Making up for a lack of self-worth



By Megan Lobl

6:30 a.m.. Every morning I get out of bed, take a shower, brush my teeth, do my skincare, get dressed, and finally sit down to complete the final part of my routine: makeup. I go through my seven step routine, carefully painting over my insecurities until I can look at myself in the mirror, satisfied.

I didn't wear makeup before quarantine, and neither did most of my classmates, so it came as a shock to me when I returned to school to find many of my peers were wearing makeup to school daily. When the mask mandate was lifted, I felt naked without my mask on. I grew increasingly insecure of the way I looked, and thus I found my new "mask" in makeup. When wearing makeup, I felt more accepted. When looking less like myself, I felt more accepted.

I can't remember a day

since sophomore year that I didn't wear makeup to school. An obsession with fitting in has been the norm for high school students, especially in the digital age. Social media allows for greater exposure standards superficial at a young age, fostering insecurity, competition, and self-consciousness. It causes young minds to manifest their insecurities into a string of what-ifs? What if I was skinnier? Then would my crush finally notice me? What if my hair was straight? Then would I be liked more? When you are raised in a world that places so much value on outward appearance, you begin to link every achievement, or failure, back to your looks.

This is the story of many students on our campus.

The other day, I mentioned this topic to my friends, and their response brought forth some realizations. "I don't wear makeup a lot, but recently I've been wearing mascara. I look more awake," they said. "I would never go to school without makeup. It's just how it is." Hearing that my closest friends feel too insecure to ever not wear makeup to school made me realize that many others have



Courtesy of D. Lobl

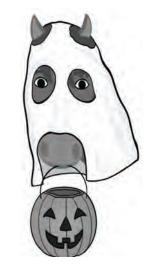
felt the need to hide behind a mask, too. People have resigned themselves to the idea that they will never be comfortable without makeup, that their insecurities are something to be ashamed of. Something that must be painted over.

As a senior, I have gained some perspective on my relationship with makeup throughout my high school experience. I have grown from feeling pressured to conform, to accepting and respecting myself. Now, I enjoy my seven step makeup routine in the morning, because I do makeup for myself. I've learned that makeup doesn't have to be a mask, but can be a form of self-expression and relaxation, instead. Although

I'm never going to feel completely confident everyday, I have grown more aware of that little voice in my head asking "what if?".

So I'll leave you with this: To all the people struggling with their self-worth, you are enough. You look beautiful with and without makeup. You are worthy and more than your looks. You aren't alone. I know you will make it through to the other side. The side where makeup is no longer a mask, but rather something that makes you genuinely happy. No longer something to hide behind, but rather an extension of your inner beauty.

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YAYS

A YAY to Taylor Swift and Travis Kelce dating ... 13th time's the charm!

A YAY to Halloween coming up. Does anyone have any costume ideas besides Barbie?

A YAY to Joe Burrow season. I haven't even noticed that he isn't playing well.

A YAY to Drakes new album. A Bigger YAY to SZA carrying every song she was on! <3

NEIGHS

A NEIGH to the new bitmoji update. It makes everyone look like aliens.

A NEIGH to our first issue without Mr.
Macleod. His legacy will live on!

A NEIGH to rainy weather coming.

Do you know how miserable it is to walk to the STEM building in a downpour?

Culture from page one

The amount of diversity can be seen in things like food, where you can find a burger joint sandwiched between Ethiopian and Cambodian restaurants. These authentic places would not survive in Marin because when an area is predominantly one race, it's a challenge to introduce cultures somewhere that won't embrace it.

Until we can display more representation, we can start with education. The San Marin community is doing a fair job of promoting diversity. This includes the option for students to take Multicultural Literature and Ethnic Studies instead of a standard english course. In the Mustang Roundup, the email brings attention to any heritage or history month in our community. There is no excuse for students to claim that they are unaware of any celebrations, as it is information that the school provides.

"There is no excuse for students to claim that they are unaware..."

It is debated by scientists that race is a made up social construct. Even if "race" doesn't actually exist, that doesn't take away from the fact that groups have a shared culture. Culture is a part of self identity and heritage, it has nothing to do with biology or genetics. While it may seem conflicting that I am half white writing about problems with predominantly communities, there is a deeper discussion that contributes to why a community might be more of one demographic than others. I can't get rid of the racism, and I can't make everyone love K-pop and kimchi, but exposing communities to other cultures is a vital step in creating a society that respects each other.

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