As we grow, we start to become self-conscious of how we look and how others perceive us. We want to imitate others, especially celebrities, and sometimes we fall in the trap of not accepting ourselves for who we are and how we look. We try to make ourselves feel better by buying expensive clothing, trying out new hair styles, but sometimes we push to the extreme and we start to throw up after meals or just not eat at all. These eating disorders are called anorexia and bulimia and they can seriously hurt our physical and emotional health.

Bulimia is when a person consumes copious amounts of food and when they are done they go to the bathroom to throw up. This process is called binge and purge. People who do this eat and then throw up to prevent from gaining any weight. People with bulimia have the fear of gaining weight and are unhappy with the way they look. Another disorder that affects teens is anorexia. Anorexia is a psychological disorder when a person believes that they are fat. Symptoms of anorexia include over-exercising and eating minimal amounts of food. Some people even go to a point of starvation because they feel that they have control over their own body.

There are many causes of anorexia and bulimia. Some people may say that the media has is to blame, but there are many factors that may cause these disorders such as influences from friends, culture, biology and stress. The best way to cope and go through this is by loving yourself for who you are and not letting anyone tell you that you are not good enough. It is also important to seek a doctor for professional help as well.

by Sara Del Villar

CONTINUED ON PAGE 3
1. When did you first start singing? I started singing since I was a little girl... It’s been too long!

2. Use 5 words to describe your type of music. Anything good that I seem to like.

3. What are some tips you can give to new singers? You don’t have to sound like an American Idol contestant to be a good singer.

4. What types of songs do you sing? I love singing Disney songs!

5. Who inspired you to start singing? People I heard on Z100.

6. If you write your own music, where do you get inspiration from when you write songs and what’s your favorite part about the process? I don’t write my own music. But if I found inspiration somewhere, it’d be from past experiences and things I am passionate about.

7. What’s your motto or the advice you live by? Go hard or go home; you only live once.

5. Who inspired you to start singing?
Michelle Branch is my one and only inspiration.

6. If you write your own music, where do you get inspiration from when you write songs and what’s your favorite part about the process?
My inspiration can be traced back to the remnants of my high school life and the tumultuous tides of my college experience which bring forth quaint memories of expired romantic escapades, faded relationships, and stirring friendships waiting to be rekindled. When I song write, usually the lyrics come first because a collapse of words has such an impact on a page. Forging lyrics on paper, and recording my track on the USB microphone are my favorite moments.

7. What’s your motto or the advice you live by?
My life motto is “There is nothing real and really nothing.” I continually subscribe to nihilism and adopt the post-modern perspective of society where truth is out of reach, and authenticity (from the “heart”) is questionable. If there is any kind of optimism, I recite the phrase, “Carpe Diem”, and carry around Hume’s idea that the future does not resemble the past.

8. What are the five things you can’t live without?
If I was on an island, I must must must have my guitar, my book(s), my cassette player, my clothes [!], and nutritional no-msg food to encourage my longevity.

9. What hidden talents do you have?
I don’t think I have hidden talents; if I have them, they’re still lying dormant, waiting to be discovered.
HEALTHY RELATIONSHIPS

Many people have different criteria for a perfect soul mate. Some want handsome, tall, dark, charming, pretty, etc. But these characteristics should not be the only things people look for in a perfect partner. Finding a romantic partner is like having a best friend. You should be comfortable telling them anything and should not hold back. You should be able to feel very happy with this person.

In today’s society, it is noticeable that teens tend to jump into relationships without getting to know the other person. They enter that relationship because the other person appeals to them physically rather than emotionally. Later into the relationship, both individuals will realize how the other did not live up to their expectations.

You will know that the person is your perfect partner when you are completely comfortable with that person in your own skin. By then you will not need to judge your partner by the way he or she acts because you will be able to accept your partner for who he or she is.

by Peter Chan

BODY IMAGE

Body image is dependent on society’s opinions and perspective. It is something that constantly changes over time and will continue to do so. People say that body image doesn’t matter and all that matters is your personality. But these people are wrong because the majority still judges body image. You can try and change yourself to fit into society’s mold of the ideal body image. However, in many cases this is impossible, so the simplest solution is just to accept yourself for who you are. Who cares if everyone cares that you’re not skinny, or not pretty or even outright hideous? Beauty is in the eye of the beholder; and if you see and believe yourself to be pretty, then you are.

by Man Jun Li

OPEN MIC MOMENT

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