

David Kitchen '96 (civil engineering) has been named a partner for Shaw Engineering. David has more than 16 years of engineering experience serving clients throughout northern Nevada and is a registered professional engineer in Nevada and California.

Donna Fletcher '96M.ED. (secondary education) and her husband are restoring the historic Bennett House in Deadwood, S.D. They plan to open the house as a bed and breakfast in June 2012.

Patrick Turner '96 (journalism) recently accepted the position of marketing manager with the Terry Lee Wells Nevada Discovery Museum. The museum is a hands-on place for kids to forge lasting relationships with nature, science, art and history. It is scheduled to open in September 2011 in downtown Reno.

Randy Barnes '97 (premedical), '03M.D. and his wife, Lindsay, have two children, Lauren, 4, and Dylan, 2. Randy is the emergency department medical director for West

Valley Medical Center. He is also employed by Idaho Emergency Physicians at St. Alphonsus Regional Medical Center.

Mark Zacovic '97Ph.D. (educational leadership) has been named president of Cuyamaca College in Rancho San Diego, Calif. Prior to this position, Mark served as executive vice president of instruction and student services at Victor Valley Community College in Victorville, Calif. Mark is a 26-year veteran of the California Community College



Photo by Theresa Danna-Douglas

Kickin' it with K-von | Veggie-Delight

I walk into a sandwich shop and ask the lady behind the counter for a foot-long sandwich with all the vegetables, mustard and vinegar. She pauses, "What kind of meat would you like?" I tell her none, and with a look of disgust she warns, "If you don't eat meat you won't have any energy."

I think to myself, "So energy is derived from three slimy pieces of baloney?" I'm not a vegetarian, but in the past few years I have drastically decreased the amount of meat I consume. Instead of with each meal, as is the standard American practice, I have some chicken one day and will go about three days before having some fish, and so on. Energy levels are high and I've never felt better.

Plus I love to eat, so by cutting out the meat I'm able to load up on healthier items like fruit, vegetables, cereal,

rice, and protein shakes several times a day if I want. The best part is, when I started this, somehow after enjoying all those foods and flavors, I miraculously still managed to lose weight!

My pals and I were always the first to mock—for no reason in particular—any form of vegetarianism. I guess because it was different from how we were raised, it simply sounded stupid. Luckily, I had a light-bulb moment. Now planted firmly on the other side of the fence, I welcome a good debate and have gone head-to-head with friends and family, with me standing up for vegetables. Here are the standard objections:

I can't eat just vegetables, I need energy.

Picture in your mind a lion and now a squirrel. Both mammals, one eats meat and the other doesn't. Which

one has more energy? Which one is yawning and sleeping in the grass all day? Personally, after a large steak dinner two words come to mind . . . food coma.

If you don't eat meat, how do you get enough protein?

The short answer: From foods that have protein but are not meat. (What do I look like, Wikipedia? Google it yourself.) For me, nothing beats a protein shake with three ice cubes, a banana, and a spoonful of peanut butter. Blended not stirred.

I didn't climb to the top of the food chain to eat lettuce.

Ironically this one came from a close friend who hasn't climbed anything from what I can tell in the last decade. Let's face it, humans never really made it to the top of the food chain. Disagree? Head to the local zoo, strip naked, hop in any of the exhibits and show me exactly where you stand on the food chain.

You're just one of those fancy boys from California.

Nope, born and raised in Nevada.

For the most basic evidence of how we should eat just look inside your mouth. One glance at a tiger's teeth and you can instantly tell they are carnivorous machines ready to kill and shred through bone, tendons and cartilage. Now, look at your own miserable chompers. Unless you are a professional hockey player or in the third grade, you most likely have more than 28 teeth, but only four of them are even remotely sharp. The rest are for less deadly catches. Try eating accordingly for about two months and see if you like the results!

K-von '03 (marketing) is a Nevada alum and comedian. He'll be appearing at the Silver Legacy Comedy Club Dec. 28 - Jan. 1 for the New Year's festivities! Visit www.Kvon.tv or www.facebook.com/KvonComedy for info. and ticket information.