

TRUMP IMPEACHMENT INQUIRY • WINTER CULTURE • THE LOWE-DOWN

# THE SHAMROCK

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Images Courtesy of GOOGLE

From left to right: Students gather outside Saugus HS after the shooting. Students and family gather to mourn the loss of two students.

On Thursday, Nov. 14, two students were killed and three were injured in a shooting at Saugus High School. The alleged suspect is student Nathaniel Tenosuke Berhow, who had turned 16 on the day of the shooting. Berhow then turned the gun on himself, and passed away the next day in the hospital.

The shooting lasted 16 seconds; the alleged weapon was a .45 caliber semi-automatic gun, given to Berhow for his 16th birthday. According to Los Angeles County Sheriff Alex Villanueva, after the first shot

was fired, three police officers who were on campus dropping off their kids saw students fleeing campus, and immediately went inside to help. Students remained on lockdown until 11 A.M..

Saugus students resumed school on Monday, Dec. 2. The campus was decorated with blue ribbons and “Saugus Strong” posters. Therapy dogs were stationed around the quad where the shooting took place in order to destigmatize the area.

“As we are continuing on these next upcoming weeks, it’s going to be really dif-

ficult — really difficult — for us,” Andrei Mojica, 17, said to the LA Times. “But I know that through this sense of community, once more we will be OK.”

The Saugus shooting has sparked discussions about gun violence in many schools. Shortly after the ordeal, Kennedy English teacher Melissa Soeltz held an open class conversation regarding the topic.

“As a student, as a child, nobody should be afraid to go to school,” Soeltz said. “No one should have to practice active shooter drills in kindergarten.”

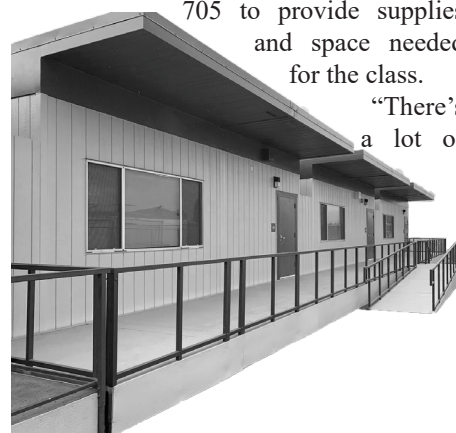
## Campus Construction

PAULA MULROONEY  
Photo Editor

Construction has been ongoing here at Kennedy with improvements to the parking lot, security cameras, fencing, and new classroom buildings and lockers. These classroom buildings were installed to allow teachers to relocate.

The 400s building has a wide variety of classes. With the demand of new subjects such as STEAM, foreign language, and medical careers, the final decision was to relocate the classes into different classrooms. ROP Medical Careers will be the 400 buildings and will be moved to room 705 to provide supplies and space needed for the class.

“There’s a lot of



PAULA MULROONEY/The Shamrock  
Portable classrooms added to the 400s court.

movement and a lot of impact, but overall in the long run and bigger picture we have to understand that we have to use our facilities to the best of our ability,” Assistant Principal Rafael Santiago said.

These classrooms by the 400 court will remain vacant until further notice. The new classes to be installed in the 400 buildings are Teaching Student with Special Needs in room 411, Resource Specialist Program in room 412, and Korean class in room 413.

Near the 900 buildings, lockers have been installed alongside the wall. Wood Technology, taught by Erik Haaf, installed new lockers in order to provide space for the students’ projects. The lockers allow for projects to be stored safely rather than placed in a bin on a shelf. The cost of these lockers was provided by grant money from Career and Technical Education (CTE) to modernize the engineer class.

“Mr. Gupton and I have been working for several years on getting ready to implement a plan for an entire six year pathway together. Next year is the first year for true implementation of engineering,” Haaf said. “We’re putting together an introduction in engineering course that guide a multi path-

way through fabrication, engineering, and computer coding.”

The rotation between the classes allows the STEAM class taught by Jack Gupton from Walker Jr. High to be provided at Kennedy in room 604, the current ASB room. This allows the STEAM class to coordinate education plans with the wood technology class. John Hoganson’s English classes and fourth period ASB class will be moved to room 803, which is currently English taught by Melissa Soeltz. Soeltz will be part of 400 court as well in room 403.

“Moving will benefit both ASB and the school for sure,” ASB President Alexis Aguilera said. “Right now the ASB room is completely isolated from the rest of the school. The room will be more accessible to the general student body.”

Construction is estimated to be finished by the end of the semester. With relocation in process, these new classes will be able to join Kennedy’s campus and create a more diverse environment. Now, Kennedy is not only an IB school, but also a school with a variety of programs that allow students to explore multiple career pathways.



# California Wildfires

**SYDNEY PIKE**

Staff Reporter

California continues to suffer from rapid wildfires affecting thousands of people, their homes, and even state landmarks. Although most of the fires have been contained, several continue to fester. The risk for wildfires remains high in the southern region, especially in areas like San Diego.

According to the Wildland Fire Assessment System from the United States Forest Service, on Nov. 8 there were reportings of serious fires in San Diego, Santa Ana, Oxnard, Santa Maria, and Kings Canyon National Park. Other areas at great risk include Los Angeles, Bakersfield, and Sacramento.

As of Dec. 13, fires that have already occurred have burned approximately more than 253,334 acres of land and have caused approximately \$2.5 billion in damages. Around 526 buildings have been destroyed. There are 44 reported deaths from



CLAUDIA COWAN/Fox News  
*Firefighter battling a large fire in Santa Paula on Nov. 1.*

California's October fires alone, with 22 deaths from the Sonoma County wildfire alone. According to the California Department of Forestry and Fire Protection, the length of the fire season is estimated to in-

crease by 75 days.

According to the California Department of Forestry and Fire Protection, "Fueled by drought, an unprecedented buildup of dry vegetation and extreme winds, the

size and intensity of these wildfires destroyed thousands of homes and exposed millions of urban and rural Californians to unhealthy air."

On Oct. 8, Governor Jerry Brown issued an executive order to speed recovery from fires. Recently, the Trump Administration said that it would revoke California's Clean Air Act waiver, which allows it to establish its own air pollution status.

"This is not just another legislative game here," Brown said. "This is life-and-death stuff. And climate change is related to the fires in California."

It is predicted that California will continue to suffer from fires due to recent phenomena in climate change. There are higher temperatures in the spring and summer that create more intense dry seasons making the land more susceptible to fires. Fire fighters are quickly thinking of new and more effective strategies and techniques to combat fires. They are additionally looking toward new technology and building their resources to hopefully lessen the damage that future fires may cause.

# Trump Impeachment Update

**FRANCIS MUNOZ**

Staff Reporter

On Friday, Dec. 10, the House Judiciary Committee approved two articles of impeachment against President Donald J. Trump. The articles passed charge him abuse of power, by participating in a quid-pro-quo with Ukraine, and obstruction when Trump refused to provide documents requested by the House. The approved articles now await a full House vote next week.

Each of the articles will be sent to the House of Representatives to be voted over. If the articles pass, the impeachment will be handed over to the Senate where they will begin their investigation.

On Sept. 24, Speaker of the House Nancy Pelosi, publicly announced that Congress would launch a formal impeachment inquiry on Trump. This was announced after an anonymous whistleblower released their concerns about Trump's supposed deal with Ukraine to look into former Vice President Joe Biden's family in exchange for U.S. aid.

On Nov. 13, public hearings regarding the impeachment inquiry began, lasting



ERIN SCHAFF/New York Times  
*President Donald Trump stands accused of abuse of power and obstruction of justice.*

until Friday, Nov. 21.

According to the whistleblower, Trump withheld providing Ukraine aid and struck a deal over the phone with Ukrainian President Volodymyr Zelensky. The call transcripts released by the White House revealed that Trump asked Zelensky to look into former Vice President Joe Biden and his son Hunter Biden's relations with for-

eign leaders. However, it is still unknown whether or not the request was accepted.

"The whistleblower call is one of the many cases of abuse of presidential power that deserves impeachment because Donald Trump was essentially asking for foreign assistance with the 2020 election by requesting deeper information on the Bidens," an anonymous student said.

Democrats led the impeachment process with U.S. diplomat for Ukraine William B. Taylor. Democrats questioned three state department officials to support their belief that Trump has committed an impeachable offense. The National Security Council's former senior director for Europe and Russia Fiona Hill finished up the impeachment hearings on Nov. 21.

"Ambassador [Godon] Sondland and I spoke on the phone. He said he had talked to President Trump, as I had suggested a week earlier, but that President Trump was adamant that President Zelensky himself had to clear things up and do it in public. President Trump said it was not a 'quid pro quo,'" Taylor said.

Although it still may be premature to decide what the intentions of Trump's call actually were, Sondland believes that the President's actions are grounds for impeachment.

"[Trump's lawyer Rudy] Giuliani conveyed that Secretary Perry, Ambassador Volker, and others that President Trump wanted a public statement from President Zelensky," Sondland said. "Mr. Giuliani's requests were a quid pro quo for arranging a White House visit for President Zelenski. Mr. Giuliani was expressing the desires of the President."



# WE'RE ALL CLOWNS

FRANCIS MUNOZ

Staff Reporter



RODRIGO ABD/AP Photo

*Protestors in Chile wear Joker make-up and masks as part of an anti-government protest in November.*

Protestors have been donning the Joker masks and face paint around the world to enhance their protests. Some of the most widespread uses of the infamous face have been reported in Lebanon and Hong Kong.

The protestors pull their inspiration from the film “Joker,” directed by Todd Phillips starring Joaquin Phoenix as the Clown Prince of Crime. The film follows Arthur Fleck as he struggles with both mental illness and the destruction of a corrupted society. This film has been followed by a backlash from the public, with theaters including Century Theaters in Huntington Beach closing their doors to the film.

“I think it’s really good when movies

make us uncomfortable or challenge us or make us think differently,” Phoenix said.

The Joker’s face has been associated with protests in Chile, Lebanon, Hong Kong, and many other countries around the world. Protestors in Chile express discontent with their government and blame them for their high cost of living. Protestors in Hong Kong are using the Joker’s face and infamous internet icon “Pepe the Frog” as symbols to show that they fear losing autonomy with the Chinese government slowly taking over. The Lebanese are striking against the WhatsApp tax. The app is commonly used throughout the country, and many believe it is unfair that the gov-

ernment is using the app’s popularity to gain money.

The image has appeared in these protests through many mediums. Some of the most common methods consist of wearing masks, painting faces, and vandalizing the streets with the face of the Joker. Protestors in Lebanon have even gone as far as setting up stations where people can get their faces painted for the protests.

“The reason we painted our faces is because we related to the character in the movie,” one protestor interviewed by Wired said. “He’s upset, he’s angry, and it just drove him to madness and that’s what’s happening [in Lebanon].”

The mask, although believed to unify the people, is also believed to be used as an outlet to artistically express their emotions and beliefs towards their oppressing system.

“The important idea is to hide the face when swearing against some important politicians” American University of Beirut Department of Sociology Chair Sari Hanafi said. “Now, why Joker? This is simply the artistic way of doing a demonstration in Lebanon.”

The Joker has inspired many to face their government and to stand up for what they believe. The use of the Joker image has also proven how influential and powerful films can be, and perhaps frightening.

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*Warning: The content in this article contains sensitive topics. Some of the material discussed may be emotionally challenging.*

# Suicide: Left Behind

SHAYLA PARKER

Arts Editor

The act of committing suicide is often difficult to understand. And while there is no definitive reasoning, since every case is very situational, there are two broad causes that can lead up to it. District Social Worker Stephanie Flores explains said causes.

“There’s environmental stressors that can push somebody to feel that hopeless

that they then slowly build up the courage to follow through with an attempt,” Flores said. “And then there’s also the factors of hereditary depression and mental illness.”

Typically when someone has decided to take their life, they believe the idea that this is the only way to ensure what they are

going through will end. It is for that reason that people tend to not talk about it directly. However, knowing what to look out for — a sudden withdrawal, sadness or irritability, a change in sleeping or eating habits, and the giving away of prized possessions — can be the difference between life and

death. Flores stressed the importance of speaking out on behalf of those considering as a preventative effort.

“Often times, it’s something that can be treated with medication and therapy,” Flores said. “Which is actually the biggest piece in preventing somebody from attempting.”

Viviana Casanova

“We weren’t the closest of friends, but I looked up to her as a role model.

One of my old friends asked me if I was going to her funeral and I immediately was shocked and confused and when she told me the news, it didn’t make sense because she was always so happy and enthusiastic.

After going to her funeral, I didn’t really cope with anything because I never knew how.”

Anonymous #1

“I called him my uncle.

We just recently came to the realization that it was suicide because we all kind of deflected it. There was a video that came out; you definitely saw that he didn’t try to avoid it. And after realizing that, it kind of made the pain hurt in a different way entirely—like it wasn’t just a random tragedy. But eventually, it kind of made me feel closer to the people I have around me. I just feel like with everything else, it’s equally as tragic as losing someone to suicide. But at the same time, there’s so much more emotions tied in.”

Anonymous #2

“It was my mother.

I found her myself. I felt panicked. In the back of my head I knew that what I was going through was real. However, I couldn’t process the sudden change of how quick things just ended.

I don’t think I found a true way to cope. I kind of let time guide me. Talking to people helped in the moment, but eventually I would be back in the same position where I was before. I needed time to accept reality.

I wish there were more people who I could’ve talked to about it. Within my family, I feel like everyone was also mourning, but no one had the same connection I did with my mom. It felt like I was very alone and had no one to share with.”

A poem for Zakkar

Words, there are none  
Feelings, they have all left  
What's left is a hole that is heart sized  
For someone I'll never forget

Taken is the word I'll use  
Some like gone but not forgotten  
I feel as this is a nightmare  
In which I don't want to believe in

If I could be in your head during  
Those last few moments of precious life  
I would take your pain away  
Carry your burdens for all of my life

Anything to keep you here  
Another Day, Minute, or Hour  
Zakkar Bryce Star Weaver Pierson  
God will forever hold you in his arms

I love you cousin from this life till the next

Tanessa

*A poem written by Tanessa Rice to a recently deceased cousin that committed suicide.*



# SUPER 8

**LUKAS PONTE**

Video Editor

At Kennedy High, there are eight secret agents on campus who do stellar work with even better kids. Under the title of Specialized Academic Instruction (SAI), they work in the Severely Handicapped (SH) class located in room 702. The eight secret agent's names are: Cesar Lopez, Dalia Tawfik, Amber Barfield, Shiloh Woody, Mike Jo, Gustavo Guttierrez, Michelle Zaccaria and John Teutimez.

Teutimez handles the highly confidential paperwork for the students and Individualized Education Plans (IEPs). IEPs document what the students want to achieve, can already do, and struggle with. IEPs also include their disabilities and whether or not they need American Sign Language (ASL), Speech Therapy, Adapted Physical Education (APE) or Special Education (SE).

"I really like how the students are included with general education in elective classes, and not secluded in an independent room," ASL teacher Guttierrez said.

Guttierrez has been working as Kennedy's ASL teacher for two years and enjoys watching the kids through their years at Kennedy. Guttierrez is a huge advocate of "communication is key" since some students speak through sign or a language device, and communicating can become difficult.

Kim Freels, mother to Willum Freels, enjoys Teutimez's class and the work he and his aids do. Freels believes that the class is very focused, teaching the students what they need to know to interact in the future. She really enjoys how Teutimez incorporates inclusion within the general ed and is always looking for a better opportunity to have something more for his students.

"I think he challenges his students to not only progress academically but socially," Freels said.

Some of the SAI's work one on one with a student for specific needs outlined in an IEP meeting. Tawfik works individ-



PAULA MULROONEY/ *The Shamrock*  
The class celebrates a hard fought game at the Special Olympics.

ually with a student because of her behavior issues, as well as Jo. Tawfik knows her triggers and how to relax her when she is having a dilemma. This system allows the students to feel like they can confide in the SAIs and listen to them, seeing the SAI as a mentor and help.

If an SAI is not individualized to a student they help every student they can. This is really where the SAI's are able to bond with the students and learn more about them. An SAI who does this well is Lopez, as he can be seen interacting with a multitude of the students everyday in his own way.

One of the SAI's had to be out for a while leaving Woody as a substitute SAI. The students had been with Woody since the beginning of the year and formed a

tight bond with her. During her last few days the students were visible sad that she had to go, taking pictures and signing a card during a potluck.

On the flip side when Zaccaria came back it was neat to see the students very excited to see that she was back for the rest of the year. The students came to talk to her throughout the day reforming an old bond from last year.

Teutimez's and the SAIs' work is truly amazing, giving the students a bright future and help them throughout an important four-year period of their life. The students are well educated and taken care of, being able to interact with other students, and having a fun time learning. The work the SH teachers do is something to not be taken for granted or overlooked.



## GO WITH THE LOWE



**MERIAM SHANTI**

Opinions Editor

John Lowe is Kennedy High's very own Inspector Gadget. As the only Information Technology (IT) specialist, Lowe is solely to thank for Chromebooks running smoothly, printers printing trouble free, and all other technology students and staff alike enjoy. Kennedy wouldn't function properly without Lowe's tireless work.

Lowe began his prolonged career in technology by receiving a Bachelor of Science (BS) in Metallurgical Engineering from Cal Poly San Luis Obispo. His path from engineering to working in school IT wasn't exactly linear. He worked at many different companies; operating as a sales clerk at a camera store to building nuclear reactor parts for the U.S. Navy.

Eventually, the lack of engineering jobs landed Lowe back at school, where he would subsequently secure a job at Kennedy High School in 2000. 19 years later, Lowe is still the same valuable asset to Kennedy as he was when he started. His work does not go unappreciated by the

staff he's assisted.

"His help is always crucial, he's kind of like MacGyver. He keeps things running with little to no budget and piecing things together just to make it through," Counseling Secretary Linda Zubiata said.

Although Lowe does tend to stay behind the scenes around campus, his help is anything but low-profile.

"A crucial time that Mr. Lowe's prompt and vital attention was displayed was when the library was flooding," Librarian Kim Buck said. "He managed to get all the computers disconnected before the water could damage them."

Without his quick action during the flood, countless dollars would have been undoubtedly lost to computer damage.

Despite challenges he faces daily, Lowe takes fulfillment in finding solutions, rightfully so.

"[I enjoy] The 'eureka' moments when there's something I've been trying to fix for a while and I finally come up with a

solution that works," Lowe said. "The 'walk-by fix' is fun, too; that's where I fix a problem by just pressing a couple keys as I walk by."

Lowe's cherished help and personality have earned him a reputation among the staff.

"Mr. Lowe is the most popular employee on campus. He is vital to our day to day operations and a knowledgeable and fun person to talk to," Buck said.

So, in case anything goes wrong, Kennedy goes with the Lowe.



JENNA KOO/ *The Shamrock*

## FUN FACTS!

System Error.exe X

1. In addition to his tech skills, Lowe is a talented musician.
2. Before working at Kennedy, Lowe helped build nuclear reactor parts for the US Navy.
3. Lowe has been working at Kennedy High for almost 20 years.

OK

Cancel

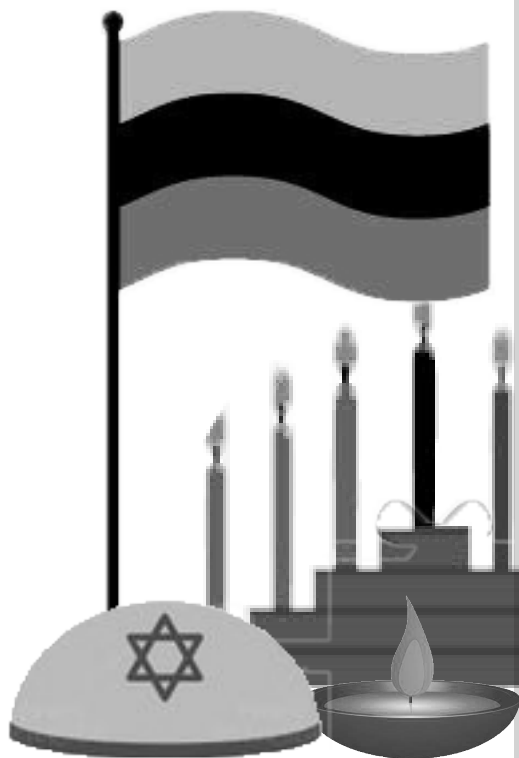


## winter culture

LOLA SOTO  
Staff Reporter

### Hanukkah

Hanukkah is a Jewish, eight-day festival commonly known for its prayers, latkes, and the lighting of the menorah. Hanukkah celebrates the Jewish reclamation of the Holy Temple of Jerusalem and means “dedication” in Hebrew. Each of the eight nights, a candle on the menorah is lit and prayers are recited. Children commonly play a game called “dreidel” in which a dreidel, a spinning top, is spun for the chance to win coins.



### Kwanzaa

Primarily celebrated in the Americas, Kwanzaa pays homage to African heritage and its role in African-American culture. It lasts an entire week and includes traditional song and dance, poetry, storytelling, and a feast. Each day, a candle is lit in representation of the “Nguzo Saba,” or seven principles of African culture. These include unity, self-determination, responsibility, cooperation, purpose, creativity, and faith.



### Diwali

Deemed the “festival of lights,” Diwali is the largest festival in India. It is a five-day Hindu holiday celebrating spiritual enlightenment and the victory of peace over chaos and evil. Participants decorate the interior and exterior of their homes with oil lamps, have feasts with family members, light fireworks, and worship lakshmi, the Goddess of Wealth.



### Three Kings Day

Three Kings Day is a Christian celebration of the tale of the three kings who visit the newborn Jesus, giving Him symbolic gifts. Predominantly celebrated in Spain and Latin America, children leave their shoes by the door in order to receive their own gifts from the three kings. Families in Mexico also celebrate by baking “Rosca del Rey,” a cake or sweet bread with a hidden baby Jesus doll baked inside.



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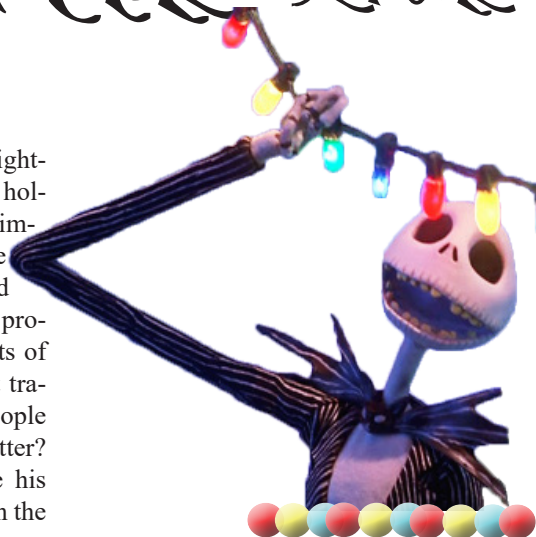
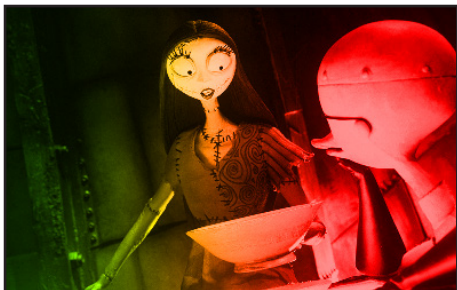
# THE NIGHTMARE BEFORE Christmas

CATRINA THOMEN

Staff Reporter

Disney's timeless tale of "The Nightmare Before Christmas" has defined holiday spirit since 1993, telling the whimsical story of Jack Skellington the Pumpkin King who falls into a world completely opposite of his own. It provides a fun play on the spookiest parts of Halloween while showing the jolliest traditions of Christmas, which makes people wonder which holiday the film fits better? While Skellington does try to make his own Christmas, the movie is filled with the quirky antics of Halloween.

There are many Halloween themes throughout the film. The main setting of the movie is in Halloween town, where the monstrous cast of the film embodies the Halloween spirit. Throughout the film,



Skellington aims to be successful in creating Christmas type activities. However, he can never seem to shake the spirit of Halloween.

"It's Halloween mainly because the main characters are [a] skeleton, [a] mummy, a ghost dog, Oogie boogie, etc. It's about them taking over Christmas," sophomore Selena Carrillo said.

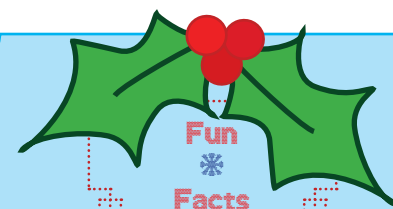
Released on Oct. 13, 1993, the movie was meant for the Halloween season. Furthermore, with the film also being referred to as "Tim Burton's The Nightmare Before Christmas," is similar to gothic and horror

type themes often seen in Burton's other movies, including "The Corpse Bride," "Sweeney Todd: The Demon Barber of Fleet Street," "Edward Scissorhands," etc.

The Christmas elements of the movie are brought out through the plot; changing Halloween town to Christmas town. These things make "The Nightmare Before Christmas" seem like a Christmas movie. Burton's first thoughts of the film were inspired by both Christmas and Halloween. In the DVD's commentary, Burton brings attention to the time between seasons when decorations from the different seasons would collide, and explains how it sparked the idea of the films plot.

"I think that it's both Halloween and Christmas movie," junior Brianna Garin said. "A skeleton from a Halloween world that gets tired of his life and decided to find something new, which is Christmas."

"The Nightmare Before Christmas" showcases the unique characteristics within each holiday, however the film's overall aesthetic and creation background proves it is made for the Halloween season.



Fun  
Facts

The  
Nightmare  
Before  
Christmas  
started off as  
a poem by  
Tim Burton.

Around 400  
Jack Skellington  
heads were  
needed to film  
the whole  
movie.

Disney  
originally  
wanted Jack  
Skellington  
to have eyes  
to be more family  
friendly.

## Oreo Truffle Recipe

FAITH NGUYEN

Copy Editor

With the not-so-cold winters of Southern California, nothing says "Happy Holidays" like a scrumptious treat: a hardened chocolate exterior that when bitten into, reveals a soft melt-in-your mouth Oreo filling. Oreo truffles are the perfect gift or house-party treat- truly the most fitting dessert for almost any occasion.



### Ingredients

- ♥ 1 pack Oreos
- ♥ 1 pack or 8 oz Cream Cheese
- ♥ 1 tbsp Vanilla Extract
- ♥ 1 pack Chocolate Melting Wafers (Dark or Milk)
- ♥ 1 pack White Chocolate Chips

#### Side Note:

Replace Oreos with Mint Oreos, and use 2 teaspoons of peppermint extract in chocolate melting wafers to make Mint Oreo truffles. Use a green food coloring to dye the white chocolate garnish into a mint green.

### Directions

1

Blend Oreos, cream cheese, and vanilla extract in a food processor until smooth. Use a spatula to scrape out filling into a bowl. Cover and press with saran wrap, then refrigerate (covered) for 20 minutes.

2

After chilling, use a tablespoon to scoop out filling. Roll into balls, then place onto a parchment paper lined baking pan. Refrigerate for 15 minutes.

3

Melt chocolate (using double boiler or bowl on top of simmering water recommended).

4

After filling is chilled, dip each ball individually into melted chocolate with a fork or skewer, making sure each ball is completely covered before removing. Place back on to baking sheet. Refrigerate again for 10 minutes or until chocolate is completely hardened.

5

Melt white chocolate chips.

6

Using a fork, dip the prongs into the white chocolate, then drizzle over truffles for garnish.

All images courtesy of GOOGLE





# BROKE GIFTS

MEGAN SOTO  
Staff Reporter

There's nothing better than showing your appreciation to your loved ones by giving them a gift on Christmas. Everyone wants to give out the absolute best presents, but unfortunately some don't have the money. Here are three present ideas that your friend or family member will love, but won't break the bank!

**SCRAPBOOK**  
A scrapbook is a gift so full of thought and nostalgia. Whereas a lot of purchased gifts are used and then tossed, a scrapbook lasts forever. Getting to look back at great memories and past events will beat anything materialistic. Scrapbooks typically retail for about \$5 at local stores such as Walmart or Target, and printed photos cost around 30 cents each at stores such as Costco. To reduce the cost, not every photo slot in the scrapbook has to be filled with a picture, but instead could be writing. Commentary and descriptions of the memory would personalize the present even more.

**GIFT BASKET**  
A "favorite things" basket is the perfect gift to give someone who you know really well. Simply purchase a basket or box, which could retail for as little as \$1, and fill it up with an assortment of the person's favorite things. These don't have to be expensive things, but little items that the person loves. Whether it's candy, a phone case, drinks, or tiny accessories, a "favorite things" basket is a thoughtful and low cost present.

**EXPLOSION BOX**  
A gift that won't cost a penny, yet means so much is a hand-written letter. Writing words of thankfulness and love will surpass anything purchasable. To one up a hand-written letter, explosion boxes are an easy DIY that still won't cost you anything! Explosion boxes are craftable boxes made out of paper that have different pop up sections and writing. Youtube has endless videos on how to make this simple, yet meaningful gift!

# Holiday WORD SEARCH

DEVYN GOMEZ  
Staff Reporter

HOT CHOCOLATE • SNOWMAN • SCARE  
FIREPLACE • MARSHMALLOWS • BOOTS • SANTA  
COOKIES • SWEATER

R	Q	E	M	V	H	N	C	V	U	L	I	K	V	R
T	N	E	I	L	O	I	R	T	S	M	R	R	C	X
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MINHAJ GUMMA

News Editor

Founded in 2006 by civil rights activist Tarana Burke, the #MeToo Movement became a social phenomenon through a hashtag popularized in October 2017.

At the time, actress Ashley Judd, amongst others, exposed former Hollywood producer Harvey Weinstein's history of sexual assault. A settlement was established which induced a civil lawsuit that involved the 80 women that Weinstein allegedly assaulted.

The creation of #MeToo has addressed the magnitude of sexual harassment and allowed for those who have been victimized to be empowered through empathy.

"This iteration in social media has placed a larger focus on perpetrators being called out and held accountable for their actions," Burke said. "But the actual Me Too movement is about supporting sexual assault survivors."

"This iteration in social media has placed a larger focus on perpetrators being called out and held accountable for their actions," Burke said. "But the actual Me Too movement is about supporting sexual assault survivors."

#MeToo allowed for individuals to comfortably share their trauma. It sustains the conversation of holding perpetrators accountable for their actions and instilling proper systemic change globally.

Over 200 men in power have lost their positions due to their allegations of sexual harassment. Furthermore, several of these men faced criminal charges.

According to the New York Times, "Nearly half of the men who have been replaced were succeeded by women."

"The movement itself set women back in the work environment because rather than bringing forth respect from

# OPPOSING OPINIONS

## #ME TOO



MERIAM SHANTI

Opinions Editor

men, it made them tip-toe around them in the office," senior Leilani Quijano said.

#MeToo was a movement created not just to remove abusive men from their highly regarded jobs, but as a gateway and campaign for survivors of sexual violence to find a pathway towards healing. With women and men coming forward to reveal their stories, many will use the hashtag to share their experiences as a way to uplift one another.

"It was good for the survivors who could get terrible people out of positions of power so they wouldn't continue. The impact of the movement helped others speak out more, including myself," Kennedy alumni Georgina Bell said.

The impact of #MeToo advances as the years progress, as more and more individuals share their stories and support of one another. The well-crafted movement provides the resources for survivors' healing while dismantling stigma on sexual harassment.

Rather than inducing shame from the victims as they come forth with their experiences, the goal of #MeToo is to hold perpetrators accountable for their irreversible actions and allow a safe place for each survivor.

'Me too' suggests that an individual is no longer isolated, alone, in the dark of their shadowed assault. 'Me too' is for the survivors and victims whom need a support system greater than just a hashtag. 'Me too' is a community of victims, survivors, and sympathizers alike, all wanting to reframe society's perception of sexual harassment.

The Me Too Movement was started in 2006 by activist Tarana Burke to encourage healthy discussion around sexual assault and harassment. 13 years later, the well-intentioned movement has abandoned its original purpose and is doing more harm than good.

Up until 2017 when the movement went viral, #MeToo effectively started conversation about sexual violence that was previously considered taboo. When allegations against powerful abusers began coming out, mainly former film producer Harvey Weinstein, it felt like perpetrators were finally facing consequences for their actions. Two years later, Weinstein was relieved of all criminal charges without having to admit any wrongdoing. He is, in the eyes of the law, entirely innocent. The initial rise in morale seen at the start of Weinstein's case set the world up for failure considering no real change could have been made. "Accountability" became a nationally sought-after goal with America seeming to forget the flawed and biased justice system that got everyone in the position to need such a movement in the first place.

In 2018, the scandal involving Supreme Court Associate Justice Brett Kavanaugh and his accuser Christine Blasey Ford surfaced. The media's extensive defamation of Ford's character made the #MeToo movement's flaws evidently clear.

"When all the people came out with their experiences and stories, starting the Me Too movement, there was a part of me that was not at all surprised about what was happening because sadly it's such a prevalent thing in society, not just those in Hollywood have these experiences," senior Keira Burke said.

While society is able to

condemn blatantly evil stories like Weinstein's, stories that are less black and white continue to go untold. The reality is not many cases have an array of willing accusers and a mountain of evidence. Many are like Kavanaugh's, missing any incriminating evidence beyond testimony. #MeToo was created for cases like these, to provide closure when the legal system fails to. Now they are the very cases the movement overshadows.

Many believe that despite certain flaws of #MeToo, the "cultural change" it caused outweighs any harm. Unfortunately, that doesn't seem to be the case.

According to the Bureau of Justice Statistics (BJS), "Between 2016 and 2018... the rate of rape or sexual assault victimizations increased from 1.4 to 2.7 per 1,000 persons age 12 or older." The same report concluded that "the rate reported to police showed no statistically significant change."

This essentially means that from the start of #MeToo to after it was well under way, more sexual assaults occurred with the same amount being reported as before. This may not be #MeToo's fault necessarily, but it does reflect that any perceived cultural change doesn't exist in America as a whole.

Like many other movements, #MeToo began with pure intentions. Eventually and perhaps inevitably, celebrities began to wear "Time's Up" pins to represent solidarity, soon dominating the conversation and capturing the media. Somewhere along the way it became less about the victim and more about publicity; praise was directed towards celebrities for their support of #MeToo and not towards the victims for their bravery, thus signaling the collapse of yet another social movement.



Images courtesy of GOOGLE





**SYDNEY PIKE**  
Staff Reporter

# Trans Athletes

In the last decade, members of the LGBT+ community have garnered support across the nation. However, there have been concerns regarding transgender women in womens sports. Many have been left wondering whether or not male to female transgender athletes have an unfair advantage in womens sports. Transgender women should not be allowed to participate in women's athletics as it hinders the equality and integrity of womens sports. By allowing them to compete, it challenges opportunities for cisgender women and their ability to succeed.

Several different organizations have been open to allowing transgender women to participate in athletics. In 2016, The International Olympic Committee (IOC) established that athletes were allowed to compete with the gender they identify as. Furthermore, High schools around the country have begun to allow this as well. With these rules in place, more cisgender female athletes, from highschool to professional teams, have come forward with the own opinions on the subject.

One of these women is Martina Navratilova, a nine-time Wimbledon singles champion for tennis and an avid LGBT+

advocate.

"A man can decide to be female, take hormones if required by whatever sporting organisation is concerned, win everything in sight and perhaps earn a small fortune, and then reverse his decision and go back to making babies," Navratilova said.

Transgender women pose an unfair advantage over cisgender women on the basis that biological men tend to be stronger and have a sturdier build than cisgender women because of their anatomy.

According to the Journal of Applied Physiology (JAP), men have an average of 26 more pounds of skeletal muscle mass than biological women. Not only that, but their higher levels of testosterone give biological males greater muscle mass and strength as well as bone growth. It was also concluded that biological women have about 40% less upper body strength and 33% less lower body strength than men.

Levels of testosterone increase athleticism and give biological males an advantage in competition against biological women. It has been argued that transgender women could go through hormone therapy or take testosterone suppressants to even out the playing field. However, according to the Journal of Medical Ethics (JME), the guidelines to allow transgender women to compete by obtaining a testosterone level below 10 nmol/L is still significantly high-

er than those levels of biological women.

Because of this, transgender women are stronger, faster, and have more stamina than biological women.

According to the JME, "Science demonstrates that high testosterone and other male physiology provides a performance advantage in sport suggesting that trans women retain some of that advantage. We conclude that the advantage to trans women afforded by the IOC guidelines is an intolerable unfairness."

Further, a study found that biological males "did not lose significant muscle mass" when taking testosterone suppressants.

"Biologically, men are stronger, faster,

and larger than women, so having them compete with women in sports is unfair to say the least," senior Kennedy Volleyball player Caitlyn Sasaki said. "Although one may identify with their chosen gender, it does not give them the right to compete with those they have a strong physical advantage over."

Allowing transgender women to compete limits the opportunities for women in their sport.

It is only fair and just for all women athletics to not allow transgender women to compete in female athletics. It would instead be more appropriate for them to have a league of their own in order to give them the opportunity to play.



Courtesy of THE DAILY TELEGRAPH  
Transgender handball player Hannah Mouncey competing in the womens league.



**ISABELLA DOHERTY**  
Features Editor

# Climate Change Hysteria

According to a recent report from the United Nations, Earth only has 12 years to take action to prevent the worst aspects anticipated from climate change. As a collective, humanity has 12 years to make an impact before the world is quite literally toast. However, this generated hysteria could just be yet another in the great line in the 50 years of failed eco-apocalyptic predictions. In order to have people fully committed to the issue at hand, there needs to be more action and less talk.

Doomsdayers have been putting expiration dates on Earth's survival since the 1960s and one has yet to come true. This is not to say that climate change is not a real

threat that should not concern people, but merely to question the accuracy of the far fetched claims that certain agencies continue to declare.

In 1967, Dr. Paul Ehrlich from Stanford University made claims that it was already too late for the world. According to the original published article by The Los Angeles Times, the population of the US was already too large and we would enter a long period of famine.

Closely followed in 1971, claims of an Ice Age began to emerge only to be dismissed in less than a decade. In 1980, acid rain was said to kill all life, but a decade later the U.S. National Acid Precipitation Assessment Program concluded there was no environmental crisis. In 1988, rising sea levels were going to threaten complete nations.

The current threat the public faces is

the world will be burnt to a crisp. In 2008, NASA scientist James Hansen claimed that in five to 10 years the Arctic will be free of sea ice. In 2013, Professor of Ocean Physics and Head of Polar Ocean Physics group at the University of Cambridge Peter Wadhams said the Arctic would be ice free in two years and the US Navy predicted three years.

All these false predictions raise the question of how productive mass panic is to the current situation. Hysteria almost never has its intended effect of creating action among the citizens. Instead, threats begin to fall upon deaf ears as people lose their faith and trust in science.

"To me, the hysteria surrounding scientists attempting to predict climate catastrophes is like certain Christian groups trying and failing to predict the second coming of Jesus, except scientists are using actual

data and still failing to make accurate predictions," senior Ian Bell said.

To many people, the climate change issue is becoming a story similar to that of the boy who cried wolf. Celebrities, politicians, and the wealthy scold the middle to lower class while they themselves, have their own private planes or even methane and carbon producing factories that do very little to alleviate the issues they have created.

In the current situation, if we are sincerely committed to the issue, the light should be directed away from hysteria with concern to the world burning up in flames or straws killing turtles and shone on the genuine issues. The world is heating because of the increase in carbon in our atmosphere. Panic should be removed from the climate change discussion so that progress can be made.



# RUNNING TO THE TOP

**JAKOB SALAO**

Sports Editor

At the end of her high school career, senior Sally Silengo has accomplished much more than the average cross country and track athlete. She not only holds the school record for the fastest cross country race (three miles) at 17:28, but she's also a two-time cross country league champion and has placed 21st out of the 173 runners in CIF finals.

"Honestly, it was a bit intimidating because there were a lot of faster girls than me. But it was really fun racing at CIF and I was super glad I was able to make it that far," Silengo said.

To keep up this impressive streak, Silengo endures grueling training, year-round.

"I sometimes train with some of the guys to help push myself during workouts. I also make sure to drink plenty of water and avoid junk food," Silengo said.

Although this may seem almost impossible for most normal high school students, she has no trouble getting herself to practice every day.

"I love running. It can turn any bad day around for me," Silengo said.

Silengo has been running for Kennedy's cross country and track team for all four years she's attended Kennedy. Her unwavering work ethic doesn't only help improve

herself, but it also helps to motivate others on the team to push themselves as well.

"She is definitely a good leader. She is a role model to everyone on the team and is an inspiration to me," freshman Malia Dahl said. "She is also very supportive of everyone and makes sure everyone leaves with a smile on their face."

The past four years have not been easy on Silengo, but she found something that kept her going, every single day.

"I love being around my team, they are all so fun and they make my day better. I want to do my best for them because they always support me and believe in me," Silengo said.

After she graduates high school, Silengo plans on continuing to run in college as well, and with her talent and amazing work ethic, there won't be anything stand in her way.

## Sally's Times:

800M: 2:30

1 Mile: 5:13

2 Mile: 11:43

3 Mile: 17:13



Image Courtesy of  
JAYSON ANTONIO PHOTOGRAPHY  
Silengo competing in The Great Cow Run.

## Safe at Home: Angels Remain in Anaheim

**DOMINIQUE PRADO  
JAKOB SALAO**

Sports Editors

On Dec. 4, the Los Angeles Angels reached an agreement with the city of Anaheim to buy Angel Stadium, along with the surrounding property, for \$325 million.

The new contract will keep the Angels in Anaheim until 2050, guaranteeing fans the opportunity to visit The Big A for the next 30 years.

There are also plans to add brand new shops, restaurants, and more forms of entertainment around the ballpark. This land does contain the famed City National Grove of Anaheim, although it is unclear whether or not the Grove will remain or be renovated as well. Despite this, many longtime fans are supportive of owner Arte Moreno's plan to keep the Angels home.

"I grew up watching the Angels play in Anaheim," English teacher Matthew Corcoran said. "This deal makes it possible that I'll be able to share those same memories with my daughter."

Even students are excited about the future of the Angels maintaining their unbeatable reputation in Orange County with the new deal.

"I am very excited that the Angels will be staying in Anaheim," junior Adrian Ramon said. "Now I don't have to worry about traveling far just to watch my favorite team play."

The deal was reached in response to a proposal made by the city of Long Beach who was aiming to claim the Angels as their own. The city offered the team a new stadium located on the beautiful Long Beach waterfront.

Despite the tempting offer, Angels fans have nothing to fear, as the team is staying home for the foreseeable future.



Image Courtesy of GOOGLE  
The original Angel's stadium built in 1966.

# The Next Tiger Woods

**MINHAJ GUMMA**

News Editor

Golf phenomenon Elyse Kim made it to the third round and placed second overall in league. Kim has been practicing golf every day for two hours, for the last eight years. After transferring from Troy High School, Kim joined Kennedy High as a junior at the beginning of the 2019-20 school year. Because of her talent in the sport, she

is now a member of Kennedy High's varsity girls golf team.

"We're really proud of her for representing our school. She's a transfer who played on a state championship team last year. She proved herself to be one of the best golfers in southern California," coach Christopher Pascal said.

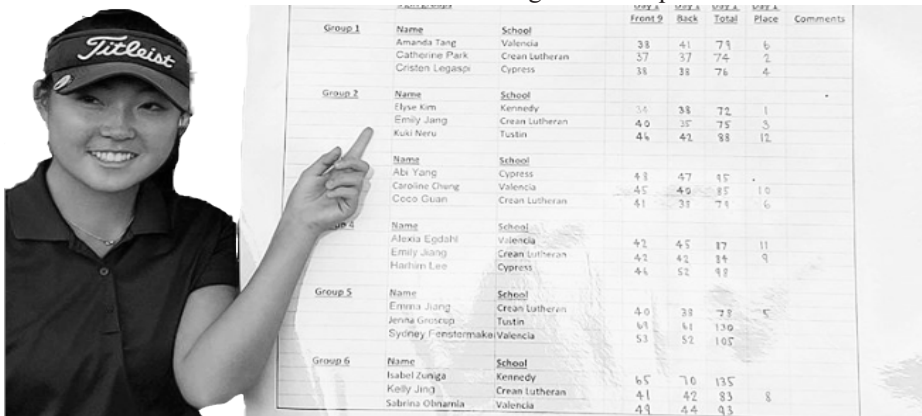
Despite finishing in the top 36 in the southern section, Kim hopes to immediate her goals and aspirations.

"I expected myself to get first in the league, so now my goal next year is to become first," Kim said. "League was really fun. It wasn't as competitive as I imagined, but I know I performed my best."

Kim has her eye on the University of Illinois, a top-notch school with an excellent golf team. She hopes to pursue golf professionally. Outside of the school's golf team, Kim also participates in a club team that allows her to travel to various places. Because of this Kim is frequently absent from school in order for her to attend these tournaments.

"I have a passion for golf. Since I started very young, it drives me to continue to become better. My goal is to receive a scholarship for all of my hard work," Kim said.

Kim has an extremely bright future ahead of her, as she's truly shown her amazing efforts that have led to amazing things. Kim has a lot of talent in and outside the classroom that she'll be able to enforce through her intelligence and dedication to golf.



Courtesy of KENNEDY HIGH ATHLETICS  
Kim posing with the 2019 Empire League Girls Golf Individual Championships.



## GIRLS TENNIS LEAGUE CHAMPS

SYDNEY PIKE  
Staff Reporter



DEVAN JOHNSON/JFK Tennis

*In and Gabasan pose for a picture at a tennis photo shoot.*

The Kennedy girls tennis team won League Champions on Nov. 1. Senior Esther In and sophomore Shellah Gabasan won the league title against Valencia at the Seal Beach Tennis Center. The first set score was a 7-6 tie break and the second set was 7-5.

The Lady Irish had a slight advantage because they were in the second place spot. The girls won their first round, leading them into semi-finals. The pair continued to work hard, winning the semi-finals and securing their position in the championships, where In and Gabasan competed against senior Andrea Chen and junior Jackie Duong.

The girls have been working hard since the beginning of the season. In and Gabasan have practiced vigorously both at and outside of school with their own coaches. The two girls have been training with intensive drills to better their game.

"I've put in efforts to go to practice at school and I have also been practicing in an outside club," In said.

The pair played with poise and undeniable teamwork. Going into the match, it

was tough to keep a positive mentality, but they pushed each other to work and play hard.

"I honestly didn't have a very positive mindset because the players I played were really good players that I have lost to before," In said.

The match itself was tough and well played by both In and Gabasan. There were points in the match that were extremely close but the pair came out on top.

"When I won league champs, I couldn't believe it and I was very shocked, but happy at the result," Gabasan said.

This win gave In her last high school match and win in tennis. Gabasan, however, continues to look towards the future and how she can improve and continue to succeed next season.

"I feel like my game can be better than this year and have a better mentality on court. I'm hoping for the best next season," Gabasan said.

She hopes to continue her high school tennis career and participate in singles next year.

## STEPPING UP TO THE MAT

JAKOB SALAO  
Sports Editor



JAKOB SALAO/The Shamrock

*Sophomore Joseph Faraji and Junior Ben Baybay working to improve their game.*

Last year, Kennedy's boys wrestling team struggled to compete against other schools. With less than 20 wrestlers, many of their matches were forfeited because there were not enough athletes to compete. Since then, their former head coach retired. This left some wrestlers frustrated with their usual pre-season training.

"Our coach was retiring and since then, we couldn't use the wrestling room," senior Saif Majali said. "We either trained at home or even had the Cypress team help us out. It was frustrating since practice started a month late and that's a long time for wrestlers."

Luckily for the wrestlers, things changed as their former assistant coach Aaron Calderon stepped up to the challenge and took over as the team's new head coach. Since then, the boys have been working hard to get back into championship-level form.

"We do a lot of movements in order to train and become better day by day, such as bodyweight training, physical conditioning, drilling techniques, and various movements that make us better," junior

Mario Anaya said.

Although the team may not be as big as last year, Anaya doesn't let that faze him.

"Our team has decreased in size, but size isn't important. There are many individuals that are very dedicated to the sport and they have a big future ahead of them," Anaya said.

The boys competed in their first dual meet on Dec. 11 against the Cypress Centurions. Although they didn't come out with a win, there's plenty of the season left for the boys to wrestle their way to a championship.

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# WINTER CAPTAINS

DEVYN GOMEZ

Staff Reporter

## GIRLS WRESTLING

Prethy Enriquez

**How do you feel about this upcoming season?**

"I'm very excited for this season. I think that the skill level of our team is constantly growing. Our seniors are putting in the effort to end their year even stronger and our newbies are working hard to prepare as well. I have a lot of confidence in my team and I'm proud of the relationship we have so far."

**What is your definition of leadership?**

"Leadership is an action composed of different characteristics. Being a leader requires someone who is not only prepared to guide a group of people, but someone who can also ensure the well being of those people. The qualities of a leader has certain necessities such as dedication, passion, confidence, and the ability to make prompt decisions."

## BOYS BASKETBALL

Aidan Kosaka & DJ Williams

**How do you lead your team?**

"[We lead our team] by finding out each person's strengths and weaknesses, then determining each person's role to be a successful team."

**How do you feel about this season?**

"We feel that this season is going to be different. We have the pieces and the defense and we are going to surprise Orange County."

## BOYS SOCCER

Alejandro Benetiz

**What is your definition of leadership?**

"My definition of leadership is someone who encourages others and being there for your teammates"

**How does it feel to be the varsity captain for the 2019-20 season?**

"It feels good to be captain. I really enjoy helping my teammates"

## GIRLS SOCCER

Shareen Singh

**How do you lead your team?**

"One way I lead my team is by being very vocal. I try to give instructions that'll help certain players with what they're struggling with. I also try to set an example by always showing up to practices on time. Whenever someone is having a bad game and they aren't confident I try my hardest to make them feel better and give them as much confidence as I can."

**How do you feel about this year's team?**

"I have high hopes for this year's team. We lost some key players from last year, but we've also gained some useful players. We have a lot of new freshmen that I think will be a key part to this upcoming season. I think we could make a deep run in C.I.F. and hopefully win league this year"

## GIRLS WATERPOLO

Faith Hernandez

**How does it feel to be the 2019-20 varsity captain?**

"I feel this years team can be really strong again with enough conditioning and good coaching our team can keep our streak of winning"

**How do you feel about this upcoming season?**

"I have high hopes for this year's team. We lost some key players from last year, but we've also gained some useful players. We have a lot of new freshmen that I think will be a key part to this upcoming season. I think we could make a deep run in C.I.F. and hopefully win league this year"

## BOYS WRESTLING

Mario Anaya

**What is your definition of leadership?**

"My definition of leadership is to be all about developing the athletes and helping them reach their full potential. It's more than just telling them what to do... It's a work of art, and setting them up for success."

**How do you feel about this upcoming season?**

"I'm feeling very confident about this upcoming season. we've put all the time in during the off-season, and it will definitely pay off this upcoming season"

## GIRLS BASKETBALL

Sophia Escalante

**How does it feel to be a varsity team captain for the 2019-20 season?**

"It feels good to be captain, being on varsity since freshman year. It feels good to lead my team and help them on anything [they] need."

**How do you lead your team?**

"I lead my team by giving them tips on anything they need help with and advice"

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# A KILLJOY COMEBACK



**SHAYLA PARKER**

Arts Editor

Halloween 2019 ceased the mourning of My Chemical Romance fans worldwide in a matter of minutes. The band posted on Instagram, Twitter, and Facebook that they will be playing a comeback show at the Shrine Expo Hall on December 20. In addition to that, on November 8, it was revealed that Thursday would be their opening act.

“I was scrolling through Instagram when I got a tweet from a Twenty One Pilots fan account saying ‘GUYS MCR CAME BACK TOGETHER,’” senior Carolina Castro said.

Tickets for the show — Return — went on sale on Nov. 1 at \$ 150 and sold out within the first half hour. With the announcement of a reunion, it seems that the band has officially taken up its role as the savior of the broken (as mentioned in “Welcome to the Black Parade”).

However, the band’s social media posts actually weren’t the first legitimate mention of their return within the year. In an interview with the UK’s KISS FM breakfast radio show on June 7, Joe Jonas of the Jonas Brothers revealed that he had seen My Chemical Romance rehearsing in the same studio in New York.

In a video posted on Instagram by Tucker Rule of Thursday, My Chemical Romance’s rhythm guitarist, Frank Iero, poked fun at Jonas’ claims.

“I got a little dirt for you. Apparently the Ramones are playing down the hall from us in Moscow,” Iero said. “Thought those guys were supposed to be dead or something, don’t know what that’s about.”

The internet interaction between Jonas and Iero was followed by multiple interviews in which Iero was questioned further about a possible reunion. Despite hinting he was now open to the idea, many fans didn’t believe it could be a reality.

“I wanted more than anything for it to be true,” Kennedy alumni Grant Higashi said.



Courtesy of ROCKSOUND

After one night in Los Angeles, the Fabulous Killjoys hits the road for international shows in 2020.

While there are two more solo concerts that have been announced, the Los Angeles show is the only one to take place before 2019 ends. With no mention of any other California dates, this may be the only opportunity Kennedy students have to see My Chemical Romance live post-split.

## TOUR DATES

*Download Festival*

**March 20, 2020**

Melbourne, Australia

**March 21, 2020**

Sydney, Australia

**March 25, 2020**

Auckland, New Zealand,

*The Outer Fields at Western Springs*

*Download Festival*

**March 29, 2020**

Tokyo, Japan

**March 28, 2020**

Osaka, Japan

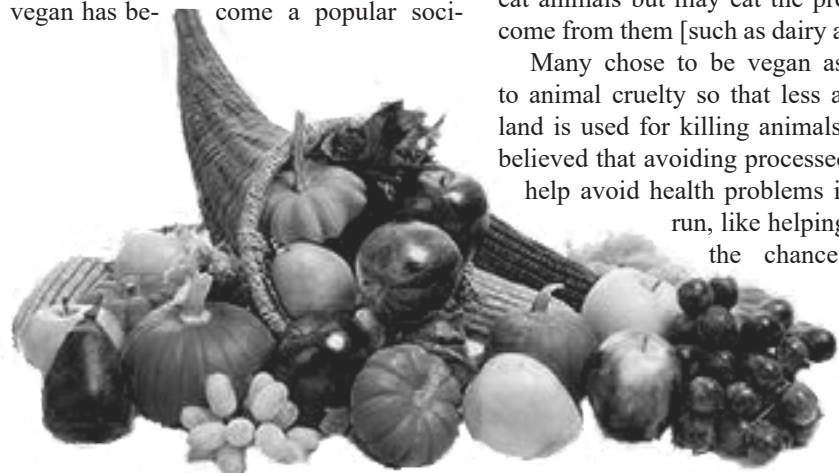
INTEX Osaka

# The Rise of the Vegans

**MARIELENA MCDERMOTT**

Staff Reporter

“Save the animals” and “save the planet” are phrases often heard from people are on a vegan diet. In recent years, going vegan has become a popular soci-



Courtesy of THINKSTOCK

etal trend, leaving many to wonder where this love for veganism came from.

Veganism shouldn’t be mistaken with vegetarianism. According to Nature’s Path, an organic food company, “Vegans eat no animal products while vegetarians don’t eat animals but may eat the products that come from them [such as dairy and eggs].”

Many chose to be vegan as a protest to animal cruelty so that less agricultural land is used for killing animals. It is also believed that avoiding processed meat can help avoid health problems in the long

run, like helping to reduce the chance of high cholesterol and high blood pressure.

Some people even feel that vegan food is more appetizing than regular food.

“I like vegan food because it honestly tastes better than normal food,” senior Skye Thune said. “Also it makes me feel good that I’m eating something that’s helping the environment and my health.”

Although veganism has actually been around for centuries, with evidence showing that it dates back to 2,000 years ago, modern veganism began in the 1940s with a man named Donald Watson who helped to found The Vegan Society.

According to the Vegan Society, veganism is “A philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose [...] promotes the development and use of an-

imal-free alternatives.”

It is important to note, however, the risks of being vegan. Nutrients that normally come from meat and dairy products, like calcium, Vitamin D, omega-3, iron, and Vitamin B-12, are harder to obtain when meat is avoided. Without these nutrients, people can lose energy and even become anemic.

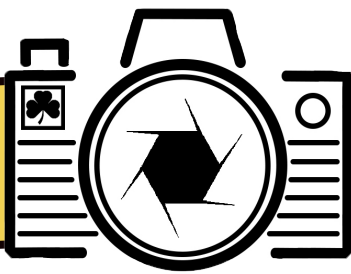
“For me personally, I wouldn’t go vegan just because I would be afraid that I wouldn’t get all the vitamins and nutrients that I need for my body,” sophomore Keira Eirich said.

A common method of obtaining nutrients and vitamins while eating vegan is through leafy greens and vitamin supplements. Before thinking about going vegan, the risks and benefits should always be considered.



1ST SEMESTER

FLASHBACK



OCTOBER



NOVEMBER



SEPTEMBER



DECEMBER



AUGUST

