

# What food labels are trying to hide

## EDITORIAL

By JEREMY GRANT

THE next time you're hungry and think, "I need a burger", chances are you will get yourself 20¢ worth of processed beef by-product that has been reprocessed phenomenally. Once you eat that chemical-infused burger, you have ingested 2060 kilojoules – that isn't going to do you a lot for your waistline.

This problem is relevant to everyone who eats processed foods.

One of the more cleverly described ingredients found in your bread is a chemical called L-cysteine, an amino-acid that makes up the protein in your body. Its main source is human hair and this is where big-company bakers get their "natural softener".

In the US, there's an artificial substance known as Citrus Red 2. It has only been allowed for use in the US for colouring the peel of oranges. Citrus Red 2 has been listed by the International Agency for Research on Cancer as a carcinogen. In simple terms, eating a lot of it could give you cancer.

No study has been made into

whether the chemical penetrates the fruit under the peel and contaminates it.

Did you know that chicken has 266 per cent more fat now than 40 years ago? Giant companies who don't really give a feather about their customer's health have allowed this to happen, and millions of people all around the world decide to eat these disgusting bags of preservatives and chemicals every day.

The Dieticians Association of Australia agrees that fast food, though healthy in moderation, can cause severe, life-threatening conditions such as cardiovascular disease and hypertension.

It has also been found that foods with a larger surface area can harbour more fat, salt and sugar, which makes them more tantalising and addictive.

Australians spend 15 per cent of their food money buying take-aways. There are studies that suggest sand is often used in fast food to prevent clumping of meat.

If we continue to consume this patchwork of inedibility, human life will suffer. We must rise from improvising real food with cheap alternatives if we want to survive.

Let's raise our chicken drumsticks in protest and demand that something be done to make this very complex issue simple again.



Cartoon: Julianna Burke



PAINTED: Molly Carlson, Nikayla Leary and Lauren McPherson enjoying the final festivities at Color Run. Picture: Kirra Hayter

# Newy hit with rainbow wave

By SARAH BAILEY-FARRELL, KYLE CARROLL, CHELSEA GILBERT and KIRRA HAYTER

ON May 5, Broadmeadow Race Course was hit with a splash of colour, when it hosted Newcastle's first Color Run. With a cut-off at 10,000 participants, the day was a sell-out.

The Color Run is known as the "Happiest 5km on the Planet" because of two simple rules: wear white at the starting line and finish plastered in colour. Participants run through a series of colour stations at each kilometre where they are hit with coloured powder.

The funds raised from entry fees go to Make-A-Wish Australia and the

Celebrate Life Foundation.

Many people from all ages and fitness levels participated in the 5-kilometre course on the day before celebrating in the finishing festivities that encompassed concerts, colour throws, photos, fun and food.

Participant Elise Barratt said: "It is the most fun I have ever had running. A great day and going to a good cause."

The Color Run over the last year has become one of the biggest fundraising events on the planet. Earlier this year, Sydney had 20,000 participants attend its colour-filled day.

The Newcastle Color Run was deemed a very successful day, with organisers planning to make it an annual event.

# Council still bypassing a needed bypass

By SHAY-ANNE GARTON and JAKE SMITH

THE travel time from Nelson Bay to Fingal Bay is well over a 10-minute drive, despite it being only a couple of kilometres away.

Port Stephens Council has had a proposed bypass planned for more than 25 years. However, due to costs and lack of commitment by councillors, it is yet to be finalised.

Residents of Nelson, Shoal and Fingal Bay are keen for the bypass to go ahead.

"A bypass makes sense to

me. With the costs of petrol rising these days, cutting off a couple of kilometres will not only save time but money too," resident Natalie Tetevano said.

Another resident, Mrs Miniter, also spoke about savings.

"As a pensioner, any savings are appreciated and needed," she said.

The bypass would benefit both locals and tourists.

It would make it more convenient to travel to Fingal Bay by cutting the travel time, traffic congestion and petrol use.



WAITING: The proposed bypass. Yellow shows the usual route; red the new route.

Image: Jake Smith

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