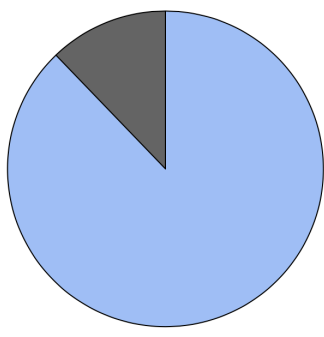


## What's Your Opinion?

Do you enjoy snow days?

Out of 41 responses:  
 Yes -- 36  
 No -- 5



• Yes • No

## Next Poll:

### Books or Movies?

Do you usually prefer books or their movie adaptations?

Students can answer the poll on The Herald's Instagram page, [@astateherald](https://www.instagram.com/astateherald). Instagram polls are posted on Mondays. Previous poll results can be found on [astatetheherald.com](https://www.astatetheherald.com). Have an idea for a poll? Send your ideas to [heraldopinion1921@gmail.com](mailto:heraldopinion1921@gmail.com).

These and future articles can be found on the Opinion section of The Herald's website.

# Fast fashion: where style, ethical labor and the planet go to die

SHAILEY WOOLDRIDGE  
 COPY EDITOR



Shailey Wooldridge is a junior multimedia journalism major from Caraway.

The carousel of overconsumption keeping everyone in search of the next best thing has been a spinning issue for some time and the fashion industry is no exception.

With the rise of microtrends, influencers and TikTok shops, it's hard to be on the internet without wanting to feed into the trend cycle.

According to Earth.org, approximately 92 million tons of fashion waste is produced yearly. With online stores such as Shein and Temu, you could realistically buy a new wardrobe multiple times a year due to the low cost of items.

However, it would be destined for

landfills and Goodwill stores before the end of the year because the items are made with cheap, low-quality material.

The cost of these garments is so low not only due to cheap materials but also unethical labor practices. The millions of laborers who work in these factories do not earn a livable wage.

In addition, these workers are often children because they can be exploited due to low skill. They work in many cases over 12 hours a day, seven days a week. Their working conditions also affect their health due to constantly breathing in synthetic cancer-causing chemicals in the materials.

Shein and Temu are not the only companies guilty of these unethical labor practices. Other more reputable fashion companies such as H&M, Zara, Gap, Old Navy, Urban Outfitters, Artizia and Free People have shown up on lists of fashion companies with the worst labor practices.

These companies engage in "greenwashing," a public relations tactic used to make consumers believe a product is more ethically produced and environmentally friendly because it has a tag that says so.

Fast fashion and the trend cycle are also boring in general, as they cause you to constantly feel the need to reinvent yourself to stay interesting. Developing a personal style takes time to solidify

and is much more unique.

Because of the low-quality products provided by these fast fashion companies, it's almost impossible to find staple pieces in which to grow your style.

Ethical and sustainable alternatives to fast fashion are typically more expensive because they're made with longevity in mind. However, they look better often even over long periods as they get worn in.

The trend cycle causes people to search for aesthetics that fit into the cycle rather than quality pieces they love. Buying second-hand is another great alternative because it is cheaper than buying new clothes and often you're saving clothes from landfills. There is often a thrill that comes from finding quality pieces for pennies on the dollar in thrift stores.

Some options for buying second hand

clothing in Jonesboro include Goodwill, Plato's Closet and Abilities Unlimited. Facebook Marketplace is another great option for sustainable shopping.

Websites where you can buy second hand, including Depop, Poshmark and Ebay, are great if you're interested in keeping up with certain trends.

My best thrift find to date was a pair of Prada sandals from the 90s I found at Goodwill. My dog promptly ate them the second I turned my back but for one glorious winter day I owned a pair of \$500 shoes I paid \$10 for.

Thrifting, not fast fashion, is what lets you find these great bargains. With a little searching, you too can help the planet and look great doing it.



PHOTO COURTESY OF PHYS.ORG

Woman searching for used clothes in dump in Chile.

# Boredom is good, actually

ELIJAH TEMPLETON  
 OPINION EDITOR



Elijah Templeton is a junior creative media production major from Jonesboro.

I want you to think about the last time you allowed yourself to be bored. The last time there was nothing good on Netflix and there was nothing new in your social media feed or subscription box.

When was this? How long did that boredom last before you found something else to do?

Chances are, it has been quite a long time since that happened and it did not

last very long. I know it has been for me.

The thought of sitting in complete silence with no stimulation for my brain is terrifying. I mean, who would actively choose to do nothing when there are so many things to be doing?

Despite all of your obligations and opportunities to occupy your mind, being bored is good for you.

There are many reasons for this phenomenon of boredom not being a part of American culture. One of them being our intense work-centric culture.

How can you allow yourself to be bored when there is still work to be done? Many Americans cannot afford to spend precious time during busy days doing nothing, even if that time would be beneficial.

It may sound strange to hear that boredom can be a good thing. It is practically drilled into us as children that sitting around and doing nothing is almost always negative and never viewed as something worthwhile.

Contrary to this popular belief, boredom has many positive effects on our brains. It can allow time for our brains to properly reset and rest, which

can be tough to come by in the day-to-day lives of most adults.

Boredom is also a crucial element in fostering one's creativity. Your brain is capable of wandering to the furthest reaches of your psyche when you are free from tasks that occupy your full attention.

This creative freedom is especially useful for children. Encouraging kids to allow themselves to be bored is important for their development and allows them to become more well-rounded adolescents.

If a kid or adult never allows themselves to be bored, they are constantly seeking stimulation that brings them dopamine and gratification, which in today's world most likely means being on social media.

There is technology in every part of our lives, from work to school to our homes. People must make conscious efforts to be free of technology and in turn, let themselves be bored.

If you are looking for answers to your problems, they will most likely not be found while you mindlessly

scroll through apps or rewatch your favorite shows.

They may not always be found within yourself either, but by letting your mind have the time to rest and wander, you allow yourself the best chance to find the answers you are looking for.

In Italy, they have a saying, "il dolce far niente," which translates to "the sweetness of doing nothing."

This does not translate as well to American culture, but if you allow yourself to adopt this mentality, in moderation of course, you may just surprise yourself with how your life changes.

But of course, that's just one man's opinion.



PHOTO COURTESY OF JOHN SLATER

Kid being bored at school.

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