

## OPINION

## Media distorts perception of beauty

Obsession with looks unhealthy; people, society must fight negative perceptions



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Journalism Major

You turn on the television and the first image you see is a scantily-clad young woman in a push up bra and matching panties. She has tanned skin, light hair, no fat on her body, a ton of make up, collagen enhanced lips and seemingly fake breasts. The words "What is Sexy" dance seductively across the screen.

Women who look exactly the same, dressed in nothing but lingerie dance in go-go style cages around the girl in this commercial for Victoria's Secret lingerie.

The commercial left me wondering why society is so superficial and obsessed with fake beauty. Our perception of beauty is distorted.

Even as children we are taught what beauty is. Girls are given dolls that reflect society's perception of "true beauty": Barbie dolls.

According to studies from *Health Magazine's* September 2007 issue, the average American woman is a size 11-14, 5'4, 145 pounds with measurements of a 36-37" bust, 29-31" waist and 40-42" hips.

If Barbie were a real woman, she would wear a size 4, be 6' tall, weigh 101 pounds with a 39" bust, a 19" waist, and 33" hips.

Women aren't the only ones subjected to distorted perceptions of the "perfect" body. G.I. Joe's real measurements would be a 32" waist, 44" chest, and 27" bust. Those measurements, while not as exaggerated as Barbie's, are larger than that of a bodybuilder.

I'm sure that while growing up we all heard the old expression "it's what's inside that counts." Why do we say that and then turn around and judge other people according to looks?

Our obsession with plastic surgery and being filled with plastic and silicone is far from healthy. We should learn to accept our natural looks and what is inside. As cliché as it sounds, what's inside IS what really matters anyway.

I can remember watching the 2007 VMAs on MTV and watching Britney Spears perform. While I agree that the performance lacked in more areas than one, I was disturbed to hear the media

*"Our obsession with plastic surgery, and being filled with plastic and silicone, is far from healthy"*

- Clarizza Cavazos

attention the next day.

Most of the coverage focused on her almost non-existent weight problem. She did put on weight; however she was nowhere

near fat or obese.

The idea of beauty presented to us via the media is far from reality. The beautiful women you see on the covers of magazines and on billboards on the side of the road are enhanced and manipulated to look that way.

PhotoShop can turn anyone into a supermodel, as can the correct lighting and a team of hair and make up people.

We need to learn how to block out the negative perceptions about what beauty is and use our own minds to come up with our own individual thoughts on what is attractive, rather than have the media — and society — do that for us.

*Clarizza Cavazos is a reporter for the Del Mar College Foghorn.*

*Readers may contact her via email: editor@delmar.edu*

## First-to-Vote Marathon

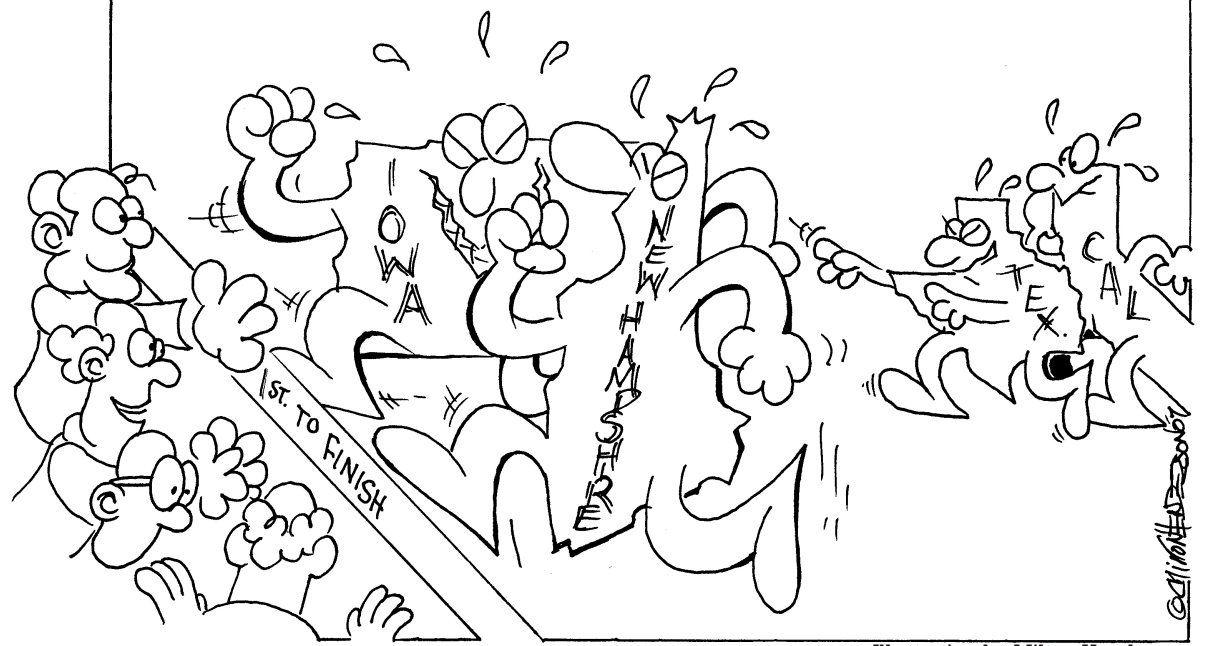


Illustration by Milton Henderson

## EDITORIAL

## T'is the season for Christmas, campaign ads

This Christmas season's commercial blitzes will be intermixed with barrages of political campaign ads, at least on the cable networks. With many states moving their primaries and caucuses for the 2008 election up earlier and earlier, candidates will have to broaden their campaigns to encompass a larger portion of the United States.

This political season, there has been a rush to the finish line, to be first. Iowa and New Hampshire have traditionally in election history been the first caucus and primary in the nation. In fact, New Hampshire's Constitution specifically states that it must be the first primary in the nation.

However, other states, like Florida and South Carolina, seeking more relevance in the primary elections have pushed their primaries up significantly, all the way into January which was specifically reserved for Iowa and New Hampshire.

With Florida encroaching on New Hampshire and Iowa's space, the two states

have been forced to move their elections up to early January.

If any other incursions on the first two states occur, they may be forced to move their elections up even earlier, into December. As a result, in the blitz of Christmas commercials we'll have a blitz of political ads from Barack Obama, Rudy Guiliani, Hillary Clinton and Mitt Romney and others.

Numerous other states, following the "relevance" wave, have moved their primaries and caucuses from March, April, May and June into February. This primary season will be unprecedented with Iowa and New Hampshire having their elections earlier than ever in American history. Also, never before have states bunched their primary elections so early.

Texas didn't follow the relevance wave, though. It's a disappointment, since most states are now holding their elections before Texas, which leaves our state less relevant in the selection of a presidential

candidate. It would've been better if legislators had moved Texas earlier into the primary season. It's better to be in the middle of the mess and have relevance than to be one of the last and have less say than most other states.

Until someone puts a stop to this mayhem to be first or have more relevance in the selection of a candidate, states will be trying to push past each which will lead to earlier elections. The primaries will continue to move earlier, into the Christmas season, and then into the Thanksgiving holiday, and even possibly a year before the General Election is held, if the mayhem isn't stopped.

What can stop the fight over being relevant during the primary season? The only solution is to have all primaries and caucuses on one day. Citizens in each state will vote on who their delegate votes will go to, just like on Election Day. Each state will have the same relevance as it would on election day.

## OPINION

## Red Sox Championship brings overwhelming joy

Kyle Broughton  
Kinesiology Major

I can count — on one hand — how many times I have felt THAT feeling, the moment a certain emotion comes over you that you can't remember later. It is a period of about 25 seconds full of jumping up and down, numerous fist pumps and just flat out absolute celebration.

The number of times I have experienced that feeling are: two high school state championships; the Red Sox's 2004 World Championship; and the Longhorns' national football title. That's it — four times.

When the Sox were down 3-1 to the Cardinals, I thought I was going to spend the next few months trying to find a new reason (besides "The Curse") why my stacked Red Sox team couldn't win a World Series. I am not going to lie to you — I thought we were finished.

Dad: I think your Red Sox are in trouble. Me: Yeah, that we are. We definitely are. It is amazing what seven games can do.

In 2004, we went from being dying, to dead, to buried, only to pull a Jesus and rise from the grave to win eight straight.

This year, we might not have been buried yet, but they were giving the eulogy just before the coroner walked in and said, "Wait! Beckett can pitch!"

The coroners' findings must have leaked out to the local newspapers because by the next day the Indians knew it too. Then came Schillings, Yook, Ellsbury, the \$14 million dollar grand slam, a barrage of timely hitting and that guy named Papelbon.

Next thing I knew, for the second time in my life I was watching my beloved BoSox play for the World Championship.

The Rockies never had a chance. They

were nothing more than a mosquito trying to stop the charging rhino that was the Red Sox.

So late one October night, while I was sitting on the edge of my girlfriend's couch, I watched a 2-2 pitch from Papelbon smack into the glove of Jason Varitek.

The next thing I remember I was standing in her living room with her arms wrapped around my neck and her legs around my waist.

While I stood there holding my own arms up in the victory sign, it dawned on me that I had no idea what I had been doing for the past 25 seconds.

For the fifth time in my life, I had that feeling.

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## OUR POLICY

The Del Mar College FOGHORN is a forum for student news, events and opinions and is produced by students for students.

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## LETTERS TO THE EDITOR

Letters to the editor must be no more than 150 words in length, must be signed and will be edited for grammar. They may be a hard copy or e-mail and must have a contact number.

Send letters to the *Foghorn* office:

Room 215 Harvin Student Center  
101 Baldwin Blvd.  
Corpus Christi, Texas 78404

## LETTERS TO THE EDITOR

## Appalled at editorial accusations

I am greatly appalled by the accusations of the *Foghorn* reports. SGA is an organization that is the liaison between the faculty and student body. The issue that is bothering me the most is that just recently there were not any *Foghorn* reporters at the meeting to report SGA activities on BOTH CAMPUSES. My question is where is the adequate reporting? The *Foghorn* is the school newspaper that is suppose to be report[ing] the events on campus, well where are they at? SGA has more important issues than T-shirts. For everyone to know the reporter assigned to write about the SGA was not able to attend the meeting so an alternate reporter was sent. That reporter continued to not pay attention, staring at the ceiling, did not have any questions and acted like he could care less? Are these the kind of reporters we have? NO...this is just how interested that one certain person was in the SGA. Personally I do not understand why the *Foghorn* will have such false accusations for a meeting that they do not attend? SGA was open to all students on campus to be a part of and the last day to enter was October 24, that

afternoon we had 18 members present in the SGA meeting! Where is the reporting on that? The rule is that you must have 12 members to start a club, and 5 members to keep a club going. According to my math eight members are more than 5. To the accusation that the SGA has done nothing on campus, we have hosted the Student Appreciation Day, and Del Mar's birthday. If the *Foghorn* would come to meetings they would have known we have conducted parking appeals, are hosting Wishes and Dreams, are considering and discussing issues with the faculty/administration tension.

PRESS RELEASE: another interesting event is that we are planning the first annual Legislation Appreciation Day. Where are all the reports on this? There is nor special treatment given to the SGA over any other clubs. Let's get the facts straight! SGA looks forward to working with the *Foghorn* to help them better serve the students.

Kim Pfeifer, SGA President,  
Sophomore Criminal Justice Major

## Buildings need pay phones, news stand

Dear Editor:

I am writing to find out why we only have one pay phone on the East Campus. It is located in the Solomon Coles Building, 1st floor.

The following buildings do not have pay phones: Harvin Center, White library, Memorial, and last the Venters building. Why do we not have access to any pay phones? Is this a "new" policy by the Del Mar Board of Regents?

Also, we do not have a single rack for the *Corpus Christi Caller-Times* newspaper. I, for one, like to read the paper. If they could allow at least one rack in the Harvin Center, it would remedy the problem.

Also, at least one operable phone in each of the major buildings. These two issues need to be addressed.

Thank you,  
Pascual Muniz Jr.