



## Veganism: Should You Do It?

Eva Nickolas, Sophomore  
REPORTER

Veganism encompasses not only food choices, but also what one does and does not choose to wear or buy new at a store. Vegans are committed to living a life that does not intentionally harm animals or the environment. So no, one partaking in this movement does not buy new leather boots or wool socks. While this is a portion of veganism, this article will strictly talk about the dietary aspect of this lifestyle and whether it is the right path for you.



BBC

There are, of course, several factors that contribute to this low-impact lifestyle, many of which lead to different decisions for different people. Some of these factors include the inability to go vegan due to specific nutritional reasons, a lack of knowledge on how to do it, or simply not wanting to commit to such a life. All of these reasons are understandable, and there is no question that if veganism is not practical in one's current life, then by all means this person should not feel obligated to do it. If it is possible, however, and the only reason that one is not vegan is because the individual would "miss his or her cheese," then perhaps it might be a good idea to reconsider this decision.



BBC

As with any diet, there are positives and negatives that accompany it. If you are someone who already has difficulties finding sufficient food that keeps you healthy and full, due to allergies or anything else that limits what you are able to consume, then this path might not be a realistic choice.

To the people who are able to go vegan, I strongly suggest you try. Veganism is not easy, but as with anything, the more you put in, the more you get out.

Veganism requires more effort than many other food rituals. In today's society, children grow up with the idea that the only way to get adequate amounts of protein is through meat, that calcium is only in milk, and that without seafood, one is doomed to be deficient in vitamin B12. Let me be the one to tell you that in each of these statements lies a myth. It is entirely possible to thrive on a plant-based diet. Why? Because veganism is not about restricting, it is about replacing. Supplement your meat for beans and rice to get great portions of yummy protein. Rather than gulping down a desperate cow's milk, eat a handful of roasted almonds, a juicy orange, or dark and delicious leafy greens. Swap out clams for fortified cereals and vegan spreads. This diet is not one that leaves people feeling famished and lightheaded, but rather one that lets animals and humans alike thrive and prosper.

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Science repeatedly shows us that those conducting a vegan life live healthier and longer lives than those who do not. The simple reason for this is that we are not meant to consume animal products. Our biology is vastly closer to that of herbivores than omnivores. To this, you may say: "Well our ancestors ate meat. It is what we have been doing since the beginning." This is true, however, times are rapidly changing, and we are no longer living in an era in which we have no other option than to tear animals apart and slit their throats for our own ease and consumption. We are alive during a time in which this act is immoral and inhumane. Eating animal products, whether it be meat or dairy, has horrifying effects on both innocent animals and this beautiful Earth in which we live.



The Daily Illini

So, simply because it is easier to take another's life for your own pleasure, does that make it morally right? Just because we can does not mean we should. I cannot answer for you whether veganism can work for you at this point in your life, but do not rule it out merely because it is easier not to go vegan, or because you would miss the food another animal unwillingly died for you to have. If nothing else, I ask that you take the time to know where your food is coming from. Know how it got on your plate, and do not shy away from the knowledge of the industries you are actively partaking in through consuming animal products. At the very least, educate yourself and those you share your meals with.

## Christmas Walk

Miranda Connolly, Sophomore  
OPINION EDITOR

'Tis the season of celebrations and town traditions. As the holiday season descends upon us, many of us have already decided how we will be greeting it. Houses have started to be decorated for Christmas or Hanukkah, Thanksgiving being only a flash in the frenzy of buying and preparing. The boy scouts have started selling their trees, with eager customers rushing to buy the tallest one that will fit into their homes. Magic 106.7 has been playing Christmas and winter tunes since November, to some people's dismay.



bostoncentral.com

And then there are the citizens of this town, and around the world, who dread the cold weather that has begun to creep into their homes. They have bundled up and turned the thermostat up a couple of degrees, hoping that there won't be too many blizzards this year. An overarching sense of joy can be sensed, as children have finally begun writing their lists of most desired items. Lego sets, costumes, and maybe some books are bound to make children shout with glee this year.

The town has begun its own preparations for the onslaught of family gatherings and holiday spirit. The Lee mansion will soon be opening its yearly gingerbread competition, and soon Mr. Claus himself will make an appearance in the town for the annual Christmas Walk, which will consist of several known groups, including: the boy scouts, the girl scouts, the Marblehead High School marching band, and a few other guests. And don't forget the tree lighting, which is sure to make everyone celebrating the holidays merrier.

## The Senior Parking Lot: A Warzone

Madison Morris, Senior  
OPINION EDITOR

It's 2:29 pm on a Wednesday afternoon, and I have one goal: get to the parking lot and out to the street as quickly as possible. I race to get into my car and get in the line to exit the senior parking lot. During my walk through the parking lot, I dodge countless cars backing up into me and others nearly hitting me as they also rush to escape the mess that is the line to leave the high school. After my dangerous journey, I find that now I am in the middle of a ridiculously long line that will take me at least 20 minutes to break free from to reach the blissful openness of Humphrey Street.



Wednesdays in Marblehead

This is a typical day in the war zone that is the senior parking lot at Marblehead High School. In the morning, students fight for a spot in a parking lot far too small to accommodate the large Class of 2020, often resorting to parking in a visitor parking space or further away from the school. When students are desperate to just get into school before the final bell, they will even resort to parking in one of the many available faculty spaces, even though they will be later asked to move their car.



The New Yorker

It is great to be able to park near the school, but this is ridiculous. The senior parking lot is small and in the back corner of the parking lot for the high school. This means that in order to leave the lot after school, the entire senior class (or at least those who managed to find a space in the first place) is stuck in a huge line behind every parent coming from the pick up and drop off line, as well as every senior who parked in the visitor parking lot, which is much closer to the exit. Not only does this line take around 20 minutes of sitting in stationary traffic to escape from, but it is full of almost-accidents and road rage as relatively new drivers attempt to squeeze between other cars and get out more quickly. Like many other students, the best solution that I can come up with to this problem is to attempt to be one of the first students to leave the school so that I am the first in line to exit. This method has not been met with much success, as everyone in the parking lot seems to have had the same idea, so I now experience the same amount of traffic and apparently rushed out of the school for absolutely no reason. As I search for new ways to combat this issue, I will continue to risk my life every day in the war zone that is the too-small senior parking lot.

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