The Lion's Pride Committee
Abigail Boese  Lynn Roesch
Heath Davis  Jennifer Coogan
Wes Mantooth  Doug Rupik
Jason Sobottka

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:

http://www.lwtech.edu/student_life/the_lions_pride/default.aspx

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

Cover Art: “The Artist,” by Lainey Carlson. Artist’s statement: “This project was for Jason Sobottka's Intermediate painting class spring quarter of 2014. I have drawn all my life but this is only my seventh painting on canvas.”

The Lion’s Pride may contain links to third-party web sites. These links are provided as a convenience to readers and are not under the control of The Lion’s Pride. If you access a third-party site linked to The Lion’s Pride publication, you are responsible for guarding against computer viruses or other potential risks of online navigation. The Lion’s Pride cannot guarantee the accuracy and completeness of such links and does not endorse information contained at the third-party web sites.
The Lion's Pride Committee
Abigail Boese
Heath Davis
Wes Mantooth
Jason Sobottka
Lynn Roesch
Jennifer Coogan
Doug Rupik

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: http://www.lwtech.edu/student_life/the_lions_pride/default.aspx
You may also contact student.showcase@lwtech.edu if you have questions.

Table of Contents
(click on individual selections to go directly to those pages)

* The Magic of Yarn, The Magic of Life (Ye Xu) - essay
* Projector Close-Up (Jessica Price) - visual
* Learning to Surf (James Lengel) - essay
* Fractal Worlds (Shane Kantzer) - video
* Parametric Chair (Shane Kantzer) - multimedia
* Now She's Gone (Crosswave) - music
* Creating a Masterpiece (Aubrey Roman) - essay
* Everyday Cosplay (Natasha Tucker) - visual
* Viewpoint (Tresa Berry) - visual
* Seattle in Black and White (Michelle Stipe) - visual
* I Am From (Karina Mendez) - poem
* The Power of 3 (Erin Alexander) - visual
* Fairy in the Forest (Michael Mussman) - visual
* Triple Decision (Eric Liggins) - visual
* Afro Water (Eric Liggins) - visual
* Embrace Your Inner Unicorn (Kelly Terrell) - visual
* Flutes (Kelly Terrell) - visual
* Cedric and Chess (Kelly Terrell) - visual
* A Cast Horse Study (Rachel Farrell) - visual
* The Dragonfly (Rachel Farrell) - visual
* Eventide's Majesty (Darian Hawke) - visual
* Landscape at Dusk (Darian Hawke) - visual
Table of Contents, continued

* America (Lauren Kaatz) - visual
* Fishing (Lauren Kaatz) - visual
* Nursing at Five Feet and Under: A Daily Survival Guide for the Vertically Challenged (Salve Fellores) - essay
* Freedom (Jesse Moran) - essay
* Will Technology be the End of Humans? (Amanda Gardiner) - essay
* ADD: Attention Deficit Disorder or Acquired Discipline Deficiency? (Douglas Rupik) - essay

The Magic of Yarn, the Magic of Life
Ye Xu

I had been a Chinese language teacher for 12 years before I came to the United States. I like Chinese culture and teaching very much, but my favorite hobby is doing craft, especially knitting. I learned knitting since I was 5 years old and all of my knitting experiences came from my grandma, who still knitted 5 years ago. She can't knit any more, but what she said about knitting will be remembered in my whole life.

When I was a little girl, my grandparents lived with us. I always saw my grandma knitting with two long bamboo needles, and every time I asked her, “What’s this?” She smiled and told me, “It’s magic.” I couldn’t remember how long it lasted, but one day, I saw the yarn turn into a beautiful sweater, I was so excited and shouted, “Yeah, yeah, it’s magic!!” My grandma smiled and said, “Yes, It’s magic, just like life.” I couldn’t understand it, but I was eager to learn how to knit after that.

As you know, talking is much easier than doing, so I made a lot of mistakes in the beginning. Sometimes I dropped a stitch, sometimes there was a stitch that came out unexpectedly. I was so mad about it and threw it all away. My grandma came beside me and asked, “Do you remember why you wanted to learn knitting?”
The Magic of Yarn, the Magic of Life

Ye Xu

I had been a Chinese language teacher for 12 years before I came to the United States. I like Chinese culture and teaching very much, but my favorite hobby is doing craft, especially knitting. I learned knitting since I was 5 years old and all of my knitting experiences came from my grandma, who still knitted 5 years ago. She can’t knit anymore, but what she said about knitting will be remembered in my whole life.

When I was a little girl, my grandparents lived with us. I always saw my grandma knitting with two long bamboo needles, and every time I asked her, “What’s this?” She smiled and told me, “It’s magic.” I couldn’t remember how long it lasted, but one day, I saw the yarn turn into a beautiful sweater, I was so excited and shouted, “Yeah, yeah, it’s magic!!” My grandma smiled and said, “Yes, It’s magic, just like life.” I couldn’t understand it, but I was eager to learn how to knit after that.

As you know, talking is much easier than doing, so I made a lot of mistakes in the beginning. Sometimes I dropped a stitch, sometimes there was a stitch that came out unexpectedly. I was so mad about it and threw it all away. My grandma came beside me and asked, “Do you remember why you wanted to learn knitting?”
“Yes grandma, because it’s magic, I like it!” I answered without any doubt.

“Then why are you mad and why did you throw it away?”

“I worked so hard but there were so many mistakes…” I almost cried, but my grandma still smiled and said, “Everyone makes mistakes, so do I, but if I had thrown my work away, then you would not be wearing that sweater I made for you. Come on, let’s play magic!”

My grandma picked up the thing—a few knitted rows, oddly-shaped and dirty, with a lot of mistakes. Yes, that was what I knitted.

“Look at me carefully, please.” My grandma drew out the needles and began to pull the yarn slowly. In about twenty seconds, maybe shorter, my ugly piece turned back into yarn again.

“Wow!” That was the only word I could say at that time and I thought the yarn was really magic.

My grandma patted me on the head and said, “I’ll give you another ball of yarn, but you have to promise, never to throw it away and keep this clean by yourself.”

I nodded quickly because I was so eager to start knitting again. Unfortunately, I made a mistake again. I stopped and...
looked for my grandma, but I couldn’t find her. Then I remembered what she showed me, so I drew out the needles and pulled the yarn gently. Just like that, I knitted and took it apart several times. Finally, I finished a whole piece without any mistakes. Can you imagine how excited I was? I just remember I broke a vase when I ran to my grandma to show her my knitting work.

Since then, I have been crazy about knitting. I wasn’t afraid of making mistakes any more, and I became more and more skilled. I could knit longer and wider pieces. Of course, I still made mistakes. Sometimes I could find the mistake quickly, sometimes I found it after a long time, but I didn’t care, I just took them apart and knitted them again. Until one day, when I almost finished my scarf, I found a mistake in the middle of the scarf; it looked like a strange hole. I stopped and wanted to take them apart. My grandma saw it and said to me, “Have you ever thought about fixing it?”

“Fixing?” That was a very good question. I like knitting and I like to make everything perfect, so I never thought about fixing it, but only doing it over again.

My grandma felt my hesitation, so she said, “How about this, let me show you what I want to do with this little hole. If
you like it, then you can continue your knitting. If you don’t like it, then you can do whatever you want to do.”

“Good idea!” I gave the scarf to my grandma and watched her very carefully, because I knew she always could play magic with yarn. As expected, she made a very beautiful flower with a crochet hook and then sewed it on the scarf to cover the hole. It was a different color, but matched beautifully with my scarf. When she finished, I couldn’t help shouting, “Wow, it’s magic! I love it!!!”

“See, you don’t need to do it again if you can fix it right way.” Grandma smiled and said, “Sometimes life gives no chances to redo, so you’d better be more careful when you do something the first time and always look back to check what you have already done.”

I felt I learned a lot from her words but I still had a question, “Why didn’t you show me this magic the first time I made a mistake?”

“Oh, my little girl, wouldn’t you think it was better to correct your mistake than just learn how to cover it?” She looked at me so kindly. She was right, I needed to know what the right way was first and learn how to do that ...
This year, my grandma is 96 years old. She can’t knit any more, but she always likes to see me knitting. Now I can knit all kinds of scarves, gloves, socks, sweaters and even design some different styles. It was almost 30 years ago when I learned how to knit the very first time. All these years, I have thought about the words my grandma said, and finally, I understand. Yes, life is just like yarn, no matter what color it is, knit it with love, it can be anything you like. No matter how complicated it is, pull it with patience, it can be knitted again. Be careful when you do something and always check. If you made a mistake, even you have no chance to redo it, don’t be afraid, and never give up, face it with confidence. You will find a way to fix it and make it better!

"Good idea!" I gave the scarf to my grandma and watched her very carefully, because I knew she always could play magic with yarn. As expected, she made a very beautiful flower with a crochet hook and then sewed it on the scarf to cover the hole. It was a different color, but matched beautifully with my scarf. When she finished, I couldn’t help shouting, "Wow, it’s magic! I love it!!!"

"See, you don’t need to do it again if you can fix it right way." Grandma smiled and said, "Sometimes life gives no chances to redo, so you’d better be more careful when you do something the first time and always look back to check what you have already done."

I felt I learned a lot from her words but I still had a question, "Why didn’t you show me this magic the first time I made a mistake?"

"Oh, my little girl, wouldn’t you think it was better to correct your mistake than just learn how to cover it?" She looked at me so kindly. She was right, I needed to know what the right way was first and learn how to do that…
The following is a quote from the week 5 discussion on “The Eloquent Eye” Documentary from Photography Appreciation:

“While watching the documentary I felt that the most powerful part was the part about Paul Strand and how he took photographs of people without them knowing that they were being photographed. To me, these photographs were really beautiful, powerful, and real because they were being exactly who they were at that moment in time.” The quote is about my reaction to seeing Paul Strand's work in the documentary which inspired my close-up photography assignment of a projector.
The following is a quote from the week 5 discussion on "The Eloquent Eye" Documentary from Photography Appreciation:

"While watching the documentary I felt that the most powerful part was the part about Paul Strand and how he took photographs of people without them knowing that they were being photographed. To me, these photographs were really beautiful, powerful, and real because they were being exactly who they were at that moment in time."

The quote is about my reaction to seeing Paul Strand’s work in the documentary which inspired my close-up photography assignment of a projector.
Learning to Surf
James Lengel

In 2011 I was hurt on the job, and after extensive physical rehabilitation it was decided I would be retrained. My vocational councilor asked what I would do if I had my choice. I said computer aided drafting because of my previous training in technical illustration. Along with my new career path came a set of required classes, including English, which I probably wouldn’t have taken if it had not been required. After several years of going without writing, I began to enjoy the research, and reflection I did while writing, and this is what came of it.

As far back as I can remember, I knew how to swim. My brother and I would go swimming at my Uncle Joe and Aunt Louis’s house. I don’t know if I learned to swim there or somewhere else. I don’t remember learning to swim at all, I just always did it.

We always lived close to a beach as well. I have pictures of me, playing in the sand and water, at a very young age. My brother and I would play in the water, just the usual stuff at first for kids. As the water would come in from the waves, we’d try and out run them. As my brother and I got more and more gutsy, we started playing in the waves, swimming and body surfing close to shore. With each trip to the beach we got a little better at swimming in the waves. Around 8 or 9 years
Learning to Surf
James Lengel

In 2011 I was hurt on the job, and after extensive physical rehabilitation it was decided I would be retrained. My vocational councilor asked what I would do if I had my choice. I said computer aided drafting because of my previous training in technical illustration. Along with my new career path came a set of required classes, including English, which I probably wouldn’t have taken if it had not been required. After several years of going without writing, I began to enjoy the research, and reflection I did while writing, and this is what came of it.

As far back as I can remember, I knew how to swim. My brother and I would go swimming at my Uncle Joe and Aunt Louis’s house. I don’t know if I learned to swim there or somewhere else. I don’t remember learning to swim at all, I just always did it.

We always lived close to a beach as well. I have pictures of me, playing in the sand and water, at a very young age. My brother and I would play in the water, just the usual stuff at first for kids. As the water would come in from the waves, we’d try and outrun them. As my brother and I got more and more gutsy, we started playing in the waves, swimming and body surfing close to shore. With each trip to the beach we got a little better at swimming in the waves. Around 8 or 9 years old, we got Boogie Boards, a spongy foam body board for riding waves. We spent hours out in the water, me probably more than my brother. I went Boogie boarding (lying on the board on my stomach, riding waves) with my parent’s friend’s kids and when my friends were around, I’d go with them, pretty much anybody that would go out in the water with me. I grew to love being in the water.

We’d even camp at the beach for weekends, our family and other family friends would all camp together, most of the time at Carpinteria beach camp grounds in California. Carpinteria beach is a very flat beach; with waves that washed up onto the beach thin and flat, and would stay on the beach for longer than normal. I would lay my Boogie Board on the beach, take a few steps back and wait for the right moment when the water would wash up under the board. I’d run and jump on the Boogie board, for a short ride into the shallow water. I would do these short rides over and over for hours at the time. I didn’t know that I was learning the balance I needed for surfing. After a few seasons of riding the Boogie Board in the water and on the beach, I was ready for the next step, “Skim boarding.”
Skim boarding usually is done in the shallow flat water along the beach, but can be done more aggressively straight into the waves. This smooth flat board was a completely different animal. You didn’t set it down and wait for the water wash up under it; you got a running start, threw it down in front of you, and jumped on. As soon as you hit the board, it took off. It’s sort of like taking a running start to jump onto a frozen lake. Skim boards will shoot out in any direction; there are no skegs or rudders to keep you on track. You have got to land on the board in full balance or it comes out from under you in a flash, but when you get it right, it’s a blast.

I had seen other kids on the beach with what looked like chunks of plywood, riding them almost effortlessly across the sand. I made a few crude attempts to make a skim board myself, but was rather unsuccessful. My skim boards didn’t go far, and they didn’t go fast. Eventually, I saved enough money to buy my first real skim board from the local surf shop. In our town everyone went to “Surf & Style”, the one place you could get anything cool for the beach. I bought a bright yellow Shoreline skim board, a fiberglass covered plywood board, which at the time was the Cadillac of skim boards. It was fast,
tough, and some-what heavy, which made it easier to throw down in a sprint.

My friends and I would go to the beach, we’d set up our stuff and I would disappear with my skim board for hours. I would spend hours going back and forth on the beach. I would return around noon for a quick sandwich, and then off into the water again.

One day at Zuma beach, I made a discovery that changed everything. I was going down the beach, which was steeper than most beaches on my skim board and the waves break right on shore. I hit a tall shore break wave with good speed and it flung me up in the air like a rag doll. It’s kind of like a bicycle jump made of water. I did it again and again trying to master my first attempt at flying. I landed on my head, my back, and even on other people in the water. It’s not easy trying to get the timing and position down, when the wave was just right. As I hit the wave it would instantly flip me in the air upside down, the trick was to do a complete flip and land back on your feet. I would stand on the beach staring at the waves, waiting for the perfect time to launch. When the wave begins to peak and set up just right, in an instant, I pick up my board and launch into a full sprint through the sand towards
the water. A few good steps into the sprint, I drop the board in front of me and leap on. I have only about a second to set up my balance on the board before I hit the wave, and it flings me 10-12 feet in the air.

There were plenty of times that I was off balance as I jumped on the skim board. It took all of my speed forward and clashed with a thousand gallon wall of water going in the opposite direction. The worst was at a beach called the “Wedge,” which was notorious for people getting carted off in an ambulance, by getting slammed on the beach by giant, powerful waves. I thought I was getting pretty good, but the Wedge is a humbling jetty break, with huge bouncing waves. One day at the Wedge, I took off running to get on a giant wave. I knew I was a second late taking off, but my greed got the best of me and I was having too much fun. I dropped my board, got on, and looked up, only to see drops of water the size of softballs coming at me. The next thing I know is I’m on dry sand next to the lifeguard stand, on my back, nuts wracked, wind knocked out of me, and all I could say was “get my board” to my friends.

Skim boarding taught me a lot about watching the waves, how they react, and how they set up in groups. Some say they are in groups or sets of 7; some say 13; the truth is, you just get a feel for them, and know the first few waves in the set are the biggest and best. It certainly taught me to respect the power of water.

I bought my first surf board off a neighbor. It was six foot seven inch Aquanetics surf board, with a girl standing on the beach next to a palm tree airbrushed on top. I started going to the beach with friends attempting to surf. Truth is surfing came kind of natural, if you know what led up to it. Soon I was surfing a lot, maybe too much. My wet suit wore circular scab around my neck, my hair got sun bleach blonde on top, and I was kicked out of my first year of high school (for not showing up enough). The waves were exceptionally good that year and I was hooked on surfing. Once I got my driver’s license, things got back on track. I didn’t have to depend on getting a ride to the beach anymore. I could surf in the morning and still get to school on time.

I have a funny memory of my mother saying “you can’t go surfing, it’s raining out.” I would assure her that the water would get no wetter than it is now. All the things that went with surfing are great memories, and I feel like I could go on telling stories of all the good times forever. Standing on the
are in groups or sets of 7; some say 13; the truth is, you just get a feel for them, and know the first few waves in the set are the biggest and best. It certainly taught me to respect the power of water.

I bought my first surf board off a neighbor. It was six foot seven inch Aquanetics surf board, with a girl standing on the beach next to a palm tree airbrushed on top. I started going to the beach with friends attempting to surf. Truth is surfing came kind of natural, if you know what led up to it.

Soon I was surfing a lot, maybe too much. My wet suit wore circular scab around my neck, my hair got sun bleach blonde on top, and I was kicked out of my first year of high school (for not showing up enough). The waves were exceptionally good that year and I was hooked on surfing. Once I got my driver’s license, things got back on track. I didn’t have to depend on getting a ride to the beach anymore. I could surf in the morning and still get to school on time.

I have a funny memory of my mother saying “you can’t go surfing, it’s raining out.” I would assure her that the water would get no wetter than it is now. All the things that went with surfing are great memories, and I feel like I could go on telling stories of all the good times forever. Standing on the
side of a highway trying to slide on a half cold wet suit, with the strong odor of saltwater and neoprene, paddling out on silky smooth quiet waves at five am, watching the sunrise, my legs dangling in the ocean, and sitting alone silently waiting for the next wave, are all noticeably missed.
Fractal Worlds
Shane Kantzer

I created this motion graphic video for my Math for Designers class. After exploring 3d fractals called, Mandelbulbs, and trying new methods of changing the shape, color and texture in a 3d space, I decided to make a motion graphic video with the concept of exploring evolving fractal planet’s in far-away Galaxies where form, light and dimension have no boundaries. Created using After Effects, Photoshop, Element 3D, Trapcode and 3D Mandelbulb Ray Tracer.
Parametric Chair based on rules created in a computational program called Grasshopper. The chair is able to become three different iterations using a set of rules that can alter the function of the chair. I used Rhino and Flamingo for the final render and Photoshop to give the chair context in an environment.
Parametric Chair

Shane Kantzer

Parametric Chair based on rules created in a computational program called Grasshopper. The chair is able to become three different iterations using a set of rules that can alter the function of the chair. I used Rhino and Flamingo for the final render and Photoshop to give the chair context in an environment.
Parametric Concept

If a chair’s form were that of a micro organism, it would be coral. Close packing of Pneumatics as a concept of form generation.
Initial Sketches

Work Chair

Dining Chair

Legs and arms of the chair can be...
Leisure Chair

Rotation point
Rotation point
Rotation point
Rotation point

The chair can be rotated and moved to change the function of the chair.
Grasshopper Rules
Algorithm for back and seat
Algorithm points for arm rest rotation
Algorithm points for back legs
Algorithm points for left and right arm rest
Grasshopper Rules
Algorithm for seat connect to legs rotation points
Algorithm points for front and back legs ground height control
Algorithm points for front left and right legs radius
Algorithm for coral generation
Parametric chair

Working
Parametric chair

Dining
Parametric chair

Relaxing
My name is Ethan Campbell and I am the drummer of Crosswave. Crosswave has been an emerging force in the Seattle scene since its formation in early 2013. Built around the fundamentals of rock, Crosswave carries listeners through its alternative, funk and Latin influences driven by powerful and evocative lyrics. Soaring guitar solos, intricate bass lines, creative chord progressions, and thundering drums move together to build each song towards its tipping point. We aim to perform at a level of energy, passion, and intensity that will leave the audience breathless.
Creating a Masterpiece
Aubrey Roman

This essay was written as an assignment for my English 101 class. I have always loved art so I was really excited to start writing about my experience as a beginning painter.

At age four, I drew my very first picture with a Crayola crayon. To this day, I still have that picture in my grandmother’s binder, where all of the artwork I have made for her resides over the nineteen years of my existence. I believe the picture I made that day was supposed to portray our old orange cat (Sam), but instead it looked like an orange and yellow blob. One could say I was attempting to practice my abstract techniques back then; it makes me feel a lot better that way. I have always loved art. I enjoy every form of artwork there is whether it’s drawing, sculpting, photography, etc. Recently, I have been taking a painting class which will benefit me by helping me gain experience for my future career as a web and graphic designer. I feel that it is important for anyone who is in a career that involves design to take part in at least one painting class because it will expand one’s creativity as a designer. Even if someone is not interested in
perusing a career in graphic design, painting is a wonderful hobby to establish.

The process of creating an acrylic painting can be both simple and prolonged. The important thing for people to remember is that “The world is but a canvas to our imagination” – Henry David Thoreau. It is not necessary for people to conceptualize ideas in order to begin a painting, although it is a possibility. It depends on the creativity of the individual that will be painting the picture. If one enjoys thinking about what they want to paint first that is entirely fine, in fact I am one of those kinds of people, while others are able to just pick up a brush and start painting.

The basic supplies required to embark on this creative journey include: a canvas, three primary colors for mixing (blue, red, and yellow), white paint, a paint brush (personal preference for size), a cup of water, an apron, and a washcloth (paper towels also work). A canvas is necessary only if one prefers to use one. Another option is also to use watercolor paper, because it is thicker than any normal piece of paper and will make it harder for the water and paint to bleed through. The size of the canvas or paper one decides to use is not limited. It is the individual’s preference whether they would
like to use a big surface to paint on, or a small surface. The three primary colors; yellow, blue, and red are important because those colors are used to mix together to create purple, orange, and green (secondary colors). With only three colors, one’s palette can easily change to six colors. The white paint is used to create different tints in the primary and secondary colors, which can make each color lighter. As for paint brush size, it is altogether up to the artist to decide whether they would like to use a larger brush, or a smaller brush. Smaller brushes are usually used for pictures painted with immaculate detail, whereas larger brushes are used to cover a large amount of space. The cup of water is important when painting because it is used to clear the brushes of any previous color being used. If the brushes do not get rinsed with water right, the color pigment may change to a color that the artist did not want. It is also very important to change the water every now and then so that new water is added to the cup. If someone were to continue using the same water the entire time, the water will then become murky and gross. This will also keep the brushes from getting stained and messy. Lastly, an apron and a washcloth are two very crucial items when one is about to paint. Painting gets very messy for most people. Acrylic
paints in particular are extremely difficult to wash off of clothes. The apron becomes very useful when painting because it aids in protecting the artist’s clothes. The small washcloth also becomes helpful because it is used to wipe unnecessary paint on. The washcloth especially helps to maintain clean hands.

The next step in creating a painting is to choose a proper area in which to paint in. It is good to find a place where there is plenty of room to lay out all of the materials being used. Also, it is important to make sure to find a proper lighting source. As I’m sure anyone could imagine, it would be very hard for someone to paint in the dark. But it is also hard to paint where there is too much light. I remember trying to paint on my 18x20 canvas on my porch outside. It was a beautiful sunny day and I was excited to spend it with my paint and canvas until I realized every time I looked at the area in would have been painting in, the sun glared in my eye and I was unable to see what I was doing. The light source, in which someone should be painting in, needs to be fairly bright but not too bright.

When one paints, there is no way to tell when the process might start or when the process might end. The time it takes
to finish a painting is unexplainable. It depends on the individual that is painting. Sometimes it can take someone a minute to figure out what they want to paint. Sometimes it may take hours, or even days. It is the same way with finishing the painting. Of course at times people might have a deadline in which they have to work with in order to complete their painting, otherwise, rushing the process is not always the way to go when painting a picture. It is fair to say that the process might be finished when the artist is satisfied with what they have accomplished.

There are many reasons as to why people paint. Painting may be considered a hobby, or a profession. As I mentioned earlier, I have always loved art and although I am only recently beginning to paint, I plan on continuing to paint until I become an experienced painter. I feel that right now it is only a hobby for me, but I would like to make it a profession one day in the future, as I hope many others will.
Everyday Cosplay
Natasha Tucker

The purpose of this assignment was to create a series of photos. For my series I wanted to document cosplayers carrying on with everyday tasks. I wanted to document that convergence of reality and fantasy, where the ordinary meets the extraordinary.
Everyday Cosplay
Natasha Tucker

The purpose of this assignment was to create a series of photos. For my series I wanted to document cosplayers carrying on with everyday tasks. I wanted to document that convergence of reality and fantasy, where the ordinary meets the extraordinary.
Viewpoint
Tresa Berry

... There really isn't just one truth in a picture. We are all different and our truths are based on our own perceptions and often times on our own life's experiences. It's like the cliché saying that "beauty is in the eyes of the beholder." We have different ideas, feelings and impressions.
There really isn't just one truth in a picture. We are all different and our truths are based on our own perceptions and often times on our own life's experiences. It's like the cliché saying that "beauty is in the eyes of the beholder." We have different ideas, feelings and impressions.
"My representation of reality may be completely different from yours and who's to decide which is correct?" My work is coming from an ART 140, Photography Appreciation assignment.
My representation of reality may be completely different from yours and who's to decide which is correct?

My work is coming from an ART 140, Photography Appreciation assignment.
Everyone has their own unique stories, and I wanted to share mine. For me, where I come from makes me who I am today. I want people to appreciate all the small things we take for granted sometimes. Writing is my passion. When I write I get lost in my words and all the things that I can create in my writing. I want people to see what I see when I write; to feel what I feel while they read my writing.
I am from Abuelitas Hot Chocolate
And tamales de la tía.

I am from the small baby blue house
With the towering pine trees in the front yard and the many cars.

I am from the dead-end street that no one has heard of
To the screams of laughter you hear coming from inside the broken, squeaking white screen door.

I’m from the quinceañeras and the loud dinner table talks and lectures,

From Jorge the sweet innocent cousin and from Dalia my overprotective older sister.

I’m from the never-ending cousins, and aunts and uncles
From “No quiero” and “Te compro algo si te portas bien.”

I’m from going to the movies with family and friends, throwing popcorn at each other.

From the heartwarming talks with Viviana, my best friend.

I’m from camping every summer watching the stars.

I am from falling too fast, crashing too hard, forgiving too easily, and caring too much.
The Power of 3
Erin Alexander

My love for Photography and Design is in my soul. I have tried to ignore my love, tried to be practical.... But forget practical.
The Power of 3

Erin Alexander

My love for Photography and Design is in my soul. I have tried to ignore my love, tried to be practical.... But forget practical.
Fairy in the Forest
Michael Mussman

I am currently in my second year of the MMDP Graphic Arts program and am also getting my MMDP Video and Motion Graphics degree. This piece was done for Photoshop 2 class as a “Believably Unbelievable” composition. I incorporated all of my own media into this composite, from photography to drawing.
I am currently in my second year of the MMDP Graphic Arts program and am also getting my MMDP Video and Motion Graphics degree. This piece was done for Photoshop 2 class as a "Believably Unbelievable" composition. I incorporated all of my own media into this composite, from photography to drawing.
Triple Decision
Eric Liggins

This is an illustration done during Fall Quarter's (2014) Figure Drawing class with Jason Sobottka. This is on large watercolor paper in graphite, a little bigger than 18 x 24.
Triple Decision
Eric Liggins

This is an illustration done during Fall Quarter's (2014) Figure Drawing class with Jason Sobottka. This is on large watercolor paper in graphite, a little bigger than 18 x 24.
Afro Water
Eric Liggins

This is a mixed media piece done with sumi ink, walnut ink, graphite, copic pens, and watered down acrylic. Completed for Figure Drawing (Fall 2014) but some skills applied from Beginning Painting as well. Both classes were taken at the same time.
Afro Water
Eric Liggins

This is a mixed media piece done with sumi ink, walnut ink, graphite, copic pens, and watered down acrylic. Completed for Figure Drawing (Fall 2014) but some skills applied from Beginning Painting as well. Both classes were taken at the same time.
Embrace Your Inner Unicorn

Kelly Terrell

I am a student in the MMDP Digital Design program. This work, created using Adobe Photoshop, is a compilation of 5 individual photographs which have been edited, and otherwise manipulated to create the illusion that this image consists only of one photograph. I took all of the component photos as well as created this compilation piece.
Embrace Your Inner Unicorn

Kelly Terrell

I am a student in the MMDP Digital Design program. This work, created using Adobe Photoshop, is a compilation of 5 individual photographs which have been edited, and otherwise manipulated to create the illusion that this image consists only of one photograph. I took all of the component photos as well as created this compilation piece.
Flutes
Kelly Terrell

I am a student in the MMDP Digital Design program. This work is a still life of flutes and recorders, from my own musical instrument collection. This painting was done as an assignment in Art 255, Beginning Painting. The piece was first drawn onto the canvas, then painted in gray-scale, and finally completed using glazes of different colors.
I am a student in the MMDP Digital Design program. This work is a still life of flutes and recorders, from my own musical instrument collection. This painting was done as an assignment in Art 255, Beginning Painting. The piece was first drawn onto the canvas, then painted in gray-scale, and finally completed using glazes of different colors.
Cedric and Chess
Kelly Terrell

I am in the MMDP Digital Design program at LWTech. This work is an assignment for Art 255, Beginning Painting. The assignment was to create a piece from our imaginations. This piece represents the two dogs I had, that through training them, I had the opportunity to become a professional dog trainer. Both of these dogs have passed on and this piece is my homage to them and all the wonderful times we had together.
I am in the MMDP Digital Design program at LWTech. This work is an assignment for Art 255, Beginning Painting. The assignment was to create a piece from our imaginations. This piece represents the two dogs I had, that through training them, I had the opportunity to become a professional dog trainer. Both of these dogs have passed on and this piece is my homage to them and all the wonderful times we had together.
To me art is a way to explore and share my ideas, my view on the world. From ink drawings to watercolor to mixed media and paintings, I love to try new techniques and find the perfect one for each piece I create. Art is more than just something to do for fun, it can be a way to think through ideas and a way to express myself; it can be a journal for thoughts. What I know for certain is that I would not be the person I am today if I was unable to challenge myself with art.
To me, art is a way to explore and share my ideas, my view on the world. From ink drawings to watercolor to mixed media and paintings, I love to try new techniques and find the perfect one for each piece I create. Art is more than just something to do for fun; it can be a way to think through ideas and a way to express myself, it can be a journal for thoughts. What I know for certain is that I would not be the person I am today if I was unable to challenge myself with art.
This was the final assignment for my Intro to Printmaking course. It is an acid-etched intaglio print.
This was the final assignment for my Intro to Printmaking course. It is an acid-etched intaglio print.
Eventide’s Majesty
Darian Hawke

The fall 2014 quarter was my first opportunity to take an art class since elementary school. While I’d always been attracted to creating art, I’d never done it out of fear of failure. By enrolling in Beginning Painting, I challenged myself to step outside of my comfort zone. Our first assignment was to paint an impressionist or post-impressionist’s work between 1870 and 1910. After finishing that and looking for another piece to paint while the rest of the class finished their first project, I started right in on this piece by Alexander Dzigurski, noted as a post-impressionist, who painted it in 1943.
The fall 2014 quarter was my first opportunity to take an art class since elementary school. While I’d always been attracted to creating art, I’d never done it out of fear of failure. By enrolling in Beginning Painting, I challenged myself to step outside of my comfort zone. Our first assignment was to paint an impressionist or post-impressionist’s work between 1870 and 1910. After finishing that and looking for another piece to paint while the rest of the class finished their first project, I started right in on this piece by Alexander Dzigurski, noted as a post-impressionist, who painted it in 1943.
For many years I'd collected art supplies in their clean, neat packaging, afraid to open and use them to create what I could visualize, but didn't think would translate into actuality. My last art class was in elementary school, decades ago. When an opportunity arose to conquer those fears last quarter, I jumped at the chance. We were instructed to pick an impressionist or post-impressionist's work to paint. I chose Vincent Van Gogh's "Landscape at Dusk", April 1885, oil on canvas, mounted on cardboard, to emulate. I mainly used a monochrome of oil on stretched canvas for this piece.
For many years I'd collected art supplies in their clean, neat packaging, afraid to open and use them to create what I could visualize, but didn’t think would translate into actuality. My last art class was in elementary school, decades ago. When an opportun...
This George Washington print was made using a pronto plate, and the eagle was printed over it from a zinc plate.
This George Washington print was made using a pronto plate, and the eagle was printed over it from a zinc plate.
Fishing
Lauren Kaatz

This piece was made from a zinc plate with black ink.
Fishing
Lauren Kaatz
This piece was made from a zinc plate with black ink.
Salve, a Latin word which means to heal or to save, is currently taking a sabbatical from her nursing assistant duties.

When not working in her at least 40-hour a week Operations job, she carves time to satisfy her online and offline socializing needs. She's currently mastering the art of walking in sky-high, stiletto heels.

Salve has since gained back the weight she lost while working as a weekend night shift CNA. Her height, though, remained the same.

“We only hire tall people” blurted Karen, a Director of Nursing. She was probably just teasing the resident and myself. Or maybe not. Fortunately for her, I was no longer as emotionally sensitive as I used to be. And so, I just shrugged off her remark and continued on to nursing duties. Subconsciously, I told myself that I will be the irony of her remark.

In Shing-Yi Wang’s, a student of Wharton University of Pennsylvania, research study demonstrated a positive correlation between height and productivity/earnings: that taller people have “higher levels of work productivity and are rewarded accordingly in the labor market” (2014). Well, here is a reality check: For every generality there are exceptions. Just look at Tom Cruise, standing only at 5’7” yet his net worth is half a billion dollars. Besides, in politically correct America, height discrimination is illegal under the Equal Employment Opportunity (EEO) law.

Tall people can be nurse assistants, but not all nurse assistants can be tall. What matters is the individual’s genuine compassion towards helping others. Skills and body mechanics can be learned, but compassionate care can’t be taught.

Nurse assistant can be either a demeaning or a noble profession, depending on who you talk to. It is a noble profession because you care for the sick and the needy; People who are not related by blood or marriage to you, yet receive your utmost care. On the contrary, it can be a demeaning job due to the emotional, social, economic and physical stress it entails: exposure to communicable diseases, clean-up of other people’s bodily fluids, condescending coworkers, fault-finding patients (healthcare workers refer them to as, residents) and...
correlation between height and productivity/earnings: that taller people have “higher levels of work productivity and are rewarded accordingly in the labor market” (2014). Well, here is a reality check: For every generality there are exceptions. Just look at Tom Cruise, standing only at 5’7” yet his net worth is half a billion dollars. Besides, in politically-correct America, height discrimination is illegal under the Equal Employment Opportunity (EEO) law.

Tall people can be nurse assistants, but not all nurse assistants can be tall. What matters is the individual’s genuine compassion towards helping others. Skills and body mechanics can be learned, but compassionate care can’t be taught.

Nurse assistant can be either a demeaning or a noble profession, depending on who you talk to. It is a noble profession because you care for the sick and the needy; People who are not related by blood or marriage to you, yet receive your utmost care. On the contrary, it can be a demeaning job due to the emotional, social, economic and physical stress it entails: exposure to communicable diseases, clean-up of other people’s bodily fluids, condescending coworkers, fault-finding patients (healthcare workers refer them to as, residents) and
I stand at 5 feet and 1 inch, and weigh 112 pounds. I have worked as a Certified Nurse Assistant (CNA) for a cumulative 4 years. You are probably wondering: With my diminutive frame, how did and do I survive working in a nursing facility? Well, let me count the ways:

1. Start with a right mindset: If you believe in God or a god, then pray! If not, then just think of happy thoughts. Hope while you are on duty, none of your residents get hurt or disabled. The residents’ safety is your top priority. Nothing feels better than going home, being at ease, knowing that your residents are safe and are sound asleep. Just remember this adage: what you think about, you bring about!

2. Eat a hearty meal: Before you leave for work, make sure to load up on food. Nursing duty requires constant running, walking, lifting, pushing and other repetitive cardio movements. Unless your residents are aware of your break and meal periods (I wager that 20% are not aware and 80% just don’t care), expect that you will be called for assistance at any given time. It is a common occurrence for Nurse Assistants to miss all short breaks and meal periods, all because they have to put the residents’ needs first. Do pay attention to the quality of food you are feeding your body. Eat well and right. Take good care of your body so you can take care of your residents.

3. Sneak a snack into your pocket: Even if you have already consumed massive calories at your last meal, ensure that you bring snacks with you. Bring snacks that you could possibly...
1. **Start with a right mindset:** If you believe in God or a god, then pray! If not, then just think of happy thoughts. Hope that while you are on duty, none of your residents get hurt or disabled. The residents’ safety is your top priority. Nothing feels better than going home, being at ease, knowing that your residents are safe and are sound asleep. Just remember this adage: what you think about, you bring about!

2. **Eat a hearty meal:** Before you leave for work, make sure to load up on food. Nursing duty requires constant running, walking, lifting, pushing and other repetitive cardio movements. Unless your residents are aware of your break and meal periods (I wager that 20% are not aware and 80% just don’t care), expect that you will be called for assistance at any given time. It is a common occurrence for Nurse Assistants to miss all short breaks and meal periods, all because they have to put the residents’ needs first.

   Do pay attention to the quality of food you are feeding your body. Eat well and right. Take good care of your body so you can take care of your residents.

3. **Sneak a snack into your pocket:** Even if you have already consumed massive calories at your last meal, ensure that you bring snacks with you. Bring snacks that you could possibly
sneak into your pocket: a granola bar, candy, or assorted nuts. Snacks will come handy if you could not afford to take an uninterrupted 10-minute break. Munch on them while you hurry off to the next resident’s room. Munch on while you take a quick restroom break.

4. **Take Supplements:** You are expected to nurse others, so why not nurse yourself first? Your health is a major investment to providing exemplary care. Do religiously take multivitamins.

5. **Bring an extra uniform and shoes:** Exposure to other people’s bodily fluids is part of your everyday nursing life. Fecal matter, urine, saliva, pus, skin flakes can come clinging to you from nowhere, no matter how careful you thought you were. Avoid the embarrassing stigma of wearing a soiled uniform by bringing a changing or extra uniform.

6. **Bring a writing tool:** Bring a pen. Even if you have eidetic or photographic memory, you will not remember every little detail that transpires during your shift. Keep a pen handy for later charting or documenting. Notes could come handy during complaint investigations and litigations.

7. **Keep Hydrated:** Not only will it keep your body cells nourished, drinking water is a good way to take a much-needed break from the hustles and bustles of nursing.
life. Nothing is worse than causing injury to your resident just because you fainted out of dehydration.

8. **At the first sign of bladder urge, just go:** No second guesses. No pondering. If you feel the urge to go then just go! You will never know if in the next 2 minutes you will find yourself in an emergency situation that requires you to stand still for an hour or more.

9. **Splash some cold water:** This is an instant and free facial for your dehydrated countenance. Splashing cold water not only can tighten pores but also can regulate your body temperature. Cold water provides an instant stress relief.

10. **Smile:** It is a five letter word that is easy to say yet hard to do. In a nursing facility, you will encounter combative and verbally abusive residents and/or their families. While you may be tempted to answer/hit back or retaliate, resist the urge to do so! Just smile. Tease yourself into thinking that there is a medical reason behind every person’s negative behavior. Then, graciously leave the resident or family and head for the restroom to let steam off.

11. **On your downtime, avoid certain places:** Gossip is rampant in workplaces; a nursing facility is no exemption. If you find yourself nothing to do, avoid loitering at the employee
break room, or at the nurse station (unless there is absolutely a must for you to go there). Instead, spend your precious time with a resident or two. By doing this, you shut yourself out of work drama and work politics. Always try to be on the good side of your peers; it will come handy when you need help, most especially during 2-person transfer assist of a resident.

12. **Personalize your service:** A sense of empathy separates authentic Nurse Assistants from con ones. A con Nurse Assistant does just what is stated in the job description and nothing more. They assume the nursing job as a mere source of income. Meanwhile, an authentic Nurse Assistant takes time and effort to get to know the residents. Now, you don’t have to spend 5 minutes in every room, or form friendships with your residents. Just anticipate your residents’ need, learn their preferred daily routines, and they will love you.

Therefore, your success of survival in working at a nursing facility depends not on your height, but on having the right attitude and a **giant** sense of humor.
References


What is freedom? Is it something tangible that we can hold onto? There are songs about freedom, poems and books, but what is it really? Could it be just a term thrown about to give people a sense of hope or happiness? What is freedom? For me to explain what I think freedom is I have to look at where I have come from and how I got to where I am today. When I was young, I was raised by my mother. We were very poor and for a time homeless. I can't think of a single moment when we ever had more than we needed. This was the basis of how I began to view what freedom was. For a small child living off of whatever you could, I began to view freedom as money and only something that privileged people had. Although I know that is not the case today, these were my views on the world. With school being a place where I saw kids who were far better off than myself, I began to shut the world out. Subsequently my education began to lack and the schools began to notice placing me in special education classes. This only furthered my thoughts of being different and below the rest of the students. It wasn't until I left my mother's house and moved in with my Pa (with whom I share no blood relationship with but was
given his last name and has been there for me since birth), I began to realize that no one in the town or school knew me. I tried to make new friends, often not talking about where I came from. Some of these people were close friends of mine through high school and are still today.

These friends are probably one of the biggest reasons I decided to leave and join the Marines. There I really began to shape my views on freedom. For the first three months they took everything away. I couldn't talk, walk, eat or sleep without permission. We were all confined to the areas we were told to go and you were never alone. Yet, for me who grew up with nothing and had always felt separated from everyone else, this was the first time I felt a sense of unity. You see it was no longer just me who had nothing, it was everyone around me. We were all there facing the same problems. This is when I realized that now I'm a part of something bigger than myself, that my own freedom is not the only thing important. I can no longer live my life as an individual but as a part of a unit to help make it possible for everyone to have the same freedoms I have. The next four years I saw the worst places this world can offer and that's when I began to see what freedom really was. I also saw how everyone in my own
country took it all for granted. I saw the faces of children who truly had nothing; I could see in their faces just how unjust life has been. There was a small boy who comes to mind that I saw while working in Bangladesh. He was covered from head to toe in dirt and sawdust from the mill that he most likely worked in to help his family. He was very skinny and his eyes were sunken, blank as if you could see that there is nothing more that this world could do to him that has not already been done before. Yet I never saw him once without a smile. He had nothing but was happy. This is when I found what freedom really was. It can mean so much and be easily forgotten, but when you have nothing, freedom is the only thing you want. Freedom is too complex to simply define it in one word or even a thousand words, but I know I'll have it every day; the ability to talk when others can't; the ability to learn what others do not know. Freedom is not something one man can hope to share by himself because the second he tastes it, he will want everyone to know what freedom truly is. Freedom is something that is ever changing and I cannot simply define it because I don't believe freedom is within one person but within all people.

Will Technology Be the End of Humans?
Amanda Gardiner

I am an underage student at Lake Washington, who created this essay for an assignment in English 101. It discusses the positive and negative connotations of Genetic Engineering, and how technological advancement could hurt humanity if the ethical and moral consequences are not considered properly. In April 2000, technology guru Bill Joy published an article for Wired Magazine titled Why The Future Doesn't Need Us, explaining why the future technological creations that humans invent will be our downfall as a species. Citing multiple scientists, articles, and books, Joy explains that when we hit singularity, the time when artificial intelligence (AI's) become conscious, humans will lose their usefulness and robots will have control of all humanity. Throughout his article, Joy demonstrates logical arguments for why robots and AI singularity will be the start of extinction for the human race. In particular, the technology of genetic engineering will negatively affect human life, from increasing discrimination to changing athletes and athletic contests such as the Olympics, as proven by analyzing Joy's arguments, and comparing and contrasting the dangers and benefits of technological advancement.
Will Technology Be the End of Humans?
Amanda Gardiner

*I am an underage student at Lake Washington, who created this essay for an assignment in English 101. It discusses the positive and negative connotations of Genetic Engineering, and how technological advancement could hurt humanity if the ethical and moral consequences are not considered properly.*

In April 2000, technology guru Bill Joy published an article for Wired Magazine titled *Why The Future Doesn’t Need Us*, explaining why the future technological creations that humans invent will be our downfall as a species. Citing multiple scientists, articles, and books, Joy explains that when we hit singularity, the time when artificial intelligence (AI’s) become conscious, humans will lose their usefulness and robots will have control of all humanity.

Throughout his article, Joy demonstrates logical arguments for why robots and AI singularity will be the start of extinction for the human race. In particular, the technology of genetic engineering will negatively affect human life, from increasing discrimination to changing athletes and athletic contests such as the Olympics, as proven by analyzing Joy’s arguments, and comparing and contrasting the dangers and benefits of technological advancement.
Joy’s article explains how in the modern day, people have come to rely more and more on technology, both to increase ease of everyday life and to make important decisions and calculations. Joy explains that if this continues, humans will gradually fall into a position of such dependence on technology that we would have no practical choice but to accept everything that machines say and decide, as we will be so uneducated on a topic it will be impossible for humans to make the decisions. Machines will gradually be responsible for more and more, until we hit a point that humans would be incapable of doing anything or making any decisions, and technology will be in complete control. As Joy says in his article, “People won’t just be able to turn the machines off, because they will be so dependent on them that turning them off would amount to suicide.” Humans as a species will be rendered obsolete, and will be forced to decide either to merge with technology through genetic engineering or be driven extinct.

The other situation that Joy hypothesizes is if humans retain control over machines, and continue to make the important decisions themselves, the elite of the human population will be control of everything. If only the top 1% of humans are actually in control of the fate of everything and
everyone, both machines and humans, then the rest of humanity will be rendered obsolete. If the elite have the cruel desire to get rid of unnecessary humans, they could use any means of weapons, technological or biological, to exterminate the mass of humanity, leaving only technology and their rulers on earth. Even if this extreme hypothesis does not happen, and the elite decide to take care of the rest of humanity, the result will not be much improved. The 99% of humans not making decisions will be satisfied and taken care of, having hobbies, be in good health, and have environments that are psychologically and physically hygienic. But this is no improvement, because Joy points out that life will be utterly purposeless, and that the majority of humanity will be, “reduced to the status of domestic animals.” Genetic engineering will not improve this outcome any, with people selecting favorable characteristics to have, similar to how we artificially select the traits of domestic animals today.

One of many technologies that Joy mentions in his article is genetic engineering, or the altering of the human genome. After the discovery of DNA and its structure, near unlimited possibilities opened up for biologists. As stated in an article on genetic engineering by *Science Clarified*, “If genes are chemical
compounds, they can be manipulated just as any other kind of chemical compound can be manipulated” (Genetic Engineering. Gene Splicing). We now have the ability to splice the DNA in human genomes, allowing us to take parts of the genetic sequence out and replacing it with codes that we formulate. This ability will allow scientists to alter both the physical and mental traits of anyone in the world, either eliminating defects or enhancing traits.

Genetic engineering is currently being explored by today’s scientists for its incredible benefit to the medical community. With the ability to edit a person’s genetic code, instead of trying to find cures to diseases, doctors could literally eliminate the disease from a person’s body altogether. This could not only help humans from contracting diseases through life, but also get rid of birth defects. Either when in utero or after birth, doctors could alter the genetic code of a baby, to save the child from life threatening and debilitating diseases and defects, both physical and mental. When parents go into geneticists to see the chances of their child having a disease, the geneticist could not only tell the parents what diseases or defects the child has or will get, but could heal and save the child before it even develops the disease.

Examples of the healing abilities of genetic engineering are already in place in the medical world. An example of how genetic modification and engineering are being used is the production of insulin for diabetic patients (Genetic Engineering. Applications of genetic engineering).

Until the 1980’s, the only way to obtain insulin for patients was harvest it from slaughtered animals, which meant that there was never a supply of insulin large enough for all diabetic patients (sic).

In 1982, genetically altered bacteria that created insulin were approved by the United States Food and Drug Administration for the use of insulin for diabetic patients (sic).

If genetic engineering had never been approved for the use of insulin production, many of the diabetic patients in today’s world would have already passed away.

Despite all of the positives of genetic engineering, and all of the benefits it could bring, there are dangers with experimenting on the genes of living beings. Not only could we severely handicap a person if the coding of their genetics goes wrong, but even successful recoding of genetics would bring about problems. First, if the editing of genetics becomes widespread, people will go beyond using it as a necessity to using it on a wish or desire. Similar to how plastic surgery has
Examples of the healing abilities of genetic engineering are already in place in the medical world. An example of how genetic modification and engineering are being used is the production of insulin for diabetic patients (Genetic Engineering. Applications of genetic engineering). Until the 1980’s, the only way to obtain insulin for patients was harvest it from slaughtered animals, which meant that there was never a supply of insulin large enough for all diabetic patients (sic). In 1982, genetically altered bacteria that created insulin were approved by the United States Food and Drug Administration for the use of insulin for diabetic patients (sic). If genetic engineering had never been approved for the use of insulin production, many of the diabetic patients in today’s world would have already passed away.

Despite all of the positives of genetic engineering, and all of the benefits it could bring, there are dangers with experimenting on the genes of living beings. Not only could we severely handicap a person if the coding of their genetics goes wrong, but even successful recoding of genetics would bring about problems. First, if the editing of genetics becomes widespread, people will go beyond using it as a necessity to using it on a wish or desire. Similar to how plastic surgery has
gone from being used to rebuild people who say, are severe burn victims, people now use plastic surgery on a whim, if they want to change a part of themselves just because they don’t like it or want to ‘improve’ it. For example, if parents used genetic engineering to cure their child of Downs syndrome, they might also have doctors modify their child’s genetics to make the child more intelligent and more skilled socially. If such editing of people becomes commonplace recreationally, then it is possible that we will see increased discrimination among the human population. Say, if a person can’t afford to genetically alter themselves to make them taller, the wealthy might look down (both literally and metaphorically) on the poor for being short, unable to take part in popular choice of editing themselves to increase height. Examples of this type of artificial editing on humans are already occurring, with people undergoing operations such as plastic surgery in an effort to be perceived as ‘perfect.’ This type of discrimination could be disastrous to humans as a community, because it will further increase the already existing gap between classes and ethnicities.

Another example of where genetic engineering could heavily influence inherently natural human life would be in sports,
especially in the competitive world of the Olympics. Throughout the history of sports, people have turned to ‘doping,’ or using illegal substances to enhance their performances in sports, giving them a leg up on their fellow athletes. Even back to when the Olympics were started by the ancient Greeks, the competitors would ingest mixed drinks full of drugs and herbs to help their performance (Top Athletes Looking For An Edge, And Scientists Trying To Stop Them). In the early years of the Olympics, the use of drugs and performance enhancing mixtures was allowed in full force, never being monitored. It wasn’t until after the death of an athlete during the Olympic games in 1960 due to drug overdose that the Olympic Committee started testing athletes for performance enhancing drugs (sic). Now 54 years later, the Olympic Committee has over 200 substances that athletes are banned from taking, and if ingested, the athletes will be banned from competing and stripped of any previous titles and wins (sic).

What does all of this have to do with genetic engineering, you ask? The case of doping in the Olympics is a perfect example to showcase how humans are editing themselves, because as technology has improved, and the bar in the
Olympics pushed higher, athletes and coaches are more willing to go to the extreme to win. An article published in the July 2012 issue of Smithsonian Magazine, *The Future of Cheating in Sports*, was part of a series of articles that followed doping in the Olympics, both its the past, present, and future. As its author Christie Aschwanden states, “When drugs are under development for medical conditions turn out to enhance performance, rogue athletes and coaches are fast on the scene.”

Advances in technology, allowing those with disabilities to move and walk thanks to artificial muscles or embedded motors, are currently under experimentation, but already pose the danger of being on the black market for athletes. Aschwanden cites this as an ongoing problem that will continue into the near future, but then states the worry for many scientists and officials in the sports world alike:

“Taken to an extreme, the search for talent might someday lead to efforts to breed super-athletes, with embryos generated through in vitro fertilization subjected to genetic testing for athletic traits.” The desire to win could become so powerful that our athletes in the future might be genetically engineered to the point of being raised in a test tube. Athletes would lose
their humanity, because their only goal in life would be to “out-grow” other genetically altered and laboratory athletes. While genetic engineering and altering of the human genome can bring about enormous medical benefits, I believe genetic engineering will have devastating effects on human life that we don’t fully understand. We can’t accurately predict what will happen if we continue on the path of altering human DNA, but the possible consequences can be shown with asking a few simple questions. Can humans be classified as human or sentient if we are not as we were originally created? That is to say, if we artificially alter ourselves and others, even if what we put into ourselves is organic, are we still truly us? I believe the answer to be no. We are using artificial means to recreate ourselves, which means what comes out of the process will not be entirely us. No longer will we be born and raised, but rather created and grown out of laboratories. When learning high school biology, everyone learns the list of all things something must be able to accomplish to be considered “living.” One of those requirements is that it must reproduce. If we humans are not reproducing anymore, but rather being produced out of test tubes and petri dishes, what gives us the right to classify ourselves as living, much less human?
The answer is that we will not have that right, and we will be officially artificial.

Technology and the rate of discovery have increased exponentially over the past several years. Humans are racing into a world of new technological possibilities because we can without ever taking a break to consider if we should. With a world of innovation comes a world of moral implications, and to be successful and thrive we need to be a part of both. Genetic engineering could be the newest medical breakthrough, saving the lives of many; but it could also be the end of many other people as well, leading to a future of breeding humans as super-athletes for the Olympics, and increasing discrimination, as we alter our genetics in the race for ‘perfection.’

Works Cited
ADD: Attention Deficit Disorder or Acquired Discipline Deficiency?
Douglas Rupik

I am working on my A.A.S. degree in welding. While I have many years experience welding and teaching welding, I don't have a degree in it!

I think if I work towards getting my degree, it provides my students a good example, helps me understand them better, and makes me examine my own teaching as I am someone else's student.

I was not excited about taking English 102 this summer, because I couldn't really get into a topic that interested me. Until I happened upon ADHD...I mean really, who doesn't like talking about themselves?
Abstract: Attention Deficit Disorder/Attention Deficit Hyperactive Disorder has in the last 30 years become a mainstream and commonly diagnosed and medicated syndrome. There are adults who have been on medication since childhood, and are dependent on their prescribed drugs in order for them to be able to function. Has the existence of this disorder come about only in the last few decades, has it always been present in humanity, or is it a disorder fabricated by an establishment that seeks to marginalize and medicate those who are a few degrees off of ‘absolute normal’ in the bell curve? This paper will discuss basic facts about ADD/ADHD and my personal experiences and observations regarding this phenomena in an attempt to answer that question.

ADD/ADHD is a “...disorder that can negatively affect...academic, behavioral, and social functioning” (Alvarez-McHatton). “It is not a single disease, but a ‘syndrome’, i.e. a grouping of symptoms that typically occur together” (Castellanos, et al). There tends to be disagreement on an exact definition of what ADD/ADHD is, and exactly how to properly diagnose it. Indeed, how it is defined and categorized varies not just abroad between different nations, but within the American medical community as well. And yet, according to one source, the disorder affects up to 13 percent of America’s school aged population (Alvarez-McHatton). The medical definition found in the Diagnostic and Statistical Manual, fourth edition (DSM-IV) identifies and describes two distinct categories of ADD/ADHD: Predominately Inattentive (often called ADD, more often associated with females) and predominately Hyperactive-Impulsive (often called ADHD, more commonly associated with males).

Indeed, other sources further break down the classification into four subtypes of Attention Deficit/Hyperactivity Disorder: (1) Predominantly Hyperactive/Impulsive, (2) Predominantly Inattentive, (3) Combined, and (4) Not Otherwise Specified (Castellanos, et al).

The terms in vogue at the present are “ADD/ADHD” and “ADHD.” However, for simplicity’s sake, this paper will use the terms “ADD/ADHD” to indicate the disorder in general, “ADD” to indicate Predominately Inattentive and “ADHD” to indicate Predominantly Hyperactive/Impulsive.
medical community as well. And yet, according to one source, the disorder affects up to 13 percent of America’s school aged population (Alvarez-McHatton). The medical definition found in the Diagnostic and Statistical Manual, fourth edition (DSM-IV) identifies and describes two distinct categories of ADD/ADHD: Predominately Inattentive (often called ADD, more often associated with females) and predominately Hyperactive-Impulsive (often called ADHD, more commonly associated with males). Indeed, other sources further break down the classification into four subtypes of Attention-Deficit/Hyperactivity Disorder: (1) Predominantly Hyperactive/Impulsive, (2) Predominantly Inattentive, (3) Combined, and (4) Not Otherwise Specified (Castellanos, et al). The terms in vogue at the present are “ADD/ADHD” and “ADHD.” However, for simplicity’s sake, this paper will use the terms “ADD/ADHD” to indicate the disorder in general, “ADD” to indicate Predominately Inattentive and “ADHD” to indicate Predominantly Hyperactive/Impulsive.

Just as difficult as defining ADD/ADHD is diagnosing ADD/ADHD. There is not a single test that can prove a person has ADD/ADHD. A comprehensive evaluation is given which is primarily made up of clinical interviews with the individual
being assessed and others closely associated, such as parents’ teachers, colleagues, etc. The interviews include questions regarding behaviors in typical situations with the responses being rated from “never” to “very often” (Alvarez-McHatton). A google search will turn up a number of self-assessment tests for the presence of ADD/ADHD, with the disclaimer that one should not self-diagnose. (The question that comes to my mind is, are these self-assessments a tool to train one how to respond to a real test?) Taking the test myself, I fell quite clearly in the “ADD/Predominately Inattentive” category. But, I already knew that about myself. Further complicating diagnosis is the fact that not all ADD/ADHD sufferers exhibit the same symptoms. Diagnosis is based not on physical symptoms, but rather on behaviors exhibited by the patient. These behaviors must occur in multiple settings, such as school, home, and work. For a medical diagnosis of ADD- Inattentive Type, the subject must exhibit at least 6 of any of the following behavioral symptoms for at least six months:

1. often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities
2. often has difficulty sustaining attention in tasks or play activities
3. often does not seem to listen when spoken to directly
4. often does not follow through on instructions and fails to finish schoolwork, chores, duties in the workplace (not due to oppositional behavior or failure to understand instructions)
5. often has difficulty organizing tasks and activities
6. often avoids, dislikes or is reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework)
7. often loses things necessary for tasks or activities (e.g. toys, school assignments, pencils, books or tools)
8. is often easily distracted by external stimuli
9. is often forgetful in daily activities

(Castellanos, et al)

For a medical diagnosis of ADD/ADHD Hyperactive-Impulsive type, the subject must exhibit at least 6 of any of the following behavioral symptoms for at least six months:

1. often fidgets with hands or feet or squirms in seat
2. often leaves seat in classroom or in other situations in which remaining seated is expected
3. often runs about or climbs excessively in situations in which it is inappropriate (in adolescents or adults, may be limited to subjective feelings of restlessness)
4. often has difficulty playing or engaging in leisure activities quietly
5. is often 'on the go' or often acts as if 'driven by a motor'
6. often talks excessively
7. often blurts out answers before questions have been completed
8. often has difficulty awaiting turn
9. often interrupts or intrudes on others (e.g. butts into conversations or games) (Castellanos, et al)

A close look at the list of ADD Inattentive symptoms shows the primary characteristic is a lack of focus on the task at hand. The primary characteristic of the Hyperactive-Impulsive list is a lack of self-restraint. These two common denominators (focus and self-restraint) are at the core of what parents try to instill in their children during their formative years—self-discipline:

“it is now generally accepted that the primary deficit is a component of executive control ... the primary deficit in ADHD was not attention ... but behavioural inhibition ...
3. often runs about or climbs excessively in situations in which it is inappropriate (in adolescents or adults, may be limited to subjective feelings of restlessness)

4. often has difficulty playing or engaging in leisure activities quietly

5. is often 'on the go' or often acts as if 'driven by a motor'

6. often talks excessively

7. often blurts out answers before questions have been completed

8. often has difficulty awaiting turn

9. often interrupts or intrudes on others (e.g. butts into conversations or games)

(After Castellanos, et al)

A close look at the list of ADD Inattentive symptoms shows the primary characteristic is a lack of focus on the task at hand. The primary characteristic of the Hyperactive-Impulsive list is a lack of self-restraint. These two common denominators (focus and self-restraint) are at the core of what parents try to instill in their children during their formative years—self-discipline: “it is now generally accepted that the primary deficit is a component of executive control … the primary deficit in ADHD was not attention … but behavioural inhibition … (sometimes referred to as response inhibition), because children with ADHD reliably demonstrate impairments on authenticated measures of inhibition.” (Bentall)

Thus, the problem with ADD/ADHD is not a lack of attention, but rather a lack of self-control. Is this biological, hard-wired into the brain? Or, is it a failure to develop self-discipline? That each child has a different predisposition and requires different levels of effort in rearing should be obvious. But at what point do we label a child as having a medical “disorder”? Should we really accept the idea that perhaps as many as 13% of our children have a medical disorder, and must be drugged as a result? Again, I ask, at what point does a struggle with self-control become a disorder requiring medication?

The aforementioned behavior problems tend to have the effect of limiting the success of ADD/ADHD affected individuals. Often they are socially awkward, have difficulty connecting with people, and are easily frustrated. A number are highly intelligent or “gifted,” and when encountering something that interests them, they “hyper-focus,” to the exclusion of all else. My mother identified this trait in me and described it as “obsessive.” Anything I could not master and
excel at, I studiously avoided. However, the crisis of a deadline offers excitement and challenge, which I, like many other ADD individuals, have used to attain a level of success in my career. Without the rush of an impending deadline, however, the mundane tasks pile up, just like the laundry, dishes, yard work and almost innumerable unfinished projects that started with enthusiasm but lost momentum. In contrast, at work, with a supervisor and/or deadline as motivation, tasks can be completed. Is medication the answer to a lack of follow through on unsupervised ventures? Furthermore, this need for excitement or outside motivation may result in drug abuse in individuals. Alcohol abuse affects 32-53% of adults who have ADD, possibly because the disorder was not diagnosed in childhood and the adult has turned to “self-medication” (Kissel). One coworker shared with me that although he had always been considered quite intelligent, his years of drug abuse and addiction (while pursuing a career as an ironworker building skyscrapers) were the result of life being boring and unchallenging.

While ADD/ADHD manifests itself as behavior or self-discipline problems, researchers are unsure of the causes of ADD/ADHD. Consensus in the medical community is that it is not caused by external issues, such as social problems, dysfunctional home life, or too much sugar in the diet (Phelps). While these may not be the absolute cause of ADD/ADHD, they undoubtedly exacerbate the symptoms.

"In 1996, US researchers found that 50% of children diagnosed as ADHD sufferers carry a gene that affects brain cell response to the neurotransmitter dopamine" (The Hutchinson Unabridged Encyclopedia with Atlas and Weather Guide). No word that I could find regarding whether that same gene was present in any of the non-ADHD population. There are some other commonalities with ADD/ADHD sufferers. Other biological (but non-genetic) risk factors for ADHD include low birthweight, several types of prenatal and perinatal complications, and maternal use of substances such as nicotine, alcohol, or illicit drugs during pregnancy (Tannock 1998). Families of children and adolescents with ADHD experience a number of difficulties, in contrast to families who do not have offspring with this diagnosis (Hinshaw). The medical community ponders if these are causes of a medical condition, rather than part and parcel of a less than
not caused by external issues, such as social problems, dysfunctional home life, or too much sugar in the diet (Phelps). While these may not be the absolute cause of ADD/ADHD, they undoubtedly exacerbate the symptoms. Is it a physical condition of the brain? “In 1996, US researchers found that 50% of children diagnosed as ADHD sufferers carry a gene that affects brain cell response to the neurotransmitter dopamine”(The Hutchinson Unabridged Encyclopedia with Atlas and Weather Guide). No word that I could find regarding whether that same gene was present in any of the non-ADHD population. There are some other commonalities with ADD/ADHD sufferers.

Other biological (but non-genetic) risk factors for ADHD include low birthweight, several types of prenatal and perinatal complications, and maternal use of substances such as nicotine, alcohol, or illicit drugs during pregnancy. (Tannock 1998)

families of children and adolescents with ADHD experience a number of difficulties, in contrast to families who do not have offspring with this diagnosis. (Hinshaw)

The medical community ponders if these are causes of a medical condition, rather than part and parcel of a less than
ideal home life that is not conducive to raising a stable child. For my part, I will say that growing up in a home with a drug dealer stepfather did not contribute to me becoming a model student in school. It may very well be that I became more inattentive than hyperactive simply out of fear of being beaten to death for gross misconduct.

As our society has become increasingly frantic in its pace, it seems the incidence rate of ADD/ADHD diagnoses has increased correspondingly. In the last few decades, TV has become more stimulating. MTV debuted the concept of changing visual stimulation every few seconds, accompanied by loud (at least at my house when my parents were gone) music. We now have personal electronic devices, internet micro bites of information, all at the touch of a finger. Is it possible that there are those who are genetically more sensitive to stimuli, or have a higher distractibility, who could have easily coped in the world of the 18th or 19th century, but are overwhelmed by stimuli in today’s world? Entertainment is much faster paced. Stand-up comedians of today must make quick sound bites. A perusal into standup comedians of the 50’s and 60’s, such as Johnny Carson or Andy Griffith, finds them spending several minutes in elaborate stories before a
punchline is delivered. The medical opinions of our society have changed, as well as its pace. In the 1950’s, overactive children running wild were just considered to be high energy. (Meyers) Today they are considered to be afflicted with a disorder. Multiple sources place today’s rate of incidence between 3% and 13% of school age children, with 50% of those carrying the disorder into adulthood.

Hyperactivity was first clinically diagnosed in 1902 and information has been gathered on the subject since then. The condition was formally called ADHD in 1994. The prevalence of ADHD in the US increased from 7% in 1998–2000 to 9% in 2007-09 (The Hutchinson Unabridged Encyclopedia with Atlas and Weather Guide)

Ask any white-haired layperson outside of the medical community what experiences or observations about ADD/ADHD they had growing up, and the differences in the world they lived in and the one we live in become very clear. Where were those 3-13% ADD/ADHD back then? If it is genetic in origin, should we pursue eugenics to purge our society of these mutants? What has changed is not necessarily the human gene pool, but more likely our culture and the desire to relieve ourselves of the blame of being anything less
than perfect. Could it be the pharmacological promise of delivering good comfort and conduct in the form of a pill?

In the early 1970’s I found myself in grade school, but I didn’t quite fit in. I was the class clown and the teacher’s problem child. For grade after grade, I was separated from the rest of my classmates, my desk adjoining the teacher’s desk, so she could exert more immediate control over me. I was taken to the hospital and given an EEG, because they suspected I had epilepsy, manifested by petit-mal seizures. (I spent much of the school day zoned out, staring out the window) The flashing lights of the epilepsy test did not hold my attention too long, and I started daydreaming about cartoons I had seen on TV. The doctor’s determination: it is not epilepsy, but we will help him with medication. My stepfather sampled my prescription and in no uncertain terms declared I would not be taking the medication, nor going back to the doctor for my daydreaming and behavior problems. In fifth grade, my teacher grabbed me by the shoulders and shook me in front of the class while screaming “What is wrong with you?” Middle school and high school were nightmares for me on many levels. Not only was the ADD diagnosis not in vogue at that time (the 70’s), there weren’t a lot of us around to be
diagnosed. I was a pretty unique creature in that day, well worth an intern’s time to visit my school to observe and interview me. Now, 25 years later, this set of behaviors “...is one of the most frequently diagnosed, and misdiagnosed disorders” (Alvarez-McHatton). What has changed? Is this a phenomenon unique to America?

Research has been divided on the incidence of ADD/ADHD worldwide. Much American research has suggested that it is largely an American phenomenon stemming from social and cultural factors. Another school of thought suggests the disorder is common worldwide but not recognized by the respective nation’s medical communities. This school of thought purports that ADD/ADHD is not a product of American society, but is just as common in many different countries and ethnic groups as it is in America. (Hinshaw)

In stark contrast to the voice of the official medical/pharmaceutical establishment, a google search will turn up a plethora of information to the contrary. A Psychology Today article by Dr. Marilyn Wedge asserts that while American schoolchildren have an ADD/ADHD incidence rate of 9% and are under medication for it, only 0.5% of French schoolchildren have been diagnosed and medicated. The
author attributes this to French culture and its priority on raising children in a disciplined manner. (By contrast, I would argue that America is increasingly using the electronic/virtual world to nurture its up and coming generations, with no structure or schedule for the children. My mother used to say the best babysitter in the world was the TV.) Other websites assure that ADD/ADHD is a fictitious ailment, strictly a set of behaviors that can be corrected through training and counseling. These websites are outside of the mainstream medical/pharmaceutical community, and thus have a lower level of credibility. Dr. Tom Baker (not of Dr. Who fame) writes on his website “ADHD isn’t a ‘disease’, it’s a particular pattern of brain functions that interferes with traditional classroom learning. It’s like a left-handed student sitting in a desk made by and for right-handers.” Again, the question is, are these fidgety people with short attention spans normal people, or are they deviants that must be treated with meds?

Although there is currently no cure for ADHD, there are a variety of treatments, coping strategies, and interventions to assist with the characteristics of ADHD (Alvarez-McHatton).

Medicines such as Ritalin, Focalin, Adderall, and Dexedrine stimulate brain activity and help extend attention span,
reduce impulsiveness, and help the patient stay on task (Alvarez-McHatton). These pharmaceuticals are available only through a doctor’s prescription. As an elementary school teacher, teaching fifth grade, I had my first opportunity to compare a medicated ADHD student with a non-medicated ADHD student. The medicated student, who I will call “Bobby,” was formally diagnosed with ADHD, was on medication, and quite well-behaved and attentive. I was told his parents had tried “everything” and finally resorted to medication. He was the ideal student. He sat still, kept a stoic expression, got along with his classmates, didn’t engage in any disruptive behavior, and very submissively did everything he was asked to do. His grades ranged from average to excellent. Everything a teacher could want. In contrast, the other student, whom I will call “Other Bobby”, had not been formally diagnosed with ADHD to my knowledge, and was definitely NOT taking any medication to help him maintain self-control. He had great difficulty engaging himself in the traditional learning process, and could not keep his school materials and supplies in order. A description of his eyes would be like those of a wild animal. He had very little self-restraint, spoke impulsively with no filter, and was generally
disruptive. Though I cannot speak with absolute authority, at the time I had the impression that “Other Bobby’s” home life was far less than ideal. Comparing “Bobby” and “Other Bobby”, it is quite easy to see the appeal of a visit to the doctor and then the pharmacy. Almost twenty years later, I wonder what long term effects the medication has had on “Bobby”; is he dependent on medication to this day? Has his personality been impacted? Are there side effects still to emerge? I am also curious as to the fate of “Other Bobby”.

Current clinical interventions favour the efficacy of pharmaceutical treatments, but if behavioural inhibition is the primary deficit, it may be possible to develop cognitive behavioural therapies to treat the disorder. (Bentall)

Drugs are currently the treatment of choice for ADHD. They are easy and convenient to administer, reliable, predictable, and immediate in their results. They also contribute to the economy via the exchange of currency from the patient or patient’s health insurance to the physician and pharmaceutical industry. If however, the issue with ADHD is self-control of behavior, can there be an alternative to medication? Are there coaches and therapists who can train
parents and children in techniques to develop the self-discipline needed to succeed in life?

Formal research has shown two effective strategies for treating ADD/ADHD (1) stimulating medication which regulate dopamine in the brain, and (2) Behavior modification via parent management training and school/classroom management strategies. Training the patient self-regulation requires a high level of intervention on the part of both the parents and teachers, often supplemented with medication (Hinshaw). What makes training, coaching and counseling unappealing is the amount of time and work involved before any results are seen. Since individual people are being dealt with, treatment of this sort requires flexibility and creativity; there is no set of equations that guarantee specific results.

“... we do not believe that ADHD is a defect that must be ‘cured’. In fact, we have often observed that ADHD can enhance as well as inhibit the realization of gifts and talents...

Educators of gifted students with ADHD face a formidable task in that they must provide opportunities for students to apply their strengths while ameliorating their deficits. Only through consistent attention, immeasurable
creativity and patient understanding by educators, parents and students, coupled with substantive research will these challenges be adequately addressed. (Castellanos, et al)

Could it be that the ADD/ADHD afflicted individual is simply a person that has great strengths along with great weaknesses? Is it possible for an ADHD sufferer to overcome their learning difficulties or develop work-a-rounds? In my personal experience, I considered myself cured the instant I realized I was sitting in a college class I was paying for out of pocket. My best friend in high school graduated Valedictorian (to my utter surprise and disbelief), while I squandered my time in high school, just scraping by. I wasn’t lacking in intelligence—in my college prep advanced biology class, I was one of two people to get an “A” on the final. And I didn’t study. The problem was that school was boring and I didn’t engage. However, I was both challenged and interested in college, and paying for it with money I had earned working construction. (My Mom: “You had better get good grades or you will grow up to be a ditch digger”—she was right, and I was for a while). I sat in front of the class and forced myself to pay
attention, and I graduated Magna Cum Laude with a Bachelor’s degree.

Did all my ADD symptoms go away? No, but I am working around them and have managed to be fairly successful without medication. Medication and behavioral modification therapy CAN help one cope with the symptoms. Similarly, one who watches TV all night and drinks caffeinated energy drinks repeatedly can cope with insomnia using sleep medication. Or, they can knock off the caffeine and read a book instead of watching TV and not depend on the drugs. Yes, I realize that those with ADD have documented genetic and brain differences from the "normal" population. I will say that I personally have suffered profoundly as a result of my ADD. My parents took me off my medication while I was in early elementary school and I had to deal with it. Strangely enough, when I entered college and realized I was paying for it out of pocket due to my abysmal high school grades, I learned to focus and meet deadlines.

Would I be better off today if I had grown up dependent on the drugs? Perhaps, but I would not be the person I am today. I take exception to the idea that because I am fidgety, easily bored, a procrastinator, have to work really hard at
focusing my attention, have a million things going at once, etc., that I have a "disorder," that I am not "normal," and I need to be medicated. That is like telling someone that has a genetic predisposition to obesity that they have a disorder and need medical science. Why not discipline yourself to eat in a healthy manner and pursue a physically active life style? Is that the total answer? No, you may never be a "Twiggy" or other pencil thin super model, but what is normal"? Perfect? I think "normal" encompasses a lot of people who are far less than perfect. I will say that the increase in the incidence of ADD/ADHD is a combination of a faster paced society with increased distractions, a breakdown of discipline in childrearing in favor of easily obtained medications, and a changing of the diagnosis to encompass a greater scope outside of perfectly “normal.”

Works Consulted
focusing my attention, have a million things going at once, etc., that I have a “disorder,” that I am not “normal,” and I need to be medicated. That is like telling someone that has a genetic predisposition to obesity that they have a disorder and need medical science.

Why not discipline yourself to eat in a healthy manner and pursue a physically active lifestyle? Is that the total answer? No, you may never be a “Twiggy” or other pencil thin super model, but what is normal?” Perfect? I think “normal” encompasses a lot of people who are far less than perfect.

I will say that the increase in the incidence of ADD/ADHD is a combination of a faster paced society with increased distractions, a breakdown of discipline in childrearing in favor of easily obtained medications, and a changing of the diagnosis to encompass a greater scope outside of perfectly “normal.”

Works Consulted


Baker, Tom. "ADHD Myths & Dangers.”


<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1525089/>  


