

If Trump wins, there will be a price toupee

In politics, presidential plans are like New Year's resolutions: everyone's on board at first, but it's easy to dismiss the idea of a promise.

That's why a number of Americans don't want to vote. Politicians are hard to depend on, making the election process difficult.

Lying politicians are so despised that American voters are rooting for candidates who have no political past. Ben Carson is the second front-runner among Republicans, and he's just now abandoned his job as a neurologist to run for president.



by JILLIAN CHENEY

entertainment editor

Ask anyone sensible why Trump is popular, and they'll tell you that it's because he doesn't sound like a politician. That makes sense because he isn't a politician, he never has been, and it's unlikely that he will be any time in the future.

Trump is a great businessman, though. He's a self-made trillionaire, and this means two big things for his campaign: he doesn't have anyone to answer to, and he knows a lot about how the flow of money works.

Most politicians receive campaign money from those with large income from stocks, which means they have to agree with whatever their sponsor wants. For candidates, it's typically worth creating a few minor bills while in office if they're able to win the election. Admittedly, Trump's outlandish statements can best be attributed to not having a filter at all, but having a ton of money helps.

Trump earned all of his money by working his way through business, and he knows far more about the economy than, say, a neurologist would. The personal experience gives him an advantage over his opponents, even if it's not the first thing that draws people to this eccentric candidate.

Voters want honesty from politicians, even if they don't exactly agree with everything that they're voting for. However, it's worth it to mention that it isn't worth it to vote for someone just because they're funny on Twitter. Though there are some fallacies in our democracy, most politicians genuinely care about what they're representing. Vote for Donald Trump if that's what you want, but be educated in your vote. That's the only way to sustain a successful democracy.

Body shaming is a *waist* of time

Social media presents harmful beauty standards for teenagers



by **JILLIAN CHENEY**
entertainment editor

Swipe. Talent: being the ugly friend. Swipe. A picture of a chubby baby with the caption: when you look cute, but your body is not ready for the summer. Swipe. Roses are red, pizza sauce is too. I ordered a large and none of it's for you. Swipe. A plus sized model, touched up and smiling, with the caption: "She's beautiful."

The question that's begging to be asked is: Why is she beautiful? Why do people call themselves ugly and then call an overweight girl beautiful?

You can claim any physical features as the reason she's attractive, but that's not the thought in anyone's subconscious. No, it's the fact that she's overweight, and people who run popular social media accounts have to make sure their followers know that they aren't judgemental and, yes, they can believe fat people are pretty,

too.

That's the thing about overweight people on social media. It's as if people pity those who aren't stick thin or fitness buffs, so they feel the need to say something nice in order to have at least mentioned this foreign sort of people. But only because they feel bad.

While some women are already body positive, it's difficult for most to overcome the standards that say a woman can only feel comfortable in her body at a certain weight. In fact, plus sized models and other bold figures - usually popular on some form of social media - are applauded by magazines and websites because they are somehow overweight and not obsessed with becoming skinnier. Ideally, that's how every woman should feel. Weight should not determine beauty.

And yes, it's important to stay healthy, and most healthy people are going to fit in the average BMI for their height and age,

but not everyone does. It's also ridiculous to promote unhealthy behavior (eating a whole pizza on your own, or claiming to have done so) and assume that people are going to be unhealthy and skinny. Not everyone has a high metabolism, and not everyone is interested in playing an intense sport - which is more than okay.

There are certain rules of social media that have developed regarding weight, and most of them aren't worth following. If multiple individuals - besides those who have set the precedent - opened up to universal beauty, unaffected by weight, social media would become a much more positive place, and women would feel much more accepting of their own bodies. That being said, here are a few tips to remember while you're scrolling:

Fashion is not dependent on body type. There's no specific person who can "pull off" any certain style of clothes - from crop tops to Nike shorts. As human

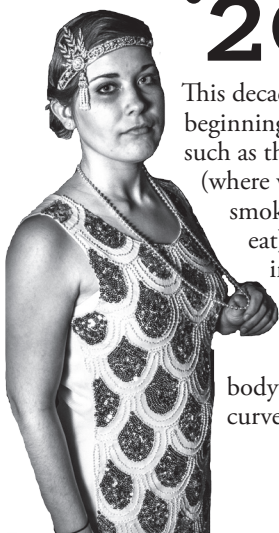
beings, we're given the liberty to decide what we wear. Remember that being skinny does not give the exclusive right to make a piece of clothing look good.

It's good to live healthy. This doesn't necessarily call for the creation of a fitness Instagram sponsored by protein powder or weight loss tea. Just don't glamorize overeating, then expect everyone to be stick thin. Not to say that pizza should be banned, but the saying goes for "too much of a good thing." Don't encourage eating disorders, either, even in a way as indirect as glamorizing the "perfect" hourglass figure. It's not realistic, and it isn't healthy by any means.

Body shaming is not cool. Don't call someone "porky" or tell them they gained weight over the break. It's not cool, and there's no way it actually makes you feel better about yourself. Accept other body types with your words, and you won't be so judgmental in your head, either.

Diets and styles of the decades

'20s



This decade signaled the beginning of fad diets, such as the cigarette diet (where women would smoke rather than eat) and scientists introduced the idea of calorie counting. The ideal woman's body was boyish and curveless.

'40s-'50s



The cabbage soup diet (which involves a lot of cabbage soup and water) became popular during the forties, and carried on for a few decades. Women started becoming more independent due to WWII, and their bodies started becoming more curvy and full figured.

'70s



The Atkins low carb diet was the trend of the '70s. Because carbs were eliminated from the average woman's meals, slender bodies with curves embodied the ideal figure of the decade. Tanning beds rose to popularity near the end of the decade and women enjoyed enhancing their natural glow.

'90s



This decade introduced the Blood type diet, where you eat the foods compatible with your blood type that "link you to your historical, evolutionary ancestry." Women's bodies were almost skin and bones and had no curves.

'30s



This decade established Hay Diet, and most meals consisted of the "plain food of the American table" such as meat and potatoes. The ideal body type was curvy and girlish to fit the role of housewives in society.

'60s



The Weight Watchers program started in 1963 and is still used today by women looking to lose weight. Women in the '60s flaunted twig-like and bony figures.

'80s



The '80s were known for the Beverly Hills diet, where women started by only eating fruit, then gradually adding in other foods. This was done in order to achieve the coveted hourglass figure featuring wide hips and broad shoulders. Wholesome figures were idealized throughout the decade.

Middle Eastern TERROR

Sophomore seeks to inform about spreading problem of ISIS

by **JILLIAN CHENEY**
staff writer

The Islamic States of Iraq and Syria are subjects that most people don't know about—and no, “ISIS kills people,” is not enough knowledge to have a general understanding of this terrorist group. Attacks performed by ISIS are disconcerting at best and downright nauseating at worst. If anything, this is a group that everyone should be informed about because it's such a popular topic in the world today and more relevant than people seem to believe.

Essentially, everything began with the terrorist group al Qaeda. There were a number of events leading to it, but ISIS began branching off in 2010 when the current leader was established in a position of power in the Islamic State of Iraq (ISI). Three years later, the leader Abu Bakr al-Baghdadi was joined by a military group from Syria, and ISIS was created.

Contrary to popular belief, this group does not have a sole purpose of killing. Each leader and member fully believes that he or she is fighting for the Islamic faith. The ultimate purpose is to restore the correct caliphate (or ruling group) over Middle Eastern lands.

In order to restore this caliphate, ISIS must conquer land all over the Middle East

and kill anyone who refuses to accept their beliefs. So far they have beheaded, shot, and performed mass killings of innocent men, women, and children.

It is sad, obviously, to think of the deaths of innocent people—such a quality is ingrained in human nature. However, most American people don't think it's something they should lose sleep over because they don't

live in the Middle East, so there's no chance of getting attacked. Maybe this is so, but topics such as ISIS are relevant to teenagers more than anyone else outside of the Middle East.

Multiple teenage males and females from across the world have attempted to join ISIS, and many of them succeeded. Only now do airports do multiple checks for protection.



Illustrations by Alex O'Gorman

Most of them met members of ISIS online and kept in contact with them for months. Some of them were Muslims who weren't happy with the way people of their religion were treated. One such boy said in a letter to his parents that America was evil for the way it treated Muslims.

However, some of them are simply joining for the purpose of joining. The girls who join are married to ISIS leaders, which gives them no freedom and puts them under the control of these ruthless men. Some are taught to fight and sent to join regular ISIS troops, but so far no American or European teenager has been automatically promoted to leader of anything. In fact, a few who joined of their own free will have been killed.

Articles have not specified a certain reason for the influx of teenagers joining ISIS, but whatever it is has won over dozens—enough to highlight airport security in many cities worldwide. This information isn't to say that everyone is naive enough to think that joining ISIS is a smart idea. It is simply a reminder to be cautious.

The world is constantly changing, and not everyone can be trusted. Not everything on the internet is true. It is better to be informed and opinionated than ignorant and opinionated. By knowing and understanding important world issues, it is much easier for one to hold their own.

No need for sweaty Psalms

Respecting beliefs of others should be important to all

"The reality is that most people who practice any religion— no matter how familiar it is to you— want to do so in peace. By persecuting those of a different faith, you become what you claim to despise."

by **JILLIAN CHENEY**
viewpoint editor

Oh, look! That person's wearing a turban; that must mean they're a terrorist. A Christian? Ugh. They probably hate homosexuals and everyone else because they're so 'high and mighty'. Yeah, I mean, praying is fine, but meditation is really weird, and I don't even know why people do it.



For those who have said any of the above (or any other related stereotypes on religion), consider this: everyone can believe and practice whatever they want, and your ignorant judgement and hatred is not required.

When the right to freedom of religion was first written into the Bill of

Rights, the most diversity in religious beliefs was between Catholics and Protestants. Now— over two centuries later— there are 313 reported religions and denominations in the United States, including Christianity and its various doctrines, Judaism, Buddhism, Islam, Neo-Paganism and New Age religions.

Admittedly, having hundreds of different religions in the country can be confusing, and there's probably no way to have a deep knowledge of each one without practicing them. However, there's no excuse for being ignorant about the belief systems you so desperately want to judge.

To clear some things up: yes, ISIS does claim to follow the principles of Islam. No, not every individual who practices Islam is in the terrorist group. Yes, there are some hypocritically judgemental people who claim to be Christians, but those who are legitimately devoted to the religion dislike the hate they spread just as much as you do. As a matter of fact, most of the pre-conceived notions you have about any religion are probably wrong.

Unfortunately, the ridiculous blanket statements about religious followers aren't the most concerning issue about the acceptance of diverse religions.

Prejudice is so deeply rooted in some that their hatred is taken to a dangerous extreme.

An unnamed shooter entered a community college in Oregon and killed 10 people. There were reports across the media on the shooting, and undoubtedly a series of hashtags created to pray for the victims and their families. However, very few mentioned the fact that the shooter targeted those who identified with the Christian faith. A survivor of the shooting said the shooter asked Christians to stand up, and told his victims that since they were Christians, they were about to see God in a few seconds.

See the issue yet? The shooting was tragic in itself, but the fact that he targeted students of a certain religion makes it worse. That's a violation of their right to practice their religion freely. If people have to worry about being shot and killed because they have a certain belief system, there's more of a problem than is currently being acknowledged.

The reality is that most people who practice any religion— no matter how familiar it is to you— want to do so in peace. By persecuting those of a different faith, you become what you claim to despise.

DUSTY DISCOVERIES:

Lee to release sequel to 'Mockingbird'

by **JILLIAN CHENEY**
staff writer

Harper Lee says in "To Kill a Mockingbird" that people usually see what they look for. This may be true, but sometimes surprises come when no one

is looking. In this case, it's a sequel to one of the most beloved novels of all time.

"Go Set a Watchman" is a story set approximately 20 years after "To Kill a Mockingbird." It will be released on

July 14, but is available for pre-order at Books a Million and many online stores.

"When I found out about the sequel, I couldn't help but be excited," sophomore Robin Cooper said. "I hate it when books end without closure in a sequel, so I feel like the story will finally be complete."

Most high school students have read Harper Lee's first novel in English class, and some sophomores began reading it not long after the sequel was announced. For many, this is an exciting opportunity to experience more of the characters they have analyzed over the past weeks. "I haven't finished it just yet, but 'To Kill a Mockingbird' has been great so

far," sophomore Kevin Thompson said. "I'll definitely be reading the sequel this summer, and I hope it lives up to its predecessor."

When "Mockingbird" was published in 1960, the civil rights movement was in full swing, and the book was popular partially because of its main theme of equality between races and unique individuals. Because of radically changed times, the unreleased novel may not be as relatable as was the first.

"I'm really curious about the sequel, but I'm not sure that it can live up to the first one," senior Haley Rogers said. "One of the main reasons 'To Kill a Mockingbird' was so amazing is because of the context that it was released in, and the same kind of message can't have that kind of impact today."

The typed work was found in Harper Lee's personal vaults after years left to gather dust. "Go Set a Watchman" was the novel Lee originally intended to publish, but her publisher said a novel set 20 years prior would bring more success.

The sequel will expand on the lives of familiar characters, and develop the views of Scout's father from the young woman's point of view. According to one article, the title comes from Isaiah 21:6 in the Bible, and will be focused mainly on Atticus Finch's role as moral guide.

"I think the publishing of this novel is really unique and fun, in a way," Cooper said. "Even if it may not win an award, a sequel to this incredible book will be a wonderful story to read."

