

W h a t G r i n d s O u r G e a r s

**By Blake Alford and
Hannah Burson**
*Assistant Editor and Staff
Writer*

This is the time of year where high school girls, especially juniors and seniors, are both excited and frustrated. These two emotions come from a high school event that we all know as the prom. Along with the excitement of buying gorgeous gowns, heels, jewelry, and makeup, comes the incredible pressure for the girls to be beautiful on that special day.

The pressure to be thin: As you sit at the table during lunch, you can see girls constantly looking at their food labels and counting calories. Diets become all too common and phrases such as "low carb," "nonfat," "smaller portions," and "eating light" are heard. Bags with yogurt and fruit are replacing school lunches for the

girls who are frustrated with their bodies and just trying to "trim up" and squeeze into that size two prom dress. We say who cares! Size twelve, size eight, or size zero, every girl can look good in her gown. They make dresses that size because that is the size people actually are, not just as a waste of cloth and beading. Eating healthy is fine, but going to the extremes of hardcore dieting, starving yourself, or throwing up after every meal is just not acceptable. Bones are not attractive. Remember that. If you are on the bigger side, then that is fine too. You will look just as good as or even better than the girl who needs to eat a sandwich that will be dancing beside you.

The pressure to be tan: The most common color walking through the hallways right before prom is orange, and no, this is not clothing we are talking about. It is people's faces.

Having a healthy and natural glow can be stunning, especially in a slightly more revealing gown, but using chocolate pudding lotions that turn you dark brown and spending half of your life savings going to the tanning bed is a bit ridiculous. People who go every day or even more than once a day are not saying, "I want to be pretty for prom," they are saying "I want skin cancer and fried organs! Bring on the leathered skin and wrinkles!" Who wants to look like a lobster or Oompa-Loompa on prom night? Not us. Why has it become that fair skin is not pretty? Many celebrities and other famous people have pale skin and it is beautiful on them, as do people here at Heard High. There is nothing wrong with going to the tanning bed, but do not forget about the repercussions that will appear years down the road. Tanning beds can be very dangerous and hurtful to your

skin. It's not the actual tan that grinds our gears, it's the pressure that the media gives to make us feel like we have to be tan.

We know that everyone will look their best on prom night, and to those who are

trying to be thin and tan, so will they. We just want everybody to make themselves feel and look better the healthy way.

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Opportunities for Service

Sunday, The Lord's Day

Sunday School(all ages)..9:45 a.m.

Morning Worship.....11:00 a.m.

Evening Worship.....6:00 p.m.

Choir Practice.....7:15-8:30 p.m.

Wednesday

CRU(Youth Group).....7:00 p.m.

Bible Study.....7:00 p.m.

Word of Life.....7:00-8:00 p.m.

*We love Him because
He first loved us.
1 John 4:19*

