

Darling you are beautiful
your essence is one of a kind
your smile keeps me high
Most of all your strength
Moves mountains for me
Your embrace gives me a glimpse of possibility

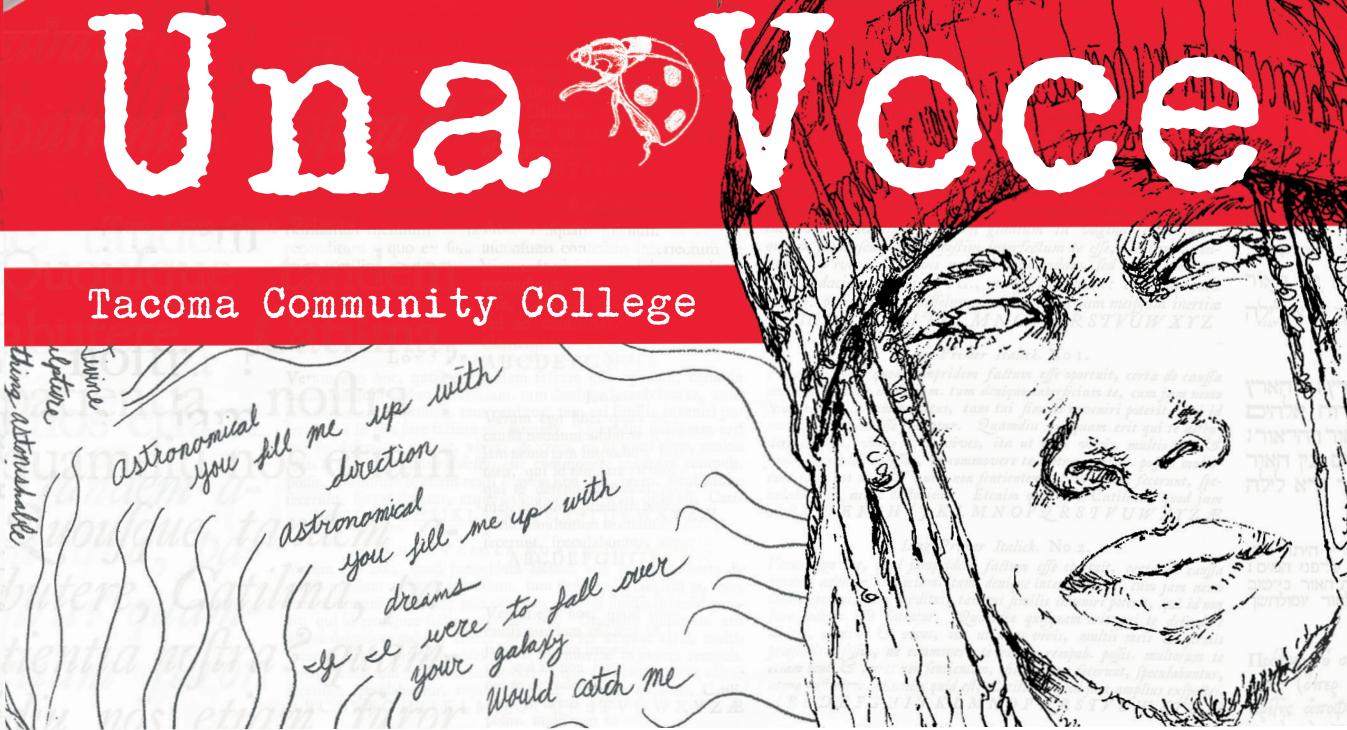


2016

Una Voce

Tacoma Community College

astronomical
you fill me up with
direction
astronomical
you fill me up with
dreams
if we were
your galaxy
would catch me



Una Voce

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Letter From The Editor

April 28, 2016

*Dearly beloved we are gathered here today
to get through this thing called life.*

Student Editors

Sarah Colerick

Gloria Muhammad

Agnes Song

Steven Yean

Isabel Stevens

Krislyn Moore

Advisor

Mary Fox

It may seem cliché, but many of us know that this quote is from Prince, the singer, musician, and activist for artists' rights. As the student editors and I edited a plethora of essays – several themes of life came up. This may seem vague, but essentially – the essence of life shined through these essays. Themes of animal cruelty, food sovereignty, personal stories, and social justice – sprang up beautifully like cherry blossom flowers.

On campus, I have met students from all walks of life. Students from a variety of ages, students from a variety of places, and students who want to challenge themselves to make their own contribution, to essentially – life itself. I have seen passion in people for what they love to do, whether that's volunteer during their free time, help others learn challenging subjects, or use their voice as a tool for social change. I have also seen people in various stages in their lives, people in pain. I have met students who are retaking classes, are having trouble balancing both their families and jobs, feel defeated by school, or are going through personal situations in grief or loss. I have also seen the same people seeking for truth, seeking for an answer, and seeking for guidance.

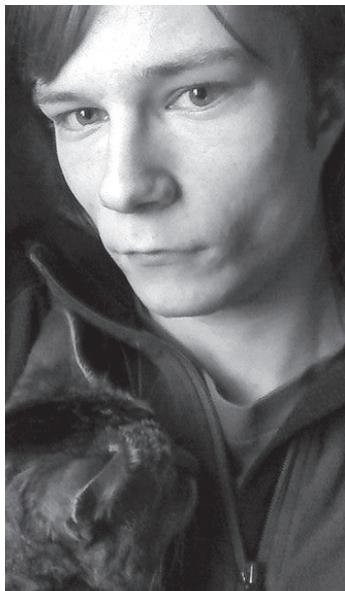
In that quote from Prince's song "Let's Go Crazy," I've often wondered why specifically that line says "to get through this thing..." To me, that means that struggle is ordained, and that struggle is actually meant to happen. At some point in our lives, we are going to have to struggle – whether that's academically, professionally, physically, or spiritually – it can be several of these at once. Perhaps it's an ongoing occurrence in your life. Perhaps you're at a mountaintop in your life, and are about to see another valley, in which you have to decide your pathway. Every day, each of us is creating history and the pathway for our lives.

Writing essentially is one expression in which we can see the threads of our various lives, highlight our experiences, and also share commonalities. Writing brings to the forefront the human experience – whether that be excitement, imagination, pain, beauty, joy, love, hope, despair, grief, or perplexity. In this year's *Una Voce*, I hope you find elements of your experience and about the world as a whole!

Peace and light,
Gloria Muhammad
Una Voce Student-Editor

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Alex Andreev, originally from Russia, is studying computer science. His favorite writer is Mikhail Bulgakov and he also likes English-language writers George Orwell and Ray Bradbury. He is inspired by family and friends, and his favorite place on campus is the library because its quietness helps him concentrate.

Magic of a Typewriter

I spent the first 22 years of my life in Volgograd, a middle-sized industrial city in South-West Russia. My family moved a lot around the city during my childhood; we had lived in five different places by the time I was ten. However, there was one place I remember especially well; it was an apartment in a quiet neighborhood, about a half-hour walking distance from my school. Even though the apartment was small, I had my own bedroom with a window that was barred from the outside. The bars were painted white and shaped like plant vines with wide leaves on them. I didn't think much of it as a child, but looking back, I still have no clue why someone would bar a window on the fourth floor. Aside from this odd feature, it was a tiny room that hardly had enough space for my bed.

For this reason, my dad decided to transform my bed into a bunk bed with a desk under it. When it was done, I was extremely happy because this construction literally doubled my living space. Moreover, all of a sudden, I felt grown up and important since I had a desk like all of the adults. Sitting at this desk, surrounded by the diffused light of two lamps that were mounted into the bed's bottom above my shoulders, gave me an unforgettable atmosphere of excitement and adventures. It was like sitting at a cave entrance with sun beams coming from behind me.

Right in the center of the cave, I kept my treasure. Taking almost half of the desk's space, a device made of shining steel and gray plastic, beautiful in its complexity, rose on my desk. A typewriter. It was a fairly old mechanical model that didn't know electricity was ever invented.

Keys, gray with black letters, formed the perfectly straight rows of a keyboard. Many steel rods, each assigned to its own key, geared an amphitheater of metal type-bars with relief letters on them, lying in between the keyboard and a paper reel mounted on a carriage. I had to press the keys really hard in order to overcome the force of the tough springs that moved the rods with the keys back to their initial positions. At first, this made typing especially challenging for me. My fingers constantly hurt from the hard hits of the keys. That's why I didn't use the typewriter much; it just stood on my desk, all mysterious and enigmatic, waiting for a special day.

This special day wouldn't have come without the help of one of my friends. There weren't many children of my age living in the same apartment building as I, so I knew nearly every one of them. My closest friend of that time was a boy named Artyom. He lived on the same floor, three doors down from my apartment on the left. He was a couple of years older than I, tall, and with short, dark blond hair. Artyom was a very valued friend of mine because he possessed an item extremely coveted among children of that time, a game console. We could have

played together all day long if only our parents had allowed us to do so; but, of course, they never did. Aside from our love for the precious game console, we shared a lot of other interests. One of them was a passion for reading books, and particularly for one genre: science fiction.

One day, after another part of the Jurassic Park franchise came out, Artyom ran into my apartment, holding pieces of paper covered with messy handwriting. He looked very excited and mysteriously asked me, “Do you know what we’re gonna do?” I had no idea. Knowing that he was such a big fan of the Jurassic Park movies that he could cite them word for word, I guessed that all of these papers were probably his compilation of quotes from the new movie. Though it didn’t make much sense, I just couldn’t think of anything else. Artyom looked at me attentively and then pointed to the typewriter peacefully standing on my desk. “We’re gonna write a book,” he said.

Indeed, what would ten-year-old boys use a typewriter for? For writing books, of course! All of the professional writers do that; why couldn’t we?

Continuing to talk, Artyom and I went to the living room and sat down on the couch. Even though his explanation was vague and rushed, I picked up most of his ideas. He only had the beginning of the story, but it was so exciting and expressively written that the development of the story didn’t seem a problem at all. The action took place on a planet that was very similar to our Earth in the dinosaur era. A research spaceship was supposed to deliver new equipment for a research station on the planet’s surface, but a malfunction caused it to land in a different area that was hundreds of miles away from the station. Now researchers had to survive in a wild environment where dinosaurs lived! What an adventure!

This is how it all started. We wrote drafts separately on cheap, thin yellow paper, then we edited them, merging into one, page after page, chapter after chapter. When a couple of chapters were done,

it was time for magic. We sat down at the desk in my bedroom, under the bunk bed, mesmerized by unfamiliar mechanical sounds. Evenly spaced hits of keys echoed into the secret cave. Click-clack, click-clack; the bell rang announcing the end of the line. Wschoo! The carriage moved to the right, led by my left hand. Applying a little more force to the lever on the left of the carriage, I rolled the sheet of paper one line down. And again, click-clack, click-clack...

Exuding the slight odor of metal and ink, the reels with ink tape were creaking in rhythm of my fingers hitting the keyboard. Letters and words slowly moved from bumpy and uneven draft lines to the perfectly typed ones, black and white, just how they’re supposed to be. Artyom sat on my left, searching for any typos I might make. From time to time, as the one typing got tired, we switched places. My friend also liked to put little illustrations on margins to give the reader an idea of what some dinosaurs looked like.

Unfortunately, our writing process didn’t last long. After the 25th page, the rate of our creativity went down; at about the 50th page, after a half of a year, we stopped writing completely. The story wasn’t finished, but we had played writers for enough time.

A year later, I got my first desktop computer, which was proudly placed on my desk instead of the typewriter. However, thinking about this now, I thank my typewriter. It gave me much more than just typing speed. Without it, I wouldn’t have been involved in this amazing writing experience, which was my first significant piece of writing at all. The typewriter and its magic gave us powers to continue to write. Without it, our interest in writing wouldn’t have lasted even a couple of weeks. We started a process that was never finished, but it’s more than just a book. Writing itself is the process we didn’t finish, and now, writing this very line, I remember when it all began.



Buffy the Vampire Slayer is San Diego-native and film student **Sharina Black's** most influential hero. "I've looked up to her since I was three years old. I've been through a lot in life and if I've learned anything from the Slayer it's that there's absolutely nothing a strong girl can't handle." She's been writing since she was four or five years old. "I think I'm a very complex person and I like exploring my head – it's pretty big. I guess I write to learn about myself."

Rob Zombie the Auteur

Horror is the most under-rated and over-criticized of all film genres. However, few have studied the category in depth and have found deep-seeded themes rooted in social awareness and the responsibility of artists to revolutionize and keep record of the times. Often thought to be contrived of cheesy elements previously commercialized, most modern horror movies don't make much of an impression on their audiences because of preconceived notions that "it's all been done before." This makes it hard for a horror filmmaker to declare himself as original or artistic. But alas, there is hope. Profound musician, designer, and filmmaker Rob Zombie deserves to be titled an auteur based on his established sympathetic approach to the psychoanalysis of monsters and his captivating niche for displaying horror films as designated works of art, deflecting from today's torture porn and predictably sudden shocks brimming the 21st century's theaters.

Being quite an abnormal character himself, Rob Zombie coerces the audience into feeling for the villain, who is, more often than not, the star of his productions. Rob Zombie is the legally modified name of Robert Bartleh Cummings, who named himself after "one of his favorite sub-genres of horror," according to the Internet Movie Database. From his self-directed nu-metal music videos to the taxidermied baby bats in his living room, Zombie paints himself (or, more accurately, tattoos himself) as a creative individual with curiosities set on demented fascinations with trepidation and the occult, so it comes as no surprise that a key focus in his films is humanizing the monster.

In his remake of John Carpenter's Halloween, Zombie creates a backstory for serial killer Michael Myers that the audience experiences and this backstory is used to justify the empathy stolen from us. In Zombie's version, we can attest that Myers was a troubled child "created by a perfect alignment of interior and exterior factors gone violently wrong—a perfect storm" (Zombie, *Halloween*). With the depiction of a clearly broken home and violent everyday interactions with school bullies, we the audience share a thought: no wonder this poor kid's a psycho. Quoting a review of the movie, "The new 'Halloween' has sympathy for the Devil" (Seitz). We feel for him not only because of deceit from claustrophobic, high-angled shots often portraying Michael as a victim, but the boy can't grasp that his family doesn't visit him in the mental hospital because he slaughtered them all. And when a much bulkier, older Michael gets hold of his baby sister fifteen years later to gain some sense of family, we feel the stabbing realization of betrayal that comes with the knife that the baby sister shoves in Michael's neck, immediately following a nostalgic close-up on an old photo of the two

of them. The attempt to get the audience to feel bad for the villain relates to a statement made in a movie review on Zombie's film, *The Devil's Rejects*, that "Zombie identifies with them because of their otherness, their ability to not be normal" (Kipp). This identification is apparent across all of his latest films (post *House of 1000 Corpses*), and is even more drawn out in *The Devil's Rejects*.

Unlike his portrayal of *Halloween*, Zombie's film *The Devil's Rejects* gave us backstory in the preceding *House of 1000 Corpses*. We skip the exposition and delve right into the action, only this time having to accept that our protagonists are the deranged, backwoods serial killers instead of their victims. But soon into the movie, as is Zombie's trademark, we learn that these maniacs can be victimized. Other than about a half an hour-long bloody hotel incident, we don't see much of torturing innocents. The focus is on a homicidal family on the run from one just as deranged cop because "the monster is generally more fascinating than the victim" (Kipp). On the auteur policy, Warren Buckland states "it is the director who makes the choices concerning framing, camera position, the duration of the shot, and so on—those aspects of mise-en-shot that determine the way everything is visualized on screen" (74). Zombie holds a steady, artistic vision in each of his films that looks the audience directly in the eye and tells us to pity these evil-doers. We do it because the policeman antagonist is filmed in a series of unsettling shot/reverse shots of a conversation between him and a mirror that color him completely unaware of the warped and horrid nature of his hypocritical religious vendetta. We feel for them because we see the Firefly family's explicit pain in grimy, extreme close-ups of hands nailed to chairs juxtaposed against a family bond that prevails even when tied (and nailed) to those chairs in a burning room. We root for these freaks because we know their story and we can't let them go out without a bang, the bang being a slow-motion long take of a shoot-out with the police set to Lynyrd Skynyrd's "Free Bird".

Even in his newest avant-garde film, *The Lords of Salem*, Zombie manages to capture our empathy and gift it to a child of Beelzebub, the daughter of Satan. He makes this huge deal about a recovering drug addict who can't tell reality from drug-induced fever dreams, and even though the direction of the plot is clear from the stir-up, we're just as awed at the pretty, bright images of a massive human sacrifice as the sordid devil-worshipping hags responsible for the whole ordeal. Zombie's utilization of such cinematic techniques as high-angle shots, heroic backlighting, and rack focus to create this kind of vulnerability results in a mass manipulation of his targeted audience that is frighteningly brilliant.

On the subject of imagery, Rob Zombie takes a left turn at Hollywood's overused methods of shock value to give the audience lasting images that make disturbing impressions on desensitized minds.

Zombie doesn't rely on the dependable commonalities of a horror film such as a creepy, obscure house or a disfigured monster to entice fear from his audience. These constituents come with the territory, but "horror, like drama, comedy, or suspense need not be an obvious component in a film's composition to be the major factor behind that composition" (White, 6). What makes the murder of a snooty nurse horrific in *Halloween* are the context and the over-exaggeration of the scene. In regards to context, the nurse had it coming. It isn't common sense to antagonize with snide remarks a convicted juvenile murderer who is completely void of any moral compass. But at the heart of it all, the mise-en-scène should be comedic. There is a slow, upward tilt shot of a chubby child in a clown mask who thinks himself "the king of the swings" and his superpower is the ability to place brute force behind an eating utensil. What makes this scene scary? It's not so much the pool of blood that makes a lasting imprint as it is the diegetic emergency alarm and the looming loss of control over a small, timid child.

Zombie takes a daring chance and succeeds at turning horror into a thing of beauty with his repetitive bird's eye view shots of dead bodies in the woods. The scenery is peaceful but the cadavers and soon-to-be cadavers are disturbing. Dennis L. White states "the suggestion of mysteries and secrets or of evil doings in an old house can be a beginning, but by itself such a suggestion cannot provoke horror" (5). The provocation comes from the evil deeds being carried out in the open, where screams can be as loud as sirens but no one's coming to help. This forces us to "experience the feeling of being trapped in a world of perversion, violence, and death" (White, 5). These scenes are shot as the first major killing of the movie and near the very end, the latter being a replica of the first by way of a swimming pool filled with autumn leaves and Michael's baby sister screaming for mercy.

Auteurs are described as "directors whose films show a consistency of style and theme" (Buckland, 73), and Rob Zombie is no exception. Playing with masks in a scene that evokes guilty laughter, *The Devil's Rejects* gives us the haunting image of a woman unwillingly wearing her husband's face over her own. As she fumbles and mumbles for help, flailing her way from being hung on a door hook to toppled on an unsuspecting hotel maid, the viewer is mesmerized with rack focus, dim lighting from the source of a crack in the curtain, and a camera that moves with the action. It's funny, but it isn't. Cut to that same masked lady splattered on the road, courtesy of a semi-truck. As most films would give us a quick hit-and-run, Rob Zombie slowly pans over the blood and entrails, up close and personal. This is his brilliance as a member of the "Splat Pack" or "Gore Core", a small, designated group of horror directors. He turns gore and comedy into macabre images we don't want to turn away from. The auteur policy looks at "the thematic consistency in a director's work, the uniformity and coherence of subject matter across a director's films. The auteurist's emphasis on the consistency of style and theme is

expressed in the statement that auteurs are always attempting to make the same film" (Buckland, 74). It's clear, especially counting the numerous Satanic deep-space compositions and the "orgiastic montage finale" (Schager) present in *The Lords of Salem* that Rob Zombie favors morbid yet consistent elements and techniques in his method of filmmaking.

Being familiar with horror, it's obvious that screenwriter and director Rob Zombie displays direct homage to his favorite inspirational horror films and filmmakers, but this only furthers his establishment as an artist. Austin Kleon, author of the book "Steal Like an Artist," quotes Jim Jarmusch as saying "nothing is original. Steal from anywhere that resonates with inspiration or fuels your imagination...If you do this, your work (and theft) will be authentic. Authenticity is invaluable; originality is nonexistent." Both Zombie's remakes and originals provide something in the horror genre we didn't know we were missing but can't be satisfied without it. He lets us revel in madness and be wooed by the deranged. He pieces together beautiful cinematic stills of red crosses, lurking beasties, "hellbillies," and lost souls. It is accurately noted that "Zombie recognizes...that what truly frightens and lingers most aren't jolt scares, especially in this age of desensitized audiences, but rather, unforgettable terrifying imagery" (Schager). Why should Rob Zombie be considered an auteur? Because the head-banging, metal-head, design school graduate's entire life is art. His love of horror and the feared unknown are present in his musical concerts, self-designed album covers, and personally written screenplays, right down to every given direction to the camera man in his magnificent, picturesque horror films.

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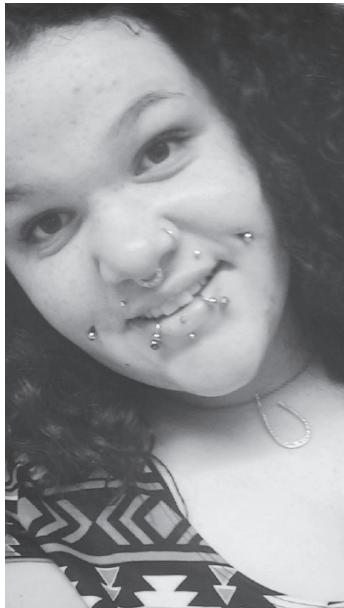
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Jinxx Jones was born in Tacoma and plans to pursue a degree in screenwriting or major in film and minor in creative writing. She is a Phi Theta Kappa member and attends conferences, such as "Queer I Am" and "Students of Color." She has volunteered for write@253 by helping students with their college personal statements and also works for the Fresh Start Program. One of her favorite writers is Charles Bukowski. "I admire Bukowski for his intellectually cynical outlook on the world when writing. He is one of the few writers that can paint a picture of a horrible world, but still make you glad to live in it."

Linsey

On June 14th, 2014 a 16 year old boy drowned in Chehalis River.

Nigerian Immigrant Found Dead at Rainbow Falls was plastered on every Washington State news site. Chehalis River Claims Yet another Teen Life was the 11 o'clock report on every news channel. He wasn't just some "Nigerian immigrant" or "teen." His name was Linsey, and he was my friend. I would like to make it clear that no amount of writing or revising will ever be enough to describe Linsey. I simply wish to share the story of who he was and how he changed me.

Keep your head down and do your work. Those were my motivational words before entering my GED class for the first time. My goal was to be invisible and it was usually easily achieved, but not today. There I sat as a man standing far too tall and smiling far too wide extended his hand out in an attempt to greet me. His hand lingered in the air for moments before realizing I had no intention of returning the favor. "My name is Linsey," he said. His accent was not recognizable to me at first but it sounded like falling snow — unapologetically unique and impossible to ignore.

Lunch came and it was less painful. I made it through the entire 45 minutes without any more encounters, and I liked it that way. I was fixated on the accented Linsey, however, draped head to toe in a shade of purple so bright it could be considered neon. After lunch, Linsey asked the teacher if he could give a quick speech. When the teacher said yes, Linsey waltzed across the room and stood right in front of the class, still cloaked in that loud purple color. When Linsey began to speak, his words caught me off guard. "Now I don't want to sound racist..." I sighed and prepared myself for the obviously racist remark to come — "but since I've come to America I've realized something. I've realized that every day people walk around hurting each other and they don't even know it." By this point my interest had been sparked and I began to listen more attentively. "My family believes that when you hurt someone you acknowledge it and you apologize. You hug them and say 'I'm sorry brother' or 'I'm sorry sister' and you move on in peace." No one understood the point of this speech at the time, but looking back I think I know what Linsey was trying to tell us. Linsey wanted us to be a family.

Four days passed and his words still rang in the back of my mind as my classmates and I piled into a van before making our way to an ethnic festival. When we arrived, we were greeted by Bollywood performers and hula dancers, all the colors ringing just as loud as Linsey's outfit had four days prior. We stacked our plastic plates with mini sandwiches and

collectively complained about how small they were. We made our way to our seats and about halfway through the show some of the hula dancers asked if anyone wanted to dance on stage with them. We had spent the last 30 minutes mimicking their dance moves in our seats and Linsey's was by far the least horrid to watch. Naturally, we urged him to go on stage but when he refused, the rest of the class took it upon ourselves. Linsey soon followed and by the end of the day we had to practically drag him off stage.

We danced for hours that day, making up moves as we went along, singing along to songs we didn't even know the words too, and laughing harder than we probably ever had. Even Riddle, the class introvert, couldn't resist a little Bollywood-boogie. The ride back to school was full of sandwich breath and sweaty teenagers, but I had never been happier or more at home.

I had done it! I'd made friends in the matter of hours and by the time we were back to the classroom we were already planning a camping trip for the upcoming weekend. Linsey had never been camping and a fellow classmate was determined to find the perfect spot, but all the places were either closed or the prices had gone up. After about an hour of phone calls and collective web searching, we found the perfect spot: Rainbow Falls.

I never went on the camping trip. If you asked me why, I wouldn't be able to tell you, but for one reason or another I never showed up that weekend. That camping trip, Linsey's first camping trip, took his life. Courageous, hula-dancing, speech-giving, neon-purple-wearing Linsey jumped into a river and just never came back up. It was easy to blame ourselves. Why hadn't we stopped looking for a spot? The raised prices, the traffic on the way, the pouring down rain that plagued that weekend, why hadn't we just stayed home? The hard part was accepting that Linsey was gone and there was nothing we could do to take that back.

I knew Linsey for six days. In six days I grew a friendship that no amount of writing can explain. How do you explain a man or what it means to know a man who calls his classmates at 10 p.m. just to make sure they had a good day or gives speeches about friendship on a new girl's first day of class? You can't explain purple-loving, hula-dancing Linsey in any amount of words, nor can you explain the feeling of putting someone like him into a grave and seeing him reduced to a funeral time slot or late night news report. You just can't explain Linsey. I can, however, explain what Linsey taught me. Linsey taught me that loving people can be as easy as breathing if you allow it. He taught me that you can lose a father, leave a home, go to a new country where you don't know anyone, and still find reasons to hula dance. Linsey taught me that life can pass you in a minute, no matter how much you cherish it.

Linsey was like falling snow: unapologetically unique and impossible to ignore.



Christin Scott, a Tacoma native, is studying computer science. Inspired by her mother, who returned to school in her 50's to earn a master's degree in education, she says that writing is a way to show people what's in her head. "Artists can use their images to share their thoughts with people, musicians communicate with their music, and dancers with their dances. For me, writing is where I feel most expressive when sharing with others what I'm thinking and feeling."

How I Learned to Stop Worrying and Love the Book

Being literate in this day and age is less of a privilege and more of a right. Everyone deserves to be able to read and write, and being able to do so improves your quality of life immensely. That being said, the desire to read and write, and the ability to derive pleasure from it, can't be forced. It comes from within. This ability can, however, be extinguished by an outside force, if you let it.

I'm sure there was a period of time between birth and kindergarten when I couldn't read, but I don't remember it. The pictures slowly disappeared, and the text shrank as the stories grew, but there were always books. I entered kindergarten with a second grade reading level, so administrators promptly pushed me to first grade with extra reading groups in a second grade class. From the principal down to the librarian, every faculty member seemed to know me by name. To me it was just reading: Everyone learned to read. What was the big deal?

At first I didn't have a problem with my situation. I was glad to be out of that prison where I was forced to glue pictures of the letter "F" to pictures of fish and fowl. There was a magic feeling to being somewhere other than where I was supposed to be. I was administered a battery of battery tests to measure my ability to read. The school even had a program where if I took enough short quizzes on what I read, I could get a free personal pizza. I ate a lot of free personal pizzas.

Then, maybe in one specific moment or maybe in a collection of moments, the magic sparkle suspended around my situation vanished. What were once new and exciting situations quickly turned into a set of hurdles increasing in difficulty with each one cleared. When teachers gave me books they wanted me to read, why did it feel like a pressing obligation instead of a kind gesture? Why were the aptitude tests no longer fun? Why did the free personal pizzas start to make me sick? Well, I think I know the answer to the last question, but the rest went unanswered. I came to realize that whatever ability the authority figures in my life imagined me to have caused a great amount of expectation to be placed on me. In that moment, and now, I felt the root cause to be my ability to read. As reading became irrevocably entangled with my fear of disappointing the people around me, I lost my desire to read. So in third grade, I stopped.

Hindsight is both a blessing and a curse. Reexamining the events leading up to and including my decision to quit reading, I can clearly see the paths I could have taken instead, and where they might have led. But as a child the first solution you think of is often the only solution. It was the fact that I could read, and that I enjoyed reading, that brought the suffocating attention I was so desperate to escape. Once I stopped, the pressure I felt would stop too. And that worked, for a time. As most plans made when you are nine end, it backfired; as I tried to do nothing so as to not draw attention to myself, my doing nothing became a problem that drew attention to me. That ironic detail went unprocessed by me for many years.

It wasn't the increasingly frequent meetings with teachers that caused me to reverse my decision to retire my literacy career, but a trip to the library while in fifth grade. Not the brown and beige school library, filled with books just as equally filled with juice stains and torn pages; a big, bright, semi-glass building filled to the brim with VHS tapes, cassette tapes, magazines, and – of course – books. There were even books I wasn't allowed to read, which despite peaking my interest did nothing to curtail my desire to get to the movie section. I was only allowed to get one movie, and I was debating between two I had already seen; my reasoning behind wanting to watch something already experienced remains unclear. But then something on the wall display caught my eye. *Clan of the Cave Bear*, the cover of the book declared in large white letters. The cover depicted a woman standing in front of a valley of trees, sunlight reflecting off the water below. I'd never seen anything like that in my day to day life before. Where was this river? What was this woman doing there all alone, and who was she? I picked it up, checked out, and hopped in the car with my mother to go home.

I didn't finish that book, never got anywhere close. As exciting as the cover was to me, the words on the pages underneath went in one side of my head and exited promptly through the other side. The blurb beckoned to my inner cavewoman, but the exposition inside hastened to inform me that the author likes very long passages of heavy exposition. But I did get *Harry Potter and the Sorcerer's Stone* a few weeks after, my curiosity about what was contained in all those unread books unfulfilled. That book's pacing and story were more suited to my tastes, and after finishing the story I read another book, and another, and another. I couldn't stop, and I still haven't.

The pull of voyeurism is one I'm not often resistant to. Why would I want to resist? I've been a rabbit in a warren, I've been a revolutionary animal in a barn; I've watched the birth of dragons and the death of a wizard; I've escaped Nazi Germany, Bolshevik Revolution-torn Russia, and the burning of Atlanta. Reading gives me the opportunity to live as many different lives as I'd like, and to explore as many themes as can be written about. The best part is that it isn't anyone's business what I am reading, nor when, nor how. I read purely for my own enjoyment, and I get to choose whether or not I share that. In retrospect, I can see that I never should have stopped reading. Those feelings of pressure and intrusion shouldn't have separated me from the thing I enjoyed doing most. But literacy has the most power to affect and enthrall you when the push to read or write is driven internally. It can't be forced, and it can't be done to make anyone happy but yourself. That, or in pursuit of free personal pizzas.



Brendon B. Thompson

says he writes mostly to learn and to vent emotions. "When I write, whether it is an argumentative essay, a rhetorical analysis, or just short notes in a book, I do so to challenge what I previously considered to be true." He is inspired by Vincent Van Gogh and his works: "His art appeals to my imagination as well as makes me think outside the box."

Broken Outback

"To hold a people in oppression you have to convince them first that they are supposed to be oppressed." —John Henrik Clarke.

The aboriginal people of Australia have been subject to marginalization and racism from their Euro-Australian counterparts and the government appointed over them. The Aboriginals are a broken culture segregated as less than human and regarded as mere savages in the past. Since the first time the British landed on the Australian soils, the indigenous people of the island continent were made outcasts in their own land. Aboriginals were forced into a state of ostracism and social and spiritual decay. Their culture was effectively assimilated into the Euro-Australian people's society which lead to a diminishment of their former way of life to a corpse, a façade that stands only to remember what once was. From racism amalgamated into their society to innumerable economic hardships and acts of violence and sexual abuse, the aboriginal people anteriorly have been subject to oppression of all grades.

The glaring despotism over aboriginal people is now often ignored and considered buried, and even today the racism and hardships inflicted upon the Native Australians can be recognized and traced back to the roots of oppression seeded deep within the culture. From within the oppression the Australian Aboriginals find themselves entangled, they have often tried to cut themselves free by fighting back or speaking out against their oppressors, but their attempts lay fallen in futility in innumerable occurrences. With negligible consolidation for the Australian aboriginal culture, and the equal rights and protection acts that were given to help crutch the crippled culture of these people, the aborigines are perched on a pedestal of antiquity and depreciation.

From the deplorable situation that the Aboriginals are placed we can begin to delve into the deprivation of the institutionalized tyranny imposed upon the Aboriginals. In the book *Racism, Moral community, and Australian Aboriginal Autobiographical Testimony*, author Tikka Wilson, former employee of the National Museum of Australia and the National Centre for Development Studies at ANU illustrates how the Aboriginal heritage is perceived in Australian population's eyes:

We were born into environments that valued Aboriginality, Aboriginal culture, Aboriginal spirituality, Aboriginal history and Aboriginal people. We were removed and subjected to systematic and deliberate attacks on our identity as Aboriginal people and forcibly assimilated into the dominant European culture. (Pg. 1)

As Wilson illuminates above the aboriginal population of Australia have been embellished into a state of quaint merit while simultaneously being deteriorated and assimilated into the more prominent and overbearing

culture of European pedigree. Wilson then goes on to state:

From almost the first moment they set foot, in 1788, on the land that would be called "New South Wales," British colonists separated Aboriginal children from their families. More than two hundred years later, thousands of Aboriginal children have suffered intentional and irreparable damage to their relationships with parents, extended family, and communities [...] (Pg. 1)

What is being referred to here was an operation which the Euro-Australians regarded as an experiment of sorts. The test's concept was to abduct aboriginal children from their families and raise them in primarily white boarding schools or other environments deemed superior to their familial homes. The hypothesis of the experiment was to distinguish if they were capable of taming the savages if the Aboriginals, who were considered sub-human at the time, were advanced enough to be tamed and made to perform as if they were the more sophisticated European breed (Dr. Anne Pattel-Gray, Pgs. 263-264. 1999). This inhuman practice has taken a grisly hold over the Australian people, even being in practice as recently as the 1970's, notes Vice President of Government Affairs for Timken, Jeffrey Dafley. He goes on to note that from the early 1900's to the end of 1969 the execution of child abduction now known as "Stolen Generations" by the aboriginal people forced families into a state of desolation.

When aboriginal families first encountered this construction of oppression most used various methods to try to avoid abduction; however, it was in vain. A number of the parents were acquiescent towards the seizures due to previous experiences with resistance, whether it was personal or secondhand. These reactions perfectly represent two forms of reactions to oppression as noted by Dr. Martin Luther King Jr. Dr. King states in his essay "The Ways of Meeting Oppression" that acquiesce and passive aggression are two of the three dominant ways to react to oppression (King, Pg. 468-469).

Keeping with Dr. King's ways of meeting oppression, there are a number of Aboriginals who have endeavored to take up arms against or be outspoken averse to their tyrants. One such activist is Anthony Martin Fernando, a Native Australian and aboriginal rights protestor from 1910 to the 1930's. Fernando was a well-spoken and self-educated former house servant who constantly challenged the Australian and British governments for their annexing and outright dominion over Australia and its indigenous people. At first the crestfallen man tried to appeal to the British Foreign offices by submitting forms and papers to assert his discontent with the state of his people, but Fernando was rejected by the offices claiming he was no more than "a negro." No longer satisfied to appease the European courts by playing along with a system he was excluded from and dismissed as a substandard class, in 1920 Fernando took his words of lament and ire to the footsteps of government buildings with miniature skeletons adorned on his robe. Fernando had thrust his words onto the doors of their parliament and received media acclaim, striking a forerunning blow for his people's entitlement to be voiced (Paisley, Pgs. 868-879).

Prior to being able to voice their opinion, many aborigines simply took up arms against their European invaders. The aborigines often clashed during what were frequently called "punitive raids." Dr. Anne Pattel-Gray, founding executive secretary of the Aboriginal and Islander Commission of the National Council of Churches in Australia, notes that in these incursions many of the aboriginal warriors would defend their people from oncoming conquerors, but most if not all of the protectors would die or be grievously wounded during the battles. Such altercations are often considered by experts such as Dr. Pattel-Gray to be the reasons why aborigines are so submissive towards their maltreated lifestyle.

Within the deteriorating state of oppression, the aborigines have displayed numerous acts of utter despondency and resignation, demonstrating

that many in the past 100 years have succumb to the paramount authority of the Euro-Australian autocrats. With despotism in place and the aborigines' voices quashed, the aborigines often are displayed with feelings of stoicism and/or reluctant detachment.

A fine example of the aboriginal reaction of passive aggression can be drawn from the movie "Rabbit Proof Fence," a dramatic representation of what an abduction of this nature would look like. In one of the first scenes of the film, three Native Australian little girls ages 8, 10, and 14 are kidnapped from their home and family in Jigalong and taken to a facility where they are signed up to be sent to a re-education camp, after which they will be transported to a white household to be servants and handmaids. The film referenced also has the girls escape only to be man-hunted by the Protector of Aborigines A.O. Neville and his posse. This movie gives a vivid illustration of what it was like to be abducted from your home. The violent ejection from one's home and indoctrination into a foreign culture left visible scars on the indigenous people of Australia.

Tikka Wilson takes account of the direct damage dealt to aboriginal adults in her autobiography Racism, Moral Community, and Australian Aboriginal Autobiographical Testimony:

Throughout this period, Aboriginal adults and children have resisted separation-by hiding children, by running away, by petitions to government officials and politicians, and by calling for inquiries and changes to legislation and policy. [...] Aboriginal adults who were taken from their families as children have increasingly used mass media to tell other Australians about the experiences and the ongoing effects of separation on generations of Aboriginal families (Pgs. 1-2).

This operation not only deprived the adolescents abducted of a greater familial sense and appreciation for their own culture, but it permanently disfigured their aboriginal heritage for generations, claims Wilson. She claims the permanent damage has also impacted the quality of life and Aboriginals'

overall view of their place in society. Wilson further evidences within her book that generations of Aboriginals have sustained irreparable damage to their ability to have healthy and stable relationships with community, extended family, and even immediate relatives. In addition, Aboriginals are noted to be exceedingly more likely to spend time in alternative care systems or juvenile justice custody than any other demographic of Australian children.

From what we have observed so far, the aboriginal people of Australia are not only oppressed, but they are still paying for their subjugation even today. This is evidenced in an ecological analysis of the aboriginal people of Australia, primarily focusing on mental health and environmental studies they establish. In the report titled "Resilience Amongst Australian Aboriginal Youth: An Ecological Analysis Of Factors Associated With Psychosocial Functioning In High And Low Family Risk Contexts," the authors note that aboriginal children more likely to experience significant emotional or behavioral issues starting at ages 4 to 17. On top of that the study also produced a discovery that 57% of Aboriginal youth in families had reported more than 7 exceedingly stressful life events in a twelve-month period. Moreover, the study uncovered in addition to 57% of all Aboriginal youth had undergone numerous taxing incidents occur in just a year, they also allocated several specific types of occurrences that formed a trend within the samples (Hopkins, Zubrick, Taylor. Pgs. 1-2).

Many aboriginal children suffered from sole parent status, or they had an entirely unemployed household. In addition, most aboriginal children reported harsh parenting in their households. But the most astounding anomaly was a large number of the indigenous youth reported high-risk exposures to violence in their households: a startling 400% more likeliness to be exposed to violence than other youth of different ethnicity (Hopkins, Zubrick, Taylor. Pg. 2). This is further supported in a study conducted by Dr. Alan Duhs and Dr. Laura Davidoff of the School of Economics. They found that not only did they have high risk exposure to leading to psychological

stress, aboriginal youth, as well as adults, are reported to suffer from shorter life expectancies, suffer from higher suicide rates and suffer from alcoholism more frequently (Duhs, Davidoff. Pgs. 1-3).

These studies seem to assert that the impact of Australian oppression and Australian society's outlook on the Native people is reflective of the issues and racism indoctrinated into the culture they take part in, notes the several authors of the paper as well as former United Kingdom Cabinet member, David Mellor. In "Responses To Racism: A Taxonomy of Coping Ayles Used by Aboriginal Australians," Mellor notes that people are expected to find healthy and natural coping skills in which to express their discontent with a situation, but under the millstone of racism Aboriginals are more inclined to concede to their role as the oppressed. Author Tracy Ore, professor of Sociology at Saint Cloud State University, supports ideas like these within her paper "Part Two: Maintaining Inequalities: Systems of Oppression and Privilege." Ore implies that groups such as the Indigenous Australians are inclined to submit to the systematic oppression of their institutionalized injustice due to the prolonged subjection to the concept of them deemed as substandard and outright inferior (Pgs. 1-2).

Due to the nature of the subjugation that has been normalized in Australian society, certain behaviors considered boorish by more polished minds have become commonplace. A splendid example of such behaviors is the Australian-rules football game that took place in May of 2013 between the Sydney Swans and Collingwood. In a typical game for the Sydney Swans, Adam Goodes, a star player and aboriginal Australian, scored three goals that game. Goodes is well known for his celebratory dances and traditional displays proudly displaying his culture which often spark controversy and crowds' roaring boos, but on this day contentious displays of culture weren't sparking any debates, it was a 13-year-old girl. During the game between Collingwood and the Swans after scoring a goal Goodes ran past the sidelines where a Collingwood fan, an unnamed 13-year-old white Australian girl, yelled a racial slur at

Goodes. Goodes responded by singling out the young girl and having her ejected from the game.

The young female apologized in tears after the game, realizing the error of her ways. Goodes did forgive the young girl, as seen in a media conference video filmed later that day. He makes clear in the video, "It's not her fault. She's 13, she's still so innocent. I don't put any blame on her. Unfortunately, it's what she hears, in the environment she's grown up in that has made her think that it's ok to call people names" (May 2013). Goodes recognizes the kind of incivility this girl represents. Her outburst comes from a place of institutionalized ignorance not necessarily a place of hate. As Professor Clayton Cornell of Washington State University states in his work "Incivility Crisis of Politics are Just a Symptom of Division",

First, incivility is a symptom, [...] periods that produced new political parties (Democratic Party in the 1820s or the GOP in the 1860s) or major social movements advancing rights of the oppressed (working-class immigrants during the New Deal or women and African Americans during the 1960s). Impassioned, angry debate during such periods reflected deep divisions [...] (Pgs. 356, 366)

The divisions Cornell refers, he claims, are segregations based on financial standings, demographical change, and imbedded forms of racism on the scales of micro and macro aggression.

Now yelling a slur at a game or taking someone's children are clear examples of large scale offenses. However, even with these kinds of actions being characterized as unsettling they do often occur, nor by any means does that stop people from imposing on others in an uncivil manner. Within Australian culture there are plenty of "negligible" forms of indoctrinated racial discriminations. The Australian aboriginal culture is treated as an ornate subject, or simply there to be recognized and discussed briefly then mentally discarded. Even to this day the annual commemoration on which the British arrived in Australia is considered a holiday of great celebration, and yet to the Native people of the continent they unaffectionately refer to this event as "Invasion Day."

Australian indigenous peoples to this day are maltreated. Whether being considered inadequate based on race, forced separation from family and home, brainwashed to believe they are worth something less than they are, or being called slurs at public spectacles, the Native people of the Australian continent have been taught to be ashamed of who they are. The depreciation of the aboriginal culture has been gutting and skewering them as a people for hundreds of years. Multitudes of aboriginal youth are at high risk of psychological trauma or stress due to the abysmal point of view they have been cornered into by years of systematic despotism. Many youths of different classes or ethnicity fail to even recognize the plight of the indigenous people. Some don't even understand the kind of hate and belittlement they have been taught to uphold. Years of trauma on the island continent have led to many believing that is simply what they are meant to be; oppression is life. In spite of that, others like Adam Goodes and Anne Pattel-Gray still fight for their right to humanity. Still in the broken outback burns the fiery spirit of aboriginal people; dancing its way through the trees, it wrestles its way towards freedom.

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Ronja Johnson of Gig Harbor is interested in graphic design and math at TCC. She enjoys writing to express her opinion and is inspired by the author of the Harry Potter series: “JK Rowling has inspired me to write, read, and express myself ever since I was in elementary school. Thank you, Rowling!”

Propaganda Wants You

An Analysis of World War II Propaganda Posters and Their Techniques

Abstract

Propaganda provides a way for advertisements and companies to influence audiences. During World War II, the opposing sides constantly created rumors and ideas for their people to believe, in order to increase the war effort. Both the United States and Germany provided propaganda posters to encourage people to be involved in the war effort by rationing supplies or producing goods. Propaganda was very important during this time, allowing government leaders to lead their people through “facts” that were never questioned as opinions. In this paper, propaganda posters during World War II are examined to determine what types of propaganda techniques were used and why they were important.

Propaganda Wants YOU

Advertisements are everywhere, unconsciously affecting peoples’ opinions. Propaganda is a form of advertisement, but it is not always recognized in advertisements. With an underlying purpose that is sinister, propaganda, defined by Merriam Webster (n.d), is “ideas or statements that are often false or exaggerated and that are spread in order to help a cause, political leader, a government, etc.” Propaganda is a type of gossip; the rumor may sound like it is credible, but in reality, the truth is far from the gossip topic. People will believe the rumor because it “make[s] us accept or approve something without looking closely at the evidence” (Oglesbee, n.d). Over time, alternative techniques of propaganda have emerged, in order to disguise the purpose of the advertisements. These techniques include: testimonial, glittering generalities, transfer, plain folks, bandwagon, name calling, and card stacking (Oglesbee, n.d). During World War II, propaganda was spread using different methods: movies, radio, and posters. The following quote describes how propaganda affected people during World War II: “Enemy propaganda is beginning to have an uncomfortably noticeable effect on the German people. Anglo-American leaflets are now no longer carelessly thrown aside but are read attentively; British broadcasts have a grateful audience” (World War II Propaganda, 2006). By analyzing propaganda posters during World War II, we can answer these questions: What types of propaganda techniques were used in these posters and why?

Propaganda techniques provide a way to camouflage propaganda devices as credible information. The testimonial technique uses well-known, respected people to speak on behalf of a product or service

(Oglesbee, n.d). This provides a way for the audience to be coerced into believing that a respected figure approves of the advertisement. Glittering generalities is another technique that provides an abstract way to evoke a positive emotional response from an audience: using words or ideas. The transfer technique is “the act of relating something or someone we like or respect with a product” (Oglesbee, n.d). This technique can also be used against causes and ideas. Plain folks is a technique that humanizes towards everyday people in order to sell a product or service. The bandwagon technique persuades a target audience to “join the crowd” or to jump on the wagon with the majority vote (Oglesbee, n.d). Name calling is exactly what it sounds like: “the use of names that evoke fear or hatred in the viewer... [and] links a person, or idea, to a negative symbol” (Oglesbee, n.d). During World War II, the name calling technique was used often because it was a way to make everyone unite against the enemy. The card stacking technique provides a sinister way to lie to the audience by “showing the products’ best features, telling half-truths, and omitting [ignoring] or lying about its potential problems” (Oglesbee, n.d). These techniques will be discussed in relevance to the World War II propaganda posters.

World War II propaganda posters provided a way for the public to be involved in the war effort, even if their choice to do this was influenced by propaganda posters. Jennifer Samborski (2014) explained the significance of propaganda during this time was to “rally support from their citizens and to discredit the enemy.” The importance of propaganda helped nations unite to fight for one cause. Graphic design plays a large role in propaganda posters, which were used to influence an audience and manipulate ideas and beliefs (Samborski, 2014). During World War II, propaganda was spread by radio, movies and posters, but graphic design directly influenced the development of posters to become vital tools to influence the public. The poster “When you ride ALONE you ride with Hitler!” (see Photo A) was used to induce the use of car-sharing (carpooling), in order to conserve fuel for the war (Propaganda Posters at a Glance). Associating the enemy with

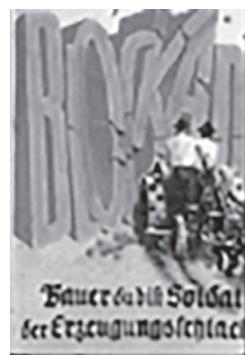


Photo A

something you do every day, these posters “tapped into people’s patriotic spirit-do this and be a good American” (Propaganda Posters at a Glance). The government, which had lost a substantial amount of fuel during the war, wanted

the public to believe that they were considered fraternizing with the enemy if they did not carpool. Propaganda posters brought rationing to the United States, in order to preserve supplies. The propaganda techniques used in this poster are name calling and bandwagon. Due to the knowledge of Adolf Hitler in the United States, people associate him with fear, hatred, and disgust. By associating “riding alone” with riding with Hitler, Americans became horrified and immediately wanted to be one of the good people. This leads to the bandwagon technique. Because the Americans did not want to ride with Hitler, they chose to side with the majority of Americans and “join the car-sharing club.” Not only did these posters change the behaviors of Americans, they also provided a way for people to be involved in the war by rationing their supplies. While the United States provided propaganda posters to increase their supplies, Nazi Germany used their propaganda posters to rally up their people to side with their leader, Adolf Hitler.

In order to create a united nation, Hitler used propaganda to brainwash his people into believing in Nazi Germany and fighting for their cause. The poster (see Picture B) translates to “Farmer! You are



Picture B

a soldier in the battle of production” (Bytwerk, 2001). This presents the fighting scenario for the farmers; they have to provide for their country’s army by continuing their production. Hitler used the technique of bandwagon in this poster. The farmers

of Germany were united as “soldiers in the battle of production”, therefore they were among a group that had to work together to achieve this goal. The poster also shows the farmers hitting the words, as if they were a blockade. This represents the card stacking technique, by showing the farmers successfully taking down the blockade. The poster does not show the aftermath or potential problems the farmers will face if they join in the war, like dying or losing their crops during an attack. Around the world, propaganda posters influenced public opinions into fighting for a cause that was unified to their country’s means for war, no matter how ethically wrong. Not only did these posters encourage people to be involved with war efforts, but propaganda posters made a large impact on how people in America saw the enemy: leaders of Germany, Japan, and Italy.

The war was not initially personal to many Americans; however, Pearl Harbor presented the “last straw.” Before Pearl Harbor, America was not directly involved in fighting the war against Germany, Japan, and Italy.

When Japan attacked Pearl Harbor, it became personal to the United States; thus they entered the war. In the poster shown to the left (See Picture C), America is sitting, relaxed on a chair with his gun pointed towards Japan, unknowingly being stabbed



Picture C

in the back by Hideki Tojo, the Japanese leader in charge of Pearl Harbor. Cowering in the background, Hitler and Mussolini, the leaders of Germany and Italy, are waiting for Tojo to kill America, eliminating a super power from the war. The poster represents the situation of America during the war, showing that we were not involved in fighting until it became personal. This type of propaganda is called name calling, due to the usage of the Nazi symbol being associated with murder. Propaganda posters allowed the government to communicate the reason for war by showing the enemy. By communicating to the public through these posters, the government could

also reveal consequences for discussing information that might be useful to the enemy.

“Loose Lips Sink Ships” (see Picture D) is a poster that suggests that talking about protected information will literally sink friendly ships. “Messages made



Picture D

the war personal—you can make a difference, the soldiers are counting on you” (Propaganda Posters at a Glance, n.d.). If someone let the enemy know of a ship off the coast of a certain country, most likely the ship would be attacked. Keeping everything classified presented an opportunity for the people to be counted on, not to discuss any war plans with anyone. This type of propaganda can be considered bandwagon, due to everyone not wanting to sink ships, thus not discussing war plans. The technique that is mainly used in this poster, however, is glittering generalities; certain words provoke an emotional response from the audience. “Loose lips” has a gossip connotation to it, while “sink ships” is plain and simple: people will die from the sunken ship. Glittering generalities is a good technique to use when convincing a mass of people to be unified in the decision of keeping war plans “hush, hush.” Germany’s propaganda posters presented their enemy in more of a direct way: England as a sea-serpent.

Sea-serpents are often thought as deadly and threatening; to Germany, that was exactly what England represented. Uniting the country to fight against the enemy, propaganda posters in Germany



Picture E

symbolized England as a deadly sea-serpent. In order to recruit people to the Navy, propaganda posters had to be simple, yet intimidating to the public so they will join for the cause. The poster on the right (See Picture E) shows a Nazi-German war machine courageously

speeding toward a crowned sea-serpent, with the English flag on its chest. To recruit the people of Germany to be against the enemy, the propaganda posters represented the enemy as something deadly and easy for the public to associate with England. Blood is dripping from the serpent's claws, symbolizing the beast to be horrific and evil. The poster translates into "Fight With Us" (Germany WW2, n.d.), which is a bandwagon technique to get the people of Germany to join the Navy. The symbolism of a sea-serpent being the enemy is using the technique called transfer, which associates England with sea-serpent, which are vicious and deadly. They used these posters to help unite the country in the war effort and explain what the goal is they want to achieve, which in this poster is to kill the sea-serpent, or England. In the article Cartoons of the Third Reich (Coupe, 1998), it discusses the enemies' use of propaganda during the war as a way for the people to believe what they see. Propaganda posters presented a biased opinion for the public, so the people did not have to worry about what is the truth and what are the lies. Although these posters helped people unite in a singular opinion, propaganda still presents false beliefs for the people to consume.

Post-war propaganda presented a problem: people could not distinguish what was true or not, due to the use of propaganda posters during wartime. "Propaganda used during the war created ideals that the post-war world did not always live up to. In Japan, there was a sense of disillusionment when reality did not match up with what people had been told. Countries also used their propaganda programs to continue to influence individual ideas about the war" (Samborski, 2015). This presented a problem, due to masses of people not understanding what was right and wrong. Propaganda represents only one-sided views; therefore it is very difficult to distinguish what is correct and what is a lie. "Russian troops were presented as dehumanized beasts and killers who attacked without fear of death" (World War II Propaganda, 2006). These posters brainwashed people into having a predisposition of not questioning anything that is presented to the public.

The news, commercials, gossip or rumors; these can be examples of propaganda. During World War II, the only way for the country to come together for a cause was the use of propaganda. Propaganda posters were everywhere and accessible to see anywhere. Many people believed what they saw, not questioning anything. The use of these posters helped the war effort by, for example, recruiting people for armies, rationing supplies, and disclosing war information. The propaganda techniques used helped the many become one and fight for their cause.

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A Running Start student from Gig Harbor, **Madeleine Sorlien** plans to major in business, and her favorite place on campus is the deck area at the top of Building 13: "On a sunny day, it's a nice place to sit between classes. It's also a cool place to people-watch from." Her favorite author is Haruki Murakami, a Japanese novelist. "All of his books are written so eloquently and beautifully, like one long collection of poems."

Abort the Budget Cut

Women's rights have a tumultuous history, coming a long way since the ruling of Roe versus Wade and the 19th Amendment to the United States Constitution. Within the span of the twentieth century, women have been given autonomy over their own bodies, with the choice to make the decisions that best suit them. Planned Parenthood, the nation's largest provider of reproductive health care services, caters to these needs. Planned Parenthood offers a multitude of services and has performed more than 10 billion services between 2013 and 2014, yet they face much scrutiny and opposition. An example of this is the Republican-led campaign within the House of Representatives to defund Planned Parenthood. As summed up by the Washington Post, "Republicans are vowing to reject any proposal that includes public money for Planned Parenthood." However, this would be a monumental mistake. Planned Parenthood plays a vital role in affordable, accessible health care. The United States government should not cease funding Planned Parenthood.

Ceasing funding of Planned Parenthood would actually cost more than continuing to fund it. The Washington Post says,

"The [Congressional Budget Office], a nonpartisan watchdog, estimates defunding Planned Parenthood . . . would lead to more unplanned births as patients lost access to birth control. Medicaid would cover some of those births, the report asserts, and some of those children would qualify for Medicaid and other welfare programs. The office's math: Halting federal funds to Planned Parenthood would shrink spending by \$520 million in the short run -- but, over the first decade, it would cost taxpayers an additional \$650 million" (Paquette).

This totals to a net spending increase of \$130 million. Furthermore, this is only a projection for one decade. Imagine the cost piled up over five or six decades, as the population begins to grow. Ultimately, defunding Planned Parenthood will hurt the economy.

So what about existing health centers? Proponents of the Defund Planned Parenthood Act of 2015 (HR 3134), which was passed by the House of Representatives, claim that pre-existing health care centers could absorb Planned Parenthood patients. If other health care facilities can take over these responsibilities, then there is no need for Planned Parenthood, right? Wrong. Sara Rosenbaum, Professor of Health Law and Policy at George Washington University, debunks this myth. She points out that "community health center patients are deeply impoverished—over 90 percent have incomes below twice the federal poverty level" and says that "even with the Affordable Care Act's insurance expansions a large proportion remain uninsured." But these

patients can't be that expensive, as according to the Charlotte Lozier Institute, a fetal rights think tank, each patient could be absorbed "at an average cost of \$1.67 per patient."

This math is incorrect, however, as Rosenbaum asserts that "community health centers are extremely efficient, but the cost of caring for their patients averages about \$600 per person annually." Even the Charlotte Lozier Institute later pointed out their math was wrong. In an updated author's note preceding the article, they say, "A \$528.4 million reallocation represents 41 percent of Planned Parenthood's current budget." Using the same budget at Community Health Centers, only 41% of original Planned Parenthood patients would be covered. A majority 59% are not included in that statistic. So Planned Parenthood is clearly the only option for many women. Planned Parenthood has 700 centers around the United States, with at least one in every state. These locations are important for women who are impoverished and live in locations where they otherwise might not receive affordable, quality health care.

Planned Parenthood also performs over 900,000 services related to cancer screening and preventions each year (Planned Parenthood). These services are important for women across the nation, as breast cancer and cervical cancer affect 224,147 and 12,042 women, respectively, each year (CDC "Breast Cancer Statistics," "Cervical Cancer Statistics"). According to the CDC, "Cervical cancer used to be the leading cause of cancer death for women in the United States." The center goes on to say, "However, in the past 40 years, the number of cases of cervical cancer and the number of deaths from cervical cancer have decreased significantly. This decline largely is the result of many women getting regular Pap tests, which can find cervical precancer before it turns into cancer." Furthermore, according to Planned Parenthood's data for the 2013-2014 year, they performed 378,692 pap smears. It is important to acknowledge that these women might not otherwise have had a pap smear, and would have risked losing the early detection of a life-threatening disease.

The GOP, however, would lead one to believe that Planned Parenthood isn't doing enough. Planned Parenthood facilities do not offer mammograms to female patients, which are vastly important to older women, who have an increased risk of developing breast cancer. The GOP also points out that annual pap tests are in decline, asking: why are we spending so much money on things women apparently don't need? This is flawed, uninformed logic, though. The President of Planned Parenthood, Cecile Richards, explained the decline of these tests, simply stating that guidelines have changed. Women are choosing to get pap smears less often because the American Congress of Gynecologists and Obstetricians changed the recommendations for routine cancer screenings. Now, "the guidelines recommend testing every three years for women ages 21-65" and "routine cervical cancer screening for women under 21 and over 65 is no longer recommended" (ACGO). Furthermore, mammograms are not performed at Planned Parenthood facilities because the medical professionals there refer their patients to specialists. Planned Parenthood isn't simply doing nothing as far as a woman's breast health goes; they just direct their patients to professionals who can give more in depth, specialized care. The GOP's argument that Planned Parenthood is not doing enough is not only wrong, it is a slap in the face to those who provide care to the best of their ability every day. Planned Parenthood is a trusted medical service provider that many women rely on, women who might otherwise not even undergo cancer screenings. Defunding Planned Parenthood would strip thousands of women of this opportunity.

It is also important to remember that Planned Parenthood provides contraception at little to no cost to the patient. "Over the last five years, Planned Parenthood health centers have seen a 91 percent increase in the use of IUDs and implants — the most effective reversible methods of preventing unintended pregnancies" (Planned Parenthood). Birth control may otherwise be inaccessible to patients -- especially young women -- and Planned Parenthood provides them with the right to choose. According to the CDC, "The U.S. teen birth rate declined 9

percent from 2009 to 2010, reaching a historic low at 34.3 births per 1,000 women aged 15–19; the rate dropped 44 percent from 1991 through 2010” (CDC. “Birth Rates for U.S. Teenagers”). This statistic can be linked to the increased use of contraception. In fact, “An analysis of data from the National Survey of Family Growth (NSFG), the major source of government data on population and reproductive health, found that 86 percent of the decline in teen pregnancy rates through 2002 occurred because teens were using contraceptives better” (Planned Parenthood).

Not only are teen pregnancies on the decline, but Planned Parenthood’s contraceptives are more cost effective than a pregnancy. Many people are up in arms because they feel that they shouldn’t have to pay to keep girls from getting pregnant. Besides, it’s their own responsibility to keep their legs shut, right? However, we can’t ignore the fact that younger and younger girls are experimenting with sex each year. According to the CDC, “6.2 percent of students nationwide report having sex before the age of 13, 43.8 percent by grade 10, and 63.1 percent by grade 12” (CDC). And to top it all off, menstruation is beginning earlier in girls as well (Potts). So, girls are at an increased risk of getting pregnant, since many of them aren’t even aware of the risks when they start having sex. Contraceptives are wildly cheaper than a baby, with the average annual cost associated with teen pregnancy, per taxpayer, is \$1,647, which is up to nine times the cost of a year’s supply of pills (NCTUP). So what would taxpayers rather do? Pay for someone else’s baby or pay for someone else’s contraception?

But, the HR 3134 supporters wonder, why do we need birth control when we can just tell our children not to have sex? If we repeatedly echo the message that sex is a sin, then surely they must understand that they shouldn’t even sex. If we repeatedly shroud the idea of sex in a veil of misunderstandings, lies, and exaggerations, then we can certainly steer adolescents away from carnal knowledge. We can invest 1.5 billion taxpayer dollars into abstinence-only education programs and preach “Wait until marriage!” and sing songs of “Sex is a

sin!” and we can most definitely beat the evils of teen pregnancies, condoms, birth control, and Planned Parenthood. Right?

The truth is: abstinence doesn’t work. In a study by Advocates for Youth, a sex education supporter, they found that “among youth participating in ‘virginity pledge’ programs, researchers found that among sexually experienced youth, 88 percent broke the pledge and had sex before marriage. Further, among all participants, once pledgers began to have sex, they had more partners in a shorter period of time and were less likely to use contraception or condoms than were their non-pledging peers” (SIECUS). So, abstinence only programs not only do nothing to stop kids from having sex, they increase promiscuity. Instead of leading our kids to believe they’ll be damned to hell for exploring a human urge, why are we not giving them proper information? All the prayers and holy water in the world can’t change the fact that we are biologically wired to have sex. How can we expect our kids to have safe, responsible sex if they’re not allowed to know what it actually is?

Planned Parenthood teaches youth about safe sex via condoms and contraceptives and gives them answers to a multitude of questions regarding sexual health. According to their website, “1,503 peer educators partnered with Planned Parenthood educators at 42 affiliates and conducted sex education workshops on issues such as healthy relationships and birth control for youth in their communities — reaching nearly 100,000 young people across the country.” The truth of the matter is; abstinence only education does not prevent pregnancies in teens. It only creates a stigma surrounding a human’s natural sexuality. By holding these workshops, Planned Parenthood increases awareness about the dangers of unprotected sex while also providing many sexual education resources for those who seek them. By defunding Planned Parenthood, not only would we continue to stigmatize sex, but the teen pregnancy rate would see an increase.

Planned Parenthood is also making great strides in expanding knowledge about women’s health care. According to their website, “Planned Parenthood

participated in more than 70 research projects on the affiliate and national levels on topics ranging from use of long-acting reversible contraception to HPV vaccine completion. We then shared our research through journal articles and presentations at conferences ranging from the American Public Health Association to the American Congress of Obstetricians and Gynecologists.” This is a great step, as advances in medicine are being made each day. Without Planned Parenthood, this new information may have otherwise gone unknown. By cutting funding, we risk losing valuable knowledge.

Lastly, the biggest reason Planned Parenthood is under fire is due to leaked footage showing Planned Parenthood doctors discussing fetal donation. First of all, donating fetal tissue from aborted fetuses is legal. Patients consent to donation. Secondly, Planned Parenthood isn’t “selling dead baby parts.” Money is only exchanged to cover the costs of transportation, handling, etc., Lastly, federal funding does not go towards abortions or fetal donation in the first place. Arguing that Planned Parenthood should be shut down because it practices abortion is downright ignorant. Abortion only accounts for 3% of Planned Parenthood’s annual services performed.

So what about all the money they’re making from this so called abortion mill? In a Congressional hearing, Cynthia Lummis claimed that “abortions, from revenue, would have been over 86% of [Planned Parenthood’s] non-government (health services) revenue.” This statistic is virtually made up, though. First of all, only 23% of Planned Parenthood’s revenue is non-government, and that totals to about \$305.3 million. Lummis estimated that each abortion pill costs about \$800, and multiplying that by the annual number of abortions, came to the conclusion that 86% of non-government revenue is from abortions. This math is flawed and based on assumption, though. Lummis estimated the price for an abortion based on the top prices listed on Planned

Parenthood’s website. According to the Guttmacher Institute, “In 2011-2012, the average amount paid for a non-hospital abortion with local anesthesia at 10 weeks’ gestation was \$480. The average amount paid for an early medication abortion before 10 weeks was \$504” (Guttmacher). Accounting for inflation, “we can estimate that it would be \$525 in 2013” (Anne). Based on the costs of abortions and the number performed each year, 55% is a much more reasonable percentage. This may still seem like a large amount of money, but isolating abortions from the rest of the services Planned Parenthood provides is misleading. When compared to all these other services, “Planned Parenthood receives an estimated 15% of its revenue from abortion” (Anne).

So, the claim that Planned Parenthood should be shut down because they are an “abortion mill” is wrong. They’re not profiting from dead baby parts and they’re not profiting from sorrow and misery. Aborted fetal tissue donations are used for scientific research, research that can be used to cure a plethora of diseases ranging from diabetes to cancer. Planned Parenthood is a health provider aimed at giving people knowledge, resources, and expert care. Besides, shutting it down will not limit people’s access to abortion; it will limit 2.7 million low-income people’s access to sexual and reproductive health care.

Planned Parenthood provides an array of health care services to hundreds of thousands of women and young girls across the nation each year. These services are highly important and often life saving; we should continue to support and fund Planned Parenthood for their hard work and all the good they do. Women deserve the right to control their own bodies, uteri, and vaginas. The government owes women these important health care services. Isn’t it time we started valuing our women?

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Being Black

A Poem by Una Voce Editor Gloria Muhammad

“My mama always told me, that if you can’t find something to live for, you best find something to die for.”

– Tupac Shakur

Being Black has given me vigor to live
 And define my own path
 Since I have more obstacles
 Than White America
 Vigor to fight for meaningful things
 Such as
 Freedom, Justice, and Equality
 Gives you knowledge of what it means to struggle
 So your character is built
 Wanting to make a change
 You strive to use your resources and pull others up too
 It's soul music for the pain
 Rock
 Funk
 Rap
 And jazz
 Every genre of Hip Hop
 To Hip Hop bands
 Culture and Lineage
 Folks that lived bigger than the word “I”
 Too much courage for people to grasp or understand
 Where we get it from
 From Lauryn Hill’s “how you gon’ win when you ain’t right within”
 To Beyoncé’s Formation
 To Kendrick’s The Blacker the Berry
 “I’m black as the moon, heritage of a small village”
 Our creativity
 To create the world we desire
 To live in
 Breathe in
 Stand in
 To prosper and thrive
 For the future generations



Rex Poortvliet says that it's difficult to single out one favorite writer: "From Shakespeare to Stephen King, and Aristotle to MLK, they all have the amazing ability to craft words promoting a message they feel passionate about. If pressed, I would say that Martin Luther King Jr. is the one I most admire and attempt to emulate. His ability to strike every tone just so allows him to take his audience on a rollercoaster of emotion to a message he passionately believes in."

Syria: A Story of War

We finally have a war worth fighting. In Syria, we face a myriad of obstacles that all point towards one course of action. I come from a military family, and I generally advocate for peaceful, diplomatic resolutions. I understand that war is war insomuch as it means death, destruction and placement of brothers, sisters, mothers, fathers, sons and daughters in harm's way. That is why it is with heavy heart that I must advocate for direct US military intervention in Syria; regardless of what other tactics are deemed necessary, the U.S. must deploy ground troops to the region in order to build a functional intelligence network, to create civilian safe zones where no military aggression will be tolerated, and to conduct small scale operations including protecting towns and cities that fall under threat from the expansion of ISIS.

In recent decades there has been a grinding away of America's willingness for war. Sustained, muddied engagements in Iraq and Afghanistan have reminded people of Vietnam; the domestic outcry against these military efforts echoes that sentiment. In the case of the Syrian conflicts, it is important that we learn the lessons of conflicts past and recognize that Syria is not the same circumstances as previous military engagements. This is a conflict we should be involved in: the fighting of an evil that has declared war upon the world. It is time for America to pick up and brush off its patriotism, bruised and battered from years past, and show a fighting spirit tempered by humility.

To find direction on this we must have understanding of the nuanced conflicts we face. This is a complex crisis to be sure. The current crisis in Syria started as conflict, degraded into war and turned into genocide. This has become one of the most complex engagements in modern history with more than a dozen different groups in this fight. Conflicts of the region include: ISIS fighting for territory, the Free Syrian Army joined by Hezbollah fighting Bashar Al-Assad for freedom, and Assad fighting to maintain control of Syria. The US is joined by a coalition of western countries, Saudi Arabia and Iran to fight against ISIS for security in the region. The Western-led coalition works to protect the Free Syrian Army; while Russia, with the help of Iran, fights to prop up the Assad regime in order to protect its own economic interests. To pretend this is anything less than a heavily nuanced, complex and convoluted ordeal is a bold faced lie that undermines the strategies required to restore a semblance of peace to these areas. In the immortal words of Sun Tzu, one of the greatest military tacticians in recorded history, "If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle" (2000). The

US must recognize the narrative and history of the enemies we face and be honest with ourselves about our own path that has lead us to these conflicts.

We have a debt to the people of Syria to contain the ISIS juggernaut. Opposition to this idea comes from people in every political party. Arguments such as we owe no debt other than to protect our borders, that we are not and should not be the world's police force; that no country can fix the Middle East; that we should just steer clear of the region; and, that as catastrophic as events may be, it is not our responsibility. These arguments show an understandable ignorance of the origins of ISIS, a misunderstanding of the situation, and a lack of understanding about the role of the United States in creating these problems. To understand ISIS we must study Iraq. In the run-up to Iraq, these were my very arguments as well; but those arguments were not listened to. Instead, we poked a wasp's nest (Iraq) over and over until it was broke open then left while everyone else was stung and said, "Oh, that's horrible, but it's their problem for living so close to a wasp's nest." Thus, Isis as we know it was born.

When the US invaded Iraq we destroyed infrastructure and deepened divisions; we broke the wasp's nest wide open. Ryan Grim, Award winning writer for The Huffington Post, writes about the events of some 12 years ago saying, "Then an American came to Baghdad and told all those well-trained, well-armed men that their services would no longer be required. Or allowed" (2015). Grim Cites a report by Der Spiegel that continues the story saying," Thousands of well-trained Sunni officers were robbed of their livelihood with the stroke of a pen. In doing so, America created its most bitter and intelligent enemies" (2015). U.S. forces took an elite Iraqi army (trained by the US), displaced them from their income, left them unable to feed their families and told them to go home.

We then implemented a Western friendly government. Grim writes about it saying it was, "(a) government in which 85 percent of Iraqis, at the time, said they lacked confidence. Much of their discontent had to do with Iraq's security problems,

which U.S. officials told The Washington Post was exacerbated by Bremer's decision to disband the Iraqi army"(2015). That government lasted less than a year. We built Frankenstein and now our monster lashes out at the world. We cannot deny responsibility, and it is time that we put ourselves in the path of the beast and euthanize our rabid dog. It is time that we accept responsibility for the hundreds of thousands dead and millions displaced as the product of our action. We must act now before the weight of the dead piled on our shoulders becomes more than we can bear.

Opponents to Western aggression in Syria also fear that an escalation of forces would make us a target of terrorist attacks. This fear is understandable -- terrorism is scary; but the truth is that we are already targets and we will only eliminate its threat through the destruction of the forces that seek to do us harm. ISIS is lashing out at countries around the world. Many experts fear that it is only a matter of time before we see attacks on U.S. soil and that until then we will continue to see strikes on our interests around the world. In Tunisia, a country the US has had strong ties with for 200 years, ISIS opens fire in a museum killing 22 people; In Yemen, a country with whom, according to US the State Department, we have, "A strong and growing partnership with..."(2013), an ISIS suicide bomber kills 137 people; In Afghanistan, a strategic partner in our war on terror for nearly a decade; ISIS suicide bombings are blamed for the death of 35 people and the wounding of 125; In Saudi Arabia, a long standing ally and bi-lateral trade partner with the US; an ISIS suicide bomber strikes a Shiite mosque killing 21 and wounding dozens; days later they strike again killing four more (Karam 2015). Dozens more countries are struck, all with ties to the US and this is just within the last year. Then, November 13, the busy streets of Paris face the assault of bombs and gunmen. ISIS fighters strike cafe's and concert halls. Civilians, caught as they sip their coffee, travel home from work, and enjoy the evening; now clutch their children as 7.62x51 rounds, hot from the muzzle of AK-47's, fill their bodies and the shrapnel of homemade bombs cut through their spirit. In the

face of such atrocities, such brazen attacks on Western interests, allies and humanity in general, we cannot pretend we are bystanders.

We live in a free society and will never be completely safe; we can however mitigate the risks we live under by facing these aggressive organizations head on where they stem from. We can degrade and destroy those that would do us harm and restore some safety. We have seen time and time again, in multiple world wars: if we do not face these threats early, then the threats will hurt us at home. We ignored WWII until the deaths of Americans made it impossible to ignore any longer. We already know that in the face of a force bent on taking over the world, we cannot bury our head in the sand.

We cannot simply ignore these strikes or these threats. We must respond in a way that is nuanced, protects our own yet doesn't marginalize the lives of those living in these war torn regions. Our current strategy of using air support to bombard ISIS hard targets while at the same time cutting off their incoming flow of money is an impossible way to mitigate the risks we face. ISIS has the ability to tax citizens and utilizes black market antiquities and oil supplies to fund their campaign. Through their actions of beheadings and shielding themselves with civilians, they have shown that they are completely willing to put their ideology before the lives of people; that no sacrifice is too great if it furthers their agenda. Those that believe we can merely contain them and ignore them while they implode don't understand that while we may cut off aid and supplies that would make it in to these regions, this would only serve to isolate and marginalize these people which in turn pushes them towards extremism. ISIS feeds on this dismissiveness as much as it does an over response.

Thus, we cannot put full scale invasion forces into Syria nor can we continue our approach of bombing targets in an attempt to degrade ISIS forces. In the US our great fear is putting American lives at risk. We mitigate this risk by choosing not to put troops in to these areas where they may be shot at; however, we fail to understand the total

lives put at risks though from the blowback of our air campaign. Blowback is the unintended adverse results of a political action or situation. What we must understand is that: even surgical air strikes are not precise. They have unintended civilian casualties. We have already learned: that with every family killed, home or business destroyed and each person driven from their lands, not by the tyranny of ISIS but from the bombs of allied forces, we create a call to extremism. We create the conditions that lead to extremists that commit acts of terror in both civilian and military areas. We may keep a soldier out of the line of fire for a moment; however this policy has shown time and time again that it turns civilians and military forces alike, both home and abroad into targets with its blowback.

Intervention, though, is necessary to protect our interests. The US is safer because of her network of allies; we have the opportunity to both answer a moral call and repair relationships with those allies. As we look towards the rest of the world, we can see that the US is understandably held responsible for many of the atrocities in the Middle East. This attitude emanates now about Syria and our involvement in the creation of ISIS. Our failed policies in Iraq, our arming and training of opposition groups, our regime change tactics that have created vacuums, tyrants and greater extremist views: they turn the world against us. Our allies across the world all know how ISIS was created and who is at the heart of the attacks on their people. We have a moral call to fix the region we broke: to undo the displacing of millions of indigenous peoples and counter the recruiting of thousands of jihadist fighters. We have a moral responsibility to make things right, at our own expense. In doing so, we may yet repair the blood-stained alliances with the countries that once supported us, that fought for us and that now bleed for our mistakes.

An important side note must be addressed; there is a valid concern shared by many, that fighting ISIS in Syria not only ignores the atrocities committed by Assad, but goes so far as to help Assad stay in power. We originally got involved in Syria, with air strikes against Assad's regime after strong evidence showed

he had used chemical weapons, indiscriminately, on both rebel fighters and citizens alike. While these atrocities cannot go unanswered for, we cannot allow this to deter us from facing ISIS now. ISIS is a threat so great that they believe push to create Armageddon; they are bent on a grand face-off with the West. In truth, our efforts of helping train, equip and protect the Free Syrian army have been more successful than most realize in rendering Assad ineffective. According to the BBC “Pressure built on Mr. Assad as rebels seized control of large parts of the north and east of the country and launched offensives against Damascus and Aleppo; four top security chiefs were killed in a bombing; and the opposition National Coalition was recognized as ‘the legitimate representative’ of the Syrian people by more than 100 countries,” (2015). If we have learned anything from Iraq it is this: If Assad is to be ousted and the country to maintain stability, the uprising and takeover must come from within or the vacuum of power left will create a stronghold for terrorists. In the meantime, I am reminded of what the French President said just days after attacks in Paris, “Terrorism is something we’re fighting everywhere. We’re fighting it in Mali, in Iran and in Syria. We’re looking for a political solution where Bashar al-Assad cannot represent an end, but our enemy in Syria is Daesh (ISIS).” It is a sad state of affairs but we must face ISIS, the enemy of the world; we must choose the devil we know over the evil that would replace him. We must choose to have faith in the world judicial process and civil uprising to take care of the rest.

There is another player that must be discussed when any mention of Syria is put forth: Russia. Russia is spearheading their own agenda under the guise of fighting ISIS and attempting to regain a foothold in the Middle East through diplomatic ties to the region. We cannot afford to allow Russia to be the diplomatic driver in the Middle East; this will happen without decisive action by the US. Made up of some of the largest and most advanced industrial countries in the world, the UN Security Council countries represents strength. Smaller and more vulnerable countries around the world look to form alliances with these countries in an effort to make

sure they are both safe and economically prosperous. Right now Russia is ramping up support by acting on its principals within the region. By acting in the region, both militarily and diplomatically, they are emerging as leaders of the Middle East. To many this may not seem like a matter of much importance; the reality is that this represents a large shift in geopolitics and is a detriment to US interests. Russia diverges with us on a number of issues: human rights, global warming, gay rights, Iranian nuclear power, and the Assad regime just to name a few. As Russia pushes into the Middle East, they develop the ability to pressure countries to meet their interest. This can be either to uplift Russia, or degrade other countries Russia wants to see eroded. The US has a responsibility to its citizens to ensure that her interests are safeguarded throughout the world, including the Middle East, regardless of our prior history there. In order to meet that obligation the US must ensure that a country so separate from her in values does not control such an important region as the Middle East.

Opposition towards ramping up forces in Syria point to the plethora of recent conflicts, police actions and wars of recent years as reason to dismiss picking up this fight saying it is merely the trumpet call of war mongers. There is no doubt that reflection is warranted on many of the conflicts we have been involved in; however, this is unlike recent military actions in that it is a genuine threat to America and just in its call for action. Attack after attack rains on not only Western allies, but upon the innocents within reach of ISIS in the Middle East and Africa. Hundreds of thousands have been killed and millions displaced across the world. Regardless of your feelings about the military actions of recent years, this is not the same situation and we cannot judge it by the same standards. In the fight against ISIS as well as Assad, we have reached a point where military engagement by the US is required or we will be complicit in the equivalent of our generation’s holocaust.

I’ve heard it said that war is never the answer, unfortunately that just isn’t true. In a world where there are those that would not respect the sanctity of life or the sovereignty of borders, war becomes the answer to the question: how should we defend

our people from an amassed army who seeks to do us harm? When you see homes destroyed by rocket propelled grenades; when you see a populous driven not just from their homes but from their country for fear of genocide; when you see families drug out in the street, lined up and shot then you cry at the heavens, what can be done? When you watch and know that silence means being complicit in the genocide that sweeps across a nation; when inaction makes you as guilty as those who destroy the lives of others, as though you held an AK-47 yourself; when you know that your actions, as a nation, could have prevented the slaughter of men women and children and yet you choose to ignore the suffering of others; when you know that the tears of the orphan depicted in image after image crying over what parts of their parents they can find; then you realize, war is an answer. In the words long attributed to the British philosopher and statesman Edmund Burke, “The only thing necessary for the triumph of evil is for good men to do nothing.” (Edmund Burke). Those who would commit these atrocities only commit them because those who can stop it, stand by. In the genocide we see sweeping across the Middle East we see that war is not only an answer, it is THE answer. The stakes have rarely been so high in human history to act: firmly, courageously, carefully, respectfully and with empathy. It is time we stand up and fight the new war. The war that requires us to walk the tightrope of leaving infrastructure intact while destroying those who would break it. It is now that we must stand and choose the lives of the innocent over those that would subject them to tyranny and oppression under threat of death. We cannot ignore the pleas of a world that would beg for a lifeline. We created a monster, now it’s time we put it down and out of the world’s misery.

Seldom do we get a chance at redemption. After all the destabilization our presence has caused in the Middle East regions, we have that opportunity. What’s more is that we owe it to the masses of civilians caught up in the wake of the ISIS juggernaut to end their bloody campaign and rebuild what we helped to tear asunder. The fears felt by many are understandable and not to be taken lightly; however, with so much at risk

and so much to answer for, we cannot be bystanders. We cannot afford to make the mistakes of the past on leaving a power vacuum for tyrants and militia groups any more than we can afford to repeat the mistakes of WWII and others where our inaction was paid for in the blood of innocents. Those who glorify war have never seen its atrocities. That’s why it is with heavy heart that I must advocate for the US deployment of ground troops, American soldiers that can make a true difference.

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Zhichao (Paul) He moved to the United States from southern China two years ago and is taking classes to get into the Diagnostic Medical Sonography program. He was inspired to write on environmental issues when he started shopping at American grocery stores, where "they handed out plastic bags like mad." His favorite place on campus is Starbucks, across Mildred Street, where he has his daily morning coffee.

Saving The Environment with a Plastic Bag Ban

Dear Washington State Legislature:

As a new immigrant in the U.S., I still cannot forget the excitement I had when I first set foot on American soil. The fresh air and blue sky, taken for granted by many in this nation, are among the greatest treasures of nature we ought to appreciate and preserve. Having lived in the Puget Sound area for more than a year, I have been amazed by the lush forests, enchanting lakes, magnificent waterfronts, and, of course, the awe-inspiring Mt. Rainier. Coming from a developing country where heavy pollution seems ubiquitous, I have especially cherished the opportunity to be able to live in such a gorgeous place.

Washington State has long prided itself on successfully protecting its natural resources and wild animals, and we should keep it this way. That is why I am proposing a statewide ban on single-use plastic bags in Washington. The ban does not mean prohibiting the use of such bags outright, but, instead, charging a certain fee for each plastic bag the retailers provide to their customers.

It struck me really hard during my first visit to Walmart in America. I was blown away by its colossal scale and numerous items on the shelves. But when I went to the cashier, I was totally shocked to see the goods put in so many different plastic bags. I ended up carrying five or six bags home for just one regular trip, which normally requires only one or two back in my home country. Later I found out that this is a normal routine happening every single day in our state, and it is disheartening. Long have I been told the hazards of single-use plastic bags, and I had always thought that in the United States, well-known for advocating green energy and pollution reduction, such bags must have been banned or at least under prudent use. But apparently, it is not the case.

The sheer number of the amount of plastic bags we use is staggering. About 500 billion to 1.5 trillion single-use plastic bags are used annually around the world, according to Equinox Center ("Plastic Bag Bans"). In 2008, according to the U.S. Dept. of Commerce, the United States alone consumed 102.1 billion PRCB's (in one year), which is short for "polyethylene retail carrier bag." PRCB is what we call plastic shopping bags (Duboise, Ted). Laid end-to-end, they could circle the equator 1,330 times. In Washington, we use over 2 billion plastic bags per year, and the number is on the rise as the population grows.

With massive amount of plastic bags used every day, it has created a serious danger to our Puget Sound. Plastic bags can find their way into lakes and rivers, and because they can take up to 500 to 1,000 years to

break down ("New Bans"), those plastic bags can pose a serious threat to our ecosystem, especially to the wild lives in the water. And this is exactly what we have witnessed throughout the years. In April 2010, a dead gray whale washed up on the beach in West Seattle. It had 20 plastic bags in its stomach (Krehbiel, Robb). In the Strait of Juan de Fuca, researchers found that 12.2 percent of gulls consume plastic -- half of which was like the plastic bags we have been using (Krehbiel, Robb). Sea turtle, which feed on jelly fish, often mistake plastic bags for jelly fish and eat them. One study found that nearly 30 percent of turtle mortality in the eastern Moreton Bay region was due to plastic debris consumption. Half of the plastic in turtle stomachs was thin plastic, like the kind used to make plastic bags (Krehbiel, Robb).

The problem is not limited to Puget Sound. According to the United Nations Environment Programme, every square mile of ocean contains 46,000 pieces of floating plastic, on average more than 100 million tons of plastic garbage has concentrated in an area known as the Great Pacific Garbage Patch, which is thought to be the size of Texas. These toxic patches of plastic bags are too large to be cleaned up. Estimates calculate that the patch of plastic has grown tenfold each decade since the 1950s when it was first discovered. And unless the reliance on plastic bags decreases, it will continue to grow, acting as a trap for fish and sea dwelling mammals (Asaff, Sarabeth). A rancher on Hawaii's Big Island joined forces with environmental groups to attempt a plastic bag ban on the island because several of his calves had choked to death on errant bags (Moore, Charles). And in United Arab Emirates, a veterinarian, science director of the Central Veterinary Research Laboratory in Dubai, found calcified balls of plastic bags and ropes in dead camels' stomachs, one weighing well over one hundred pounds. It is reported that one in three camels in the UAE dies from plastics ingestion (Moore, Charles).

Such disturbing news on plastic bags pollution goes on and on; however, we have seen encouraging efforts on solving this issue across the globe and within our nation which we can learn from.

One of the most well-known measures is Ireland's national bag tax, adopted in 2002. It was the first to charge consumers directly, starting at a rate of 15 euro cents (20¢) per bag. Within five months of the measure's introduction, bag usage fell astonishingly by over 90 percent. Litter was greatly reduced as well (Larsen, Janet). This initiative had a widespread influence on other countries that followed suit. From my own experience, when retailers in China were mandated to charge consumers for those plastic bags in 2008, I soon noticed a large number of people switched to more durable reusable bags. It was very inspiring to see how a nominal fee could help reshape people's behaviors.

In the USA, according to Robb Krehbiel, after Washington, D.C. implemented a much smaller 5-cent tax on plastic bags, the number of plastic bags distributed by food retailers fell from 22.5 million per month to 3.3 million per month. In San Francisco, the year after banning plastic bags at pharmacies and supermarkets in 2007, businesses distributed 127 million fewer plastic bags, and cut overall bag waste reaching the city landfill by up to 10 percent. Los Angeles rang in the 2014 New Year with a ban on the distribution of plastic bags at the checkout counter of big retailers, making it the largest of the 132 cities and counties around the United States with anti-plastic bag legislation. And a movement that gained momentum in California is going national. More than 20 million Americans live in communities with plastic bag bans or fees (Larsen, Janet).

As bans and meaningful fee programs have effectively reduced plastic bag pollution, we have also been receiving fervent support from people who like to see our environment better protected. Prior to implementing bans on plastic bags, approximately

290 million plastic bags were distributed in Seattle and 30 million in Bellingham each year. A survey of 1,291 consumers and 96 retail stores in Seattle and Bellingham during the month of October 2012 found that consumers and businesses overwhelmingly support the bag bans, and eliminating disposable plastic bags has dramatically increased the number of people using reusable bags. Just look around, we can see day by day, more and more customers are bringing their own reusable shopping bags to grocery stores even though they are not forced to by law.

Some of those who oppose plastic bag bans argue that plastic bags are most convenient to use and cost customers nothing. But the truth is that around 12 million barrels of oil are required to produce the single use plastic bags consumed annually in the U.S. Retailers spend hundreds of millions of dollars annually to provide single-use bags to customers. Supermarkets spend up to \$1,500 to \$6,000 a month to provide single-use bags to their customers at checkout. Stores typically pay 2 to 5 cents per plastic bag; these costs are embedded in food prices and are then passed onto consumers (Robb Krehbiel). One statistic states that consumers actually pay around \$50 per year for those “free” plastic bags (Ted Duboise). As for reusable bags, most of which are made of biodegradable fabric, they are just as convenient as and a lot more durable than those thin plastic bags. A typical reusable bag can last for years and consumers can carry a lot more weight without worrying that the bags might tear on their way out of the store.

Some also argue that the ban will have a big impact on plastic bag manufacturers in our country and result in huge job losses. It is true that some related industries may be affected by a sudden decline in demand; however, plastics manufacturers can actually take the opportunity to expand production to reusable bags, since most reusable bags use a polyethylene derivative (“Plastic Bag Bans”). Furthermore, those businesses will likely be forced into investing more in packaging products that are more environment-friendly and help create more jobs in those areas. And let us not forget that many of the new technologies are achieved under similar pressure and circumstances.

Many assert that plastic bags can be recycled or reused, therefore do not pose a large threat to our environment; yet we have learned that among all those plastic bags we use, less than 6 percent are recycled nationwide (Krehbiel, Robb). The window of consumer use for those bags averages only 20 minutes before they are tossed in our trash can and later to landfills. What makes it worse is that they often get caught in recycling machineries and create extra costs to fix those (“Plastic Bag Bans”). I have the habit of saving all the plastic bags I get from the stores, and I do try to reuse them for my dust bins or future shopping, but they still keep piling up within very short periods of time before I have to throw them away. I always find it disturbing to think that those bags may very likely end up flying on our streets or stuck in some animals’ stomachs.

We are very fortunate to have such a beautiful state, but we know it will only last when we act to protect it. We do not want to see any more plastic bags floating on the rivers; we do not want to spill any more animal blood because of our irresponsible acts; we do not want to see our lands filled with or our oceans drenched in these man-made toxics. But more importantly, we do not have to. By putting forth such a bag ban, we have a choice to save our environment and leave a brighter future for more generations to come. What seems a small step for now may prove to be a great success in the future. It is time that we make the step now.

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Evelyn Sharp's favorite writer is "the dearly departed Maya Angelou" and she is inspired by her mother, a self-taught writer from Louisiana with an 8th grade education who worked as a sharecropper: "To me, she is admired, a beautiful person, and a smart woman." Evelyn (Eve) writes because it organizes her thoughts and saves her time. "I don't think that there is anything that beats the old school pen to paper method."

Zoos Are Not Good

Speech Topic: Zoos are not good for the conservation of animals

It is a fact that if you break the law, then you will be locked up. Your freedom is taken away and you will do time in prison. Therefore, zoos are not really the champions of animals they're intended to be.

Zoos are not good for the conservation of a species because one, the animals didn't break any laws; two, zoos prevent breeding and the ability to hunt; and three, a cage is not a natural habitat.

Zoos proponents often claim they are modern day arks, saving species from the brink of extinction, educating the world about wildlife and providing vital research into the lives of animals. Upon further research, of the 5,926 species classified as threatened or endangered by the International Union for the Conservation of Nature, only around 120 are involved in international zoo breeding programs.

Many species, including endangered species such as pandas and elephants, are notoriously difficult to breed in captivity. For example, to date no elephant has ever been bred successfully in an Australian zoo and even captive populations numbering in the hundreds in Europe and the United States are not self-sustaining.

There is also the problem of genetic diversity. In small populations there can be problems associated with inbreeding, which can result in genetically weaker offspring. These offspring are more vulnerable and less likely to survive in the wild.

The concept of re-introduction is plagued with serious difficulties. Species threatened by poaching will never be safe in the wild until poaching is eradicated. Species threatened by habitat destruction will have no home to be re-introduced to unless suitable areas for these species have been protected.

Even if the above problems can be overcome, there are still difficulties with the process of re-introduction. Captive bred animals have often missed out on valuable lessons their wild parents would have taught them and, therefore, do not have the instincts or knowledge to survive in the wild. Education is the key.

Zoo supporters claim they provide the opportunity for people to see and learn about wild animals and that this will inspire people to contribute to their preservation. But what are they really showing us? Keeping animals in zoos sends the message that humans are justified in locking them up.

The conditions under which animals are kept in zoos are merely shadows of their wild counterparts. Nature documentaries and books allow people to gain a true and complete knowledge of wild animals, by depicting them in their natural habitats.

Confining animals in artificial and often small enclosures inside zoos is stressful and causes them harm. Animals in zoos are bored and lonely and spend their days shuffling, swaying and pacing back and forth, their eyes sad and empty. Other behaviors that are displayed as a result of intense boredom and suffering include rocking, over-grooming, mutilation, neck twisting, chewing and, hyper-aggression, abnormal maternal behavior and feeding disorders.

If you visit zoos you are contributing to this suffering. If you truly care about animals and conservation, make a donation to one of the many wildlife charities working to save animals in the wild.

If the possibility of re-introduction of the species into the wild is a farce, then zoos only exist to preserve those species in captivity. Keeping animals in zoos harms them, by denying them freedom to carry out their lives naturally. While humans may feel that there is some justifying benefit to their captivity, there is no compensating benefit to the individual animals. Should animals be forced to live out life sentences just so we humans can satisfy our curiosity?

THINK ABOUT THIS:

The saddest thing about zoos is the way they drive animals mad. Much of the behavior we take for granted in zoo animals – repetitive padding up and down, head banging, obsessive paw swinging, or just plain moping – is actually psychotic, the sort of thing humans get driven to when they are kept in solitary confinement. So, instead of funneling money into zoos, money should be redirected to a wild animal conservation.

Thank you.



Grace McKenney is from Tacoma and is studying environmental science. She writes because it is fun. "When I'm writing anything academic, I try to find a subject that I am personally interested in, that way I'll not only enjoy the assignment more, but I'll also probably learn more about a subject that I already like. On the other hand, when I'm writing something fictional, like short stories or the couple of novels that I'm in the process of writing, it is a lot of fun to know that you are in control of everything, every outcome and every character, and you can write about anything that you want."

Pernicious Palm Oil

43 million people, over 20,000 orangutans, thousands of tigers, leopards, elephants and rhinos, and millions of numerous other species are all at risk because 5,000 kilometers, or over 3,000 miles of Indonesia have been burning for the past four, and soon to be five months (Lamb, 2015; Vidal, 2015). This fire is a result of the illegal slash-and-burn technique used to clear land for palm oil plantations. Slash-and-burn is a technique used by workers to quickly clear land that is going to be turned into a plantation. The workers clear all the trees and then set fire to the rest of the land to clear out everything else ("Slash and Burn Agriculture," 2014). This technique, coupled with a very long dry season because of a bad El Niño, caused the fires to grow and become the out-of-control forest fires that are going on right now (Balch, 2015). Palm oil by itself poses no danger to people, animals, or the environment, except maybe some unwanted extra fats. Even the palm oil trees themselves pose no risk to anyone or anything. However, the techniques and practices that people use to clear the land, plant the trees, and harvest the palm oil fruit do, in fact, pose a significant risk to the people, animals, and environment in the immediate and surrounding areas. The practices that they use are unsustainable and cause unnecessary suffering of animals and indigenous people.

Palm oil trees can produce up to 10 times more oil than the leading vegetable oils today, and if all of the plantations either did not impact the surrounding areas in any way, or at least very little, then the palm oil business could become a very good business; although, in reality only 14% of plantations are actually certifiably sustainable (Tunnicliffe, 2013, p. 24). Palm oil can be used in a myriad of products, and in the long run it can even be more sustainable than other vegetable oils; however, it all comes at the very high price of the displacement of the indigenous peoples, deforestation, and the endangerment of many animal species.

Palm Oil in Everyday Products

Palm oil is a versatile ingredient used in food, cosmetics, shampoo, and even laundry detergent. It can be found in over half of the packaged foods in grocery stores (Rainforest Action Network, 2013, p. 5). Palm oil makes ice cream smooth and creamy, enhances the texture of pizza dough, gives baked goods a creamy and smooth taste and texture, and is used in butter to keep it solid at room temperature (See Figure 1) (World Wildlife Fund 2015). In cosmetics, palm oil helps lipstick keep its good colors and makes sure that it does not melt under high temperatures, and in shampoo and conditioner, the palm oil helps restore some of the natural oils in hair (See Figure 2) (World Wildlife Fund). Since palm oil is more versatile than other vegetable oils, it is sometimes the obvious choice to use in many of today's products.



Figure 1. Descriptions of what palm oil is used for in food products. (World Wildlife Fund)



Figure 2. Descriptions of what palm oil is used for in non-food products. (World Wildlife Fund)

Displacement of Indigenous People

Growing palm oil plantations are displacing local indigenous tribes and other peoples that depend on the forest for their homes, their livelihoods, and their culture. In Indonesia alone, indigenous people make up 24 - 48% of the total population of about 250 million people (Sirait, 2009, p. 2). That means 1/4th to about 1/2 of the people of Indonesia could be having their culture and livelihoods threatened by the ever-expanding palm oil plantations, and some have already had their fate sealed by these plantations. Some of the small patches of land used by the indigenous people as agricultural lands have already been taken over by the plantations. This is happening because all the laws are very fuzzy on who owns certain pieces of land (Sirait, p. 9-10). This fuzziness of the laws leads to the palm oil companies taking advantage of the indigenous people, which, unfortunately, leads to the indigenous populations losing their ancestral lands, lands in which they have buried ancestors, lands in which they have depended on for sustenance for many generations, and lands in which they would build their livelihoods (Colchester, 2011, p. 11). The occurrences of Indonesia's indigenous people's lands being taken and turned into palm oil plantations are becoming more and more frequent.

Rampant Environmental Destruction

Expanding palm oil plantations are causing huge amounts of deforestation and environmental damage

in Indonesia and Malaysia. Saxon & Roquenmore (2011) estimate that in 1980 there were only 1.55 million acres of land being used for palm oil plantations in Indonesia, and by 2009 that number had increased by nearly 800%, with a total of 12.2 million acres now being used (p. 54). Current calculations determined that more than 600,000 hectares, or over 2000 miles per year are being cleared in Indonesia alone (Colchester, 2011, p. 2). This is disheartening because Indonesia only has a total land cover of about 240 million hectares, and there are plans in the works to double the palm oil production by 2020 (Colchester, p. 2-21). The more land that Indonesia loses to palm oil plantations, the less land there is for the indigenous people to live on, and the less land there is for the multitude of unique species that call Indonesia home. According to the Rainforest Action Network (2013), palm oil plantations are regularly created on top of carbon-rich tropical peatlands, which when submitted to the usual slash-and-burn techniques of clearing forest, release major amounts of carbon and other greenhouse gasses. This contributes to the 85% of Indonesia's carbon emissions that come from the clearing of tropical rainforest alone (p. 19-21). This all makes palm oil production one of the leading causes of tropical deforestation in the world.

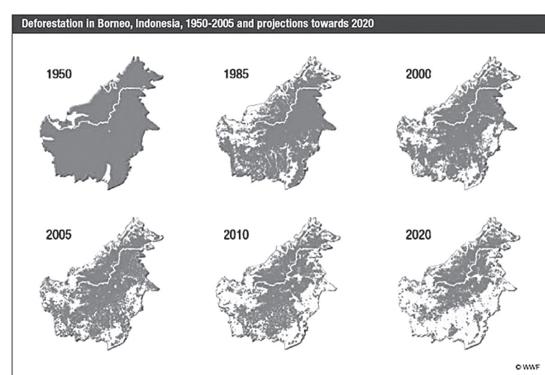


Figure 3. The green color shows the forest cover of the island of Borneo from 1950 to the projections for 2020. (Yale Environment 360, 2010)

Species at Risk

The techniques used to clear the native forest in order to plant palm oil trees are devastating the local

wildlife. The palm oil industry uses slash-and-burn techniques to clear massive areas of rainforest and environmentally-sensitive peatlands, however these fires are often times illegal (Tillack, 2014). These fires push animals into populated areas where they are more than likely killed by terrified people. The populations of certain animals are already trending toward extinction, and the fires are pushing them closer and closer toward the proverbial cliff. As of 2013, the Rainforest Action Network estimated that there were less than 300-500 Sumatran tigers, 1,500 pygmy elephants, and a combined total of 66,000 orangutans left in the wild, with their habitat and forests being cleared at a rate of nearly one acre per second (p. 13-18). In the past twenty years alone, the orangutan has lost a grand total of 90% of its habitat (Tunnicliffe, 2012, p. 24). If the orangutan has lost 90% of its habitat, then the tigers, the leopards, the elephants, the rhinos, the tropical birds, and many other species have also lost 90% of their habitat too.

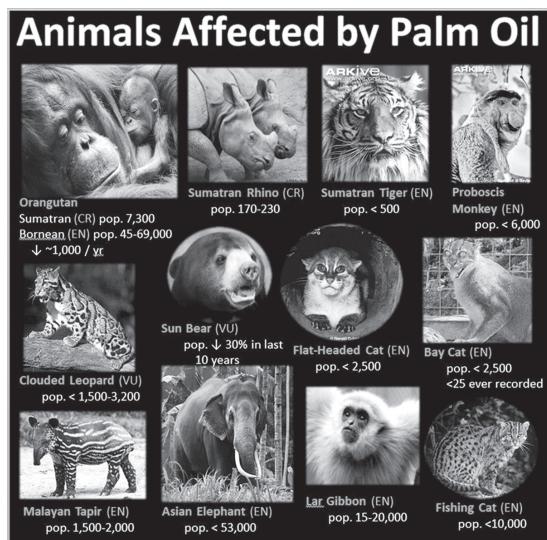


Figure 4. (University of Arizona, n.d.)

In conclusion, palm oil by itself is fine, but it is the techniques and practices used by the people in charge of the plantations that are the problem. The increasing palm oil plantations are putting the lives of millions of people and animals at risk. Palm oil is used nearly everywhere around the globe, and it is a growing business. In order to keep growing, the

managers expand and create more plantations, but that in turn puts more people and animals at risk. It is becoming an endless cycle with seemingly no end in sight.

Or is there? There definitely can be an end, if and only if one specific group of people does something. These people live all over the globe, are every kind of gender, age, religion, ethnic, and socio-economic group. The people that hold this power in their hands are the consumers. If they do not want to buy products that contain an ingredient that puts people and animals at risk, then they will not buy it and that business will go down. Now, since palm oil is still better than some other vegetable oil crops, the consumers do not have to ban every product that might contain palm oil from their lives. They just need to be aware of products that contain unsustainable palm oil. There are palm oil plantations that use sustainable practices, and do not harm the environment as bad as their unsustainable counterparts. Nevertheless, the consumers need to do something very soon or else the situations in Indonesia and other places like it will continue to get worse. As George Monboit (2015) recently said, “Everyone seems to be waiting for everyone else to take a lead.”

Well, any consumer can take that lead. It just starts by buying products with sustainable palm oil in them. The internet now contains lists upon lists of products that contain sustainable palm oil. Once enough people are using more sustainable palm oil, then the unsustainable plantations will need to become sustainable in order to stay in business, and that is where the consumer holds their power. Overall, if the consumer buys products that contain sustainable palm oil, they will be helping to save the culture and livelihoods of indigenous peoples scattered across Indonesia, along with 300-500 Sumatran tigers, 1,500 pygmy elephants, 66,000 orangutans, and a multitude of other creatures left in the wild.

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Ceferina Gayotin, a Tacoma native, is studying environmental science and is inspired by the people who "risk everything in the name of change; the anonymous faces that stand in the front lines, the activists for the environment, and the activists for humanity. The billions of people facing adversity, trauma, and war. Those are the people that keep me motivated to do everything I can and grateful for every opportunity I have." She describes writing as therapeutic. "It has helped me work through so many of my own problems. When I started writing a personal (but public) blog, I realized that writing is a world that brings people together."

Overeating and Societal Exploitation

For decades, professionals have been studying the effects of fast food advertisements on the consumer. Overeating is a serious issue that has led to many health problems. Most recently, the blame for overeating has been taken off of personal consumers and their lack of will power. The responsibility has been placed on the companies that use persuasive strategies to keep the individual eating. In this argumentative essay, both opinions are dissected. By doing so, it is clear that the real culprit behind America's overeating problem lies in the massive fast food advertising conglomerates. These companies exploit social status and values to urge Americans to overeat.

You are what you eat. There aren't many people in the world that don't understand the meaning of that phrase. In the United States, you are what you eat has taken on another meaning completely. America is considered the melting pot of the world. Yet, there is no doubt that every American wants to be accepted for their individual identities, their collective values and their personal beliefs. From the Southern Baptist to the San Francisco hippy, everyone is expressing who they are, what they believe in and making their identities known through what they purchase. Advertising companies have seen the importance of individualism to the American people and have used it in the most invasive way: Food. In a society that has been raised on consumerism, fast food advertising companies have learned to exploit social status and values to urge Americans to overeat.

Those that would side with the fast food industry argue that fast food advertising is not to blame and that problematic overeating is strictly a personal choice. This argument goes deeper into the subject of national regulations, claiming that there is no need for extensive policies. These people believe we do not need to treat consumers like children; they can decide what to purchase on their own. Lusk, of Oklahoma State University, asserted, "The 'food police' advocate a 'fat tax' partly because they claim they know what's good for us, and that individuals won't take personal responsibility" (as cited in Kiener, 2014). This speculation is also shared with most of the general public, often blaming obese people for their own lethargy and undisciplined urges to keep eating. While personal responsibility can be a factor, it does not address our country's obesity epidemic. In an interview with UW Today, Kima Cargill explained that while the personal responsibility debate has valid points, it doesn't address the bigger picture. "It's an empowering narrative, but I think it offers false promises... it takes our attention away from the systematic cultural and political forces that undermine our well-being" (as cited in Bach, 2015). Cargill went on to explain that personal trainers and diets can be effective, but that we should also be demanding that

the FDA requires food to be labeled if there is added sugar. Making healthy choices about what we eat and the portions that we consume are obviously good practices, however placing the blame for overeating and obesity on the individual lets “the bigger players off the hook” (Bach, 2015). Advertisements are everywhere and they all have the same message: consume more. For fast food advertisers, they mean this literally. Personal choice is a great idea until you pass thirty ads on your way to work that are all persuading you to buy fast food before you get there. At this point in America, with every fad diet and get-thin-quick scheme, we must acknowledge that we are being influenced by something bigger than an inability to put the lid back on a can of Pringles.

One of the most prevalent ways that fast food advertising has ratified a culture of overeating is by making fast food accessible and more than acceptable to eat any time of the day, during every activity. Aalai (2012) wrote, “We are constantly being bombarded by social cues telling us to eat... we are swept up in an over-stimulating cultural assault to; consume, consume, consume!” Along with these assaults we also have commercials, like Taco Bell’s Fourth Meal ads, telling us that eating past 2 a.m. is socially acceptable and even applauded. Fast food commercials feature everyday activities that should be accompanied by their food. From soccer games to car rides to a hike in the wilderness to a drive-in movie, according to fast food advertisers, these should all be accompanied by French fries and a soft drink. Even walking your dog after work can become more rewarding if you grab a milkshake on the way. The sheer access to fast food allows anyone to grab a bite very quickly. It is this ease-of-access, and the social norm surrounding the eat-all-day attitude, that convinces Americans that one more snack won’t hurt anything.

Another aspect of our society that leaves us susceptible to fast food advertising is the missing component of a food culture in America. In the United States, we have an obsession with fad diets, replacement meals and the never-ending quest to lose

weight. In *The Omnivore’s Dilemma*, Pollan (2006) reasoned that “the lack of a steady culture of food leaves us especially vulnerable to the blandishments of the food scientist and the marketer” (p. 5). Without the knowledge of health passed through generations, America has become a nation of overeaters that pass down their huge portion sizes, along with their fattening recipes. Instead of counting on the trial and error of the generations before us, our health, concerning what we eat, has been left in the hands of the food industry that can only thrive with our hard earned dollar. Consequently, the new ‘healthy diet’ distorts from year to year, leaving most people confused. We look to the advertisements ensnaring us and take the bait, hoping that we haven’t signed up for years of weight gain. The confusion surrounding what we should eat eliminates any tangible boundaries to how much we should eat, giving food advertising companies a perfect platform to promote overeating.

Another method fast food advertisers use to brainwash Americans into overeating can be seen in the luxury foods that they offer. Luxury foods can be anything outside of a normal meal that is seen as something special or a treat. Schrank (n.d.) wrote that the “compliment the consumer” claim “butters up the consumer by some sort of flattery.” Fast food commercials target hard-working Americans that have no time to actually relax. Their quick fix is stopping into one of their locations and purchasing a dessert or a fatty-fried appetizer to “unwind” and ultimately “treat yourself to something good”. The language they use in this type of advertising is key to persuading the general public that this is something they deserve, not something that is going to throw off their caloric intake. Commercials especially aim these foods at women, knowing their gender is under a lot of scrutiny when it comes to the food they eat. By focusing on the promise that these foods will help you unwind, they are encouraging the notion that every time you have a stressful day, having a giant sundae will relieve you of these unwanted feelings.

This outlook on food becomes dangerous in a society that has no time to relax, but they have time to have another packaged dessert in the car.

Fast food advertising also plays into the emotional side of human consumption by tapping into the core communal values most people share. Many Americans would agree that the image of a pregnant woman is something to be celebrated. In the commercial Should Be, Panera advertisers use this very image to promote their product to those who value new life. The commercial starts with a very young girl lifting her shirt and rubbing her belly. Then, the scene immediately moves to a table full of people celebrating a young woman rubbing her very pregnant belly. At this moment, the narrator says, “Bellies should be rubbed. Tables should be full” (Panera, 2015). There may be nothing blatantly aggressive about this claim, but Schrank (n.d.) wrote, “Advertisers delight in an audience which believes ads to be harmless nonsense, for such an audience is rendered defenseless by its belief that there is no attack taking place”. Advertisers bank on the fact that this scene creates a welcoming feeling. Everyone can relate to the happiness a new child can bring into the world. By relating to such a universal paternal emotion, the Panera advertisement team plants a seed in the mind of the audience that their product is wholesome and family-friendly. By doing this, fast food advertisers ensure most families won’t question the nutritional content of their Panera meal. They eat the entire meal, despite the fact that it contains the equivalent caloric value of a meal from McDonald’s. The commercial Should Be may not directly be telling society to eat more, but it convinces the audience that their meal is the right portion size, regardless of the massive calorie count.

In addition to the emotional aspect of fast food advertisements, these same advertising companies spend millions of dollars a year to hone in on what kinds of people are buying their products. Then, they turn around and advertise precisely to those people and everything they might consider identifying with, solely to keep that demographic loyal to their product. Jean Kilbourne (2006) is an expert on deciphering advertisements. She wrote:

The consumer culture encourages us not only to buy more but to seek our identity and fulfillment through what we buy, to express our individuality through our ‘choices’ of products. Advertising corrupts relationships and then offers us products, but as solace and as substitutes for the intimate human connection we long for and need.

Some fast food companies like Panera advertise to those seeking a wholesome customer experience, while Taco Bell advertises to young adults who don’t have a dollar to spare and are up all hours of the night. The problem with this, in a consumer culture, is that most Americans purchase based on the images and personality they identify with. If someone is trying to establish themselves as minimalistic and wholesome, you’ll probably find them in line at Panera ordering an artisanal-style fast food sandwich, then Instagramming the experience to their like-minded followers. When a company brands themselves and markets to a certain stereotype, they ensure that the people who want to brand themselves in that image will seek their product out. Just like they would carry a purse or backpack that screams, “This is me,” the consumer wants to eat the food that says something about who they are, regardless of whether that food is actually nourishing and healthy.

Furthermore, this notion that what you eat defines who you are has led to rising competition for fast food companies to reach every person they possibly can. Today, more people are becoming concerned with what they are eating. For fast food establishments that never worried about their nutritional facts, this is causing a shift in their ways. Strom (2015) wrote:

McDonald’s is having an identity crisis. For years, it has lurched from showcasing new items – salads! Egg White Delight McMuffins! Sliced apples! – To mining nostalgia for its basic Big Macs and fries. Its core customers still line up at the drive-through window for cheap, quick cups of coffee and hash browns. But the company is also trying to appeal to more finicky eaters who have moved onto upstart competitors like Smashburger and Chipotle, which market their quality ingredients and food customization.

The inherent danger is that advertising is known for making nutritional claims that do not even exist in their product. Though some of these fast-casual restaurants now have ‘healthier’ options, they still aren’t options that should make up the majority of anyone’s diet. Now, instead of just focusing on kids or people on-the-go, fast food advertisers are focusing on specialized groups of people. It is nearly inescapable, even if you happen to be a trendy vegetarian that is concerned with GMOs. Chipotle has the perfect, three-serving sized burrito waiting for you.

Moreover, one of the most consequential ways fast food companies keep the population consuming is by advertising to social status. The hierachal ladder of status in America has a way of making people strive to climb higher and higher. Craig Lambert (2004) wrote, “Everywhere in the world, the richest people build the biggest homes, but as the world’s wealthiest nation, the United States is also building the biggest bodies. It’s hardly cause for patriotic pride.” Part of that hierarchy is being able to afford material objects and luxuries. Dining out in high-end restaurants has turned into a past-time reserved for those who can afford it. Lambert (2004) claimed, “A recent paper in the American Journal of Clinical Nutrition argued that the poor tend toward greater obesity because eating energy-dense, highly palatable, refined foods is cheaper per calorie.” This is where fast food restaurants make their biggest money. Even people in lower socioeconomic classes want to be a part of this culture that buys food like a statement. Fast-food advertising uses that to their advantage by making their food-like products fit into whatever is trending at the time. Where you eat says something about who you are, what you do and where in our society you actually belong. Just like carrying a Louis Vuitton purse, carrying a venti latte from Starbucks is a signal to everyone that you can afford to spend \$6 on a fast-food beverage. As a result, if you are downing even two of those venti lattes, you’ll find yourself consuming roughly twelve hours’ worth of calories in liquid that you probably aren’t counting as food calories. Carrying a latte with a brand name a couple of times a day isn’t just costing your wallet, it is also costing you your health.

Fast food advertisers have a well-oiled and specified machine behind their curtain. The fuel that keeps this machine running depends on the exploitation of everyone’s social status and core values. Fast food is accessible everywhere, nearly every hour of the day. It’s hidden in your need for a “treat” after work and in whichever fast food chain best fits your idea of ethics. Fast food advertising affects us all -- from your drive to work, to noticing that the red Starbucks cup on your desk is only half full. The first step in any movement of change is awareness. If we all paid more attention to the advertising we are engulfed in, then the power of our dollar could be used as the collective voice of what America really wants on their plate.

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Tyler Thurber hails from Tacoma and is studying mechanical engineering, specializing in energy. His favorite author is R.A. Salvatore. "I am a huge fan of science fiction and he paints a vivid picture; a world unlike any I could imagine myself. He actually inspired me to begin writing and as a result I made an attempt to write my own book when I was 16. I ended up only writing a chapter, but I still love writing and will write poems when inspiration strikes." Tyler says writing allows him to express himself. "I have trouble speaking my mind to those I am unfamiliar with, so writing is my way to share my thoughts and feelings with the world."

GMOs: Salvation or Destruction?

Genetically modified organisms (GMOs) can be extremely beneficial to global health; however, there are potential downfalls and each case needs to be evaluated separately for its own worth. The arguments on the potential for GMOs have been intense and both sides have many radicals that either claim these are the best or worst thing that humans have created. I have found many research papers on GMOs that only show one side of the argument and very few that weigh the good against the bad. The main benefits of GMOs are the potential for added nutrition, increased crop yield and greater resistance to natural complications. The harm these crops cause are increased pesticide use, development of "superweeds" and reduction of biodiversity. Both sides of this debate have strong arguments for their cause, but the answer is not a simple yes or no to GMOs. In order to fully understand this issue, we will need to dig much deeper.

The most serious issue is the effects on health that these new crops will have. Currently, GMOs are present in about 80% of processed foods, which makes up a great deal of the average American's diet. Proponents state that GMOs have been used for decades now with no major side effects apparent. Entine also brings up a great point with the "trillion meal study" which found that most livestock are being fed GMOs as their sole diet with no adverse effects ("Trillion-Meal Study"). He also found that there have been thousands of studies conducted by every major scientific organization and they have come to the conclusion that GMOs are safe to eat ("GMOs are Safe"). The best argument for the use of GMOs is the addition of nutritional content. Golden rice is a variation that has been created with the addition of Vitamin A to be grown in developing countries. Vitamin A deficiency causes nearly 500,000 children to go blind every year and the vitamin has been declared safe by every health organization in the world, but has not been approved due to opposition (Schonwald 27). The stigma against GMOs far outweighs the benefits of these new breeds, making them extremely hard to get approved and to the market, but is there is a good reason to be apprehensive about these new breeds?

In truth, many studies lead to the conclusion of GMOs are an unfit substitute for natural foods. All of these independent studies have tested the safety of the main breeds of GMO crops produced by the Monsanto Corporation that have either insecticide or herbicide genes spliced into a commodity crop, which includes corn, cotton, sugar beets and soy (OMG GMO). The most striking of these studies was conducted by Séralini and followed a two-year study of the effects of Roundup Ready

GMOs on lab rats. The conclusion of this study found major tumors developed in the GMO fed group and a much higher death rate, ending with the finding that these foods may have serious side effects on long-term health. The Séralini study was retracted after it was released but has since been rereleased as a peer reviewed article. There have been many other studies done on the effect glyphosate (the protein in BT GMOs that constitutes as an insecticide) has on human health with the conclusion that these foods are unfit for human consumption. The conclusion is that while the Monsanto Corporation produces GMOs with added pesticides that may have an adverse effect on health, there are many other independent geneticists that are trying to modify foods to be healthier, disease resistant or with a longer shelf life that will have a positive effect on the foods we eat.

Another major cause for concern is the unknown effects on the environment of adding a new crop into the ecosystem with no knowledge on how they will interact with the plants and animals already in place. These new crops do undergo a large variety of tests prior to release in order to ensure no major changes will take place in a natural environment. The positive influences these crops could have are many, including a decrease in the use of some pesticides. Carrington brings up studies that show BT modified plants eliminate the need for insecticide spraying and target only the insects feeding on these crops rather than spraying an entire field and killing all insects in the area. This research has even shown the population of natural predators rising close to GMO fields, raising the insect control even higher. There are even plants in the works right now that will signal predators to live in the fields, targeting pests that reduce crop health but are not affected by the BT toxin. GMO crops are also shown to reduce crop yield based on a variety of factors such as raising disease resistance and reducing the need for fertilizer and water. This greatly helps poor farmers and highly reduces the chances for a failed crop. GMO farming is also highly similar to organic farming by using greener practices and less toxic chemicals, reducing runoff into surrounding

areas (Naam). While these are all extremely helpful ideas, there are downsides to consider as well.

The rise of GMO farming has been seen as a godsend to many but naturalists strongly disagree. The most critical downside is the reduction of crop diversity. In the past farmers planted a wide variety of crops so that if one failed, they had others to fall back on. With the rise of GMOs, less crops fail so it is easier to just plant one type and grow just that one (Tyson). This is creating a “monocrop” society and reducing the diversity of vitamins we get in our foods which are essential to a healthy diet. “Just 15 food crops today supply 90 percent of the world’s food and energy intake” (Tyson). Benbrook finds that while GMO crop producers also claim to reduce the use of pesticides, there has been an overall increase in the use of herbicides that far outweigh the reduction of insecticides. This has also given rise to the birth of “superweeds,” weeds that are resistant to traditional herbicides and require much harsher chemicals to kill or they will threaten to eliminate all other plants in the vicinity. Tyson brings an example of this up; GM canola in California invaded all nearby fields and grew like a weed, quickly overcoming all other crops and natural plants. As a result this region stopped growing this particular crop. There have been similar situations with natural weeds that have grown resistant to herbicides. Another downside is the effect of the BT toxin on insects that are aiding in the natural plant cycle. Monarch butterflies feed on the pollen produced by corn in particular which is all largely BT corn now. The population of these butterflies is largely reduced because they are being targeted by the BT toxin as an unforeseen effect; however the studies done to support this evidence may now be out of date or not broad enough (Lang 128). There is also a great deal of concern in the rise of “superbugs” which would develop a resistance to insecticide sand cause a need for stronger chemicals in order to kill. The effect these crops have on the ecosystem needs to be studied further and in greater depth in order to fully assess the effects, however if the use of herbicides could be dropped the overall potential of GMO crops would be positive.

The final aspect of this debate is the ethical portion, both in production and in argument. Both sides use arguments that either discredit the opposition or falsify their own claims to make them more attractive to the general population. Tyson points out that protagonists' largest claim is to use GMOs in order to "feed the world." However, research shows little difference between crop yield of GMOs and of traditional crops used by farmers in the United States. Another claim is to increase profits for poor farmers, which is again false because whatever profit might be gained in growing GMO crops is negated by the increased cost of seeds and herbicides. The largest producers of GMO seeds also use tactics similar to Big Tobacco in order to push their products regardless of risk (Steier 17). Much of the research done by GMOs prior to approval is by the companies producing the seeds who have a lot invested in the success of their product, and a slow approval process inhibits this profit. In a study on GMOs vs. organic, Lindgren brings up a variety of points on the lesser known aspects of GMOs. The main ones are that GMO foods lead to a large number of new chronic diseases, GMO foods are unlabeled and that research done does not have to be shared (and in the case of major corporations, is completely hidden) with the public or FDA. However, the opposing side of this argument lays false claims as well in an attempt to prove their point.

Many of GMO's opponents are viewed as "anti-science" or having a moral objective to GMOs rather than actual scientific reasoning (Schonwald). Their arguments have many more scare tactics and rely on a few extreme examples that prove their point and make an impression. Many of these opponents are also involved in the organic industry and will gain a lot of profit by discrediting GMOs, which leads to questioning their motives. Anti-GMO groups are also against GMOs in all forms, claiming they are all bad rather than seeking greater research in order to verify their safety. There are many potential advantages to

genetically modifying crops, especially to third world countries with harsh farming conditions or problems with malnutrition. It is selfish to attempt to ban all GMOs regardless of their worth, and this is what many of these groups are trying to do.

There are many good and bad aspects of producing GMO crops, and we will not fully know what these are unless we research them completely. I do believe there are many positives to GMOs and they should continue to be researched, but consumers should also know that they are eating them. As Schonwald eloquently states, "Let's carefully scrutinize the claims of nutritional science and keep a wary eye on new technologies, especially those with panacea-like claims from multinational corporations with monopolistic aims and a history of DDT and Agent Orange production. But let's not be so black-and-white; let's not be reflexively and categorically opposed to any and all technological solutions. Savoring the slowest food and foraging for wild asparagus shouldn't be viewed as at odds with championing lab-engineered vitamin A-enhanced rice that could save children from blindness" ("Engineering" 28). The concept of putting our health in the hands of a corporation focused on profit is to be abhorred by many and this is how GMOs are seen by the opposition. GMOs have an extreme amount of potential, but we should be contributing to the nutritional content, disease resistance and other positive aspects of fortifying crops. I am in favor of the pursuit of GMOs as long as positive attributes are being pursued by those truly trying to better the world.

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Jeremiah Schuler

describes himself as Latino American from New York, majoring in world health with a focus on population. Right now, he is inspired by Alexander Hamilton, “an immigrant who came to this country and changed everything.” He likes the challenge of writing: “If I have a question, I write about it so I can learn about it.”

The War You Never Heard Of

Growing up in America, we have been led to believe that the history book set in front of us in class tells the “whole truth and nothing but the truth.” But is this so? Are we being told the whole story of our past, or are we being blinded and shielded from what was really there? Is our government hiding the true story?

The lack of information and truth is evident in the documentation of our current history textbooks. We do not learn about the time in which we went overseas to other countries, attempting to conquer their land; fulfilling the so called “Manifest Destiny” to take what belongs to others: killing thousands with little to no gain; leaving behind a wake of destruction and crippled communities. That was what America did in 1889, in the war that we never learned about.

On Feb. 4, 1899, fighting broke out over independence rather than colonial rule. A group of Philippine nationalists led by Emilio Aguinaldo fought against American troops. Though it ended in a truce, the war lasted over a five-year span across the islands of the Philippines and ended with a total of 200,000 Philippine soldiers dead, but even higher was the 1 million civilians who died during the war.

Many historians believe that the killings in the Philippines resulted in one of America’s biggest acts of genocide, killing 1/8 of the population. This genocide included child slavery, adult slavery, rape, theft, and torture, such as slowly pulling the head of the body. American soldiers carried out what they called “scorched earth campaigns” in which whole villages were burned to the ground and then civilians captured, tortured and eventually killed. They were placed in concentration camps where “between January and April of 1902, 8,350 prisoners died.” There was no end to new ways of bringing pain to the small country.

During this time, newspaper editors and politicians were de-humanizing the people who call the islands home. The Sunday Boston Globe published photos on how the war would benefit the “primal” people, and how Americans were helping them develop. There were also articles about how the Philippine people were lucky that Americans interjected themselves in their lives. “It appears that the Filipinos have lost confidence in Americans. Do those benighted wretches fail to realize what we have accomplished? We may have burnt certain villages, destroyed considerable property and certainly slaughtered a few thousand of their sons, fathers, brothers, husbands etc. . . but what do they expect?” The article then goes on to say that what Americans were doing was creating business for the people. “Progress is now in those islands. She may be red handed, and at times drunk, but she is there for business.”

But all of this did not happen without a few people standing against what the United States government was doing. Mark Twain, a founding father of American literature, became angry about the deprived actions taken abroad. He wrote, “Our soldiers have pumped salt water into men to make them talk, and have taken prisoners, people who held up their hands and peacefully surrendered, and an hour later, without an atom of evidence to show that they were even insurrects, stood them on a bridge and shot them down one by one, to drop into the water below and float down, as examples to those who found their bullet loaded corpses.” He even suggested that we “replace the stars and stripes in our flag with a skull and crossbones.” A British witness said, “This is not war, it is simply a massacre and murderous butchery.”

Even with all this information available to us via the internet or books, governmental and educational based information does not give us the whole story. One could even go to website, history.state.gov, hosted by our government and read about The Philippine American War and yet not learn what happened, not learning about the evil and death that filled the Philippines for five years.

One does not learn that there were concentration camps, that United States fighters killed, raped, burned and tortured. We don’t learn the true story of the Philippine War. Instead, they leave us with a closing statement of how the war helped the people of the Philippines take steps toward freedom. They make it seem as if it were a war of little death and little consequence. The lies and hypocrisy within the information given to us is immense. It’s time to see through the curtain laid in front of us and shed the light on what’s truly there.

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Fact or Fiction and Undocumented Immigration

Jeremiah Schuler

Undocumented immigration has been the subject of contentious debate among citizens and governmental officials. In the past two decades, we have seen a rise in undocumented immigrants (UIS) moving across borders, and into the United States. There has been an estimated increase from 3.5 million in 1990 to a current estimated number of 12 million undocumented immigrants (Martinez). This increase has sparked a debate concerning the effects of UIS in the United States. Government officials are now passing expensive bills claiming that the increase of immigrants will be a costly burden on tax payers, raise crime rates in the country, and absorb dwindling employment in the labor market. Unsurprisingly, this strident rhetoric is without proper grounds to reinforce these widely accepted fallacies. To see through this mixture of uneducated assertions, one must look at a series of studies and narratives addressing the three myths stated.

Are Undocumented Immigrants (UIS) A Costly Burden on Taxpayers?

To truly understand how UIS affects taxpayers in America, we will break down the question into three sectors: general taxes, incarceration taxes, and social system taxes. Many claim that the influx of immigrants is a costly burden placed upon local, state, and federal governments through the utilization of our incarceration system and social systems including other anti-poverty programs that UIS do not contribute to through taxes. Anti-immigration organizations such as The Federation for American Immigration Reform and Center for Immigration Studies support these widely accepted claims that undocumented immigrants will cost billions of dollars to taxpayers in local and national levels annually, and that they are the cause of major budget deficits that many states face today.

However, multiple researchers and studies

suggest that the increase of immigrants has little negative impact, and in most cases demonstrates a positive economic increase. While it is difficult to determine how much UIS pay in taxes due to the fact that their records are not kept, it is estimated that across the nine states of California, Colorado, Georgia, Indiana, Iowa, Missouri, New Mexico, Oregon, and Virginia, UIS pay over \$1.3 trillion from state income, sales, excise, and property taxes. This disproves the notion that UIS do not pay taxes. Because tax dollars are being taken out in numerous ways, many come to the conclusion that UIS has figured out a way to escape “the system” and freeload, even though trillions of dollars are being paid in taxes by UIS residents.

Cost of Incarceration of Undocumented Immigrants (UIS)

Since many believe that UIS are major sources of crime, here is an in-depth look at the cost of incarceration of UIS. The U.S. Government Accountability Office examined the total cost of incarceration of UIS and found that the cost on a national level totaled \$5.8 billion through the years of 2001 and 2004 with local jails absorbing most costs. This examination takes into account the action of arresting the person and keeping that person in jail or prison. It is found that most of these expenditures come from bordering states with Mexico, which make up two thirds of the total cost, and in total equates to an average of less than 5% of the state and local budgets dedicated to law enforcement. It is important to note that just because there is a concentration of UIS criminals near the border, it does not mean that UIS raise crime rates near borders. UIS are simply less likely to spread to farther portions of the country and stay more concentrated.

Some argue that the cost of placing a fence should be included into the total sum of money spent on law enforcement, but that total sum should not be considered due to the fact that placing more fencing

along the border is not dictated by the choices of UIS crossing the border. The choice of placing a massive fence is dictated by U.S. government officials. In fact, a large portion of academic journals concerning the economic impact of bills and laws being passed to halt and/or remove UIS estimate it would cost taxpayers more money than if they were to simply give citizenship to UIS. Besides the money spent on the construction of the border fence, the money spent on crime is relatively small considering the total percentage of funds spent on UIS for crime (Becerra).

Health Care and Social System

The use of the social and health care systems is a controversial topic when associated with providing resources to UIS, but the overwhelming majorities do not have access to any of these safety nets provided by the government due to their illegal status. They are forced to seek help through other methods, such as using emergency services more than most citizens. UIS are able to receive medical treatment because emergency hospitals are required to provide service regardless of citizenship. Some of these incidences include minor issues like bad colds while other cases involve extremes that can cause death. As a result, there is a monetary cost increase for hospitals that receive many of these cases involving minor medical issues. Fortunately, a portion of the cost is lessened by tax dollars given by the state and taxes taken out from UIS in a variety of ways (Marcelli).

The total estimated cost is between \$6 and \$10 billion. Overall, the health care service expenditures only account for 1.5% of U.S. medical costs. This low percentage of usage clearly shows that the argument that undocumented immigrants are “leaching” off the system is invalidated since UIS are far less likely to use public assistance care and health facilities than citizens (Becerra).

In all, it is clear to see that because of the low usage of resources paid for by taxpayers, UIS do not impose a negative financial impact on communities. Additionally, UIS provide job stimulation in the labor market and keep the cost of produce low in supermarkets.

Crime and Undocumented Immigrants (UIS)

Arguably there is no other minority group blamed more for crime along bordering towns than UIS. Interestingly enough, UIS are not a major source of crime along the border. It has been misrepresented by the media. This has created a hostile environment and stopped social progress that comes with the positive integration of UIS. For example, The Times depicted UIS as animals and objects in various different ways. Some of these depictions include such titles as invading soldiers, flooding tides, weeds, and prey, but The Times is not the only news source guilty of such political bias. Almost all news sources in the United States have done the same, thus creating the illusion that UIS equals high crime rates. This idea has become deeply rooted in public opinion, therefore giving the public a sense of danger when there is an influx of UIS (Bodossia).

A popular stereotype gives the impression that the increase of UIS are linked to criminality; however, evidence does not reflect popular belief. Previous studies have found that violent and non-violent crime rates among UIS have been steadily decreasing since the late 1990s even though the total amount of UIS have quadrupled since then. This means that the rate of crime has decreased by 34% respectively over the years. The Federal Bureau of Investigation Unified Crime Reports compared the differences between the states with the highest population of UIS to the states with the lowest population of UIS, and found that across the board, the states with the highest population of UIS had 10% less crime. This also includes a faster decline in crime with a higher population of UIS. They also found that the rates of crime and incarceration are lower with UIS than their counter American citizens (Becerra).

This association of crime with UIS can be traced down to the media and how they portray UIS. We have seen similar portrayals in the media with the African American community and athletes as well. They all have commonality in the media's portrayals of them as rebellious community members.

Undocumented Immigrants (UIS) and the Labor Market

Contrary to popular belief, UIS are not connected to less employment for native workers. In fact, they encourage labor growth in the specialized labor market, and do not compete with U.S. born low skilled laborers. A study found that for every job held by UIS in Colorado, 0.08 jobs were created. This study is also supported by federal government estimates regarding how much UIS contribute to the U.S. economy. In addition to the job growth provided by UIS, there is also tax revenue as a result of employment.

This is consistent with reports from employers requesting laborers for hard work. Most of the jobs that are obtained by UIS are not competing with American citizens because of the harsh working conditions and low pay. Americans never sign up for these jobs in the first place which leaves the jobs open for UIS. Unfortunately, there is no system that has been set in place to keep track of all the effects of UIS employment in our states or country in order to have a comprehensive understanding (Becerra).

There is also a lot of confusion about migrant (a person who travels to a country and then goes back to their country) workers. Many news sources have bunched migrant workers with UIS workers. The difference between the two is that migrant workers are in programs that allow them to come to the United States and stay for a period of time to work commonly in the agriculture field. These formal employees are able to stay on a visa and return home after the season has finished. Some consider this to be the same as UIS employees, but that is not true. The employees are entering the U.S. workforce 100% legally; therefore, they should not be considered to be the same (Rosen).

Even though there are many fallacies that have been proposed by the media, the government, and anti-immigration organizations, it is clear to see that the increase of undocumented immigrants has had an overwhelming positive impact on the country. This increase and co-existence has impacted the United States culturally, economically, and sociologically in ways that we have not seen before. Undocumented immigrants are now attempting to accomplish what the United States is supposed to stand for: the pursuit of a better life for families and communities.

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Britney N. Freeman is a Parkland native who is interested in studying business. Her favorite class at TCC has been Dr. Judy Loveless-Morris's Sociology of African Americans: "This class meant a lot to me because I could relate to the curriculum." She inspired by her family and friends because they are so positive and supportive.

The Miss-Education of our Lil' Sistah

From the very beginning, African Americans have been doomed for failure, and the disparities, both economically and educationally, are proof that the systematic approach to keep African Americans behind has been successful. Education has the largest impact on the success, or lack thereof, for African Americans, and the little black boys and girls' opportunities are stunted before they even hit puberty. Take the song "My Country 'Tis of Thee" for example. Most children learn this song in grade school and learn lyrics like "Sweet land of liberty" and "Long may our land be bright, with freedom's holy light" (My Country). Songs like this, along with single-sided history, instill a false sense of pride of this country without first educating black boys and girls of the reason why this is the "Land where my fathers died!" That the reasons "why" include inhumane slavery, prejudice, and discrimination because of the color of skin. And that, with the knowledge of these factors that are systematically against them beforehand, can be used to get ahead. Because of the school-to-prison pipeline, the lack of proper educational resources, and high pregnancy rates, African American women are impacted the most by the educational disparities in America.

The Coalition Community released an infographic, "Are Our Children Being Pushed into Prison?" which tells a tale of two systems that may be detrimental to the black community: education and foster care. The infographic explains that 50% of children in the foster care system are either Black or Latino, which is extreme considering that these two minority groups only make up about 30% of the United States' population. This is important to know because it seems that foster care may also be a "pipeline" to prison given that 30% of foster care youth enter the juvenile justice system and 70% of California state prison inmates were in foster care as children (Amarau, 2013).

The same infographic shows even more alarming statistics regarding school-related repercussions responsible for increased prison possibilities. 40% of students expelled are black and black students are 3.5 times more likely to be suspended than their white peers. 70% of students involved in school arrests are black or Latino, while these same two minority groups are twice as likely not to graduate than their white peers (Amarau, 2013). Marilyn Elias notes in her article "The School-To-Prison Pipeline" many more chilling facts regarding our black youth and discriminative injustice in schools. One out of every six black students are likely to be suspended, which may not seem so bad, but in comparison to their white and Asian peers of 1 in 20 and 1 in 50, it is almost too hard to ignore that there is a blatant disadvantage for black students.

Some of these school-related statistics can be credited to the misuse of “zero tolerance” policies and increased use of school resource officers, or SROs. The zero tolerance policy was created with the goal to guarantee a safe learning environment for students. While it is assumed that removing the “disruptive behavior” from the classroom or campus will ensure a safer and more effective learning environment, the policy “contradict[s] the presumptions made in applying a zero tolerance approach to maintaining school discipline and order” (Reynolds, 2008). The policy seems to be practiced in irrational ways that turn school-related behaviors such as pushing, shoving, and talking-back into juvenile and criminal offenses like battery and disorderly conduct.

While the effectiveness of the policies are being questioned, those responsible for enforcing them are being questioned as well. SROs, whose purpose much like the zero tolerance policy, was meant to “curb” the school-to-prison pipeline, are instead, as data shows, contributing to the pipeline. Nearly all high schools have at least one permanently assigned SRO, as do 2/3 of middle schools and just 20% of elementary schools, “stepping in where teachers previously would have handled low-level misbehaviors” (Sneed, 2015). While schools with more non-white students have more police officers on campus, research conducted by Professor Tim Servoss and Professor Jim Finn shows that black students that go to schools with police on campus are 2.2 times more likely than white students to be arrested (Jilani, 2015). In “Q&A: The Mis-Education of African American Girls,” Eric Westervelt explores the reasons for the stunted educational success rate of young black students, girls in particular, with NAACP Legal Defense and Educational Fund council member Janel George. George reiterates that black students are more likely to be suspended from school than their white peers. But she specifically mentions that girls of color are more likely than boys of color to be suspended and is concerned that the young women are being punished for “not fitting into normative ideas about female behavior.” The report, Black Girls Matter: Pushed Out, Overpoliced and Underprotected, states that black girls are six times

more likely and black boys are only three times as likely than white students to be suspended.

While the research of the LDEF is not gender specific, there is a race-related disparity in the quality of educational resources and career-readiness for black students, those specifically at predominately black schools that tend to be underfunded. These schools do not allow black students the access to proper technology or the opportunity to take more rigorous courses that can prepare them for college or mold them for “competitiveness in a global environment.”

In “Fact Sheet: How Bad Is The School-To-Prison Pipeline?” Carla Amurao explains that “students who are forced out of school for disruptive behavior are usually sent back to the origin of their angst and unhappiness—their home environments or their neighborhoods, which are filled with negative influence,” and that these students are more likely to commit crimes in their community. Students who have never been suspended have a 16% dropout rate, while those who have been suspended have a 32% dropout rate. Women amongst these statistics also have to face “stereotyping or neglect by teachers, [and] an unsafe school environment in which sexual harassment and bullying go unaddressed.”

Much like the education disparities, teen pregnancy rates have their ethnic disparities as well; along with familial responsibility, it can be yet another factor in preventing educational success among African American girls. While the teen pregnancy rates have dropped in the U.S. from 1991 to 2013, they are still substantially higher than the rest of the world. The Office of Adolescent Health reported that the pregnancy rates for Hispanic women ages 15-19 are 41.7 per 1,000 adolescent females, 39.0 per 1,000 adolescent black females, and only 18.6 per 1,000 adolescent white females. The report, Black Girls Matter: Pushed Out, Overpoliced and Underprotected explains that young Latina and black girls are often burdened with familial caretaking responsibilities which can “compromise their ability to pursue their academic goals than their male counterparts,” similar to the responsibility and stigmatization that comes with teen pregnancy.

While this is only a small portion of the hardships and educational disparities many African American females experience, some of you may be thinking “So what?” Well ,I will tell you “what” and why this is important. 30% of the U.S. population is made up of black and Latinos, but 61% of the U.S. incarcerated population is also made up of black and Latinos. That is a huge percentage and, as mentioned before, many of the contributing factors start with the youth in both school and foster care. Add that data to teen pregnancy rates and you have yourself an equation for detrimental influences to the black community. What needs to happen is a crackdown (or the ease of use to be more accurate) on the zero tolerance policy and spending more time with the students instead of quickly punishing them to get them out of the way.

Students who are suspended, expelled, or handled with out-of-class punishment are essentially being served a spoonful of bitterness and embarrassment. Their behavior is more likely to worsen than it is to be corrected, and the chances of skipping or dropping out to avoid the negativity experienced with that punishment skyrockets. Schools that are predominately non-white need better funding and to reduce the use or responsibility placed in the hands of SROs because the officers are not equipped with the proper training or tools to handle or nurture the well-being of adolescents. Education should also be provided for students regarding safe sex in an attempt to prevent unplanned pregnancies. We have so far to go, but it really only takes one step forward to make progress.

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Feathers in the Fretwork

A Poem by Una Voce Editor Krislyn Moore

So listen
Colors
Simple yet perplexing
Questions
So many colors
I am a distillation of
A go between
Of unanswered questions
Unanswered prayers
A keening deep desire
Fractured and perfect
Bridge between

Its ok you know
I am a chameleon
Living betwixt between
Worlds
Sure footed
Swift
Stealthy crafty
A spinner of worlds
How do I fit
Within your construct
Where everything has its place
And inherently knows
Where that is
A place where we don't have to wonder
Or fret

And I look at those faces
And know
That they have never had to
explain themselves
to anyone
This is part of my repertoire
My part and parcel
My shuffle between worlds
I know this rhythm so well
I don't have to think twice
But I do
All the time I think of how
It feels to belong somewhere
Without questions
In eyes
That see you
Yet don't see

So since
I don't fit in the framework
They look to see
Where else to put me
To marginalize
To manage
The shadowscape of
The space I inhabit
Betwixt and between
My sex
My stature
My perplexing persistence
Defying categorization
Oh...
I see the click behind
Their questing questioning eyes
A sigh
Breathes in breathes out
(Artist) equals subjective
Defines undefined
A place to put the restless mind
That needs
Cognitive
Closure
To feel safe
Secure in their knowledge
That everything knows
Its place

But not for me
I quietly dismantle these subtle preconceptions
Predictions of destination
Of caste and curiosity
I breathe in these small adjustments
Of discernment and questions not quite framed right
These uncomfortable juxtapositions
Converse
Rarefied and resplendent
Within the carefully undefined conditions
Of my conditioned circumscription
More questions
I breathe in these nuanced neither
This nor that's
And in the alchemical process where we ponder the nature of the nacre of the soul
Where I somehow stumbled upon the Key to transmutation
Only knowing from my own right rhythm
The subtle switch by which
Straw becomes
Gold.
Feathers in the fretwork

The "art" I practice is more subtle
Subversive
Serene
A secret pathway
That leads betwixt between
A world where the chasm inhabiting the separation of
Light and dark
Is a song
Shattering all the refractions
Into notes
Piercing the heart
Shredding the questions
Illuminating the pointless
Calling home the restless mind that wanders in search of
definitions
That mean
Nothing



Yohanes Handojo, a psychology major, is from Indonesia. Roald Dahl is his favorite writer: "His books are woven magic, his stories spun dreams. Though his books are meant for a younger audience, even to this day, I still thoroughly enjoy his written works. That man can craft adventures like no one else." Yohanes says of writing: "I write simply because the only beauty I can construct are eloquent words. Some may have their canvas, their carving stone, some have the stage and the spotlight, others their blueprints or their instruments, but I have my blank page to fill with ideas!"

So Close But So Far Away

In most cultures, it is not outlandish to view other cultures from their representatives and generalize. China, for example, has an enormous population, which makes it a representative of most Asian cultures, even though it can be inaccurate. Though generalization cannot be blamed, especially as humans, where learning this way comes before discrimination (in conditioning), an appreciation of cultural distinction is necessary to a truly globalized world. This essay aims to explain the differences that can exist between countries that are right next to each other, namely Thailand and Vietnam, and introduce the concept that might be foreign to most of us, that a country so close can be so different with each other.

As people, we assume that those who live close to each other must also live like each other. After all, in order to achieve familiarity, all people need is "mere exposure" to each other (Myers, 2014, p. 133). People, then, tend to generalize between different ethnic groups, which may not necessarily be a negative stereotype. For example, many would assume similarities of people living in the United Kingdom, even though it is comprised of four different nations, with many different backgrounds and cultures under their flag. People assume a similarity in how they greet each other, how they conduct business and their religious beliefs and political views. In most cases, especially with the escalation of globalization in this modern era, it might not be wrong to assume so. Yet, in order to truly appreciate these communities and their inherent personalities, we also need to look into what it is that makes them different. David G. Myers (2014), psychologist, explains a social identity through distinction, or how one differentiates with others (p. 144). It makes sense, then, to realize that there may be different people around us. Recognition of differences should not have to end in conflict, but in mutual respect.

This essay takes two very close countries, Thailand and Vietnam, to illustrate how different neighboring countries can be. Geographically, they are only 300 miles apart, but through different historical events, values through culture, and beliefs in religion, behaviors and perceptions are affected. Moreover, the regulation of political governance impacts society substantially. Even under the same cultural aspects, they can have different reasons, thinking processes, and resulting consequences for behaviors.

Thailand and Vietnam and Their Similarities

Thailand is located south of Myanmar and Laos, north of Malaysia, and west of Cambodia (Howard, 2001, p. 2203). Vietnam lies only around 300 miles to the east of Thailand. They both sit in the same general geographical area, within the same approximate distance to the equator. This means that much of their activities are similar, where workers, farmers and weathermen worry about the same problems. They are also both a part of an association of countries known as ASEAN or the Association of Southeast Asian Nations. While working together doesn't necessarily mean a common view on values, it does mean that most of their goals are similar and that these countries aspire to very similar things.

Buddhism makes a large part of their religious beliefs, bearing around 95% of Thais ("Thailand – Thai Language, Culture, Customs, and Etiquette"), and 70% of Vietnamese people (Malarney, 2001, p. 2426). This largely held belief also contributes to most of their values. For instance, respect for the elders comes from a tendency toward a collectivist culture (North & Fiske, 2015, p. 995), which stems from a courteous mindset in the hierarchical Buddhism. The hierarchical way of thinking is also their predominant societal construct. This leads to a neutral affective expression, where they must always "save face" (in these countries, face is a more abstract concept where each must "keep" a certain degree of reputation about them) in order to truly show respect. Honoring their elders seems to be a big part of this. In all of these similarities, it is difficult to think that they can be different. Each as a neutral, collectivist country must surely share similar qualities. Yet, upon closer inspection, a disparity can be observed in their cultural values, showing that within a collectivist outer shell, there may be individualistic thoughts behind them.

Greetings Courtesy

This is where the differences start to appear. The Thais uses the "wai"; a form of salute, raising their hands in a prayer like fashion ("Thailand"). This makes a clear statement about their socio-economic status and age difference. The Thais expect a certain level of

courtesy from their youth to those older than them, and those of lower socio-economic status to those of a higher stratum, no matter how close they are. This hierarchy in society seems to point to a highly adhered universalism under a roof of collectivism. By submitting to these strict courtesy rules, they stay harmonious and peaceful as a family. On the other hand, Vietnamese people shake each other's hands ("Vietnam – Language, Culture, Customs, and Etiquette"). Within the context of Asiatic influences, this seems to indicate a particularistic culture (for example, Cambodians and Japanese people keep their hands away from each other). Instead of adhering to strict rules, Vietnamese people put emphasis on a deeper relationship.

Business Courtesy

This can be observed while they are doing business. The obedience to strict courtesy rules seems to indicate universalism in Thai culture, which influences the way they conduct business. Thais recognize the respect and courtesy business partners show each other and base a decision through a very universalistic judgment. The Vietnamese, however, determine a good business partner from the relationship they will build through their meetings. A relationship-based business seems to indicate particularism. They also expect a non-conflicting partnership. Even if a mistake was made, the importance of "saving face" overshadows what would be considered the right thing to do ("Vietnam"), indicating a significantly more particularistic culture.

These courtesy rules that they both share take root in a neutral environment. In all of their differences, each individual of both countries is expected to comply with the standards of etiquette. As mentioned before, both nations have a concept of "face", where it is imperative for people to maintain a reputation, which is achievable through adherence to courtesy rules. This, in turn, will be a quantitative measure in which those around can judge them by, and thus build a relationship. In cultures where affective expression is much more common, this might be strange to some, but a friendly country does not always mean a freedom of affective expression.

A warmer climate seems to have no effect on the “warmness” of the culture, as many seem to suspect. In truth, cultural values are a lot more complicated.

Political Perspective and Religion

Thailand is a monarchy led by a king (Howard, 2001, p. 2208), whereas Vietnam is a socialist republic (Malarney, 2001, p. 2422). This government style shows the difference in culture as well. A monarchy suggests a more individualistic living, where a hierarchical societal structure pushes an importance of highly regarded individuals. They specialize treatments for these “significant” individuals.

Vietnamese hold relationship in high regard, having tendencies toward a group mindset. While Thailand's concept of “face” is more dedicated toward each individual, independent of others, Vietnam's concept of face is more of an obligation toward the group, whether it is to the family, school, or organization. Even though as a whole, Thais are a collectivistic culture, individuals hold a responsibility to themselves, rejecting a more interdependent mindset.

Thai individualism stems from their beliefs as well. As most are Buddhists, Thais believe in reincarnation, where followers are rewarded with a good life in the next if they do well in the current life. Thus, the perception becomes, if an individual lacks “well-being”, they are being punished for a mistake or sins they committed in their past life. This further widens the gap to interdependence. While most Vietnamese consider themselves nominally Buddhist, religious practices are regulated by a communist state (Malarney, 2001, p. 2426). This restricts extreme religious views and pushes everyone into similar categories, establishing a more collectivist way of thinking. Even though the religious beliefs are a big part of their culture, political standings control more of people's mindsets, influencing their individualism.

Conclusion

This essay stacks up evidence against a generalized view on neighboring countries. Cultures that are so close to each other, including sub-cultures existing under the same nation, identify themselves in distinction to each other. This demonstrates

automatic prejudice where diversity is more apparent when it is closer, and a lot less apparent from far away (Myers, 2014, p. 480). However, knowledge must be used as a basis in which people should conduct themselves. In order to eliminate prejudice, an acknowledgement of differences in others must be made; dissolving whatever prejudicial categories they were put into. In this way, the world's increasingly globalized community can start to appreciate the richness of tradition we as a species have come to.

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A Tacoma native, **Gena M. Houghton**, is a nursing student whose favorite artist is Georgia O'Keeffe: "I love her bold use of color and form in her flower paintings. A favorite author and poet of mine is Maya Angelou. One of my favorite quotes from her that I try to live up to every day is 'People will forget what you said, people will forget what you did, but people will never forget how you made them feel!'" Her favorite place to study on campus is the Harned Center for Health Careers. "There are a lot of quiet, comfortable places to study in that building."

Smoking Cessation

According to the Centers for Disease Control and Prevention, tobacco use remains the single largest preventable cause of disease, disability, and death in the United States today. Tobacco use accounts for more than 480,000 deaths every year, or 1 of every 5 deaths, and \$289 billion in direct health care expenditures and productivity losses each year (Centers for Disease Control and Prevention [CDC], 2014). There are various forms of tobacco use. These include cigarettes, cigars and pipe smoking, tobacco chewing, and vapor or e-cigarette smoking. The most commonly used tobacco products in the U.S. are cigarettes. This paper will focus on cigarette smoking and herein refer to all tobacco use in this paper as smoking.

A search for studies evaluating smoking cessation with an emphasis on nurse-led interventions between the years 2010 and 2015 was conducted. The online database Cumulative Index to Nursing and Allied Health Literature (CINAHL) was used and all of the articles used for this paper were peer reviewed. Data considered relevant to the research were author, year, design, description of the intervention, and results. All forms of tobacco use other than cigarettes were excluded as criteria.

Results from three different studies on smoking cessation and nurse-led interventions were reviewed for this paper. It should be noted that the CDC defines a smoker as a person, aged 18 years and older, who reported smoking at least 100 cigarettes (5 packs) during their lifetime and who reported smoking every day or some days. However, the Surgeon General refers to smokers in both high school and middle school since most smokers started smoking while in school.

Impact of Smoking on the Nation

It has been 50 years since the Surgeon General first issued a warning on the consequences of smoking. Despite the data, there have been 20 million Americans who have died because of smoking. 2.5 million of those deaths have been among nonsmokers who died from diseases caused by exposure to secondhand smoke. Additionally, over 100,000 babies have died from complications from low birth weight, prematurity, stillbirth, sudden infant death syndrome and other pregnancy-related problems resulting from smoking. Approximately half a million Americans die prematurely from smoking each year. Smoking rates among adults and teens are less than half what they were in 1964. However, 42 million American adults and about 3 million middle and high school students continue to smoke.

On average, compared to people who have never smoked, smokers ultimately lose more than a decade of life. The estimated economic costs attributable to smoking and exposure to smoke continue to increase and

now approach \$300 billion annually, with direct medical costs of at least \$130 billion and productivity losses of more than \$150 billion a year (Surgeon General, 2014, p. 1).

The Surgeon General (2014) further states that evidence has linked smoking to diseases of nearly every organ of the body. Smoking causes lung cancer, coronary heart disease, peripheral vascular disease, chronic obstructive pulmonary disease (COPD), colorectal and liver cancer. Smoking causes diabetes mellitus, rheumatoid arthritis, immune system weakness, increased risk for tuberculosis disease and death, ectopic pregnancy and impaired fertility, cleft lip and cleft palates in babies of women who smoke during pregnancy, erectile dysfunction and age-related macular degeneration.

Smoking impairs immune function and reduces quality of life (p. 2). The review of literature from Porter (2013) revealed that smoking has also been linked to chronic inflammation, atherosclerosis, thromboembolism, hypertension, lupus erythematosus, tooth decay, emphysema, osteoporosis due to carbon monoxide levels in blood, stomach ulcers, uterine cancer, psoriasis, and Buerger's disease, and cancers of the mouth, nose, throat, esophagus, trachea, larynx, stomach, colon, bladder, ureters, kidneys, cervix, bone marrow and blood (p. 265).

According to the Surgeon General (2010) there are approximately 600 ingredients in cigarettes. Once burned, they create more than 7,000 chemicals. At least 70 of them are known carcinogens that lead to alterations in DNA (p. 3).

Manifestation of Smoking

Lemone, Burke, & Bauldoff (2011) explain that nicotine, when inhaled from smoking, enters the system via the lungs and the oral mucous membranes. A smoker begins experiencing respiratory symptoms such as coughing, wheezing and shortness of breath because of the decreased level of oxygen into the lungs. The low doses of nicotine stimulate nicotinic receptors in the brain to release norepinephrine and epinephrine, causing vasodilation. This causes the heart rate to accelerate and ventricular contractions

to increase. This also affects the gastrointestinal (GI) system by causing an increase in gastric acid secretion, increased motility and tone of the GI smooth muscle. Nicotine acts on the central nervous system (CNS) as a stimulant, binding to acetylcholine receptors in the brain and causing the release of dopamine and norepinephrine (p. 106). Dopamine and norepinephrine are two neurotransmitters in the brain that are responsible for the sensation of pleasure and alertness. Porter (2013) states that once the brain has been exposed to the euphoria of nicotine, it craves more exposure. If the brain does not experience this release of dopamine and norepinephrine continually, it initiates unpleasant withdrawal symptoms such as tachycardia, headaches, nausea, diaphoresis, anxiety, tremors, irritability and diarrhea.

Continued exposure to nicotine encourages increased tolerance. The smoker then has to increase usage to achieve the same pleasurable effect (p. 264). Quitting smoking is thought to be more difficult because of dopamine release, which in turn reinforces the additive craving for more (Lemone, 2011, p. 106). Additionally, cigarettes deliver more nicotine more quickly now than ever before (CDC, 2011, p. 2). Smokers today have a greater risk of developing lung cancer due to the changes in design and composition of cigarettes. Carcinogenic chemicals have increased as manufacturing processes of cigarettes have changed (Surgeon General, 2014, p. 2).

Complications of Smoking if Untreated or Non-Compliant with Therapy

Typically, some sort of medical crisis arises that compels a client to seek help. Events such as myocardial infarction, stroke, peripheral vascular disease, hypercoagulation, pneumonia, COPD, cancer, and asthma lead a client to seek medical intervention (Porter, 2013, p. 264). According to the CDC (2011), there is no safe level of smoking. Every cigarette smoked damages the lungs, blood vessels and cells throughout the body. Smoking causes the immune system to work harder and produce more white blood cells. Even occasional smoking is harmful and the more years a person smokes the more damage it does to the body (p. 2).

Client Education on Prevention or Progression of Disease

The recommended treatment for smoking is cessation. Porter (2011) states that patients who are long time smokers often ignore information on smoking cessation because they feel the damage has already been done and quitting will do them no good (p. 265). The Surgeon General (2010) states that within 20 minutes of a patient's last cigarette, a patient's heart rate drops, blood pressure and peripheral temperature return to normal. Within 12 hours, carbon monoxide level begin to drop to normal. 2 weeks to 3 months after quitting heart attack risk begins to drop and lung function begins to improve. 1 to 9 months after quitting coughing and shortness of breath decrease. One year after quitting, the added risk of coronary heart disease is half that of a smoker. 5 years after quitting the risk of stroke is reduced to that of a nonsmoker. Ten years after quitting, the lung cancer death rate is about half that of a smoker (p. 9).

Since nurses often spend more direct time with patients, they can seize opportunities to implement nursing interventions by educating patients on smoking cessation. The research in Lundquist (2014) states that nurses are in the best position to take the initiative to discuss with patients their desire to quit, and encourage them to make a detailed plan for tobacco cessation.

This is best accomplished with face-to-face counseling, with follow-up contact or referral to an outside service (p.18). The advanced practice nurse (NP) is in a position to counsel patients, prepare patients adequately for nicotine withdrawal symptoms, caution patients on expected weight gain, and to develop a follow-up system implementing regular contact to discuss progress and stumbling blocks. The NP can also implement the use of nicotine replacement therapy and FDA approved medications such as bupropion SR or varenicline tartrate (Porter, 2011, pp. 265-267).

An opportunity to provide education and promote behavior change in the hospital setting is called the teachable moment. Kells et al. (2013) states that teachable moments are often driven by a health event. Nurses can apply the teachable moment during a patient's hospitalization using the concepts that a patient has an increased perception of his or her own risk, that the patient feels an emotional response to the event and that the health event causes a patient to reexamine their self-concept (p.469). However, many nurses feel their skills are inadequate in cessation techniques. They also feel unqualified to counsel patients on smoking cessation and want additional training (p. 469). The American Nurses Association (2015) issued a position statement that states that nursing curricula should include information about the health effects and prevention of tobacco use as well as clinical practice opportunities to ensure that all nurses are competent in cessation interventions. Furthermore, practicing nurses should be provided with educational workshops and professional education regarding smoking cessation (para. 11).

Nurses have a unique opportunity to actively engage in addressing smoking cessation. A simple regimen to implement during intake is the use of U.S. Department of Health and Human Services (2012) 5 As regimen. The regimen consists of "Ask" (identify and document tobacco use), "Advise" (using a clear, strong personalized manner, urge every smoker to quit), "Assess" (is the smoker willing to make a quit attempt at this time?), "Assist" (for the patient willing to make a quit attempt, use counseling and pharmacotherapy to help him or her quit), "Arrange" (schedule follow-up contact in person or by telephone preferably within the first week after the quit date).

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A nursing student from University Place, **Adrian Brown**'s favorite place on campus is the "Fish Bowl" on the first floor in Building 15. "I can study, snack, and gather sunshine from the many large windows. This is where friendships are solidified. It can be readily seen how this location got its name." Her favorite class is Cadaver Prosection BIO280. "This was exclusive to many, but provided an excellent opportunity to readily apply knowledge from A&P 241/242. It was an incredibly memorable experience."

Malaria

Doreen Nyokabi and Adrian Brown

Disease: Malaria

Organism Name: *Plasmodium vivax*

1. Identify the organism:

Include domain, kingdom, genus and species.

DOMAIN: Eukarya

KINGDOM: Protista

GENUS: Plasmodium

SPECIES: *P. vivax*

2. Describe the Cell Structure and Morphology

Include all relevant forms of the organism including any dormant stages. Describe the overall shape, notable organelles, and distinguishing features. Provide an image of the organism.

STAGE 1 - Female anophele mosquito, which carries the parasite that has malaria, lands on host. It injects the parasite called a sporozoite (immature plasmodium parasite). Sporozoites are sickle shaped and found in the saliva of an anophelis mosquito. They have membrane bound organelles such as an endoplasmic reticulum, mitochondria and a nucleus. They also have secretory organelles that release thrombospondin anonymous protein (TRAP) that allows them entry into the liver. Sporozoites also have microtubules that help with motility. They are 15 microns in length and their width is 1 micron

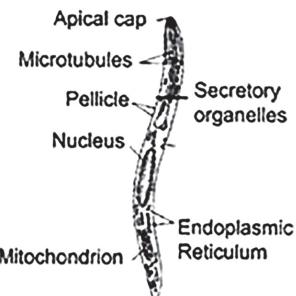
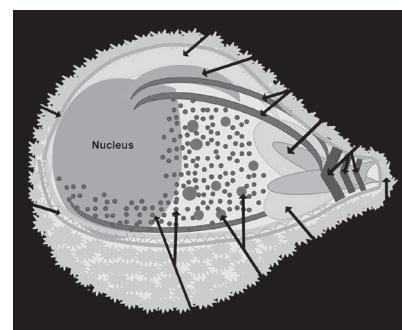


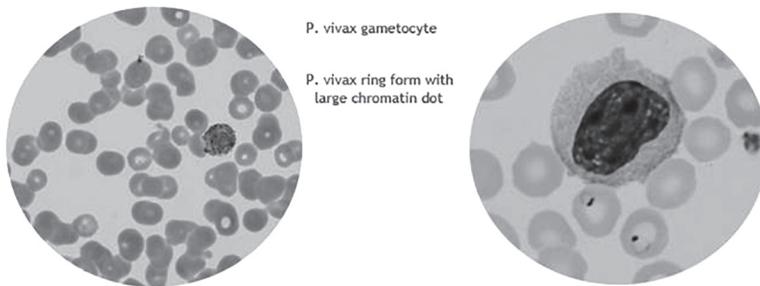
Fig. 9.3 Sporozoite of *P. vivax*

STAGE 2 - The sporozoa will multiply asexually and form a "schizont" made of many merozoite daughter cells: Merozoites are 1.5 microns in length and they have a width of 1 micron. Compared to a sporozoite, merozoites have a plasma membrane. The merozoite coat is about 15-20 nm, and it's covered with filaments that have surface proteins. These proteins are what help the merozoite invade the red blood cells.



STAGE 3 - Merozoite invades a RBC, they form a ring-like structure and then a “trophozoite”. The trophozoite feeds on the hemoglobin found in the red blood cells, which causes the cells to increase in size. Compared to a merozoite its shape is more rounded and it also has contractile vacuoles that help with water regulation. As the trophozoites gets bigger its cytoplasm fills up with haemozoin, a byproduct of hemoglobin digestion, which adds brown pigments into cytoplasm.

STAGE 4 - After several cycles of asexual reproduction, the merozoites can increase their numbers by sexual reproduction to form plasmodium parasites known as “gametocytes” These can further differentiate into Oocysts. This takes place within deep tissue capillaries. They are round and fill up the entire red blood cell. They also mostly consist of chromatin.



Dormant stage: Plasmodium vivax parasite can be dormant within the liver for days or even years before symptoms appear and can be undetectable in blood tests. The shape, organelles and features vary depending on the stage of the life cycle.

3. Describe the Organism's Metabolism

Note carbon source, energy source, and nutritional type (such as: photoautotroph, photoheterotroph, chemoautotroph, chemoheterotroph), oxygen requirements, and any other metabolic features of note.

This organism gets its energy source from glucose. The metabolic pathways they go through are glycolysis and fermentation. In glycolysis when the glucose molecule is broken down to 2 pyruvate molecules, the pyruvate molecules get oxidized creating lactic acid. When a host is infected by Plasmodium vivax they release merozoites (daughter parasites) that attack the red blood cells. These parasites degrade hemoglobin so as to obtain amino acids. The amino acids are needed to go through protein synthesis. Plasmodium vivax requires only small amounts of oxygen meaning that they are macro tolerant.

4. Describe the Physical Requirements and Ideal Habitat of the Organism

Include temperature, pH, and osmotic pressure requirements. Where is the organism found?

What role does the organism have in the ecosystem? (Such as producer, consumer, decomposer) Describe the interactions of the organism with other species: (mutualism, synergism, commensalism, parasitism, etc.)

Plasmodium vivax is found in countries that are warm and humid. For example countries in Africa are more at risk for malaria due to the heat. When an anopheles mosquito takes blood from an infected human, it needs a temp of around 68 degrees Celsius, so that parasites that are now growing in the anopheles mosquito can finish their life cycle. They grow at a neutral pH of about 7.5. The interaction Plasmodium vivax has with its host is one of parasitism. Once plasmodium vivax infects a host, their cells reproduce in the liver and in the blood and

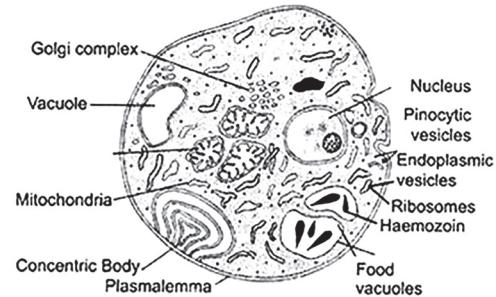


Fig. 9.4 Trophozoite of *P. vivax*

this causes damage to the host's cells. So in this relationship only the parasite is benefiting. This organism is a consumer because it needs a living organism as its food source and it also needs a host to live.

5. Describe the Disease Dynamics

Does the infection occur from endogenous or exogenous sources? What virulence factors (such capsule, biofilm, pili, enzymes, toxins, etc.) assist in the ability of the organism to infect humans? Which tissues are affected? Describe the signs and symptoms of the disease and typical course of the infection. Note factors such as acute, latent, local, focal, systemic, bacteremia, toxemia, etc.

Describe the course of a typical infection. What is the incubation period? How long does the active disease typically last? What does convalescence look like? How long does it last?

Plasmodium vivax causes an infection from exogenous sources. Once *plasmodium vivax* infects someone, sporozoites travel to the liver where they go through multiple rounds of cell division. Sporozoites have thrombospondin anonymous protein (TRAP) that binds to the hepatocytes of the liver, allowing them entry. They end up forming daughter cells called merozoites that leave the liver and travel through the circulatory system infecting the red blood cells. There are times where the sporozoites in the liver stay in the latent stage for up to 3 weeks or even several years. If the merozoites are released into the blood, the disease would now cause an acute infection. In the blood the merozoites inject themselves into the red blood cells where they multiply causing the red blood cells to lyse.

Symptoms seen in patients who are infected, such as the fever/chills, are due to the lysing of the red blood cells. The lysing causes merozoites to get released to infect even more red blood cells and once in the cells they can reproduce asexually or produce sexually to form gametocytes. Gametocytes are usually taken up by another mosquito where they get fertilized forming sporozoites. The cycle is complete when the sporozoites infect somebody else.

The incubation period of *plasmodium vivax* if it doesn't stay in the dormant stage is 12 to 18 days while the active stage typically lasts about 6 to 10 hours. The prodromal symptoms are chills, fever, vomiting, headaches and a sweating stage. Body aches also occur throughout the active stage. The symptoms can then turn to severe malaria, where you can get severe anemia due to the lysing of red blood cells. Acute kidney failure may also occur due to the sporozoites attacking the liver cells. As the merozoites infect the red blood cells it can lead to hyperparasitemia. Deep capillary tissues are affected.

6. Epidemiology

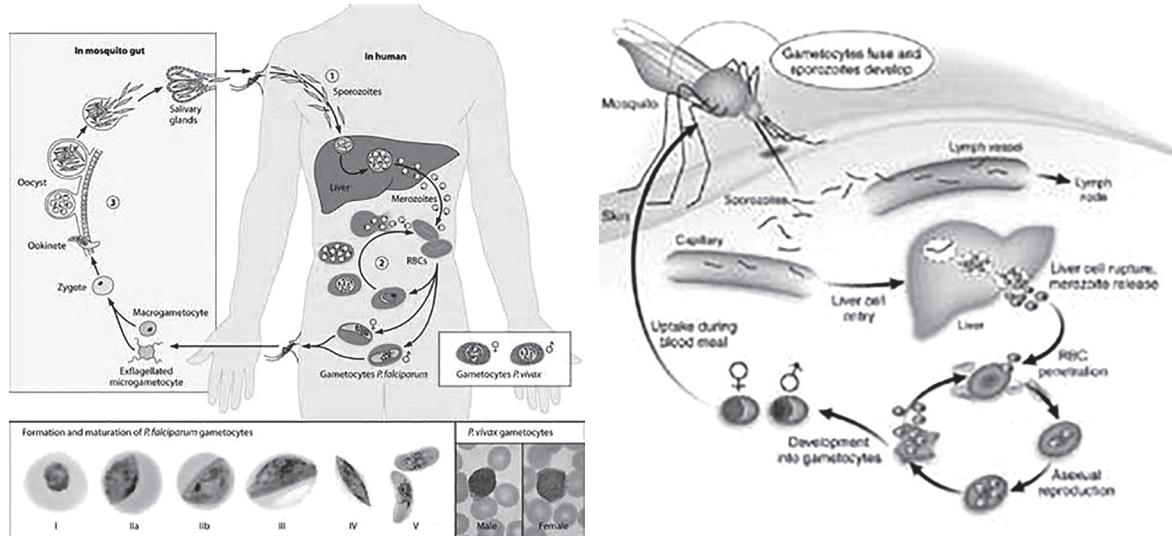
What is the status of the disease (endemic, emerging, re-emerging, epidemic, pandemic, etc.). Identify the type of infectious disease (communicable, contagious, opportunistic, etc.). What is the incidence in both the U.S. and worldwide? The prevalence? Note bene: incidence and prevalence are not the same thing. Please provide both. What is the mortality rate of the disease?

The status of the disease: Endemic - A problem in developing and tropical countries such as sub - Saharan Africa and Southeast Asia and people in poverty experience normal/usual occurrences for those areas. Since it can be spread from person-to-person via blood transfusion of an asymptomatic donor with dormant parasites, this can be labeled as a contagious disease. There are 300-500 million of new cases each year (worldwide incidence). 1500 new cases were diagnosed in the United States that same year. About 200 million people worldwide was reported infected in 2013 (prevalence)(CDC.gov, 2015). Most deaths are children they account for 2 - 3 million deaths. The mortality rate of malaria worldwide was on a decline in 2012 from previous years at about 42%. (WHO, 2015) With this particular species, *P. vivax*, is less deadly than its counterparts with more signs of morbidity instead.

7. What are the reservoirs of the disease? How is it transmitted?

Provide a disease cycle diagram. A flow chart works well here.

The reservoirs of the disease primarily reside and multiply within a human host and the mosquito carries the infection. It is transmitted through an insect vector known as the anopheles mosquito. This mosquito is female which are known to be the biting gender that carries the sporozoite within its saliva. This is then injected into the bloodstream where it travels to the liver to infect the host's red blood cells. Malaria can also be acquired through asymptomatic dormant parasites during a blood transfusion.



8. Prevention and Treatment of the Disease

Describe strategies for preventing spread of the disease. How is the disease treated?

Prevention of *P. vivax* lies mostly with mosquito control. This can be done through prevention by providing mosquito nets to the people that are most exposed to bites during sleep as they tend to be most active between the hours of dusk to dawn. Wearing long sleeved shirts and pants decrease exposed skin. Personal protection equipment would also create a barrier to avoid infection. Using chemical treatments as repellents, as well as, draining standing water also decreases the mosquito population. Since a blood transfusion with infected blood may serve as a means for transmission, reliable testing will also be useful in keeping down the number of hosts infected. There are several drugs that may be taken should someone be traveling to countries known to be susceptible to malaria. The CDC at <http://www.cdc.gov/malaria/travelers/drugs.html> suggests several medications such as: Chloroquine, Malarone, Doxycycline, Mefloquine, and Primaquine. The type of treatments for malaria is dependent upon whether the pathogen is uncomplicated or severe. Uncomplicated means that an oral medication can be used, whereas, a severe clinical diagnosis requires a more aggressive approach with therapy (CDC, 2015).

9. References in APA format

Use at least three referenced sources. Plagiarism is not tolerated and will result in an 'E' grade. Please properly credit sources and write your own sentences. Paraphrasing a source is not the same as writing the material yourself.

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Reflection | Book & Cadaver Course

Adrian J. Brown

It has been a great pleasure this Spring 2015 quarter to be part of a class few get the opportunity to experience. Delving further into structures and the review of the functions of the human anatomy was both thrilling and frightening at the same time. Cadaver prosecution is an encounter I will not forget and will be forever grateful for what was taught, shown, and discovered throughout these several weeks.

There were many questions floating around in my head when I was initially approached as to whether I was interested in the prospect of joining Biology 280; though my response was an immediate “YES!”, why was I considered for such an incredibly prestigious class? Could I handle the environment with the chemicals? Was it wrong for me to be this excited to cut? Would I know the organs and tissues that I had spent months learning and reciting? Having just completed the first two courses of anatomy at Tacoma Community College, I was eager to be able to apply knowledge.

It is collectively determined that the body actually looks nothing like the color-coded pictures within our textbooks nor could these same books address emotions that come along with cutting. It is sort of a psychological Olympics to test what you know, get to know what is not known, and to ultimately come to terms with our own mortality. Besides self-actualizing, it was initially difficult to come to conclusions with the cadavers themselves. Clearly, they led a full life since they appeared geriatric. Still, the thought of them being someone’s mother, brother, or daughter brought some apprehension for the inevitable prosecution.

There was a short period of time between the finals in anatomy and the start of cadaver course. Even with all the questions, I would strive to do my best in continuing to learn. It was expected that there would be much more to absorb. These were self-imposed implications. There was no way information in its entirety could be taught or digested in just a few

previous months. I found myself wishing the break to hurry and finish. Until then, lab notebooks would be my new religion.

Officially, the day came to become more orientated as to what to expect. As usual, there was no real action. Instead the professor, Gavan Albright, went over the typical humdrums of first days, such as the syllabus and the requirements for the class. One such obligation was to read one of two books and correlate it to our own interpretations through writing. I ended up ordering both to go with my other cadaver and forensics collection. He covered our individual schedules so that he could accommodate the mere 16 students per year to have their hands on the cadaver. I was visibly disappointed that Friday’s 11:30-1:30 time slot was assigned to me and my partner Jacy (though he was accommodating MY schedule as Microbiology took up mornings along with juggling family life). Gavan also went over what our public debut might be with the help of Madigan surgeons. There was some sadness that the class was only one day a week, but we met up mostly just with our partner. Still, I was thrilled to be included.

The next Friday came slowly. It was my day as a right-of-passage into the medical world. My heart earrings were donned upon as if I were dressing for the slight chance the fully embalmed body may come alive and comment how lovely the jewelry looked. Today was important. Previous experience as an EMT did not compare to what was about to be embarked upon. It would be deemed downright illegal in any other sense to cut a human body. Yet, here I was: ready and eager.

The uncovering of the cadaver was breathtaking - literally. The smell of formaldehyde was strong and fresh. Soon, it would be an odor dissipated as my senses naturally adjusted. It was then that I found out it would be a woman cadaver. Excellent! It is also commonly known that the female body is much more complicated in its structure and undoubtedly

the functions surpass that of the male counterparts. Our initial task was to reflect the left upper leg and remove adipose tissue. I cut first. It was amazing. Conservative at first, technique became more comfortable with each minute. Soon, a feel for the instruments and blade seemed natural. With breaks between by Gavan's reminders and a few grunts from me, our first session was over. It was then that it was discovered that it was a very bad idea to eat so soon after class as smell and taste often go hand-in-hand. A bath and starting on the first book were greatly beckoning.

I read "First Cut - A Season in the Human Anatomy Lab" by Albert Howard Carter III. It seemed like a slow book compared to some of the others in my collection. Still, it offered some unique perspectives by the author, as well as the students whom he shadowed over a semester period. The book had many commonalities and differences compared to my personal encounters. It portrayed the students going over their cadavers as they were learning the structures and functions, whereas, our cadaver course was with individuals that had already become familiar with common terms. Obviously, they experienced much more stress being continuously tested. For us, we were given a task and asked to document it. Much of our knowledge came from our own motivations and hands-on learning, with the occasional, "What the heck is that, Gavan?"

Relating to some of the students within the book was easy. There was a pair of jokers who were diligent in their dissections and technique. They found a way to lighten the stresses of the class with their style of presentation, as well as occasional quips and whimsical banter. Comparatively, prosecuting our lady was serious as we refreshed our anatomical memories yet still found moments to joke about college life or work. At one point within the book, a student brought his mother into their lab to look at his work. I cannot imagine bringing my own mother though I fancy the idea of seeing the shock on her face. I would venture to guess much of her thoughts may be like those of the book's author. There would be many questions and inferences about our loved ones that have been wholly donated.

Throughout the book, there was much care into how the cadavers were being treated. With each dissection, the students made personal connections, where some had named their work or paid extra attention to details such as the hands. The author frequently would refer to how comforting the treatment seemed as he reflected upon how his father may have been revered. I was in constant awe and grateful that our cadavers were giving me the chance to further explore life's greatest machines. There is simply no better way to begin to fully understand the dynamics and functions of a human body than directly and intimately being involved in every previously private inch. Such appreciation was expressly exhibited in the book with the end of semester ceremony. It makes me kind of wish we, too, had a farewell party. It was a sad day to end the quarter, but my memories of each day will never fade.

I will recall the problems I experienced when the tissues seemed almost impossible to reflect. Taking the tissue between the right toes or exposing that of the hand proved challenging, much like the challenges the students experienced during their class, except they had special tools. Luckily, Professor Albright is quite skilled and willing to teach and explain different techniques and offer alternatives or ominous warnings about things to watch out for. In the end, my slow meticulous ways became more efficient with more confidence.

It is not often a student can work on a body. Nor is it common that a student can be trained to demonstrate surgical procedures such as the tracheotomy, cricothyrotomy, and tracheostomy. I was taught these procedures by a couple of Madigan medical resident doctors in order to publically demonstrate them to approximately 500 individuals from various high schools and colleges. My group of five rotated within a full day. I absolutely loved talking about the body in such aspects as many times I am shunned and hushed when I speak technical jargon or about my cadaver experience at home. Besides gaining experience through that one-of-a-kind opportunity, some of my other prosecutions included isolating muscles within the neck, abdominal region, hands, and reflected tissue

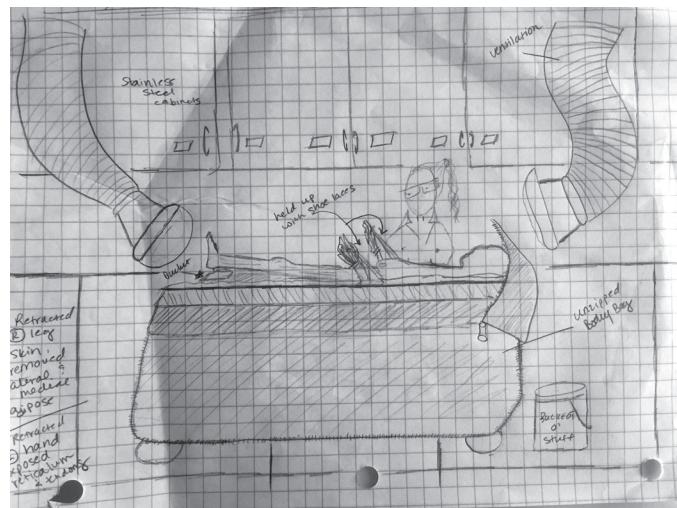
on the right foot (see drawing below). Gavan saved the heart for Jacy and me. My excitement was almost uncontrollable. Still, this procedure was done with much care as a coronal cut was made from the apex exposing the famous chordae tendinae along with some fibrous tissue. We even made a lateral incision on the aorta where there were a couple of times where I visited other pairs during their time prosecting. It was interesting to witness how they communicated and how each worked together. All-in-all, we were there together experiencing the class and all its emotions with support and understanding of one another.

During the last days of cadaver lab, the chest was sawed open with much anticipation. Here, we saw where cuts were to be made and the structures to be disassociated, such as through the clavicles and ribs. Her viscera was so perfectly placed and fitted with very little fat. More wonder and awe would ensue through our visual and touchable findings. Shortly afterwards, the skull is carefully exposed. It is to be the climax of the course. Knowing our whole selves -- movement, emotions of happiness or fear, memories -- everything lies within this cavity. That afternoon was amazing. The sights and sounds were one for my long-term memory. It was the first time I had ever held a whole human brain.

My last day in my lab was ultimately the best for me. Here, I had contemplated upon my past several weeks. With each dissection, I had gone home to freshen what I had personally seen. These facts will always be with me. But, most of all, Gavan saved her face for us. I was able to review structures beforehand so I was not going into my final hours blindly. This was a very personal portion of our cadaver. It was her image seen by herself each day; one from which others gain a first impression; one that her family and friends would recall last. It was a true honor to explore this portion even though some of my cadaver associates cringed at the notion of working on her face. It was nothing to tease about though. Everyone had their line. Gavan and most professors choose to keep anonymity as it can be

disturbing. Luckily for me, it was easy for me to detach as I believe the cadaver is merely just a vesicle for the actual soul. I will be sure to acknowledge this feeling for my future patients so that contact will be professional and compassionate. During these last couple of hours, she became more beautiful to me. Her laugh lines seemed more vibrant. My partner and I were able to expose her parotid gland on the right side, as well as some of the major musculature, like the zygomaticus. Surprisingly, there was much more fat than I anticipated though it proved to be of no consequence. Our time closed in quickly and I quietly say my goodbyes. There is much that I will take with me from this class.

It cannot be thoroughly expressed how much experience contributes to knowledge. It is an education of awareness of one's own ability, as well as encouraging further thought and exploration. Going through Cadaver Prosection 280 has solidified my drive towards becoming a forensic nurse. With each donor, normal and abnormal can be seen. Each new encounter prepares me for application in the field. I have learned that I can execute medical procedures in gross anatomy with composure and ease. For those who will listen, I will speak fondly of my time in lab. Reading the required book has inspired me to write my own book regarding my time in anatomy and cadaver course. One day, I may also become the donor.



Right foot propped by small bucket for tissue reflection.



Malena Rose Hostetler, a Lakebay native who is interested in medical science, loves J.R.R. Tolkien and is inspired by the magic he brings to the reader with his books. She writes to “lure people into the magical world of fantasy. In a world where there is a lacking of appreciation for the written word, I seek to inspire others with the same passion that is inside of me.” Malena admires the courage of William Wallace: “He inspired me to go against the grain and fight for what I believe in, no matter the consequences.”

Les Misères de L'écriture

It didn't take much to make me decide that I was a writer in spirit. Actually, all it really took was a whap upside the head from my brother when I was ten. Naturally, in retaliation I threw a book at him. It wasn't a pathetic paperbound Junie B Jones either; it was the mother of all skull-breakers: *Les Misérables*.

I left a hefty bruise on him and was sent to my room with a monolith of a book to read. Mom thought it was a good punishment for me because it would keep me out of sight and maybe I'd expand my love of the classics to a new novel that didn't have to do with a certain Sir Percy Blakeney. Contrary to her belief, reading had never been a punishment for me; it was a balm for the dissatisfaction I had with my life by being a temporary opiate. I had very few qualms about diving headfirst into a book that seemed like it weighed as much as my baby brother, and even fewer misgivings to the fact that I might possibly hate it. I had climbed the fiery mountain of Barad-dûr with two hobbit companions at the ripe age of nine, I had fought the White Witch for Aslan when I was six, and I had faced the guillotine by the side of Sydney Carton when I was only eight. I was far from a coward when it came to delving into the fictional world where I became someone new entirely. In fact, I'd spent most of my younger days under the illusion that I existed merely to suck all the marrow out of life and find the peace that evaded me even in my youth. Reading was a sedentary pursuit for me, one that took very little effort, and the little passion I felt was dull.

Writing, on the other hand, was Dante's ninth circle of hell for me. Forget being trapped in ice from the waist down, put a pen in my hand and I was as miserable as was humanly possible. I assumed if I hated writing when I was young, I would continue to hate it till the day I went gently into that good night. I had no fear of being beguiled by the seductive nature of writing; therefore when I was so rudely ensnared it came as an entirely unpleasant shock. My first reactions to the book that started it all were of confusion, why did Hugo insist on describing places and characters in agonizing detail? The real shock was when I came to the redemption story. For the first time I felt true emotion while reading the book, and the type surprised me. It was jealousy. I was jealous of a one hundred and twenty-five year old corpse and the skill he had once possessed. He made me feel like no one ever had before; there was love and revenge, faith and agony, and most importantly, salvation, seeping into every word of his masterpiece.

My God, what sort of agony was this? This was no mere distain for an old man's ramblings on Parisian sewers, this was pain. I had never felt such pity or despair for a character such as Jean Valjean, nor

such unbearable longing to identify with him. Every word Hugo wrote throbbed with meaning that made me feel as if he were reaching out to me in particular. I wanted to mimic him, for at that time there was little I could think of doing originally, and I longed to put the emotion he gave me into my own words, my own stories.

My first works were generally very bad renditions of one particular scene in *Les Misérables*, and even now I couldn't tell you how many different versions of Jean Valjean's redemption I wrote, but with each one of my stories my perspective changed and my writing improved. The impact of that one story changed my entire view of writing, and I wouldn't ever choose to go back. There was something so impassioned about a convict's story of redemption that fired me up and gave me the will to keep on writing and re-writing that one scene until I finally found what I was looking for.

It would be years before I improved enough to ever let anyone see the manuscripts that began it all; it would take even longer for me to finally figure out that just because there was no skill in my writing that didn't mean there wasn't joy. I've never let the book that began it all go either. I still reread *Les Misérables* every year in October to commemorate the first time I read it, and I will never forget the effect it has had on my life. My passion for writing stemmed from that story, and I have to thank Victor Hugo. I do not believe for an instant that that book miraculously changed my writing technique to something tolerable, but I do believe that it gave me the willpower to pursue something that had evaded me before. Writing has never been a boon to me in a conventional sense. It has never given me a sense of peace, but my adamant belief is that it gives me a purpose in this world to help others as best I can. I've personally dubbed it *les misères de l'écriture*, the miseries of writing, in honor of the book that gave me what I have today. There may be no peace for me, but there is a small amount of joy that fills me every time I set the pen to paper. It isn't always pleasant, writing until my arms ache and not being able to stop because the ideas might slip away in the glimmer of dusk, but I also cannot deny the undeniable, furious passion that fills me when I do surrender to my inner writer.

A S S E G I M M

WILLIAM NASH, Letter-Founder, in Chiswell-Street.

DOUBLE PICA ROMAN

...ouique tandem abutere, Cati-
lina, patientia nostra? quamdiu
nos etiam furor iste tuus eludet?
quem ad finem sese effrenata jac-
AB DEFGH JKLMNOP

Fuit, fuit ita quondam in hac repub. virtus, ut vir
fortes acrioribus suppliciis civem perniciem, quam
acerbisissimum hostem coercent. Habetus enim fe-
natu confutum in te, Catilina, vehemens, & grave
non deest reip. consilium, neque autoritas hujus or-
dinis: nos, nos, dico aperte, confules defumus. De-
ABCDEFHGIJKLMNOPQRSTUVWXYZ

autoritatis. habemus enim hujusmodi senatusconsultum, verum etiam inclusum in tabula. tuncque illud sententiam reprobatur a quo ex senatu alienato cōsideratur rectum te-

Double Pica Italick.

Quousque tandem abutere, Cœ-
na, patientia nostra? quoniam
nos etiam furor iste tuus eludet?
quem ad finem sese effrenata
ABCDE FGHIJKLMNOP

Great Primer Train
was suddenly shut up. See

Quaque tandem auctore, Caium
 tientia nostra? quamdiu nos eti-
 ror iste tuus eludet? quem ad finem
 effracta jaetabit audacia? nil
 nocturnum praesidium palatii,
 audacia? nihil
 vis ingens, nihil timor populi, nihil
 A B C D E F G H I J K L M N O
 M N O P C
 Sere, Caium
 quidam nos etiam
 quem ad finem
 audacia? nihil
 palatii, nihil
 tempore potandi, nihil
 K L M N O
 English Itaick.

n abutere, Catilin.

te? quādiū nos etiam furor īst⁹ tuus eludes & quēm ad finē sēse effrenata jačant audacia? nibilne te nocturnum pr̄sidiū palati⁹, nibil urbis vigiliæ, nibil timor tibi⁹, non consensio bonorum omnium, nibil tu munitissimus habes pugnare. ABCDEFGHIJKLMNOPQRSTUVWXYZ. Quādiū tuus bāt⁹ op̄QRS. Pia Italiæ. ABCDEFGHIJKLMNOPQRSTUVWXYZ.

Medium, vis rebus suis agere suam habebit. Fuit, fuit illa quādiū tuus, ut vides, manū sue fortes acrionibus impedit⁹, ut vides, omnes omnes, certissimum boſem coerceret⁹, ut vides, omnes omnes, consilium in te, Catilina, vobem⁹, ut vides, omnes omnes, reip⁹ consilium, negue autoritas beatis virorum, ut vides, dico aperte, consules desumus. Decrevis! quādiū, ABCDEFGHIJKLMNOPQRSTUVWXYZ.

*que ex fonsu confusa confusum interficitur te effe, Catilina, con-
venit. Frons. Et cetera ad deponentiam, sed ad cooperatoria-
dium audiendum. Caput. P. C. me illi elementum: caput in familia
viribus, periculis non diffundit videri: sed tam magis inertiam
ABCDEF^{ij}GHIJKLMNOPQ^RSTUVWXYZ*