

“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for redress of grievances.”

Our Opinion

How TAMUK can help during the cycle

Readers of The South Texan, we encourage you to ask University officials to provide menstrual products in the restrooms on campus, since they are considered toiletries. Menstrual products should be considered just as necessary in the restrooms as toilet paper.

Many of our students may find themselves in need of these items, but unfortunately our restrooms do not have them supplied.

In an emergency, many students can't easily walk to the campus store to purchase these products, and there are cases when they cannot afford to purchase them.

These products are a necessity, not a luxury and those in need of them should not have to do without.

According to a nationally representative 2021 survey done by Thinx and PERIOD, 23 percent of students struggle to afford menstrual products because of their cost.

The average consumer spends about \$20 on menstrual products on average per cycle, however there is still a percentage of consumers who cannot afford their products.

This same survey revealed that 84 percent of students miss their classes, or know someone who misses, because they don't have access to menstrual products unless provided by schools.

Organizations on campus have donated supplies to provide menstrual products in the restrooms in the music building and while this is a great way to give back to the community, this should not be something a student organization should have to handle themselves.

Texas A&M University Kingsville (TAMUK) uses our tuition/fees toward supplying toiletries and should include menstrual products as well.

If TAMUK can have condoms available throughout campus menstrual products can be provided as well.

If a student is in need of supplies they do have options; they can either visit the Javelina Care Closet or go to the bookstore.

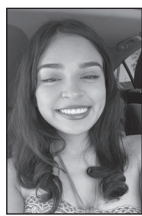
Students on campus have to bring their own products from home but things can be forgotten at home or they may not have their own products on hand.

Having menstrual products in stock in our restrooms not only helps students on campus but shows that the university cares to go the extra step in ensuring their comfort.

Doing this will increase the comfort of students and show that TAMUK is willing to take the steps necessary in ensuring their students stay happy and healthy.

Online learning vs face-to-face

Online learning had an immediate emergence as soon as the COVID-19 pandemic first swept across the country.



Liliana Pena
Contributing Writer

Transitioning to online classes was a necessity at the time, though it was certainly a major difficulty for students and their families, as well as the teachers and administrators of all educational institutions. Many of them found this means of instruction a complicated nuisance.

Now, because of the pandemic, online classes have become integrat-

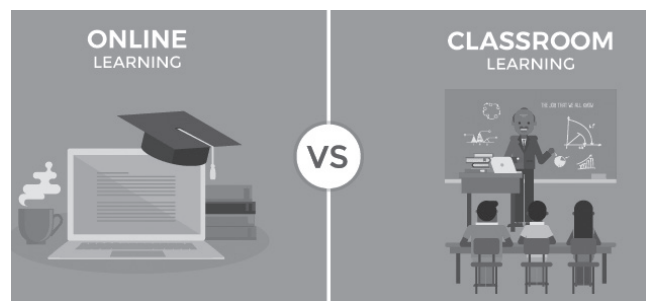
ed into the education system. Online classes were proven significantly ineffective during the pandemic, and inferior compared to face-to-face classes.

Students started experiencing negative effects on their education during the pandemic, which was evident in their lack of academic progress.

Everything from their social lives to their attention spans was impacted, as the isolation behind a computer screen deprived students of some of the most crucial aspects of education.

Students would easily lose focus, get sidetracked and lose social confidence, both of which are important.

In various studies have revealed that 31 percent of students prefer face-to-



courtesy of google.com

face classes while 69 percent prefer online classes.

Although online classes let students make their schedules and learn at their own pace, it also requires self-discipline to learn.

Face-to-face learning gives students genuine connections between their teachers and classmates. When classes were moved online, it was hard for students to engage with others and retain the material being taught. Virtual instruction could

not feasibly provide students with hands-on activities, and the crucially important structured day of classes at school. Teachers tried their best, but a vast majority of the time, their students simply were not engaged. There are several other factors that make online learning inferior to face-to-face. Online classes clearly and overwhelmingly failed at providing an adequate educational environment then, how can it be beneficial now?

Juggling the highs, lows of being a college mom

Being a full-time college student and mom can take a toll on a person but feeling the joy of knowing that the work you're putting in towards your education to better your life and your child's life makes the stress and feeling of guilt go away, in most cases. A person might feel guilty being



Zena Desouza-George
Sports Editor

away from their child especially with the image that social media paints on mothers who have full time jobs or are in school.

The internet paints this picture of what the "perfect mother" is supposed to look like and shame those that aren't with their kids daily.

In life there will be times where you have to make hard decisions that could make or break you. So does that make me a bad mother because I chose my education over time with my son? You'd be surprised how many times

a day I ask myself this question.

The answer is no. I think this makes me a great mom and to all the other college mothers or moms who work a lot I am here to tell you, you are enough.

No one prepares you for motherhood and no one gives you a pamphlet on how to take care of a child but the saying "your intuition never lies" is very true.

All the sacrifices and pain you endure after becoming a mom is never easy but one thing you should never do is doubt yourself as a

mother.

When you start to feel doubt think about all the great things you have accomplished thus far. Think about the bright future your son or daughter will have regardless of how you may feel or what you see on social media.

My advice to myself and to all mothers reading this, we are enough.

Keep waking up, keep striving towards your goals, and most importantly be happy that you're here to see another day, the only ones who matter are our little ones.

Going above and beyond for child safety

When Nintendo released the Nintendo Switch, they noticed that their game cartridges were a potential hazard to small children.



Mariana Soria
Campus Editor

With that in mind the company decided to add denatonium benzoate to the coat of the games that would be re-

leased for the switch.

This all began in 2017 when the console released. As the years have passed Nintendo continues to add this friendly chemical in hopes of saving the lives of children who may be unattended and potentially leave the cartage alone after having its bitter taste.

According to Quartz to avoid the possibility of accidental ingestion, keep the game card away from young chil-

dren.

A bittering agent (Denatonium Benzoate) has also been applied to the game card. This bittering agent is non-toxic.

Its been six years since the implementation of this chemical regarding Nintendo's games. People still question the safety of Nintendo's added chemical but do not look at the lives that they are saving. After researching the chemical there is no proof that simply having

the taste in your mouth could be fatal, mainly because of the low toxicity rates of the amount on the cartages.

It is something that we should be looking into potentially having implemented elsewhere such as wires and maybe even SD cards in hopes to further protect children.

Companies that decide to include chemicals within their product should caution toxicity levels.

Should TAMUK provide free menstrual products?

97% YES

3% NO



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