

Self Empowerment

Natural Beauty

by Aliyah Brinich

Since the ancient Egyptians, people have been wearing makeup. Modern girls wear makeup, right? Have you ever thought about what you looked like without all the makeup you wear?

There are so many girls that do not need makeup. Makeup just hides all of your natural beauty. Some girls wear makeup to cover up their pimples or "flaws."

Did you know that when you wear certain makeups, like cover- up liquid or powder, it can cause even more blackheads, pimples, or white heads than you already have? Some mineral makeups can benefit the complexion, but be sure to read up on them especially if you have acne-prone skin.

Natural beauty is the best option than anything else because that does not cover anything up. You are beautiful in every way possible!

Some girls just wear makeup to impress people. Why should you have to impress people? You

should be able to be who you are with or without makeup. No one can judge you besides yourself. If all girls had stopped wearing makeup, then guys would have to fall for a girl's natural beauty and personalities.

"If all girls stopped wearing makeup guys would be forced to fall for the real you,"

according to HAHS student Grace Kenesky.

Natural beauty is for everyone. Some girls say wearing a lot of makeup makes you look classy. Well that's not always the case. Some girls wear too much makeup, and it makes them look dis-

gusting. For example, when a girl leaves her makeup on overnight and does not wash their face in the morning you will look like a raccoon. You are not an animal!

Makeup is used to cover up all your "flaws," but every girl is beautiful in their own way. All makeup does is hide who you are. So, try going one day without makeup and see how many compliments you receive. You are gorgeous! So when are you going to switch from wearing makeup to the fresh-faced beauty you are?

Comfortable in Your Own Skin?

by Aliyah Brinich

Girls always say that they are fat, ugly, stupid, and many other things. A lot of girls also have self-esteem issues, but did you know that when you look into a mirror, you are ten times as better looking than what you actually think you are.

When you start to think deep and dark thoughts about yourself, that isn't acceptable. Your life is worth living, and is the most precious thing. Have you ever thought about what your friends think of you? Your friends are all that matters and not about what anyone else thinks. Your friends will understand if you explain to them what you think of yourself. They will

more than likely prove you wrong.

Some tips to make yourself feel better is that when you wake up in the morning and look into the mirror. Tell yourself that you are beautiful and an amazing person. Eventually, you will believe what you are saying, and everything will fall into place. Once you love yourself, all of your goals and dreams will start to follow. When you are finally comfortable in your own skin, life will become better.

If you think you're ugly, fat, stupid or anything else then you should stop believing that. You are beautiful in every way possible in your own unique way, and no one should tell you anything else. So when are you going to start believing in yourself?

Wearing Makeup



by Rhiannon Triechler

Makeup in this time and age, may be important to many teenagers around the world, though it is mainly girls who use it. It is not uncommon to be bought as presents or for everyday use. But why do people wear makeup?

When asked that question, Rachael Farkus, Samantha Ayers, Dominique Patrone, and Krista Baran where in agreement. "Breakouts!"

A large majority of female students at HAHS wear

makeup for them, to look prettier, and feel more self-confident. Rachael Farkus says, "Making my skin look clear makes me feel better, and it evens out my skin tone."

Makeup can be a positive thing for self-image when it comes to teens, female or male, and makeup preferences vary depending on the person. Many girls do not like to wear makeup at all, while other girls won't leave the house without it. So take a moment and think: When was the last time you went without makeup?



by Google images

This picture shows that you don't need makeup to be pretty