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There will be no issue of The Insider in December due to the trimester change, see you in January!
Eating Spots

Favorite Eating Spots

By Alyssa Munoz

Wabi Sabi - This is a Japanese Teppan Steak House and Sushi Bar. It's a great place to enjoy with family and friends. The chef creates an experience as he entertains you while he cooks your meal table side.

Fuddruckers – A great burger place. Many people love this restaurant, where you can build your own burger. They also offer a toppings bar where you can add as much of your favorites as you like. I personally also really love the name of the restaurant.

Lucille’s Smokehouse - This place is a great BBQ restaurant and smokehouse. They have good service where the wait staff are ready to bring you what you need. This restaurant offers Southern and Cajun style meals. I like that after your meal, which can be a little messy, they will bring you warmed wet napkins so you can clean your hands.

Buca di Beppo – This is an Italian place that feels very cozy because of the décor. There are a lot of framed pictures of many Italian families. This is a place you want to arrive hungry, as they have big portions that serve 2 or more people. There is a special table in the kitchen where you can see all the cooking while you eat your food. A reservation is a must if you want to dine in the kitchen table.

Black Angus - This is a steak house that is very known because of their good steaks. They also serve seafood, and they have a comfortable atmosphere.

Old Spaghetti Factory - This place is all about spaghetti, and other traditional Italian food. Inside the restaurant there is a train car that people can sit and eat in, which makes it fun if you have younger children. The atmosphere here is very warm with dim lights and feels comfortable. I like that they offer Italian Ice.

Outback – This is a steakhouse that names a lot of menu options based on the Australian Outback. They are known for their honey wheat bread which they serve on a cutting board with a steak knife. It is a delicious place to eat.

Yard House - This is an American upscale casual eatery. Yard House offers great sandwiches, and other American dishes. They play classic rock music, and it is usually filled with a lot of people, especially during the evenings and weekends. This is a very popular place.

California Pizza Kitchen - They have plenty of pizza, but there are also tacos, sandwiches, soups and salad. It's known as the home of the original BBQ chicken pizza. Another good thing about this place is that they offer gluten-free pizzas as well.

Joey’s BBQ – This is a Texas style BBQ place that is pretty much ribs or chicken. Even though there aren’t a lot of options, what they do offer is very delicious because they have used the same recipe for 25 years. It is a family owned place that was established in 1978. They do mesquite charcoal and hickory wood cooking, which is what gives it the great flavor.
The New Shows
By Miguel Perez

Gotham — Mondays 8-8:30pm/FOX
Gotham tells the story behind Commissioner James Gordon’s rise to prominence in Gotham City years before Batman’s arrival.

The Flash — Tuesdays 8-9pm/CW
The adventures of scientist Barry Allen, who awakens from a coma and gets gifted the power of lightning speed.

How to Get Away With Murder — Thursdays 10-11pm/ABC
A group of ambitious law students and their brilliant criminal defense professor become involved in a twisted murder plot that promises to change the course of their lives.

Stalker — Wednesdays 10-11pm/CBS
Victims of stalking and the detectives of the Threat Assessment Unit of the LAPD investigate crimes.

Outlander — Saturdays 9-10pm/STARZ
Follows the story of Claire Randall, a married combat nurse from 1945 who is mysteriously swept back in time to 1743 Scotland.

Forever — Tuesdays 10-11pm/ABC
A 200 year old man works in the New York City Morgue trying to find a key to unlock the curse of his immortality.

True Detective — Sundays 8-9pm/HBO
The lives of two detectives, Rust Cohle and Martin Hart, become entangled during a 17-year hunt for a serial killer in Louisiana.

Scorpion — Mondays 9-10pm/CBS
An eccentric genius forms an international network of super-geniuses to act as the last line of defense against the complicated threats of the modern world.

The Strain — Sundays 10-11pm/FOX
A thriller that tells the story of Dr. Ephraim Goodweather, the head of the Center for Disease Control Canary Team in New York City. He and his team are called upon to investigate a mysterious viral outbreak with the hallmarks of an ancient evil strain of vampirism.

Star Wars Rebels — Mondays 9-9:30pm/Disney XD
A brave and clever ragtag starship crew stands up against the evil Empire as it tightens its grip on the galaxy and hunts down the last of the Jedi Knights.
Sports Rituals
Compiled by Dylan Manos

1. Oakland Raiders defensive lineman John Hendricks has to get slapped in the face before every game.
2. Michael Jordan wore his college shorts under his NBA shorts every game.
3. Tennis champion Serena Williams wears the same socks for a whole tournament.
4. Houston Rocket Jason Terry wears 5 pairs of socks every game.
5. Detroit Piston Caron Butler used to drink a whole 2 liter bottle of Mountain Dew before every game.
6. Liverpool’s center defender Kolo Toure has to be last on the pitch.
7. Jason Giambi and teammates wear a golden thong if in a slump.
8. LSU football coach Les Miles eats turf during games. (pictured)
9. Middle linebacker Brian Urlacher eats 2 chocolate chip cookies before a game.
10. In MLB if the pitcher is throwing a no-hitter, players can’t talk to the pitcher and the pitcher has to sit in the same spot in the dugout.

Thanksgiving Survey
By Evan Miranda

Thanksgiving is best known for turkey, pumpkin pie, and being created by the Pilgrims and Indians. I asked the opinion of 50 junior highers on 3 topics:

Thanksgiving was created as celebration between the Pilgrims and Native Americans after the defeat of a rival tribe. Which would you rather be at the time: a native or a pilgrim?
Like anything, pie has developed and changed to include flavors such as apple and cherry pie. What is your favorite kind of pie?
Turkey is the most recognizable dish when you think of Thanksgiving. But some families don’t always have turkey. What does your family make for Thanksgiving?

The results are as followed:
Pilgrims beat Native Americans 28 to 22 or 56% to 44%.
Top pie is pumpkin at 50%, then apple at 34%, banana cream and cherry at 4% each. A four-person tie with chocolate, blueberry, mathematical (whatever that taste like) and someone who hates pie at 3% each.
Turkey won at 54%, in second ham at 36%, third was tamales at 4%, and a three-person tie with chicken, ribs, and carne asada at 2% each.

Would You Rather...
By Mary Cullity

Be 4’3” all your life OR Be 7’8” all your life?
Have fingers for legs OR Have legs for fingers?
Sweat mayonnaise OR Change genders every time you sneeze?
Knowing the date of your death OR Knowing how you will die?

Getting away with murder, but living with the fact you killed an innocent person and going insane OR Going to jail for a crime you didn’t commit?

Your mind as an iPod, but it is stuck repeating one song OR Not being able to listen to music ever again?
Being able to communicate only through song OR Being able to communicate only through carrier pigeon?
Looking like Jar Jar Binks OR Talking like Jar Jar Binks?
Finding out your whole life is a dream and wake up as a baby OR Finding out your whole life is you as a child imagining your future?
Strict Dress Code?
By Mia Godinez

I know that the dress code has been stricter before, but I think that we can make it less harsh. The boys’ dress code is fine, I asked Justin Noppert 8th grade student how he feels about the dress code, he said “I think that it is dumb that we can’t wear plain white t’s” I think that girl’s dress code is too strict. It is becoming an issue between the girls and boys in school. They are making a stricter dress code for the girls because, I think that they think if girls are more covered the boys will do better cause they are less distracted. The dress code telling girls that her body is bad and needs to be covered. Another thing is that she thinks she can control others with what she wears.

I think that it is dumb that we can’t show our shoulders. It is a dumb idea. If girls want to wear tank tops let them but don’t let them wear spaghetti straps or short shorts. In the student handbook it says that “parents control what your student wears” so shouldn’t we be allowed to wear what our parents approve for us to wear?! Why can’t we wear beanies? That is a dumb. We just want to show a fashion statement. I feel like the school is trying to say that we can’t control what to wear and what not to wear. We know what to wear and what not to. We aren’t going to come to school wearing crop tops and super short shorts, but we will come in a cute tank top, we would still look decent if we are wearing tank tops and shorts. We aren’t going to look trashy because we don’t want to look like that. We just want to wear tank tops and shorts.

I would be happy to talk to the school about dress code and express how I feel to Mr. Cummings. I hope in the future we can change our dress code and be able to express ourselves in our clothes.

Human Facts

In order to taste something, our saliva needs to dissolve it.
You’ll be about 1 cm shorter when you are asleep because when you are awake and moving during the day your cartilage in your spine slowly compresses throughout the day.
For every pound of fat gained, you add 7 miles of new blood vessels.
An average person produces about 2 swimming pools of saliva in a lifetime.
Your brain takes up 20% of the total oxygen and blood in your body.
Every day your heart creates enough energy for a truck to drive 20 miles.
Humans are the only mammals that cannot swallow and breathe at the same time.
Sweat is odorless, it’s the bacteria on our skin that is combined with the sweat that makes body odor.
Like fingerprints, everyone has a different and unique tongue print.
Over the course of your lifetime you will shed about 40 lbs. of skin.
**Teacher of the Month:**

**Mrs. Consiglio-Lahti**

By Darren Mercer

Mrs. Consiglio-Lahti was born on July 8th in Los Santos, CA. She's 30 years old, has been married 6 years, and has two children, Ashton and Audrina. Mrs. C has been teaching 8th grade Physical Science for two years, but before that she taught chemistry for people going into the army.

When Mrs. C is on her free time she loves to shop, Pinterest, cook, and take her kids to new places like the zoo. Her favorite holiday is Thanksgiving because, she likes to stuff her face with dessert. Mrs. C's favorite movie of all time is *Night at the Roxbury*, and her favorite book is *Freakonomics*. When Mrs. C was young she did cheer/gymnastics and loves flamingos. Mrs. C went to Oregon State University and Azusa Pacific University.

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**Detention: What for?**

By Derek Seward

Do you think detention is a good punishment or not? Most 7th & 8th graders think it's pointless, nobody can really argue with that. Personally, I think it's a waste of time. Why? Because it doesn't teach us anything. When I got home from detention, all I learned was patience. Teachers seem to hand them out like it's supposed to teach us a lesson. If you're trying to teach us a lesson, make us call our parents in front of the whole class or if their parents don't care about their child then make us eat lunch in the principal’s office.

I feel like the older we get the less we care. This means less detention because the teenagers just don’t care about it, we don’t learn from it. The thing that we really learn from it is how to talk without getting caught. I think teachers need to understand that detention is a waste of time for all of us. Teachers don’t want to stay after school to watch the students that are unable to follow directions in class when they have somewhere to be.

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**Kids and Sports**

By Brian Phung

Kids play sports because it helps them to stay active and keep fit, but those are not the only reasons why kids play sports. It also increases their studying because their brain helps them release stress from work. It helps kids stay away from diseases like diabetes. It also builds up confidence and a positive attitude. It can reduce pressure in their minds and helps them to concentrate on what’s important. It will help kids be more friendly and more social to people. Also, martial arts can teach kids patience.

It’s also fun for kids to play sports. They sometimes compete and sometimes play for fun. Sometimes kids quit sports because they think that it’s not fun. Many adults think that winning is a big reason why kids play sports, but it’s not. They play to have fun. They learn teamwork and improve their skills when they play. It’s also being a part of a team. If a team doesn’t know what to do and doesn’t have anybody to count on, a coach is always there when they need him/her. He/she will tell them what positions they’ll be in or to encourage them to do their best. All in all, those are the facts on why kids play sports, so go play!
Cell Phones in School
By Susana Ferris

Do you think that students should be allowed to use their cell phones in school? If so, you are reading the right article. Cell phones are great tools for students, especially in school. I personally think that cell phones should be allowed in school and there are many people that agree with me.

First, cell phones are a big part of today’s society, especially in education. From what I have heard and researched most teachers think that cell phones are distracting because of texting and other uses like social media. Not all teachers think cell phones are distracting, some think they should be used in school because they are great learning tools. They are not distracting if all the students are using them properly. For example, if you needed to research something for class you can do it on your phone. I know most schools have one or two computers in a classroom, or even a computer lab, but most of the time that’s not enough.

In this economy today, not all schools have enough money to provide the materials students need. Another reason would be that they’re safety tools. If there was an emergency and the school lines were shut down the students could contact their parents or 911 from their cell phones. Also, if you needed to call someone that’s not on your emergency card they’re probably on your in your contacts.

The last reason I would offer is cell phones can increase the excitement in education for students, especially teens. It’s boring looking through books to find answers, so why not just have them look it up in their phone? It would be much easier and faster rather than flipping through the pages trying to find an answer. Also, instead of having your hand hurt after writing a lot of notes, with a cell phone you can just take a picture of the notes or voice record the notes that the teacher says.

In conclusion, students should be allowed to use cell phones in school. There are many reasons why students should be allowed to use their phones in school, but I just gave you a few good ones. Cell phones are important and are a big part of today’s society.

Movie Preview:
Interstellar
By Alexa Hartley

Matthew McConaughey (Mud, A Time to Kill), Jessica Chastain (The Zookeeper’s Wife), and Anne Hathaway (Les Misérables) star in the movie, Interstellar.

Interstellar tells about how a strange rip in space time opens and it’s up to NASA to explore and provide hope for mankind because soon the Earth will be coming to an end.

Interstellar is directed by Christopher Nolan (Dark Knight Trilogy), is a Sci-Fi Mystery and Adventure. It is rated PG-13 because of some extreme perilous action and brief strong language. This movie’s wide release comes out on November 7th, but Paramount Pictures and Warner Bros. announced the strange pre-release on Wednesday, where Interstellar will play in 225 select North American theatres on November 5th.

Christopher Nolan knows how to make a movie look great and always has great performances out of all the actors he works with, so I think Interstellar will be a great movie to see with family and friends.
Thanksgiving Crafts

By Madison Gonzalez-Givens

Do you ever want to impress your guest on Thanksgiving Day with crafty desserts? If so, then you’re reading the right article to get you ready. It’s not only a good way to impress your guest, it will also be a lot of fun!

The first craft I’m going to tell you about are called Oreo Turkeys. You will need the following ingredients: Double Stuf Oreo cookies, candy corn, Whoppers, peanut butter cups, chocolate frosting, yellow frosting, optional red frosting, and black sprinkles. For the frosting you will need to use the little pre-filled tubes, which you can usually find down the baking aisle. The first thing you’re going to do to make the Oreo Turkeys is grab a cookie and just give it a squeeze of chocolate to make the candy corn stay better. Next you stuff five candy corns into the cookie where you applied the chocolate. On this step you’re going to want to do all the cookies that you’re making like this. You will then put a dab of frosting on the opposite side of the same cookie and place it on the edge of another cookie. This cookie will be called the “base.” While those dry, unwrap the peanut butter cups, and take a knife and cut a sliver off of one end. Once those are ready, flip your cookies over (candy corn side down) and it is easiest to set them up against a wall. Place a dab of frosting on the peanut butter cup, and place it on the cookie (where they meet). These little turkeys need heads, so you’re going to put a dab of frosting on the whopper and place in on the cookie to where it’s touching the peanut butter cup. While they are still lying against the wall, use a dab of frosting (preferably yellow) and apply the white tip of a candy corn and use it for the beak. Then put two yellow dots and place the black sprinkles on the dots that will be used for the eyes. Once the frosting has dried you can flip them back over and if you like you can take the yellow frosting and draw feet, then take the red frosting and add a little gobble. It’s simple, fun, and easy to do. I recommend making these as little snacks to put out for your guest.

The second craft is really easy and super fun to make! All you will need are marshmallows, dipping chocolate, Keebler fudge striped cookies, and yellow frosting. First you’re going to heat up the dipping chocolate. Next you take the marshmallows and simply dip them into the chocolate and place them on top of the fudge striped cookies. Then you take the yellow frosting and just make a little square where the cookie and marshmallow meet, making a pilgrim hat. This would go really nice next to the Oreo Turkeys!

These are just a few fun Thanksgiving crafty snacks you can make for all your guest on Thanksgiving Day. You can even hand them out to all your friends and even teachers. I recommend you do these for Thanksgiving because they’re really cute, tasty, and just fun to make. I hope you make these for someone that you are thankful for on Thanksgiving Day.
32 Ways to Eat Pumpkins!

By Jordyn Strassenberg

1. Pumpkin yogurt
2. Pumpkin seeds
3. Pumpkin Pop-Tart
4. Pumpkin cookies
5. Pumpkin smoothie
6. Pumpkin soup
7. Pumpkin butter
8. Pumpkin waffles
9. Pumpkin marshmallows
10. Pumpkin pancakes
11. Pumpkin donuts
12. Pumpkin muffins
13. Pumpkin bagel
14. Pumpkin oatmeal
15. Pumpkin cheesecake
16. Pumpkin challah
17. Pumpkin salad
18. Pumpkin puree
19. Pumpkin spice latte
20. Pumpkin bars
21. Pumpkin cake
22. Pumpkin lasagna
23. Pumpkin pizza
24. Grilled pumpkin
25. Pumpkin panini
26. Pumpkin cinnamon rolls
27. Roasted pumpkin
28. Cooked pumpkin
29. Pumpkin Nutella
30. Pumpkin pie
31. Fried pumpkin
32. Stuffed pumpkin

Book Review:

Insurgent

By Calyssa Gutierrez

Insurgent was written by Veronica Roth. Insurgent is the second book in the 3 part Divergent series.

The book is an amazing story about a girl named Tris Prior who is called a Divergent. A Divergent is a person who does not fit in with just one faction. The book has some warfare, romance, and many people die.

Tris and her friends traveled to Amity, the peace faction, where the few surviving Abnegation, the selfless faction, had settled after the war broke out. Soon after they arrived faction traitors (some Erudite and Dauntless) came to Amity to kill the remaining Abnegation. Since Tris and her friends weren’t part of the traitors, they left Amity and hopped on a train. Once they were off the train and slept at the factionless safe house they went to the Candor’s, the honest faction, headquarters where the rest of the Dauntless were settled. During their time there Dauntless traitors attacked, tried to find the Divergents, and put a serum into their arm. A few weeks later the factionless and Dauntless fight against the Erudite, the intelligent faction, and win. They are left with no faction and have to figure out their new lives.

Insurgent’s grade level is 5.0 and is worth 16 AR points.
In Theaters:

November 7 — Interstellar, Big Hero 6, Jessebelle, Rose Water, The Theory of Everything, Open Windows

November 14 — Dumb & Dumber To, Beyond the Lights, Foxcatcher, Bad Turn Worse, Wolves

November 21 — Mockingjay Part 1, The Imitation Game, Extraterrestrial, V/H/S Viral

November 26 — Penguins of Madagascar, Horrible Bosses 2, Escobar: Paradise Lost


On Blu-Ray & DVD:

November 4 — Maleficent, Hercules, A Most Wanted Man, Planes: Fire & Rescue

November 11 — How to Train Your Dragon 2, Let’s Be Cops, Tammy, Happy Christmas, Drive Hard

November 18 — 22 Jump Street, And So It Goes, If I Stay, Into the Storm, Sin City: A Dame to Kill For

November 25 — Expendables 3, The Giver, Tyler Perry’s A Madea Christmas, What If, The November Man, Step Up: All In

December — Dawn of the Planet of the Apes, The Hundred Foot Journey, The Congress, Guardians of the Galaxy, Dolphin Tale 2, When the Game Stands Tall, Teenage Mutant Ninja Turtles, The Equalizer

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<tr>
<th>Movie</th>
<th>Starring</th>
<th>Storyline</th>
<th>I Think...</th>
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<tbody>
<tr>
<td>Interstellar (PG-13)</td>
<td>Matthew McConaughey, Anne Hathaway, Jessica Chastain,</td>
<td>Group of explorers use a newly discovered wormhole to surpass human space</td>
<td>Will be a great movie, especially with Matthew</td>
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<td>November 7</td>
<td>Bill Irwin</td>
<td>travel limitations.</td>
<td>McConaughey!</td>
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<td>Big Hero 6 (PG)</td>
<td>Ryan Potter, Scott Adsit, Jamie Chung, T.J. Miller</td>
<td>Inflatable robot Baymax and friend Hiro help form a group of high-tech</td>
<td>This should be cute and funny because of the</td>
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<tr>
<td>November 7</td>
<td></td>
<td>heroes.</td>
<td>antics of Baymax the robot.</td>
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<td>Dumb &amp; Dumber To (PG-13)</td>
<td>Jim Carrey, Jeff Daniels, Laurie</td>
<td>After 20 years, the dimwits journey to find their long-lost children in</td>
<td>This should be hilarious, thanks to the</td>
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<tr>
<td>November 14</td>
<td>Holden, Kathleen Turner</td>
<td>hope of getting a new kidney.</td>
<td>reuniting of Jim Carrey and Jeff Daniels.</td>
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<tr>
<td>Mockingjay Part 1 (PG-13)</td>
<td>Jennifer Lawrence, Josh Hutcherson, Liam Hems-</td>
<td>Katniss spreads her wings from District 13 in a fight to save Peeta and a</td>
<td>Hopefully Mockingjay is consistent with the</td>
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<tr>
<td>November 21</td>
<td>worth, Woody Harrelson</td>
<td>nation.</td>
<td>action of the book!</td>
</tr>
<tr>
<td>Penguins of Madagascar (PG)</td>
<td>Tom McGrath, Chris Miller, Christopher Knights,</td>
<td>Birds must stop the villainous Dr. Octavious Brine from destroying the</td>
<td>Can’t wait to see those hilarious, penguins</td>
</tr>
<tr>
<td>November 26</td>
<td>Benedict Cumberbatch</td>
<td>world.</td>
<td>back in action!</td>
</tr>
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9/23—10/22
If your mom or dad is taking a night class, be understanding and try to help out more around the house. They'll appreciate your thoughtfulness and it will help everyone out in the end.

10/23—11/21
You've been putting it off, but now's the time to make that big decision. Your brain and your heart know what to do -- you just need to trust yourself and take action.

11/22—12/21
The coolest person ever will soon appear in your life. Maybe it's a cousin you never knew about or maybe it's the new transfer student. Either way, they'll totally change how you see things.

12/22—1/19
You have a big plan to help your community, but you may need a little assistance to get things off the ground. Call on your friends, teachers and family -- they'll be glad to lend a hand.

1/20—2/18
You've been dying to break out of the same old mold and here's a perfect opportunity for you. Just make sure you clear it with your resident authority figures before you launch into it.

2/19—3/20
Somebody older than you will figure prominently. Whether it's a teacher or some other adult, expect a big boost to your ego. Let it go to your head -- you deserve it. Just don't brag too much around your pals. They don't want to hear it.

3/21—4/19
A teacher, parent or counselor will say just the right thing to light a fire in your soul. You're inspired and motivated to do great things. The stars say you can do just about anything you put your mind to.

4/20—5/20
You have a million and one ways you could improve things for your family, your friends and your school. Go ahead and write them down before you act. It's a day for big thoughts.

5/21—6/20
Whoa, things are getting just a little too weird around here. Stop snoozing and pay attention, because you need to fend off the funky (and possibly bossy) behavior of others.

6/21—7/22
Hey -- you know those muscles in your face? You know, the ones that push your lips up into -- oh, what's that thing called again? Right, a smile. You need to do more of that pronto.

7/23—8/22
You can meet up with all kinds of interesting and stimulating new types right now if you make an effort to branch out and do things a little differently than you normally do. So what are you waiting for?

8/23—9/22
Ever think about parting your hair on the other side? Or wearing something funky and totally unlike you? How about approaching someone you've never talked to before? Take a chance.
Taco Bell
By Emiliano Palmerin

Have you ever been in a situation in which you couldn’t decide either to eat at Taco Bell or Del Taco? Well I am going to tell you why I think Taco Bell is a better restaurant and why you should choose it over Del Taco.

First off, Taco Bell has some unique choices that give it an advantage when talking about creativity. Taco Bell has creative choices such as the Doritos Locos Tacos in which they use Doritos for the tortilla shell. Another reason why Taco Bell is better is that Del Taco is forgetting the standard for taco restaurants by adding French fries, burgers, and milkshakes to the menu. And the final reason that makes Taco Bell a better restaurant is that they have bigger items. Yes, people say Del Tacos tacos are 49 cents and Taco bells tacos are 79 cents, but Taco Bell has bigger items.

Overall, between the two of them I think it would be better to choose Taco Bell because they are more creative, have bigger items, and Del Taco is forgetting the standard for taco restaurants.

Del Taco
By Ian Dayley

Have you ever wondered which of two main restaurants, Taco Bell and Del Taco was better? It is sometimes hard to decide which of them to go to. People have their own opinions on which of the restaurants is better, but nothing has been proven yet. Even though it hasn’t been decided, I believe that Del Taco is the better of the two. Here are some reasons why Del Taco is better than Taco Bell.

From doing my research, I have found out that Del Taco uses more fresh ingredients than Taco Bell. Most of the ingredients that Taco Bell uses are pre-packaged. For example, I once took a field trip to Del Taco and saw the employees cutting up the lettuce, shredding the cheese, and slicing the tomatoes. When I researched Taco Bell, I learned that the meats are processed, get packaged, and sent to the restaurants.

By comparing the prices Del Taco's regular tacos are fifty-nine cents every day, and on Taco Tuesday they are thirty-nine cents. On the other hand, Taco Bell's prices are one dollar and nineteen cents and they don't have Taco Tuesday. My sister always loved Taco Bell and always went there on her free time, but about two years ago she got food poisoning and was sick for three days. She went back there later and got sick again, and hasn’t been there since. Not only that, but I went there a couple months ago and everything I got had too much grease seeping through the taco shell. With Del Taco, I have never had a problem with grease or food poisoning, which is why I now go there all the time. Not only that, but Del Taco's fries are really good. Del Taco is one of the only chain restaurants to have crinkle cut french fries and Taco Bell's food tastes all the same.

These claims are some of the reasons why. Taco Bell has very good ideas for their menu, but most of them taste very similar. I'd choose the variety of fresh choices at Del Taco. Del Taco has a better value for your money, and Taco Bell's items are more expensive. The ingredients at Del Taco are fresher than at Taco Bell, and Taco Bell's tacos are greasier. Overall, Del Taco is a healthier place to eat and people should eat there instead of Taco Bell. These claims have pushed me to a limit where I may never go to Taco Bell again. So tell me, which one of the restaurants do you think is better?