

# Vegan Living

WHAT DO WOODY HARRELSON, ELLEN DEGENERES, AND WAKA FLOCKA HAVE IN COMMON? DESPITE THEIR DIFFERENCES THEY ARE ALL VEGAN.

By: Elizabeth Mora Huber  
Staff

Red and processed meat is said to have been linked to certain types of cancer but how accurate is that statement? According to The Physicians Committee large studies in England and Germany showed that vegetarians were about 40 percent less likely to develop cancer compared to meat eaters.

While multiple sources agree that meat may be a carcinogen such as World Health Organization, meat isn't the only animal product related to cancer. 'The China Study' showed that there is a connection between casein (milk protein) and cancer (nutriciously).

"I feel that [a vegan diet] can be beneficial as it is low in saturated fat, high in fiber, has a lot of antioxidants, and helps heal many of our modern health issues such as obesity, diabetes, and heart disease," family and consumer science teacher Angela Besco said.

While health may be a concern for some, environmental and animal safety is a concern for others. One of the many environmental impacts livestock causes is destruction of land. The dire need for animal products in turn causes a need for space and land. The World Bank states that animal agriculture is responsible for 91% of Amazon destruction.

"You can't be an environmentalist and eat animal products. Period," said Howard Lyman, a former cattle rancher, and author of Mad Cowboy.

Along with environmental concerns, animal cruelty is a pressing matter. According to the American Society for the Prevention and Cruelty of Animals (ASPCA), 99% of farm animals in the U.S are raised on a factory farm. A factory farm raises large numbers of animals for consumption sometimes at the expense of animal welfare according to the ASPCA.



*A vegan blueberry muffin that Waka Flocka himself enjoys making.*

"When you are not aware of what you are eating, it's easy to eat meat," senior Alliane Concepcion said.

The sources of suffering for many animals come from the conditions of living on a factory farm. Some animals may endure the following while living on a factory farm; cages and overcrowding, physical alterations, like teeth-clipping or tail-docking (performed without anesthetic) indoor confinement with poor air quality and unnatural light patterns, inability to engage in natural behaviors, neglect of sick and suffering animals (often due to high ratio of animals to workers), misuse of antibiotics to compensate for unsanitary conditions, rough or abusive handling by workers, as told by the ASPCA.

While all this information is overwhelming, a vegan or vegetarian diet isn't.

"I have always been concerned about animal cruelty and what pushed me over the edge was working at a vegan restaurant that showed me how easy it is to cook delicious vegan food," Planned Parenthood educator Dana Stuehling Stuehling has been a vegan for three years and says she doesn't miss any animal products.

Besco has also had vegan and vegetarian students in her class but has never run into any obstacles.

"[It's] just more education for myself and other students as far as finding substitute vegan ingredients," Besco said.

A vegan or vegetarian diet may not be right for some, but if you are concerned about long term health benefits, environmentally conscious decisions and animal welfare then this may be the right diet for you.

*"When you are not aware of what you are eating, it's easy to eat meat," senior Alliane Concepcion said.*