

National Vegan Month

National Vegan Month is a way for people around the world to observe vegan aspects of life and the importance it has had for millions of people. This is to bring awareness that vegans are not uncommon and should not be overlooked. National Vegan Month informs how vegans maintain their lifestyle, the impacts it has on society and the misconceptions that many believe.

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Vegan Food

Vegan food is usually perceived as expensive and unappetizing, but that is not the case. To make a good vegan meal, one has a large range of ingredients when one takes out the meats, eggs, cheeses and other byproducts of animals. Simple combinations of ingredients can turn into a delicious meal that requires no animal products.

Instead of kale being a garnish, it can be a essential part of a vegan lunch. Quinoa and kale is known to be quick and healthy. Renowned breakfasts everywhere mostly have some sort of egg, and although it does sound quite difficult to substitute the authenticity of scrambled eggs, but it has been done perfectly many times over with tofu and yeast, turmeric, cumin and paprika.

Veganism is all about creativity. A good way to present and experiment with new ideas for quick and easy vegan foods is with smoothies. A basic combination of fruits, vegetables and almond, or soy milk in a smoothie can provide more protein, iron, vitamin A, vitamin B, vitamin C, vitamin D, minerals and natural energy.

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ALMONDS	T	B	J	D	V	K	D	S	V	A	X	C	P	T	E
AVOCADO	O	O	V	T	U	Q	O	N	D	C	R	K	H	D	A
CHICKPEAS	Y	W	F	V	S	P	N	M	O	N	U	Y	A	E	O
DATES	T	U	F	U	O	E	D	S	B	Y	O	M	T	D	N
EDAMAME	C	H	I	C	K	P	E	A	S	U	A	M	A	N	I
KOMBUCHA	M	F	Q	B	M	K	M	L	C	M	C	L	L	Q	U
QUINOA	W	H	P	A	F	A	F	C	E	S	A	H	R	A	Q
SALAD	B	J	P	E	S	G	O	S	V	S	X	U	A	P	X
SOYBEAN	W	R	A	O	I	H	D	A	T	E	S	L	W	E	A
TOFU	U	W	Y	A	G	S	Y	M	P	R	E	U	A	W	V
	L	O	H	M	R	A	R	G	X	E	Y	N	I	N	O
LEANNE	N	A	E	B	Y	O	S	M	M	S	R	C	O	C	C
ANG	T	K	E	P	K	G	Q	P	O	Q	J	D	E	K	A
Features	I	M	K	A	W	E	V	L	L	Z	D	Q	Z	L	D
Editor	V	U	H	K	I	H	V	Y	M	R	M	P	V	Y	O

Vegans vs. Vegetarians

Many see vegans and vegetarians as the same, however, there are many differences between the two. It is understandable that the two get mixed up for they both do not eat meat. Even with that as a common denominator, there are still some things that a person should know before identifying someone else as a vegan or vegetarian.

To begin with, a vegan completely eliminates any animal products, like eggs and dairy, from their diet. For some vegetarians, they also avoid dairy, while some do not. Avoiding any dairy is one of the biggest beliefs for a vegan. In order for a cow to produce milk, they must be impregnated and after the birth of a calf, it is separated from its mother, causing stress for both the mother and the baby. This is often seen as a form of animal cruelty by vegans.

Another main element that differentiates vegans from vegetarians would be that a vegan avoids clothing that is made from animal products or other materials that are tested on animals such as cosmetics. Some cosmetics may be tested on small animals or contain animal fat which is why vegans prefer cruelty-free cosmetics.

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History of Veganism

The history of veganism dates back to the ancient practices of Buddhism, Jainism and Hinduism, where followers advocated that humans should never inflict pain onto animals because, like them, non-human beings are striving to evolve to a more intelligent consciousness.

In 500 BCE, mathematician and philosopher Pythagoras of Samos encouraged mercy to all living things. He believed that the soul inhabited the bodies of different creatures until the soul becomes truly moral. In accordance to his lifestyle of Pythagoreanism, he refused to worship at the altars of which animals were sacrificed upon. Instead, he elected to pray at the temple of Apollo, the Greek god of medicine.

In the developing Western world, veganism seldom appeared outside of health crazes and religious revivals; however, in 1847 the first official vegetarian society was founded in England. Three years later, Sylvester Graham, the father of Graham crackers, jointly established the American Vegetarian Society.

During 1943, there was an uproar in Britain about the contaminants found in beef. Tuberculosis had been found in 40 percent of English cows and a woodworker named Donald Watson used this event in his favor. He coined the term "vegan" to describe those who do not eat animal products and were protected from tainted food, and in 1994, on the fiftieth anniversary of the Vegan Society's founding, Nov. 1 was named World Vegan Day.

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MOOR graphic by MIREYA CABARELLO