



THE SCRIBLERIAN

Spring 2021 Edition

The Scriblerian is a publication sponsored by the SUU Writing Center. This online journal is the result of a competition organized by Writing Center tutors for ENGL 1010 and 2010, and General Education 1000 and 2000, students. The competition, which drew 31 entries, was planned and supervised by Chair Sydnee Atkinson and members, Sydney Beal, Carl Anderson, Brianna McBride, Garrett Rodgers, and Melissa Harris.

Contents

Argumentative 1010	2
1 st Place Winner: Hailey Smith, “Transplanted Bioprinted Organs”	2
2 nd Place Winner: Brynn Durham, “Dog Owners Need to Stop Using Aversive Training Methods”	7
Expressive 1010	11
1 st Place Winner: Elsie Schut, “Lost on the Road Less Traveled By”	11
2 nd Place Winner: Tiffany Southern, “My Father’s Voice”	14
Argumentative 2010	18
1 st Place Winner: Susannah Pilkington, “Dying As They Work: The RMG Industry’s Deadly Practices”	18
2 nd Place Winner: Trenton Hunter Fawson, “The Unintended Consequences of Westernized Dietary Acculturation”	24
Expressive 2010	27
1 st Place Winner: Kaylee Kho, “A Christmas Meal”	27
2 nd Place Winner: Elsie Schut, “Writing is Dreadful...Or is it?”	29
Expressive General Education 1000	31
1 st Place Winner: Christian Garner, “Turning Page”	31
Argumentative General Education 2000	34
1 st Place Winner: Sariah Shumate, “A Story of Identities: It’s Not Like It’s A Secret by Misa Sugiura”	34

Argumentative- English 1010

1st Place Winner: Hailey Smith, “Transplanted Bioprinted Organs”

For Professor Natalie Johansen

Think back a couple decades: who would've thought in the future we could potentially print organs? Bioprinting, even today, catches people off guard—3D printing organs is crazy! In the coming years, this “crazy” idea might just become a reality. 3D printing organs, also known as bioprinting, is a developing and emerging new technology with the potential to print fully functional organs, along with other biological structures. Biomaterials, also known as bioink, is used to print the structure. The first bioprinter was built in the early 2000s. 21 years later, scientists are still in the early stages of this developing technology. They have made significant advancements from where they started, such as their research, knowledge and the printing process. There is still much to do before it's fully initiated in a clinical setting. Scientists are motivated by the small successes and the potential impact 3D printing organs have not only in the medical field, but in the lives of future patients. One of the main goals of bioprinting is to reduce the organ donor shortage and the donor waitlist by providing another treatment strategy. Some other benefits of bioprinting can be seen in cost and education. Transplanting bioprinted organs is ethical and more beneficial compared to biological organs.

One of the biggest problems we face medically is the shortage of eligible donors. Year after year, the number of people in need of a transplant continues to grow. As of February 2021, “107,000 people are on the national transplant waiting list” (Organ Donor Statistics) hoping that one day they will find the perfect match. As these numbers continue to grow, the availability of donors and organs lag behind. As of now, “17 people die everyday waiting for a transplant” (Organ Donor Statistics). This number will continue to grow if a solution isn't given. But even after a successful transplantation surgery, “high transplantation costs and immunogenic rejections still remain two major hurdles for the recipients” (Badwaik 1). This will continue to get worse as more die waiting for an organ. Over the past twenty years, scientists have been eagerly working towards a possible solution: 3D printing organs. “The practical goal of tissue engineering is to overcome the lack of organs in the long-awaited list... as well as with regard to the post transplant immunosuppressive therapies” (Patuzzo 336). Bioprinting organs have a huge potential to help solve this issue. As of now, the current problems are the speed in which an organ is printed and the resolution or quality of the printed organ. How fast it is printed affects the quality of the organ. If an organ does not have a high resolution, it can't function properly. Though there is still a long way to go, the possibility of printing a fully functional organ creates a very promising future.

Bioprinting is a fascinating topic to many people, especially those who enjoy medical related things, but very few know what it actually entails. Bioprinting is an “innovative technology that allows for the generation of organized 3D tissue constructs via layer-by-layer deposition process that combines cells and biomaterials in an ordered and predetermined way” (Hurmuz, et al. 21). Scientists have developed several ways to 3D print a biological structure. As of 2019, there are five different types of bioprinting: extrusion, laser-assisted, microvalve-based droplet, inkjet, and stereolithography. Bioprinting involves three steps: pre-processing, processing, and post processing. Pre-processing is prepping the cells for the bioink. Processing is printing the desired biological structure. Post-processing is when the structure

continues to develop after it is printed. A current challenge scientists face is perfecting the biomaterials that are used in the printing process. Badwaik says that scientists need to make sure the biomaterial promotes cell adhesion, maturation, migration, proliferation, and differentiation. The material also needs to be natural, non-cytotoxic, and biodegradable (2-3). It is critical to ensure the biomaterials will produce the best outcomes for the patients. Of particular importance is the ability to work and function cohesively and smoothly with the rest of the body after the structure is printed, as well as continue to grow and act like a regular biological structure. One success scientists have seen thus far is using “undifferentiated stem cells[, because they] do not trigger immune response[s], they can be used to avoid graft rejection after tissue transplantation” (Badwaik 3). This is very important because we can’t use biomaterials the body will reject. Ideally, bioprinting would use the patient's own cells to decrease the chance of the body rejecting the printed structure. Which gives bioprinting a big advantage—it becomes patient-specific.

The use of patient's cells is a big factor in 3D printing an organ, but this provokes one of the biggest ethical concerns: where do the cells come from? This is probably one of the most difficult ethical dilemmas scientists need to consider in depth. The use of fetal and embryonic germ cells are the most ideal because they have the ability to become any type of cell, also known as multipotent. With that being said, “the primary source of these cells...are obtained via induced abortion” (Vijayavenkataraman 1035). Due to the current debate and controversy around the topic of abortion, scientists are trying to discover other sources of stem cells. Two sources they have identified thus far are mesenchymal stem cells and xenogeneic cells. These two types of cells are already a better alternative because they are multipotent and don't involve an abortion. Mesenchymal stem cells are found in the umbilical cord, bone marrow, and fat tissue. While xenogeneic cells are found in animals, this suggests another ethical issue. Is the use of animal cells “dehumanizing[?]” (Patuzzo, et al. 342). Does the cross of human and animal cells blur the lines of what is human and what is not human? This also affects the religious ethical outlook on bioprinting with the use of animal cells. It is important to pay attention to how religious groups view this topic. “Will they accept it as it can save lives? Or will they deny as they might think ‘humans can’t play God’” (Vijayavenkataraman 1036). They don't necessarily need to abide by every religion's beliefs, nor is it possible to. It is still important to consider their views on the topic. That is why bioprinted organs would be providing another transplant option for the patients to choose from. So in cases like this, if it goes against what the patient believes, the patient still has the option to choose a biological organ transplant.

Another ethical viewpoint most have not considered is ownership. Preferably the bioink would include the patient's cells, but it may not always be possible to use the patient's cells. In that case they could use cells donated by someone else? Vijayavenkataraman asks, who has ownership over the printed organ? Is it the stem cell donor? Is it the patient, hospital or clinic? (1035). This ethical dilemma can be resolved by imitating an existing process. While not an exact situation or example, males who donate their sperm waive their parental rights and ownership over the donated sperm and the possible child. When someone donates blood or plasma, they no longer have ownership over what was donated. Even with biological organ transplants, someone who donates an organ no longer has ownership over that organ. People who are willing to donate stem cells can waive their ownership over the stem cells donated in similar fashion to the above examples. The idea of ownership in bioprinting can follow the same framework.

Once 3D bioprinting is ready to be put into play, how will it work? How available will bioprinting be to the public? This is another ethical aspect to consider in depth before the technology is fully developed. With any new technology comes the opportunity for the misuse or abuse. The need to decide whether bioprinting will be a restricted use or open use is an important thing to think about. Making that critical decision prior to the release of this technology has the potential to lessen the possible misuse of bioprinting. If bioprinting was an open source, it would encourage “new innovations in healthcare, thereby saving more lives. But, there are many challenges in having open source concepts for bioprinting” (Vijayavenkataraman 1036). For example, if one had all the right material and money, would they be able to print their own organ outside of a hospital or clinic? This would not be the ideal situation. We would want bioprinting to be restricted in that regard. Restricting its use would “ensure the quality and reliability of the product...if it is licensed to a company” (Vijayavenkataraman 1036). However, the drawback to restricted use is that it “will curb innovation in the field” (Vijayavenkataraman 1036). Finding a solution that is the best of both worlds is the most ideal. Until we can find a good middle ground, restricting bioprinting use at the beginning might be a good option until we gain more knowledge on what to do and where to go next.

Another important ethical perspective to consider is moral degradation. How will society react to printing organs? Does being able to transplant bioprinted organs provoke people to continue unhealthy habits that damage their body because they can just get a new one? Vijayavenkataraman suggests that people might become more careless. Should the bioprinted organs be available to more deserving patients who had no control over their health? If so, one could argue that it could be considered a ‘deprivation of individual rights’” (1037). If we filtered who received bioprinted organ transplants to more deserving patients, who makes that call? How do we designate who is more deserving compared to someone else? Would that go against the hippocratic oath? Doctors turning away from someone who needs their help, even though they did it to themselves. While an obvious solution for this ethical aspect is not clear, the potential of transplanting bioprinted organs has to save lives is crucial. It is important to consider how people will react and evaluate our future steps carefully to address this ethical dilemma. It is irrational to believe we can control every little aspect of how people will react and treat their health. That doesn't mean we can't fight to preserve the health and safety of the people around us. We can still urge people to stay healthy and not participate in things that can be damaging to their health. When brainstorming possible solutions, we might have to be creative and think outside the box.

Despite all these ethical concerns, bioprinting has a wide range of potential benefits. One of the main reasons why scientists and doctors are working to develop fully functional 3D printed organs is to help solve the donor waitlist crisis. While transplanting 3D printed organs is seen to have more benefits, it is not meant to replace biological organs. Developing this new technology is to provide another option for those in need of a transplant to choose from. As of now “organ donors are the only source of those requiring an organ transplant” (Vijayavenkataraman 1035). Think of how much this can help speed up the time people wait on the donor list by merely adding another option to choose from. More lives will be saved not only from shortening the time people wait to receive an organ, but also the organ they do receive is specific to them. They do this by taking some of the patient's stem cells, and put the cells in the bioink which is then used to print the organ. This means there is a lower chance of their body rejecting the organ after it is transplanted. Bioprinted organs would be used in critical times when the patient doesn't have time to wait or can't find a biological match. If they are worried about the possible rejection after the transplant or if the patient prefers a bioprinted organ over a biological organ.

Biological organs would be used if the patient prefers a biological organ over a bioprinted organ, whether it is because of availability, personal, or religious beliefs.

Another potential success can be seen in the pancreas. 1 out of 10 Americans have been diagnosed with diabetes (CDC). This is something they deal with their whole life. Diabetes greatly impacts the lives of those who have been diagnosed along with their friends and families. The pancreas is the main organ affected when someone has diabetes. For people who are type 1, their pancreas doesn't produce enough insulin. People who are type 2 are insulin resistant, which means their pancreas stops producing insulin because the blood contains too much glucose for the body to process. The ability to perform a "pancreatic transplant would be a major treatment strategy for diabetes" (Badwaik 5). Patients will now have the ability to overcome this health issue as well as "reduce the economic burden of diabetes treatment" (Badwaik 5). This innovative treatment option increases the number of people that can be helped, whereas before their only option was to deal with their health problems for the rest of their life. Additional treatment options for patients highlights another huge potential that bioprinted organs have to "decrease the death rate for some chronic diseases" (Badwaik 6). The development of this technology means that less people will die from disease and more people can be cured. That is a major success. This also has the ability to ease some of the emotion and provide at least some degree of comfort when diagnosed with a disease that had a higher death rate in the past.

Despite being at the beginning stages of this new technology, over the past couple years we have already seen small successes in bioprinting. One group of scientists printed and transplanted an ovarian scaffold into a group of infertile mice. The 3D printed ovarian scaffold eventually was able to "restore ovarian function in sterilized mice" (Badwaik 6). The mice were eventually able to give birth to pups. This demonstrates the capacity of 3D printing not just as a placeholder for organs, but a potential option to restore organ function. Think about the difference and personal impact this would make in the lives of those who struggle with infertility. Additional improvements scientists have seen were the ability to print a meniscus for a sheep and help with skin regeneration in pigs (Ozbolat, section 9.3). While animals have somewhat different body structures than humans, these small improvements or steps forward are still important in the development of this technology. These trials provide continuing insight to determine if it works, how it works, and how their body reacts short and long term to the printed structure.

Currently, scientists have been able to successfully 3D print "[s]kin, bone, cartilage, liver, cardiovascular, neuronal tissues" (Badwaik 3) along with a bladder and an ear for human patients. The bladder is the only structure that has been transplanted into a human thus far. The ability to print a structure is still a big step and requires additional discussion/investigation into what other adjustments need to be made in the printing process. Along with bioprinting organs, scientists have also been able to print splints or scaffolds. A splint used for an organ works just like a splint one would use for a broken wrist. A scaffold acts like the framework of a building, it holds the structure in place while the organ continues to develop. A goal of bioprinting is to have the splint and scaffold be bioabsorbable. After a couple years guiding the organ, there is no more need for the scaffold. Instead of having another surgery to remove it, the body absorbs it. There was one situation where the FDA authorized an emergency use of a trachea splint. The infant's trachea kept folding over on itself, making it so the infant struggled to breathe. So far "no unforeseen problems have been observed with the splint, and full degradation of the device is expected to take around 3 years" (Ozbolat, section 9.3). Another reason why it is so important that the materials used need to be natural and work well with the body.

Two other smaller, yet still important benefits of bioprinting are cost and education. Transplanting 3D printed organs can “[r]educe associated costs as the patient will be hospitalized for fewer days with no need for anti-rejection drugs” (Badwaik 6). Transplanting 3D printed organs is a more cost-effective alternative. Bioprinting in an educational setting is an underappreciated benefit. Bioprinting organs can be used as models to help future doctors, other medical professionals, giving students hands-on experience to learn more about different organs and how they work. Bioprinting can also be used at a surgical level. Bioprinting an organ can help test new surgeries and help future and current surgeons practice making surgeries safer instead of only performing the surgery when the need arises.

Bioprinting has a huge realm of potential. It can reduce how long people are on the transplant list and lowers donor shortage by providing another option for patients. It can also decrease rejection rates after transplantation surgery, it is patient specific and restores functions that were once lost. Bioprinting gives patients another treatment option where none existed before. There are solid counterarguments in the ethical perspectives of bioprinting regarding the source of cells used, religious aspect, ownership, availability, moral degradation, and overall public. This begs the question, is it worth it? If this new technology is thought out and handled with caution, bioprinting will truly be able to create new medical advancements and save lives in more ways than one.

Works Cited

- Badwaik, Rahul. “3D Printed Organs The Future Of Regenerative Medicine.” *Journal of clinical & Diagnostic Research*, vol. 13, no. 11, Nov. 2019, pp.1-8. *Academic Search Ultimate*, DOI: 10.7860/JCDR/2019/42546.13256. Accessed Feb. 2021.
- Mihai, Hurmuz, et al. “Bioprinting: Current Techniques and Applications” *Fiziologia -Physiology*, vol.26, no. 4, 2016, pp.21-25. *Academic Search Ultimate*, proxy.li.suu.edu: 2443/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=asn&AN=126442235&site=ehost-live. Accessed Feb. 2021.
- “National Diabetes Statistics Report 2020” *Center for Disease Control and Prevention*, 11 Feb 2020, www.cdc.gov/diabetes/library/features/diabetes-stat-report.html. Accessed Feb 2021.
- “Organ Donor Statistics” *Organdonor.gov*. Health Resources and Services Administration, Feb 2021, www.organdonor.gov/statistics-stories/statistics.html. Accessed Feb 2021.
- Ozbolat, Ibrahim. *3D Bioprinting*. Academic Press, 21 Nov. 2016. *SUU Library*, suu.bywatersolutions.com/cgi-bin/koha/opac-detail.pl?biblionumber=510545&query_desc=kw%2Cwrdl%3A%20bioprinting%20and%20kw%2Cwrdl%3A%20organs%20and%20kw%2Cwrdl%3A%20transplanting. Accessed Feb 2021.
- Patuzzo, Sara, et al. “3D Bioprinting Technology: Scientific Aspects and Ethical Issues.” *Science & Engineering Ethics*, vol. 24, no. 2, Apr 2018, pp.335-348. *Academic Search Ultimate*, 10.1007/s11948-017-9918-y. Accessed Feb. 2021.
- Vijayavenkataraman, Sanjairaj. “A perspective on Bioprinting Ethics.” *Artificial Organs*, vol. 40, no. 11, Nov. 2016, pp. 1033-38. *Academic Search Ultimate*, DOI:10.1111/aor.12873. Accessed Feb. 2021.

2nd Place Winner: Brynn Durham, “Dog Owners Need to Stop Using Aversive Training Methods”

For Professor Natalie Johansen

According to the 2019-2020 American Pet Products Association pet owners survey, 23 million American households reported owning at least 1 dog in the last 2 years. That's more than half of all homes in America. Even though dogs are the most adored pets in this country, there are still so many people who abuse and mistreat them. It is shocking to see that even now in 2021 people in many parts of the world use methods of training their dogs that are based on fear and pain. Currently, less than 10 countries in the world have fully banned the use of shock collars for dog training. An overwhelming amount of studies have been conducted showing that positive reinforcement (rewarding dogs for good behavior) and negative punishment (removing a reward until the dog stops undesired behavior) have better outcomes than aversive training methods. Using extreme aversive methods have also unsurprisingly shown many negative effects on dogs mental, emotional, and physical welfare as well as relationship with their owner. The use of extreme aversive training devices such as shock and prong collars should be banned in the United States because they have long lasting negative physical, emotional, and behavioral effects on dogs. There are many positive and useful training methods that can be used as an alternative to aversives with greater outcomes.

The use of aversive training devices has been proven to have negative effects on dogs health in many ways. Some examples are learned helplessness, high cortisol levels, physical pain, and anxiety (Ziv). Dogs show very clearly how they are feeling through body language. A lot of times people are misinformed about common behaviors that are seen in dogs. The American Kennel Club website has published some great articles about dogs' body language and how to read their emotions through their physicality. In one article, some important aspects of dogs' physicality mentioned are posture, tail movement, facial expression, and eyes. When dogs are stressed they often do things like tucking their tail between their legs, avoiding eye contact and shaking just to name a few (Gibeault). There was a study done in 2019 to show the effects of aversive training on dog welfare during training as well as out of training compared to other methods. The results of this study showed that “aversive-based training methods, especially if used in high proportions, compromise the welfare of companion dogs”. Dogs in the group using aversives and mixed training methods showed high levels of cortisol and displayed stress related behaviors such as lip-licking, yawning, and panting in and outside of training (Vieira de Castro et al. 26). Through this study and others like it we can see that these methods of training dogs have negative effects on their health in more than one way. It is not ethical or legal to abuse an animal by physically harming or neglecting it. So why is it legal or seen as ok to use a choke or shock collar when your dog does something like barking or pulling on a leash? Some people believe that using shock collars or other aversive training devices does not have any negative effects on their dog. People believe that shock collars do not hurt dogs and that they are not bothered by being sprayed in the face or hit on the nose or yelled at. Sadly these people cannot see the signs of stress and fear their dogs are trying to show them. Use of aversive collars also comes with a number of risks to dogs physical health. Some examples include E collar burns, strangulation, pressure necrosis, cuts, cardiac arrest, nerve damage, immune system issues, thyroid problems, tracheal or esophageal damage, seizures, and death (Gottfried). With this enormous list of

risks involved with using these training devices it is difficult to see any real arguments as to why they should be used.

Dogs trained with aversive devices have higher chances of showing aggressive behaviors such as barking, lunging, growling and biting. Aversive trained dogs are also known to have lower success rates in doing tasks. In a study done on aggressive behaviors of dogs in different circumstances, the author of this journal says that “most dogs did not show aggression in multiple contexts, suggesting that this behaviour may be a learnt response to situations rather than a general characteristic of individuals” (Human Directed Aggression). A lot of people who train their dogs using aversives argue that their dogs already showed aggressive behaviors or that other methods did not work. However this study suggests that since the dogs did not show aggression in all circumstances that this is most likely a behavior that they have learned because of the way that they have been trained or because of factors like anxiety and stress. Multiple studies have been done on signs of aggression associated with training methods. In a paper written by Dr. Joanna Makowska, she talks about some of these studies and the statistics taken from them on responses to different methods of training. Owners reported high rates of aggressive responses when they would hit, growl, stare down, or force dogs to do tasks. 10% of owners reported aggression from the use of shock or prong collars. Only 3% of owners that did not train with aversives reported aggressive behaviors (22). According to the studies discussed earlier we can see that very few dogs that are trained using reward based methods show aggressive responses. And even then we do not know the details of those dogs training or behavioral history and any other factors that could be causing aggressive behaviors. During a lecture on dog aggression and positive training, Robert Cabral said that, “all aggression is reactive”(Cabral). He states that the reason dogs show aggression is almost always because they are in a state of stress or fear. It is not something that should be fixed using methods that will cause the dog more fear.

Training dogs using aversive methods has been shown to have many negative effects on the relationship between owners and their pets. When dog owners train their pups using methods like shock or prong collars, spray bottles, yelling or hitting, and physical force they build a relationship that is based on fear and aggression. Being able to train your dog and teach them tricks is a great way to bond and create trust between each other. When owners use aversives to train their dog they are missing out on the opportunity to create that bond with their dog and establish a loving relationship. I personally have so much fun teaching my dog new tricks and she loves to get treats and love from me when she does a task correctly. Being able to train my dog has really strengthened the bond and trust between us. A study conducted by a group of scientists in 2019 showed how training methods influence dogs attachment to their owner using the “Ainsworth Strange Situation Test”. In this study they found that dogs trained with aversives were less likely to play and explore the room when their owner was present compared to dogs trained with reward based methods. Todd says that it “makes sense that dogs trained with aversive methods are more likely to have an insecure attachment, because the same has been found with children when positive punishment is used to discipline them.” (Todd). Here is just another example of how aversive training hurts the relationship dogs have with their owner as well as their emotional and mental well-being. Studies show that men are more likely to use aversive methods to train their dogs and men with depression are even more likely. One of the most important reasons why extreme aversive training devices need to be banned is because of how often they are misused. Aversive collars on their own have extreme negative effects on dogs physical and mental welfare. In a research article published by BioMed Central Veterinary Research, it is stated that, “anecdotally, there is also the potential for

considerable abuse where owners activate the device in anger”(Blackwell et al). People who use these devices to hurt animals and not in the way they are intended is just another huge example of why the use of these tools should be banned. If they are not used correctly they will cause even more extreme problems than those caused by using them in the way they were intended to be used. There are also many people who claim to be dog trainers and have no real experience or do not use effective methods. In an article published by the New York Times the author states that “unfortunately, dog training in the United States is not a regulated industry. Anyone can call themselves dog trainers and start charging people without any qualifications or breadth of experience, using any methodology they choose, regardless of if it’s based in science or not” (Lowrey). It is so important to make sure that if you are having another person train your dog you know that they are qualified and what their methods are.

There are so many different methods that can be used to train dogs that are reward based or less aversive than others. Some commonly used training methods include time out, play reward, food reward, and praise. Using these tactics when training your dog is very beneficial because when used correctly dogs will learn that when they do something correct they will be rewarded. This makes dogs want to do these things more so that they will be rewarded. In an article on Fetch by Web MD they give the advice on training your dog saying that, “the main point to focus on is to consistently give your dog rewards for the behavior that you want. Do not reward the behavior you don’t want” (Dog Training). This stresses the importance of using any kind of training correctly because no matter what method you use if not done in the right way you will not get your desired results. Veterinarians from all over the world have stated their views on dog training methods, advising against punishment based methods. Many have even developed their own training methods based on science and positive/reward based ideology. Dr. Joanna Makowska talks about a number of Veterinarian developed training programs, such as Dr. Sophia Yin’s Low Stress Handling program and Dr. Marty Becker’s Fear Free program, which are focused on positivity and reward (14). With the number of different successful techniques that are available to help train dogs it is astonishing how many trainers and owners are still using methods that are harmful and less effective.

Most people say that extreme aversives should only be used as a last resort. People often say that the only way to train dogs with aggressive behaviors is with more aggression. However, I believe that there is never a need for them to be used. Reward based training has the highest rates of success not only for dogs doing tasks effectively but also for good pet-owner relationships and healthy happy dogs. You may see a shock or prong collar as an “easy fix” for bad behavior, but that is simply not the truth. These methods do not teach dogs the right way to behave, they only put their physical and mental welfare at risk and for no good reason. Something important to remember is that the people selling these devices are just part of a business and “there is an \$8 billion pet industry behind it making sure that you believe that they are a safe and harm-free way to train your dog” (Gottfried). These people do not care about your dog’s welfare or their training and they will say anything to get your money. There are many methods that can be used to punish or fix unwanted behavior from dogs that do not put them at risk and are not a threat to their wellbeing. A method that is great to utilize when trying to get a dog to stop an undesired behavior is called negative punishment. Negative punishment is when you take away a reward until the dog stops a behavior that is unwanted. If your dog is pulling on the leash you can stop and wait until they stand by you to continue the walk, or turning your back to your dog when they try to jump on you until they stop. These methods can teach your dog to stop bad behaviors and do not put them in danger. This is a method I personally use often when training my own dog that I think works very well.

There are so many ways to train dogs that are based on love, patience and reward that have better behavioral outcomes, do not put dogs' health at risk and help to develop a strong bond and a relationship of trust between owners and their dogs. Methods of training that utilize positive reinforcement need to be better advocated for and taught to dog owners around the world. Banning aversive collars and advocating to stop using training methods that put dogs' health at risk is extremely important. Prohibiting the use of these devices can help to lower cases of animal abuse and help to bring up more happy and friendly, well trained dogs.

Works Cited:

- Blackwell, Emily J, et al. "Human Directed Aggression in Domestic Dogs (*canis familiaris*): Occurrence in Different Contexts and Risk Factors." *Applied Animal Behaviour Science*, vol. 152, March 2014, pp. 52-63
- Blackwell, Emily J, et al. "The use of electronic collars for training domestic dogs: estimated prevalence, reasons and risk factors for use, and owner perceived success as compared to other training methods." *BMC Veterinary Research*, vol. 8, no.1, 29 Jun. 2012, pp. 93-103, bmcvetres.biomedcentral.com/articles/10.1186/1746-6148-8-93. Accessed 24 Feb. 2021
- Cabral, Robert. *Dog Aggression and Positive ONLY Training*. YouTube, 30 Oct. 2018, youtu.be/tlXbNnL5eCg. Accessed 28 Mar. 2021
- "Dog Training: Obedience Training for Dogs." *Fetch by WebMD*, 2020, pets.webmd.com/dogs/guide/dog-training-obedience-training-for-dogs%231#1. Accessed 24 Feb. 2021.
- Gibeault, Stephanie. "How To Read Dog Body Language." *American Kennel Club*, 27 Jan. 2020, akc.org/expert-advice/advice/how-to-read-dog-body-language/. Accessed 5 April 2021.
- Gottfried, Roman. "The Truth About Aversive Training Collars." *Roman's Holistic Dog Training*, 27 Nov. 2019, holisticdogtraining.org/blog/the-truth-about-aversive-training-collars. Accessed 5 April 2021.
- Lowrey, Sassafras. "What Can We Learn From European Dog Culture." *The New York Times*, 27 March 2020, [nytimes.com/2020/03/27/smarter-living/dog-training-behavior.html](https://www.nytimes.com/2020/03/27/smarter-living/dog-training-behavior.html). Accessed 5 April 2021.
- Makowska, Joanna. "Review of Dog Training Methods: Welfare, Learning Ability, and Current Standards." *Animal Kind*, The British Columbia Society for the Prevention of Cruelty to Animals, Dec. 2018, spca.bc.ca/wp-content/uploads/dog-training-methods-review.pdf. Accessed 5 April 2021.
- Todd, Zazie. "Dog Training Methods Affect Attachment to the Owner." *Companion Animal Psychology*, 5 Feb. 2020, www.companionanimalpsychology.com/2020/02/dog-training-methods-affect-attachment.html. Accessed 24 Feb. 2020.
- Vieira de Castro, Ana Catarina, et al. "Does training method matter? Evidence for the negative impact of aversive-based methods on companion dog welfare." *PLoS One*, vol. 15, no.12, 16 Dec. 2020, pp. 26, journals.plos.org/plosone/article?id=10.1371/journal.pone.0225023#abstract0. Accessed 24 Feb. 2021.

Expressive- English 1010

1st Place Winner: Elsie Schut, "Lost on the Road Less Traveled By"

For Professor Natalie Johansen

There I was. Squished. We somehow managed to fit twelve people in a seven seat SUV and as we travelled down that road, or glorified trail or whatever it was, I thought to myself, "why on earth did I say yes."

It was winter break and my family as well as some of our family friends, the Slade's, were headed down to St. George to spend New Year's together. We'd spent our time doing puzzles, playing games, and eating more than our weight in Costco muffins. One night, my siblings, the Slade kids, and I were all explaining to our parents that we were all so bored we could die. The puzzles, games, and even late night karaoke dance parties weren't cutting it anymore. We craved entertainment. In reply, Papa Slade (AKA Brian) gave us a proposition. He said he had a client in St. George that had a ranch just out of town from Mesquite that we could go visit. He said that his client went on about how beautiful his ranch was and invited mine and Papa Slade's family to spend the day there. To this we quickly obliged and headed to bed to prepare for the next day's adventures.

The following morning we woke up, bright eyed and bushy tailed, ready to get out of the house and as we all reached for yet another Costco muffin we headed for the door. On our way over, we heard all about how magnificent this ranch really was, according to Papa Slade's client. Beautiful view? Check. Huge house? Check. Goats? Cows? Chickens? Check, check, check. We could not wait.

As our two cars rolled into the driveway of the man's house, an older gentleman came outside. He was pale, probably around 70 years old, his hair was grey, as was a thick mustache just underneath his nose, and was about the height of your average picket fence. We greeted him and he told us even more about his amazing ranch, making us itch with excitement. The older gentleman jumped on a four wheeler and motioned for us to follow him down the road. We got in our car and got on the road. Our host told us it was only going to be around an hour until we got there.

As we drove down that dirt road, the conditions got worse and worse. Eventually, the dirt turned into rocks, and rocks into boulders, which turned excitement into concern. Finally, after about 45 minutes the man pulled off and we thought we were getting closer or that we had even arrived. To our dismay though, he actually pulled into a parking lot of a hiking trail that he wanted to take us on. It looked really pretty, don't get me wrong. The beginning of the trail was mostly through some desert bushes, cacti, and joshua trees. Then after the trail had ended, we meandered in the desert following our old guide. Coming around a bend, there was a massive rock that we all climbed on top of. At the crescent, there were some amazing petroglyphs along with a beautiful view. We had lunch there and climbed around the rock to get our wiggles out from the previous ride.

After we had finished up, we were following our guide back to the cars when eventually we all realized that we weren't anywhere close to the trail or the parking lot for that matter. Lost! We had no idea where we were. We soon realized what a perfect storm this was. Us and a strange man wandering around in the middle of nowhere. Headlines played through our heads like a song: "Two Families Got

Murdered After Following A Stranger Into The Mojave Desert.” Great, we thought. This seemed more like a horror movie than the action adventure movie we’d hoped we would find.

As we continued to wander through the hot, dry terrain we were all on the lookout for any sign of civilization. However, the only living thing we could see for miles was a committee of vultures circling the sky like a sickly shadow, scouting out their next meal. We hoped it wasn’t us, but we knew our chances were slim considering the options. A slow death from dehydration or being pecked to death by birds? We didn’t know which one we preferred. I looked up from the ground to further examine my fate when something caught my eye. Light! It was the sun’s reflection on a car, we made it! We ran to the cars, ecstatic to feel the cool rush of air conditioning and the comfort of cushioned seats again. As we tumbled back into the cars we started down the “road” yet again hoping that our fate was still in good hands and we would reach our destination soon.

Before we knew it, it had been another 30 minutes and we still weren’t close to anything or anyone in the nearest 50 miles. To make matters worse, the road did not get any better. Because of this, the Slade’s who were in a small sedan could not drive their car any longer. It had bottomed out frequently and was starting to make obnoxious sounds. They pulled off into some weeds and we sat puzzled with just what to do with our current situation.

This takes us back to the beginning. Squished. Every last one of us crammed into our car. Some were in the trunk, others in the aisle between seats, and everyone else was packed on laps or mashed between legs. So that, mixed with the jumping and bumping of the car on the knobby road created a loud chorus of yelping, groaning, and moaning. At this point, other than the desperate calls of “ow” the only other utterance was how bad of an idea it was to follow a man we hardly knew into the desert. We tried to make the most of it, but the happiest thought someone could muster was how fantastic it would be if we made it back to St. George before someone got squished to death. We acknowledged the second hour of being in the car with distinct despair, then no one made a sound. What more could be said? We were in misery with no end in sight. If it wasn’t for the sound of rocks grinding against the rubber of our tires, you could hear a pin drop.

Then, unfortunately, we saw it. As our car eased down the hill, it crawled closer and closer into sight. The beautiful view was in reality nothing more than a pile of dirt, the huge house was a tiny trailer from the 80’s, and the animals included just one lonely cow, 12 goats with anger issues, and a handful of chickens. To our surprise though, there was one brown peahen that was the gem of the whole property. Off to the side of the entrance there was a bunk house with so many flies, beetles, and spiders inside, it could be considered an infestation. To the right, was a corral made of chicken wire to keep the goats in. As you might have guessed though, it wasn’t the greatest quality. Because of that, when those goats got worked up they would hop right over and show you who’s boss.

Just past the corral stood the dilapidated fence holding the cow. The cow’s name was Marigold and she was the dirtiest, smelliest, and nastiest being I have ever laid eyes upon. It was slightly ironic that she was named after such a beautiful golden flower because she had a very brown coat and was rather ugly at that. I don’t quite know if her coat was her natural color or if it was just dirt, but I would not recommend using it as a reference to your hairdresser. As we continued to tour the area we all exchanged glances that said, “how are we ever going to manage getting out of this one?”

Fortunately, I have a family full to the brim of drama queens. My sisters faked a stomach ache, begging to go home so they could lie down. You'd think that would work yeah? Well you're wrong, the man wouldn't let us leave without eating something. He cooked us some hotdogs that we all half heartedly choked down as well as some pasty looking potato salad. After eating, we were so excited to leave, we practically ran to the car. However, our parents gave us the look. The look that said "it doesn't matter what this man has put us through, be polite." So we did. We kindly thanked him and told him that we were sorry we had to go, which couldn't be further from the truth. He finally accepted that after spending less than an hour at his beloved ranch, his disgruntled guests were ready to go. The old man, who thankfully didn't murder us, got back on his four wheeler to guide us back to the city. We climbed back in for yet another overcrowded journey down the never ending bumpy road.

Needless to say, we all learned our lesson. We all pledged that we would never follow a stranger anywhere, nor would we ever go to a ranch ever again. Luckily, we made it back in one piece, no one died, and no one was injured. Well, except for the Slade's sedan which never drove the same again. Everyone was exhausted beyond belief. Funny enough, they planned to have hotdogs as soon as we got home, but not one of us would touch them. Instead, we all grabbed another Costco muffin, finished the puzzle from the previous day, and went straight to bed dreading the coming nightmares of mysterious ranches and angry goats.

2nd Place Winner: Tiffany Southern, "My Father's Voice"

For Dr. Rosalyn Eves

I walked into the small, windowless room alongside a half dozen of my fellow kindergarteners. The dim light and carpeted walls were a stark contrast to the fluorescent lights and cement blocks of the hallway we had just left. It was like entering a cave with only one flashlight lighting our way.

The nurse shut the door and the room became eerily quiet. We all sat upright on our little chairs looking at the strange box sitting on the table. This machine, we learned, was to administer a hearing test. I wasn't concerned, in fact I thought it was fun to wear the giant headphones that covered not only my ears, but most of the side of my face. I sat quietly as the others took their tests, and when it was my turn, I happily raised my hand at the appropriate times. As we lined up to head back to our regular classroom, the nurse handed me a note she had folded up and placed in an envelope, with the instructions "Give this to you parents."

I looked around and felt five pairs of wide eyes looking at me. No one else was given a note. I left the room feeling confused thinking I had done something wrong.

The boy who stood next to me in line leaned over and whispered "you're gonna be in trouble."

I spent the afternoon with the note in my pocket wondering what it said and why no one else had received one to give to their parents. When I walked in the door of our house after school, I gave the note to my mother, who read it to herself and only muttered "hmm". Later that night, after my dad came home, I found out that although I had done nothing wrong, I had failed the test.

Over the next few months, I was taken to a couple different doctors and eventually to a specialist who announced that I was missing a bone in my ear. A birth defect that would require surgery. I was terrified. My parents did their best to hide their concern, but on the day of the surgery I could feel the tension. I walked into the hospital holding my dad's hand and my favorite stuffed toy.

The hospital smelled of alcohol and disinfectant. Everything was white and the rooms felt cold even with the stacks of blankets layered over me as I lay in the bed that would be mine for the day. My parents sat by my bedside, reading me stories, and trying to keep me distracted until the doctor arrived and it was time to operate.

The surgery went well, I was told, but took longer than my parents had been advised, so by the time I was released to go home, it was night, and I was tired. I spent the next two weeks at home with my dad recovering from the surgery. I would sit on our old, flowered couch as he read me story after story, always making silly voices.

This is how I learned to read, and how to write; by listening. Listening is different than hearing. I have been asked how I can listen and yet I am unable to hear in many situations. I listen with my stomach, with the pounding in my chest, the lump in my throat, or the unshed tears in my eyes. I listen to the rise and rhythm of words.

Some of my earliest memories are of reading. My father sitting in his forest green recliner, lounging comfortably with a book that looked to weigh as much as me, sitting on his chest. The side table next to

him had the mandatory glass full of Pepsi and the soft, grey case for his glasses. His reading glasses would be perched on his nose, head tilted back as he snored softly. My dad loved to read.

In our home there were two bookcases, one on either side of the fireplace that reached floor to ceiling filled with all kinds of books and old National Geographic magazines. The two lowest shelves were reserved for us kids to use, but the rest were full of spy novels, mysteries, biographies, history, and war books. Paperbacks, hard bound, big, small, tall, and short books lining each shelf and stacked on top of each other. Every inch of space was taken. Every book had been read multiple times, some more than others. I attribute my desire to write my own stories to the memories I have of this room and reading with my dad.

The sound and the cadence of his voice are such a clear memory. I learned to read, and to write by listening. The surgery I had as a child restored some of my hearing, but I was left with a substantial deficit in the ability to distinguish voices from background noise. I think because I spent the first six years of my life not being able to hear what others could, helped me to learn to listen.

It was usually quiet when my dad would read me a bedtime story, so it was easy for me to hear the words. I was able to listen to the story and imagine it all in my head. Reading became my escape when the world got loud, and my head was tired from the constant barrage of background noise. I didn't need to hear to listen to the words in my head as I read my favorite books.

Throughout elementary school I read books for fun and wrote silly stories with poorly drawn pictures that I would give to my parents to read. I enjoyed reading, and I enjoyed writing. I enjoyed the natural flow of words.

When I entered seventh grade, I was placed in an AP English class taught by Mrs. Whatsername. To this day I can't remember her actual name, nor can I remember what she looked like much more than she had dark hair.

We spent an entire semester learning how to diagram a sentence, what the different parts of speech were called and sheet after sheet of practicing how to pull apart our sentences. I would sit sideways in my assigned seat, my back leaning against the wall next to me, my notebook open, pen ready to copy whatever horror was written on the board that day.

She would take the beautifully written words of a book and dissect them like some kind of biology experiment, until all that was left were disjointed pieces.

I have a clear image of her classroom and the blackboard covered in white chalk scribbles which caused an ache in my stomach. I tried to understand the hieroglyphics that she continued to write on the board, but it was like reading another language; one that looked familiar and yet foreign enough I was unable to follow. This wasn't writing, this was torture. Where was the rhythm? Where was the heart? I was raised to believe writing was storytelling and reading should be fun.

I remember raising my hand one day in class, completely frustrated, and asking, "Why do we need to learn this? How will we use this in the future?"

Mrs. Whatsername responded, her voice harsh and slow "Learning the parts of speech and how to diagram your sentences will teach you to be a better writer and communicator."

I could be a bit inquisitive, a smart ass some others called it, when I did not understand the why behind an assignment that I had been given, so naively, I followed up with another question, “But if I can write a paper and earn an A, do I really need to know this? Wouldn’t my grades show that I am already familiar with how to write properly?”

Everyone in the class went quiet, other than a boy in the back row who snickered as Mrs. Whatsername stared at me with a look of shock. Her face slowly transformed, and she looked like a wolf sneering and growling at its prey. The only words I remember hearing her spit out were “in order to be a good writer you need to know how to diagram.”

I put my hand down still wondering how taking apart a piece of writing helped me to understand writing better. This pulling apart and analyzing the technical side of the English language was robbing me of the very thing that drew me to reading – the natural, almost musical flow of a good story.

I wanted to ask her, “Why did I need to know the technical term for all the parts of my sentences?”

“Why could I not write how I heard others speak, or how others wrote?”

“Wasn’t writing supposed to be creative, natural and free flowing? “

I had learned to read and write, by doing. I grew up listening to my father’s voice, his cadence, his pronunciations as he read to me as child. I listened to the words in my head as I read my favorite books repeatedly. I listened to how people spoke when they told stories about what they did over the weekend. I learned to write by listening.

This was the first time I had ever experienced having a teacher who made me question my approach to writing. I muddled through the rest of the semester, still not knowing the difference between a verb and an adverb, or what a pronoun was or did. I left that class feeling defeated and uninterested.

The following year I was enrolled back into a regular English class with Mr. Wicks as my teacher. Mr. Wicks was probably in his late thirties, with clunky glasses and brown hair just starting to grey. His approach to writing was the total opposite of Mrs. Whatsername. He would sit in the front of the class, perched on his stool and he would tell endless stories of Rhonda. Rhonda was a girl he had a crush on throughout his childhood and teen years. The way he told his silly memories drew you in from the start and kept you wondering what would happen next. He told stories to entertain and to make a point. Whether Rhonda was real or not, I never knew, but Mr. Wicks taught me what I already knew from reading with my dad - story telling could be fun.

Mr. Wicks believed writing was like telling your best friend about an experience you had last week, only on paper. Mr. Wicks made me want to write again. I took what I learned from his class and applied it in my writing. I found that my way of forming sentences and thoughts could be acceptable. I would listen to myself read my work prior to submitting, and I would rework the structure of my words and phrases until I found the rhythm I had heard in my dad’s voice.

I went on to join the journalism staff in both junior high and high school, partly to prove Mrs. Whatsername wrong. I wanted to show her I could be a writer and still not know what or how to find an adjective in my work. I also wanted to show myself that I could find that perfect spot where the reader truly becomes one with the story.

I have looked back over the years on the different experiences I have encountered with reading and writing, and each of them taught me something important. Mrs. Whatsername showed me that there is a reason to why a sentence has a good rhythm. If not formed correctly, the reader will miss out on the beauty of the cadence that draws you into the story.

Mr. Wicks taught me that storytelling can be art; a way to express your thoughts while entertaining those around you. The natural flow of speaking is music to one's ears.

But the biggest lesson I learned, was from my dad – If we only hear the words we will miss out on so much. Let your mind absorb the sound of the words; your body the rhythm of the sentence; your heart the story that isn't told but felt.

Argumentative- English 2010

1st Place Winner: Susannah Pilkington, “Dying As They Work: The RMG Industry’s Deadly Practices”

For Professor Eric Morrow

On April 24th, 2013, a catastrophic factory collapse occurred in Dhaka, Bangladesh. This factory, named Rana Plaza, killed over 1,100 workers and injured 2,500 more as it fell. The high casualty count occurred as a direct result of factory management’s negligence towards the safety and welfare of their workers - a large crack in the building had been discovered the day previous. However, garment workers occupying the factory were told to continue to work (Kabir, *The Current Health and Wellbeing* 1). This disaster is only one of the many safety problems in the Ready Made Garment (RMG) industry. Many workers are forced to spend hours of their time in hazardous workplace environments that slowly make them sick. Female garment workers in particular are subjected to dangerous working conditions, sexual harassment from superiors, and difficult home lives. These awful conditions have created a question many have tried to answer: how might working conditions be improved for female garment workers in South Asian countries?

Other countries, including the United States, have not been exempt from forcing garment workers to work in hazardous work environments. One of the most well known examples in the United States is that of the Triangle Shirtwaist fire that occurred in 1911. This fire was eerily similar to that of more current accidents like the Tazreen Fashion Factory fire in 2012 - many of the same conditions were present at both accidents. The Triangle Shirtwaist factory crowded workers together, left large amounts of fabric scraps on the floor, and locked doors to prevent workers from leaving during the workday. When a fire broke out on the third floor, workers were unable to escape through the doors and stairwells, leading many to jump out the window. This incident killed a total of 141 workers (Pence 3-4). As a result of this fire and other similar incidents, New York “created the nine-member Factory Investigating Commission Laws of 1911...to examine issues of worker health, safety, [and] wellbeing” (Pence 12). These laws then led to nationwide safety legislation and a greater public eye on worker’s safety, but only in the United States. The Triangle Shirtwaist fire, Rana Plaza collapse, and other incidents like them show that workers throughout history have been abused and taken advantage of by management and owners of their workplaces.

Modern day RMG workers are in much of the same predicament, with potentially even wider consequences. The RMG industry in South Asia, specifically Bangladesh, is one of the largest exports in the world. According to Lucien J. Dhooge, Bangladesh alone was the third largest exporter of clothing in 2013, and it has been predicted that “clothing exports from Bangladesh [will] exceed \$36 billion by 2020” (392). The size of this industry means that there are a large number of factories within the country that are dedicated towards creating RMG and other textiles. A report from the Bangladesh Bureau of Statistics reported a total of 6,984 factories dedicated to the manufacturing of ready-made garments in 2012. This same report states that approximately 2,800,000 workers were employed in the industry, with roughly 1,800,000 of those workers being female (99). The industry grew so rapidly during the early

2000s through the rise of fast fashion that safety inspections can't keep up with the demand, leaving workers in a vulnerable position.

Many of these workers come from similar backgrounds and experiences. The primary demographic of RMG workers are poor, young, rural women that have little to no formal education. Women from rural areas migrate from their hometowns to a more populated, urban area in order to find work. Most of these women are married and are employed in order to help support their families financially. Often, they work in order to send money back "to the family in rural areas who [depend] on them for financial assistance" (Kabir The Current Health and Wellbeing 17). This adds to their overall workload and stress levels, because the women are still expected to run the household after they return home from working in factories all day.

The factories that these poor, rural women work in creates a barrier towards keeping them healthy. Several studies have occurred to try and pin down what specific environmental factors are negatively impacting RMG workers. A study performed by Shamima Nasrin in 2019 concluded that high noise levels, crowding, and high workloads contribute to the health of workers - as noise, crowding, and workloads increase, so do health problems in workers (26). Workers are required to work for very long hours in order to meet quotas and demands set by management. Women at one particular factory reported that "they are officially required to work for eight hours, but the production quotas are so high that they routinely work ten to twelve hours" (Akhter, Sewing Shirts with Injured Fingers 4). Workers are forced to work overtime, sometimes without an increase in pay. They can be required to work seven days a week, which further prevents them from taking breaks for themselves or for other responsibilities.

Female RMG workers are constantly subjected to poor physical conditions while working. One of the most commonly found problems in these factories is that of dust; raw textile materials throw a large amount of dust and particulates into the air. Workers inhale this dust which then irritates their respiratory system, causing a large amount of health issues. In a study performed by Md. Shohel Mahumud, 55% of the 360 participants reported having respiratory health problems (186). Some of these issues include shortness of breath and asthma, both of which negatively impact the worker's overall health.

Another common illness that workers report is that of musculo-skeletal pains. This includes pain in the joints, back, legs, and feet. Most of this pain is caused by the long hours with limited breaks. One worker reports that she "always feel[s] pain in my feet standing for a minimum of 10 hours per day...we get one hour break during the evening" (Akhter, Sewing Shirts with Injured Fingers 5). Workers often do a single task at their station all day, causing them to perform repetitive movements with incorrect posture. These constant, repetitive movements cause pressure and tension in their hands and arms, leading to frequent pain.

Additionally, the use of "personal protective equipment....[was] rarely reported" (Kabir, Health Vulnerabilities of RMG Workers 4). The proper and constant use of PPE can help reduce illness and injury while working, but many workers are either not given the equipment or do not want to use it. Some of the equipment that they need are dust masks, ear protection, needle guards, and proper footwear or chairs. The primary reason for not wanting to use PPE is that of productivity - ignoring safety measures means they can work faster, meet high quotas quicker, and be more comfortable as they work. These women are willing to give up their safety in order to support their families - one woman reports that

“Now I do not care about needle injury. I just think I need to work hard to earn more money to save...for the future of my family” (Ahkter, Sewing Shirts with Injured Fingers 6).

As well as becoming injured and ill from the factories, female garment workers in particular struggle with stress levels and mental health while working in the RMG industry. Some reasons for this are because of the high demands of both their factory work and the responsibilities that they must complete while at home. Women in a study done by Bas ak Can in Istanbul recount that “they desperately ask for permission to take care of their sick children or parents, but the foreman or director does not let them go” (551). Many of these women are working to financially support sick parents, an unemployed husband, or to simply help support the financial needs of their families. When they return home from the factory, they are still expected to take care of the house, children, and their husband. As one woman put it, “I need to make happy every day two of my supervisors, one at work and one at home...I am working hard....but most of the time I cannot make happy either [one]” (Akhter Sewing Shirts with Injured Fingers 5). The mental health of these women suffer as well: in one study, 69% of participants reported suffering from depression and 48% reported suffering from anxiety (Mahmud 188). 75% of these same women then reported that the primary reasons behind these symptoms were fear of accidents in the workplace. They stated that they are not given safety equipment, and management seems indifferent to the potential safety hazards that the workers face on a day to day basis (Mahmud 189).

Female workers are also subjected to sexual harassment from male coworkers or management while working. Many of them report being watched while working, eating, or socializing. Can, in his study, states that “labouring at the workshop as a woman comes with an awareness that one’s acts and words are constantly being watched” (549). Additionally, these women do not feel comfortable talking about personal health issues with male supervisors. This is especially prevalent in regards to problems with their periods, “some of us get sick from excessive discharge of blood...but we cannot share our problems because we are embarrassed and they are all men around us” (Akhter, Sewing Shirts with Injured Fingers 4).

After the collapse of Rana Plaza in 2013, the problems that RMG workers face gained international attention. Since then, more people became invested in trying to find solutions that would prevent another disaster like it. Out of Rana Plaza came two separate agreements: the Accord for Fire and Building Safety of Bangladesh and the Alliance for Bangladesh Worker Safety. These two agreements were signed by various companies in order to begin working towards improving factory safety and workers’ health.

The Accord for Fire and Building Safety of Bangladesh was signed by approximately 200 brands, unions, and retailers from around the world, including American Eagle, H&M, and PVH Corp. This agreement was valid for 5 years before being renewed with minor adjustments in 2018. Factories that source garments for the companies who signed were to be inspected within the first 2 years of the agreement and are required to implement any corrective action needed to make the factory safe. Workers and management would also be given training on fire safety, and workers would be given an option to report health and safety issues to the inspector confidentially. The companies that signed the agreement would be the ones to fund inspections, training, and any necessary corrective action for a maximum of 300,000 Euros per year. This agreement will expire in 2021 unless its council decides that a renewal is necessary.

Currently, the Accord covers a total of 1,647 factories in Bangladesh, with safety reports available to the public (2013 Accord, 2018 Accord).

The Alliance for Bangladesh Worker Safety was created as an alternative to the Accord by companies that did not want to follow the accord's stricter rules. Some of the companies that signed this agreement were Walmart, GAP, Target, and Macy's (Fairchild). The Alliance was also signed in 2013, but expired in 2018 after a 5 year term. It required safety inspections and corrective action to be completed by factories, and created a helpline for workers to report safety concerns to. Workers were also given fire specific safety training, and security guards were given a more in depth training on how to handle fires. A total of 714 factories participated in the alliance, and the safety report published in 2018 stated that 93% of remediation was completed (Alliance for Bangladesh Worker Safety).

These two agreements did improve the general safety of factories, but they had many limitations. The primary limitation was that they only covered factories of companies that voluntarily signed the agreements. Additionally, these agreements were only valid in Bangladesh, further limiting the scope of their reach. This means that many more factories are likely working in the same unsafe conditions as before the agreements took place. The Alliance and the Accord also did not work alongside the government of Bangladesh - they were entirely privately run. The Bangladesh government has previously tried to enact stricter safety laws, but has been unsuccessful in their efforts. Both agreements did not include all the key people that should be involved in the process of enacting the requirements, as "the Accord is missing local industry representation [and] the Alliance is missing credible labor representation" (Baumann-Pauly 10). The Alliance was significantly weaker than the Accord, as it "does not require its signatories to cover the costs of factory remediation" (Appelbaum 64). Subcontracted factories fell through the cracks with both agreements, as the subcontractors were not listed initially as factories required to be inspected. The subcontracted factories often aren't even "registered with government entities or officially listed with brands...[and] rely on more intense human labor so they can offer lower prices" (White). These limitations of the Alliance and Accord prevent them from being effective at ensuring that all workers are given the right to work in a safe environment.

A better solution to this problem would entail many parts. It would need to be an agreement that covered more than just one country and include the government of the countries to help further the reach. Governments in these countries need "to admit that workplace safety...is a problem, establish and enforce appropriate regulations and monitor compliance" by working together with retailers and factories to ensure safety (Dhooge 394). Motivating retailers and government entities to work together could be done by creating a mutually beneficial working relationship - the government would perform inspections and require remediation, while retailers could grow and further support the economy by having more effective and safe workers. Additionally, the various countries in the proposed solution could help keep each other accountable through a council composed of representatives from workers, local governments, businesses, and safety experts. Proper documentation and reporting of health and safety conditions of workers should be created and available to the public, and working hours should be reduced by hiring more workers.

Retailers would likely be hesitant to join an agreement that involves national governments, as the Accords are still in effect. An argument could be stated that the Accords and Alliance have already done enough to fix the problem, and companies just need to maintain the same level of safety with any new factories they source work through. However, this would still allow for workers to slip through the cracks,

particularly with subcontracting. This also would allow for safety regulations to backslide as companies may not put as much emphasis on maintaining safety once they are no longer held in a legally binding agreement.

Further safety regulations need to be put into place in order to prevent accidents like Rana Plaza ever happening again. The Accords and Alliance have placed the framework to improve conditions in many factories, but workers are still not as safe as they could be. Physical and mental health issues are too common, and workplace accidents still occur at a high rate. The working conditions of female RMG workers in South Asia have room to become much safer.

Works Cited

- "2013 Accord on Fire and Building Safety in Bangladesh" The Accord on Fire and Building Safety in Bangladesh, 13 May 2013, <https://bangladesh.wpengine.com/wp-content/uploads/2018/08/2013-Accord.pdf>
- "2018 Accord on Fire and Building Safety in Bangladesh: May 2018." The Accord on Fire and Building Safety in Bangladesh, 21 June 2017, <https://bangladesh.wpengine.com/wp-content/uploads/2018/08/2018-Accord.pdf>.
- Akhter, Sadika, et al. "Exploring the System Capacity to Meet Occupational Health and Safety Needs: The Case of the Ready-Made Garment Industry in Bangladesh." *BMC Health Services Research*, vol. 19, no. 1, June 2019, pp. 1–7. EBSCOhost, doi:10.1186/s12913-019-4291-y.
- "Sewing Shirts with Injured Fingers and Tears: Exploring the Experience of Female Garment Workers Health Problems in Bangladesh." *BMC International Health & Human Rights*, vol. 19, no. 1, Jan. 2019, p. N.PAG. EBSCOhost, doi:10.1186/s12914-019-0188-4.
- Alliance for Bangladesh Worker Safety. "An Industry Transformed: Leaving a Legacy of Safety in Bangladesh's Garment Sector Alliance for Bangladesh Worker Safety Fifth Annual Report November 2018". Alliance for Bangladesh Worker Safety, 2018. <http://www.bangladeshworkersafety.org/files/Alliance%20Fifth%20Annual%20Report%202018.pdf>
- Appelbaum, Rich, and Nelson Lichtenstein. "An Accident in History." *New Labor Forum* (Sage Publications Inc.), vol. 23, no. 3, Sept. 2014, pp. 58–65. EBSCOhost, doi:10.1177/1095796014541794.
- Bangladesh Bureau of Statistics. *Survey of Manufacturing Industries 2012*. Bangladesh Bureau of Statistics, 2013. Web. Accessed 11 Nov 2020.
- Baumann-Pauly, Dorothee, et al. "Closing Governance Gaps in Bangladesh's Garment Industry - The Power and Limitations of Private Governance Schemes". NYU Stern Center for Business and Human Rights, Mar. 2015. Elsevier, https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2577535
- Can, Başak. "The Gendered Workplaces of Women Garment Workers in Istanbul." *Reproductive Health Matters*, vol. 25, Oct. 2017, pp. 47–55. EBSCOhost, doi:10.1080/09688080.2017.1378064.

- Dhooge, Lucien J. "The Shirts on Our Backs: Teleological Perspectives on Factory Safety in Bangladesh." *Journal of Legal Studies Education*, vol. 33, no. 2, July 2016, pp. 379–413. EBSCOhost, doi:10.1111/jlse.12052.
- Fairchild, Caroline. "Bangladesh Factory Safety Accord: At Least 14 Major North American Retailers Decline to Sign". *HuffPost*, 20 May 2013, https://www.huffpost.com/entry/bangladesh-factory-safety-accord_n_3286430?ncid=txtlnkushpmsg00000029#slide=2463111. Accessed 27 October 2020.
- Kabir, Humayun et al. "Health vulnerabilities of readymade garment (RMG) workers: a systematic review." *BMC public health* vol. 19,1 70. 15 Jan. 2019, doi:10.1186/s12889-019-6388-y--"The Current Health and Wellbeing of the Survivors of the Rana Plaza Building Collapse in Bangladesh: A Qualitative Study." *International journal of environmental research and public health* vol. 16,13 2342. 2 Jul. 2019, doi:10.3390/ijerph16132342
- Mahmud, S., V. Rajath D., R. Mahmud, and M. N. Jahan. "Health Issues of Female Garment Workers: Evidence from Bangladesh". *Journal of Population and Social Studies [JPSS]*, Vol. 26, no. 3, July 2018, pp. 181-94, <https://so03.tci-thaijo.org/index.php/jpss/article/view/102032>.
- Nasrin, Shamima, et al. "The Relationship between Conversion Factors and Health: Evidence from the Ready-Made Garment Workers in Bangladesh." *Journal of Asian & African Studies* (Sage Publications, Ltd.), vol. 54, no. 1, Feb. 2019, pp. 20–37. EBSCOhost, doi:10.1177/0021909618796662
- Pence, Patricia Lanier, et al. "And All Who Jumped Died: The Triangle Shirtwaist Factory Fire." *Management Decision*, vol. 41, no. 4, 2003, pp. 407–421. EBSCOhost, doi:10.1108/00251740310468135 <https://proxy.li.suu.edu:2443/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=buh&AN=10181716&site=ehost-live>
- White, Gillian B. "Are Factories in Bangladesh Any Safer Now?". *The Atlantic*, 17 Dec. 2015, <https://www.theatlantic.com/business/archive/2015/12/bangladesh-factory-workers/421005/>. Accessed 27 October 2020.

2nd Place Winner: Trenton Hunter Fawson, “The Unintended Consequences of Westernized Dietary Acculturation”

For Professor Charla Strosser

Individuals immigrate to other countries for a vast number of reasons. Some of these reasons may relate to personal desires, their or their family’s needs, or something altogether different. Although immigration intent may be very different on a case-by-case basis, certain experiences are shared among these individuals, especially when immigrating to countries that host similar qualities. The qualities examined here are shared between westernized countries concerning food culture and unhealthy eating habits. Dietary acculturation is a common experience for these immigrants as they assimilate to the new, dominant culture that they are now living within. The individual degree, swiftness, and experience of dietary acculturation can vary among different groups of immigrants that are usually categorized by their country of origin. However, the introduction of similar learned eating behaviors or habits can initiate similar consequences among these people. It is to be expected that these individuals that now live immersed and intertwined within a westernized food culture experience similar changes to eating habits, including unhealthy habits, as they assimilate, resulting in increased rates of weight gain, high blood pressure, and higher fasting glucose levels.

One of the first thoughts that may come to mind with the idea of living in different food cultures is that these individuals would have access to different foods or beverages and different nutrients, or lack thereof, contained within them. It is common knowledge that westernized foods are calorically dense and that these calories are often empty, meaning the calories don't contain much if any nutritional value. Because there is an abundance of these foods in western culture, which are often cheaper, increases the likelihood of immigrants eating them. Now having access to higher caloric food, these immigrants would then be ingesting more calories per bite, possibly without even realizing it, which easily translates to weight gain among these individuals. Yu Chung Chooi, MS, RD - Research Officer - A*STAR - Agency for Science, found in his study on acculturation and dietary intake among Latinos that “the trend showed that total caloric intake increases as subjects moved from speaking only Spanish to only English” (17). This study shows that these immigrants continue to adopt these behaviors over time, expressed here by the use of the English language in the home. They end up leaning towards the consumption of more calories regularly. Even Amal Almohanna, Ph.D. and Community and Behavioral Nutritional Researcher, showed in her study of Asian students at Virginia Tech that after twelve weeks, 25 of the 35 participants gained weight during the study, increasing the average weight of the participants by 2.8 pounds (309). Taking these studies into account, it is easy to see that these immigrants, even from different countries of origin, experience similar weight gain after spending time in their new country.

Weight gain, especially if not controlled, can lead to being overweight or obese. This increase in weight, in turn, can lead to high blood pressure. High consumption of unhealthy food such as eating out or consuming sugary beverages regularly will contribute to this as well. Doenja L Rosenmöller, an associate for the Department of Health Sciences at Free University in the Netherlands, explained in her study of Chinese immigrants living in Canada that immigrants who had been there the longest ate bigger portions, more convenience foods, and ate restaurant food more often than compared to the immigrants who had been there the least amount of time (Rosenmöller). These immigrants demonstrate that

learning and participating in these food habits adopted in their new country become more pronounced the longer they have been there. The longer these habits continue unchecked, the more likely they are to develop health concerns such as high blood pressure. The study regarding Latino dietary acculturation based on the usage of English explained that “Subjects who spoke both Spanish and English equally had a significantly higher average systolic blood pressure level compared with those who spoke only Spanish or more Spanish than English” (Chooi 18). This data indicates that high blood pressure is statistically higher among immigrants with more time spent in their new host country. To elaborate more in-depth about this research, it also shows that these blood pressure changes are occurring after they moved to the next country and have spent time there. It is easy to synthesize that these immigrants assimilate to the westernized food culture, which includes the unhealthy habits found there. After enough time has passed, westernized dietary acculturation's negative side effects become more pronounced in these individuals.

Westernized countries are known for having food and beverages that are high in sugar, also known as carbohydrates. The Asian international students studied at Virginia Tech reported among the top American food and drink they were consuming was ice cream and carbonated beverages (Almohanna 309). Increased food and drink consumption that is high in sugar is linked to developing a high resting blood glucose level. The longer people live with this high level of blood sugar can also develop diabetes down the line. Fatemeh Rabiee Khan, professor of Public Health Promotion and registered Public Health Nutritionist, points out in her study of immigrants living in the Kingdom of Saudi Arabia, “Comorbid conditions like diabetes, hypertension, metabolic syndrome, and BMI increased with longer duration of residency ($P < .001$)” (3). Both of these studies indicate that it is apparent that immigrants living in these westernized countries are consuming more sugar regularly and that after some time of continuing this habit can develop health issues such as diabetes, among others. These sugar-filled foods are very cheap and easy to come by. It’s no question as to why these immigrants adopt a new habit of consuming them. As stated before, it can be concluded that because these health concerns show up the longer the individual has lived in their westernized country, the food culture existing there contributes to the health issues observed in their new host country.

There are various reasons that individuals may want or need to immigrate to a westernized country. Acculturation is unavoidable in these circumstances. Living in a new country is a full-on immersion to many if not all of the host country's qualities. Whether it's a new language, new social customs, or new food, the individual will learn new habits that become more pronounced over time. Westernized food culture has an abundance of calorically dense, fatty, sugar-filled food and drink. These unhealthy food options are the utmost convenient and cheap options available, making it an easy option for newcomers to adopt them into their daily diets. Prolonged unhealthy eating habits that are easy to come by in westernized countries have negative health consequences that become more pronounced in an individual the longer they have spent in their new home. As explored here, the health concerns apparent are weight gain, high blood pressure, and high resting glucose levels. These health concerns can lead to many other health problems, possibly creating an unintended lower quality of life for these individuals who immigrated to and experienced dietary acculturation in westernized countries.

Works Cited

- Almohanna, Amal, et al. "Impact of Dietary Acculturation on the Food Habits, Weight, Blood Pressure, and Fasting Blood Glucose Levels of International College Students." *Journal of American College Health*, vol. 63, no. 5, July 2015, pp. 307–314. *EBSCOhost*, search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=103245575&site=eds-live.
- Chooi, Yu Chung et al. "Acculturation, Dietary Intake and Chronic Diseases among Latinos." *Journal of the National Society of Allied Health*, vol. 13, no. 1, Fall 2016, pp. 14–24. *EBSCOhost*, search.ebscohost.com/login.aspx?direct=true&db=ccm&AN=124359124&site=eds-live.
- Rabiee-Khan, Fatemeh, et al. "Food and Migration: Dietary Acculturation among Migrants to the Kingdom of Saudi Arabia." *Journal of Primary Care & Community Health*, vol. 11, Aug. 2020, pp. 1–6. *EBSCOhost*, doi:10.1177/2150132720949771.
- Rosenmöller, D.L. et al. "Determinants of changes in dietary patterns among Chinese immigrants: a cross-sectional analysis." *International Journal of Behavioral Nutrition and Physical Activity*, vol. 8, no. 42, May 2011. <https://doi.org/10.1186/1479-5868-8-42>

Expressive- English 2010

1st Place Winner: Kaylee Kho, "A Christmas Meal"

For Professor Charla Strosser

It's a cold winter night out here in Southern California and it is one of my favorite holidays of the year. There are so many holidays that are celebrated towards the end of the year here in America, but my favorite is Christmas. All holidays are times when you spend it with your loved ones and just sit back and relax to enjoy the company of one another. During times like this past year, we should be grateful for what we have and not take advantage of the opportunities that we can spend time with family or friends. As I look back to my favorite holiday, along with this meal we always have, it brings back the memories of family gatherings and parties. A tradition we have during Christmas is to have the whole family over; all the aunts, uncles and cousins, to have hot pot. Hot pot is also known as soup-food or a steamboat which is a cooking method that originates from China. This meal is important to me because I am able to spend more time with my family over this meal. We are able to hang out together and bond over our love for each other.

All day long, a pot of chicken broth is boiling away on the stove. The smell of chicken soup fills the air, which takes me back to my childhood when I was sick, and my mom would bring me chicken noodle soup. My mom and aunt have spent hours preparing much of the different East Asian ingredients that cover a large portion of the table. I can see the spread of rib eye, beef meatball, rice noodles, beautifully cleaned shrimp, tofu, and a variety of different vegetables all around. But off to the side, we have a little make your own dipping sauce table. It has so many different varieties of sauces that you can combine to create one to your own liking. I usually mix up some soy sauce, hoisin sauce, and a dash of oyster sauce. There are so many different combinations that you can create, and it would all be delicious. The bottles of sauce clanked against one another trying to balance on the table and not fall off the table.

The party doesn't start until all the food is prepared and everyone is at my aunt's house. But because it's a party we always like to drink tons of apple cider and as always, the adults get the wine. As we gathered around the table, I said to my sister Sydney, "Would you like to sit next to me?" She responds with "Yes!" There was commotion everywhere and everyone began digging in and cooking all the meats and shrimp. As a tradition, during hot pot we like to use strainer scoops to cook some of the ingredients so that it doesn't get lost in the pot and also a bunsen burner designed for hot pot use. The bunsen burner is to keep the soup hot as well as cook all the different types of ingredients. The meatballs are the ingredients that usually take the longest to cook so it is generally thrown into the boiling pot first. Everyone continues to eat and enjoy the company of each other. During one of our Christmas dinners, Sydney says "Hot pot is a typical holiday dinner that we all have together and it's all about the family atmosphere. We usually have it during Christmas, but it is also equally as fun for a Saturday night meal."

This meal is an important part of our culture. It represents the reunion in Chinese culture and the upward steam denotes the flourishing life. This is a special part of our culture because it is when we are able to gather around and have a meal as a family. When we put it all together,

“it presents a microcosm of general prosperity with abundant resources” (Zhang). We sit together in a harmonious atmosphere and usually eat this meal in the winter because when it’s cold, you would always want to enjoy something that’s hot and fills your belly. I always love to eat this meal, whether it is during Christmas or just a really cold night outside. This is without exception that my personal favorite meal is hot pot, just because of the community aspect it brings to the table and how I can enjoy some quality time with my family. This one meal brings together our whole family, in which we could sit around the table and socialize. I love that we can sit and stuff ourselves full of food and have one another to depend on. It brings together all of us and brings us a shared emotional connection with one another.

Works Cited

Kho, Sydney. Personal Interview. 31 Jan 2021.

Z, Shao. “Everything You Need to Know to Make Chinese Hot Pot at Home.” *Serious Eats*. 24 July 2020. <https://www.serious-eats.com/2015/02/how-to-make-chinese-hot-pot-at-home-guide.html>, Accessed 31 Jan 2021.

Zhang, Tingwei. “Chinese Hotpot: A Communal Food Culture.” 23 Dec 2019. <https://storymaps.arcgis.com/stories/9c3a733c1411400e9f80310fa8b65a9e>, Accessed 31 Jan. 2021.

2nd Place Winner: Elsie Schut, "Writing is Dreadful...Or is it?"

For Dr. Rosalyn Eves

As my 5th grade class makes our way to the computer lab, we're sent into a frenzy of whispers. Computer lab days are not easy to come by and usually come with at least a week's notice. Today is different. Why? We were told nothing about the computer lab, nor were we learning about anything that had to do with a computer. Because of this, we started our own version of the telephone game. The person at the front of the line whispered what they thought we were going to be doing on our surprise computer lab day, then the rest followed suit, passing it down until it got to the kaboose.

"Maybe they're letting us play some computer games." Kyle suggests with hope in his eyes.

"I bet we're doing another typing test." Ally says with dismay.

When we arrive at the door, our teacher pulls out her keys to unlock it. We all pile into the lab diverting to our assigned computers. We sit down practically holding our breath to see who guessed what we'd be doing correctly. Mrs. Hebertson stops in front of the white board and picks up a marker to start writing. As she steps away to reveal her memo our heads fall. In big green letters it reads "Persuasive Writing." We'd been dreading this day since we'd heard about it and now that it had arrived we groaned like an old door hinge. From that moment on we were forced to write paper after paper about school uniforms and healthy cafeteria food. Writing day was the worst day and not a single soul could convince me otherwise, not even if they paid me.

Ever since my first essay, I have always hated writing. I hated being assigned a topic rather than having the agency to write what I wanted to. I hated having to write an outline. I hated writing pointless essays just to "practice." And most of all, I hated spending days on an essay just to get a "nice try- C+."

It wasn't until six years later during my junior year of high school that I first started enjoying writing. My teacher Mrs. Plummer was amazing at what she did, not to mention personable and entertaining. The best part about her was she had absolutely no filter. A teacher as wild as she was really encouraged creative writing. On all of her assignments, she gave us options on what to write about, which I loved. She never made us write an outline, which was life changing. Best of all, she gave great feedback on all papers so I knew what I did right and wrong. She was the whole package.

At the end of the year for our final paper she had us write a personal memoir that we were to submit to a contest. I didn't think much of it because I was a terrible writer with no background or experience in free writing. Over the next week I wrote what I thought was going to be the final draft.

I showed my teacher and she looked at me and said, "Elsie, where's the emotion? I can see it, but I want to feel it. Try again."

That really bothered me. I spent the rest of that class in my own pride wondering how on Earth I would show more emotion. That's what a poet does, not an amateur high school junior! I showed up to class the next day with flames in my eyes. If she wants emotional writing, she's going to get emotional writing. I revised almost the entire thing, making it twice as long and four times as emotional. With satisfaction I

handed my paper to my teacher. I couldn't wait for her to read it. I could imagine her sitting in her office reading it with tears in her eyes, ready to send it to every magazine in the country. I felt good.

A few weeks later when I had forgotten all about it I was walking down the hallway to my next class when I heard my name being called in the commons.

"Elsie!! Congratulations, you're such an amazing writer!!" my friend Katelyn said.

Confused, I thanked her and kept walking to avoid being late. I walked into my english class to see my name on the board. My heart started thumping and my mind ran a million miles a minute wondering if I was in trouble.

My teacher finally stood up and said, "Congratulations to the gold key award winner, Elsie Schut!"

My class cheered and a certificate was handed to me with my very own name on it. It was then that I realized what Katelyn had meant. Every one of my teacher's classes would be reading my essay. It was a terrifying thought really. I had put my entire heart and soul into it and had even cried myself after finishing it. Over time though it gave me a lot of confidence in my writing. Before this experience I had always thought that I was mediocre at best with no redeeming writing abilities, but I proved myself wrong. Maybe I wasn't so bad. Maybe I liked writing. Maybe spending hours on an essay and revising it completely wasn't such a bad thing.

Since then, I look back on that experience almost every day. If I hadn't had Mrs. Plummer who pushed me to write with emotion and pushed me to submit to that contest, I would not be the writer I am today. This semester I really want to build upon what I already have by starting some new habits. I don't plan on completing contest worthy essays every single time, but I will put my heart and soul into my writing even if it's something I don't find interesting. I want to try to emphasize making a first draft and revising it to something better. Even if I like it, there is always something that can be improved. I hope that this class will allow me to accomplish my goal to be a better writer by spending more time and effort on my writing process.

Expressive- General Education 1000

1st Place Winner: Christian Garner, "Turning Page"

For Professor Jeb Branin

All I can remember is a sandbox I would spend hours in, golden sunsets, neighborhood boys on the other side of my fence, their trampoline and St. Bernard, neighborhood girls and our *Phantom of the Opera* remakes, my dad's white gas-guzzling jeep, and everything else captured in photographs. Oh, and of course church on Sundays. Before I knew it, at the age of six, my family of just recently five, headed from the Beehive state to the Midwest. The Hawkeye State, wide-spread cornfields of Iowa. The first chapter of my life exposed me to a childhood of variety and opportunity.

I can picture it perfectly, that crisp fall of 2004 in Davenport. I walked around the corner of our block and down the road to the bus stop, and followed a blue *Power Rangers* backpack up the school bus stairs, down the aisle, and into a back left seat. His name is Caleb, and he was my best friend for the next seven years. That, of course, led to many friendships that would make the next pivotal chapter of my life quite difficult to turn its page.

Practically every Friday night throughout the year in middle school, my friends and I would be at the Eldridge Community Roller-skating Rink catching up on the latest hits. I am pretty sure I held a girl's hand for the first time in that rink and got insanely good on the blades. In the summertime especially, we would get together as friends and family and have bonfires on our driveways. That resulted in games, which involved sitting on neighbors' decks in the moonlight, and running through the streets and over fences if we were ever struck by the light of a porch light. Winter would come with evenings helping Dad shovel the driveway on the warm street-lit, sleepy hollow road, and sledding down massive hills, hoping we could stop ourselves before we reached the creek.

With the color and liveliness of childhood comes the blossoming and pursuit of dreams and passions, like the midwestern twisters over my head wiping out reality. My song of choice for this chapter of my life is *Dream Big* by Ryan Shupe & The Rubberband, my favorite band growing up. I have always tied this song back to my memories and time in Iowa because it is both an encourager and a continual reminder of what is important in regard to attitude and perspective. Remember to "Laugh out loud cause it will carry all your cares away. And when you pray, pray for strength to help you carry on when the troubles come your way" (Shupe). Remember that, "When you cry [to] be sure to dry your eyes because better days are sure to come. When you smile be sure to smile wide and don't let them know that they have won. And when you walk, walk with pride. Don't show the hurt inside, because the pain will soon be gone. When you dream, dream big. As big as the ocean blue" (Shupe).

The seed of my love for theatre was planted and nourished in Iowa. My parents would take my siblings and me to the Davenport Junior Theatre, known as the second oldest children's theatre in America (Junior Theatre, Inc.). I cherished the performances and looking back, I love the distinct uniqueness of this particular theatre in which they continue to recognize their strong historical roots. Showtime Pal, the theatre's mascot, is a clown-like friendly entertainer who taught me and continues to teach children about theatre etiquette (Junior Theatre, Inc.). This passion continued to bloom throughout the course of

my life and still does today. At this chapter in my life, I am immensely grateful for Mrs. Riewerts and Mr. Tadlock, my mentors and teachers throughout elementary and middle school that made such a great impact on me by showing me how incredible it is to be immersed in the arts of music and theatre.

My time and experiences in Iowa helped shape me into who I am now. By the winter of 2011, my dad had been offered a new position, which resulted in relocating our whole family to Texas. The day I left Iowa was the day I went to perform in the state-wide Honor Choir. After the performance, my family loaded up in our silver Dodge Grand Caravan, and made our journey to the land where I thought I'd be riding a horse to school. I never thought that this was going to be one of my favorite chapters of my life.

After living in an apartment for a few weeks and reading every book I owned, our house was finally ready to be moved into. Semester finals were weeks away in school, and I had to cram as much Texas history into my brain as possible in that short span of time. Friendships were made, ranging from sleepovers and airsoft wars to eventually driving all my close friends to Dallas to see our favorite bands and art exhibits. Through all this, I built friendships that I know will last a lifetime, regardless if we are states and states away now. The song I have to choose for this time in my life is *For Good* from *Wicked: The Musical*. "I know I'm who I am today" because of my friends and experiences in Texas (Schwartz 1:27). Together, we are infinite.

When I got to Texas, I continued to pursue golf and soccer. I have fond memories of Red Hawk Golf Course and The First Tee program in Iowa, which allowed me to play for my high school golf team in Texas. Soccer is a passion that pumps through my veins, my dad being an immigrant from England. I was grateful to learn the lesson of consistent loss and sweet, sweet rare victory. Looking back, that is a lesson that I learned and a perspective that I keep to this day. What's a growth opportunity without a bit, or even a bit more loss?

A pivotal moment in my life occurred in the summer of 2013 when my grandpa passed away following a brief illness. He was a beaming example of service and love. I cannot thank him enough for his courage to immigrate with his family and give me the life that I now have. Like Benjamin Scheuer from *The Lion*, I learned that the loss of someone we love can open up doors we never could have opened ourselves.

Great teachers and mentors, as well as my parents, helped me open those doors. I was able to achieve so much in high school such as receiving my Eagle Scout Award, graduating high school, and being recognized as a company as well as an individual in performances in theatre. I played sports up to my sophomore year in high school, and then soon decided to pursue the choral and theatrical arts full time my junior and senior year. I participated in every high school musical and play in my four years, and had the pleasure of taking on certain roles in performances of all sorts. I especially contribute my thanks for the opportunities and moments of growth to Mr. Fisk and Mrs. Hallmark, two of the most influential people in my life who were my theatrical and choral directors. I dug even deeper into the language arts my senior year and began to pursue poetry, and I continue that to this very day.

In life, a calling to answer to our greatest selves can be a change that we have wanted all along. I answered a call that I had received on paper that spring but received in my heart at the age of twelve. I was called and out of my own free will chose to serve as a missionary from The Church of Jesus Christ of Latter-Day Saints in the Carlsbad, California area. A song that I tie this chapter of my life to is *Come to California* by Tyson Mostenbocker, which brings back all the nostalgia of the sights and smells and experiences of my time there. This was an adventure and a chapter of my life that I think about every

day. By this point, I practically had the whole “new place, new faces, embrace it!” routine down; a routine and skill that I do not take for granted. However, this experience was a bit different than most opportunities for living in California.

For most at first, it’s about the ocean, the weather, or in general the lifestyle. However, for me, it was first and foremost about the people. I had the opportunity that no “coming and going” tourist would ever have, and that was that I embraced, served, and came to deeply love the people of California for the two years I was there. To eat with them, laugh with them, and even cry with them are moments I will never forget as I had the opportunity to hear about their paths in life. Looking ahead to my years of education, I saw the great benefit and blessing of pursuing one’s own business and working for oneself which helped me pursue my current major.

Moving to and living in Iowa, Texas, and California are the chapters of my life that I am built upon. In Iowa, I nourished my dreams and learned that loss in any regard increases our capacity to do and be better and to remember who and what is important. In Texas, I built relationships I know will last a lifetime and learned to pursue my greatest interests and passions because that’s what makes me truly happy. In California, I helped people who taught me that one of our greatest interests as human beings should be in caring for others. This is just a peek behind the curtain of the moments that make me who I am.

Works Cited

- “History | Davenport Junior Theatre.” *Davenport Junior Theatre*, www.davenportjuniortheatre.org/history?rq=History. Accessed 16 Apr. 2020.
- Schwartz, Stephen. *Wicked: a New Musical: Original Broadway Cast Recording*. New York, NY: Decca Broadway, 2003.
- Shupe, Ryan. “Dream Big.” *Spotify*. <https://open.spotify.com/track/47eSqU2GuNCDUMF57b3SXJ?si=uUOlAG2ITPirf5OKhfL-4w>.

Argumentative- General Education 2000

1st Place Winner: Sariah Shumate, “A Story of Identities: It’s Not Like It’s A Secret by Misa Sugiura”

For Professor Charala Strosser

It’s Not Like It’s A Secret by Misa Sugiura illustrates the formative struggles of 16-year-old Sana Kiyohara as she develops her identity, in terms of both culture and sexuality. The use of various stylistic choices, literary techniques, and relationships between characters create a compelling story of a young woman discovering who she is, which is a valuable topic for the young adult target audience.

The setting is central to the development of Sana’s identity, as highlighted by her move from Wisconsin to California. The move not only changes her physical location, but it changes how she thinks of herself, from a Midwest farmer’s daughter to a California girl. The cultural diversity in California allows Sana to connect with her culture as an Asian-American more than she could in Wisconsin, where all of her friends were white. Her new friends, although not Japanese-American, integrate Sana into their group through shared experiences and backgrounds. Rather than trying to tone down or hide her heritage, she can be “openly Asian” (Sugiura 56) for the first time because she’s no longer the only one. Population statistics show the major demographic difference between Wisconsin and California. According to the United States Census Bureau, only 3% of the population in Wisconsin was Asian as of June 2019. Conversely, the population of California was 15.5% Asian (U.S. Census Bureau).

Not only does the diversity in California help Sana connect with her own culture, but it allows her to learn about others. In 2019, 39.4% of the population of California was Hispanic or Latino, compared to the mere 7.1% in Wisconsin (U.S. Census Bureau). Her experiences with Jamie and her Mexican-American friends open Sana’s eyes to racial profiling among other issues that she never faced in Wisconsin. Growing up as an Asian-American in a predominantly white area, she unconsciously developed prejudices that she may never have overcome if she hadn’t moved to California. At the same time, her outsider perspective when she first arrives allows her to notice and point out inconsistencies and injustices. Being friends with people from various cliques, including Jamie’s Mexican-American group, Caleb’s white friends, and her own Asian-American friends allows Sana to hear different perspectives. This gives her a more objective view of issues such as Christina needing extra references to work at the school store (Sugiura 89).

Sana’s acceptance of her sexuality is also influenced by the setting. In Wisconsin, Sana barely let herself consider the idea of being a lesbian (Sugiura 9-10), and there probably would have been some sort of backlash if she had come out while still living there. In California, on the other hand, as Hanh points out, “This is Silicon Valley. Nobody cares” (Sugiura 188). Slowly, with encouragement from her friends, Jamie, and even her mother, Sana learns to accept that part of herself, which would have been far more difficult in Wisconsin.

Although Sana’s mother supports her by the end of the book, generational differences between many of the characters in *It’s Not Like It’s A Secret* and their parents are a source of both conflict and growth throughout the novel as Sana’s identity develops. One factor that increases the generation gap is that all

of the teenaged characters grew up in the United States, while most of their parents are immigrants. This creates a cultural clash as the children grow up learning both the values of their parents' home countries and those of America.

This cultural difference is evident in several conversations Sana has with her mother, specifically on the topic of sexuality. According to Mrs. Kiyohara's Japanese upbringing, one should always think of what would make the majority of people happy or comfortable. She considers gay people selfish for going against the norm and making others uncomfortable (Sugiura 110). In contrast, the modern cultural ideal in America is self-expression and equality, which are values that Sana strongly believes in. Additionally, as Mrs. Kiyohara speaks English less fluently than her daughter, the slight language barrier contributes to misunderstandings between them. Sana's mother calls gay people "freaks" (Sugiura 110) without understanding the negative connotation of the term (Sugiura 344). Due to this single misunderstanding, Sana avoids coming out to her parents for most of the book. This cultural and language-based generation gap is unique to children of immigrant parents.

The clash of American and Japanese values is also evident in Mr. Kiyohara's relationship with Yuko. Sana understands marriage in the American view, as a union between two people who are in love. Her parents, on the other hand, view it almost as a business relationship. Yuko shares their Japanese value of not wanting to inconvenience people, which leads to the unique relationship between the three (Sugiura 335). Eventually, Sana is able to accept her parents' decision, and her parents accept her sexuality. This union of old and new, Japanese and American ideals, is one of the things that makes this book so powerful. While Sana's parents don't stop valuing honor and selflessness, they support Sana in her individuality; while Sana still values romance and the individual pursuit of happiness, she does her best to understand and honor her parents.

Generational differences are a common theme in LGBT books. In "National Trends in Public Opinion on LGBT Rights in the United States," Andrew Flores analyses over 352 public opinion surveys. The data clearly shows a trend toward greater acceptance of LGBT people over time; however, Flores suggests that the intergenerational change is less important than it seems. The increase of public support has come, not just from younger generations, but from "people of all ages and ideologies in the United States" (Flores). Sana's parents' acceptance of her sexuality, despite being from a more conservative generation, supports this conclusion.

Sana isn't the only character who faces difficulties with her family; many of the Asian American teenagers in the book struggle with strict parents. Hanh, in particular, regularly rebels by going behind her parents' backs, even going so far as to keep clothes her parents wouldn't approve of at a friend's house (Sugiura 56). Although this creates a divide between the teenagers and their parents, it's also one of the factors that cement Sana's friendship with the other Asian kids. Everyone at karaoke night bands together to keep Sana hidden when her father unexpectedly arrives (Sugiura 178). This shows that although the specifics of the generational divide between the characters and their parents are unique, they also have a lot in common.

In his article "What Asian Americans Really Care About When They Care about Education," Pawan Dhingra explains the reasons for and effects of the strictness of Asian-American parents, especially in terms of education. As he points out, the high grades and graduation rates of Asian-American students contribute to a "model minority stereotype" (Dhingra). We see this stereotype at play throughout *It's*

Not Like It's A Secret, as many adults see Sana and her Asian friends as the good little straight-A Asian girls, while they automatically assume that the Hispanic teenagers are up to no good. Because the population was predominantly white in Wisconsin, Sana had little experience with being compared to other minorities, and she was surprised to find that her other Asian friends have similar frustrations with their parents as well as society at large due to this stereotype.

While these specific struggles may not be something that every young adult can relate to, the first person narrative style of the book gives the reader an intimate understanding of Sana's thoughts, feelings, and experiences. Throughout the book, readers can see the development of Sana's identity through the changes in her narration. At the beginning of the book, Sana barely allows herself to consider the possibility of being gay. The first person narrative shows the reader her thought process, as well as the point at which she forces herself to stop thinking about it (Sugiura 10). This internal monologue is more impactful in a first-person perspective than it would have been in third person omniscient. By the end of the book, however, Sana is able to be honest with herself. "I don't need to pretend to be something else" (Sugiura 341), is a powerful statement even though she doesn't say it out loud. Sana's struggle to be honest with herself is the first step to being honest with others, and the first person point of view gives the reader an intimate view of that inner conflict.

An additional example of Sana's internal monologue is when she first meets Jamie. The short, abrupt sentences in this section convey how Sana notices individual things about Jamie. At this point in the story, the reader experiences Sana's at-first-sight infatuation through her eyes (Sugiura 26). This style persists through many of the high-emotion scenes of the book, including near the end of the book when Sana interrupts Jamie's class to read the poem (Sugiura 362). The somewhat choppy and disjointed sentence structures in these two sections mimic frantic thought, allowing the reader to experience Sana's nervousness or excitement.

Another literary technique used by Misa Sugiura in *It's Not Like It's a Secret* is allusion. The way Sana interprets literature and poetry and relates it to herself throughout the book gives the reader insight into her thoughts and feelings that might not be explicitly stated. Her growth as a character and the development of her self-identity can be tracked by her poetry journal, both by the poems she chooses and her reactions to them.

At the beginning of the story, Sana craves anonymity. Having spent her whole life living in Wisconsin and being singled out for being Asian, she hopes her move to California will be a fresh start. Sana's analysis of Emily Dickinson's "I'm Nobody! Who are you?" (Sugiura 60-61) shows that she thinks being a "nobody" along with someone else wouldn't be so bad. The placement of this excerpt in the text also gives us an idea of how she relates this poem to herself. She has just met her new group of friends, all of whom are Asian. Rather than being a Nobody all by herself, Sana realizes that she can be "openly Asian" (Sugiura 56) among others who understand and relate with her background.

Rather than hiding from the label of *Asian*, Sana learns to accept it as part of her identity and even be proud of it. When studying *The Scarlet Letter* for her English class, Sana relates herself to the main character because they were both labeled with an A, "A for Asian" (Sugiura 102). In Wisconsin, Sana was singled out as different from her peers. In California, being part of a group led her to pride in her identity. Racial and cultural labels aren't the only labels Sana has to deal with, however. Although her Asian

friends help her grow comfortable with her racial identity, Sana doesn't want to be labeled with an L for lesbian. She doesn't want to "fly a new freak flag" (Sugiura 82).

Not only is literary allusion a way for readers to connect to the characters, but the characters also communicate with each other. Sana and Jamie, in particular, use poetry to communicate how they feel about one another. The poems themselves give the readers insight into the thoughts and emotions of the characters, but the fact that they communicate with someone else's words illustrates their nervousness at the beginning of their relationship. Poetry, which can be interpreted in many different ways, is a less risky way to express emotion than simply telling each other straight out how they feel. Sana isn't sure what the first poem Jamie gives her, "My Garden- like the beach" by Emily Dickinson, is about (Sugiura 93). She's not sure whether she and Jamie are interpreting it the same way, but her analysis shows how hopeful Sana is about her relationship with Jamie.

By the end of the book, Sana is ready to accept herself for who she is, both her race and culture and her sexuality. Her analysis of "Wild Geese" by Mary Oliver illustrates how different she's become from the girl who wanted to be Nobody. "We can find a place where we can be accepted for who we are," she writes (Sugiura 349). Taking a closer look at this poem, it's easy to see why Sana chose it for her poetry journal. The line "You only have to let the soft animal of your body love what it loves," (Oliver) illustrates the conclusion that Sana comes to about accepting her sexuality. She not only allows herself to love who she loves, but she no longer cares what others think about it. "Wild Geese" is a fitting end to Sana's poetry journal, especially considering how it compares to the first poem: Emily Dickinson's "I'm Nobody! Who Are you?" While the frogs in Dickinson's piece "tell your name the livelong day to an admiring bog," (Dickenson), the wild geese in Oliver's piece "calls to you... announcing your place in the family of things" (Oliver). While Sana at first identifies with Nobody, by the end of the book she is ready to take flight as a wild goose and be unashamedly herself.

The final scene of the book is reminiscent of the first: Sana at the beach. However, the Sana at the beach in California is a very different person than the Sana on the shore of Lake Michigan (Sugiura 1, 378-379). By ending the story in a similar way to how it began, Sugiura draws attention to the things that have changed for Sana, both externally, such as her friend group and where she lives, and internally, as she learns to accept herself and develop her own identity.

Work Cited

- Dhingra, Pawan. "What Asian Americans Really Care about When They Care about Education." *Sociological Quarterly*, vol. 59, no. 2, 2018, pp. 301-319. *EBSCOhost*, <https://proxy.li.suu.edu:2443/login?url=https://search.ebscohost.com/login.aspx?direct=true&b=asn&AN=129571665&site=ehost-live>. Accessed 18 11 2020.
- Dickenson, Emily. "I'm Nobody! Who are you?" *Poems, Series 2*, 1891, <https://poets.org/poem/im-nobody-who-are-you-260>. Accessed 18 11 2020.
- Flores, Andrew R. "National Trends in Public Opinion on LGBT Rights in the United States." *The Williams Institute*, 2014, https://escholarship.org/uc/item/72t8q7pg#article_abstract. Accessed 18 11 2020.

Oliver, Mary. *Wild Geese*. 1986, http://www.phys.unm.edu/~tw/fas/yits/archive/oliver_wildgeese.html. Accessed 18 11 2020.

Sugiura, Misa. *It's Not Like It's a Secret*. New York, NY, HarperCollins Publishers, 2017.

United States Census Bureau. "QuickFacts."

<https://www.census.gov/quickfacts/fact/table/CA,WI,US/PST045219>. Accessed 18 11 2020.