

- NATURAL LIFESTYLES DEBATED
- TEACHERS DESERVE RESPECT

OPINION

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Criticize the NFL

by Jonathan Friedland
Editorial Editor

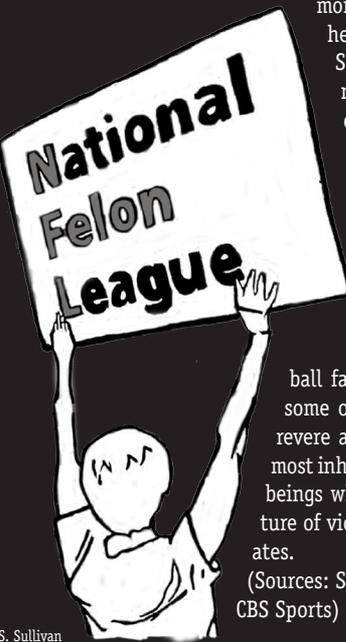


Every Saturday and Sunday, millions of people tune in to watch America's version of the Roman Colosseum games. Just as the Romans were apathetic towards what their convicts and subsequent gladiators did outside of the ring, Americans are now carefree towards what football players do off the field.

In the late stages of 2013, Florida State quarterback Jameis Winston was under investigation for a sexual assault in which detectives matched the attacker's DNA with Winston's DNA. The investigation was underway for more than a month, yet Winston continued to play with almost the entire Florida State student body behind him and against the accuser. On Nov. 21, Willie Meggs, a state attorney and a Florida State alumni, stated that charges would not be filed against Jameis Winston despite the DNA evidence. Winston went on to win the Heisman trophy and a national championship for Florida State.

In Sept. 2014, after missing only three days of team activities, Minnesota Vikings running back Adrian Peterson came back for week three of the National Football League's season. Peterson returned after being indicted on charges of child abuse and neglect after he attacked his four-year-old son with a stick to the point where the toddler was bleeding, bruised and needed emergency treatment. However, Vikings fans were not fazed by the attack, choosing to proudly wear their Peterson jerseys to the game; one fan even brought a stick to accompany her Peterson jersey. The Minnesota Vikings organization was also not too sympathetic to the injured child. "After significant thought, discussion and consideration," the Vikings let an abusive father back on the field as cheers rained down.

With 14 times as many arrests as the National Hockey League and four times as many arrests as Major League Baseball, it is evident that the NFL has created and fostered a culture of violence among its players, organizations, and most importantly its fan base. Millions of Americans are indifferent to Greg Hardy's domestic violence against his wife and are more concerned about when he'll return to football.



Some organizations, most notably the San Francisco 49ers, will not even suspend players like Ray MacDonald, who is under investigation for domestic violence when an abundance of evidence exists against him.

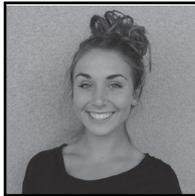
NFL and college football fans need to realize that some of the players that they revere as idols are some of the most inhumane, merciless human beings who only glorify the culture of violence that football creates.

(Sources: Sportsgrid.com, CBS Sports)

S. Sullivan

Organic lifestyles have health benefits

by Maddie Abene
Web Editor



In today's society, living naturally has become challenging. We substitute earth's natural resources with processed products of all sorts, making it virtually impossible to live a natural lifestyle.

Both our bodies and our environment are impacted negatively by our growing tendency to manipulate our environment and veer away from the way we are meant to live.

Genetically modified foods and excessive packaging take away from the benefits that eating was originally meant to have, resulting in health problems for both humans and the environment. Plastic foods wrapped in plastic wrap are extremely detrimental. Income and the cost of food dictates what we consume, making cheap and artificial foods the norm. We are playing a bad prank on our bodies by tricking them into feeling fulfilled by junk food. When people introduce processed foods to their bodies at a young age and continue to eat that way for the rest of their lives, they do not consciously know what they are missing out on: a body fueled by natural and energy-filled foods. The body, however, does not fall for such ruses. By eating healthily and exercising plentifully, you achieve complete happiness and live life to the fullest. Making the choice to



eat healthy, natural foods instead of processed, artificial foods will have a positive impact on everyone and everything in the long run.

People need a fulfilling environment in order to live naturally, which is why we should all be making a more obvious effort to take care of ours. In the most advanced parts of the world, living comfortably is increasingly taxing on the environment, as our standards of luxury and convenience require more and more natural resources. In desiring these traits when looking for a potential living space, we prioritize our comfort over the wellbeing of the environment. Once this happens, we find ourselves dealing with repercussions such as air pollution, increased natural disasters, and the loss of many other natural resources. In order to live in harmony with the rest of the earth, we must change the way that we live. It is important to live naturally for the benefit of our environment because, in caring for the environment, we are also caring for ourselves.

We use earth to keep ourselves alive and often forget to return the favor by protecting the life that is so generously given to us. The damage we inflict upon the earth negatively affects us as well. Living in synch with our environment and slowing down the rapid use of unnatural substitutes can improve life dramatically. We all need to make a more obvious effort to live naturally and encourage those around us to do so as well, for our own health and the wellbeing of our world.

GMOs are a safe and healthy option

by Dakota Rogers
Sports Editor



While GMOs, or genetically modified organics, might get a lot of negative attention, they make up an essential portion of modern produce and food supply. Genetically modified ingredients are in 60 percent to 70 percent of processed foods and can be found in grocery stores across the US. Those

who believe these "Frankenfoods," as they are sometimes referred to, are a dangerous substitute for organic produce have been severely misinformed. For the most part, Americans have willingly incorporated genetically modified food into their diets, thereby creating many positive impacts for both the farmers producing the food and consumers.

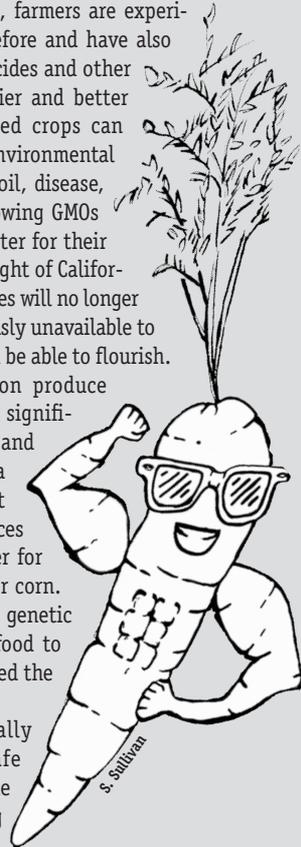
GMOs are organisms in which genetic material has been altered in a way that does not occur naturally. The act of genetically modifying foods is used to select an individual gene from one organism and place that gene into another. Modification is often used to give certain crops a stronger resistance to the cold and can also increase a crop's resistance to weeds, pests and diseases.

Genetically engineered foods are safe to eat and pose no threat to the consumer, despite what proponents of organic food insist. Every genetically improved organism is tested and examined by the Food and Drug Administration and the Environmental Protection Agency for potential health risks before entering the food supply. This guarantees safety in the consumption of genetically modified foods.

Due to the popularity of GMOs, farmers are experiencing greater yields than ever before and have also reduced their use of harmful herbicides and other pesticides while producing healthier and better tasting crops. Genetically modified crops can better withstand the effects of environmental changes, such as droughts, salty soil, disease, and insects. Therefore, farmers growing GMOs are not required to use as much water for their crops, which is especially good in light of California's drought. Additionally, pesticides will no longer be used in excess, and crops previously unavailable to farmers in unfavorable climates will be able to flourish.

Consumers now save money on produce because genetic engineering has significantly enhanced the availability and production rate of produce. An Iowa State University study shows that without biotechnology, global prices would be nearly ten percent higher for soybeans and six percent higher for corn. Furthermore, higher yields due to genetic engineering allow the surplus of food to not only benefit the US, but also feed the starving people worldwide.

The bottom line is: genetically modified food is completely safe to eat and poses no threat to the consumer, while also benefitting the producer.



S. Sullivan

Stop being shocked by the feminist beliefs of celebrities

by Kate Hinsche
Opinion Editor



Watching Beyoncé perform at the VMAs brought tears to my eyes, and the waterworks really kicked in during the moments she was singing to Blue Ivy. It was, however, the moment that FEMINIST flashed across the

stage and the voice of Chimamanda Ngozi Adichie spoke, "feminism: the social, political, and economic equality of the sexes," that truly moved me.

The quotes from Adichie in Beyoncé's song "Flawless" are excerpts from the Nigerian author's TED talk titled "We Should All Be Feminists." In 30 minutes, Adichie relates to her audience, points out gender issues, and proves the need for feminism. I really respect and appreciate that Beyoncé quoted it throughout "Flawless," but the reports after her VMA performance vexed me. Many of them read "Beyoncé comes out as a feminist" – using the same terminology you would use to that say someone announced their homosexuality.

What bothers me about this headline is that it implies that, prior to her VMA performance, Beyoncé was uncomfortable with the public knowing she supports gender equality. The wording of these headlines

also suggests that feminist beliefs are scandalous and embarrassing. This is, quite simply, ridiculous.

Pop culture's attitude towards feminism can be attributed to the misunderstanding of what feminism really is. Things can get confusing when there are prominent politicians, such as Pat Robertson, saying, "The feminist agenda is not about equal rights for women. It is about a socialist, anti-family political movement that encourages women to leave their husbands, kill their children, practice witchcraft, destroy capitalism and become lesbians." When Taylor Swift was asked about her stance on feminism back in 2012, she responded, "I don't really think about things as guys versus girls." This shows Swift has twisted the meaning feminism from its true meaning of both sexes working together for equality, to the idea that feminism exists purely to create tension between men and women. These are two completely backwards ideas of what feminism is, and both are clearly hurting feminism's ultimate goal.

Twisted ideas and news feeds filling up with stories of celebrities "exposing" their feminist beliefs or defending their reputations against a "man-hater" label are outrageous. It is undeniable that there are radical man-hating women who call themselves feminists and preach for death to all men– these women are not true feminists because they do not seek



courtesy wikicommons

to equalize the sexes; they pursue the establishment of matriarchy. Beyoncé, Emma Watson, Amy Poehler– they are all feminists and none of them have attempted to overthrow the patriarchy with murder. These powerful and accomplished women

should not have to defend their beliefs. The shocking headlines should be that a celebrity is not a feminist. Katy Perry openly stated that she does not consider herself a feminist, which is perplexing that such an influential woman does not care to preserve her rights as a human being. Headlines should be questioning the sensibility of an anti-feminist as a role model for millions of young girls.

The bottom line is that feminist beliefs should be the norm. Every human deserves equal rights, and those are guaranteed by the U.S. Bill of Rights and the Universal Declaration of Human Rights. In a society where women truly have full equality, feminism does not have to exist, and a news story on Beyoncé's feminist status is absurd. It is time society and media stopped focusing on belittling the empowered women who fight for their rights, and placing the shaming headlines on those who fight against them. It is time media sources recognize their influence over how the world perceives feminism, and acknowledge its true purpose. People need to recognize feminism as the positive and loving act that it is meant to be, so that it transitions from breaking news to an everyday lifestyle.