

Thanksgiving: Noun - Celebration of divine goodness

Alternate foods

By Kendall Kleinberg
Entertainment Editor

Have you ever wondered what vegetarians eat for Thanksgiving, since turkey is usually most associated with this holiday? There are many alternative foods that can be substituted for turkey and meat based foods on the Thanksgiving dinner table.

"There is falafel and Tofurkey," junior McKenna Nokes said.

Falafel is a fried ball or patty made from spiced fava beans and/or chickpeas, and Tofurkey is a loaf of tofu with a stuffing made from grains and/or bread flavored with a broth and seasoned with herbs and spices.

Bluebird potluck ready to feed flocks

By Monique Lupu and
Greta Martin

In 1987, the Laguna Beach Thanksgiving Potluck began feeding the homeless in Bluebird Park. Since then, the event has evolved into a full-blown community affair.

As a result of the great fire back in October of 1993, many Laguna Beach residents were left without homes, food or places to stay. It was in this year that the potluck began to draw members from all different walks of life.

"It has increasingly become a community potluck. There are

"I wouldn't get a fake turkey made out of tofu. It's really weird. But if you want to eat fake turkey, good for you," junior Brynmarie Maison said.

Many people believe that these alternate foods taste the same.

One meat substitute brand that has been given good reviews is called Morning Star. These innovative dishes can be made with less preparation than homemade dishes.

"[My mom] cooks more of a variety of things now [that I'm vegetarian]," Maison said.

Many people believe that meat is the only source of real protein, but that is not the case. Legumes including beans, vegetables, whole grains, seeds and nuts can

extract ample amounts of protein.

"It's easy to find protein from sources other than meat. Beans are a good source of protein," Nokes said.

Some ideas for other main dishes that can be included in your Thanksgiving dinner are ratatouille, lasagna, veggie loaf and sweet potato gratin.

"Other foods are still delicious as ever, especially pie," said Maison.

Food isn't the main reason for this holiday though; it is for families to come together and give thanks.

"My cousin is a vegetarian too. So on Thanksgiving, we are together," said Maison.

[your average] families, homeless people, and single people," David Peck of the Laguna Beach Friendship Shelter, who has organized the potluck with Colin Henderson for over twenty years, said.

In potluck tradition, people bring their favorite dishes to share with others in the community. Volunteers are present to help feed over 500 people.

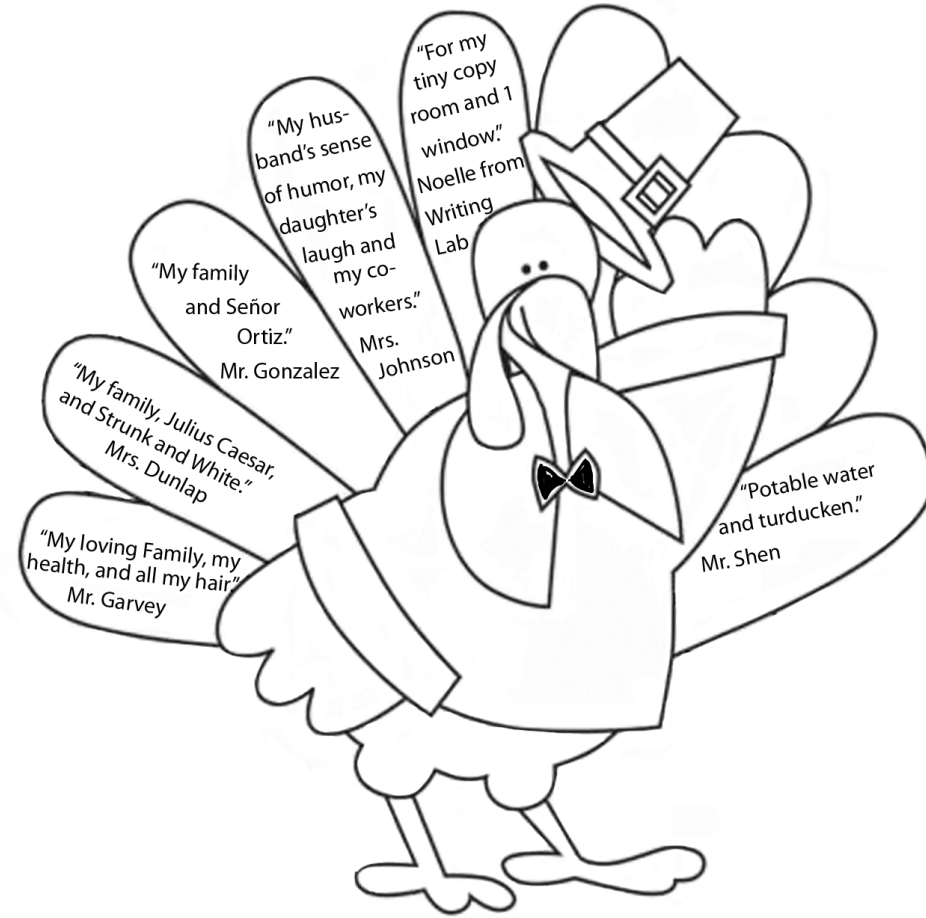
"Besides having a soup kitchen, we have a big table of people carving about 12 turkeys," Peck said.

The Friendship Shelter supplies those in need with paper bag lunches and, if available, leftover turkey,

to ensure a quality Sinkie Day for its partakers.

In case you are wondering, Sinkie Day is the day after Thanksgiving, when most find themselves Standing In Nutritious Kitchens Ingesting Everything. Thanks to Friendship Shelter's generosity, even the homeless can engage in a gluttonous Sinkie Day.

Whether you're old, young, homeless, or just can't stand the heat of the kitchen, the Bluebird Park potluck is waiting for you. Feel free to bring your favorite dish and join the fun!



Thanksgiving in a box of love

By Kellie Benson
Features Editor

Shopping list: canned meat, green beans, pasta, juice, cookies and cereal. These are items that many families can obtain for a Thanksgiving meal, but what if some families could not afford these items?

For the second year, Laguna Beach High School will be donating 'Boxes of Love' to the Orange County Food Bank.

Students fill shoeboxes with different foods and

give them to the school, which in turn gives them to the charity of the school's choice.

"[In previous years,] we donated the boxes to MOM (Military Outreach Ministry) at Camp Pendleton," activities director Pam MacKay, who helped run the charity event, said.

For this Thanksgiving, the school has a goal of 200 boxes it would like to donate to the Orange County Food Bank.

Everyone is encouraged

to participate. Students either can bring \$35 as a substitute for a box, or students can bring in a box with the required items.

There is a competition among the staff, freshmen, sophomores, juniors and seniors to see which class can donate the most boxes. Although there is no official prize, a greater reward exists to giving boxes.

"The winning class gets the satisfaction of knowing they helped someone in need," MacKay said.

Trypto-famished?

By Zoë Epstein
Editor-in-Chief/Product Manager

Perhaps the most prominent among the many feelings experienced on Thanksgiving is the lethargy after Thanksgiving dinner. Many attribute this feeling to tryptophan, an amino acid found in turkey.

Tryptophan is an essential amino acid for normal growth in infants and nitrogen balance in adults. It helps the body produce serotonin, which is a calming agent in the brain and can be sleep-inducing. The amino acid works best on an empty stomach but is otherwise not the cause of post-dinner grogginess, experts say.

There are ways to reap tryptophan's sleep-inducing benefit, however. When people have trouble getting to sleep and eat a late night turkey snack, their

stomachs may be empty enough to get the most out of the tryptophan.

Apparently, tryptophan has to compete with other amino acids the body is trying to use, so only part of the amino acid contributes to serotonin production. There is less competition when one's stomach is empty.

What really produces the lethargy is the size and high carbohydrate content of the meal.

In fact, experts are conducting studies about the affects of tryptophan and serotonin. Thus far they have seen improved sociability, reduced hostility and dominance of the animal hierarchy in tested animals. Continuing studies suggest humans are similarly affected.

Tryptophan occurs

naturally in foods such as turkey, eggs, fish, cheese, nuts and more. The naturally occurring tryptophan is safe.

On the more dangerous side of things is L-tryptophan, a sleeping aid that was quite popular in the United States for a while. Then, in the late 1980s, thousands of people became gravely ill as a result of contaminated tryptophan supplements. The supplements caused eosinophilia-myalgia, which causes muscle pain and may lead to death.

As a result of the outbreak, the FDA banned the supplements in 1990.

Sources:

howswtuffworks.com
Psychologytoday.com
Nlm.nih.gov
Ehso.com

Tofurkey: say what?

By Nusheen Goshtasbi
Reporter

Have you ever wondered what vegetarians eat during Thanksgiving? Ever heard of tofurkey?

"We gave my picky friend tofurkey and told him it was turkey. He ate it and said it was delicious," Aleph Cervo, junior, said.

When asked what tofurkey was, many students, teachers and staff members around Laguna Beach High School's campus did not know. Basically, it is turkey that's made of tofu (soybean

protein), so vegetarians can eat it. It is purchased throughout Thanksgiving, harvest festivals and other winter holidays.

"I'd eat it if I was paid," Christina Wamrin, sophomore, said.

Many other LBHS students agreed with her, but we had a rare few community members who really enjoyed eating tofurkey.

"I like tofu and turkey, so yes I do like tofurkey," so counselor Tristen Gire said.

Although many thought it untraditional to abstain

from eating turkey during Thanksgiving, there were a handful of people who enjoyed tofurkey as their main dish during the holidays.

"It's not untraditional to eat tofurkey during Thanksgiving to me since it's becoming an alternative for me as a vegetarian," Cervo said.

When asked about tofurkey, history teacher Mr. Jun Shen made it clear: "I only want to speak about turducken," Shen said, "a chicken inside of a duck inside of a turkey, yum."

Have a wonder-fantastical Thanksgiving, LBHS!