

Diets Are an Important Part of Our Identities



Dominique Lopez
—Section Editor—

Diets, diets, diets, seems to be all anyone talks about anymore and especially seems to be all that anyone feels comfortable bringing up anymore. In light of National Vegan month there seems to be no better time than the present to discuss these hot topics.

These diets although common to most people seem to be patronized by carnivores. See these diets can vary because of many different reasons, it could be because of allergies or even because of some form of goal they have for losing weight. These diets are important to making them who they are because it has become apart of their cultures.

Based off of allergies being the reason for these diet options can be merely related to the fact that they don't want to break into an allergic reaction every time they eat that specific things so sometimes changing their diet is the easiest and best way to do so. We don't particularly shame people who are lactose intolerant, which is considered an allergy, so why should be patronize

someone for changing their diet to avoid allergy restrictions.

My mom relates very closely to this because she is allergic to eggs. As a result this has led to her becoming a vegan as well as my whole family has become vegan. Not only that but we also were originally vegetarian so it had fit directly into our diets. This is a perfect example of how to use your diet as fit into your everyday life no matter the restrictions.

People may use dieting as a weight loss incentive but it is also more than likely used by a lot of people as a symbol of our culture or identity. From vegans to carnivores and everything in between these diets we have chosen to be apart of our everyday life is exactly what we look for in identifying someone. This is simply because they have become apart of us as well as having a lasting impact on what we order in restaurants.

Vegans and vegetarians have become apart of the many diets because of numerous reasons. It can't just be classified under the common reason of someone being supporting of protecting the animals but it also can be as simple as a dietary restriction that draws us toward

being able to continue eating this specific diet. These diets are extremely predominant to their identities and as a result have lead to mass classifications that seem to condescend the actual good behind this diet. These diets are great for making people healthiest too. This could also relate to the pescatarian diet because it makes up their whole being in what they choose to actually eat.

Other diets looking past not consuming meat products, we also have gluten free and low carb diets. As previously stated these could be a result of health restrictions because sometimes these options are what seem to drive us away from knowing the truth. These diets define us because they are what seems to make us healthier and even then what makes us more able to live a pain free life.

These diets truly do define us no matter what, that can even mean carnivores, because this is our culture and who we have actually become throughout our lives. These diets no matter what or who they affect are how we become more human and thankful to one another for being able to explore these new cultures freely.

Included in all of these diets their are also the ones that can be specified as a way of losing or gaining weight. For example a high protein diet is very evident in these situations because a lot of heavy lifters or even any athlete use these situations as a way of improving their overall out come.

Weight loss goes more toward body shaming and it seems to be the situation that always highlights why people feel the need to loose weight. These diets although sometime not the healthiest situation, we still use these simply just to make us feel better about ourselves. As this differs from person to person this diet can include keto, kosher, or even paleo diets that allow these losses to be more evident.

Not only by shaming someone's diet do we become more distant from the many similar people around us but we also can be shaming them for dietary restrictions or even their identities.

This is who we have become and this is how we can best identify ourselves as being different than almost everyone else in the community. Sometimes referring to a vegan as a

"hippy" could more be labeling for someone who actually has much worse health problems coming after us. Generally they are neglecting to realize that these problems can sometimes be what identifies us.

These diets from my personal experience can really surprise you. From my experience I can say that sometimes trying something new can really surprise you, like egg free desserts or even trying something like tofu it is extremely surprising how delicious these substitutions actually are.

So with the rest of the year we have left, why not go ahead and try accepting someone for their diet, or even trying it, because you never know it may surprise you. Especially during this holiday season these diets are the best way to try and make you family even more open to trying new things.

Apart of this you can also continue into this holiday season by excepting people for their diets and even making something new for Thanksgiving that would fit everyones diets. In the simplest form these diets are what define their identities and how we can become separate form the rest of the world.

Life As A Student Athlete At AHS



Zaquarya Bernal
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In Alamosa High school, there are many challenges you have to face in order for you to succeed and do your best. Coming from a student athlete, I know how much time and effort I put into school and sports.

The best part of being a student athlete is knowing you are working hard, and doing the best that you can do. Well, there are ups and downs throughout it all. There are times you feel like breaking down, not knowing what to do. Then, there are also times where you are at your happiest you can be, such as when you pass a test and even a win in the sports you play.

Ever since I was young, my mother and father have always told me "Your school work comes before anything, and you always have to be on top of your homework."

I thank them for that because they are the ones that have done everything for me. They are the ones that push me the most with school and sports, knowing they will be there for me no matter what.

Knowing that there is a lot of student athletes and things

they have to do, and go through throughout the time. They get their stuff done knowing that they have to succeed in school in order to play sports, and compete in the things they love the most.

Being a student athlete, there are difficult obstacles you have to come face to face with and in order to succeed.

Many people think it is hard to be a student athlete once you get into a sport, but what helps you out the most is when you get home is go do your homework and get it done right away.

There are many things that you have to do in order to succeed. You need to try your best. The best ways to succeed is to get help with something you do not know how to do, or with something you don't understand.

There are many students in the school that are also student athletes, and they say that you have to work hard also.

Coming from Tyler Duarte, "Being a student athlete is great; it is hard working, going to practice, then doing homework, it's alright. The struggle is fun because at the end of the day, you get to play the sport that you love the most."

There are lots of things that go into it, and how you have to drive yourself to the most that

you can. The positives of this are that all the things that happen to you will also start to get you ready for the adult life, and even for college itself.

The students in AHS work hard and drive themselves to anything and everything that is possible.

Tab Smith says, "Being a student athlete is very stressful and difficult, but since I love the sport I do so much, it motivates me to give 100% in the classroom, so I can give 100% in practice and competitions."

These student athletes and myself, work for what we love the most. This makes us work hard and do what we can do.

Make us the best people we can be throughout the rest of our high school days, and into college, and even into the rest of our lives.

I think that being a student athlete drives me and motivates me to be the best person that I can be.

The times in school I have been through there were ups and downs and you will get through the hard times with the help of people that are loving and that are willing to help you out.

In AHS there is lots of people that will help you out in the hard times all you got to do is ask.

Time of Thanks



Emilee Montiel
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were more thankful for school at first.

Although it makes for a great excuse, Thanksgiving is not the only time we should be thankful. Everyday, there are million little things that can make our days.

For example, the free breakfast and lunch at school, the sweet lunch ladies who serve those meals, and seeing our friends at school everyday. These little things don't get acknowledged as often as they should.

It may seem pointless to continue to mention the amount of "things" that you or I take for granted, but there is truth that so many of us continue to live our lives not realizing all that has been given to us. It is time to change this idea all around, and become more thankful.

While Thanksgiving is going to come and go with good food, good friends, and good times, being thankful doesn't have to. It can be an everyday tradition. Start or finish the day with a time of thanks.

At Alamosa High School, we can be thankful all year round instead of just finding random things to be thankful for at the dinner table on November 28th.

Thanksgiving is just around the corner which means that it's time to start thinking about the little things in life that we take for granted.

While waking up in the morning, it's easy to immediately go into panic-mode, and begin thinking about the long list of things that need to get done.

However, I think it's time to be grateful that we even woke up in the first place.

Though it may seem cliché, it is true. The fact that we get to be able to move onto another day is something that a lot of us take for granted.

Along with waking up early, I know some of us students dread the thought of having to go to school. In contrast, this is yet another gift we all tend to take for granted.

We don't realize that education is in fact a good thing, and is moving us towards the future. Now don't get me wrong; waking up at the crack of dawn and having to do homework at night can suck.

But it is making us all to something much bigger and better, and I know we'll wish we