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Being Vegetarian: Good idea or missed steak?

Posted by [Josh Weimer](#) in [Blogs](#), [Food](#), [Opinions](#) on August 21, 2015 8:06 pm / [no comments](#)



Photo provided by Josh Weimer

by Josh Weimer, assistant online editor

Lately I have heard a lot of buzz about the vegetarian diet. There are many reasons to try out this diet, like discouraging animal cruelty, encouraging weight loss and creating an overall healthier diet. Due to these reasons, and others, I decided to attempt being vegetarian. Rather than talking about why I decided to try this diet, I will talk about my experiences as a vegetarian.

One of the immediate dietary challenges I faced was the lack of meat in my diet. This proved to be more of an inconvenience than an actual problem. By not eating meat I was forced to choose my meals more wisely. Foods like pasta and pizza began to replace chicken strips and hamburgers. French fries and chips disappeared as I switched to salads and fresh fruit. I soon realized that not eating meat wasn't even a challenge, provided I had options to replace it. And, without intending to have a healthier diet, I began to do so by simply removing meat from meals.

Another thing I have noticed about my meals is that I no longer have the weighed down/tired feeling I used to get after eating a lot of meat. After meals I now tend to feel refreshed and full of energy, ready to move on with whatever activities I please. This is a welcome change from needing to digest for an hour before resuming physical activity. Since fruits, vegetables and grains are so light on my stomach, I find digestion quicker and easier.

Something that surprised me about the vegetarian diet was that I maintained my normal energy levels. I thought that the lack of meat proteins would cause me to have less energy, but this wasn't the case at all. In fact I was able to play four hour long soccer games in two days without barely feeling any muscle soreness. This surprised me, as I am not very fit and don't usually exercise nearly as much as I did over those two days.

I also heal more quickly since I've made the switch to eating vegetarian. I am still unsure why, but I have noticed this especially with muscle soreness. On my old diet (eating meat), it usually took about three to four days for sore muscles to heal. However, since I have gone vegetarian, sore muscles heal in less than a day, which shocked me. But this is beyond just sore muscles. I recover quickly from normal sicknesses such as the common cold also. I am still unsure why this is, but I have proved this in multiple cases.

I must admit, there are a few downsides I experienced with the vegetarian diet, the main one being inconvenience. Since eating vegetarian is quite restrictive, it was difficult to find a place eat while traveling on my summer vacations. Many times during vacation my meals were cheese pizza or the one salad the restaurant served that wasn't topped with chicken or salmon. But at home this was not a problem at all, as I had access to much more variety.

Even though I have been vegetarian for a month, I am not against eating meat entirely. It is likely that I will eat meat on occasion, as the vegetarian diet can be very inconvenient and difficult at times. Other than the diet being inconvenient, I see no reason to stop.

In conclusion, I have really enjoyed being a vegetarian, and I will likely continue to be primarily vegetarian. I realize that this diet is not for everyone, but I thought it was an interesting experience. Despite its few downsides, I found it rewarding to try eating vegetarian. If you have been thinking about trying the vegetarian diet, I highly recommend it.

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A Moveable Feast: Making pastries from scratch is a piece of cake

Posted by [Maya Girimaji](#) in [Blogs](#), [Food](#) on July 30, 2015 6:22 pm / [no comments](#)

by Maya Girimaji, features editor



Nothing is more satisfying than making something from scratch. It doesn't matter what it is but the feeling of creating something independently is a feeling everybody should experience. I've always enjoyed baking and the result normally turns out well... except for my chocolate cakes. Chocolate cakes are, in my professional opinion as a features editor and cake enthusiast, among the hardest of pastries to make from scratch because even though they're such simple recipes, it's hard to achieve the perfect chocolate cake. I've tried so many recipes to find the best chocolate cake but none have satisfied my expectations. After 2 years of scrolling through Pinterest and experimenting with different recipes, my eyes landed on the headline "The Best Chocolate Cake [ever]". (Even though every recipe claims to be the "best," this was indeed the best chocolate cake I've ever made.)

Here's the recipe in all its beautiful chocolate cake glory (along with a link for icing) from [Add a Pinch](#).

I was on a time crunch while making this cake but was able to scramble everything together in under 45 minutes. The hardest thing was just making sure I didn't spray flour all over the kitchen counter. Nothing so delicious can be whipped together without anything going wrong, but surprisingly, it was the easiest thing I've ever baked.



Yet no individual would dare insult their own creation even if it was the worst thing on the planet. Luckily I had a few “food critics” (aka my friends) to judge the cake. And they loved it.



As a “baker”, watching people melt away as they eat your food is probably the best feeling in the world. Probably the one ingredient that made this cake so savory was the espresso powder in the cake mix and icing. Just like vanilla extract, espresso powder enhances the right amount of flavor to make any chocolate dessert ten times better. The cake is moist and the icing is creamy and the two just go perfectly together. The cake melts in your mouth and takes your taste buds to another world. Every bite brings the feeling of being in a small coffee house; comfortable and relaxed without a worry in the world. Paired with a glass of cold milk or iced coffee, this chocolate cake will brighten the darkest of days. Even if you’re not a chocolate lover, like myself, this simple cake will bring out the chocolate lover in all of us.

Tags: [a moveable feast](#), [a&m consolidated](#), [baking](#), [blogs](#), [cake](#), [chocolate](#), [chocolate cake](#), [delicious](#), [featured](#), [recipe](#), [the roar news](#), [the roar online](#)

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Lyrical genius Kendrick Lamar creates album of powerful musical fusion, intense outrage, merciless self-critique

Posted by [June Jeong](#) in [Entertainment](#) on December 25, 2015 12:43 pm / [no comments](#)



by June Jeong, assistant editor

I'm not a huge fan of rap, but Kendrick Lamar's music has always been an exception for me. His latest album, *To Pimp a Butterfly*, isn't just another great album, and Lamar isn't just another great rapper. In interviews leading up to the album's release, Kendrick made clear that he was going with an innovative concept for his next album. It was going to be soulful, not the traditional and basic "club hits that appeal to tweens" album. But Kendrick was never the traditional rapper to begin with, so I wasn't worried that his album would be a failure, but rather that he would avoid addressing crucial social problems involving Black America. He didn't though. Not in the least.

In short, *To Pimp a Butterfly* is flawless. It simply can't be restricted by one genre because it's a conglomerate of spoken word poetry, soul, jazz, rap and funk. This album is the latest evolution of Black Music, a genre in which the main goal is the advancement and protection of Black culture.

My personal favorite on the album is "For Free?-Interlude." The song has the kind of jazzy verses that would make Langston Hughes proud. Although some of the lyrics may leave listeners laughing, the song is crazily complex and unusual. Some consider it a condemnation of America for its terrible treatment of African American men, some view it as a Black anthem, while others just think it's a funny argument Kendrick had with his girlfriend.

People who don't feel like listening to the entire album should at least check out "For Free." It's basically the entire album fit into a song. There's just no clear definition of the song because it's quite honestly unlike anything we've heard before.

Most people know the uplifting and song "i," because it played pretty consistently on the radio since it fits the radio-friendly mold. But fewer people know "u," the less-heard song also on "To Pimp a Butterfly," which heavily contrasts "i"'s cheerful, encouraging style. In "u," Kendrick is essentially talking to his depressed and defeated self. It's pretty haunting; Lamar repeats the hook ("Loving you is complicated") a total of 10 times. Throughout the song, he berates himself ruthlessly despite all of his accomplishments. With both songs, ("u" and "i"), Kendrick illustrates the difficulty of expressing self-love as a black person.

The final, and arguably the most powerful song on the album, is "Mortal Man," an over-ten-minute address. In it, Kendrick reveals that he was inspired to make more racially conscious and significant music in part by his visit to Nelson Mandela's jail cell on Robben Island. The song ends with Kendrick's interview of Tupac Shakur, legendary actor and rapper, discussing racism, riots, police brutality, income inequality, and the fate of the next generation of black men in America. It's a clashing and blunt ending, but it's so essential. To end *To Pimp a Butterfly* on such an interesting note is just so fitting, so Kendrick Lamar.

Kendrick is by far my favorite rapper right now but for some reason, referring to him as the best rapper alive just doesn't seem right. It sounds pretty melodramatic but the title somehow seems inappropriate for Kendrick Lamar (and not the other way around). Other talented and renowned rappers like Drake, Lil Wayne, Tyler the Creator, Kanye and Eminem happily toil away to achieve the title "best rapper alive." But like I said previously, Kendrick is different. He wants something much more momentous, as seen in "Mortal Man": "[I] want you to love me like Nelson / Want you to hug me like Nelson / I freed you from being a slave in your mind, you're very welcome / You tell me my song is more than a song, it's surely a blessing."

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“Ten thousand meanings”: language proficiency not indicator of intelligence, substance

Posted by [Yanichka Ariunbold](#) in [Opinions](#) on February 13, 2016 5:00 pm / [no comments](#)

by Yanichka Ariunbold, assistant editor

Recently, my parents asked me to edit their research paper on Raman spectroscopy — some complicated concept I still only have a laughably basic idea of, even after proofreading their whole paper 3 times. Something to do with...lasers...? Also, yes, it is, in fact, super adorable that they do experiments together and co-author smarticle particle lab reports that only fellow science Nerds can decipher. Like, Coherent anti-Stokes Raman spectroscopy? What’s more romantic than that? (At this point, I’m just saying words.)

Contrary to my expectations, I found barely any actually important things to correct in the paper, just some tiny technical mistakes, mostly involving indefinite articles, that didn’t impede its overall comprehensibility in any way. I never really thought that my parents’ English was this good, or their writing so mature and developed. They often speak broken English at home, if at all, preferring instead to speak Mongolian, our native language. And in public, usually my brother or I do the talking for them — ordering food, talking to school counselors, phone calls to mechanics, etc.

So somehow along the way, I guess I had begun to think that just because my parents’ English isn’t on par with, like, Richard Burton (understandable, considering that they spoke their first word of English when they were ~33), that meant they weren’t capable of being masterful with their expression and eloquent in their explanation? I mean, I was always aware they did physics-y stuff that I’ll probably never understand in my lifetime (future not-science major here), but I seemed to have underestimated them — inexcusably, I might add. Like these are people that support me unconditionally in anything I do, and I had made the fatal mistake of assuming in my isolated bubble of privilege that language proficiency ultimately means intelligence.

It doesn’t. Every mistake my parents made in their paper was a symbol of their struggle, every technical flourish of words a symbol of their perseverance...

There’s this poetry book, translated from Mongolian to English, in our study library. Upon initial reading, it made absolutely no sense whatsoever. Not even in the quaintly metaphorical “crimson leaves falling” way. Every poem was incoherent, an atrocious mixture of random words strung together by a translator who too obviously didn’t have a thorough understanding of the English language.

But one verse made me pause mid-criticism:

I stopped summing

one into two and started looking

For ten thousand meanings from one word.

And so I looked.

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'Jurassic World' smashes box office, but also expectations, hopes, dreams

Posted by [Olivia Garrett](#) in [Entertainment](#) on June 18, 2015 11:14 am / [no comments](#)



From IMDB

by Olivia Garrett, entertainment editor

"Jurassic World" brought in \$208.8 million on its first weekend alone, earning it the title of the highest-grossing opening weekend ever. (This title was previously held by Marvel's "The Avengers"). One would assume that a movie that successful would inspire feelings of awe or admiration.... Oh wait, that was "Jurassic Park."

Unlike its predecessor, "Jurassic World" is woefully lacking in substance. Much like the InGen geneticists, "World" revolves around the idea of "more teeth." The dinosaurs are impressive, but the plot isn't. Utterly devoid of character development, the story falls flat.

The movie, which takes place two decades after the events of "Park," makes no mention of the second and third installments in the franchise ("The Lost World: Jurassic Park" and "Jurassic Park III"). For some inconceivable reason, the society of "World" decided that a dinosaur theme park is a

good idea. However, dinosaurs have become as unremarkable as zoo elephants. In order for the park to remain profitable, InGen scientists have created a completely new dinosaur, which, of course, outsmarts the humans and begins a killing spree.

Oh, and Chris Pratt is a motorcycle-riding raptor-whisperer who sweeps in to save the day. Also, Pratt's love interest Claire has two nephews who are in danger. And there's an evil scientist.

Despite its awesome potential, "World" leaves the audience unaffected and unchanged. Nothing in the movie compelled me to care about the characters. They didn't ever really evolve or experience anything that the audience could relate to.

Furthermore, the plot is extremely unrealistic. First of all, velociraptors are not loyal pets. Secondly, a person cannot traipse all across uneven jungle terrain in high heels. Surely a paleontologist is more qualified to handle a giant dinosaur than a raptor-whisperer of dubious credentials. And didn't dinosaurs have feathers?

"Jurassic World" is nothing new or innovative. With action-packed movies such as "The Avengers" thrilling global audiences, dinosaur-shock factor simply is not enough to warrant acclaim. "Jurassic World" does, however, serve as a reminder of just how amazing the original "Jurassic Park" was. Not even its more technologically-advanced sequel can live up to it.

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