

The Anchor



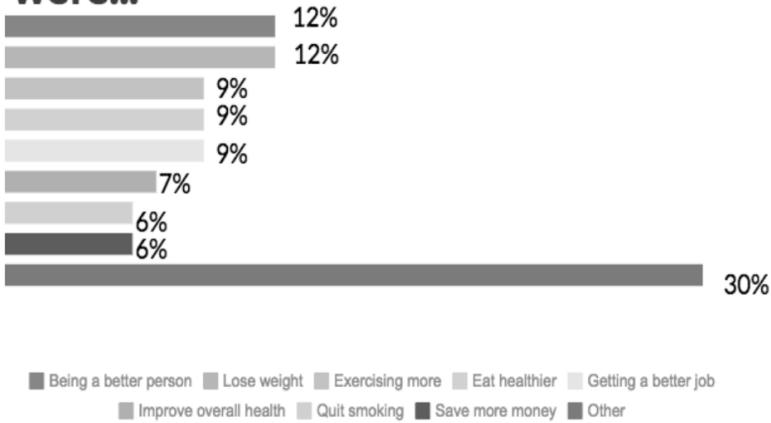
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New ideas for resolutions

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The most popular 2017 resolutions were...



With the new year just starting, it's a great time to decide what your resolutions are, but more importantly how to maintain them.

To start, it is important to set realistic goals and specific goals. Do not set one large goal, instead break up that large goal into smaller more achievable goals. An example is weight loss. Instead of setting a goal to lose thirty pounds by the end of January, set weekly weight loss goals. Setting realistic goals is so important because they are more likely to be completed than seemingly unachievable ones.

Creating a goal can be confusing in itself. A good idea for a smaller goal would be to identify a bad habit, and try to eliminate

it. Examples of common bad habits are, using the phone too much, and nail biting. Take time to think about what triggers the habit. After identifying what causes this habit, find ways to change the habit. Set small goals to cause change. An example would be to limit time spent on the phone to a couple hours a day, and lessen it by the week.

While sticking through the resolution it is important to overcome obstacles that can be faced. Let go of the negativity, temptations, and self doubt. It's important to encourage yourself as you go through with your resolution, try to stay positive. Surround yourself with others that have similar goals, or others who will encourage and support you.

"We Leaving Xanax in 2017"

By Jacob Orban jacob-orban@ccaschools.org

Leave Xanax in 2017 seems to be the resolution for many prominent figures with youth followers, but that message seems to not reach the same teenagers who look up to them. This may not come as a surprise due to the fact that our young society exposes themselves to drug ridiculed entertainment. The usage of any illegal substance can be heard in the music that blasts through their headphones every day, or sometimes often seen being used in mature television shows.

Earlier in November, two Liberty High students fell victim to bad side effects of Xanax as one blacked out and the other was found seizing in the school bathroom. Police and paramedics rushed the students to the hospital, and thankfully both students are now healthy and back to their regular lives.

With the two students getting side effects from the pill, causing negative effects to their bodies, it should come as a warning when taking drugs you are not prescribed to take. Being uneducated on a drug can lead to the constriction of your body's health. Xanax is used to help relieve anxiety in a patient.

The demographic usage should almost look like only people with anxiety are using the drug but that is sure to change as the drug is rising to fame in the hip-hop scene. Many musicians, especially rappers, mention the usage of the prescription drug in their music too

many times to count. But there has finally been a change in pace when it comes to the usage of the drug, as famous rappers such as Lil Uzi Vert, Smokepurpp, and Lil Pump have vowed to stop using the drug. "We leaving xanax in 2017" that message alone can mean so much to the youth, as they see their inspirations stepping down from using this bad



substance. This can also be seen as a great display of respect for late rapper Lil Peep, who died in November from using laced Xanax. His death is mourned by the entire music community but can also be seen as a lesson to teenagers who think it's "cool" to take prescription drugs for fun. As some of our favorite musicians and inspirations stop using prescription drugs for non medical reasons, students should look at this as inspiration to stop too.

Me Too, You Too, Us Too, Them Too? Who's Agreeing With Whom?

By Caroline Black caroline-black@ccaschools.org

A rather simple message has been floating around social media platforms in the form of #MeToo. At first glance it may seem people are simply agreeing or stating that they can relate to whatever's on the post. However, it turns out this is actually a movement, made up of women who have survived sexual violence, for the purpose of exposing sexual predators in higher positions of society.

The storm of #MeToo all began on October 15, 2017, when actress Alyssa Milano posted a simple message on Twitter:



The tweet that started it all

The Tweet went wild and quickly snowballed into a giant movement that focuses on giving justice to those who have experienced sexual misconduct or abuse. The name originated from the onslaught of replies: #MeToo.

Accusations have been brought to light spanning Hollywood, NBC, PBS, and far more. Big-shots such as Harvey Weinstein, Kevin Spacey, Matt Lauer, and Charlie Rose have all been accused of sexual harassment and abuse, prompting investigations as more and more stories pop up.

It's excellent that there is a movement willing to listen to and help victims, as well as punish the offenders after investigating the claims. Survivors such as Recy Taylor, who spoke out to Rosa Parks during the Civil Rights Movement, never got the justice she deserved, as her rapists were never punished after confessing.

It has even been proposed in the Houston Chronicle that the

movement begins working on tackling sex trafficking, as those stories should be heard as well. The individuals who are abducted to be sold or abused as children by their parents or guardians deserve to be rescued and given the support they need.

As with all movements, there are people who ignore the message. With so many people on social media, this is very apparent, as the tag will keep rehashing similar messages, which will annoy them as their feed is filled with references back to these articles. It will pester them even more so when they can't relate to the stories or don't personally know someone who does. Alternatively, they will dismiss the group, not taking the business as seriously as society would push them to.

Why hasn't this movement been taken seriously despite the subject they bring to light? According to Reason, people feel #MeToo has begun turning into a witch hunt. An example given from the article describes Stephen Henderson, the editorial page editor of the Detroit Free Press, and his situation. He was fired for "inappropriate behavior", with two interactions that were decidedly inappropriate. One included a "sexually themed" conversation and the other an interaction with an equally standing coworker from another department, both of which are left very vague. The first could be grounds for termination, but neither women have been stated to file complaints to the company, an interpretation that the Detroit Free Press and its parent company have not argued against.

Even so, Henderson was fired for violating the newspaper's "zero tolerance policy". If a standard like this will be enforced regularly in the common workplace, few men or women will feel safe in their jobs, fearing they will be persecuted for even the slightest complaint of sexual harassment.

It doesn't help the movement when there are women fine with the possible extremes #MeToo could go to the length of. As written by Jenna Wortham in the New York Times, she, "...liked seeing women as digital vigilantes, knowing men were scared...I wanted to put every single man on notice, to know that they, too, were vulnerable..." A movement that thoughtlessly throws decent men under the bus on the basis of a vague claim without a second thought will only discredit itself. It will wound its reputation and ability to take down actual abusers, pitifully enough. Unfortunately, with reported situations such as Stephen Henderson's, #MeToo could very well head down this self-destructive path if they hastily disregard the accused's side of the story.

#MeToo still has the potential to help the victims who have come forward and those whose voices are still muted by their abusers. However, members and supporters of the movement should be cautious when it comes to accusing and investigating.