

Obnoxious campaign ads fail to inform community

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Excluding people who take up two spaces to park their car or maybe dropped phone calls, this year's election advertisements might be the most irritating thing we have to live with on a day-to-day basis. For some reason, these campaigners seem to think that unclear and misleading ads actually help their cause, but really, it confuses voters or makes people not want to vote at all. Instead of clarifying campaign issues, they are doing the opposite with these dumb, unnecessary, and annoying election ads.

Measure 49 is currently reigning as my #1 most irritating campaign. First, what the heck do they mean by "Love Oregon?" Honestly, that sounds like a student's last-minute attempt at a catchy motto for a student government class. Yes, I love Oregon, and I'm not saying that we should develop more (in fact, I think that West Linn

needs a little construction time-out), but this argument seems to be based only on emotion.

And, who hasn't seen those obnoxious Measure 50 ads they play at least once every commercial break? Maybe it's just me, but honestly, who cares if they tax the pants off tobacco? It would benefit health care for children that are uninsured. Do they even have an argument? The whole commercial is about how it is using an amendment to change the constitution. That is done all the time; that's not a valid argument. (With that aside, all the commercial boils down to is two very bad actors who apparently love tobacco and hate healthy children. Who knew America's priorities were so out of line?)

The problem at hand is that campaigns use the wrong strategies to get results. Both sides use biased opinions and slanted facts to tell you what they want you to hear. In the end, the

only impartial information is the measure description and the explanation listed in the Voter's Pamphlet and information from non-partisan organizations like the Oregon League of Women Voters. Let's face it, once the community actually gets to the pamphlet itself, they've been subjected to so many biased opinions on billboards and through advertisements that almost no one votes with a clear idea of what they're voting for.

If you are voting this year, you don't have to be confused or misled. Before voting, take a little bit of time to research both sides of the measure either online or with the Voter's Pamphlet. Make sure you understand both arguments and which one appeals to you more. Also, ask around your community. You're much more likely to understand your friends or colleagues than the dull and puzzling descriptions in the pamphlets, not to mention the deceptive commercials on TV.

Technology is damaging lifestyle

ADAM HOLMES

Staff Reporter

America is a society where much is taken for granted: food, money, shelter, freedom, and the list goes on. Another thing we take for granted is technology. We use it every day, but we think nothing of it. Well, think about it. An electronic alarm clock wakes you up in the morning to get ready for school. A cell phone provides you constant communication with the world. Our school is dominated by computers and televisions in every direction.

But with so much technology at our disposal, we tend to lose track of how much we use it. We have become dependent on gadgets. I can't walk more than a few steps in this school without seeing someone text-messaging on their cell phone or watching a video on their laptop. If technology is being used so much, is that a good thing?

Over the past decade, Americans have not been as physically active as we were a few decades ago. Over 58 million Americans are overweight in some way, with 40 million of those obese. Technology is a major contributor to this. With television, we are able to find out all that is going on in the world and watch endless amounts of mindless entertainment. With computers, we are able to access vast amounts of information on everything that exists. With video games,

we can accomplish amazing feats as the character that is running around on the screen. All of this, without leaving the comfort of our home.

The youth of America are spending more time using technology than any other age group. A recent study by California State University showed that preteens, aged 10-12, spent 10.5 hours a day using game, Internet and entertainment technology. Teens, aged 12-17, spent 13 hours a day, and young adults, aged 18-25, spent 11 hours a day. All of these results averaged over a year. While preteens did spend the least amount of time with technology, the amount is still excessive.

Many parents consider technological entertainment a way to keep their kids entertained while being able to keep an eye on them. It's no secret that the world is a much more dangerous place than it was 20 years ago. Children are kidnapped by predators and are found dead several weeks later. School shootings plague us. One disturbed youth will lose it and decide that he needs to kill classmates. Parents want to keep their kids safe from the dangers of the outside world and technology can be a way to keep them home.

With more kids staying inside, fewer are going outside. Fewer are socializing with other human beings. Too much time spent with technology can encourage

laziness and unhealthy eating habits, which can eventually lead to becoming sick in some way, physically, mentally or socially.

That's not to say that all technology is bad. With the Internet, we are able to find the necessary information for school assignments or conduct research. Then there are all the uses for e-mail. Cell phones are a tool that allow you to contact friends with the portability of fitting inside your pocket. Then there is all the other electronic appliances that make our lives easier, such as washing machines, dishwashers, microwaves and refrigerators.

If we want to enjoy the benefits of both technology and a healthy lifestyle, we need to find a balance. When using your cell phone, there really is no need to send 200 text messages a day. Set limits: when watching TV, playing video games or surfing the Internet, spend 30 minutes or an hour, and then go do something else for a bit. You will find you enjoy it more. And, make sure that you go outside every once in a while. It is refreshing and healthy for you.

Technology is a tool that we use. It is both necessary to survive in modern day life and provides us with entertainment as well; however, we must remember that too much of almost anything can be a bad thing. We should control technology. Technology shouldn't control us.



"If people would rather die than go through the pain of a terminal illness, then let the choice be theirs."

—David Burke, senior

"It's the person's right. If they're going to suffer, why can't they end in peace?"

—Kaylyn Schaber, sophomore



Students SPEAK OUT

How do you feel about doctor assisted suicide?



"It's their business. I can't say it's the wrong thing to do because I've never suffered through a terminal illness, so I wouldn't know the pain of that."

—Andrew Daniels, freshman

"It's better to have a doctor help you. That way it won't be a surprise for your family and they will understand. It's not just your life; it's your families too."

—Amanda Patz, junior



All photos by Malia Chong