knows how harmful factory farming is to the environment and it has motivated her to continue being a vegan.

Antoinette’s diet consists of mostly peanut butter, nuts, veggies, fruits and hummus. She does not take any vitamins or supplements and she takes pride in her stellar blood tests that demonstrate how a vegan diet involves great iron intake. Antoinette does not have a favorite vegan meal but she likes specific treats such as grapes and broccoli. She feels like a vegan diet is natural, because everybody has to eat veggies and fruits to stay alive and maintain a healthy diet.

Antoinette does not have a problem with committing to being a vegan. She said that it is harder at school due to the lack of vegan options offered at the cafeteria, but she says that it is not an excuse for her to eat meat. Antoinette has never thought about eating meat after becoming vegan. She said that she does not even have cravings for meat anymore. She said the first three months of transition can be the hardest because the cravings almost run your life, but you have to push through it and after the three months it gets better.

When Antoinette and her family go on vacations, they try to go to bigger cities where there are more vegan options. When they go out to eat they try to find restaurants that offer vegan and meat options so that Antoinette and her mom can eat their vegan meals and her dad and brother can eat what they like. Antoinette tries not to push her thoughts onto others. She occasionally helps her dad prepare burgers on the grill, which shows that she is still involved with meat in some way. Antoinette does not want kids, but if she did, she would let them make their own decision on whether to be a vegetarian or not.



BRADEN WILLIAMS

# tom sienkewicz

Tom Sienkewicz has been the Minnie Billings Capron Professor in the Department of Classics at Monmouth College since 1984. He is fascinated with anything related to the Graeco-Roman world. For most of professor Sienkewicz's life he was not a vegetarian. At the age of sixty-three, he changed his dietary plan and became a vegetarian.

According to Professor Sienkewicz, becoming a vegetarian was not a philosophical decision. Instead he just noticed that he had begun to eat less and less meat to the point where he asked himself, "Why eat something that I'm not enjoying?" One value he sees with becoming a vegetarian is having a healthier diet. Plant-based food is simply more enjoyable to him.

Professor Sienkewicz has also learned to become more appreciative about the fact that he is not eating animals, almost as if that is a perk. He no longer has to have the feelings of being guilty when it comes to eating animals.

Because he has lived his entire life in a meat-eating culture, he does not find it difficult. He knows that there are some restaurants that are less welcoming to his plant-based diet so he just chooses not to go to them and opts for others. Professor Sienkewicz is not aware on a daily basis about pigs being slaughtered at the local Farmland plant. He has lived in the town of Monmouth for so long that he is not even aware of the smell anymore and it does not bother him.

When it comes to professor Sienkewicz visiting friends, he thinks it is the responsibility for anyone with special food commitments to inform the host of their desires, and not just expect the host to accommodate their special dietary needs without notice. So he tries to be up front about this part of his life.

Professor Sienkewicz has a unique story. By moving toward a vegetarian life at the age of sixty-three, he shows that it is never too late to make a significant change.



AARON STREET