Vegan Vows Not to Eat Anything With a Face

By Vicki Taylor

√anessa Rego still remembers sitting at the dinner table when she was five years old and making the conscious decision to become a vegetarian. While her family ate a steak dinner, her older brother prodded his portion of meat with a fork and badgered, "You're eating cow!"

Rego quickly turned to her mother for reassurance that what he was saying was not true, but turned back disappointed. From that moment on, Rego said openly: "I don't want to eat anything with

When Rego was a senior at Amador Valley High School in Pleasanton, she made another important decision that would change her life. After watching multiple movies in her foods class, one titled "Meet Your Meat," she realized that animals were being treated cruelly for products like milk, cheese and eggs. She made the decision to become a vegan.

"As I learned where animal products came from and how they were created I was literally nauseated by anything that came from an animal," Rego said. "I would sometimes cry at night because I would think about how alone I was in my beliefs.'

Commonly confused as being the same, being vegetarian and vegan are two different lifestyles. Vegetarian is strictly not eating meat products, whereas vegan is not consuming any products that come from animals.

Currently a senior at San Jose State University, Rego, 20, has led a very different life than the typical

rights activist and president and founder of Students for Animal Rights at SJSU, Rego hopes to spread awareness of how cruel animals are treated.

The group started when Rego passed out flyers in her classes at school to find members who shared common feelings and beliefs.

"I'm sure most students thought I was a freak," Rego said. "At first, my only members were my closest friends that were neither vegetarian or animal rights activists; they just wanted to support me. But as time went by, I got a lot of calls from students at school."

The animal rights group has encouraged SJSU to offer more vegetarian and vegan options on campus. It has also protested at the Kentucky Fried Chicken outlet off of Berryessa Road and at higherend fashion stores. Rego hopes to increase awareness among college students and younger people.

KFC has had its fair share of protests and boycotts over the years. The company has been viewed negatively because of the way it raises and kills chickens.

'KFC suppliers cram birds into huge waste-filled factories, breed and drug them to grow so large that they can't even walk, and often break their wings and legs,' according to the PETA (People for the Ethical Treatment of Animals) website

"At slaughter, the birds' throats are slit and they are dropped into tanks of scalding-hot water-often while they are still conscious.

Celebrities such as Pamela Anderson and Paul McCartney have joined religious leaders like the Dalai Lama in refusing to eat

when people eat meat in front of her. Instead, she is saddened that many are ignorant to the fact of what happens to animals in the slaughterhouse.

Rego's dietary orientation has brought challenges. Although she says that protesting and being an activist has never been scary for her, others might find certain situations unbearable.

"I have had people push me down, throw eggs at my face while driving by, spit at me..." she said. Even a ride in a police car after

being arrested during a protest near a KFC entrance did not make Rego quit her activism. Health is also a challenge sometimes. Rego works closely

with a nutritionist to make sure she gets all the nutrients she needs without consuming animal products. However, she does have a low-iron count and early signs of osteoporosis Regardless of this, Rego's family has helped her. Even

though her brother thinks her beliefs are outrageous and her father gets frustrated because she will not eat cheese, they are still supportive. Rego said her mother is the one who is always proud of her and brags to others about how dedicated her daughter is.

Rego's goal when graduates from SJSU is to become an elementary school teacher and promote compassion for living things through the classroom environment. Class pets will always be welcome.

Rego's compassion for animals has completely changed her life.

"I know that God made me an animal rights activist since day one," Rego said. "He gave me a family that would respect it as I grew into myself. So being vegan

CAMPUS DIGEST

News of People and Events on Campus

CSU Wins Prestigious National Video Media Award

The CSU system has won a first place Hometown Video Award in the professional educational activities category for its video "Community Service Learning in the CSU System." The universities tied for the award with the "Shelby County Schools Report," produced in Germantown. Tenn.

CSU's video showcases the benefits community-based service learning for its students and their communities. Featured campuses include San Francisco Monterey Bay and Chico.

Hometown Video Awards, which honor community media and local cable programs, are given by the Alliance for Community Media, an association of public, educational and governmental organizations

just is my calling. Everyone is not, that's just how we are made born with a passion to change the world. Whether they embrace it or

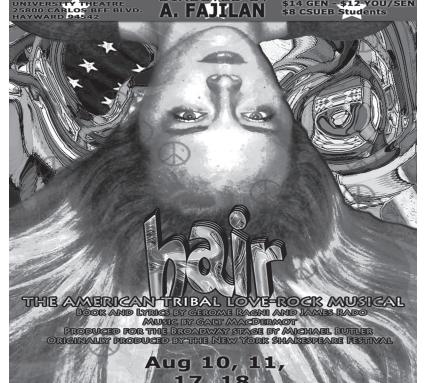
promoting access to electronic media. Hometown is considered the largest video awards competition for local cable.

New Associate VP of Student Affairs

Effective Aug. 13, Stanley Herbert III will serve as CSUEB's new associate vice president of student affairs. He will replace interim AVP Cathleen

Herbert, an East Bay alumni, has served in the CSU for many years, at CSU Dominguez Hills and Cal Poly Pomona, in various positions including assistant VP of university and governmental relations, director of the Office of Public Affairs and career development. He has also served as a marketing instructor and a statewide organizational consultant.

I am the voice for an end to animal



Concord's Blue Devils Compete at Stanford

By Jamie Angeles

he Concord Blue Devils Drum and Bugle Corps traveled to the Stanford University Stadium Saturday to compete against other top U.S. drum corps for the Drum Corps International West Championship.

The Blue Devils, a Bay Area non-profit performing arts youth organization, celebrated their fiftieth year of appearances in the DCI West competition last week.

Now just one week away from the DCI world championships, the Blue Devils are pinning their hopes for the season on their new show entitled "Winged Victory.

The Blue Devils have been the top scoring Drum Corps with a 13show winning streak during their tour of the U.S.

'The members are really excited to be back in California, said David Gibbs, the group's executive director. "We really think the show is getting close to where it needs to be and we should be hitting our full stride by the time we get to finals.'

The Blue Devils organization was founded in 1957. According to its website, the organization's objective is to develop personal character through challenging physical, emotional, mental and social activities while promoting the values of dedication, hard work and commitment to a team

The Blue Devils consist of a brass line, percussion line and color guard. Each Blue Devil member gains education and experiences in the areas of musical and dance performance.

The internationally competitive Blue Devils "A" Corps has 135 members between the ages of 17

The "A" group has finished among the top five drum and bugle corps in the competition for the last 27 consecutive years, and has won the DCI World Championship title an unmatched 11 times. An estimated half-million people view the group each year on the ESPN2 broadcast of the DCI World Championships.

The West Championship at Stanford Saturday was the last competition the Blue Devils will have before meeting their main competitors, the Cavaliers of Rosemont, Illinois, at the DCI World Championship Finals held at the Rose Bowl in Pasadena, California Aug. 11.

For more information about the Blue Devils, visit www. bluedevils.org.

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