

Farewell Fats: FDA's New Regulation

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When it comes to the nutrition label on the backs of food boxes, there are “good fats” and “bad fats,” but then there is the “worst fat” called transitive fat. Trans fat occurs naturally in nature but can also be artificially produced by humans and used as a preservative and substitute in foods.

However, these trans fats have no health benefits. They increase levels of low-density lipoprotein cholesterol and this in turn raises the risk for coronary heart disease.

The world has been consuming these trans fats en masse as more and more parts of the food industry have begun to produce trans fat to cheapen the cost of production, by substituting thicker and more expensive oils with trans fats as a binding agent.

The CDC estimated that if trans fat intake were reduced to the bare minimum, it could prevent 7,000 deaths and 20,000 heart attacks yearly. For these reasons, the Food and Drug Administration (FDA) has decided to ban additional trans fat additives in the manufacturing of food products.

“I believe that the removal of trans fats from food would be beneficial to America because changing regulations now will

prevent future heart attacks for younger generations and lower our death rate,” senior Alondra Dimas says.

Despite the health benefits consumers would experience, the fat is useful to the food industry for speeding up production and allowing the industry’s products to last longer.

Due to increasing health awareness efforts in the United States, trans fat intake

FOODS THAT TYPICALLY CONTAIN TRANS FATS



DONUTS



FRIED CHICKEN



MICROWAVE POPCORN



CRACKERS



CAKE MIX AND FROSTING



FROZEN DINNERS



FRENCH FRIES

has already decreased drastically because most foods are made with minimal to no trans fats. A McDonald’s Big Mac only contains one gram of trans fat, but the recommended amount of trans fat per day is zero grams.

Dennis M. Keefe, director of FDA’s Of-

fice of Food Additive Safety, remarked that trans fat would still naturally occur in some foods, and that some trans fat is still produced in the manufacturing process. Additional additives, however, would be outlawed. According to the FDA website, “selecting foods with even small amounts of trans fat can add up to a significant intake.”

“Once plaque builds up it is highly difficult to remove. People think that in the long run it won’t affect them, but plaque begins to build up when you are young. The [numbers] may seem small but down the road one day you could drop dead from a heart attack,” school nurse Anita Man says.

The change forces companies that manufacture foods using trans fat to change their methods of production. Doughnuts may become more oily because a weaker binding agent would need to be used in the place of trans fat. Frozen pizzas, coffee creamers, and popcorn are some of the foods

that will need to change their ingredients. Until this proposal is ratified, the FDA recommends that consumers take extra care when picking out their food in the grocery store by looking at that nutrition label on the back of the food box.

MOOR graphic by GEN THIPATIMA

California Voters Likely to Support Marijuana

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The possession of marijuana was once banned in the United States; however, the legalization of the recreational use of marijuana recently gained support from the state of California.

Currently, the recreational sale of marijuana is legalized in Colorado and Washington. New studies by the National Institute on Drug Abuse found that smoking marijuana has no significant increase in mortality rates compared to tobacco.

“[Medical marijuana] can help with glaucoma, pain relief for arthritis patients, chemotherapy, relieves stress and anxiety, and also helps people with insomnia to sleep,” science teacher, Scott Stechel said.

A poll conducted by the Tulchin Research showed that about 65 percent of California voters would offer support for the legalization of marijuana. As a result, California Lieutenant Governor Gavin Newsom announced that a blue ribbon panel, lead by Newsom himself, would research proposals for safe marijuana use and legalization within the next two years.

“There is no doubt in my mind that we will see an initiative on the ballot either in 2014 or 2016,” executive director of Oakland’s Harborside Health Center Steve DeAngelo said.

Supporters filed the California Hemp Act of marijuana which garnered 750,000 signatures from California voters and will be issued in the 2014 ballot.

MOOR graphic by GEN THIPATIMA

Shakespeare and Jersey Clash in Midautumn Production



DREAM AWAY: AHS’s Advanced Drama and Thespians Society collaborates in optimism in order to showcase their first play, Midsummer/Jersey.

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This autumn season brought about a new production from the Drama department. This year, the Advanced Drama class and Thespians Society underwent preparations and practices to present their newest play, Midsummer/Jersey.

In recent years, the drama curriculum has undergone a change of several department heads, from Emily Coalson to Daniel Ingram last year. This year, the department’s hiring of a new drama teacher, Jennifer Nitschke, once

again brought about a change of educators. Despite having multiple teachers over the last three years, the students have adapted accordingly.

“We have adjusted well and are glad to have Ms. Nitschke,” Advanced Drama student and Thespians vice president William Martinez said.

The production took place Thursday, Nov. 21, and Friday, Nov. 22, in the auditorium. Tickets were pre-sold for \$6 and at the door for \$8, with an ASB card discount of \$1.

Preparation for the play was

underway for some time, according to those involved.

“We had auditions, we had rehearsals, we worked as a team,” Nitschke said. Other members were also enthusiastic about the play in the days prior to opening night.

“Thespians were rehearsing and working hard to put on a good show,” Martinez said.

Some students’ expectations were also high prior to the play.

“I am expecting comedy from this year’s play and better organization this year compared to last year’s,” sophomore Jackie Lam

said.

The Advanced Drama class presented Ken Ludwig’s Midsummer/Jersey, a modern retelling of one of William Shakespeare’s most famous plays, A Midsummer Night’s Dream, set in New Jersey. It is a play in two acts, involving singing and dancing as well. The play’s modern spin of Shakespeare focuses on the relationships of select citizens of New Jersey and the resident fairies meddling in the humans’ romantic entanglements in an attempt to better their lives. It was written specifically for high

school and college theater productions.

The play was directed by drama teacher Jennifer Nitschke with assistant director Tuan Tran. Those involved in the play felt positive about how it went.

“Overall the show went well and was a good experience for everyone,” Martinez said. The director and teacher also showed satisfaction at the outcome of the play.

“I’m proud of all of it, of the hard work and dedication that the actors and crew put into this show to make it great,” Nitschke said.

MOOR montage by YIBEI LIU