



# Columbia Eagles' Watch

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## Body Image: Society's values should not dictate our individual choices

By Samantha San, Editor



Left: without make-up. Right: with make-up.

Do any of you ever think about how you look? Or feel down every time you see someone you think that is above you or looks better than you?

Why is that?

Why does society advertise photos of girls who are skinny or images of what society says are "beautiful" women? Why are guys always pictured in advertisement as buff or sexy?

Girls and guys alike probably put themselves down when they look at a magazine and see a pretty girl or a guy with a six-pack because they think, "Oh, we're supposed to look like that."

But that is not true at all.

Girls, women, and guys can be beautiful in any shape, or size. Beauty, after all, can be described in many ways: it's just how you see it.

For example, beauty can be seen in looking natural, or expressed in being confident, or in developing a winning personality or good character.

Nor am I talking about how you dress because, as long as they're neat and clean, your clothes should not define you.

What I'm talking about is how you feel about your own appearance, and how you feel about yourself, inside and out — something you, not others, control.

In my opinion you can look pretty in many ways; it's just a matter of being confident in yourself because you accept who you are and are always trying to improve yourself inside and out — not because some advertiser in a cheap maga-

zine or television commercial says you need to look a certain way, but because you want to be a certain way.

And, yes, it's okay to feel comfortable in your own skin because we are humans, and we are free to eat what we like.

No human being should worry excessively about their weight, or eat small portions just to stay really skinny in an effort to meet society's definition of beauty. No one should feel forced to become the perfectly-formed, six-pack athlete.

What you should worry about is eating healthy and being healthy.

Sometimes girls and even guys can care so much about how they look that they become anorexic, which is a great health risk. Girls often wear a lot of cosmetics that cover up their beautiful, natural skin.

Why do girls even wear cosmetics anyway? Ms. Schommer, a seventh-grade teacher, offered this insight: "To alter their looks because they want to be more beautiful or even to catch a boy's atten-

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## Smash Hit: Columbia's Big Drama Crew Wows Audiences with Annie Junior!

This year's 2009 Drama class performed the classical play, Annie Jr.! The choreography and director of this highly successful play was the man who is also a great musician, Columbia's own Mr. Jansen.

He brought excitement to the crowd of family members and friends with his crew: Melissa Mendoza, who played the lead role, Annie, Cynthia Millian, who played two roles, Sandy and a policeman, Evelyn Ortiz, who played the role of Sunny, Kaylee Truong, who played Grace Farrell, and many other students who participated in the play as on-stage characters and behind-the-scenes stage hands.

Students that participated in the play thought it was a bit difficult. Melissa Mendoza said, "Memorizing the lines was hard, but I wanted this part, so I just worked harder." Guillermo Duran agreed: "It was challenging, but a lot of fun."

Whatever the cast and crew did to meet their various challenges, it worked like magic. They were successful and the crowd loved them.

"The play was awesome — all the way through," said Crystal Munoz. Eighth-grade student Diana Munoz agreed: "They all did so well. I really liked it."

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Columbia students putting on a real show for parents and friends — Left: Evelyn Ortiz, Alejandra, Melissa Mendoza, Right: Teresa Nguyen, Karen, Alissa perform one of the many songs in Annie Junior, continuing a long tradition of entertainment excellence under the direction of Frank Jansen, Columbia's music, band, and drama teacher. Other performances are being planned during the school year

## Eighth-grade outing begins new school year by renewing friendships, building school spirit

On October 16, all Columbia eighth graders went on a field trip to the pools and the park. There were activities and games that students participated in, but mostly students sat down under the nice breeze and relaxed.

Lizabeth de Leon said, “Yes! It was awesome even though it was hot.” Christian also agreed, “Yeah! I had fun at the park because I was hanging out with my friends!”

As all the eighth-grade students had an hour of socializing with their friends, many eighth-grade teachers had set up a couple of games for them to participate in. There was Tug-O-War, lodging logs, and other games that dealt with teamwork.

Most students who wanted to participate did so, but some chose to relax. Rosario said, “I relaxed with friends because it was hot and not everybody got to

play all the games.”

As the park activities ended, all eighth graders headed out to the pools as the teachers lead them safely there. This year not many students went inside the pool area. But even though they did not go in, they still had fun.

Thy Pham said, “It was cool because it was a day to hang out with friends.” Estaban Orozco agreed: “It was cool because I kept winning at connect four.”

As for the teachers who didn’t get to have much fun, you’ll get a chance. After all, you get to teach us! Thanks to the teachers who made this day a fun, relaxing, good day for us, including Mr. Scull for teaching us the games, and thanks to our principal and vice principal, Ms. Garcia and Mr. Munoz. Even though a few things didn’t go so well for some students, in the end students enjoyed this day! ■



### Annie Junior

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Ms. Schommer, a seventh-grade ELA teacher with stage experience of her own, added, “It was wonderful: the cart wheeling, singing, and the groovy moves. It was well worth the evening.”

“It was amazing!” said one parent. “The cast, the props, and the costumes were awesome!” Ms. Garcia, our principal was equally impressed: “Their performance of Annie Junior was fantastic from beginning to end.”

Plus, Mr. Munoz, our vice principal, brought his daughter to the play. He also thought it was great, and said his favorite part was when they sang “Tomorrow.”

During the play there were a total of eleven scenes that the cast members performed and the stage crew supported. Not only that, there were musical numbers like, “Maybe,” “Hard-Knock Life,” “Tomorrow,” “Little Girls,” “I Think I’m Gonna Like It Here,” and “N.Y.C.”

“This sounds a looks a lot of work for students in middle school, don’t you think?” Mr. Jansen said. “But I had high expectations for them and they delivered.”

Cast members only had three weeks to learn the lines, but they did great. Three weeks! Wow! That’s actually not a lot of time to organize a stage crew, find the people who fit the various roles, ask cast members to learn their lines, get everything together, practice the play, organize the costumes, and complete all the other tasks that must be completed.

Of course there was important help from the artistic people at Columbia — students from Mr. Lachica’s class like Aerika Tong, Winnie Lee, Deon Tong, and many others.

These students worked their best and showed what they are made of. And the audience had a blast watching these students march on stage and perform. Cast and crew alike succeeded!

We can only wonder what other plays the drama class will be bringing to audiences at Columbia. ■

### Body Image

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tion,” Others say it covers acne, makes you look alive, or even makes you feel confident.”

But what about natural beauty? And isn’t it possible that wearing cosmetics can sometimes destroy your complexion and ruin your natural beauty? Cosmetics can cause acne, wrinkles, cancer, allergic reactions, and premature aging.

And as for attracting guys, one male student at Columbia stated, “Some girls who wear cosmetics put a lot on to the point where they look like a clown, or raccoon!”

As a girl myself I thought his statement was pretty funny — and maybe a little harsh, yet so true!

So, to the girls out there who wear a lot of cosmetics: if you’re trying to impress a guy or to get more attention from a crowd of people, you might not be getting the reaction you had hoped for. In fact, some guys might be more afraid of you than attracted towards you.

Remember, you don’t need to wear make-up to be confident in yourself: it’s an easy way out, a temporary solution to the problem of lack of self confidence. But you will pay a price in the end because you will not have developed true self confidence.

This message goes out to teachers as well! Teachers, you don’t need to wear cosmetics to look pretty because most of you female teachers should know that you are beautiful, and not even the people who disagree can change that.

Be comfortable in your own skin and learn to love yourself. Depend more on your own natural beauty, eat healthful foods, and exercise. Don’t be fooled by society’s definition of beauty.

And don’t let other boys or girls put you down: the truth is, if you take care of yourself and know who you are, people can’t put you down no matter what they do or say. ■