Ethnocentrism is A term to describe the attitude that one's culture is superior to all others. An example of ethnocentrism that I witness all the time in the United States is using the term Soccer. Globally the sport in most places is referred to as “Football”. In the United States, football means to most the Nation Football League (NFL) or College Football (NCAA) etc. I’ve seen MANY American Football fanatics get very upset when others call soccer football, even though globally “Soccer” is the sport with more fans and has been played a lot longer than “American Football”.

Another example You see a lot especially in the professional sports world is a culture of losing. Winning breeds winners is a saying you hear a lot, but what about losing? Many sports teams have lost so much over a long period of time that it has bred a culture of losing. Constant losing takes the fun out of the sport and apathy sets in. Thus a culture of losing effects the clubhouse.

Norms are cultural actions that are expected. For instance, in the United States the man should open the door for the woman to walk through first. One of the norms I have big problem with comes from my big mouth. I swear a lot and JESUS CHRIST is a phrase I use a lot to express irritation. I cannot tell you how many times I have been admonished by very religious people that did not even know me.

To me freegans make a good TV show or YouTube video. I don't believe that's a lifestyle that I could endure to be self-sufficient living off the grid. I enjoy the comforts of modern society too much Wi-Fi, Internet anywhere I want video games, television, and air conditioning it's not something in my life currently I am willing to give up. Comfort is very important to me no matter what the cost. I do not view some of the daily struggles that freegans have to be in my comfort level. I am not going to get up at 6:00 AM to compost a garden. I’m not going to give up meats, stop driving my car, or even going to the grocery store. I'm just not willing to do it at age 50. Can I integrate some of the lifestyle and cultural changes into my daily life? Absolutely! Recycling, water conservation, installing solar panels things of that nature are not much of an inconvenience. If I was young, I might be more willing to embrace more of the culture.

Sources:

Football Vs. Soccer

<https://www.diffen.com/difference/American_Football_vs_Soccer>

What is a Freegan?

<https://freegan.info/>