

# CLUBS

12

NOVEMBER 9, 2017

## Broughton Student Clubs

Wondering how you can get involved? Want to meet new people?  
Check out all the student-run clubs offered this year.

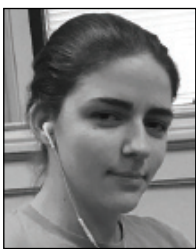
Student contact	Student Email	Faculty Advisor	Meeting Time	Club Name
Anna Bickley	abicks18@gmail.com	Cates	Varies	The Broughton Classical League
Chloe Hulgán	hulganca@gmail.com	Rainey	Thursdays, 2:25, Theatre room	Drama Club
Chloe Hulgán	hulganca@gmail.com	Rainey	TBD	International Thespian Society-Troupe 4198
Chloe Spooner	bhsfeminists@gmail.com	Corsetti	2nd and 4th Thursdays, 2:30, Room 153	Young Feminists Club
Gabrielle Simon	gmsimon@students.wcpss.net	Carlin	1st and 3rd Wednesday 2:30, Room 2203	International Club
Meredith Brown	mjbrown375@gmail.com	Nichols	1st Monday of the month, Nichol's room	Coalition for the Homeless
Teann Smith	teann62@gmail.com	Marshall	Thursday A days, 2:30	Broughton Red Cross
Zoe Nichols	zengirl01@gmail.com	Lineberger	Tuesdays, 2:30, Room 3211	Broughton Mock Trial
Makayla Evans-Coleman	makaylatec@gmail.com	Farris	Thursdays 2:30, Farris' room	FCCLA
Layan Shahrour	layana2019@gmail.com	Aker	Thursdays, 2:30, Room 258	National Art Honor Society
Ava Neijna	aneijna@gmail.com	Kibret	Wednesdays, 2:30, Room 2406	Broughton Model UN
Ty Walker	etw.3267@gmail.com	Corsetti	1st and 3rd Tuesdays, Room 152	Rotary Interact Club
Anvita Panajkar	anvita00@gmail.com	Alvord	Mondays, 2:30, Alvord's room	Science Olympiad
Nesreen Shahrour	nesreena2020@gmail.com	Little	Tuesdays, 2:30, pod 2-3	French Club
Maxwell Cullett	maxwell.cullett@gmail.com	Bartlett	B day Wednesdays, 2:15, Picnic Area	African Drum Ensemble
Jada Hollis	jasinea@gmail.com	Sheehan	Mondays, 2:30, 2309	The Kpop Club
Linh Rahlan	linhrahlan@gmail.com	Sivamani	Tuesdays, 2:30, Room 3306	Brain Club
Parker Mclawhorn	parker.mclawhorn@gmail.com	Matkins	First Thursday, 2:30, Room 2314	Harry Potter Club
Alexis Anderson	alexismairead@gmail.com	Burns	First Thursday, 2:30, Room 1313	Stress and Anxiety Management Club
Lillie Moore	marylillianmoore@gmail.com	Fischer	1st Tuesday, right after school, Fischer's room	Broughton Attire Aid
Amelia Dalonzo-Baker	ameliadalonzobaker@gmail.com	Dukes	Every third Monday of the month, Room 2204	SAGA (Sexuality and Gender Acceptance Club)
Thayer Ackerman	1146836tha@gmail.com	Blumenfeld	Every Wednesday, Room 3214	Makers and Museums
Clint Crowther	ccrowther428@gmail.com	Castillo	Tuesdays, Pod 2-5	Broughton Photography Club
Rachel Schneider	rvschneider7@gmail.com	Hope	Every third Thursday of the month, Pod 1-6	Spanish Club
Abby Finan	abbyfinan1@gmail.com	Stephens	A day Monday's, Stephens' room	Broughton Institute of Technology
Lauren D'Costa	landc713@gmail.com	Ratledge	4th Monday of each month, Room 1402	Math Club
Mason Wasik	masonwasik@gmail.com	Buynitzky	Mondays, Lacy Elementary	ESL Buddies Program
Dalton Smith	broughtonwaterpolo@gmail.com	Harvey	2nd/4th Saturdays, 2-3, Pullen Aquatic Center	Broughton Water Polo Club
Ezra Grúbba	the.ezster@gmail.com	Rush	B-day Fridays, Room 1315	The Breakfast Club
Jermani Laurie	lauriejermani@gmail.com	Conley	Every other Thursday, Room 2214	Books and Cookies Club
Cameron Meredith	cameronmeredith@gmail.com	Parker	First Wednesdays, Holiday Gym, Room 2608	Cinema Club
Kate Livesay	katelivesay3@gmail.com	Harvey	Thursdays, Harvey's room	Trailblazers
Layan Shahrour	layana2019@gmail.com	Tyler	2nd Thursday of each month, 253	Pre-Med Club
Kimmi Lawrence	kimmilawrence120@gmail.com	Lane	2 Thursdays each month, Lane's room	Throwback Club
Merritt Hicks	hicksmerritt@gmail.com	Merchant	Mondays, Merchant's room	The Speakeasy Club
Isabel Rodriguez	isabelrodriguez0419@gmail.com	Conley	A day Friday's, Choir room	International Film Clubs
Quinn Spear	qspear02@gmail.com	Parker	Contact Quinn Spear	Broughton High School Bass Club
Macon Porterfield	maconporterfield@gmail.com	Sheehan	First Wednesdays, Sheehan's room	Caps Care
Addie Wilson	addiewilson15@gmail.com	Woods	Fridays after school, Woods' Room	SAFE Club
Reagan Touchton	reaganbella@gmail.com		Friday's before school at 6:30, Small Gym	Fellowship of Christian Athletes
Janie Young	janie1538@gmail.com	Lohman	2nd and 4th Tuesdays of each month	Cultural Food Exploration Club
Gloria Nsiku	snsiku13@gmail.com	Profio-Miller	1st Thursday, Room 1316	People of Color Union
Eliza Marlowe	elizamarlowe99@gmail.com	Lohman	Room 3102	Advocates of Apparel Club
Elle Hodges	ellehodges44@gmail.com	Dukes	1st and 3rd Tuesdays	Young Democrats
Mary Martha Stokes	marymarthastokes@gmail.com	Parker	Room 1208	The Holiday Club
Becket Waters	becket.waters@gmail.com	Christian	B day Mondays, 2:30, Room 2309	Serving Our Soldiers
Matthias Pietrus	mpietrus27@gmail.com	Williamson	Every other Tuesday, Room 2205	Key Club International
Atticus Rex	atticusd1@gmail.com	Aker	1st and 3rd Mondays, Room 252	The Photography Club
Hagar Jaroush	hajarjaroush2000@gmail.com	Burke	First and Second Tuesday, 2:30, Room 3200	Muslim Student Association
Bob Payne	bpayne357@gmail.com	Reinhardt	Pod 1-5	German Club
Elizabeth Esser	elizabethesserr@gmail.com	Burt	1st and 3rd Monday, 2:30, Room 262	Broughton UNICEF Club
Lyons Kyvaugn	lyonsprofessional@gmail.com	Coonfer	Mondays	Broughton Anime and Cartoons
David Washburn	david.w.washburn@gmail.com	Matkins	Last Wednesday of every month, Room 2314	Global Micro-loans club
Lucy Collins	pccollins66@gmail.com	Clarke	First Fridays of every month	Film Club
Sam Rusak	samrusak@gmail.com	Jenkins	First Thursday of every month, 2:45	Broughton Fishing Club
Alexa Hamm	ahamm@hammhouse.com	Kittinger	2nd Tuesday, Room 251	Animal Shelter Alliance club
Ann Frances White	annfrancesp.white@gmail.com		Wherever deals/discounts are present	Phood 4 Phree Klub



Cameron Darragh

## Heavy course load or light? How do you best balance work and play?

### Heavy course load



REGAN CURTIS  
Co-Editor in Chief

If you can read this sentence, you have an ability that 74% of people worldwide do not.

If you attend Broughton High School, you are better off than the 70 million kids without access to basic education.

Yet despite these crazy stats, many American students still opt to skate through school, choosing the lightest workload possible and never pushing themselves beyond that. By not taking advantage of the opportunities offered by a free education, these students are selling themselves short.

Everyone knows strong academics in high school are linked to better colleges and higher paying jobs. Why not set yourself up for success from the beginning?

But applying yourself in school is so much more than getting a so-called "good job". By staying up late struggling over a math assignment or meeting up with classmates outside of school to study for the AP World History exam, taking on a bigger workload builds character and teaches collaboration skills and time management.

You learn how to be efficient with your work, how to balance social time with study time, and how to ask questions when help is needed. You make connections with classmates and teachers that can last a lifetime. You learn grit: persevering when times (or chemistry packets) get tough.

Some people might say that I am wrong, that high school is a time to mature and have fun without additional unnecessary stress. I'm all for having fun, I just happen to believe you can have your cake and eat it too; a student can take rigorous classes while still getting the full American

teenager experience.

In fact, taking on a larger workload in school actually adds to this experience by developing character traits and life skills that benefit the teen.

Now don't get me wrong; I am not advocating that everyone drop their classes right now and switch into eight APs. Choosing a larger workload means different things for different people, especially considering differences in home life, parental support and learning disabilities.

For some, increasing workload might mean taking that regular English class after a year in sheltered ESL English. For some, it's juggling 6 AP classes. For some, it's simply coming to class once a week instead of once a month.

Whatever it is, increasing workload should make students step outside their comfort zones and learn through trial and error.

Still think your homework time is better spend watching TV? Let's do an activity. Think of all the high school graduates you know. Now out of these people, think of how many say "Gee, I wish I tried a little less in high school."

I'll give you a hint: they're mutually exclusive. If you draw a circle and put all adults in it, then draw another circle of people who wish they hadn't tried so hard in high school, the circles will not overlap.

No one reflects on his or her past and wishes he or she had put in less effort, less focus, less energy into gaining an education.

Academics make up a minute fraction who you are as a person; they leave out many other crucial aspects such as how you treat other people, your interests, religious beliefs, passions, etc. But the lessons and skills learned when applying oneself in school can shape every one of those areas.

So hopefully by this point in the article you're feeling pretty darn inspired. When course registration time comes around in the spring, take a risk. Sign up for IB. Take that honors class. Put yourself out there and accept the prospect of failing. The benefits might surprise you.

After all, I know of 70 million kids who would readily trade places with you.

### Community Viewpoints



Dare Bartlet  
Junior

*"I take harder classes because they challenge me and they make me more prepared for college and the real world."*



Joel Buckner  
Freshman

*"Getting good grades in easy classes makes you look smarter."*



Grace Ledford  
Freshman

*"I guess hard classes and not as good grades, because you are learning better things."*



Michael Lewis  
Sophomore

*"I take harder classes because they expand my learning ability and it looks good on college resumes."*

### Light course load



LIAM BARTON  
Reporter

When everyone looks back at high school, they either think "Those were the best years of my life." Or "That was pretty strange, in a bad way." However, this isn't just in direct correlation to how much work people had. It's also due to the values of high school that aren't academic, seeing as obviously some others are more likely to do well. Those who are very athletic, have great bone structure, and parents that go out of town a lot, do have an advantage over others.

Still, they aren't all Ivy League bound, they still struggle in school, then why do they look back on high school so fondly? Their apathy over grades gives them more time to go make their money for their fake ID and, this also makes them more nostalgic of high school because this past lack of care for their grades has made their life after high school a little less luxurious.

So it's the one's who made the good grades that look back on high school so poorly. The reason why is just the opposite of why others liked it so much. They had to stay studying and getting in uncomfortable conversations with teachers about getting points back on assignments where they saw fit. As a result, they went to a good school and made a good life for themselves after those four years of hard work.

So if you have a lot of work, you can really make all of it worth it. That's easier said than done, though. When you're in the thick of things, these four years seem very long, and when you've only been around 15 or 16 years, a pretty big portion of your life.

These are big years in life though, it's not just school. Have you ever seen a movie that takes place in high school, yeah they really don't focus on the curriculum in those. You

gotta have friends and hobbies to be healthy.

You shouldn't just blow off class and do whatever you want, though. Clearly, that's a bad idea, I mean that's not even what this article is about. What I'm trying to say is there is a balance. You shouldn't have too much work because this is your youth, four years of your life should not define you. In reality, you don't need to go to a nice school.

You and I are insignificant and the world will keep turning after we die. Your only meaning is to the people that gave meaning to you. Everyone has probably been clued in on this but just to reiterate: life is short. You need to do what you want with life. Houdini ran away from home when he was 12. Then again, he died by someone punching him in the stomach over and over, which is not a scenario most of us would like to be in.

Many people can't just run away and become a physical therapist though, for example. Some people do have to pay dues and work hard and go to college for their dream job. It all just depends on what you want to do.

I often hear my friends on the football team say, "I hate football." Yet they're still on the team, maybe because it looks good on a college app, maybe they're just good at it naturally and don't want to let anyone down, or maybe they just like to stay in shape. Other people I know actually stopped playing football because they didn't want to do it anymore. So, there is a split in people's behavior. Do you keep doing something because it looks good or you don't want to let people down, or do you stop because it doesn't bring you joy anymore?

For me, as someone who is not planning on being a lawyer or doctor, I say you shouldn't have to do stuff you don't want to do, especially when there's little redeeming quality. Everything should be in moderation though, you still have to make compromises just have principles as to what you will and won't do. It won't kill you to get Hungry Howie's over Dominoes, but don't take AP World if it's going to make you hate yourself.

In short, less work is less stress and more time to do what you want. If you want to do work, then you're in the minority, but good for you.

# What would you do as principal for a day?

*Broughton students answer what they would do if they were principal for a day*

JOHN MICHAEL CURTIS  
Reporter



**August Jelert**  
Senior

"I would make a men's volleyball team."



**Drew Hermanson**  
Humanities Teacher

"I would do everything the same way Ms. Ashburn is doing it."



**Jill Spampinato**  
Sophomore

"Have every class watch a movie."



**KJ Haywood**  
Junior

"I would want to extend lunch and make transitions longer."



**Joshua Tackett**  
Freshman

"I would declare it a work day and skip school."



**Malachi Creek**  
Sophomore

"I don't know, I'd probably interact in the classrooms more."



**George Zaki**  
Freshman

"If I were principal for a day I would probably order pizza and share it with the staff."



**Xander Hamilton**  
Junior

"Everybody could go off campus for lunch."

## Give us our earbuds back

REGAN CURTIS  
Co-Editor in Chief

To listen to music or not to listen to music? That is the question many teachers are asking themselves with recent policy changes putting the decision in their hands.

Though administration is clear that earbud use is not allowed in hallways, teachers may decide whether to permit music in the classroom.

To these teachers, I, along with many peers, plead for a "yes."

Countless studies have proven the benefits of listening to music while working. According to Inc.com, listening to music that one finds enjoyable sparks the brain's release of chemicals that travel between synapses to create feelings of pleasure or enjoyment. These are called neurotransmitters and include include serotonin, dopamine and norepinephrine, all of which can boost one's mood while doing school work.

These neurotransmitters can relieve stress to such a degree that some surgeons even listen to music during operation to help them relax and focus.

Focus is another key aspect to listening to music while working. Some might argue that jamming out to one's favorite songs distracts the student, which could be true for tasks that require verbal skills and intense focus.

Although music can be a distraction, when used properly the opposite is true. Music helps improve focus by blocking out background noises and distracting thoughts.

While doing repetitive tasks that require less focus, such as transferring notes from one sheet of paper to another, listening to your favorite music loudly can make you work more efficiently and happily. For less mundane tasks, such as analyzing text or thinking through a complex math problem, try softer music without lyrics.

My personal favorites include traditional Native American flute songs by Jessica Reyes for work that requires more thinking. (I'm listening to "Warm Winds at Midnight" as I write this sentence), and old, upbeat country songs for copying notes or organizing my binder.

Of course, there are many exceptions to the plea for earbud use in the classroom. It does not make sense for teachers to allow earbud use in classes that are widely discussion and participation based, as students could not hear the class activities. Nor does it make sense during a test, since listening to music requires a cell phone close by and thus creates an opportunity for cheating.

But for class periods with large chunks of time allotted to individual work, allowing music could be a game-changer.

## Polarizing politics

WILL LEVINE  
Reporter

In 2017, The United States is becoming increasingly more divided over political issues. Everybody has a different opinion or viewpoint of world issues. This intense disagreement often creates conflict in communities around both the nation and world. High school is a different story. As teenagers grow and learn, they are constantly shifting or changing their opinions as new information becomes available to them.

Broughton is even more special than some other schools when it comes to politics. With our schools large amount of racial and cultural diversity political opinions range widely. Students are scattered across the political spectrum. One would think this would lead to constant bickering and harsh social divisions along political lines, but the reality is different.

The students at our school mingle and make friends with those who have differing or even completely opposite views on American Politics. In communities outside of school, there is much less opportunity to make friends like this because of the lack of diversity in many neighborhoods.

When the 2016 presidential election was held during last school year, the social norm of non-hostility over political issues changed. Often during

classes discussions arose about the controversial actions of the main party candidates. Discussions would quickly turn into arguments and more often than not cause students to leave class feeling frustrated and confused.

These arguments had a surprising result. Rather than creating enemies between those with differing opinions friendships were formed by those who may never have spoken because they agreed on political topics. This demonstrates the power of the high school environment to bring people closer together even through conflict.

Meeting people with different political opinions than you is a part of the high school experience. It furthers your learning to beyond the classroom, as you are able to learn about how your way of experiencing the world is both similar and different in some ways from those around you. Without knowing and experiencing different political ideals many would spend our lives in ignorance. High school provides us with ample opportunity to leave the world we grew up in and live in someone else's world for a day; it gives an opportunity to see the world through new eyes.

This year when you are talking to someone with differing opinions than you rather than thinking to yourself they are just wrong or attempting to attack their logic try asking them why.

## Chop chop, helicopter parents approaching

JAYLA CARDIN  
Reporter

A parent who takes an overprotective and excessive interest in the life of his or her child is a helicopter parent. This means that said parent controls everything the child does, even down to the socks the child or children would wear for the next day or week.

Some agree with this way of parenting and think that it's more effective. Then there are others who agree that hovering over the child will only harm him or her.

Some benefits of adopting the helicopter parenting style is that the parent knows everything that goes in the child's life. He or she also protect the child from being molested, kidnapped and murdered because they are always

hovering over them.

The parent and the child are considerably close friend-wise when the parents are helicopter parents. Being around the child helps form bonding relationships which makes it easy for the child to talk the parent. A parent gets to watch every milestone of the child because they are always around them, so they don't miss a thing.

The child is always reassured that the parent is there for them. Children learn effectively from their parent's mistakes if it is told in detail and that wouldn't be a problem with helicopter parents. The parents would tell them about all their bad decisions so the child doesn't make the same ones in the future.

One of the biggest consequences of helicopter parenting can lead to dependency issues. Hovering down the

child's back and making every single decision for him or her hinders the development of their own decision making skills. They would rely on the parent throughout their adult life. A child won't be able to live the dreams of their own because they're living their parents dream.

Other times, the child will completely ignore their parents direction and rebel against them.

Children can grow up spoiled and feel that they are entitled to get what they want from anyone because they are so used to it at home from the parents.

Most parents are just worried for their child's safety and will do whatever it takes to make sure they are never in danger. The parents don't want to see their child fail because seeing the child

upset about something they think they could have prevented would hurt the parent just as much as the child. They see their children's successes as their own and feel entitled to make the decisions because as said before, the child's successes are theirs, too.

Another reasoning behind this style would be that the parents' parents didn't treat them as well. Being neglected makes the parent overcompensate because he or she doesn't want their child to feel as they felt.

Or, it could be vice versa. The parent's parents were hovering over them, and they passed on the style because they thought it was effective for them. Sometimes, parents compete about who can be a parent and out of this competition, overbearing parenting comes out of this.

# Taking knee for dignity



**LUKE BRIZZOLARA**  
Business Manager

Last NFL season, Colin Kaepernick sat on the sideline while the national anthem played during a preseason NFL game. Kaepernick wanted to protest police brutality and the overarching issue of inequality in the United States, but he received heavy criticism because people felt he was disrespecting the national anthem.

After meeting with a former Navy Seal, Kaepernick decided he would rather protest by kneeling beside his standing teammates in order to show respect to the military and what the flag of the United States represents. The heavy criticism only continued.

Over the past year, many NFL players have taken a knee during the national anthem for the same reason Colin Kaepernick has: they want to show respect to the military but also protest inequality in the United States.

These players have also come under attack, and recently, the President of the United States criticized these players for using the same right that

allowed him to unabashedly say and tweet whatever he wants.

Trump, if nothing else, represents the freedom of speech that is guaranteed to all United States citizens under the Constitution. This is the right that allowed him to mock a disabled reporter.

This is the same right that allowed him to bash war heroes and their families. This is the same right that allowed him to say that women are property that can be "grabbed" by their genitals.

But now, because people of color are using this right to fight for equality, Trump has taken issue with freedom of speech.

Trump, and others who criticize these players do not believe that players should not be able to protest; after all, that right is guaranteed in the Constitution.

They also do not believe that the protest is disrespectful to the flag and the military; the only reason the players are kneeling instead of sitting down on the sideline is because, like Kaepernick, they want to show respect to the military.

These players are being as disrespectful to the flag as much as Rosa Parks was being disrespectful to public transportation. If anyone is disrespecting the flag, it is Trump and his choice to wear American flag ties, which goes against the official Flag Codes.

Furthermore, countless police officers and military members lock arms with the players kneeling each game to

show solidarity with the players.

Trump and other people are against the protest because they are uncomfortable with the idea that African-America are protesting for the equality they have never been given. By attacking the way these players are protesting, Trump and others are moving the dialogue away from why the protesters are protesting to avoid addressing the fact that not everyone in America is being treated equally.

Countless players and owners have taken a symbolic knee before the anthem to protest Trump's comments, but I hope that doesn't continue. When white owners and players take a symbolic knee to protest Trump's comments and then stand back up for the anthem, the act is hollow and gives Trump's comments validity.

Everyone, Trump most of all, knows that these players are well within their right to have freedom of speech.

By taking a knee before the game but standing for the anthem, white owners and players are keeping the dialogue about whether players have the right to protest or not, and not about the issues players are protesting.

The only way to move forward and create change is to actually talk about why the players are protesting the first place how we can address their complaints.

And that is supposed to make you feel uncomfortable.

# Fresh page, first quarter

## President's Corner



**CLAY OXFORD**  
Student Body President

Hey CAPS, it's Clay! It's been an awesome start to the year!

From Welcome Week to Homecoming, we've had a great first quarter.

I want to say a massive thank you to all of the students, faculty, and parents who worked to make Homecoming week a success!

We couldn't have done it without the tireless efforts of everyone who helped out with the T-Shirt, Food Drive, Float Building, PowderPuff, the Pep Rally, the Parade, and the game.

Also, a huge thank you to all of the students who have been showing out this year!

There have been record levels of support for all of our fall sports teams, and we hope to keep that trend going throughout the school year.

If you haven't made it out to any Broughton events yet, you still have plenty of opportunities! Come out, have a good time, and support your fellow CAPS!

We're also super excited about what we have coming up during second quarter! We're having a movie night on the front lawn on November 9th, and Sadie Hawkins, the Sophomore class dance, will be held on December 2nd. Also, our winter sports start November 13th, and the Arts Department has multiple concerts throughout November and December. Finally, right after Winter Break is Coming Home week, and the first weekend of February is Queen of Hearts.

Thanks again to everybody who's made the beginning of the school year great; it's been an awesome first nine weeks!

If you're not following us on social media, you should—we're on Instagram and Twitter @BHSCaps. Let's keep going up from here and make second quarter even better than first!

'Sko CAPS!

*"Thanks again to everybody who's made the beginning of the school year great; it's been an awesome first nine weeks!"*

*- Clay Oxford*

# Scoop on veganism



**JAYLA CARDIN**  
Reporter

If you want to cut out animal products or byproducts, it might be time to consider veganism.

What is a vegan? A vegan is a person who does not eat or use animal products of any kind.

Being vegan is very different from being a vegetarian, hence the difference in name.

A vegetarian can eat dairy products and eggs, but not any meat, poultry, or seafood. A vegan eats none of these. But why?

There are many different reasons as to why a person would cut out all animal products from their diet.

These reasons could be health related, someone that has a cardiovascular

disease would and is recommended to go on a plant-based diet.

It could be a religious thing, that it's prohibited in someone's religion to eat animal products.

The common reason as to why a person would go vegan is that they don't agree with how the livestock is treated and how unhealthy and low quality the food is.

Speaking from experience, I know what it's like to be vegan. Like any other vegan, I am always asked the question, "why".

About two months ago, I would have never gone vegan. Until my mother wanted me to watch the Netflix documentary called What the Health. If you haven't seen it, I recommend that you watch it.

I had already seen countless documentaries on the treatment of animals and why animal products shouldn't be part of a human diet from several different classes over the years.

But the information in this movie was the thing that pushed me over the edge. Not only are the animals treated poorly, but the people that live around those farms are suffering.

Animals are properly cleaned, at a cow butchering farm, they only take fifteen seconds to clean the cow. Fifteen seconds?

That is not enough time to clean a whole entire cow. In chicken coops, chickens die from disease and the ones who own these coops don't clean them up, they just leave the dead chickens lying around.

Not only is it disgusting, but it's cruel. The pigs are fed chopped up pig remains, which is beyond horrifying. People continue to eat these animals and they don't even comprehend how gross the contents of them are.

Another thing from the documentary that shocked me were the people that were featured in there.

Multiple people were on several different medications for the diseases due to eating animal products.

Once they were convinced to go on a plant-based diet for fourteen days, they were pleased with the outcome. The people featured were all off the many medications within that period. A woman who had to use a walker was fully mobile.

That was probably the most shocking thing in the film.

Of course, it was hard initially. I had been used to eating meat all the time so I was starving the first two or three weeks. But it got easier over time.

A good thing about going vegan for me was that I lost fifteen pounds over the summer.

Usually after eating meat, I don't feel as bloated and my skin cleared up so well.

Another thing about living on a plant-based diet is that it lowers blood pressure, reduces cardiovascular disease, reduces diabetes and cancer and there is a longer life expectancy.

Some things that aren't so good about being vegan is that there is a lack of nutrition.

The vitamin B12 is predominantly found in seafood and since vegans don't eat seafood, I myself must take a supplement.

A vegan diet is very strict compared to a vegetarian diet.

Vegetarians can eat dairy and eggs and of course there are many types of vegetarians (lacto-vegetarians, lacto-ovo-vegetarians, pescatarians and semi-vegetarians). With a vegan diet, there aren't any different types.

It's just strictly vegan so that could be hard for some that want to try it or are trying it.

There are so many alternatives that are found for going on a plant-based diet and I love all the food that I eat.

RECYCLE  
THE  
HI-TIMES

