

Lessons From Our Mothers

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As children grow into adolescents, they begin to experience the sweet taste of freedom. However, does growing into adulthood mean that we also forget those lessons and ethics from our parents or any adult figures which shape us into admirable people?

As we move further along in life, those lessons are forgotten or ignored and participating in hit-and-runs, gun threats and drug use become more and more attractive. Many try to help these troubled teens through therapy sessions, but is there an easier way to prevent these incidents? Simply remembering the lessons from our mothers could make life easier and society more humane.

Dazie Williams, a mother who recently lost her son in Houston to a shooting over a pair of Nike's, spoke to several troubled teenagers in an organization led by Reggie Gordon. Along with

Williams, several other mothers talked about how crime has affected their lives, hoping that this would inspire people to be better. Williams later created an organization, Life Over Fashion, to lesson the violence in her city.

Our pasts could have a huge impact on someone else's future. Family is the greatest thing we are blessed with, and the lessons we learn from our parents are the foundations of our beliefs. Lessons like "Be an honest person, and never lie" are what my mother taught me as a child. As we grow up observing our peers straying towards the wrong paths in life, it seems as if we've forgotten these lessons. If mothers were to talk to these "criminals," they may end up changing their lives for the better.

A mother's lessons to her child is essential to becoming an ethical person. We all need to remember those simple life lessons that we learned from our mothers to become good people.

Michelle Obama Implements Salubrious School Lunch Policy

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More than one in five children between the ages of six and 17 in America are now considered overweight. Childhood obesity has been linked to diabetes, high blood pressure, depression and anxiety. To help with this, first lady Michelle Obama touted a federal healthy lunch program. She has changed a few districts' school lunch programs to include healthy foods.

According to CBS News, the Laguna Beach Unified School District in Southern California is the latest district to rebel against the healthy lunch policy.

The purpose of school is to help children lead a successful and healthy life. Even though greasy school lunches can be tasty, they are neither healthy nor fresh, leading to obesity in students and the failure to fulfill a school's purpose.

Healthy food allows for a better lifestyle for students in the long term. It provides the vitamins, minerals and other nutrients needed for the body. In 2010, Michelle Obama stated that "thirty two million American children will be given more nutrition they

need to learn and grow and be successful," as a result of her efforts to improve school lunches.

According to The Dairy Council, an organization, eating habits are typically acquired during childhood, therefore, eating healthy in school will help

for the body as it helps avoid certain cancers such as mouth, stomach and colon-rectum cancers.

Some parents pack their children lunches from home because of the lack of nutrients in school lunches, highlighting the need for a change on the school menus. A sandwich, fruits, raw vegetables and a cookie make a more wholesome lunch than what is available on the current school lunch menu.

Simply adding more fresh fruits, vegetables and whole grains will benefit students' health. The healthier the lunch is, the more energy students will have throughout the day. Students can achieve their full potential in school when their minds and bodies are energized.

It will also add more variety in school lunch. More diversity of fruits and vegetables will encourage more students to eat at school. Many students who receive lunch at school usually throw away half the dish they choose. If students have more of a variety of condiments to pick and choose from, it

is more likely that they will finish their food. They will also not have to eat the same meals every day of the entire school year.

This decision of making school lunch healthier is ultimately a smart one. Although some students will dislike Michelle Obama's new and improved healthy menu, the benefits of a healthy school lunch are overwhelming. Having the energy to do excellent in school involves being healthy. School lunch menus serve unhealthy meals every day and it is time for a change to become bigger and better by starting to eat right daily.



IN THE RICE BOX Melting Pot or Pressure Cooker?

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When my mother told me about her departure from her homeland, crouched in the decks of a ship with hundreds of others for a month, the emptiness I felt in that moment remained a permanent fixture in my heart to today.

This part of the American Dream is not uncommon to many of us who grew up listening to our parents' hardships, whether it was entering a new country alone or having to work multiple part-time jobs for a single meal. This dream is one that preaches success through perseverance, but also cultivates generations whose lives revolve around their parents' sacrifices.

Our parents came to a free country not only for the opportunity of a prosperous future, but also to live a life undefined by others' rules and limitations. By defining our choices and lives based on what we think our parents want, we contradict the entire reason they came here in the first place: for the freedom to be ourselves.

Every failure I experienced seemed like an intentional slap to my mother's face. I was not failing only myself, but ruthlessly stomping on all of the sacrifices she made. Thus, I grew up living in my mother's shadow, terrified of making a decision she would consider wrong, even if it was the right one for me.

It only seems right to live for the woman who gave up so much for me, but this mindset could not be more wrong. It's easy to remember all of the difficulties our parents have faced when they constantly remind us when speaking about our futures. What's hard to remember is that we're all individuals and must learn to live for ourselves.

What are Opinions Writers Reading?



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