

Four students study abroad next year

By Kimi Lillig
Staff Reporter

Sophomores Shannon Kofoed, Jenna Walsh, Jessica Wehrheim, and Alaina Africano will be going to various countries as part of Rotary International, a foreign exchange program.

The Rotary came last fall and recruited Lakes students. The students that expressed interest, then chose from a list of 45 countries



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Sophomore Alaina Africano is headed to South Africa in July for the school year.

and the Rotary selected which country the students would be going to. This selection was based on the student's grade point average, interests, and personality. The Rotary then held meetings to make the students more familiar with their country.

All of the exchange students will be leaving between July and September and will be returning about eleven months later. Shannon Kofoed will be arriving in Finland in mid-July.

"I wanted to be [an exchange student] because I heard so much about it and what great experiences you can get out of it," Kofoed said. "Ever since my freshman year I've been bugging my mom and finally she gave in."

To prepare for her trip, Kofoed has met Finland foreign exchange students and is learning to speak the language.

"They speak Finish, Swedish, and English," Kofoed said. "Right now I'm studying Finish with CD-ROMs and the internet, and soon I'll be getting a tutor."

Kofoed said she hopes to learn more about the culture, the language, and the way sports are run, especially hockey, skiing, and snowboarding.

"I hope to gain the ability to speak another language, be able to do things on my own, and be able to come back and tell people about it and get them more interested."

Jenna Walsh and Jessica Wehrheim will be enjoying sauerkraut and other fine

German cuisine while studying in Germany for eleven months. They are both studying German at Lakes and will be getting tutors to prepare.

"I already have my passport, and I am going to get my Visa soon," Wehrheim said, "so the only thing I really have left to do is study more German."

Both girls will be leaving mid-July and will be staying in the Berlin area.

"There's a tour that takes us all around Europe and I really want to see that," Walsh said.

Walsh and Wehrheim hope to learn about the different culture, be more familiar with the language and meet new people.

"I think the school will be the most different," said Walsh. "I plan to take German, English, and Latin because you have to take three or four different languages."

To help them feel more at home they both intend to continue various activities including horseback riding, but they also want to get involved in plenty of new things in Germany.

Alaina Africano will be living 11 months for "Hakuna Matata" in South Africa, but she does have some worries before she leaves.

"A culture shock" Africano said was her

worse fear. "Realizing I'm not in the U.S. anymore. And of course home sickness."

The main languages in South Africa are Afrikaans and English.

"I was never planning on being [an exchange student], but when I heard of it I went to a meeting and I thought, 'Wow, this is really cool.'"

Over the course of her time spent in South Africa Africano will have three host families.

"I don't know why more people don't do it, because it is an amazing experience that some people will never ever have." Africano said. "It's only eleven months out of my whole life, so it's really not that long."

Africano hopes to learn about the different culture, language, and how the people there live and act.

"I'm looking forward to everything," Africano said. "Just being in school with the other kids and learning to be like them."

Looking forward to being in South Africa, she hopes to gain not only experiences, but respect.

"I hope to gain more respect for our culture and other people," Africano said.

"Going to a different country and seeing how they do things and not just thinking,

'The United States is the ultimate awesome

Would you like meat with that?

By Sarah Horsch
Staff Reporter

Imagine going the rest of your life without eating any Skittles or Starburst. Well, if you ever decide to become a vegetarian you wouldn't be allowed to.

Being a vegetarian means not eating meat, fowl, fish or any by-product such as animal fats or gelatin. Vegetarians live on a diet of grains, pulses, nuts, seeds, vegetables and fruit. You can choose what kind of vegetarian you would like to be from vegan to even your own choice.

The American Dietetic Association has classified the vegetarian diet in to more specific classifications. The vegans or strict vegetarians do not eat any animal products including foods such as honey. Lacto-vegetarians exclude meat, poultry, fish, and eggs but include dairy products. Lacto-ovovegetarians exclude meat, poultry, and fish but include dairy products and eggs. Most vegetarians in the US are lacto-ovovegetarians.

"I'm a chicka-veg," sophomore Kimi Lillig said. "I remember the day before New Years I ate as much meat as I could to stock up for the rest of my life."

According to Lillig being a chicka-veg is where she is an average vegetarian but she eats chicken. Also, being a vegetarian you can be in between different classifications to fit what you like.

"I am not a vegan, but I am close to it. I'm more than a regular vegetarian, but less than a vegan. I don't eat eggs or gelatin, but I do drink milk," sophomore Anokhi Patel said.

Vegetarian foods are a major source of nutrition for most people in the world. Vegetarian diets can be simple and easy to prepare. Since vegetarians have such a healthy diet, they have lower rates of heart

disease and some forms of cancers than non-vegetarians.

"I used to get sick frequently, and now that I am eating the way I am, I don't get sick as often," Lillig said.

Some vegetarians do have to worry about not getting all the supplements they need. Some just take supplements and others consult a doctor.

"Anemia had been a problem for me, but with the guidance of my doctor, I got that all worked out. Other than that, I get pretty much everything that I need with my diet. This includes Indian food," Patel said.

It is even harder for young vegetarians to stick with their diets, especially in social settings. Though it may not be the friends who make it difficult to with hold their diet, it could be lack of resources in different settings, like school.

Being in school and being a vegetarian may be hard, but it's not impossible. At Lakes there is a way to stay on your diet, with the different salads offered, also with the fruit and vegetables offered every day. Other social settings also could include being at home. For some it may be difficult, but for others it is not.

"My entire family is vegetarian, so that makes life a lot easier. Almost all of my relatives are vegetarian too, so that makes things easy," Patel said.

Others may not have the easiest time at home being a vegetarian with their parents not wanting them to choose this diet because they wouldn't receive the proper nutrition they need, or with younger siblings eating everything they, and not giving in to the easy temptation.

"It's harder to have a brother who isn't because he sits there and taunts me with his food then eats in front of me," Lillig said.



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