

Gender Discrimination in STEM Fields

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In such a progressive society, many would expect old practices and beliefs to be diminished. However, discrimination, especially between the genders, is still evident. In the past, men worked and were allowed to go to school while women were not. Eventually, women proved that they can be as strong and intelligent as the opposite sex, and in the present, the number of females dominates the number of males in teaching. Unfortunately, discrimination still exists between the two genders. For example, women are currently discouraged when it comes to entering science, technology, engineering and mathematics (STEM) fields. Women should not be discouraged to pursue their dreams; instead, they should be more welcomed to the field and be treated the way men are.

Even after years of women putting in the effort to prove that they are just as bold and courageous as men, they are discouraged in the STEM fields. Janet Bandows Koster,

executive director of the Association for Women in Science, expressed how females already working in science and those who aspire to often feel that the science community



is biased against them. Although there are many males who have performed significant scientific feats, women have as well. For example, Marie Curie was a Nobel prize winner for her discovery of polonium

and radium just as Dmitri Mendeleev was credited with the creation of the periodic table. Similarly, a female physicist or engineer should be respected and valued the same as a male physicist or engineer.

According to the New York Times, males are most likely chosen instead of women in STEM jobs. If a woman is hired, their salary is about \$4,000 lower on average than man's. Women can be just as hardworking as men, and it is the quality and determination that should count in these fields, not gender.

Many discouraging and sexist remarks are directed to women during their studies in the field of STEM. Scientific evidence shows that many leave their careers and claim to have faced unwanted sexual harassment. No one should be discouraged in something they are determined to learn. Although females dominate males in teaching, women who desire to be in the STEM field are being prevented because of the great discrimination between males and females. Females should be respected as well as males.

The New Covergirl: A Victim of Domestic Abuse

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The key to the success is respect to your peers, your boss, your family and everyone else. From time to time, we hear about scandals of abuse, but recently there have been more and more incidents coming to light with National Football League (NFL) athletes. To fans, these situations have become a center of anger. Fans are outraged over the fact that domestic abuse is not being taken as seriously as it should be by the league and the commissioner of the NFL, Roger Goodell.

The outrage reached its cli-

max when a retouched picture of a Covergirl model with makeup from the NFL Covergirl brand was published, showing her with a bruise on the left side of her face as a response to the Ray Rice scandal. As domestic abuse cases have been becoming more and more public, it is very refreshing to see how this image reflects how poorly the cases are being handled and the inefficiency of the people in power in the NFL.

The image has also sparked many protests online, with hashtags #GoodellMustGo and #BoycotttheNFL. As fans, they do not respect the league's methods of dealing with the

cases of domestic abuse that their players have committed. It seems as if all that matters to the NFL is athletes' ability to help the league produce the maximum amount of profit, despite their players' potential past or present histories of domestic abuse. It is disgraceful for a huge corporation like the NFL to tell these victims of abuse that the NFL's profit trumps victims' pain. These men are role models to the younger generations and by giving these athletes disproportionately light punishments, the NFL is not addressing the bigger picture: that domestic abuse is a crime that should send these men to prison.

Whether the abuse exists in a steady relationship or not does not matter, but it still needs to be addressed. These problems might not always be scandals across the country, but regardless of how famous or how much influence an aggressor might have, those people should be held accountable. The retouched picture for any type of abuse sends a message to the NFL that fans are not oblivious towards the problem of domestic abuse. This picture is a stepping stone to awareness that domestic abuse is a crime and is an act that should not be tolerated.

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SAMMIE CHEN

Misusing Drugs and Food: Combating Not-So-New Addictions

JANET GUAN
Copy Editor

It is difficult to pass up food that we crave. Fighting a food addiction may be more grueling, especially if it is as strong as a drug addiction. Some rehabilitation facilities, such as the New York Center for Living, are expanding from eliminating just

drug addictions to preventing "transfer" addictions as well, particularly to unhealthy. Although easier said than done, prevention is necessary for faster recovery.

According to the New York Times, the New York Center for Living has hired chefs that are also registered nutritionists. They plan to avoid providing foods with high sugar, fat and salt con-

tents and instead, provide foods that are both nutritious and appetizing, which is vital to the patients' health. To the facility, it is important to cut off patients' cravings for drugs, but also for other addictive substances, even if the addiction seems harmless.

By cutting off unhealthy food, patients can cut their risk of relapse. Weight gain could lead to

low self-esteem, leading patients to take comfort in using drugs or eating more food. Patients who are craving drugs may resort to food for comfort as well. This cycle takes a big toll on patients mentally and physically, stalling their progress.

A widely known study from Connecticut College led to the conclusion that high sugar foods, such as Oreos, stimulate the "plea-

sure center" of lab rats' brains just as much as cocaine or morphine do. If both drugs and delectable foods bring similar satisfaction, it is very likely that they can be substituted for each other. Therefore, it is important to consider all aspects and not just focus on one part. Food addictions can be just as strong as drug addictions, so consume unhealthy foods sparingly.



CROSSING
THE CARO-
LINE

With Every Step We Take

CAROLINE REN
Editor in Chief

In my junior year, it was very easy to distance myself from both family and friends. I stocked up on a plethora of excuses for ways to avoid emotional involvement. Yet, I never communicated this frustration with others and suppressed it instead, attempting to deal with everything on my own.

Now, after so long, I have learned to speak freely of those speculations and troubles which I had so fiercely protected from intrusion in the past. I realize that my feelings of failure and jealousy and loneliness are not so singular after all, that they are only part of the human experience. This recognition is the reason I want to thank every person who has ever impacted my life for the better.

Considering every classmate who has participated in endless group projects and extracurricular activities and shared late-night homework panic, there are too many people to list by name. Whether I have grown up alongside them or have only known them for less than four years, I appreciate each individual's quirky sense of humor, selflessness, motivation and most of all, their willingness to love.

Until now, I have been very deeply self-absorbed and far too quick to mentally point out imperfections in others that surely mark my existence as well. However, my journey through high school would definitely have been much rougher without the presence of those with whom I choose to surround myself. I am constantly thankful that as my adventure at AHS approaches its end, the people in my life have helped provide me with the growth I need to begin a new one.

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