

Gwen Docter Editor/Reporter



On the other hand, posts of healthy food could be doing the opposite.

## **Sharing and Caring**

Social media apps like Instagram, Facebook, and Snapchat are some of the most addicting apps on the app store. With 800 million, 1 billion, and 200 million daily users respectively, people can interact with others to share what's going on in their lives every day. On Instagram and Facebook especially, people can comment and like your posts, which makes social media platforms like these the perfect place for food bloggers to have a substantial outreach. Food bloggers are some of the most popular accounts on social media because they post about something that every person on Earth has in common: food. According to the well-founded business website Business-2Community, 23% of all Instagram users post about their food as a "food diary". They document their days through the foods they eat, and 22% of those posts are to show off their talent, if the food is homemade.

For some people, posting about their food is a ritual, like praying. Experiments published in Psychological Science--a monthly scientific journal--showed that people who perform these "ritu-als" reported that they enjoyed the food more than the people who ate right away. This could be the result of a placebo effect, but when such people go without posting their ritualistic food photo, they feel like an important part of the meal is missing. The act of photo-taking itself also makes those individuals happier, based on research from several different universities, such as Yale. Taking a picture during a positive experience, such as eating, can make us feel happier, so long as it doesn't interfere with the meal itself.

Additionally, taking food photos can allegedly help patients re-

cover from eating disorders, like anorexia. By documenting their food, they are keeping track of their progress and inspiring others to take charge of their problems and change their eating habits.

## **Taco 'bout Problems**

Despite the seemingly positive reasoning behind posting about food, the craze about "foodstagramming" is more of an obsession. When you post about something and someone likes your post, your brain releases dopamine, which is the "feel-good" chemical in the brain that is also linked to addiction. This addiction leads you to consistently check your phone and compare yourself to others, causing a phenomenon calling "relative deprivation" to occur, in which



you are jealous of people having things that you don't that are considered social necessities.

Constantly posting your food on Instagram or Facebook or any other social media takes away from the rest of your life. The woman-centered style website thecut.com tells of what may be a familiar story for families of food bloggers: "The meal is get-ting cold, and your fellow diners are waiting--not to mention silently willing you to sit down and stop embarrassing them with your millennial sensibilities." By posting about your food all the time, you are not only wasting valuable time that could be spent with family, but also wasting time and letting your food go cold. And who wants to eat cold food?

Though some argue that food blogging helps with anorexia, on the flip side, it might be an indicator of underlying eating disorders or unhealthy habits. It's possible that photographing our food actually makes people gain weight, as they obsess about eating attractive food and regard meals as magnets for likes.

## Wrap It Up

People try to paint the perfect appearance through their social media, and the way they post about their food is no exception. 81% of the world's population is on social media, so food bloggers have an immense audience to share their meals. Whether or not posting about food has a positive effect or not is up for debate, but you'd butter believe that they're having a grate thyme and loafing their food posts.





## MONIOSOS CELEBRATE

Jed Vergara Editor-in-Chief



Because of the shared history and culture with Americans, may it be from moving to the United States or the continued influence from World War II and prior, some Filipinos observe Thanksgiving day the same way Americans do. My family never celebrated Thanksgiving before moving to the US, as that time of the year was solely devoted to Christmas.

Around that time, my family focused on getting everyone Christmas gifts because it is a very important holiday for the Filipinos. When the holidays are near, most members of the Roman Catholic Church attend early morning masses, or what's called "simbang gabi," which happens usually on the 16th of December until Christmas morning.

A well-known Filipino tradition is "Sinulog," which happens in January every year and celebrates Sto. Niño, the holy infant child. Filipinos, especially in Cebu, gather around town to walk with the saint, as well as run parades with traditional dancers at the center of it. Moreover, when the sun sets, parties are held throughout the main cities, where henna tattoos, music, and partying are the norms.

Amy Larson Editor/Reporter



Football seems to go hand in hand with Thanksgiving, especially in my family. Every year on Thanksgiving, my family goes to Fireman's Park and plays flag football with other families in Beecher. This tradition is known as the "Turkey Bowl". We have people of all ages come out to play. The game is fun because it is not that serious and it is nice to spend the beginning of the day with friends and family.

Once the game is over, the rest of the festivities are pretty typical. My family gathers at someone's house, usually my aunt's, and we all eat dinner and watch the football game. Along with many other families who celebrate Thanksgiving, we also follow the tradition of breaking the wishbone in hopes of getting the bigger piece, which is always accompanied with a surprise. My birthday happens to be right around Thanksgiving, as well, which means we usually incorporate a birthday cake and presents into the day. We then spend the rest of the night listening to stories about when our parents were younger and playing different games until finally everyone says goodbye and goes home.

Emily Hayhurst Co-Editor-in-Chief



Every year on Thanksgiving, my family goes to my Grandmother's house. My aunts, uncles, and cousins all sit in the living room and play odd games such as scissors and a game involving magazines. While the games are simple for the adults who know the tricks, the kids all have a hard time figuring out the games. After we play games, we all sit down at a large table and pass around food. We say grace, and dig into the turkey, croissants, stuffing, potatoes, and various other foods there. After dinner, we go downstairs and grab our wooden sticks with our names on them to get measured. This tradition that my Papa started always causes humor as someone always ends up growing a lot or believes that they somehow shrunk. After getting measured, we eat our dessert of different types of pies. Usually everyone is stuffed after the big dinner and dessert, so we all sit down and listen to funny stories from the adults. Not long after, everyone starts to head home. However, me and my mom always spend the night and go shopping with my Grandma for Black Friday.