The Lion’s Pride

An Online Publication Showcasing Student Creativity

Lake Washington Institute of Technology
Kirkland, WA
The Lion’s Pride Committee

Meredith Blache  Lynn Roesch
Lauren Budrow  Jennifer Rossignol
Dominique Carver  Doug Rupik
Heath Davis  Jason Sobottka
Wes Mantooth

The Lion’s Pride seeks to showcase the creative work of our diverse students and programs of study at Lake Washington Institute of Technology. Please consider submitting your creative work for consideration. For details, please visit the publication homepage: www.lwtech.edu/lp

You may also contact student.showcase@lwtech.edu if you have questions.


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Cover Art:

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**In My World**  
*Mary Shpyrko*

Photography makes you part of the event, let it be the pretty bird sitting on the tree branch or a wedding of a century you were honored to be a part of. This is your reality and you have a chance to leave a piece of it for a history. Maybe this bird will fly away and no one will ever capture it in the natural environment, but you were the one who made that shot and no one can take that memory and proof of that memory away from you. Art 140.
In My World
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Huckleberry Heaven  
David C. Emerson

This essay was written for English 101. After years away from school, I enjoyed the chance to come back and explore my creativity. I am graduating this spring in Machine Technology.

When I was at the age of 10, I got my first taste of the tangy red huckleberry. My mother and my aunt Vivian took us children (all six of us) on an outing to find blackberries to make some blackberry pies; instead we found a large area full of huckleberry bushes. That evening after dinner our families enjoyed two flavors of delicious pies, huckleberry and blackberry. I did not know it at that time that huckleberry picking would become a strong family tradition some 20 years later.

Fifteen years later, I had become a married man and started my own family. We spent many weekends at my wife’s parents’ home. Her father, Elmer, developed the nickname “Poppy,” and her mother was lovingly called “Nanny.” Both grandparents had been renamed by the grandchildren who were not able to pronounce their real names. One evening after dinner, Nanny asked, “does anyone want pie?” Of course, you must eat pie to top off a great pork roast dinner. When I asked what kind of pie it was, she said, “huckleberry,” and right then
I knew I was right at home in this family. The most important discovery about this pie was that it was made from the purple, wild mountain huckleberry. This species is one that grows up high in the Cascade Mountains, at an elevation of 2,000 to 5,000 feet. It differs from the lower growing red huckleberries we had found near my aunt’s house. These mountain berries were much larger and dark purple in color, and the pie from these berries is especially good with vanilla ice cream melting on top when served. The discovery of the big purple berries led to many more discussions about picking. Where do you find these wonderful berries? What time of year do you look for them? This was the time in my life when I started to realize huckleberry picking was becoming a special family tradition for me. This tradition in time would become a ritual.

As our family grew and the children got older, they became more key players in the ritual. I have to admit that sometimes it took bribes to get the boys to pick instead of playing with their cousins. The fact that my kids all loved to eat frozen huckleberries with milk poured over them and a touch of sugar sprinkled on top was usually incentive enough to get them to help out picking. Teaching my sons to pick was like introducing them to competitive sports. They would see one of
their aunts fill her bucket to the top first, and the race would be on. Who would be next to get a full bucket? Perhaps the emotions of greed and envy played a part in their increased incentive to pick? The children soon became proud to be major contributors to the harvest. Anyone who grew up in a farming-type community knows how much work harvesting is. In that culture, if you did your share of the work, you felt like you belonged to something.

As you can see, some traditions are hard work. We would try our best as adults to have fun and to make it fun for the youngsters and anyone coming in new to the arrangement. It was a great joy to see the cousins able to get to spend time together growing up. Out of thirty-seven grandchildren, many of them still have a strong brother/sister kind of bond today as a result of the good times they had during those picking moments. The adults also treasured their time to exchange in conversation while they picked together in the same section. It was a rich, enchanting social gathering as well as a harvesting ritual.

The wives took on the role of coordinating with each of the families on who would attend and what each family would bring for lunches. Then they decided where we would meet to
make our departure for the mountains. My brothers, Steve and Darryl, were always good at finding great picking grounds. We all hunted big game in the general area, so we all took on some responsibility for looking for berries any time we were in the hills.

In the mid-1980s to the late 1990s, I spent a lot of my time up in the Cascade Mountains. I was a firewood hunter/gatherer as well as a berry hunter. I always searched for good berry patches while I was on a firewood gathering trip. Some bushes can be completely barren, while others are loaded with berries! I took notes on where the good bushes were and led the troops to that very spot on our next excursion. This gave me the role of one of the scouts. Remembering the Forest Service road numbers and showing the group to the best picking areas was a great responsibility.

Another role or duty the men had as well as scouting was to fashion as many huckleberries picking buckets as there were people to pick so everyone would be able to pick. We had to maximize our efforts and get a bucket on every kid who could walk without spilling the berries. I made these picking buckets out of old Folgers coffee cans by punching holes though both sides of the can. By doing this you could run a long string
of twine through both sides of the can and connect the string to the bucket. The picker could then sling it over his or her shoulder to make it easy to carry. We would sometimes try to incorporate a belt loop into the can, so you could have both hands free. This would backfire for the picker if he let the bucket get so full and heavy that it started to pull his pants down. It was hard work to pick these wonderful sweet-tart tasting berries. You needed both hands to pick most effectively. Picking requires coordination, balance, and dexterity. Your hands get dyed purple, and your mouth does too if you eat too many berries while picking.

My father-in-law, Elmer, was the king of the pickers and the originator of the tradition. He was about 65 when I got started in the ritual and is 95 years young today. Elmer was a native of Roslyn, Washington, near CleElum and Ronald. His dad worked in the coal mines. He had been picking these bushes for many years. His father would set up a camp on top of a bald mountain and leave him and his older sister up there to pick for days at a time before coming back to take the berries to sell in town. The going rate for mountain huckleberries back then was about 8 to 15 dollars per pound. His father had to pack water in for them, as there are no rivers
on the top of the mountain. With his many years of picking experience, Elmer had more knowledge of where to go and how to do this tradition than the rest of us put together. He always had some great stories to tell as well.

Forty years later, and many picking trips gone by, I have seen the ritual passed off to my children. My grown children go on their own picking excursions and share that experience with their friends. A clever idea my daughter and son arrived at was to decorate the tables at their wedding dinner with small jars of homemade huckleberry jam for each of their guests to take home as a remembrance of the wedding. In doing this, Chris and Molly were sharing something new with others and exposing them to the tradition.

These hunter-gatherer traits we enjoy in our family were learned and handed down from past generations. Many of these things were a way of life for the natives of this land. The natural resources are precious gifts not to be wasted or squandered. We pick only what we can use and create great tasting, mouth-watering meals with them. Having rituals and traditions in life can be very rewarding. The reward of tasting a sourdough huckleberry pancake smothered with butter and rich maple syrup slide across your tongue is one that all should
experience for themselves. The pie a la mode, jams and jellies are just out of this world. I am grateful to have learned these awesome rituals and am happy to pass them on as family traditions. When you learn something so wonderful you should share it. Pass it on.
Discovering My Purpose

Raven Rose

The essay I am submitting is a narrative I wrote as my first essay assignment in my English100 class. It is, as the title suggests, about how I discovered my purpose and grew from a difficult time in my life. I have been a writer for as long as I can remember, drawing going along right with that. I express myself through art. I would like people to be able to hear my story so as to know there are others out there who have struggled and are struggling and that people are here to help. I want to help.

A year ago, my life was falling apart. My family did not get along, constantly fighting and avoiding all contact with each other. I had just left my close-knit choice school of 90 students, with four teachers in total. The sense of community I had vanished as everyone branched out to different high schools. I ended up going to STEM, an academically hardcore school which suited none of my interests. The few friends that also got accepted into STEM were too consumed by the workload to ever hang out. All in all, I was feeling alone and cut off from everyone.

I was completely lifeless, for my life had no meaning. I was like a ghost hovering just over my body, watching it go through the motions of life but never actually living. Through all that
was going on, I felt utterly hopeless, useless and worthless. There was no purpose for me and nothing worth looking forward to. No one was there to talk to me, comfort me. My inspiration to live had drained out. The love I used to feel from my family, friends, and school was depleted and replaced with anger and resentment. I became very depressed. I felt like a failure. I could not hold myself together.

Late one night, I decided it was time to end my suffering. I sneaked downstairs and swallowed handfuls of pills, then crawled back into bed and closed my eyes for what I thought would be the last time. I did not bother to write a goodbye letter, for I thought it pointless to write a note to people who did not care. The next morning, I opened my eyes to find myself still stuck in life. I sluggishly got myself up and attempted to prepare for school, unable to formulate any thoughts about the failed suicide attempt. My mom noticed something was wrong and took me to the emergency room, an experience I scarcely remember now. The doctors took me to the intensive care unit and hooked me up to monitors; they stuck an IV in me and gave me medications to keep my heart beating—for I was in heart block, a medical condition referring to a delay in the flow of electrical impulses that cause the heart to beat.

I do not remember how many days I spent in the ICU; I was unconscious most of the time. But, in the times I managed to open my eyes and take in my surroundings, there was always my mom right there by my side. Relatives came and visited me every day. I came to realize that they actually did care about me. Though I had failed my actual death, I had managed to kill off my old, lifeless self.

When I was well enough to be moved out of the ICU and into a new part of the hospital, I started to truly notice how my actions had affected everyone. My mom would often cry; I could see in her eyes the guilt she felt. My dad was visibly upset about the whole situation, I found him to be in disbelief. What struck me most was my little brother. He was unusually quiet when he came to visit, looking at me with a face of sorrow and fear. When my friends found out, they pulled away from me even more, some dropping communication with me completely. I guess they were just confused and too scared to talk to me.

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After the hospital stay and a rehabilitation service, I had missed a month of school. This setback caused me to fall
behind in schoolwork. During school, I was constantly in tears, having panic attacks, and begging my mom to pick me up and take me home. Eventually, upon the advice of a care team, I took a medical leave from school for six weeks and was placed into a re-entry program.

After my six week leave, I was back in life: going to school, making plans, and consuming my free time with video games. I no longer felt hopeless or depressed, but there was still something wrong, something nagging at the back of my mind. I started noticing and hearing about people committing suicide. Those people had felt that same hopeless hole I had felt. It hit me hard, and I was feeling worse about myself. I felt entirely responsible for those people, and when I found out about another death, the guilt flooded my system and I cried over each one. I knew I needed to do something to help them, but what could I do? I was only one person, one that has great social anxiety and cannot speak well in front of others.

Though I cannot perform well in front of others, I do have great strength in communication through art. I have always expressed myself using visuals to illuminate ideas; I pride myself in my ability to make people feel emotions through my artistic visions. With this in mind, and given the popularity and influence of media in our culture, it is easy to reach out to people through those mediums. People are especially drawn to games and movies. Thus, it is easy to reach out to people through those art forms.

This is why I entered into a video game design program at Lake Washington Institute of Technology. I will be able to slide positive messages into games I create and spread good feelings about life through animations. My goal in life is to help people through tough times. I will use games, animations, drawings, writings, and films to reach out to them. I want people to gain the feeling I now possess—a feeling of worth. I now know that my purpose is to help guide others to their own meaning and to inspire them to live.
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**Video Section**

Editor’s note: In order to maximize the size of each video on a page, contributors’ notes appear together here before the videos.

**Among Dreams** [click for video]

*Erin Fuhrman*

*This piece is an abstract twist to answer the question, "who are you"?*

**This Place** [click for video]

*Shane Kantzer*

*I created two videos for my final in Design Theory class. One video is non-representational and uses only color, abstract shapes and movement created using a variety of filters in Premiere Pro. The other video is a series of video and timelapse footage that shows "This Place" the way I see it.*

**Shear Machine Safety Procedure** [click for video]

*Frank Maxwell*

*I am a student in the Multimedia Design and Production program. In my video editing class, we were assigned to work in groups to create safety videos with students in the advanced Welding class. The final version of our group's video, edited by me, is currently being used by the welding instructor to introduce his students to the shear machine. (Note that the version I am submitting here does not include the end credits.*
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BTAD Usability Test (click for video)
Shane Kantzer and Jo Pilapil
As part of the Bachelor of Technology in Applied Design Program, we are required to take a course in Technical Writing for Designers. This video covers one of our projects on a usability test and our process. Shane Kantzer and Jo Pilapil documented their process of using Photoshop to process an HDR photo.

The Fox and the Chicken (click for video)
Rajnesh Domalpalli
For my final project in the "Multimedia Authoring with Flash" class, taught by Dave Dion, I chose an Aesop Fable called "The Fox and the Chicken". I was drawn to the Story because of its potential to reach a young audience. Coming from India, I love bright color palettes with dramatic subjects and the fable fit the bill well. Finding good public domain music was a challenge, but thanks to the US Army Band's "The Flight of the Bumblebee" I was able to put together something cohesive. Finally, much gratitude to Dave, who was a great teacher. [Please note: Flash videos generally will not play on mobile devices.]
Among Dreams
Among Dreams
BY SHANE KANTZER
THIS PLACE
Shear Machine Safety Procedure
Shear Machine Safety Procedure
The Fox and the Chicken
[Please note: Flash videos generally will not play on mobile devices.]
Sharks and the Ecosystem: Will the Continued Destruction of Many Shark Species Have a Devastating Effect?

Derek Merryman

Since I was a child I have always found marine wildlife, especially sharks, fascinating. When I was five years old, my family moved to waterfront property on the Puget Sound. While growing up I was very fortunate to be able to explore the beach and the sound on a daily basis. I believe that my time spent exploring the different marine life greatly contributes to my continued interest in sharks today. I have also enjoyed the experience of swimming with Black Tip reef Sharks in Bora Bora in 2011 on my honeymoon.

There are around 400 species of sharks swimming in the oceans today. Of those 400 species, only about 30 are known to attack humans (International Shark Attack File). In fact, a person in the United States is thirty times more likely to be struck by lightning than to ever suffer a shark attack (ISAF). Yet, sadly, many people around the world think that because sharks have the potential to attack someone, that it should be acceptable to kill these dominant predators of the ocean. The largest factor in the destruction of many shark species results from the value of shark fins to make the widely controversial shark fin soup. The status that is attributed with this
expensive soup, which often goes for over 100 U.S. dollars a bowl, is most popular in south East Asian countries with China being the largest consumers. Michael Casey (2012), a journalist for the Wall Street Journal on many global economic affairs, writes, “The fin trade has devastated several species including hammerheads, oceanic whitetip, blue, threshers and silky and contributed to 181 shark and ray species being listed by the International Union for Conservation of Nature as threatened with extinction” (para. 5). Unfortunately, this progression of extinction will more likely continue to grow. With most sharks not reaching sexual maturity until ten or twenty years in some cases (depending on the species), and most litters of shark pups ranging from one to three pups, they simply cannot reproduce as quickly as they are being hunted down. As humans continue to destroy many of the shark species around the world it will have a damaging effect for both the marine eco-system and people alike.

What role do sharks play in the marine ecosystem?

There will be a direct correlation between the decreasing numbers of sharks swimming in the ocean and the negative effects on the neighboring marine life. One of the eco-systems
that has already become noticeably affected is the coral reefs in heavily shark-fished waters. In a comparison study done by Ruppert, Travers, Smith, Fortin, and Meekan, Rupert, who has a P.H.D. in ecology and evolutionary biology from the University of Toronto Canada, compared two reef areas off the northwest coast of Australia within close proximities to one another for densities in fish population. Ruppert et al examines one reef area called Rowley Shoals, which is a marine reef area protected from any fishing, and another reef area called Scott reefs. The two reefs of study lie about 500 km (310 miles) apart. Ruppert et al (2013) explains the type of fishing activity that takes place at the Scott Reefs:

Indonesian fishermen are granted access to the Australian exclusive economic zone to pursue fishing for sharks...Indonesian fishermen provide a chronic disturbance on the reefs by targeting “banquet” species of high economic value, principally shark (for the shark fin trade). (p.3)

The country of Indonesia lies directly to the north of these coral reefs, and the Scott Reefs are the northern most in a collection of reefs between Australia and Indonesia. To accomplish this study Ruppert et al set video cameras over
different parts of the reefs, and measured the densities of how many species would come into view over an equal amount of time on both reefs. What he found was that the Rowley Shoals had nearly three times as many reef sharks as the Scott reefs. Along with the difference in shark population Ruppert et al (2013) found that, “Assemblages on the fished Scott Reefs had significantly greater numbers of mid-sized carnivores than the protected Rowley Shoals” (p.4). This is of course predictable since there are fewer sharks patrolling the waters at the Scott Reefs. The significance of this finding continues to trickle down as Ruppert et al (2013) also notices that there are considerably less herbivorous types of fish at the Scott Reefs, and explains the importance that they have on the reefs: “Herbivorous fishes are fundamental to the dynamics of communities on reefs since their feeding reduces algal cover and allows corals more space to colonize and grow” (p.7). So it is easy to see how the reduction of sharks in a reef area can start a chain reaction that will affect the entire marine environment; sharks help to maintain a balance of aquatic life in the ocean.
What is the severity of the shark fin soup epidemic?

Shark fin soup is typically made with chicken stock or ham broth. The shark fin is steamed to soften it up and is then brought to a boil to turn it into a gelatinous texture. E.J. Techera (2012), a professor at Faculty of Law and Oceans Institute, University of Western Australia, explains the traditions of this soup and the beliefs that accompany it:

[I]n Chinese culture sharks are considered as a delicacy, most commonly consumed as shark fin soup. The Chinese tradition developed about 600 years ago, during the Ming Dynasty. Part of the attraction seems to have been the belief that the soup could assist with boosting sexual energy, although more recently it has become a reflection of wealth and status. (p. 602)

When we couple in the tradition of shark fin soup while taking into account the ever growing economy of a nation that has the world’s largest population of 1.3 billion people, it is very easy to foresee the difficulty in removing the soup from the world’s palate.

The death tolls of sharks that are doomed to perish for the fin soup are simply staggering. Journalist and South Asia Bureau Chief for Time Magazine, Krista Mahr (2010), writes,
“[U]p to 70 million sharks are culled annually for the [shark fin] trade, despite the fact that 30% of shark species are threatened with extinction” (para. 3). However, the death numbers are only an estimate because it is simply impossible to know how many sharks are finned at sea. Finning is a method where the sharks are hauled still alive up on the boat, here their fins are hacked off; then their now fin-less bodies are discarded back into the sea to die. More and more countries have made open-sea finning illegal in the oceans controlled by those countries. Many fisheries are willing to break the law because the value of shark fins is simply too good to pass up. One pound of shark fins can fetch a price of $300 (Mahr 2010). This may not seem like much money, but when it is taken into account how many thousands of pounds these fishing boats can carry it is plain enough to see why some feel the risk of illegal finning is worth it.

**What is the main method used for catching sharks?**

The first and most common method is referred to as longlining; the process involves using a main line, and every few meters another short line is attached with a hook and bait. Some long lines stretch as far as 10 miles and can have up to
800 hooks on it (ISAF). The longlines are usually set out overnight and collected the following day, a process which helps ensure a larger catch as most sharks are more active at night and look to feed at this time. Some other common methods for catching sharks include different types of netting. One style involves using a net that stretches thousands of feet, which can be positioned near the surface or above the ocean floor. The positioning will vary depending on the area and types of sharks found in that area. Then the net is allowed to soak overnight and is pulled in the following morning. Both of these methods involve hours of stress for most sharks that are caught in these fashions, and one cannot help but to feel sorry for these once mighty predators.

**Are there possible health risks associated with the consumption of sharks?**

If people are not willing to give up on their “traditional soup” because they do not care about the health of the oceans or the cruelty involved in the finning process then perhaps they might give up shark fin soup for their own health reasons. Wendee Holtcamp (2012), who is a writer of environmental issues and who holds an M.A. in Evolutionary Biology,
explains the findings of Deborah Mash, who is a neuroscientist at the University of Miami Medical School:

[S]hark tissues contain the neurotoxic amino acid B-methylamino-Lalanine (BMAA). The nonprotein amino acid is produced by cyanobacteria (sometimes called “blue-green algae”)… BMAA has received attention due to increasing evidence that consumption of contaminated food or water may contribute to amyotrophic lateral sclerosis, Alzheimer disease, and Parkinson disease. (para. 3)

That study alone might be enough to persuade many to stick with chicken noodle soup, but if that is not enough, sharks often have a high amount of mercury in them; also, cooking shark fins will not alter the BMAA levels at all (Holtcamp). Potentially, these studies could really go a long way to persuade people around the world that the consumption of shark fin soup is just not worth the possible health implications it could produce.

**Can laws and regulations fix the shark fin soup epidemic?**

Fortunately, some parts of the world are starting to see the big picture and realize that sharks are important to the
ecology of our oceans. Every year new laws are passed by nations around the world to try and regulate the amount of sharks that are being consumed by the shark fin trade. In fact, here in the United States it is now illegal to sell shark fins in Washington, Oregon, California, and Hawaii. Elisabeth Rosenthal (2011), a writer of environmental issues for the New York Times, explains that many countries now (including the U.S.) have implemented anti-finning at sea laws. For example, a fishing boat in U.S. controlled waters can catch sharks and sell their fins, but must first bring the shark with the fins intact back to the port for inspection. Upon arrival at the port an expert then boards the ship and examines the catch to ensure that no endangered or protected species were caught. Rosenthal (2011) views this regulation as a “halfway measure to limit the fin trade”, and she states, “[S]hark-finning prohibitions are hard to enforce because they involve dockside inspections of numerous small boats and a sack of lucrative fins is easily hidden” (para. 14). That is what makes these policies so hard to enforce. There is simply no way to watch these fishing boats at all times to ensure they are abiding by the rules. It is all too easy to get rid of a shark’s body at sea, where no one would be the wiser. One such incident Rosenthal

recounts is the experience of marine ecologist Dr. James Bruno from the University of North Carolina’s “research station in the Galapagos Islands of Ecuador”. He was required to assist the police with identifying some 350 sharks on a boat where some of the fins were already removed. Bruno explains the severity of that situation stating, “This was in the Galapagos, a national marine reserve and national heritage site” (Rosenthal, 2012, para. 15). This just goes to show how little many of the fisheries really care for the laws or the sharks they hunt; in the end, their only concern is the amount of money they can make. Unfortunately, laws that merely slow the rate of which sharks are fished only sidestep the problem, and because these fishing companies are making so much money, they are able to send more boats out to increase the amount of sharks they can catch. There are other difficulties that can be seen in the ineffectiveness of laws that protect certain waters. Some sharks migrate from one area to another, and there is no way that we can keep sharks in a protected area. Generally speaking it seems that it is incredibly easier to protect land animals than marine life. People have more control over the land on which they live than they do over the ocean. Here in
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the United States if an animal is considered endangered we have laws against killing them. A violation of those laws could result in jail time and a fine. Furthermore, we have many national parks around the country that can help endangered animals and give them a natural refuge in which they may hopefully prosper. But, for sharks and other sea creatures, it is more difficult to keep them safe. Even though there are aquatic wildlife preserves around the world, sea life can simply move in and out of the boundaries of the preserve at any time. Many land animals are frightened to enter our heavily populated areas, because they are frightened of the noise, or the presence of people in those areas. For a shark there are no warning signs that they could be entering dangerous non-regulated waters.

**Can the sharks flourish once again?**

Most likely, for some of the endangered species of shark it will be too late to save them. One species that is already at a dangerously low level is the hammerhead, of which Rosenthal (2011) states, “The presence of the once-common hammerhead in large parts of the western Atlantic... has decreased by up to 89 percent over the last 25 years” (para. 5). The task for
saving these sharks seems so daunting because it can be incredibly difficult to change the policy of the entire world. The best way to go about saving the sharks, and ultimately much of the marine life they help to support, is to get everyone globally on board to say no to shark fin soup. One of the most effective ways I think would be to show people how these animals suffer when they are finned at sea. I have seen footage of finning myself and it was extremely difficult to watch. Another step that is extremely crucial is that we need to educate as many people as we can reach about the population crisis sharks are facing, and the possible neurotoxins that people are putting in their bodies when they eat shark fin soup. I think it is important to remember that when we swim in the ocean we are in the environment of the sharks, and they are not in ours. Sharks are not evil creatures—they kill only to sustain life, and we should do the same.
Forgiving
Jennifer Voda

I chose to write a story that I felt came across the best from a reader's standpoint. I have personally had a very rough upbringing and was given an opportunity to learn and be expressive in the same light, as well as getting a small form of therapy at the same time. Regardless of what happens I am honored to be able to even participate in such a program and the capabilities to continue my education at 37! Thank you.

Disappointment, disbelief and fear filled my racing mind as I lie on my side, sandwiched between the broken glass, and the warm gravel pavement. The weight of the car presses down on the lower half of my body with what felt like an army of elephants. It did not hurt, my body was numb. All I could feel was the car door mass stamping my body farther into the asphalt. My lungs felt pinched shut as I lay helpless, gasping for each breathe as if my brain had to consciously think about breathing in and out as if I was a newborn taking in oxygen for the first time. My brain raced in a buzzing sensation, overwhelmed with adrenaline. What happened? Where am I?

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red. It felt as if I had been laying there for hours, unheard as I yelled for help and blood trailed across my path of vision.

The third maddening squeal of my alarm woke me as I groggily slid out of bed and into the shower. It was just another slow starting Monday morning, or so I thought. I took a shower, quarreled with my sister over which clothes to wear for the day and finished getting ready myself. All of this took longer than usual, not a surprise entirely, so we were running late and rushed as we sprinted to get out the front door. We jumped into my old, well maintained, sky blue Dodge Dart and made our way to school.

With the music blasting, our voices singing, and the windows down, it was just another typical ride to school with my sister. Because we were running so late, I was driving fast, too fast. We started down the usual main drag of 3 mile stretch of road full of gravel and flat dirt lands for miles. As we headed down the road out of know where it seemed a dead dear was laying in the middle of the road. Without any chance to blink, and pure instincts I pulled the wheel of the car to the left and back over to the right. No big deal except I was going way to fast. The car swerved back to the left, and to the right, and left
again. Each time I could feel the car scratching the earth as the car whipped from side to side like a kite in the wind.

I opened my eyes to see the black road in the distance above me. I could feel the warm ground along the side of my body. I couldn’t move and couldn’t understand why. It happened so quickly. I lay there until my brain could comprehend what just had happened. I was wedged between the asphalt and the passenger car door. The car rustled, every movement of the car pierced my body. My sister, was she okay, even more where was she? I couldn’t see her. I tried to clear the blood and glass from my vision to look for her. I could see her finally, as she lay across the asphalt fifty feet from the car. I opened my mouth to yell her name but nothing would come out. Gasping like a fish out of water, all I could do was lie there until someone arrived to help.

I heard an uneasy and unfamiliar voice in the distance, “ma’am”. Ma’am what is your name? It was a fireman. I was relieved but terrified at what was to come next. I killed my sister. For the first time, intense emotion and pain ran through me. The fireman asked if I could move my legs. I pushed against the ground with all the strength I had, but I couldn’t move. The pain was excruciating, nevertheless I could
not feel the lower half of my body. I felt paralyzed. Still struggling to move, I felt arms glide around my shoulders and under my armpits. They drug me out of the crushed car. I dreamily looked around and saw my sister as they started to cover her body with a large white sheet. She looked like an angel, so still. I sat and stared and her lifeless body in shock. Was this real? Everything happened so fast, but like it was in slow motion. Every minute lying pinned against the ground, felt like a life time. Strangers came at me, poking every part of my body and probing me with questions that I didn’t have answers to. They finally strapped me to a bright orange board and pushed me into an ambulance. Each and every movement felt like knives piercing my lower body. We finally made it to Yorba Linda Hospital.

I was pretty banged up, but my sister wasn’t alright. I had several broken bones, and stitches in my forehead. That evening I underwent surgery to put two sets of pins in where my femur meets my hip to help me try and walk again. I was in the hospital for six days, and in physical therapy to regain my legs another six months.

I have now realized how precious life really is and that it can be taken away in a single moment. This was even harder
when you know you were the one driving the car. One little mishap can result in an extreme injury or even death. There isn’t a day that goes by that I wish I could take those ten seconds on that morning back. I will never forget the moment she looked across the car at me as her hair blew in the wind and the car was flying and she was singing our favorite song at the top of her lungs, as I open my eyes every day that she doesn’t.
This assignment was of a place, which turned out to be a patio I created for my mother (who had cancer last fall). It was difficult to have her move around, but I recently coaxed her out to the patio carefully so she wouldn't slip. This place (photo) has become more meaningful to me and justified because I got to see her enjoy it. I believe I was successful in capturing a moment of solitude, peace and history.
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This Place
Nayela Ahmed

I'm a conceptual creative artist who has a passion for design. I graduated in the two year program Multimedia Design and Production at Lake Washington Institute of Technology. I'm enrolled with the Bachelors of Technology in Applied Design program here at LWIT. In memory of my grandmother’s house I created “The Place”. It has four components. Top piece is the abstract shape that resembles a staircase and reflects upon my life and memories. Bottom piece symbolizes music that gave me peace. Third piece is the garden. It is made out of lentils, sesame seeds, and turmeric. It represents culture, religion, (Islam), Indian food. Fourth piece that looks like columns symbolize abstract representation of the coconut trees in the garden.
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Cemetery Stroll
Lori Keilwitz

I am in the funeral program at Lake Washington Institute of Technology. I am beginning a new chapter of my life and that is what the painting represents. Painting is therapeutic for me and my paintings usually end up as a reflection of my life experiences and or emotional connections to those.
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Blue Nose  
*Linda Knodle*

One of the courses in the Funeral Services program is Restorative Art. The detailed examination of the skull and face bones as well as the muscle structure of the head gives the foundation for analyzing and sculpturing facial features. The mobile is the product of an assignment to creatively represent a facial feature. I chose a detailed example of a human nose. I couldn't leave it just sitting on a post so I created a representation of the other three facial features (eyes, ears, mouth) and the suggestion of a head. I am an artist that works in many media and this is my first mobile. There are plans to create this model in a very large scale as a public work.
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“A Good Man Is Hard To Find”
Miyoko Nakaue

This essay is a response to “A Good Man Is Hard to Find” written by Flannery O’Connor for Michael Lake’s English 093 class. “What is faith?” This is what I thought at first; however, I didn’t make this my thesis since it was too far. Observing every detail O’Connor described, I chose more specific thesis. This story reminded me of Shusaku Endo, a catholic Japanese writer, and his point of view on Christianity helped me to understand O’Connor. Though I studied English literature in college long time ago, I have fun relearning English and American culture now.

Editor’s Note: You may read Flannery O’Connor’s essay “A Good Man Is Hard To Find” here.

Some say, “Those who have faith shall be saved.” However, what is faith? How does “God” save people? What kind of person is “a good man”? A lot of questions occurred to me when reading “A Good Man Is Hard To Find.” Flannery O’Connor, a Catholic born in Georgia, wrote about a family trip that ended in a tragedy. O’Connor described common people who thought they were “good” and a murderer who was thought to be evil by those common people; then O’Connor exposed the true colors of the characters through their conversations. This story was written in 1953, when the U.S. was prosperous after World
War II. I can tell O’Connor showed us the reality of people who lost their faith and failed to carry on a tradition to the young generation in the 1950’s of the U.S.

A grandmother seemed to be an ordinary law-abiding citizen with a sense of justice at first; however, O’Connor described the grandmother as a person who looked “good” instead of being “good.” Although the grandmother believed she was “good”, as the story goes we see the grandmother was not “good” as much as she thought. For example, the grandmother was self-centered because she tried to control her family and wanted to make everything her own way. When her family had a plan to go to Florida, she put the pressure on her family to change the destination from Florida to Tennessee because she “didn’t want to go to Florida.” The grandmother was also shallow because it’s obvious she didn’t give things deep thought. When she saw a black child “standing in front of a shack” while driving, she took a picture excitedly and wanted to paint it. Even though her grandchild asked her why the black child “didn’t have any britches on,” she just said people like him “don’t have things like we do.” She was not able to explain why the black child didn’t have things like the grandmother and her grandchild did. It seems to be true that
the grandmother makes an effort to be “good”; however, her behavior doesn’t seem to be “good.”

The family, including the grandmother, might be a common family in the modern world. The grandmother is bossy, but no one listens to her. Her son doesn’t have the power to unite the family. Her daughter-in-law doesn’t contradict her mother-in-law openly because she might feel tired of contradicting. Her grandchildren are spoiled and rude. They don’t seem to be respectful to each other; therefore, I cannot see any family bonds when observing this family. Although they had many chances to educate or teach the “good” way of thinking to the grandchildren during their trip, they missed the opportunities. For instance, when her grandchild said rude things to another person, the parents didn’t discipline their child. The grandmother just hissed, “Aren’t you ashamed?” If I were the parent or the grandmother, I would scold the child. In my opinion, this family didn’t give the important things to the young generation like the grandchildren.

After the family happened to meet a murderer called The Misfit, the family was killed by the group of The Misfit in the end. The conversation between the grandmother and The Misfit helped me understand the grandmother was a pretending Christian and The Misfit needed “God” despite the fact that he couldn’t believe in “God”. At first she seemed to have faith because she brought “Jesus” in their conversation. However, she was not able to talk about “Jesus” with The Misfit. The grandmother also said, “If you would pray, Jesus would help you.” Does “Jesus” help only people who pray? In addition, she said she would give The Misfit “all the money” she had. I doubt the grandmother really believes in “God” because her faith seemed superficial, and I understand she brought “Jesus” to survive. On the contrary, The Misfit pondered over the existence of “God” seriously. He seems to admit the power of “God” because he thinks he will follow Him” if “Jesus” raised the dead, and he can “enjoy” “killing somebody” or “burning down his house or doing some other meanness to him” if He didn’t”. If The Misfit didn’t admit the power of “God,” he could have enjoyed everything even in front of “God.” At the end of the story, The Misfit shot the grandmother. He could have enjoyed killing her because there was no “God” in his mind; however, he felt a bad feeling after the shooting. Although The Misfit is the person who needs faith, no one helped him to have faith.
pretending Christian and The Misfit needed “God” despite the fact that he couldn’t believe in “God”. At first she seemed to have faith because she brought “Jesus” in their conversation. However, she was not able to talk about “Jesus” with The Misfit. The grandmother also said, “If you would pray, Jesus would help you.” Does “Jesus” help only people who pray? In addition, she said she would give The Misfit “all the money” she had. I doubt the grandmother really believes in “God” because her faith seemed superficial, and I understand she brought “Jesus” to survive. On the contrary, The Misfit pondered over the existence of “God” seriously. He seems to admit the power of “God” because he thinks he will follow Him” if “Jesus” raised the dead, and he can “enjoy” “killing somebody” or “burning down his house or doing some other meanness to him if He didn’t”. If The Misfit didn’t admit the power of “God,” he could have enjoyed everything even in front of “God.” At the end of the story, The Misfit shot the grandmother. He could have enjoyed killing her because there was no “God” in his mind; however, he felt a bad feeling after the shooting. Although The Misfit is the person who needs faith, no one helped him to have faith.
There have been a lot of murderers like The Misfit since early times. In the U.S., the most vicious criminals would be killed soon because they must be evil; they cannot be ordinary “good” people. Therefore, we never know why they committed the crimes. It is easy to exclude evil people; however, I think those people should be helped. Did churches, temples, mosques, or whatever make an effort to offer them a place to confess their sins? In this story O’Connor presented us the people who lost their faith. The grandmother was like a hypocrite who had no shame; she just wanted to be considered as a “good” person by others. The Misfit couldn’t believe in “God” because no one listened to his distress. In my opinion, faith is a way of thinking we have to carry on to the next generation. No matter what religion we believe, we have to realize every faith has some value. O’Connor showed us the reality of people who missed faith and missed passing a tradition to the next generation, and we should learn from their mistakes.
An Open Letter to James Joyce’s Eveline
Ashley Sanchez

I wrote this for my English 100 class and it’s written on the story "Eveline," by James Joyce. I mixed a bit of my own life story in with facts from the story for this paper. I worked very hard on this paper and I got recommended to submit this paper from my instructor, Michael Lake.

Editor's Note: You may read James Joyce’s essay “Eveline” here.

Dear Eveline,

I am writing to you in hope that I can shed some light on the situation you are currently involved in. As a female, I can completely understand the desire to be important in your mother’s eyes and the need to fulfill any promises asked by her. The promise to keep a family together, however, is a promise that cannot be fulfilled by any one human. Keeping a family together takes the whole family. You are only nineteen and cannot expect yourself to be able to take something broken and make it stable. Any abuse in a family is a broken piece that cannot be mended by anyone but the abuser. The only thing you can do is stop enabling the physical or emotional hurt to keep happening. You have recently been introduced to Frank, who wants to help you escape and protect you. I think
your biggest fight with yourself is whether you should leave the known or escape to the unknown. Let me help you resolve that fight; the unknown is sometimes better than the known, especially in this situation.

When I was twelve I was covered in black and blue from abuse. I had enabled it for so long that I felt he was the only person who would love me. I had to lie to every person I loved in order to fight the fear of being yelled at or getting told I was stupid. One day the blow was far too hard. I saw my mom cry for the first time that day. I told her I needed help to get out of the situation. At first I didn’t want to leave the known; the known for me was the abuse. It felt almost easier to just let it happen and live with the consequences of pain. But the truth is it just wrecked me down to feel like I was nothing. It took me six months to be able to stand up for myself and walk away from the abuse. So I guess what I am trying to ask here is what if one day the hit from your father is too hard? What if escaping with Frank is the only chance for you to create a better life for yourself?

The known is always more comfortable and easier to stay with. You have had a lot of good memories with your dad, like when he read you the story about the ghost and made toast in
order to make you feel better. I imagine that having siblings involved in your situation doesn’t make it very easy to leave either. There are many negatives to staying with your father, though. Your father is trying to put you in your mother’s role. He is belittling you in doing so. Your wages are not being given to you unless you beg for them, even just to buy food. You are being put in a very unhealthy environment because you feel you need to live up to a promise you made your mom. This promise is again impossible for anyone human. Each individual in your family would have to work together in order for the family to stay stable. Your mother also mentions a lot that after pleasure comes pain. I think she is hinting that after the good times with your dad came the pain and she is trying to warn you to not stay and endure pain like her. Staying with your father because you are more comfortable is the wrong idea.

Frank wants to be your escape. He wants to illuminate your pain and protect you. It is questionable how much you can actually trust Frank. On the other hand, trusting anyone can be questionable even people you know very well. Fearing the unknown is normal. You fear the things you don’t know but you can’t let the fear take over so much that you don’t use the
opportunity. You have obtained anxiety from being abused by your father and have been recently enduring heart palpitations. The only way to resolve those issues within yourself is to leave the problems that are creating the initial anxiety. Frank could hurt you but staying with your father could kill you literally or emotionally. You should take the risk and escape with Frank. You cannot keep a promise so big to your mother when you are so young. Frank ensures protection and you should take his word on it and risk it.

This is your life and it is ultimately up to you to decide what to do. With the knowledge I have gained from my experiences I can only try to help you ensure that your experience is a good choice for you. I think that you should ask forgiveness of Frank. Contact him and ask him if he could somehow get you another ticket and maybe the boat can make room for your sibling’s to come along as well. You need a healthy environment in order to figure out who you are. Frank can give you a chance to start new. Take the risk and start over.

Sincerely,

Belle
Dare
Brett Melnrick

To me, poetry is a way of letting one's heart honestly meet with another. Through it, we share our thoughts, hopes and dreams, garnished with the personal feelings of the author. This poem is a little peek into my inner world as I rise above Life's daily serving of adversity. It's my gift to you as you strive for own personal success. Dare to dream, and reach for the stars!

Dare to dream,
Since freely they feed,
The hearts and minds,
Of those who take heed!
Dare to dream

Enjoy each day,
They be fleeting and swift,
Relish their teachings,
Every moment’s a gift!
Enjoy each day

Aim on high,
No matter how far,
Keep reaching new heights,
For you are a star!
Aim on high

Refine yourself,
Heart, mind, and soul,
Polish rough edges,
Until you shine as a whole!
Refine yourself
Star Burst
Susan Brune

I created this image of a star burst with a sun and moon.
I created this image of a star burst with a sun and moon.
A Plucky Revelation: a Look into the Poultry Industry
Becca Hanika

I am a current student, almost done with my associate's degree. Eventually I will be pursuing a doctorate in veterinarian medicine. Until then, I will continue to research and inform on the topics that mean the most to me. I think we, as America and as the Human race, need to stop being so conceited. We are using and abusing our planet. This piece is debating the ethical balance between meat consumption and animal welfare. I think there is a solution, but the public needs to be aware that there's an issue.

Stop and go. Stop and go. Red brake lights reflect off the wet pavement in a Seattle rush-hour limbo. It’s I-5, and it’s booked solid. Along the driver side of my car, a large truck comes to a grinding halt. This truck is thrumming in the sleepy traffic; but the cargo was live. Hundreds of white chickens were crammed into small, wire cages. Some tried to stand, but most had their legs splayed to the side in an uncomfortable-looking crunch; beaks clipped, legs lumpy and deformed from their life on the wire. Bald patches all over their bodies revealed red, irritated skin where the cages had rubbed their feathers off. Their eyes were half-closed and practically begged for death as drips of water fell from their limp, pale combs. They sat openly exposed
to the rain and exhaust fumes. I couldn’t look away as my stomach churned in unrest. This is our food. Everything from fried chicken to omelets comes from this system- and I had to investigate. Is this really the best way to raise chickens in a progressive nation? There have been many controversies that have surrounded the poultry industry, everything from the health aspect to the human interventions on nature, and what we’re doing about the issues stated. After all, is there any way to change what we’ve already started?

One of the largest controversial topics of the factory farming system is the health of the poultry. It is no secret that keeping chickens crammed together in unsanitary conditions is going to make the animals sick. The World Health Organization (WHO) has kept its vigilant eye on the safety threats of factory farming techniques. It’s the same concept of the deplorable slave trade. The current Avian Flu, H5N1, is wreaking havoc in Asia and Northeast Africa (WHO, 2013). The wildfire-like spread of this strain was attributed mainly to the tight living quarters of global poultry. Death and disease follows this strain, and the same conclusion was deducted from H9N2 and H7N7. The majority of the records for Avian Flu fall under the jurisdiction of the Centers of Disease Control (CDC). According to the CDC
Infected birds can shed influenza virus in their saliva, nasal secretions, and feces. Susceptible birds become infected when they have contact with contaminated secretions or excretions or with surfaces that are contaminated with secretions or excretions from infected birds. (2010)

In short, the rapid contamination of chickens in a confined, tightly-packed barn is inevitable. This is the exact situation that creates a global epidemic. First appearing in Hong Kong in 1996, the avian flu quickly traveled across the globe. The flu mutated, and being so easily passed between avian species, it continues to run across the globe as H5N1.

However, there are more health concerns than just outbreaks of the avian flu. Salmonella is a large category of bacterial infections that includes over 500 species. Most of these are known to cause foodborne illness. Though the potential for salmonella is in every bird, since the bacteria can claim carriers who have the disease but are asymptomatic, outbreaks are relatively rare in proportion to the volume of poultry in factory farming. The European Food Safety Authority (EFSA) has been studying the epidemic of salmonella for years. In one of the
numerous reports, it was stated that “salmonella is an important cause of foodborne disease in humans throughout the world and is a significant cause of morbidity, mortality and economic loss” (2007). During that same year, Europe had over 5,500 reported cases of infected poultry. This comes across as startling news, knowing that there is a potential for illness from every egg and McNugget.

Similar to the spreading effect of the avian flu, salmonella is an airborne illness. The salmonella bacteria can be found in the saliva and fecal matter of any infected bird. When the bacterial-laden excrements dry and then get disturbed into a dusty cloud, the resulting dust carries the bacteria into the bodies of those exposed. Avian Biotech, a company who specializes in avian disease testing, elaborates: “[salmonella] has a greater chance of spreading in overcrowded conditions, stale air environments, nest-boxes, and brooders” (2009). This similarity between avian flu and salmonella is clear: close quarters increase the risk of an epidemic. One would think the solution would be to eliminate the close-quarters system.

The explosion of food-borne illnesses has led the factory farming industry to a different conclusion, which raises the second controversy of human modifications. After the chickens
are mainly processed, they are placed through a series of chemical washes. These include cetylpyridinium chloride and muriatic acid to eliminate bacterial contamination. These chemicals have been considered safe by the USDA, though recent research may suggest that these chemicals become embedded in the meat (Bottemiller, 2013). Though the thought of a chloride-filled chick fillet is mildly disturbing, it’s not reported dangerous. The real issue lies with the testing facilities like Avian Biotech. Chemical presences may be giving false negatives on the health safety tests. Used as a preservative and a surface disinfectant and antimicrobial, these chemicals can be more easily detected than the disease itself. As a result, it can overpower the presence of the salmonella bacteria in lab testing. Though the chemicals stop a large majority of the bacterial growth, there is some support that suggest the bacteria can be stunted, tested negative, only to revive and multiply.

Human modifications are more prevalent than just a chemical presence. With the rising demand for poultry, and with the factory farming explosion, there was a fundamental shift in the view of the product. Personally, I come from a long line of farmers. Knowing an animal is going to be food was never an excuse to treat them poorly. Our animals ran the farm, as the
system was developed around making them comfortable and healthy. In contrast, the new system is all about making the animal fit into the designed system. Wire cages are cheap and easy to clean, and as a result, they are used. Despite the damage to the delicate scales on the chickens’ legs, and the open sores that can result in infection and death, the wire cages are still preferred today.

That’s not the only problem with the high-density cages. Chickens in stress tend to behave erratically, and tight living quarters turns their stress into anarchy. Chickens exist in a very complex society with a hierarchy, referred to as “the pecking order”. This order is usually asserted during feeding time, and times of stress. When so many birds are forced to exist in a small space, fighting can result in a loss of eyes, combs, and even life. Instead of giving more space or isolating the “bottom hen”, factory farming techniques have decided all laying hens get their beaks clipped at birth. This is a painful procedure, as nerves run through the beak. Though the procedure uses a cauterizing metal clipper, the deadened nerve cells continue to cause pain throughout the layer’s life (Klawitter, 2011). Infection can also occur, which can easily overwhelm the delicate balance that a chicken lives in.
These are just the woes of a layer, or a hen in the egg industry. Broilers, the meat breeds, have different concerns. Through years of selective breeding, a new copyrighted breed has emerged. This mystery breed is dubbed the Cornish XX, and it is the preferred breed since it grows like bamboo. Within two weeks of birth, the Cornish XX is the size of a full-grown Orpington. By two months, the breast of the Cornish XX has grown so large that their unaltered skeletal structure can’t support them. In contrast, any other breed takes 6-8 months to reach slaughtering age. By the time these genetic beauties are harvested, they are too overdeveloped to complete their daily functions. The daily routine of a chicken is simple: eat, drink, and stay cool. Dust baths and opening their wings and vents are two basic chicken cooling methods. At harvesting time, these chickens can do little more than take a few steps to food and water. Even worse, as renowned German journalist Nils Klawitter states, “[w]alking to the feed or water trough is torture, and many chickens are in constant pain from blisters on their breasts, fractured bones, chemical burns on the balls of their feet (from constant fecal exposure) and wounds inflicted by the beaks of other birds” (2011). This practice of raising genetic broilers is currently practiced around the world, being the
driving force for cheaper chicken. Meat that grows quickly and is cheap to produce is going to be cheaper to the consumer. The health and well-being of the chickens being raised has officially dipped below the importance of profit.

Farming was never intended to be exploited this way. The third controversy about how things are being fixed is all but neglected. As technology advanced, the farming techniques changed. The population increase demanded a more efficient way to mass manufacture meat. In the early 20th century, at the height of the chemical boom, hormones and steroids were attempted by all the largest poultry farmers. Battery cages, the wall-long segmented wire cage used in egg farming, became the norm. A practice known as “induced molting” would starve the laying chickens in an attempt to heighten their egg production. These are just some of the practices that were embraced by a type of farming known as factory, or intensive, farming. All of these techniques, within the last couple decades, have become illegal in the United States. According to the National Poultry Improvement Plan (NPIP), a segment from the Code of Federal Regulations, there is more change to come. Biannual meetings are conducted through the NPIP. Any member of the improvement plan is allowed to propose a change. Through a
democratic demonstration, the proposed change can either be accepted or denied. This, however, is more of a suggestion plan. There are no laws that bind its participants to any changes made in the NPIP regulations.

Legal regulations have actually taken factory farming in an entirely different direction. The new budget plan proposed by Obama in April 2013 stated that the inspection agencies are no longer going to be requiring a federal agent. Any employee who’s been working in a similar field for 10 years can be promoted within the company. This may save money from the federal budget, but there is a large debate on the negative effects of this decision. Under the new regulation, internal inspectors are expected to be the whistleblowers on plucked and cleaned carcasses that may have sores, blisters, or pus. When a bad bird is found, the production line stops so the bird can be removed. In an industry based on quantity, internal whistleblowers may be more concerned over their job than their quality. There’s not only concern for jobs, but for time. The former regulations had the speed at about 35 birds per minute (bpm) per inspector. The new regulations can raise the rate to a potential 175 bpm (The Real News Network, 2013). How is thorough inspection supposed to happen in less than one second?

All of this controversy raises a very important question: is there a better way to feed the masses? Current alternative techniques of poultry farming include free-range, hormone-free, vegetarian fed, and organic. Free-range is defined as the freedom of movement granted to the animal in captivity. In practice, however, this can only effect the birds that are physically able to move. Putting a bird too sick and genetically deformed to move into a field isn’t going to improve anything. Hormone-free is the absence of injections and treated feed that may modify the growth and behavior of the animal. Vegetarian fed refers to a feed lacking in meat, which came about after the discovery that unsellable chickens were being recycled into the feed. Chickens are omnivores, though, so vegetarian feed isn’t ideal, either. Organic refers to the chemical structure of all products used, meaning all chemicals and feed used in the production have no inorganic qualities. Though these are steps in the right direction, they are losing a large majority of their supporters. Of an informal survey I posted online, roughly 56% of participants claimed to eat chicken more than twice a week. 60% of participants claimed that they do not pay attention to labels of hormone-free or free-range. What over 70% of participants had in common was that price was their main
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factor when purchasing chicken at the supermarket. Over half the participants claimed to be aware of the current farming techniques. This information can lead to the conclusion that people know, but most of them are more concerned about their budget. The cheap price of the modified chickens are more appealing than the more humane rearing of the alternative techniques. Without the proper public outrage, there won’t be any change.

People for the Ethical Treatment of Animals, or PETA, has created a vast campaign against factory farming. Their approach goes right over the concerns recently stated. Their approach is Vegan. PETA is known for protecting animals in the most radical way possible. Taking on “McCruelty”, they can’t seem to resist stirring the pot (PETA, 2013). As appealing as their current claim that veganism will make you skinnier, there is doubt that this will catch on. Veganism is a commitment that fundamentally changes the way that people eat, think, and shop. Not only does it eliminate the actual piece of meat, it eliminates any animal byproduct. This includes eggs, milk, wool, and all products that come from an animal. Most people who go vegan don’t stand by it. I have watched many of my colleagues and friends devote to veganism, usually as a guilt-
ensued phase, only to denounce it less than a year later. To be a devoted vegan takes just that: devotion. Most people are unwilling to make such a drastic change on ethical grounds; even more people are unwilling to remain devoted to this difficult lifestyle.

So what is the average American left to do? I think everyone can agree that these farming techniques are cruel and hard to hear. Instead of the ostrich approach of sticking one’s head in the ground, I propose a simple course of action. Pay attention. A little more money and a little less consumption can make all the difference. Vote for laws that will protect and improve animals in the intensive farming system. By supporting the current farming techniques, from Foster Farms cheap to McDonald’s dirt cheap, we as a country are accepting the way things are. We accept the tight living quarters that spread illness, and the human intervention that has changed chickens as we knew them. Denying the product all together, as PETA preaches, is not going to stop the system that is currently in place. Money makes the world go ‘round; and how we spend our dollar is going to dictate the poultry of tomorrow. If we don’t, then profits are going to drive the poultry industry further along their radical path to find cheaper ways to use and abuse animals. Hopefully
we can stop this. It’ll be hard to fight a system that can create chicken that is, pound for pound, cheaper than lettuce.

Works Cited


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Pieces of Viola
Samantha Miner

This work comes from my ART 140 class.
Pieces of Viola

Samantha Miner

This work comes from my ART 140 class.
An Interview with Sara Bruestle, *Mukilteo Beacon* Editor

*Nayela Ahmed*

*I’m a conceptual creative artist who has a passion for design. I graduated in the two year program Multimedia Design and Production at Lake Washington Institute of Technology. I’m enrolled with the Bachelors of Technology in Applied Design program here at LWIT. I interviewed Sara Bruestle in person. She earned her degree in Journalism/Communication from University of Washington. This newspaper is about Mukilteo. As a result of this interview, I can expect to develop good communication skills which will enable me to interact with editors in my field.*

**Part 1: Locating Information**

*Q)* Where/how do you get the information you use?

*A)* I get my information from all possible people I talk to. Once I get a story or an idea, I interview them. I am careful about resources. I also get resources from online as well as people.

*Q)* Do you ever have problems getting the information? How do you handle these problems?

*A)* It happens very rarely. You have to develop rapport to trust your clients/people who you interview. Sometimes you have to get press releases from people who you have to interview.
Other times you have to go to the court house to request documents. At the end of the day, it’s all about timing, making sure you talk to all the people that are involved in time for the deadline.

**Q)** *How available and cooperative are your informants?*

**A)** Most of the people are cooperative and available, only a few are uncomfortable. A part of being a journalist is talking to people enough, and really getting to know them. Sometimes getting them to feel comfortable is the key to a successful interview. Keep in mind that you always want to be professional. As a journalist you have to try and do the most interesting stories, being careful not to do every little thing that happens in the town. For example, establishing a relationship with the police department is an important resource to keep.

**Q)** *What kind of bias tends to be part of the data you collect?*

**A)** Well, biases are just people’s opinion. You have to figure out where the biases are and try to be objective. Sometimes, you have to take yourself out of the picture in order to make it more balanced and neutral. Not only that, you have to make
sure that you get both sides of the story, and sometimes there are three sides. It is not always so black and white. Getting accurate information is very important. Accurately representing the people, the story, is very most important, and also double checking to make sure that the information is precise.

Q) What’s your background? Technical communications?
A) My degree is in Journalism/Communication from University of Washington, Seattle. I started writing when I was in High School. Then I joined “The Clipper” in Everett. I worked as a writer/copy editor for “The Clipper” for a year. Then I started working for “The Beacon” here in Mukilteo. I enjoy my work very much. Having the chance to work for both “The Clipper” in Everett and for “The Beacon” I have a wide knowledge base to draw from when writing for different audiences.

Q) How does this background affect the way you locate and collect information?
My background at University of Washington and “The Clipper” has given me a vision of ethics to follow. Following a code of ethics provides a framework to evaluate ethical behavior. The reasons for this emphasis are rooted in the special nature of
journalism and the need to preserve freedom of expression. My background has taught me to make my story ethical and to me that is the most effective reporting in journalism. When a breaking story comes in, your focus isn’t being fast, but giving accurate, quality information to the public. You always have to get the full story! You just have to believe in it.

**Part 2: Planning and Drafting**

Q) What kind of planning do you do? How much time does it take? How important is it? Could you reduce or omit planning of your documents with little negative effect?

A) Most of the time I have to figure out a lot of different parts of the story. For example, I have to figure out the front page story and press releases. A lot of the time I have to go out there and start talking to people and find out what kind of materials are out there, it just all depends on what’s happening and when it is happening. Sometimes, something big comes in, and then I might have to reduce or omit information. You have to plan it all out, and keep a balance of information. It all depends on what’s happening and when.
Q) How important is project planning and project management in the successful completion of a project?
A) As a journalist, to successfully complete a project, you have to keep up on it. You must constantly look at deadlines all the time, be aware of what is due when, time is a critical factor in our field. That’s why I always have to think ahead to keep myself on track and meet deadlines. I constantly have to keep myself on track by multitasking, and keeping the work board updated.

Q) What factors influence decisions about what content you include? How important are factors such as context, purpose, audience, organization of information, overall argument, and design of the document?
A) This paper is about Mukilteo. We are a small town, with a small newspaper. Most of the content in this paper has to include the most important stories in Mukilteo. Sometimes Snohomish County will want us to print a big story, we have to figure out if it is important to us or not then decide, because we have to keep in mind that we are all about Mukilteo, not Snohomish, even if we are in Snohomish County. Our audience is the people of Mukilteo. Organizing the information, the overall look and feel of the design is very critical. I constantly work with our Graphic Designer Debbie Magill to make sure the content, the advertisements, and the overall look of the newspaper is sharp and looking good to the best of our ability. If the paper doesn't look good we don't look good. We all work together as a team to make our paper looking good!

Q) How important is the creation of a document or presentation that doesn’t have errors in logic?
A) It’s all about credibility. We can have errors but not often, it is very important not to have errors. It’s kind of like a black mark on your record. We are all humans and we make mistakes, as hard as we try to get the facts right, sometimes we get them wrong. You have to keep in mind that human errors can transform an image, a perception of the world and of ourselves. At the end of the day, you have to be responsible for your own credibility.
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Q) *How much does a draft change from the initial plan to the penultimate version?*
A) I am the kind of writer that doesn’t have that many drafts. I gather information in an organized way, and keep it mental first, then I process it in a word document. Then it goes to quality control, then to my boss, then back to me. So, the content has many eyes before it gets to its final version.

Q) *How does your background affect your planning and drafting?*
A) My background at the University of Washington gave me inspiration to follow rules. How a certain company or a certain newspaper works often has to do with rules of the company or the newspaper. I am a real follower of rules; I like having rules. Following rules helps me draft the articles and plan for the next task. Producing a draft plan for a future article helps communicate the most important issues affecting a small town like Mukilteo.

**Part 3: Revising and Editing**

Q) *What kind of revising and editing do you do? How much time does it take? How important is it? Could you reduce or omit revising and editing of your documents with little negative effect?*

A) As far as reducing is concerned, you can’t really reduce content. It only happens when you are trying to be more efficient and save time. Time is always a factor, but if you take the time to go through press releases, then you don’t have to reduce the information in your content. Journalists verify facts; facts are very important to journalism. Journalism revolves around original storytelling, and communicating to the public. As a journalist you have to prioritize which information is vital and which is extra. Giving the audience true and accurate information without reducing is the key to success, because at the end, you have to keep your readers’ interest and curiosity.
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**Q)** What factors influence what you decide to revise?

**A)** Well, you have to follow a structure. This newspaper is about Mukilteo. So, the stories have to have the most important events in Mukilteo, not Snohomish, Everett, or Seattle. You
have to keep in mind how the story will affect the people of Mukilteo. So, if the Seattle Times wants you to publish something that happened in Seattle, you might have to refuse the Seattle Times, because you have to keep in mind that the reader is in Mukilteo not Seattle.

**Q) How do you use revision and editing to create more accessible, comprehensible, and usable documents, presentations, and visuals?**

**A) My job is to make information easy, accessible, comprehensible, and manageable to read. To make things easier to read, I use subheads. I always try to make things easy to read, because I want my audience to stay with the story and be enlightened by the story. An inspirational story, which you just can’t put down, and one that is easy to digest. As a journalist, I have to write at a 6th grade reading level, because it has to be easy to understand.**

**Q) How much does a draft change from the initial plan to the penultimate version?**

**A) As far as draft is concerned, not very much, because I do a lot of planning in my head. I am constantly thinking about the order of paragraphs. Where the most important information goes on the top and the least important information goes at the back of the paper.**
order of paragraphs. Where the most important information goes on the top and the least important information goes at the back of the paper.

Q) What technology/software do you use for revising and editing?
A) We are a Macintosh user here at the Beacon. I usually use Microsoft word. I use Microsoft word for revising and editing most of the time. For Advertisements our Graphic Designer uses InDesign.

Q) How does your background affect your revising and editing?
A) Based on what I learned at the University of Washington, we as journalist, follow a specific rule. We use “The Associated Press Stylebook” to write and edit. If it’s not in this book, then we use “Merriam Webster Dictionary”. These are some examples: 1) We have to find out when to capitalize or when not to capitalize. 2) When to spell out words when not to spell out words. 3) How to type numbers, and 4) How to type money. Also, I should mention that we had to take a test while I was at the University of Washington.
Part 4: Conclusion

Q) Where do you see the newspaper industry in the future?

The printing industry is slowing dying out, how will it affect the newspaper industry?

When you think about it, the only thing that is changing is how they get their information. We just have to evolve and figure out how we are going to give the information to the public. Newspapers aren’t going to die out of the industry. There are a lot of people out there who just wants to pick up a newspaper and read. We have to evolve with the future, even if it means finding a niche. The enduring strength of newspapers is their local coverage, from community news to financial to entertainment. The reality is that newspapers have more feet on the ground than any of the competing web sites. It’s nice to see the printed word still, at least for now.

Analysis

It was a very enjoyable and interesting conversation with Sara. I learned quiet a lot about the newspaper industry, and how critical it is to keep your reader interested in the story. As a writer and as an editor you really have to be passionate about journalism. You have to believe in your work and always
keep your audience in mind. I found it interesting to learn how similar writing might be to web design/graphic design. In web design, you constantly have to make your web site accessible, and in journalism, a writer’s ability to make information easy and accessible is vital to the industry. One of my goals in the future is to become a Graphic Designer. I want to design logos, create branding for a company, design brochures, and develop web sites. From what I have learned from Sara Bruestle, and from research, is that being a skilled writer is always valuable. I might not become as involved in writing as some of my peers in Architecture, or Engineering, but I am bound to implement my skills throughout college and the Graphic Arts field. There might be a position where I have to write an article or analyze a story for a newsletter. A designer who possesses good writing skills may be more desirable. An employer will generally want to hire a designer who is experienced in both, writing, and designing. Even if writing isn’t used all the time, being able to write well is always beneficial to the employer. Writing is an art as well. It’s an art of communicating with the audience, and really getting to know them.
Immigration Bureaucracy
Lívia Sá Souza

Going through all the process on getting a visa I experienced a lot of difficulty dealing with US immigration. This is essay is a brief explanation of what an immigrant has to go through in order to legally enter in the United States.

The United States of America is recognized worldwide as a successful, developed country, and it has immense financial influence on developing countries. It is taken as a truism that global citizens aspire to be economically successful like Americans. After the attacks in New York City and Washington D.C. on September 11th, 2001, the immigration department tightened restrictions on non-immigrant visas and set specific standards that applicants must meet for approval. Student visas have been severely affected by the new changes on the security system. Fundamentally, there are several barriers for prospective international students to America, including the number of forms to be written, excessive program fees, the availability of employment, and the law restrictions.

First, the application process for a visa is complex and time-consuming. All forms and fees are connected as part of a
system; if one step in the process were to fail, an application may be rejected. Yet, this interconnected system itself is perhaps imperfect. Multiple agencies and departments as the Department of Homeland Security (DHS), and Department of Homeland Security’s United States Citizenship and Immigration Services (USCIS), are involved in the application approval process; but information sharing between agencies is slowed because data and forms collected are not consistent between all the departments. Moreover, the forms and information required may vary for each nation. Finally, the way this information is submitted and used in a visa interview also varies, depending on country of origin. As an example, regardless of origin country, there are five different forms and applications requesting identical financial and the same personal information.

The first step in the application process would be to specify the forms needed for each particular kind of visa. Once that is accomplished, the next step is to discern the appropriate cost and applicable fees for each application. Students cannot apply for visas themselves. An educational institution approved by the Department of Homeland Security (DHS) is responsible for generating the required I-20 form, which has a fee, and then
submitting the information to the Student Exchange Visitor Information System (SEVIS) as students can find at Lake Washington Institute of Technology (LWIT) Admission Department website. Each organization has an associated fee, but SEVIS and school application fees are for all foreign students. Since the process does not start until all the forms and fees have been paid, this step is the most time consuming.

Secondly, international programs are expensive, as foreign student tuition is unsubsidized by the federal government. According to Open Doors Report on International Educational Exchange, two-thirds of foreign students pay their high-education in the U.S., thus boosting the economy:

“International students make up slightly under four percent of total student enrollment at the graduate and undergraduate level combined. International students’ spending in all 50 states contributed approximately $24 billion to the U.S. economy in 2013.” This is the first financial challenge for international students: the second challenge arises with the employment restrictions in the host country. Although the students may receive some assistance from sponsors, tuition and education-related expenses increase each year.
Despite the seemingly annual increase in tuition for international students, “State Senate leaders are proposing an [extra] 20 percent surcharge on international college students to subsidize higher education” as Seattle Times columnist Katherine Long has noted. If passed, bill SB 5893 would have a severe effect. “At the [University of Washington], which has the largest international student population [in the state of Washington], as Long argues, would increase the price of undergraduate tuition by about $6,000 — to $35,000 a year.

State Senate Majority Leader Rodney Tom firmly believes that schools throughout the United States should support similar budget measures. He estimates the “bill could raise as much as $60 million over two years by levying a 20 percent surcharge on international students” as Long, an editor for Seattle Times pointed it out. However some university representatives disagree with the purpose of the bill. Western Washington University President Bruce Shepard stated, “it simply will not work ... a further 20 percent tax will drive away numbers of current foreign students, creating a hole in budget revenues that will actually be larger than the unrealizable $60M.” The absence of federal and state government financial assistance, combined with strict rules on
employment, makes it difficult for foreign students and their families to invest in higher education in the United States.

Thirdly, the immigration bureaucracy compromises the experience of the students, by setting limitations. Legally, F-1 visa holders cannot work. Students are also not eligible to engage in any other extra-curricular activity as programs sponsored by U.S. government; programs like Student Support Services TRIO, offered at LWIT will only accept American citizen, national, or permanent resident of United States students (LWIT). It is discouraging to social and professional maturity to set restrictions.

Several steps have to be followed until the students become eligible to work after graduate, and prerequisites have to be evaluated to qualify for an internship. Usually, college programs at Lake Washington Institute of Technology as an example are designed for international students and those experiences are shared with other exchange students. This also adds to influence individual perspectives by being exposed to other ethnicities, and by learning other languages. However, consequentially students are most likely to interact frequently with common language students group. The purpose of studying in the United States is to be immersed in American culture. The immigration bureaucracy also reduces a student's opportunity to grow and develop in schools. Even after the recent global economic crisis, the United States still targets students from abroad, and loosening...
culture. The immigration bureaucracy also reduces a student’s opportunity to grow and develop in schools.

The legal restrictions affect the daily activities of students and prevent them from fulfilling their full potential in the United States. Foreign students are ineligible to build credit through the years in college. Federal laws prohibit the approval of credit cards to individuals who cannot verify income (BECU). In addition, students who have sponsors outside United States are also disqualified from loans and credit cards. The only opportunity for students to start building their credit is to find a US citizen co-signer who will accept joint liability on the account. To get accepted into an education institution and receive a visa, applicants must demonstrate their financial standing on a bank statement in United States dollars, but the document is not eligible as proof of money by federal law. So in order to buy a car, as an example, the students have to pay the whole amount up front no loans or financing options are available. The law restrictions have a negative impact on foreign students’ daily circumstances.

Even after the recent global economic crisis, the United States still targets students from abroad, and loosening
immigration laws would increase interest from foreign students in coming to the United States. Out of economic concerns, public universities are now showing a preference for foreign students, often at the expense of domestic students. “Those [international] students help underwrite the costs ... and it adds to the diversity of the campuses in terms of students from different areas”, as the president of University of California, Janet Napolitano, stated in Los Angeles Times. The citizens of developing countries continue to believe in the American Dream, and the best step towards achieving it can be found through America’s colleges and universities. Yet, as demonstrated here, rigid immigration laws are forcing students to look for other alternatives to studying in America.

Consequently, changes have to be created to make it easier for foreign students to study. Pro-student policies are needed but, as now they seem to be designed with a focus on security and on policing foreigners. The immigration laws in the United States needs revision if the nation wants to continue to be the worldwide leader in academics and to continue to boost the U.S. economy through international students’ tuition. Modifications to the forms, fees, and laws restricting
employment and credit are needed to attract new students to the United States.

In the beginning of the process it would be more practical and effective if the basic information collected on each form could be shared between all departments involved. It would save time and minimize typing errors. It would be also beneficial if the Department of Homeland Security’s United States Citizenship and Immigration Services (USCIS) would work in conjunction with a bank and combine the entire visa fee into one single payment. The bank would be responsible for processing the payment and forwarding the proceeds directly to USCIS, which would then receive the money faster. That would help minimize the waiting period and allow the USCIS to analyze the applications sooner. The federal restrictions improvements would have a positive effect on foreign enrollment and the United States economy would benefit from that impact. In order to keep increasing the number of foreign students, it would be beneficial to the United States to streamline the application process and loosen immigration standards.

At the same time, the United States is enacting more policies that make it more difficult for immigrants, universities
from other countries are opening the doors for foreign students and stimulating their own local economies. A revision of government policies and immigration rules would be advantageous to the United States’ government and to the undergraduate students affected. If foreign student were also allowed to work, they would spend more money towards their education and would buy more goods and services, helping the local economy. Likewise, the government would benefit from the increase in tax revenues. The employers would also benefit with the infusion of new ideas from abroad. Also it would establish a stronger relationship between the countries involved and could promote an expansion of business overseas.

In conclusion, the United States should give confidence to international citizens to invest in their continued education in the country. Improvements on the forms, tuition, on laws and regulations would increase enrollment and would change the way international students feel towards the U.S. government. The lack of opportunities established by Department of Homeland Security’s United States Citizenship and Immigration Services (USCIS) and Department of Homeland Security (DHS) depresses application totals and hinders current students from achieving their goals. Any immigration
reform that caters to students would also be favorable to schools that would better assist their students with more career and jobs prospects in the United States. Citizens around the world continue to believe in the American Dream, and with the support of progressive immigration policies, it can perhaps be more of a reality.

Works Cited


Tracy
Leslie Laas

I'm in worker retraining, in the Web and Mobile Design program. I created this posterized paper collage from a photo of my wife for the 2-D Art Class Winter 2014.
Tracy (details):
I've always been an artist and am fairly accomplished (as much as a modern workaday life allows) in traditional media like oil paints, and drafting. I'm somewhat new to computers and digital painting. I'll be graduating from the MMDP program for game design this quarter. This is a Photoshop painting I did last quarter in the Environmental Concepts class last quarter. It's a riff off a sketch I drew a few years ago as a possible t-shirt design for a band I was in.
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Phoenix
Sarah Allio

I'm in my 7th quarter at Lake Washington Institute of Technology. This is an essay that I wrote on part of my life concerning the change of goals I've gone through.

My long-term goals have changed over the course of my life. When I was little, I was very ambitious. I wanted to be a zoologist and a writer. As I entered my teens, I became confused, depressed; I didn’t know what I wanted in life. As a young adult in college, I am still working toward my goals. Although the path I am headed is a bit hazy, I still have a path nevertheless.

Beginning at age six I wanted to be a zoologist. From as early as I can remember, I was preparing for this. As a young child I remember waking up early to sit in my living room to watch Steve Irwin’s “Crocodile Hunter” on the Animal Planet channel; you could consider him to have been my idol. Seeing him work in zoos with various animals inspired me. I used to ask my mom to come see my “indoor petting zoo,” where I would trap my dog, cat, and fish inside my bedroom for entertainment. I even recall quizzing several of my parents’ friends on varying animal facts, typically beginning with “Did
you know this?” or “Want to hear something interesting?” When I was a child, adults would naturally humor me by always accepting any information I offered, but I had the impression that they thought I was intelligent because I could repeat what I’d heard on TV. As I grew into my teens, my interest became more sophisticated; I started playing a video game for the PC called “Zoo Tycoon,” which is a simulation of owning, maintaining, and working at your own personalized zoo. Putting down the games and well-rooted in my passion, I set out to ask real zookeepers or employees at any zoo or aquarium what the requirements were for working in their given field. A bachelor’s degree in biology and a few years of volunteer experience should land me in the career path that I had chosen.

Alongside dreaming of being a zookeeper, starting at age ten, I began experimenting with writing. I had classes for a few years with the same creative writing teacher, Mrs. Morrison. I’ve always felt a soft spot for her as my friend; she always put good marks on my papers and encouraged me to develop more short stories. I would say that all of my writing was inspired: when I was eleven years old, I wrote my first and only book which was only fourteen pages long. My papers were
typically about video games, or interests deriving from video games. A few examples of games I wrote about were Webkinz, Neopets, Age of Mythology, Spore, and Zoo Tycoon. My most memorable papers were about Age of Mythology, which is a real-time strategy game where you command armies of humans and fictitious beasts to conquer the enemy. I didn’t write about the game, however; I wrote about the mythology inspired by the game, which I found fascinating. This led me to read books on Greek and Norse mythology, which caused me to write more papers on the subject of fantasy.

I envisioned myself writing books while studying zoology, but I was quickly disheartened when I was a freshman at my high school. I had a dreadful Technical Writing class—with an equally displeasing instructor. I remember the harrowing moments when I received my lengthy, well prepared papers only to have several bad marks on them. I will never forget toward the end of that school year when my teacher “anonymously” announced the grades that were given in the class. “Eleven people received an A, eight people received a B, three people received a C, and one person received a D.” As the essays were passed back to their respective owners, a cute boy sitting next to me leaned over to ask, “Hey, what did you get?”
My face paled; you can guess who the lowest score belonged to. Humiliated, I told my mother what had happened that day and she was furious. Her meeting with and berating my teacher, however, did nothing to boost my confidence; being repeatedly told that my writing was never up to standard crushed me; I felt useless. Writing and even reading books became too vanilla for me. My right-brained mentality abandoned me, and so did my pride.

My dream of becoming a zoologist died when I finished my sophomore year at my high school; reality started to hit me. First, I received a “D” in biology, meaning that I surely wouldn’t have a talent in the subject if I were to major in it. Second, my mom had looked into and decided the college that I was going to attend: Lake Washington Institute of Technology, which does not support a biology or zoology major, as it is a technical college. Finally, I spoke with employees of zoos and aquariums, it was clear that getting a job was challenging, taking into account the credentials, but also the economy, which forces local zoos to operate with a shortage of staff. After gleaning this potpourri of information, my concluding diagnosis was that being a zookeeper was an unrealistic and nearly unobtainable life goal.
For two years I was racking my brain trying to find something else that I could be good at; I was depressed. In my senior year of high school, I took an AP (Advanced Placement) Psychology class. Connecting this with my joy for giving advice and wisdom to friends, I’ve decided that I wanted to be a psychologist—specifically a school counselor.

I now feel that being a school counselor is what I’m meant to do in life. Growing up I had difficult experiences battling through depression and the divorce of my parents; I knew that other teens had it worse than me. Every year at my high school, there was at least one case of a student suicide. Some I knew personally, others I never had the pleasure of meeting. I grieve deeply like a mother who lost her child when I recall those names and faces. Couldn’t I have done something? If they were my friend, or if they had opened up about their struggle, would I have been able to talk them out of it? Such feelings explain why I want to be a school counselor. Not every teenager or child has the confidence to ask their parents to see a professional therapist—in fact, I highly doubt most depressed people would have the mindset to seek out help. I want to be accessible for any troubled teen that has a voice.
Since I was already on the pre-aligned path to Lake Washington Institute of Technology, their closest-relating program was Social & Human Services. Although I can’t say I am interested in becoming a social worker, this degree gives me an opportunity to hone useful skills as well as to fulfill my prerequisites for college. I am currently in my sixth quarter, and I will be done within a few more.

After I get my associate’s degree at this college, eventually, with money accumulated, I will get my master’s degree in psychology, as well as a teaching certificate and a counseling license. The road to my goal is long and hard, but I feel that it will be very rewarding in the long-run.

Despite everything that I went through in life, I am once again finding my purpose. My dreams were once crushed, but now they are reborn.
Ellen
Chris Mallot

I am in my final quarter of Funeral Service Education at LWIT. My journey to LWIT has been a long, diverse one. I wasn't absolutely certain of what program I wanted to enter until I saw that Funeral Services was available, and I knew in that instant that this was what I wanted.

Reading through the required curriculum, I began to worry when I saw "Restorative Art" on the list. I have never had any artistic ability and as a result, figured I would not do well. The purpose of this training is to be able to recreate features of the deceased that may have been damaged as a cause of death. We want to be able to make a presentable viewing that will help grieving families to adjust to their loss, the importance of this cannot be understated. As the class began, I quickly acknowledged to our instructor, Lauren Budrow, that I likely won't do well because of the lack of artistic ability, as did some other students. She reassured the class that we will all do much better than we were anticipating.

Through several weeks of study, we were all given a plastic base and 2 pounds of restorative art wax to build the features of a selected person. I was impressed by the work of my classmates, and was striving to make mine comparably well. Through constructive feedback and encouragement from Lauren and other students, I was able to produce a much better end product than I could have ever imagined. The whole class was able to produce some incredibly impressive results with all of their submissions. I feel confident in the abilities of not only my classmates, but also myself now.
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My Restorative Art project for Funeral Service Education
Wax model head of Ellen Degeneres
My name is Pam Stephens and I am currently enrolled at Lake Washington Institute of Technology. I am in the Business Technology program where I plan to have an associate’s degree by June 2015. I had long road to get where I am right now, with jobs in food service, retail, and manufacturing.

I started playing bass in the mid 80’s, when bands had big hair and acid wash jeans with big holes in them in order to show the black spandex pants underneath. I immediately started playing music from bands like: Rush, Led Zeppelin, The Police, Kansas, and Yes. This is where I learned about playing melody and rhythm on the bass. Fortunately, I had a live in drummer who was insanely good and loved to jam at any time. I practiced all the time and before I knew it, I could actually play all of the songs that seemed out of my reach just the month before. I have been lucky enough to have played with many other musicians and every time I played with someone new to me, I learned that much more.

We formed the band “Hushlo” in Thomaston, GA during the 90’s. We performed all over the region, and also played at the ‘96 Olympics in Atlanta in front of over 20,000 people. We did get radio and television exposure as well. We had a great run for several years. We wrote the song “Light of Day”, and like many other songs we’d written, we were jamming in our practice house and it just came together. Once we had the music down, Brian came back with some vocals and it all just fell into place. “Light of Day” is a hard driving, syncopated song that goes from a whisper to a scream. The smooth, melodic vocal on top of the driving music, creates an
aesthetically pleasing mix for any listener. When playing the song live, we always ad-libbed the change so that it was fresh not only to us but also for our fans. We fell in love with playing it in front of crowds.

**Light of Day**

A shadow falls over your eyes
But you won't stop to wonder why
You can't find the answers in your head
You can't find the answers in your bed

I have nothing more to say
You've got to find your other way

You need the light of day
No fear, no more
You need the light of day
To chase the shadows from your door

It's just life that swallows you
Drowning, quick – what will you do?
You see the lies that that you've been fed
You cry as your whole world turns red

I have nothing more to say
You've got to find your other way

You need the light of day
No fear, no more
You need the light of day
To chase the shadows from your door
You need the light of day
If you need someone, I'll be there by your side
Bristle Cone Pine

Claire Chatters-Elf

Nature inspires me. This painting was based off a photograph I took of a bristle cone pine when I was visiting Arizona. Ultimately I plan work in the field of Natural Science Illustration combining my loves; art and science. The ability to accurately depict subjects is valuable and I am very detail oriented so it is a challenge I like taking on. I also enjoy being more free and expressive when doing personal art. It’s fun to watch an image unfold. Simple brush strokes can create unpredictable effects that surprise me and I hope I never stop being surprised.
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Dye Down

Harry Hakobyan

'Dye Down' is a walnut ink painting with black sharpie used for accents. The central trail of ink, while not intentional, adds, I feel, a sense of gravity to the piece, which was in large part an inspiration for its name.
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Lying With Bones
Harry Hakobyan

I am in the 'Digital Gaming & Media' at Lake Washington Institute of Technology. One of the fundamental aspects of this study is to draw from the human form. "Lying With Bones" is one of the final pieces I created while in Art 205 - Human Life Drawing.
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This turtle model was an assignment I had for a high-poly modeling class. I continued to work on it after it was due to make it pop out a little more. Overall, I'm pretty happy with the piece since I only have three weeks of experience under my belt, and I'm excited to hone my skills and present a dazzling piece for the next issue.
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Organic Orb
Andrew Meyer

I am a Machinist/Instrument Maker at NOAA (National Oceanic and Atmospheric Administration), I am a resident of Seattle, born and raised in Wisconsin. I have a 1 year old son and have been married to my beautiful wife for 3 years. We live near a park called Matthews Beach and it is where my inspiration came from for this project. I enjoyed this project because I was able to work with nature, use my hands, and be in my favorite place... the great outdoors.
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Melancholy
Emily Early-Griffith

I am excitedly pursuing the Digital Gaming and Media program here at LWIT. This is an etching that was done for Art 205: Human Life Drawing class. Etching is a useful, but challenging, exercise because of the inability to truly erase misplaced marks.
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Fight for the User
Joel Pasek

An illustration for Mass Communication, this editorial cartoon was meant to illustrate the ongoing battle for control between major players in the online marketplace. From social media services battling for more users, to college students overrunning bank servers, the war online frequently spills over into the user’s everyday life.
An illustration for Mass Communication, this editorial cartoon was meant to illustrate the ongoing battle for control between major players in the online marketplace. From social media services battling for more users, to college students overrunning bank servers, the war online frequently spills over into the user's everyday life.
Lost Cosmonaut

Joel Pasek

I don’t always know why I create what I do. I have the gift of an overactive imagination and the curse of a mind that doesn’t know how to queue. Whether it’s paper, pencil, or paint, I use whatever I can to release my ideas and make room for more.
I don’t always know why I create what I do. I have the gift of an overactive imagination and the curse of a mind that doesn’t know how to queue. Whether it’s paper, pencil, or paint, I use whatever I can to release my ideas and make room for more.
Four Reasons to Lower the Legal Drinking Age to Eighteen
Hetal Patel

Hi! My name is Hetal Patel, and I am enjoying my study at LWIT. I believe this college not only educates the student, but it helps to bring out the hidden art from the individual (like me). It is like finding a pearl from the ocean. I thought maybe I can give it a try to submit my essay, and I realized I could. So, I decided to let other people know that they can come forward with their hidden art, too.

Every year drunk driving casualties increase in the United States despite governmental efforts to lower the counts. Most people think that teenagers in their late teens are more involved in fatal accidents under the influence of alcohol. Do eighteen and nineteen year olds find the legal drinking age of twenty-one so troublesome that they cannot wait a few years to drink? Some people think it is a good idea to leave the legal drinking age at twenty-one while some agree with lowering it to eighteen. I think the legal drinking age should be lowered to eighteen.

As we all know, young adults have the right to get married, smoke, vote, drive, and join the army once they are eighteen. It seems pretty much like they have the freedom to do everything that pleases them. There are no restrictions and regulations
because they are not kids anymore. These feelings likely made them believe that they are on top of the world and can experience everything they desire. However, there is one thing that they cannot do yet. Drink alcohol! They have to wait until they turn twenty-one. Unfortunately, most teenagers do not. Next thing we know, they are inspired to break the law. These teens ask themselves how big a deal it would be to just have a drink since they have all of these other freedoms. People who believe that the present law prevents teenagers from getting drunk before turning twenty-one should think again.

The law in Washington State allows minors a driver’s permit at the age of fifteen and a driver’s license at the age of sixteen so that an older teen can run errands for their family members. Still the teenagers cannot have a drink even in their own house at the age of eighteen. Drinking is widely accepted in American culture and in most of the world too. People like to celebrate all the time and do so at family get-togethers such as dinner parties, birthday parties, weddings and graduation ceremonies. In the United States, a celebration often starts with a glass of wine. I bet few teens would have tried some wine either with their parents’ consent or without. Some parents let their kids experience almost everything, believing
that is the way to learn new things. Drinking is sometimes family tradition, and teenagers need to learn wise drinking habits. One possible way to allow teenagers to experience their first drink would be in the safety of one’s home under the supervision of their parents. It is absolutely fine to let teenagers have a drink under parental observation rather than sneaking behind their parents’ back and getting drunk. With proper parental guidance, teenagers can learn the disadvantages of drinking like health related issues, drunk driving and how to be in control while drinking. Most importantly, they can learn to set their alcohol intake limits without passing out. I believe drinking comes with great responsibilities that are based on an individual’s character; therefore, drinking should not be restricted by someone’s age. Whoever is in favor of the legal drinking age of twenty-one must need to rethink that the more we try keeping teenagers away from alcohol, the more they will pursue it.

It is not logical that at eighteen the teenagers have the right to vote and decide which candidate will best serve as president of the United States of America, but they are not allowed to drink legally until twenty-one. If an eighteen year old boy or girl has the right to decide the future of their country, then why not have the right to drink at the same age? It is not alcohol which creates trouble. Alcohol is just an excuse for irresponsibility. Good drinking takes proper learning and understanding. For instance, a boy drove to his friend’s house to attend a late night party and he promised his parents that he would be back by two in the morning. Later, at his friend’s house he was pressured to drink a little bit of alcohol, but he chose not to, knowing that he would have to drive back home and he would not be able to if he drank. This is good because he is proving himself to be a responsible person. If he had chosen to drink and drive, he would put himself and others in great danger.

The fourth and final reason: wine is ever-present in our lives and is socially acceptable to drink at church; even smaller children take a sip of wine. For instance, religious ceremonies use alcohol as the representation of the blood of Christ. During these ceremonies, wine is believed to be sacred so everyone who believes in the ritual drinks, including teenagers. However, this ritual is performed under close supervision of adults who control the amount of wine that everyone drinks. In these rituals, teenagers learn that the alcohol represents an important part of their religious beliefs and should not be
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abused by getting drunk. On the one hand, we promote alcohol intake in early childhood as a religious ritual, and yet on the other hand, we restrict alcohol intake until the age of twenty-one because of its negative effects. This example makes note of the contradiction that people have different views of drinking alcohol as a religious belief and social use; even though drinking law has been set at the age of twenty-one.

Based on these four facts, people who favor keeping the legal drinking age at twenty-one should reconsider their thoughts. Citizens believe eighteen is the age of maturity, since we have given teenagers the right to vote, drive, marry, smoke, and join the army. If they are able to perform all these important duties, then they can drink as well at the same age. Besides, the fact that no matter how hard we restrict teenagers from getting a drink before the age of twenty-one, some attempt it anyway. Nonetheless at least we can try lowering the legal drinking age from twenty-one to eighteen to prove that teenagers can learn good habits in order to drink alcohol.
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