

The Alltold

Visit our website: www.alltold.org

-or-

e-mail us at:

halickij@mishawaka.k12.us

Editor-in-Chief:

Alica Tibbetts

Assistant Editor:

Autumn Thompson

Layout Editor:

Chereece Garren



Advertising Manager:

Kayli Nagy



Photographer:

Dylan Guzowski



Sports Staff:

Janelle Wertz (*Section Editor*)

Chris Valentine

Ariella Ford

Features Staff:

Autumn Thompson (*Section Editor*)

Ryan Adams

Kayte Sizer

Anjelica Dimitrakopoulos

Student Life Staff:

Cassie Walker (*Section Editor*)

Jenny Bastock

Jessica Phend

John Papaleo

Lauren Giles

Josh McCleerey

Flipside Staff:

Nick James (*Section Editor*)

Kayla DeFrancisco

Shawn Garren

Guest Writers:

Ruth Melin

Amanda Gray

Publications Advisor:

Jeff Halicki, English Department

Principal:

Dr. George Marzotto, Jr.

Printing:

The Papers, Milford, Indiana

Editorial Policy:

The *Alltold* serves to supplement the educational environment of Mishawaka High School by providing an informative and entertaining source of news and communication to the students (our primary audience), faculty, staff, parents, and the community (our secondary audience). In addition the publication is committed to the conservation of fine, journalistic standards.

All unsigned editorials represent a majority vote of the Editorial Board which consists of all *Alltold* members and the adviser. Signed editorials, cartoons, and illustrations represent the viewpoint of the individual author or artist.

Letters to the Editor are welcome and encouraged. Letters must be signed and will be subject to verification by the Editorial Board. Names will be withheld upon request. The *Alltold* reserves the right to edit or shorten letters for space considerations provided the meaning of the letter is not altered. Letters containing what may be considered by the Editorial Board as obscene, libelous, irresponsible, or containing malicious content will not be accepted.

The *Alltold* reserves the right to refuse any merchant's advertising copy or ad which does not meet the standards set by the Publications Board. A copy of these standards will be made available upon request.

Advertising and letters may be delivered to room 262, Mr. Halicki's mailbox, or mailed to: The *Alltold*, Mishawaka High School, 1202 Lincoln Way East, Mishawaka, Indiana 46544. For more information you may call 574-254-7397.



Rhyme & Reason

What's Up (With Vegans), Doc?

by **RUTHMELIN**

Columnist

Vegetarianism. Two weeks. I can hear the Alfred Hitchcock music now. However, this is exactly what Amanda and I did. We became vegetarians for two weeks, fourteen days, 336 hours, 20160 minutes, 1209600 seconds. Believe me, I counted down every single one.

There are four kinds of vegetarians. The lacto-ovo vegetarian eats no meat. The lacto-vegetarian eats no eggs or meat. The ovo-vegetarian eats no dairy products or meat. The vegan eats nothing that comes from an animal. Unfortunately, the latter is what Amanda and myself sadly attempted.

We are all familiar with the classic adage of the hippie or radical- that being a vegetarian will stop needless animal pain and eventual death. But there is much more that many are not aware of. For example, a lot of crops must be grown to feed a small amount of livestock. However, livestock can thrive just as easily on things like fruit pulp and overripe bananas, as they are in other countries. Cows' stomachs are full of bacteria that produce protein out of whatever is fed them when they ruminate. Then the protein found in grains and other crops won't go to waste, and the waste that already exists is fed to livestock.

Also, eating low on the food chain avoids unnecessary chemicals. The higher on the food chain you eat, the higher concentration of chemicals like DDT and mercury you find. A human's continued exposure to pesticides can cause health problems like liver cancer.

My personal reason for this experiment was to experience first-hand what trials vegans and those with food allergies or lactose intolerance went through their whole lives, not just two weeks.

One of the first things I noticed was how difficult it was to find things that contained entirely plant products. I smugly said that I could still drink coffee with non-dairy creamer, and was then dismayed when I found that my "non-dairy" creamer contained milk, of all things. Second try. My mom went out and bought some mac and cheese made from soy. The package said it was designed specifically for lactose intolerant people. It may seem odd to you, then, that there was milk in the ingredients. Actually, the first time I encountered my nemesis, milk, was I vainly trying to make a peanut butter sandwich. I

noticed my bread contained milk products. No sandwich for Ruth. I found it hard to believe that vegans did not eat bread. I suppose that they make their own. That brings me to my second obstacle. Preparation time for meals is drastically higher. Part of the problem is that the ingredients that one would normally purchase usually contain some taboo item. Many things have to be prepared from scratch. And if you're very time-conscience, you may turn to stores like Harmony Market that offer vegetarian-friendly foods. The problem with that is that the prices can be a little steep when it comes to things like soybean margarine.

So, after all this hullabaloo, I turned to things like rice, potatoes, and my precious soy milk, which allowed me to eat cereal as often as I wanted. I craved cheese most of all. The first thing I ate after the two weeks were up was a big mound of nachos and cheese from Taco Bell. I have to admit that we didn't eat very much actual vegetables, vegetation... whatever "vegetarian" is referring to. If we HAD eaten properly, we would have included things like complimentary proteins. These are necessary because if you eat beans or nuts straight, your body can only use about 40% of the protein offered. This happens because the amino acid chain is incomplete. To complete it, you need to eat a combination of dairy, grains, and beans or nuts.

It was a pretty nutty escapade (no pun intended, or maybe there was). I'm just glad to be able to go home and eat a peanut butter sandwich if I want to, heck, a ham sandwich.



by **AMANDAGRAY**

Columnist

One thing I have to say, vegans are dedicated. Only people who are truly passionate about a cause or truly crazy (or both) would abstain from any animal byproduct whatsoever. And that's exactly what I did. For two weeks, I became a vegan. I really don't know why I did it at first, but it kind of turned into a game, to see if I could truly make it. I didn't think so at first, but I did it.

"I got Soul, but I'm not a Soldier"

by **ALICIA TIBBETTS**

Editor-in-Chief



The Mishawaka/South Bend area is a great place to grow up. There is a big mall; there are plenty of jobs, as well as cheap housing and a variety of schools. But staying in South Bend most in my life, I have never really felt inspired to change anything. With the comfort of my lifestyle, I have become stagnant. The small town life has given me a false sense of what the world is like. While the occasional trip to Chicago was somewhat enlightening, I always thought South Bend was a more accurate representation of the country as a whole.

This summer I went to Boston to visit a friend. As soon as we left the airport we were bombarded by the big city life. People were practically running to their important destinations, stone-faced and determined. I was shocked. In Indiana people rarely ever run to wherever they are going, and if they are running, they don't look confident about it at

all, they just look late. The whole week I spent in Boston was full of similar instances. I caught people doing things like praying with bums on the streets and declaring to crowds their deepest passions. It was both overwhelming and inspiring. I promised myself that when I got home I would have the same passion I saw inside these people, but I didn't.

I was so relieved to be back to familiarity that I just let myself fall back into the same old patterns. The passion that I felt and saw in Boston was still with me; I just wasn't able to do anything about it. I thought it would be a long time until I encountered anyone again who felt the same way about the world.

I was so wrong. At the beginning of September I left for a Youth Leadership Conference in Washington D.C. First of all let me say, if any of you get invited to this conference, do what you can to go. It changed my life, and my whole

When someone says "vegan," not many truly know what it is. People have heard of vegetarians, and some think it's a fad, coming in and out as the health food stores in the area open and close. But truly, it's a lifestyle. Vegans don't come in contact with any animal byproduct, physically and orally. That means no meat, no milk products, no honey, no leather. It was hard for me, seeing as I love my leather belt and string cheese as much as the next person. But I am a headstrong person. Too many people said I wasn't going to make it, and I set out to prove them wrong.

I won't say it was easy though. There were several hardships within the two weeks of torture. One thing was dealing with the cravings. You never appreciate something until you don't have it anymore, and that goes for everything, from honey to yogurt to mayonnaise (which I **never** eat). I've never craved so much food in my life. One other difficult thing was actually finding stuff to eat. I never want to eat another bagel, although I went through several bags over my two weeks. There are two things that you need to make sure your food contains, one being no animal byproduct, and the other being the vitamins that you need to make up for by having no meat in your diet. You have to make sure to have plenty of protein, hence the bagels (which are extremely good sources of protein), as well as beans of all types, plus other foods. You also have to make up for the calcium, so plenty of calcium-fortified juice and vitamins become a part of your daily regiment.

However, there were some positive things about being vegan. I felt better about my body and what I was putting into it. I felt cleaner that I wasn't putting a lot of hormones from the meat and milk, and all that jazz. And, even though it is quite sappy, I kind of felt better about the environment, and the fact that I wasn't harming any animals whatsoever. I felt kind of like a tree hugger, but in a good, and non-committal way, seeing as in several days I would once again be eating my chicken strips, and enjoying them.

But some things seem to stick. I find myself looking at ingredient labels before I eat something, and I notice where animal "parts," (for lack of a better word) are being used, sometimes in places that you wouldn't expect. I guess it was an experience that will stick with me, which should prove to be a positive thing.

-the Killers

perspective. First of all, I met people there who were inspired. They were ready to take action, not just complain. Secondly, I visited some amazing monuments. These were the graves of people who all throughout the history of our country have really made a difference. Lastly, I spent a week doing activities preparing me to take my passion home. It would no longer have to be tied up inside of me.

I suppose my point here is that Mishawaka does not represent the whole world. This is a very comfortable place to be, but we should not let that comfort make us lazy. There are so many things to do in this world, so much that needs improvement, and so much that we as young people can help with. I no longer believe anything is impossible. As Dr. Martin Luther King Jr. said, "Anything you see before you was once someone's idea."