

# Stop succumbing to Trump's attention-seeking antics

by Cole Van Miltenburg  
Web Editor



Donald Trump has undoubtedly made a profound impact on the 2016 presidential race. He is widely known for his over-the-top antics and outrageous remarks that have caused widespread controversy and made him a popular public figure. However, as the 2016 election approaches, Americans need to look past Trump's attention-grabbing statements and recognize how detrimental his beliefs actually are.

To the surprise of many, Donald Trump's ratings have surged far past other Republican candidates in polls over the past couple of months. According to an Oct. 20 CNN/ORC poll, Trump has gained the support of 27 percent of Republican voters and a 5 percentage point lead over the next candidate. Not only is it shocking that he has garnered so much support, but his support has persisted and heavily increased since his announcement to run in June. Unless something unforeseen occurs, it seems likely that Trump, a

politically inexperienced businessman, will be the Republican nominee for president in 2016.

How has a man with so little experience been able to rise to the top of the polls? The truth is, he's used the same tactics he used to become a successful businessman and reality TV mogul. Through his crude ways of bullying people and speaking his mind to an unreasonable extent, he grabs the spotlight and makes sure not to share it with anyone else. He knows that Americans are exhausted by the political status quo and takes advantage of this through extreme self-promotion. Trump makes ridiculous political statements in his speeches, debates, and on social media posts and often

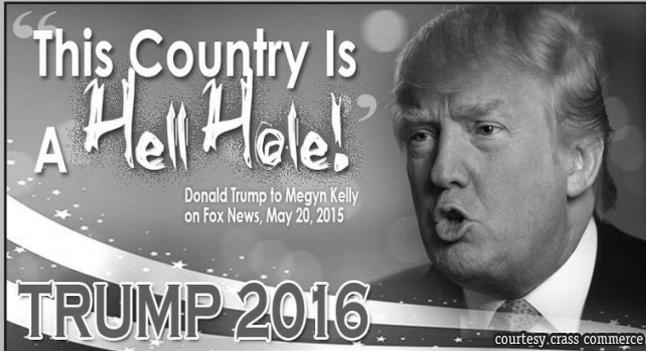


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of his deviation from the political correctness society wants from its leaders; he is unafraid to brag or speak his mind, no matter how ridiculous or offensive his words are. Despite his desire to grab our attention, Trump has not been very detailed about the specifics of many of his viewpoints and policies. Although he has made sure to vocalize his controversial viewpoints, such as his proposal to prevent immigration by building a

wall on the U.S. Mexico border, he has never made strong efforts to detail his plans for education or financial reform. Trump runs his mouth whenever he can to make himself heard, but when it comes to actual political issues, he avoids the situation. It is alarming that he only shares his political viewpoints as a way to promote himself rather than to inform the public of his beliefs. Americans have fallen prey to Trump's self-marketing and are willing to trust him with the greatest governmental role in our nation without being fully aware of his basic political views.

The American public needs to wake up to the disparity of our current political situation. If we are promoting an inexperienced, unknowlegable, and racist reality TV celebrity as a nominee for what is arguably the most important government position in the world, what does this say about us as a country? (Source: CNN)



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# Do not exalt competition

by Danika Lyle  
Humor Editor



When I was eight years old, I played seven different sports on seven different teams, but there wasn't enough recreational activity in all of Los Gatos to get out the uncanny amount of competitiveness that my 75 pound former self had. Like most people, my propensity for competition translated into academics, social skills, theater, and everything else in which I participated. What I believed to be my motivation for many years turned out to be my falling point; I discovered years later that I had an unwavering need to be the best, to refuse help, and to compare myself to others. After looking back on my stubborn, competitive self, I now believe that competition slows down progress and hurts self confidence.

Competitiveness is the crux of comparison-based habits; these habits lead to self-doubt and insecurity and prevent the acceptance of individual character. Although being competitive is a single trait, many other negative traits can stem from it, such as comparing yourself to others. Competitiveness at its core is the desire to be better than those around you in your endeavours. When you start competing, you acknowledge that some people are better or worse than others which leads to comparisons. Being competitive is a win or lose situation. Attempts at being the best either prove fruitful as a person gains some self-esteem or result in failure, which causes insecurities to form. If someone determines self-worth from competition, it is likely that more negative traits will form: jealousy, self pity, insecurity, and possibly egocentricity. A better use of time is focusing on

self improvement. Trying to be the best version of yourself will be beneficial, but trying to best the world can be detrimental.

Many believe that competitiveness is a driving force towards universal innovation and progress, but to me it is quite the opposite. Competition among individuals is most commonly fueled by self-interest rather than the bigger picture of societal improvement. Although someone might attribute their dedication towards a specific cause to wanting to help the world, what pushes that person to try and be the best in that area is an entirely different drive: selfish interest. Through collaboration, people can successfully work together to accomplish a goal, but when competition is incorporated in the mix, self interest can slow down the process.



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If the world dedicated more time to coming together and collaborating on the issues we face, progress would be more easily achieved. Time spent trying to race another competitor could be better applied to sharing thoughts and ideas within a group of 'competitors.' If people removed the self-interest that lies within competitiveness, the main goal of society would become clear: progress of humanity. Singer/songwriter P!nk said it best when she said "I'm my own worst enemy" because the individual acts as a hurdle in front of man's goal of progress.

The quality of being competitive, much like flour in a cake, is a good base for the ingredients of a mess: arrogance and slow progress. Competitiveness may receive praise for propelling humanity forward, but in my eyes, it's just another roadblock in the way of genuine growth. Leave the competition out on the playground and focus on besting yourself.



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# Hand-washing is detrimental

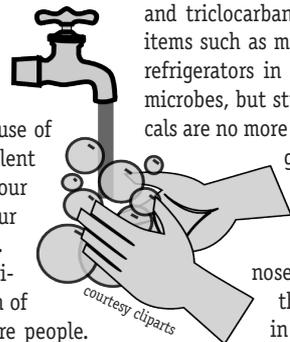
by Olivia Hill  
Humor Editor



It's been ingrained in us from an early age that germs are icky, dangerous, and need to be killed in order to prevent getting sick; while this mindset isn't fundamentally wrong, it does create an environment conducive to unhealthy habits when it comes to hand washing. Overwashing and the use of antibacterial soaps have become so prevalent in our society that we don't question if our frequent handwashing is beneficial to our health or if it could actually be harmful.

Excessive hand washing can cause irritant contact dermatitis, an inflammation of the skin that is affecting more and more people. Matthew Zirwas, M.D., director of the Contact Dermatitis Center at the Ohio State University Medical Center explains, "Soap removes the natural oils from your skin. If you're washing your hands frequently, you're removing more oil than your skin can produce, and that can eventually make it dry, rough, and cracked. And once that happens, it can be tough to recover." In a study at University Hospital's Case Medical Center in Cleveland, it was found that of 60 health care workers who washed their hands 10 times per day, 63 percent would develop hand dermatitis.

On average, people make four to ten bathroom trips per day, making more than half of the population susceptible to dermatitis even if they only wash their hands after using the restroom. However, it is often advised that people should wash their hands after going to the bathroom, blowing or wiping their noses, playing with pets, playing outside, handling raw food, and before eating or cooking. This



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extreme cautiousness with hand washing is becoming counterproductive because dry skin creates the perfect breeding ground for bacteria since microorganisms can be easily absorbed through skin cracks and fissures.

Additionally, antibacterial soaps affect us in more ways than we think. The main compounds of antibacterial soaps, creams, and wipes - triclosan and triclocarban - have been added to household items such as mattresses, plastic lunch boxes, and refrigerators in an attempt to stop the spread of microbes, but studies show these antibiotic chemicals are no more likely than regular soap to prevent gastrointestinal or respiratory illness, and, in some cases, they have been known to increase the frequencies of fevers, runny noses, and coughs. Some even theorize that the rise of asthma and allergies in modern culture is caused in part by an increasing sterilization of our environments. Long term effects of antibacterial soaps are not yet fully known. A study evaluating the effects of triclosan in females rats found that it slowed puberty and suppressed certain hormones.

Another reason to reduce the frequency of hand washing is that exposure to germs can help your immune system build up a resistance to sickness and benefit overall body functions. Antibacterial soaps can kill beneficial bacteria that help with digestion. Low doses of exposure to viruses can be easily fought off by a healthy immune system and provide better protection in the future; this is a similar principle to the one behind vaccines. For example, exposure to cowpox won't make you sick, and it gives you the antibodies that allow you to be immune to smallpox.

This isn't to say that washing your hands is necessarily harmful or bad; be thoughtful about when it is appropriate to wash your hands. Use alcohol based soaps, moisturize your hands after you wash them, and rethink the number of times you're washing your hands each day.



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# Christianity is misrepresented by today's popular media

by Jessica Blough  
Center Editor



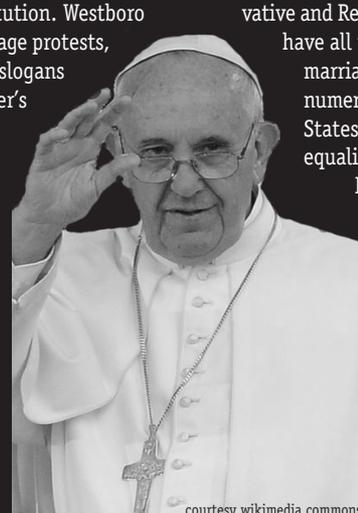
Shortly before his departure from the United States, Pope Francis made headlines after he privately visited Kim Davis, a Kentucky clerk who refused to issue marriage licenses to homosexual couples after it was legalized by the Supreme Court. Because he visited her, the public immediately assumed that Pope Francis endorsed Davis's actions and therefore opposes same-sex marriage. In reality, the Vatican has only confirmed that the Pope met with Davis and gave her a brief greeting and did not comment on what he said to Davis and whether he supported her views. However, the Pope did visit past student Yayo Grassi, who has been in a same-sex relationship with his partner for 19 years. The Vatican calls Grassi the only person the Pope gave a "real audience" to, yet his visit received minimal media coverage compared to Davis's.

In general, the Catholic church in regards to LGBTQ+ rights is por-

trayed as a hateful and discriminatory institution. Westboro Baptist Church, famous for its anti-gay marriage protests, constantly makes the news bearing hateful slogans directed at the LGBTQ+ community. Hozier's hit "Take Me to Church" paints the Catholic church as oppressive and corrupt, with lines like, "Every Sunday's getting more bleak/A fresh poison each week." On the contrary, modern Christianity has generally evolved to be more positivity focused and accepting than it was in the past. It is undeserving of its intolerant reputation. Seventy-one percent of Catholics and sixty percent of evangelicals support increased anti-discrimination laws for the LGBT community. The Presbyterian Church, Episcopal Church, Evangelical Lutheran Church in America, United Church of Christ, Conser-

vative and Reform Judaism, Quakers, and Unitarian Universalists have all voted to affirm marriage equality. The SCOTUS gay marriage ruling at the end of June received support from numerous church leaders from all parts of the United States. Pope Francis himself, when asked about marriage equality, commented, "Who am I to judge?"

Religion remains one of the largest obstacles for LGBTQ+ equality, but that obstacle does not stem from the majority of churchgoers. The media's portrayal of Christians as hate-slurring homophobes is outdated and incongruent with the facts. Christianity is making significant progress towards acceptance and love over bigotry, which should be recognized. Those who spew hatred may shout those who extend acceptance, but they do not outnumber them. (Sources: NY Times, Huffington Post, The Daily Beast)



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