Vegetarian life at Samford

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The Southern Carolinian

To all the herbivores on campus, fear not: you are not alone. Vegetarian diets are reemerging on Samford's campus, as well as across the nation, as the popular food and diet trend.

Not to be confused with vegan (those whose diet consists of zero animal products), vegetarianism is a subset of this diet that may incorporate some animal products or byproducts. For example, eggs are not an animal product, but are an animal byproduct. While eating a vegetarian diet, one may consume eggs, dairy products or fish.

Not only is being vegetarian a more environmentally friendly option, but the philosophy of the diet is a charitable one. If all Americans ate a vegetarian diet, the United States would save over one million acres of land a year. This would not only help the environment, but would also help the environment of many other countries in the world.

For those who are vegetarian, the options on campus are slim, but with creative planning, one could have a nutritious meal at virtually any dining location. The Caf and food court are two great places to be vegetarian. Whole grain bread, bagels, and other whole grain items can be found in these locations. Grains can be the next stop in the Caf and food court. Whole grain bread, bagels, and other whole grain items can be found in these locations. Grains can be the next stop in the Caf and food court. Whole grain bread, bagels, and other whole grain items can be found in these locations. Grains can be the next stop in the Caf and food court.

Though young vegetarians are encountered often on campus, the older students enjoy it as well. When a student is older and is trying to be healthy, vegetarianism is a good option. One may eat a more nutritious meal if eating a vegetarian diet.

In the past, many people ate meat, but with today's changing lifestyle, many people are choosing a vegetarian diet. Vegetarians enjoy the benefits of a healthy body, as well as the benefits of health. In a vegetarian diet, one can eat a balanced diet and enjoy the benefits of a healthy body. In a vegetarian diet, one can eat a balanced diet and enjoy the benefits of a healthy body. In a vegetarian diet, one can eat a balanced diet and enjoy the benefits of a healthy body.
Students broadcast home videos on YouTube

YouTube, a Google owned video database, is a renowned website that has caught the eye of an increasing number of Samford students since its birth in 2005. Whether it is the leprechaun in Mobile or Charlie bit his big brother's finger, YouTube has provided students with many laughs.

As Samford has become more technologically savvy, students and faculty have begun to record more of their favorite events and memories on video. Naturally, the Samford community has found YouTube a fitting website to post many of these videos.

“I am the chairman of the Department of World Languages. Mike Ledgerwood, taught a cooking class on French cuisine during Jan Term 2008. Ledgerwood was hired in August 2007 and made the move to Samford from New York, where he had previously taught at the State University of New York at Stony Brook.

The class took a field trip to Atlanta for a Sunday brunch where the students were able to see and taste authentic French food. As a midterm assignment, the class of six students cooked authentic French foods. Because videos were an essential part of the course, the students filmed the making of a French dish for their captive project. They were responsible for naming the ingredients and describing the process of making the food in French in this very unique final exam.

Ledgerwood said that the videos are useful for many reasons.

“First of all, parents can see that their (students) actually know French,” he said. Ledgerwood also taught a world language teachers’ workshop at the University of Minnesota, and he found the videos to be innovative and helpful teaching tools for educators who gathered there from across the nation.

Jason Morales, senior journalism and mass communication major, is one student who has posted numerous videos on YouTube from events on campus.

“The difficulty of putting videos on YouTube of existence alone, who knows which video will be the next one to make it big?” Morales said.

With more than half of all YouTube viewers reportedly under the age of 20 and more than 1.7 billion views in its first year of existence alone, who knows which video will be the next one to make it big?

Morales also said that there is a plethora of videos with Samford students in them or clips of actual Samford campus events, like Step Sing.

The Sigma Chi performance, which claimed the Sweepstakes Award for this year’s Step Sing competition, had been viewed 1,500 times only one week after the event according to Morales. Last year’s Delta A Phi’s Sweepstakes-winning performance now boasts more than 3,500 views.

Morales said he enjoys using YouTube.

“Students are uploading their own videos after YouTube has taken the Internet by storm since its creation in 2005. Students are uploading their own videos after it addicting, it’s not like it’s cocaine or anything. YouTube really varies. I wouldn’t ever call it addicting, it’s not like it’s cocaine or anything, it’s just convenient,” Morales said.

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