The Lion’s Pride Committee

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A Note on Submissions:

Members of the Lion’s Pride committee may make minor edits to submissions in order to standardize spelling, grammar, punctuation, and formatting. However, committee members do not thoroughly edit submissions for students, and the committee’s general policy is to present work in close to its submitted form, in order to preserve the integrity of each student’s voice. Students are encouraged to edit their own work carefully before submission and to get assistance from
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Cover Art: Stepping into the Unknown, by Eli Aldinger

Artist’s statement: I'm a 2D artist and illustrator currently in my last year of the MMDP Game Design and Media program. I enjoy creating traditional art with ink being my favorite medium.
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Tigers
Kelly Terrell

I am a student in the Digital Design program. I love animals and creating art. Whenever I get the opportunity to create art of animals, I am at my happiest.

“Tigers” is digital art, using Adobe Illustrator. The image is based on a color pencil drawing of a tiger that I did a few years ago. I used the color pencil drawing as a template and kept as much of the character of the original drawing as possible.
This assignment is a narrative of a significant time in my life.

I was the oldest of 4 boys. Four younger brothers were a handful, and when my father wasn’t at work he was busy taking care of the younger ones, not leaving much time for me. He had all of his attention on everyone except for me, I was just the oldest; I knew better; I didn’t get in trouble or fight with my brothers and I did what I was told. To him I was just another person walking through the house oblivious to him. Much like Sandra Cisneros from “Only Daughter.”

The bitter January air propelled itself down my long shady street and rustled itself through the lofty, dew covered winter grass just before erupting through my bedroom window and waking me up. The sweet aroma of bacon trickled its way through my door and surrounded me in its tempting scent, pulling me out of bed and beckoning me to the kitchen. My big bear of a father grumbled good morning through his snowy white beard in his all too friendly tone. I rejoin him with an equally warm response as I reach for the greasy strip of mouthwatering breakfast meat. Suddenly I remembered what
my father had promised me the night before, so I gulped my food down so fast I didn’t have time to enjoy the flavor. “So are we still going for your first driving lesson today?” my father asked. I nodded at him wide eyed and full of excitement. I was supposed to have my first driving lesson with him after school and I was dying to get behind the wheel of his big dark blue truck.

I ran to my room to get dressed and ran equally as fast to the bus stop. All the kids were bundled up with big jackets and fluffy scarves to shield themselves from the harsh winter bane. Minutes seemed to take hours and hours turned to weeks as I sat in Mrs. Goto’s 6th grade class. When the bell rang it was music to my ears. I leaped from my seat and sped off through the door quicker than my teacher could notice. My father was waiting for me in his favorite spot, sprawled along the couch watching the afternoon news. I decided to ride my bike while I waited for him. I had a charcoal silver BMX bike with bare steel handlebars that shone like the afternoon sun on a hot summer day the wheels were as black as a clear night sky. I zoomed up the driveway into the cul-de-sac and began riding in circles. My brother was playing in the front yard and I could hear the dogs barking across the street, the wind brushed
passed my face as I rode down the street and all I could think about was that in a few moments this would be my favorite truck.

Suddenly a sharp crash rang the streets as I collided with the ground. I lay in shock deciding whether or not to get up. Finally, after assessing what had happened I stood up. As I stood a warm hot river flowed down my leg and into my shoes I looked down only to discover that I was now standing in a pool of warm bright red blood. I fell to my knees, and then to my back as I slowly started going into shock. I looked around with fear in my eyes and I started screaming for help.

Finally, after what felt like an hour, was only but a minute, my father came charging out of the house with a horrible worried look on his face. He ran to me and told me to calm down. He looked me over grabbed a branch beside us and told me to bite down. I did as I was told. I looked down to see his hand submerged inside my leg, holding the artery shut that had been sheared in half.

Slowly I started drifting into an endless slumber, growing more and more tired and becoming more and more relaxed, I was ripped back into the world by my father shaking me, telling me not to fall asleep. My father was an honest man, so I
looked to him and asked if I was going to die. He looked to me and said nothing but let a single tear roll down his face. I heard sirens in the distance, a faint glow emerged from the end of my road as if singing me a lullaby. I was warm; the frost seemed to cover me in a blanket as I lay in the pool of blood shielding me from earth’s cold concrete. Then I was lifted, onto a bed and into the back of what seemed to be a final resting place, a home. Strange men were poking me and putting tubes down my throat. I looked to one of them and asked the same question I had asked my father moments ago. “Am I going to die?” the strange man looked at me then to the other man and said nothing.

Death is a strange thing. We live and we die, some die before others and some live very long. In the end everyone dies. Some people look forward to the afterlife and some people accept the fact that when you pass that is all. I saw darkness, blacker then the furthest reaches of space, I saw nothing, felt nothing. I was nothing. Then slowly I opened one eye and slowly the other followed suit. It was a small dim lit cozy room I could hardly move, to my left I could see a window, drapes blinding me from the outside world I had almost lost. I started
to feel alone. I looked to my right and standing beside me, holding me as if I was being born again was my father.

Looking at me with a whole new sense of gratitude and love he embraced me. He cried into my shoulder and in that moment I knew everything was going to be okay. My father was the one person I could trust my life with. The last thing I remember before drifting back into my blood induced coma was him whispering to me how proud he was to have me as his oldest son.
I love working in Photoshop and making beautiful images. “Coming Home” is depicting beautiful living snowflake spaceship/beings that traveling the universe spreading peace and love.
Coming Home 2
Lauren Broman

This is the next iteration of “Coming Home.” The living snowflake spaceships are now on their home planet, heading to a city.
Teenager with a Badge and a Gun
June Alexander

This was my first written essay assignment for English 101 with instructor Sherry Rind.

Imagine growing up as a redhead tomboy while at the same time being a southern girly girl who loved dressing up. I graduated from high school at age eighteen and half and was at a crossroads of what I wanted to be for the rest of my life. I had always been interested in shows that were law enforcement based, carefully watching every episode with rapt attention. I loved the methodical way that a crime was solved and somewhere deep inside of me I felt a need to help others in a time of crisis. I knew what I was going to do with the rest of my life: “I want to be a Cop like on TV!”

My parents were older than most of my friends’ parents and as such were very old fashioned. My father had the firm belief that his little girls should get married and become stay at home moms. I went to my parent’s room to inform them of what I was meant to do with my life. Nervously sitting on the edge of my parent’s bed I blurted out “I want to be a Cop like on TV!” I now had both my mom and dad’s full attention. The incredible fastness of my father’s response of “I FORBID IT”
followed by “Over my dead body” made me fall off the bed in shock! My father was a quiet man, hardly ever raised his voice and he has just yelled at me. My mom and champion stayed unusually silent.

Forbid! The quickest way to motivate me into becoming a police officer was to forbid me. Early the next morning my mom drove me to downtown Houston, Texas where I applied and was accepted into the next University of Houston Police Academy that was starting in two weeks. I was an official police cadet.

Do you know what happens when you join a Police Academy? I had immediately become a responsible adult the minute my mother dropped me off at the front door of the academy building. You may be wondering why was I, a Police Cadet being driven to the academy by my mom? I did not have a driver’s license nor did I know how to drive a car. I was perfectly content with being driven around like Miss Daisy but the real reason I did not drive was that I absolutely loved being with my mom. It never occurred to me that I would eventually have to drive a squad car. I did receive my driver’s license and I did learn how to handle a police car on the road.
When I walked in the lobby I met the shocked stares of forty-nine, all male fellow academy classmates. I was dumbstruck at the hostility of some of the glares being sent my way but it was the smirking and smack talking about my various body parts that made me square my shoulders and walk boldly up to the front desk. As I signed in with only my high school identification, the female sergeant behind the desk whispered “Good Luck!”

Welcome to twenty weeks of hell on earth also called the police academy. The academy is similar in some ways to a military boot-camp starting with physical fitness activities and then hours of classroom instructions on the many laws enacted by various local, state and federal governments.

Every morning after I was dropped off, I was immediately thrown into the physical fitness part of the academy. We would start with a long run and then go to the gym to learn how to defend ourselves. I had never even been in a physical fight and it showed. On two occasions I had to visit the ER for stitches and cracked ribs that I had sustained from my fellow classmates. It was hard for my father to see his little girl with bruises and cuts but he did come to respect my decision to stick
with the training. By the end of the academy I was easily able to defend myself, my coworkers and the general public.

Classroom studies, which included learning how to enforce laws, write reports and make a case against a defendant, were as grueling as the physical fitness and by the day’s end my brain was as exhausted as my body.

It was finally time to visit the shooting range. I was terrified by my lack of knowledge about guns in general. As my instructor gave me a handgun I was suddenly struck with the overpowering realization that I may someday have to draw and fire my gun on a suspect. How would I feel, could I really shoot a person who was breaking the law? I was immediately filled with conviction that if needed, I could and would defend the innocent against any and all harm no matter what.

Shooting came easily to me and I loved the power I felt holding my gun. It did seem a little ironic to me that although I was able to purchase my duty weapon and protect the public I was not old enough to buy ammunition. My father stepped up to the task and always went with me to buy my bullets.

Twenty weeks flew by and I was graduating with forty-two of my fellow classmates. As I stepped up to the stage for the handing off of my papers I was surprised to find out that I had
been classified as a Sharp Shooter. My fellow classmates groan and quickly I am considered a triple threat. I am a teenage woman with a badge, a gun and the overwhelming need to enforce the law.
Moon Rise  
Kelly Terrell

I am in the MMDP program here at LWTech. This image is an intaglio print of a drawing I did base on a photograph that I had taken. The eagle is a resident at NW Trek Wildlife Park, and cannot fly. He was kind enough to perch on the log in his habitat for me to take photos.
Some Mistaken Impressions of Humanity’s Pockets
Andrew Howe

I'm a student working through the digital gaming program, hoping to work in the game field and at some point maybe even do the writing for a video game. I've been telling stories for a large part of my life, and writing them down for several years now. These came about when I asked myself what would aliens think if they saw all of the stuff I keep in my pockets but lacked the context I have.

Story One

“E Pluribus Unum,” the alien muttered, lifting up the metal disc. It was the only thing that hadn’t fallen to the march of time and tarnish.

“What do you think it means?” another one asked, gazing at the small pile of strangely designed metal disks.

“Clearly this human was a part of many social clubs, all of these membership tokens show that,” the first one said gesturing to the coins.

“Membership tokens?”

“Of course. What else would you need metal discs for?” the first one shot back.

“What if it's currency?” the second one asked, lifting one to look at it, only to have it swatted from his hand.
“Oh please, that's stupid. It'd be a waste of metal, and besides inflation would cause you to need so many you'd buckle under the weight,” the first bit back.

“Oh I guess that makes sense,” the second demurely said, looking at the discs. “Ever think we might be wrong about all of this?” the second asked after a long silence.

“Of course not.” the first said, studying one with a square hole.

Story Two

An alien lifted an object from the table in front of him.

“What do you think these are?” the second alien asked, “portable music instruments?”

The first one looked up at the other with a glare, “No these are obviously analogue keys. See here,” he said running a digit over the teeth of a key, “this is the cypher.”

“Oh, guess we're done for the day then.” The second alien said, rising from his seat.

“Sit back down Gafor. We're not done yet. We're looking at the things attached to the keys.”

“You mean the metal rings?” Gafor asked sitting back down.
“No the items attached,” the alien responded gesturing to one of several small plastic figures, “such as this and the others like it.”

Gafor leaned over the table for a better look, “maybe it's figures of family?” he hazarded after a few moments.

“Of course not,” the first one shot back, “those would be kept more personal. These are displayed openly.”

“When they're out of the pocket,” Gafor noted.

The first one cleared his throat, “True, but they are still displayed in a fairly open manner...” He paused, contemplating the figures. “They must be religious figures. Look at this shorter one with the armor and beard,” he said singling out the one he mentioned.

“What about it?” Gafor asked, leaning closer.

“Well, for one, we know that the humans were technologically beyond the usefulness of this style of armor, so why display it?” the first one asked.

“Maybe they're characters from popular fiction?” Gafor guessed.

“Unlikely. Those would be displayed in a more public manner so as to prompt conversation with other fans of the
series,” the first one nodded, “The only reasonable thing left to conclude is that they are religious in nature.”

Gafor leaned back in his chair, “I guess that makes sense.” He paused to think while the first one examined some of the other objects, “You don't think we might be wrong do you, Professor?” Gafor finally asked.

“Of course we're not.” the professor shot back.

Story Three

“So Professor, what mysterious human object are we looking at today?” Gafor asked as his fellow researcher entered the room. The Professor walked to the table and set the box he'd been holding down before taking his seat.

“We're looking at these today,” he finally replied carefully emptying the box's contents onto the table.

“Not a whole lot of correlation among the lot is there?” Gafor noted as he looked at the varied objects.

“Other than the fact they all have switches of a kind – and these,” the Professor pointed to the small plastic dome one of the objects had. “No they don't have much else in common.”

“What do you think the switches toggle?” Gafor asked.
“No don't!” the professor yelled reaching out to stop Gafor. Startled by the professor's action Gafor dropped the device he'd been holding. “I suspect that they are small disguised personal defense lasers. Considering the age of most of these I'm worried that they'd misfire if activated.”

Gafor scooted his chair back from the table, “Why do you think they're lasers?” he asked carefully looking at the objects on the table. “Maybe they're just lights or decorations of some kind?” Gafor sighed when he saw the Professor's glare.

“Why would they try to disguise ordinary lights?” he asked but quickly continued before Gafor could respond. “They wouldn't, but self-defense lasers they would.” The professor said nodding. Gafor stared at the devices, deep in thought as he considered the Professors words.

“I still don't think they're lasers,” Gafor said after a few minutes of silence.

“Well what do you think they are then?” The Professor prompted.

“I suspect that these might be some kind of light based communication devices.” Gafor responded. The professor considered the idea for a few minutes. Eventually he shrugged
and returned to examining the objects. “You don't suppose we're both wrong Professor?” Gafor asked some time later.

“Of course we're not,” he responded immediately.

**Story Four**

Gafor sprang upright as something was poured onto the table he'd been sleeping on. “Good morning Professor.” he said blinking the sleep from his eyes. Once satisfied he picked out a few of the objects and held them for closer inspection. “Are these what we're examining today?”

The Professor nodded as he took his seat. “Why so many?” Gafor asked after his cohort was finished seating himself.

“I suspect that all of these belong to some kind of game,” the professor replied.

Gafor stared to more closely examine one of the cards he had in hand. “Master card?” he asked looking at the strange logo. “Clearly one of the more important ones,” the professor noted. Gafor shrugged and moved on, his curiosity satisfied.

“So how do you think the game is played?”

“I believe that you start with playing one of these node cards, with its black stripe down.” Gafor looked at the one in
his hand. With a shrug he dropped it to the table, the professor followed shortly with one of his own. “now we take turns placing these other cards that match the node card around it.”

“Match how?” Gafor asked, looking for an exact match.

“Similar colors, text styles, shared logos, things like that.”

Gafor watched as the other alien placed a card as a demonstration. “And overpowering matches are how captures work.”

“Overpowering matches?” Gafor asked dropping a card of his own.

“If one has more red, or larger but similar text, things like that.” the professor said, reorganizing the cards he was holding.

“So what’s the goal?”

“You're trying to capture all of the others active node cards.”

The Professor said placing a second card.

Gafor carefully considered his next move, “You don't suppose we're wrong, do you?”

The Professor looked up from his hand, “Of course we're not.”
Story Five

Gafor walked into the room, “Morning professor.”
“Good morning Gafor,” the Professor responded, “You remembered to pick up the next object we're due to examine?”
“I've got it right here,” Gafor replied, dropping a thick leather square onto the table.
“This is clearly an insertable cushion for human leg-wear.”
The Professor said after giving it a cursory glance.
Gafor just nodded as he picked the leather square to look at it closer. “If it's for cushioning though, why does it have all of these slots? They kind of look perfect for the cards from the one game we looked at.”
“That would be ridiculous, most of the cards would be ruined from sweat. Also it wouldn’t even hold enough for a small round.” the Professor responded before pointing at a few of the slots, “I would guess that these slots are for variable padding. But...” the Professor trailed off deep in thought, as he considered the unfolded leather square before him. “Although it could make for a decent hiding place for certain objects of value.”
The room fell into silence as the two worked through their own thoughts. “Something wrong professor?” Gafor asked after he noticed a look of confusion on the professor's face.

“If this is a rear pocket cushion for human legwear like I've suggested. Why would so many humans have had only one?” he finished his own confusion heavy in his voice.

“Maybe they only needed one because one side of their seats would wear out before the other? Or perhaps they are for comfortable sitting after sustaining a specific injury, or maybe undergoing a specific surgery?”

“That could be.” The Professor responded with, deep thought still wrinkling his face.

Again the room fell into silence before Gafor spoke up once again, “You don't suppose we're wrong do you?”

“Of course we're not.” the professor casually replied.
The Falling Apart
Laura Carrillo

I am a student in the Digital Gaming and Media program. “The Falling Apart” is an 18” x 24” collage on newsprint piece that I created while taking Jason Sobottka’s Human Figure Drawing class. The concept behind it was at first very unconscious, but then developed into “what would it feel or look like if the world was falling apart? What if this was the last man? etc..” It is also one of my first explorations with abstract expressionism and found it to be a liberating change from the realism and naturalism I tend to do in my work.
Untitled 2015
Laura Carrillo

I am a student in the Digital Gaming and Media program. This was an in-depth figure study from Jason Sobottka's Human Figure drawing class.

18” x 24”
charcoal on paper
Transgender Equality in the Healthcare System
Anne Nelson

I have been a student at LWIT for the past three years and will be graduating this June. This essay is from my English 102, where we were assigned to write a persuasive research essay. By sharing this piece, I hope to raise awareness around the discrimination that the transgender community faces in their everyday life, particularly in healthcare.

In August of 1995, Tyra Hunter, a transgender woman was involved in a serious car accident. When EMTs arrived on scene and began to assess her injuries, they discovered that she was not fully transitioned and still had male genitalia, despite her feminine appearance. At that point, they stopped treatment and began to verbally harass Ms. Hunter, cursing at her and using derogatory terms. Ms. Hunter was still conscious and bleeding heavily on the pavement. When the fire chief arrived at the scene of the accident, care was finally resumed. Ms. Hunter, still fully conscious, was taken to the D.C. General Hospital, where she was given medication that paralyzed her. She later died from blood loss (Fox, 1998). One can only imagine the horror and humiliation that Tyra Hunter experienced, along with the pain that her loved ones went through knowing she could have been saved. Although this
incident occurred about twenty years ago, discrimination is still occurring against this minority. As the transgender community steps out from the shadows, necessary services such as healthcare have treated them differently based on their gender identity (how they perceive themselves and what they prefer to called) not matching with their assigned gender at birth (Human Rights Campaign, 2015b). In the United States, the transgender community receives unequal healthcare compared to the rest of the population. This includes discrimination by insurance companies, poorly trained healthcare professionals concerning transgender care, and a lack of legal protection both federally and statewide.

Although most transgender individuals are not discriminated against as severely as Tyra Hunter was, many still receive unequal treatment from healthcare professionals. Many healthcare professionals are not sufficiently trained to care for the transgender community, regarding not only the process of transitioning, but general healthcare. The process of transitioning may include changing their name, dressing differently, taking hormones, or undergoing various surgeries. These surgeries may include breast augmentation or removal, altering the genitals, or facial bone reconstruction (National
Center for Transgender Equality, 2014a). According to a study conducted by the Stanford University School of Medicine, “The average medical student spends just five hours in medical school learning about the health-care needs of the lesbian, gay, bisexual and transgendered community” (White, 2011). The lack of training makes transgender healthcare difficult for both the patients and professionals. Providers often resort to turning these patients away because they are unfamiliar with so many aspects of their healthcare and are unsure of how to care for these individuals (Ungar, 2015). Refusal of care can be detrimental, much like in the case of Robert Eads. Kailey (2005) shared the tragic story of Mr. Eads, who transitioned from female to male, but was refused care by over twenty doctors leading to his death from ovarian cancer. Many of the doctors did not want to care for him because they did not want him to be seen in their waiting room or felt his case was too much of a burden. Currently, there is no certification of expertise in transgender medicine, meaning that there are no physicians who are legally recognized to have “exceptional expertise” in this area (Human Rights Campaign, 2015a). This makes the task of finding a well-trained physician even more difficult. The absence of expertise by providers makes seeking
healthcare uncomfortable for many individuals, causing them to avoid routine healthcare and put themselves at risk (Maguen, Shipherd, & Harris, 2006). When care is sought after, individuals often face discrimination, disrespect, and harassment, much like Robert Eads did. Seaman (2015) noted that almost half of female-to-male transgender adults reported experiencing verbal harassment, physical assault, or unequal treatment in both hospitals and doctor’s offices.

The transgender community receives unequal treatment not only from providers, but from insurance companies. According to the Philadelphia Center for Transgender Surgery, transitioning usually costs over $100,000 when taking into account anesthesia, hospital stay, and the various procedures that a transgender individual may need or desire (Jackson, 2015). Such a price is unrealistic for many considering health insurance companies often refuse coverage all together or exclude certain treatments for transgender people. Private insurance companies deny many individuals coverage when they disclose that they are transgender or have undergone transgender-related surgeries in the past (Transgender Law Center, 2004).
This discrimination forces some transgender individuals to turn to self-medication, but unsupervised hormone therapy can be very dangerous. For those who are refused coverage, there are numerous websites where these hormones are available without a prescription. Menon (2013) tells the story of a transgender doctor who began self-medicating, but did not receive the results she wanted; “I began looking weird. My feminization was not proper and I had become fat. Depressed, I went for counseling.” Even if these individuals are able to get coverage, many of the transgender-related surgeries are considered elective and are not paid for. Many of these procedures including hormone therapy, breast augmentation/removal, and hysterectomies are often covered for cisgender individuals, but are denied for those who are transitioning (Lambda Legal, 2015). Nicholas Ballou, a transgender male, has wanted to have a mastectomy for nearly ten years. Unfortunately, all the insurance companies he has called refuse to pay for the procedure. Ballou cannot afford the surgery out of pocket and “lives in constant fear [of violence], and he’ll continue to bind his chest each day and search for a way to have his medical procedure.” Those who are unable to transition, like Ballou, are more likely to feel depressed or
suicidal- a dangerous statistic in a population that already has an attempted suicide rate of 41% (Jackson, 2015). This discrimination by insurance companies negatively affects many of these individuals mentally, physically, and emotionally.

How are insurance companies able to take advantage of the transgender community? Currently, there are not adequate laws in place protecting the transgender community from discrimination in the healthcare setting. In 2010, the Affordable Care Act was introduced, which includes the condition that people cannot be denied coverage based on their gender or health history (National Center for Transgender Equality, 2014b). Although this seemed like a positive development for the transgender community, this requirement lacks clarity. When signing up for a plan, individuals must check “a single gender box,” either male or female. Certain procedures are only covered for certain genders; therefore, if a man who is transitioning to a woman registers as female, he will no longer be covered for a prostate exam. This leads many transgender individuals to either have no insurance or register as their assigned gender at birth. Eli Strong, a transgender male, shared his frustrations with having to identify as female
in order to receive proper care; “I resented having to keep my insurance marker as female because the way I saw it, that simple marker shouldn’t determine what coverage I received. What should determine my coverage is whatever organs I currently have, or conditions I am diagnosed with.” Services that are gender-specific can be very difficult for transgender individuals to receive because if the service and the gender do not match, insurance companies deny payment. The insurer must put a hold on the claim, confirm it with the healthcare provider, and then manually override the code to allow payment (Gillespie, 2015). Only eleven out of the fifty states have bans on insurance exclusions or have transgender-inclusive health benefits for state employees. Only six out of fifty have both (Human Rights Campaign, 2015c). Federally, there is no law that explicitly protects the transgender community from discrimination. In July of 2015, a new bill was proposed that would change the lives of not only the transgender community, but the whole LGBT (lesbian, gay, bisexual, and transgender) community. The Equality Act states that it “Amends the Civil Rights Act of 1964 to include sex, sexual orientation, and gender identity among the prohibited categories of discrimination or segregation in places
of public accommodation” (Congressional Research Service, 2015). Although some states do have laws preventing this type of discrimination, a federal law would make a huge difference in protecting all of the LGBT community over the entire United States. Transgender individuals are often turned away by doctors and private insurance companies, but this bill would be a major step in the right direction for equal healthcare for everyone.

Some may argue that covering transgender healthcare would be too expensive and that many of these procedures are cosmetic and unnecessary. However, the transgender community is very small, only about .3% of the United States population, and therefore would not be a drastic expense for insurance companies to cover (Burke, 2015). Also, many of the procedures are already covered for those who are cisgender, so there is no reason that this minority should be discriminated against (Lambda Legal, 2015). Studies have found that when transgender individuals receive gender-confirming treatment, they have fewer mental health issues and higher rates of employment. When transgender healthcare is accessible, individuals have reported reduced stress, anxiety, and
depression (GLAAD, 2015). Transgender healthcare is not just cosmetic- it greatly improves their lives.

What makes one person more important than another? The quality of healthcare received should not be based on a person’s gender identity, their physical appearance, or what their preferred name is. There are so many individuals who have had their lives cut short because they didn’t match society’s “normal”- individuals like Tyra Hunter and Robert Eads who were discriminated against and turned away in their time of need, leading to their death. Every person deserves to have equal access to healthcare, equal quality of care, and equal respect. No one should feel scared to go to the doctor because of how they may be treated, nor should they have to wonder how they will pay for that visit since they have to pay out of pocket. Healthcare is a necessity and should be accessible to all Americans. The LGBT community has made great strides in recent years with the national legalization of gay marriage. It is now time to turn the focus to transgender individuals who have been treated unjustly by the healthcare system. There are many ways that the U.S. healthcare system can be improved for the transgender community. More training for healthcare professionals on how to medically care
for these individuals and how to treat them respectfully would make a huge difference in transgender healthcare. Communities must advocate for statewide and federal laws that would help protect this minority. Insurance companies should not be able to discriminate against someone based on their gender identity. In the words of Senator Bernie Sanders (2013), “Health care must be recognized as a right, not a privilege.”

References


Fresh Prince
Steven Abbott
I really liked how this one came out.
Untitled #1 
Laura Carrillo 

I am a student in the Digital Gaming and Media program. This was a figure study from Jason Sobottka's Human Figure drawing class.

9” x 12”
Graphite and oil on watercolor paper.
Outsourcing: Is it good or bad for America and the World?
Mary Hilker

This was my research paper for Mr. Lake’s English 102 class.

In recent years, a major change has taken place in U.S. business. American companies that once completed all of their business on U.S. soil have started sending some of their business processes to be completed in other countries instead. The practice of sending these business processes to be completed in other countries is commonly referred to as outsourcing.

The term outsourcing refers to the business practice of sending a business process to be completed by an entity separate from the given business. The outside party outsourced to can either be foreign or domestic; however, in modern days, most outsourcing is to foreign contractors. Sometimes, the term outsourcing is also used to describe offshoring, the practice of setting up a portion of the business itself in a foreign country.

Many reasons exist for United States businesses to outsource. The most common reason is to reduce costs. Workers in the countries outsourced to usually are paid a
small fraction of what American workers would be paying for the same job. In addition to the cut in salary cost, businesses also outsource to reduce or eliminate costs of worker benefits such as insurance, retirement, and safety precautions. Other reasons for offshore outsourcing are to avoid U.S. government taxation and regulation, labor unions, and environmental concerns.

By far, the most common business process that is outsourced is the manufacturing process. Almost all of the products that Americans use are now being built in a country other than the United States. Some of the other business processes that are often sent overseas are phone-call services and software related processes. These processes are electronically delivered and can be done easily from an offshore location.

Hundreds of American businesses outsource to other countries. Many of them outsource as many business processes as they possibly can. But what will come of all this offshore outsourcing? What effect is it going to have? Is outsourcing good or bad for America and the world?

America is currently trillions of dollars in debt. Over half of this debt is trade deficit caused by outsourcing to other countries. Our trade deficit increases when we import more
goods and services than we export. This is what is happening when we outsource manufacturing and other business processes. Outsourcing is importing. We outsource such a significant amount of our manufacturing and other business processes that our imports greatly outweigh our exports. Manufacturing used to make up a significant amount of this country’s economy. When the manufacturing process is sent to a foreign country, so is the money. This is also true for the other business processes outsourced. Billions of dollars are sent to the countries outsourced to every year; dollars that would have stayed in the U.S. if businesses had decided to have their products manufactured and their services performed in the United States. We currently run trade deficits with a number of countries that we outsource to. Outsourcing is constantly draining the U.S. economy (Ensinger 2011).

Offshore outsourcing also adds to the national deficit in another way. Many of the American workers who have lost their jobs because the business they worked for decided to outsource will either not find work or find work in a low-paying job. This greatly reduces the amount taxes the government is able to bring in (Ensinger 2011).
It is almost as if the U.S. government encourages businesses to outsource. We have free trade agreements with many other countries. We have next to zero tariffs or competitive taxes and we are the only developed country in the world that doesn`t implement a consumption tax to increase the price of imports and make exports inexpensive. If the government wants to get rid of the deficit, one important thing it would have to do would be to try to discourage offshore outsourcing. It will have to reorganize trade policies and start taxing imports. It will need to make it easier for the United States to compete with the rest of the world. It will need to make it rewarding for businesses to start manufacturing locally again (Moreland 2013).

American politicians have long favored increased free trade in attempts to be more open to the world. But, if their goals are to reduce the national debt, they should be doing away with some of the free trade, therefore encouraging businesses to manufacture locally. In order to reduce the deficit, they should forget about internal spending and, instead focus on it at its main source (Ensinger 2011).

Not only is offshore outsourcing responsible for a large percent of our national deficit, but it is also causing this
country to lose its former status as a superpower. America once worked with some of the best technology which allowed for increased productivity and capital and protected the higher American salary. When we outsource our business processes to foreign countries, we are giving these foreign countries our technology. These countries often, in turn, will utilize this technology to start their own companies. Instead of owning a certain technology, American businesses now own nothing but a brand name. American businesses are finding themselves in direct competition with foreign businesses that use the same technology. U.S. businesses have stated that outsourcing will give them more customers in foreign markets; however, the foreign businesses are rapidly outcompeting the American ones, even in America (Roberts 2010).

Offshore outsourcing has also caused the United States to lose its manufacturing status. We used to manufacture more than any other country. American factories fueled the economy, produced all of our material items, and provided many jobs. Our manufacturing helped us to win World War II, and to enjoy prosperity afterwards. Products that were made in the U.S.A. were associated with quality (Morely 2003).
Now that so many of the products that Americans use are manufactured overseas, America no longer owns the status of being the world`s number one manufacturer. That status now belongs to China where a significant number of our products are manufactured. Our businesses continue to send the manufacturing process overseas, taking the profits earned by using cheaper labor, and closing up factories in the U.S. With no industrial base, America is now dependent on foreign countries for the production of our goods. The economies of manufacturing cities like Detroit are falling apart as the money is sent abroad. America is now dependent on foreign countries for the production of our goods (Morely 2003).

Having our technology, foreign countries now manufacture the same products at the same rate for a fraction of the cost. America is rapidly losing the status of being a superpower. This country that once had a prosperous economy, superior technology and a large self-sufficient manufacturing force has become a country that owes trillions of dollars in debt to foreign countries that manufacture its products because it is unable to compete with cheaper, foreign manufacturing forces (Roberts 2010).
Perhaps the most obvious result of outsourcing to other countries is the unemployment it causes. Millions of jobs have been outsourced in the last few decades, and the numbers increase significantly every year. The most job losses by far have been in the manufacturing industry. Americans used to produce nearly every item they bought. Four decades ago, a fourth of all working Americans were employed in manufacturing. Now, manufacturing jobs have decreased to a small fraction of that. In fact, less Americans are employed in manufacturing now than in any time since the Industrial Revolution (Morely 2003).

Hundreds of major industries that were long held leaders in U.S. manufacturing have shut down nearly all U.S. production. These include leaders in automotive, machinery, furniture, energy, electronics, and textile manufacturing among many others. These are high demand products of which billions are purchased each year. The outsourcing of these industries accounts for millions of jobs lost (McCormack 2009).

Tens of thousands of American factories have left the U.S. Tens of thousands more are at risk. With these factories went millions of manufacturing jobs (McCormack 2009).
The impact of a factory shutting down can be great. When a factory closes down, U.S. companies that supply certain services to the factory are also hurt. Surrounding businesses such as restaurants and other service industries may shut down due to the loss of customers. This also leads to the loss of the tax base, which supports government establishments such as schools, police, and fire departments. This results in even more unemployment and has been the cause for the financial downfall of countless U.S. towns and cities (McCormack 2009).

The manufacturing process is not the only business process commonly outsourced, however. Many different types of white-collar jobs are now outsourced too. Engineering and design usually follow the manufacturing process out of the country, both to cut costs and because engineering and design are closely collaborated with manufacturing. Many office worker jobs are now leaving the country. Call center operators are one of the most common office jobs outsourced. Clerical workers such as financial analysts and accountants are often outsourced as well as design drafters for a large range of products. Software jobs and IT jobs such as programmers are also leaving the country (Armour and Kessler 2003).
Businesses outsource as many processes as they can most any job that doesn`t have to be performed onsite will be outsourced. White-collar jobs that require years of study and come with a six-figure salary in America can be outsourced to foreign countries for a salary of U.S. minimum wage or less. These jobs were highly skilled and sought after in the United States. They were some of the best paying jobs. Any business process that doesn`t have to be completed on U.S. soil won`t be. Millions of white-collar jobs have and are continuing to be outsourced (Armour and Kessler 2003).

Knowledge-related jobs can be completed anywhere in the world where there are educated people. Software companies, banks, hospitals, pharmaceutical companies, architectural firms, and others are outsourcing educated jobs that Americans once did and earned a good salary on. These millions of jobs that are being sent all over the world include such things from radiologists to software designers. The foreign workers usually get paid less than U.S. minimum wage (Roberts 2003).

It has been argued that offshore outsourcing creates more jobs for Americans that are better jobs than the ones outsourced. But any new jobs created are usually outsourced
too. Businesses want to maximize profits and the Information Technology jobs or other white collar jobs that replace outsourced manufacturing jobs are almost always sent overseas. Some people trained for a new job only to see their second job outsourced (Roberts 2003).

Business economists say that new jobs will come, but so far we haven’t seen any new jobs. Approximately one out of three displaced workers doesn’t find work. Others take major pay reductions (Roberts 2010).

The jobs lost were not just jobs that no one wants. Many of them were well-paying dream jobs, whether in manufacturing or white-collar. Many of the outsourced white-collar jobs were the esteemed positions of upward mobility. These jobs provided taxable incomes to fund such things as schools and public works (Roberts 2010).

The only jobs that are currently being created are in domestic services that have to be completed in a specific location. These are usually low-paid jobs that include waitresses, retail workers, and a few onsite health care workers. Some of these jobs are only part time. Many of these jobs don’t pay enough to support an independent existence.
Having only non-tradable, domestic service jobs is a typical characteristic of a third world country (Roberts 2014).

Businesses argue that offshore outsourcing is good because they say it gives opportunities to the working people in the countries outsourced to. They tell us it gives foreign workers a chance to rise up out of poverty and become equal in the global economy. However; the foreign workers, in their outsourced jobs, make only a fraction of U.S. minimum wage. American businesses take advantage of this lack of U.S. minimum wage and outsource their business processes for as cheap as they can. With U.S. money coming in the governments of these countries have no motivation to increase the incomes or the standards of living of the working people. In fact, they are encouraged to keep them low. If the foreign governments increased the incomes of the workers, U.S. businesses would send their business processes to be completed in a country where the working people would make even less money. It is almost as if U.S. businesses reward foreign governments for exploiting their working people. In some cases, hatred of the United States has occurred among the working people in the countries outsourced to for this reason. They feel exploited by the U.S. (Foreign Labor 2003).
If the United States government wants both world equality and to save the American economy, one thing it could do would be to implement an international minimum wage. This would be so that if U.S. businesses outsourced, they would have to pay foreign workers U.S. minimum wage. This way, not only would American business be unable to exploit working foreigners, but Americans would have many of their jobs back (Foreign Labor 2003).

In addition to the low wages, workers in the countries outsourced to are usually not protected under very strict labor laws. Often, employment laws are either nonexistent or very loose for the foreign workers filling outsourced jobs. Worker safety measures are often not enforced. Worker benefits such as health insurance and retirement are rarely implemented. Laws preventing employees from such things as sexual harassment and age discrimination by employers are also loosely enforced. Unfortunately, this lack of strict employment laws is a large reason why American companies do decide to outsource (Armour 2004).

Offshore outsourcing is also often responsible for bad working conditions in the countries outsourced to, particularly in manufacturing. Factories that manufacture products used
by American consumers have often been found guilty of violating workers` rights. Workers are often overworked and underpaid. Countless factories that make products for major American corporations use sweat-shop like labor. The most common factories that use sweat-shop like labor tend to be in the textile and toy industries. These products are usually manufactured in poorer more developing areas than other products. Workers and the countries outsourced to have also been intimidated and there have been instances where union leaders have been killed. In their efforts to increase profits, businesses are hurting people all over the world (Shah 2006).

The desire to gain maximum profits has caused American businesses to do away with traditional engineering that involves each step of product development from invention to production. Now the primary goal of American business executives is to make as much money as possible (McCormack 2009).

American business executives try to persuade us of the benefits of offshore outsourcing. They explain it from a one-sided view and set up misleading studies in order to popularize the idea. But, these executives are the ones who do benefit from offshore outsourcing. The increases in company profits
provided by outsourcing allows them to become very wealthy. However, they are only thinking short-term. These business executives are being ignorant of what they are losing. They are losing the ability to compete with the foreign companies that have utilized our outsourced technology. They are losing some very valuable people in the company. They are also losing many American consumers due to the unemployment and lack of well-paying jobs caused by offshore outsourcing (Roberts 2010). They may also end up hurting their reputations.

Businesses are increasing their profits through offshore outsourcing at the expense of the United States and the world.

Works Cited


Push or Pull
Jon Dennon

This was an assignment for ART 140: a series of an object. Quote: “In life is do you push or pull?”
In Your Heart...
Yutaro Sakai

I'm in the BTAD program. This photo is for extra credit in ART 140 class. It expresses your heart. The branch of the tree represents blood vessels and red sky is blood. Changing with contrast and vibration could be a heartbeat.
Proposal for Meditation in Schools
Jaimi Monaco

This proposal was written for English 235, Technical Writing.

TO: Washington School District Administrative Board
   From: Jaimi Monaco

PURPOSE:

Meditation is a useful life skill that can be used to help calm and center teenagers in a time of high-stress. Incorporating meditation into a student’s regular regime will not only improve their academic life but also help them maintain and conquer such disorders as associated with stress, anxiety and depression. This proposal lays out a plan to introduce meditation in to every school district in Washington.
SUMMARY:
In Washington state about 57,000 adolescents in 2013 had at least one major depressive episode. Only 41 percent of these teens got the proper treatment they needed (The Substance Abuse and Mental Health Services Administration, 2014). Leaving a mental disorder untreated with teens can have deadly effects. Suicide is the second leading cause of death in Washington teens (North Kitsap Herald, 2015). Children and adolescents that are depressed often do not show noticeable signs and rarely talk to someone about their depression, leading it to be harder to indicate.

Currently in the United States there is also a huge shortage of qualified health professionals to treat the youth under eighteen years of age, increasing the rates of depression (Scholes, 2007). With the participation of every Washington school district, I know we can decrease these rates of depression and suicides through in school meditation programs.

If my proposal is approved, I will begin by meeting with the director of “Peace in Schools,” a program that informs teachers how to begin guiding students in to mindfulness. I will then meet with a non-profit organization, such as Cascadia Now to
get funding for the new program. I will set up over-the-phone interviews with principles from each school, in hopes of setting up an assembly for teachers and parents to get informed on the new program.

My plan will be very cost efficient. The majority of the funding will be provided by Cascadia Now. If the plan begins on time, meditation could be in over half of Washington Schools by 2020.

As a meditator and yogi for over 10 years, I believe I have the right to say meditation CAN change lives for the better. I have also dedicated many years to research on how meditation can decrease stress, depression and anxiety in youth.

THE PROBLEM
Teens and stress

Teens are feeling high levels of stress that are negatively affecting their everyday lives. In fact, according to a 2014 survey for the American Psychological Association, U.S teenagers report feeling more stressed out than adults do (Bethune, 2014.) Stressors can range from school to friends, work and family. Unfortunately, rarely ever do teens use healthy methods to cope with their stress. As the following
graph explains, untreated stress in teens can manifest in to further more potentially dangerous issues, depression being the worst.

**Depression in Teens**

Feelings of depression and hopeless are rapidly increasing among Washington state teenagers. When students were asked if they ever felt so sad or hopelessness every day for two
weeks in a row that they stopped doing every day activities: Twenty-seven percent of eighth graders, 35 percent of tenth graders, and 34 percent of twelfth graders reported experiencing depressive feelings over the past year (North Kitsap Herald, 2015). In all of Washington states adolescents from age 12-17 about 57,000 had experienced at least one major depressive episode per year in 2009-2013 (The Substance Abuse and Mental Health Services Administration, 2014)

As shown below, depression among teens is continuing to increase.

(The Substance Abuse and Mental Health Services Administration, 2014)
Depression left untreated

Children and adolescents that are depressed often do not show noticeable signs and rarely talk to someone about their depression, leading it to be harder to indicate. In the worst scenario not treating a teen or child for depression can lead to death. In Washington suicide is now ranked second on most leading cause of death amongst children and teens. The 2010 Washington Healthy Youth Survey showed that 15,000 tenth graders seriously thought about attempting suicide, while about 6,000 students reported making a suicide attempt. Responses from sixth graders showed 14 percent seriously considered killing themselves, while five percent had tried to kill themselves. In the same year, it was recorded that there were nearly twice as many suicides as homicides of youth between the age of 10-24 (Washington State Department of Health, 2010).
Depression Treatment Among Adolescents Aged 12–17 with Major Depressive Episode in Washington (2009–2013)

(The Substance Abuse and Mental Health Services Administration, 2014)

THE SOLUTION

Mental and Emotional Benefits of Meditation

- Reduces anxiety and depression in teens by enabling the body to balance its own neurochemical system.
- Allows for teens to make better decisions and improve critical thinking.
- Breaks unhealthy habits by helping teenagers detach emotions associated with an action from the action itself.
- Improves communication with oneself. When teenagers better understand their thought processes, they will have more control over what they think.
• Helps teens to stay in the present moment. When letting go of the past and the future, they will live 100 percent in the now, which affects all aspects of their life and relationships.

Physical Benefits:
• Stimulates the parasympathetic nervous system, helping the body return to a calm, relaxed state after the threat of danger, and daily stress, has passed. When this branch is activated, the body can naturally repair itself.
• Clears the mind for better quality sleep. Improves athletic performance by allowing to focus on a situation
• Slows respiration for longer, deeper breaths. Promotes the immune system by slowing the production of the stress hormone cortisol.

Meditation benefiting the schools:
• **Decreased teacher turnover** - After three years of the Quiet Time program at Visitacion valley middle School, teacher turnover dropped to zero, leading to the institution’s removal from the district’s “hard to Staff” school list.
• **Greater academic achievement** - youth who meditated at Quiet Time schools had improved grades, attendance, and standardized test scores in comparison with control groups.

• **Improved youth wellness** - youth who meditated at Quiet Time schools showed improvements in interpersonal relations, quality of sleep, and self-esteem; and significant reductions in depressive symptoms and anxiety.

• **Improved classroom climate** - Schools with the Quiet Time program experienced strong reductions in fighting and student suspensions (David Lynch Foundation, n.d.)

**Studies done on Meditation:**

• A 2011 study was done on Meditation on the brain by Sarah Lazar, a neuroscientist at Massachusetts General Hospital and Harvard Medical School. The study took a group of people who had never meditated before and put them through an eight-week mindfulness program. Brain scans revealed differences in brain volume after 8 weeks in five different regions in the brain. In the experimental group that learned meditation, there were four regions in the brain that thickened in grey matter.
1. Posterior Cingulate- Involved in mind wandering and self-relevance
2. The left part of the Hippocampus- Assists in learning, cognition memory and emotional regulation
3. The Tempura Parietal Junction- Associated with perspective taking, empathy and compassion
4. An area of the brain stem called Pons- Where a lot of regulatory neurotransmitters are produced.

Lastly brain scans showed a decrease in grey matter in the Amygdala. This is the fight or flight part of the brain which is important for anxiety, fear, and stress in general. The change in Amygdala was directly correlated to the reduction of stress (Schulte, 2015).

- Researchers at the University of Lueven study looked at the experiences of 408 students from five different schools in Flanders, Belgium between the ages of 13-20. Researchers found that students who participated in the mindfulness program exhibited decreased symptoms of stress, anxiety and depression both immediately after and six months after the program (Gregorie, 2013).
APPROVAL PLAN:

- Travel to Portland to meet with Sarah Morgan founder of “Peace in School.” **DEADLINE: November 15th 2016.**
- Meet with Cascadia Now, provide them with costs of bringing “Peace in Schools” to Washington. **DEADLINE: November 20th 2016.**
- Schedule phone interviews with each individual school district- Talk to each and every individual principle, set up workshops and assemblies for teachers and parents. **DEADLINE: December 1st 2016.**

**Approach:** Working with the Washington School District Administrative Office, I plan to approach this issue from the executive level and have this new curriculum approved for classes beginning in the 2018-2019 school year.

**Schedule:**
- Task 1: Meeting with Sarah Morgan
- Task 2: Speak with Cascadia Now
- Task 3: Begin setting up teacher/parent workshops in every individual school district
Management plans:
I will involve the following groups and individuals in my plan:

- CascadiaNow- To help with costs of bringing “Peace in Schools” to Washington.
- Teachers of every school district in Washington – To learn instructions on how to get children to focus their attention on the breath, relaxing and maintain a passive attitude
- Each individual school district- To set up assemblies to inform the teachers and parents on the new program.
- Peace in Schools- To educate the teachers on how meditation works. Peace in schools will demonstrate to the teachers and parents through workshops how the programs work.

Budgets: The costs will go to training the teachers, and workshops for both the parents and the teachers. Costs will also go to incorporating the “Peace in Schools” organization into the Washington School District. During the initial proposal meeting we’ll discuss and firm out the complete budget plan.
**Evaluation:** If every student had 15-30 minutes a day solely for the purpose of centering and calming, each student would have a clearer sense on what their daily tasks, struggles and emotions are. If these students were practicing meditation on a regular basis the faculty would notice an improvement in the well-being of their students and potentially an improvement in district academic scores as a whole.

**Experience** - As a 20-year-old that has faced anxiety and stress in the past and found peace of mind through meditation, I believe I have a word for all of Washington adolescents in need. I have practiced meditation and yoga for 10 years. I have spent many years investigating the benefits of meditation on mental, physical, and emotional health. My personal experience can truly vouch for the rest of the teens in need.
References


Shaw, B. (n.d.). Meditation provides physical, mental, and emotional benefits. Retrieved from
http://www.humankinetics.com/excerpts/excerpts/meditation-provides-physical-mental-and-emotional-benefits


http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/YouthSuicidePrevention/YouthSuicideFacts
I am a student in the Digital Design program. While vacationing in London a few months ago, I had the opportunity to photograph three Tibetan monks creating “compassion mandala.” It was a tremendous privilege to observe the skill and care that goes into the creation of this type of art.
Non Objective Painting
Lizette Sandoval

This is a non-objective painting (on an 8” x 10” canvas) that I made in my Beginning Painting class. I mainly used two complementary colors, but also incorporated other colors and shapes, while using different tools. I didn't really have an idea in mind when I started, but I'm happy with the outcome.
Continuous Contour Drawing
Ashley Stuart

I am currently in the Digital Gaming & Media program finishing up my second quarter at LWTech. This piece was done in Jason Sobottka's human life drawing class using a sharpie marker.
Strength
Victoria Rose

I created this piece using charcoal on newsprint for my Life Drawing class.
This was an assignment from Photo Appreciation to create photographs of an everyday object from an artistic point of view. I chose a small statue and captured elements, never showing the entire statue.
Even though I have a couple of Bachelor's degrees, I wanted to get an Associate's degree because my students were working toward them, and it gave me the opportunity to observe other teachers in action. Sociology 101 was the last class standing between me and my A.A.S degree. One assignment was to watch a film with sociological significance and write a summary and analysis using concepts learned in class. That is the paper I am submitting here.

I watched the film “The Story of Stuff” narrated by Annie Leonard, (http://storyofstuff.org/movies/). The movie is a narrated cartoon, densely filled with facts and statistics regarding our present day system of manufacturing and distribution of material goods, with theories and explanations of our economic system.

The film seeks to answer the question “Where does stuff [material goods] come from and where does it go to?” Annie Leonard begins the story of “stuff” with an explanation of the “Materials Economy,” that is, the flow of goods from raw materials to finished product and eventually waste. Extraction is the first stage of the process, with raw materials such as wood/lumber, metals mined from the earth, or petroleum. The next stage is production, wherein the raw materials are
processed in factories or refineries and turned into marketable products. These in turn are put into distribution. Products are transported to points of sale and put on the market. Consumption is the act of purchasing and putting the product into use. After the product has served its purpose, it is put into the final step of the chain, disposal.

The narrator then points out that the standard explanation of the Materials Economy does not address all the relevant facts. “That’s not all the story…” she ominously says. The system is not as benign as it may seem due to the fact it is a linear system in a world with finite resources for raw materials and limited space for disposal. Unfortunately, it is controlled and perpetuated by government and corporations, fueled by greed. The natural resources that are being extracted for processing into products are limited. One third of our available natural resources have been depleted in the last 30 years. We are losing 2,000 trees a minute in the Amazon rain forest. The United States today has less than four percent of its original forests remaining, with 40% of our water rendered undrinkable. With just five percent of the world’s population, the United States consumes 30% of the world’s resources and creates 30% of the world’s waste. The narrator further states
that if the world’s entire population consumed resources at the same rate as the U.S., we would need five planets to satisfy our demand.

In production, energy is used and toxic chemicals are added to the raw materials to make products ("Stuff"). The narrator states there are 100,000 synthetic chemicals in the world today, with little research done on their long term health effects and almost none on the health effects of combinations of these chemicals. Factories in the United States alone discharge 4,000,000,000 pounds of pollution into the environment each year. The consumers and factory workers absorb these toxins and, being at the apex of the food chain, have the toxins concentrated in their systems. Of great concern is mothers’ breast milk, with the greatest concentrations of these harmful chemicals being passed directly to infants: “200,000 people a day are moving from environments that have sustained them into cities looking for work, no matter how toxic that work may be.”

The hidden story in the distribution step of the process is what is referred to as the “Externalized Cost.” The narrator related how she bought a radio for $4.99, and wondered how such a complex product, with parts from around the world,
involving many steps in manufacture, could cost so little. The explanation is that prices are kept low by exploiting the workers involved in the production, from those who extract the raw materials, work in the manufacturing process, all the way to the retail employees, who are underpaid and often work without benefits. Often these individuals depend on public assistance to meet their needs. The goal of distribution is to keep prices down and products moving, and that is at the expense of the public who must absorb the cost of caring for those who are exploited, and the loss of natural resources.

After World War Two, President Eisenhower’s economic advisors stressed that economic goal should be to produce material goods for consumers. Consumption has become a way of life instilled into us by advertising. One’s status is determined by what and how much we consume. “The average U.S. person consumes twice what they did fifty years ago.” This is exacerbated by planned obsolescence and perceived obsolescence. Planned obsolescence is designed into products with the intention to limit the usable lifespan of the product, in essence meaning everything that is purchased is intended by the manufacturer to be disposable. Perceived obsolesce is best understood by looking at clothing fashions. With each season,
we are influenced to buy new clothes based not on their durability or functionality, but on mere appearance.

The last stop for products is in disposal. “Each of us in the U.S. makes four and a half pounds of garbage a day. Twice what we did thirty years ago.” Our limited planet is becoming saturated with land and water pollution, with one of the grave results being global warming/climate change. Recycling holds part of the answer, but in itself is not enough. “Sustainability, equity, green chemistry, zero waste, closed loop production, renewable energy,” and a return to local economies rather than a global economy must replace the “disposable” mindset.

Extraction touches on the exploitation of third world countries whose resources are taken for a fraction of their value and whose people are used as nearly slave labor by global multinational companies. This exploitation extends into Production and to an extent, the Distribution as well. In Distribution, we see retail workers who are underpaid, many of whom are women and are paid even less than their male counterparts. Consumption is driven by planned and perceived obsolescence at the expense of the middle/working and lower classes to increase the profits of the capitalists. Disposal often
sees the refuse of the developed nations being shipped to the third world, with pollution becoming a worldwide problem.

“The Story of Stuff” discusses and alludes to several concepts from our textbook, “Sociology a Brief Introduction.” The film traced the Materials Economy, that is, the chain of consumer goods from extraction of raw materials, production, distribution, consumption, and finally disposal. Overall, the film’s message is that this is controlled by the government working in concert with corporations to keep society spending their wealth, which ends up in the hands of corporations (and, thus, those who control the corporations).

One of the elements of this system that is discussed in the textbook is oligarchy (Sociology: A Brief Introduction, p118). Robert Michels developed the theory that democratic organizations evolve over time into bureaucracies with a relative few leaders holding on to power. To stay in office, elected government officials must cater to those who hold the real power, “...the owners and managers of ...corporations” (p336). Class domination is the theory that real power and control of American policies, social rules, and customs are dictated by an elite class that sees its will carried out by the
masses with little resistance (p336). The film revealed that the 
U.S. government deliberately is promoting hyper-consumerism 
(p133), the idea being a society that continually is purchasing 
newly manufactured products will keep the economy growing. 
Hyper-consumerism is the practice of buying more than one 
needs or wants. Media of all forms promotes continual buying 
of goods and services (p133). The corporations, owned and 
controlled by the wealthy elite, are the ones to profit. “The 
unequal distribution of power in the United States, where a 
small group of corporate elites wields more power than the 
entire citizenry, is compounded by the inequality of income 
and wealth” (p337). Half of the entire world’s wealth is owned 
by eighty-five people (p337). The system of capitalism keeps 
the source of production of goods in the hands of a very few, 
with the workers and consumers benefitting the corporations 
(p. 337). The planned obsolescence and perceived obsolescence, 
as well as the exploitation of workers depicted in the film, 
insure the domination of the corporate elite over the general 
public. Thus, the cycle is entrenched in our society.

Some of the impacts of the system on society will follow. The 
effect of class domination has already been mentioned. Since 
1965, corporate power and class domination have increased, in
spite of the fact that individual civil liberties have been gained (p336). Some multinational corporations doing business globally have revenues equal to the gross national income of entire countries (pp 212-214). The demand for raw materials for manufacturing can harm third world nations, producing “...the rape of the environment” as well as outright war (p339). This exhaustion of land and water resources is growing in peripheral nations, destroying the environment for the benefit of the corporations. It is a redistribution of wealth from the third world to the core industrial nations (p 210). In human terms we see a shift from rural living to urban living, as those in the peripheral countries move to the cities to work in factories (p 210). This shift sees communities transforming from Gemeinschaft to Gesellschaft (p 119-121). Gemeinschaft refers to a rural community where most people know each other, almost to the point of being family. People deal with each other personally, and there is a genuine caring for each other and “a sense of togetherness” [Think “Andy Griffith” or “Mayberry”]. As urbanization occurs, Gesellschaft is seen. That is characterized by people feeling less connected to the strangers they live among, there is less feeling of belonging to the group and self-interest is the rule. Rather than social
control being exerted by the desire to be accepted by the community, social control must be maintained by law and punishments. Thus, not only are cultures in peripheral countries endangered (p210), but also the fundamental ways in which these people interact socially.

My personal thoughts on the film are slightly mixed. My eyes were opened to the system of excessive consumption foisted upon us by corporate greed, at the expense of the environment and humanity itself. While the film was informative and entertaining, I question the validity of some of the statistics the narrator cited. I do not doubt the numbers—I question her interpretation and rhetoric relative to the statistics. For instance, she stated that 200,000 people a day are leaving rural communities for the cities, to work in factories. She leads you to believe 200,000 new people are daily relocating to cities. If that were the case, I think the planet would eventually run out of people. But, clarification on some statistics aside, the message was clear—if our world doesn’t change profoundly, we are in for big trouble, sooner rather than later.

References
Seashells and Glass and Lani Kai
Karen Cowan
Beachwood Aged
Che Sabado

Solar plate project from printmaking class.
How Climate Change Impacts Marine Environments
Virginia Schwicker

I have been interested in the environment and human influences that are negatively impacting the planet for many years. I've decided that I wanted to become involved in advocacy work with an emphasis on marine environments. I hope to eventually get a degree in marine environmental science and then possibly go onto law school.

What will our oceans look like 25-30 years from now? Will marine environments supporting species today be viable habitats for them to exist over the next several decades? Or will we see major depletion of marine life throughout the life-web of marine ecosystems? Global warming and its increasing impact on climate change is not a new phenomenon. Over much of the earth’s history, long before anthropogenic induced climate changes seen in modern times, natural processes have been responsible for periods of climate change. There were shifts of cold glacial periods with warmer periods in between ice ages for millions of years, and much of this has to do with the earth’s geological tendencies -- changes in the Earth’s orbit, the sun’s intensity, and violent volcanic activity. Some of these processes we continue to see today such as the sun’s
intensity and volcanic activity are relevant to current century time scales.

To understand climate change and the controversy surrounding this issue, we need to distinguish between climate change and global warming trends brought on by the greenhouse effect. Climate change refers to a long-term shift in weather conditions, and includes average and extreme conditions that can be the result of natural or human activity. Global warming is attributed to the intensifying natural greenhouse effect. The greenhouse effect is naturally occurring, where certain gases in the atmosphere allow sunlight to enter while absorbing heat to keep the Earth’s temperature at approximately 15 degrees Celsius (59 degrees F). The main greenhouse gases consist of water vapor, carbon dioxide, methane, nitrous oxide and chlorofluorocarbons. Without the natural greenhouse effect, the earth’s temperature would be at about -18 degrees Celsius (0 degrees F). This would be a far more extreme environment for many species to survive on earth. However, what scientists have found over the past several decades concerning climate change is that it is a warming trend, and not just a warming cycle, which varies from year to year and decade to decade. Natural climate
variability will continue to influence climate over a short-term period, but within these natural fluctuations there will be an overall long-term trend of global warming. Contributing factors for climate change intensification include the enhancement of global warming through increasing levels of greenhouse gases, atmospheric aerosols, and land use (increase deforestation and desertification). It is this long-term global warming trend that will have dire consequences on our marine climate.

There are those who dispute evidence supporting climate change and its harmful impact on marine environment. Many of the climate change deniers try to discredit evidence supporting increases in global warming due to humans’ influence by referring to the Earth’s natural cycle tendencies and stating that there have been no significant increases in warming over the past few decades. Although the climate undergoes varying cyclic changes, overwhelming evidence points to dramatic increases in global warming from fossil fuels, industrial and agricultural emissions, that change atmospheric elements resulting in long-term climate change. Human influence on climate change through the
use of carbon emissions has major implications on altering not only atmospheric composition and temperature, but has profound consequences on ocean composition and temperature. Climate changes’ impact on marine environments is having multiple effects on oceans and coastal ecosystems, ranging from rising sea levels due to a decrease in polar sea-ice, acidification of oceans creating coral die-off, and overall decrease in oxygen levels to sustain marine life. According to Doney et al. (2012) in their climate impact study on marine ecosystems,

Direct effects of changes in ocean temperatures and chemistry may alter the physiological functioning, behavior, and demographic traits (e.g., productivity) of organisms, leading to shifts in the size structure, spatial range and seasonal abundance of populations. These shifts, in turn lead to altered species interactions, and trophic pathways as change cascades from primary producers to upper-trophic-level fish, seabirds, and marine mammals, with climate signals thereby propagating through ecosystems in both bottom-up and top-down directions. Changes in community structure and ecosystem function may result from disruptions in biological interactions (p. 4.2).
Because changes in marine ecosystems are not easily detectable on the ocean surface, there is a lack of focus towards the oceans’ prominence in climate change policy debates. This will have far reaching consequences as the acceleration of ocean warming and acidification will impact coral reef growth, by contributing to mass coral bleaching leading to die-off severely hindering calcification of marine organisms in food chains, and shell-fish harvests. These impacts will disproportionately affect individuals and societies living in areas challenged by climate-influenced environments, such as reefs systems, island or coastal communities at and below sea level, or ice-dominate coastlines, where populations depend on the sea for their livelihood (Allison & Bassett, 2015, p. 780).

Reef systems are compromised by increased ocean acidification impacting various coral species, especially the structurally complex, hard corals. Cold-water corals, found at depths from 200-1000 meters are slow growing, with long lifespans, forming large reef systems that are particularly vulnerable to the effects of acidification. These corals can live for many years and can be dated as far back as several thousand years, such as the black and gold coral from Hawaii, which is vulnerable to overharvesting and climate change.
Acidification affects cold-water corals earlier and more vigorously than warm-water reefs because at deeper depths seawater is less saturated with carbonate. Cold-water reef systems are enormous havens of biodiversity for hundreds of marine species, so maintaining healthy coral reefs provides beneficial habitat for coral-dependent organisms and helps create complex reef habitats. Chronic exposure to high CO2 leads to diminished complex coral structures, with long-term consequences resulting in coral die-off, habitat loss, and decreased diversity of coral species and the symbiotic organisms that depend on them (Fabricius, De’ath, Noonan and Uthicke, 2013, p. 2).

Rising tides from the effects of polar ice-melt due to global warming will flood coastal environments, impacting marine ecosystems, gradually weakening susceptible shorelines, and displacing indigenous communities that depend on the sea for their survival. The impact of rising sea levels will put stress on coastal estuaries and mangroves, causing habitat destruction that affects many species living within these ecosystems. Some of the animal life would be lost due to habitat destruction where there would be no alternative habitat for them to use.
Global warming effects on permafrost and polar ice melt from decreasing albedo or the amount reflected sunlight from the earth will severely impact Arctic and Antarctic marine life, such as polar bears and penguins, who depend on polar ice for their migration and survival. Polar marine species will become endangered as their environments become uninhabitable for them. With the current rate of glacial and polar cap melting, we can predict with certainty that many of these species may become extinct within the next 50-100 years if carbon continues to be released unabated into the atmosphere (Djoghlaf, 2008, p. 14-16; Kennedy, Twilley, Kleypas, Cowan, Hare, 2002)

With all of the scientific evidence showing human impact on climate change, we must find ways to reduce our carbon footprint now. The acidification of our oceans and the melting of polar ice are progressing at a rapid pace with no time to wait to find out what the results are going to be in 25-30 years, because we don’t have time before irrevocable damage to our ecosystem creates an uninhabitable planet for the survival of all species. We need to take action now by reducing carbon and methane emissions to levels that will slow the rate of climate change to ensure a habitable planet for all life in the next 50
years. We need to create a national policy to seriously address climate change and global warming but also implement long term changes on how to significantly reduce carbon and methane emissions. The international community needs to develop a non-governmental consortium consisting of scientists, activists, and policymakers to oversee governments’ climate policies, since the politicians think too short term. This consortium must identify key issues and advocate a specific policy with a campaign that has emotional appeal. The consortium would use letters and petitions and get millions of signatures, so that then the politicians will surely want to join in the movement. This consortium must develop a powerful, persuasive message that can be tied to a specific action or change in policy. Strict guidelines must be implemented, and those who don’t abide by them will be subject to high penalty fines and sanctions. By appealing to the public, it would be an environmental movement on a massive scale.

Finally, as individuals, we can do our part in mitigating climate change by reducing our carbon footprint. One important way would be to use mass transportation or by using electric cars. Another important way to reduce the impact of climate change would be finding ways to use more
renewable sources of energy, such as wind, solar and geothermal heat, then making it more affordable for the consumer and businesses. If we want to live on a planet that is sustainable for all living things, then humans must be accountable for their actions to future generations.

References


Flying Fish and Lily
Suzy Lee

I am currently studying digital design and am in the MMDP program. This is a piece I worked on at home after completing the Intro. to Drawing course with charcoal and graphite. It is a Hokusai Flying Fish and Lily attempt. I am drawn to fish because I find them to be soothing and mysterious. They also represent many things such as diligence, self-discipline and prosperity in many parts of Asia. All things which I highly value.
Swim
Suzy Lee

I am currently studying digital design in the MMDP here at LWTech. This is a print that I made by etching onto a zinc plate and utilizing the intaglio process. I have always been attracted to fish. They can be very soothing to watch and they have always seemed so mysterious to me. The three fish are representations of a dream that I hope will come true one day. The large fish represents me and the next largest represents my son. The smallest one represents another child that I hope to have some day.
I am a student in the Digital Gaming and Media program. This is a figure study from Jason Sobottka’s Human Figure drawing class.

Graphite and watercolor.
Air Pollution and Health Risk
U-sa Somboonnoo

This paper is part of English 102. I need this class to continue my education. I learned a lot from the class. The instructor was clearly direct me to understand how to write a research paper successfully.

Abstract

In the past few years, people seem to have cared less about the environment, even though it is essential for our lives. In some countries, there are no recycle systems. In others, people increase the use of automobiles. Factories release chemical hazards into environment. Many people still don't even believe global warming is real. This paper focuses on air pollution and resulting health risks. It explains the causes of air pollution and how air pollution impacts health, along with examples. Moreover, this paper will specifically discuss air pollution caused by vehicle emissions and examine one possible solution—using electric cars.
People need to care more about air pollution, since it clearly affects human health tremendously. When people live or work in a place with high levels of air pollution, it can lead them to have health issues such as asthma, chronic obstructive pulmonary disease, heart problems, or even possibly cancer and death. Causes of air pollution include human activities, such as deforestation or burning fossil fuels. This paper will focus on discussing several issues related to air pollution and health risks. In the beginning, it will provide information about air pollution problems around the world, how air pollution impacts health, and examples of people who experience negative results because of it. Next, the paper will focus on discussing air pollution caused by cars and one possible solution. Because the number of vehicles that pollute the air by releasing toxic chemicals is constantly going up, it is important for readers to understand this issue well.

The world is facing air pollution problems. According to the World Health Organization (WHO) (2014), “In 2012 around 7 million people died—one eighth of total global deaths—as a result of air pollution exposure.” The U.S. Environmental Protection Agency (2012) defined PM 10 as particulate matter in the air with diameters of 10 micrometers or less, which can
penetrate our respiratory system and cause possible health problems. Researchers have been using PM10 to study air pollution since it can be used as an indicator to explain how good or bad the air quality is. Figure 1 shows PM10 levels in each region around the world. The world average PM 10 is 70 micrograms per cubic meter, which is higher than the EPA's annual air quality standard guideline of 50 micrograms per cubic meter. The figure also illustrates that developing countries are facing more significant air pollution problems than more developed countries.

**Figure 1.** PM10 levels by region, for the last available year in the period 2008-2012.

Note. The data are adapted from “WHO’s Ambient Air pollution Database-Update 2014,” by World Health Organization website. Retrieved from
Figure 2. PM10 levels for selected cities by region, for the last available year in the period 2008-2012. Low-income countries tend to have PM 10 levels that exceed the annual air quality standard guidelines. PM 10 levels in India and in Pakistan, for example, are over 250 micrograms per cubic meter. These statistics are very important because they show how serious the air has been polluted. Isn't it about time to care more about our environment?

Note. The data are adapted from “WHO’s Ambient Air pollution Database-Update 2014,” by World Health Organization website. Retrieved from http://www.who.int/phe/health_topics/outdoorair/databases/AAP_database_results2014.pdf?ua=1

Most people know air pollution causes health problems, but how deeply do they know about the details? They might not know that air pollution not only causes respiratory diseases,
but also impacts our cardiovascular, reproductive, nervous, and immune systems. Children who are exposed to air pollution are prone to developing asthma, whereas adults are more at risk for developing COPD. Moreover, long-term exposure to bad air quality often leads to more serious conditions such as lung cancer. High air pollution concentrations can affect the cardiovascular system by interfering with blood coagulation, inflammation response, and endometrium function, which can lead to heart diseases such as stroke, heart failure, or bleeding. (Breitner et al, 2011, p. 560-567) Breitner and his team also studied the air pollution and the reproductive system. They found that air pollution causes premature births, decreases sperm quality, contributes to birth defects, and increases infant mortality. There are also associations between air pollution and the neurological system. One example is that of feral dogs in Mexico. According to Briner et al (2011), “Feral dogs living in highly polluted areas showed enhanced oxidative damage and premature presence of diffuse amyloid plaques, insoluble fibrous protein aggregates that may play a role in various neurodegenerative diseases.” (p. 576) Figure 3 represents other organ systems impacted by air pollution.
Figures 3. Organs of human body that can be affected by air pollution.


Clearly, we need healthy air. According to Abraham H. Maslow, who classified human needs into five levels, air is classified as a physiological need (Rottenberg and Winchell, 2012 p. 218). This is the most important basic need in the hierarchical order. People can live without expensive clothing or being rich, but they cannot live without food or clean air.
Air pollution not only causes physiological problems, but also psychological, sociological, and economical distress. Diseases cause by air pollution impact people enormously. People visit doctors more often, parents get worried about their children’s’ health and future, governments spend more money on air pollution research, and so on. The New York Times Magazine published an interesting article named “Holding Your Breath in India.” It told the story of an American couple who moved to Delhi, one of the most polluted cities. This caused one of their sons to develop asthma. They found out that their son also lost half of his lung function. So he had to be treated with steroid therapy all the time while staying in Delhi. This brought tremendous stress to the family, especially when their son's symptoms worsened and he was hospitalized (Harris, 2015).

Most air pollution is caused by vehicle emissions. As populations increase each year and technology becomes more accessible, the number of cars tends to go up. In 1970, the total number of vehicles in the world was about 250 million. Now, around one billion vehicles are on the road worldwide. It is expected that by 2050, the number might reach two and a half billion cars. (Discovery news, 2011.) Each car causes more
pollution than might be imagined. Typical cars use fuel that emits dangerous chemicals, including carbon monoxide, sulfur dioxide, nitrogen dioxide, hydrocarbons, and benzene. All of these gases harm our environment and eventually impact our health. For example, carbon monoxide and nitrogen oxide are the main gases that contribute to global warming. High concentrations of carbon monoxide and nitrogen dioxide can kill both humans and animals. Long-term exposure to benzene and other hydrocarbons can affect the central nervous system, leading to Alzheimer's or Parkinson's diseases. Sulfur dioxide causes acid rain, which can erode buildings and degrade soil quality.

Electric cars are one possible answer for this problem. These types of cars use electricity to move and don't produce toxic gases like fuel-burning cars do. Electric cars are not only beneficial to the environment, but they can also help to reduce the need for fossil fuels. Oil is getting more and more expensive, due to both its inefficiency and the ever-increasing demand for it.

Although electric cars can help solve these problems, they have not really become very popular yet. People don't purchase electric cars for numerous reasons. First of all, it is expensive
compared to regular car prices. Second, there are currently not enough charging stations available. Finally, batteries in electric car need to be improved in order to provide longer driving distance. Smith et al. (2011) reported that, “Though electric cars are being promoted as part of a sustainable solution, they still need fuel, and significant CO2 reduction would require electricity to be generated from non-fossil sources, or with CCS. We will also need reinforcement and reconfiguration of the electricity distribution grids, if electric vehicles are to provide anything like the same mobility as the current car fleet” (p.33). Electric cars will be more purchasable in the future if we support the improvement of car technology. These can be done in several ways such as government-provided funding for more research, reduction of certain taxes for electric car owners, and increasing the availability of charging stations.

Having a healthy environment is very important to us. As we can see throughout the news worldwide, we are experiencing extreme climate change that is thought to contribute to heat waves, droughts, wildfires, snowstorms, and flooding. If we keep ignoring environmental issues, it will get worse and will be hard to reverse the damage. Air
pollution is a big issue within this problem that needs to be resolved right away. People should be more aware of this issue and support responsible actions. It is not fair for the next generation to experience what we are facing. Our children have a right to clean air.

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http://www.nytimes.com/2015/05/31/opinion/sunday/holding-your-breath-in-india.html?_r=0

One billion vehicles now cruise the planet. (2011, August 18). Retrieved June 4, 2015, from Discovery News website:


Mesa Arch
Kelly Terrell

I am a student in the MMDP program. As I have been studying graphic design, my photography has improved. This photo was taken last March at Canyonlands National Park, UT. Mesa Arch is one of the most photographed features of the park.
Artists at Work
Vern Nelson

These images were taken in one of Jason Sobottka’s painting classes.
Blue Mountain
Suzy Lee

I am a first year digital design student in the MMDP program. The work I am submitting is a final project for a Design course where we had to develop coffee packaging with the use of different geometric shapes and one unique organic shape. I was inspired by “Irowobongo” from the Joseon Dynasty and Abdullah Ibrahim's, “Sotho Blue” album cover. I wanted to develop a scene that I could escape to - one that is quiet and peaceful.
BLUE MOUNTAIN BLEND
COFFEE PROJECT

**PHASE I:** Sketches and iterations for concept including structure, visual vocabulary (from Form-storming exercise) and text / content and etc..

**VISUAL VOCABULARY**

**DESIGN INSPIRATION**

Irworobongdo is a Korean folding screen landscape painting of a sun and moon, five peaks which always was set behind Eojwa, the king's royal throne during the Joseon Dynasty. The sun and moon symbolize the king and queen while the five peaks denotes a mythical place.

**Abdullah Ibrahim:**
pianist & composer

**SONG LANGUAGE STUDY**

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KIM WHANKI:
Abstract Artist (1913 – 1974)

“Mountain”
A pioneering abstract artist of Korea. Kim belongs to the first generation of Korean Abstract artists, mixing oriental concepts and ideals with abstraction. This piece recently sold for $1 million dollars at the Seoul Auction of Modern & Contemporary Art.

KIM WHANKI:

Kim’s early works were semi-abstract paintings which allowed beholders to see certain forms, but his later works were more deeply absorbed abstract paintings, filled with lines and spaces.

KIM WHANKI:

“Landscape in Blue”
Oil on Canvas
Blue Mountain
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Contemplative Escape
Suzy Lee

I am a digital design student and this is my second quarter at LWTech. The design on this print is one that I made for a design course where we created a coffee package and poster with the use of different shapes. I repurposed my design here with the use of a solar plate, ink, and printing process. I appreciate the happy accidents on this piece that can only occur when working “non-digitally.” The scene is a place I would like to escape to one day. One that is quiet, peaceful and beautiful.
Irworobongdo is a Korean folding screen landscape painting of a sun and moon, five peaks which always was set behind Eojwa, the king’s royal throne during the Joseon Dynasty. The sun and moon symbolize the king and queen while the five peaks denotes a mythical place.

Abdullah Ibrahim: pianist & composer

SONG LANGUAGE STUDY

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KIM WHANKI:  
“Landscape in Blue”  
Oil on Canvas
LANGUAGE STUDY

CONTRAST
FLOW
ANCHORED
MOVEMENT
DEPTH
RELAXING
INTENTIONAL
ATTRACTIVE
TEXTURE

COLOR STUDY

![Color Study](image-url)
How to Brew

1. Ground beans just before brewing for best flavor.
2. Use 2 level tbsp of grounds per 6 fl oz (180 ml) of cold, filtered water.
3. To ensure freshness, brew within 1 week of opening and keep sealed tightly in a cabinet and the refrigerator.
CONTEMPLATIVE ESCAPE
Solar Plate Print on Cotton Rag
Caffe Lusso Ad
Michael Mussman

I have been a portrait photographer for 25 years and have played with commercial photography a little. I have been experimenting with different photography. After playing with a photo shoot for a Digital Photography class assignment, I created an advertisement for Caffe’ Lusso coffee.
Tonal Grisaille Still Life
Kimberly Robertson

This is an assignment from Art&111. I was always a person who did not like to create art till I took Jason Sobottka's class. This was my first art class I have taken. Painting is relaxing and fun. 😊
Empty Bottles and Souls of Time (a painting in progress)
April Russell

I love sketching and painting. I sketch animals. This painting is about empty bottles sitting along with two animal souls. My favorite color is blue, so I painted one bottle with a blue glaze and most of the background.
Bright Red Crab with Peacock Feather
Karen Cowan
Paradise
David Thomases

This poem is a personal project inspired by a dream.

What is paradise?

I can see golden light shining through the folds of auburn hair. The morning sun set gently on the sill, its beams glistening upon her azure eyes like the sweetest most succulent grapes bathing in the afternoon sun. A soft pillow kisses our cheeks. I feel the warmth of her hand in mine, and the thumping of two hearts singing as one.

What is paradise you ask?

This my love, right here, right now, with you in my arms.

This is paradise.
Benefits of Yoga on Cancer Treatment Outcomes
Elena Tsapina

This research paper was my final assignment for English 102. I believe that everything within the body is interconnected, and there is a balance between illness and health, stress and calmness. When I was writing my paper, I was hoping to create an awareness about beneficial effects of yoga on cancer treatment and its positive outcomes. Through practice of focusing on strong body-mind-spirit relationship, yoga helps to bring back the balance that can be lost when a cancer attacks.

Abstract

In recent years more and more people have been diagnosed with cancer. The journey from the beginning of the treatment to the recovery can be long and stressful to the body resulting in imbalance. Yoga focuses on the body-mind-spirit relationship helping to bring the balance back to the body. Though more research is needed to explore the full potential of yoga on positive cancer treatment outcomes, multiple studies have shown that integrating yoga into the care is beneficial for maintaining physical, psychological, spiritual, and emotional wellbeing. Because everybody is affected by cancer differently and responds to treatments in various ways, yoga should be practiced with caution and under a certified instructor's
supervision as well as with the approval of a physician. By focusing on body-mind-spirit connection, yoga helps to strengthen the bones, to detoxify the body, to improve circulation, to calm the mind, and to improve emotional wellbeing; thus, improving the quality of life overall.

All over the world every day, people suffer from different medical conditions: diabetes, asthma, hypertension, heart diseases, HIV, and others. In recent years there have been more people diagnosed with cancer in America. Due to ongoing education, rising awareness, increased access to healthcare, and improved medical technology the survival rate of people with cancer has increased. According to American Cancer Society (http://www.cancer.org), “More than one million people in the United States get cancer each year. Two in every three people diagnosed with cancer today survive at least five years.” All of that is possible because of ongoing research and commitment to find a cure for cancer. Different kinds of treatments are available such as surgery, radiation, and chemotherapy. More and more nowadays people are using complementary and alternative medicine (CAM) as adjuvant
therapy to increase the successful outcomes. Yoga, once perceived as spiritual practice in Eastern culture, is now being adapted as a part of CAM across the United States.

Although more research is necessary to discover full benefits of yoga on cancer treatment outcomes, recent studies suggest that careful integration of yoga practice in daily activities is beneficial for symptoms management during and after different treatments and that it is favorable to maintaining health and improving quality of life (QOL).

Being diagnosed with cancer brings numerous amount of emotional and physical stress and anxiety to an individual. Venes (2005) defined cancer as “Malignant neoplasia [tumorous condition] marked by the uncontrolled growth of cells, often with invasion of healthy tissues locally or throughout the body” (p.323). Yoga is a silent friend that comes to help, support and guide through treatment and recovery. Subedi (2014) defined yoga as “a form of non-aerobic exercise that involves different postures, breathing exercises, and meditation” (p.586). In Integrating Yoga into Cancer Care (2008) DiStasio described yoga as the “reflection of the union of the body, mind, and spirit”, and that yoga “is believed to have beneficial effects on physical and psychological health” (p.125).
To better understand the role of yoga in cancer care, it is important to discuss the immune system and how it is affected by cancer.

The human body is made up of several systems: respiratory, lymphatic, musculoskeletal, digestive, nervous, cardiovascular, endocrine, and skin. The immune system closely interacts with each of them. If a human body is a castle, then the immune system serves as a big wall surrounding the castle and protecting it from the enemy—everything that is outside the body. As Prinster (2014) explained, the respiratory system is responsible for providing enough oxygen to the body, organs and tissues, and because oxygen is vital for breathing, it is necessary for surviving. Coughing, sneezing are protective mechanisms of the respiratory system. The lymphatic system filters and gets rid of waste throughout the body, thus, cleansing and detoxifying it. The musculoskeletal system is so important not only because it allows the body to move, but because it is made of the joints, ligaments, tendons, cartilage, muscles, and most important—bones, where the new blood cells are made. The digestive system is helpful in sorting out the things that are good for the body from everything damaging and dangerous that does not belong there. The nervous system
works together with musculoskeletal system in a way that it sends the signals of alert and forces the body to move away from any dangers; it is also responsible for a quiet time allowing the body to relax and rest. The cardiovascular system supplies the body with oxygenated blood, and it maintains adequate blood flow to the heart to keep a person alive. The endocrine system creates natural killer T-cells (NK) that detect harmful or defective cells and destroy them. And, finally, the skin protects the body from harmful stimuli and serves as “the first line of defense” (p. 43). All systems are important to promote and enhance the immune system.

When cancer invades the body, it changes the normal functions of all systems affecting an individual's immunity greatly. If the immune system gets weak, the human body starts losing its protection and becomes imbalanced. As Prinster (2014) observed, “Cancer steals your breath, yoga gives it back” (p. 277). By helping the body maintain its balance, yoga is proven to benefit physical health as much as emotional and spiritual. “Yoga is a holistic path to wellness focusing on the interconnection of all body systems” (Prinster, 2014, p.66). Cancer itself disrupts the interconnection. Chemotherapy along with radiation weakens the immune
system by decreasing white cell count and NK cells that are necessary for the body to fight any infection. Researchers have discovered that yoga could help to boost the immune system.

Bhargav, Metri, Rahuram, Ramarao, and Koka (2012) explained that “yoga therapy has the potential to reduce [cancer] cell survival, self-renewal and tumor growth” (p. 261). Lower dysfunctions on a molecular and a cellular levels together with enhanced NK activity and less DNA damage were noticed in people who practiced yoga frequently.

As Chaoul and Cohen (2010) mentioned stress affects respiratory, cardiovascular, and endocrine functions by reducing oxygen supply and by increasing respiratory infections, blood pressure, heart rate, and stress hormone (cortisol) level. The research that was focused on body-mind relationship revealed the ability of yoga to control cortisol level. Deep breathing helped to increase oxygenation and perfusion resulting in an improved function of the lungs and a heart. Focused breathing calmed the mind resulting in relaxation response during which parasympathetic NS took over sympathetic; thus, reducing negative effects of stress (p.150). In their trial Dhruva et al. (2012) confirmed that breathing exercises played a significant role in reducing anxiety, fear,
depression, and improving sleep quality. Furthermore, they found “Any increase in the yoga breathing practice was correlated with improvements in both cancer chemotherapy and associated symptoms and QOL” (p.477).

Cancer treatment brings enormous amount of stress and causes the body to become weak. McCall, Ward and Heneghan (2015) explained that “Yoga is ...a gentle, adaptive form of exercise” (p.15). It uses the body’s own weight to create resistance, to build strength and to promote alignment in non-harmful way. Through purposeful movement yoga increases flexibility and range of motions; it improves posture and strengthen the spine. Different poses are responsible for massaging, compressing and lubricating the internal organs; thus, improving digestion and metabolism. As Prinster (2014) suggested that certain inversions were beneficial for “cardiovascular and lymphatic drainage... [The] use of gravity is essential for expelling toxins from the extremities” (p.68).

Despite of numerous benefits of combining breathing, meditation, stretching, and strengthening techniques, it is important to mention that not all types of yoga can be suitable for everyone. A person has to be aware of what different types of yoga have to offer to choose the safest and most appropriate
for the health condition. According to Subedi (2014), “...a combination of body postures and breathing techniques” - Hatha yoga has gained its popularity in the United States (p.586). It consists of Iyengar, Ashtanga, Kripalu, Ananda, and Bikram. Subedi (2014) explained that Iyengar yoga focused on alignment and series of poses using blocks, straps, or towels to ease the achievement of the pose. It promotes concentration and quality of sleep. Kripalu yoga offers the safest yoga practice for oncology patient because it requires less energy and effort with “minimal stress on joints”. Unlike the other types, Ashtanga yoga represents a power yoga that is physically demanding, and where a practitioner connects the movement through the postures with the breath.

Because the flow of poses is fast and requires strong physical ability, it can be challenging for cancer patients to perform this type of activity during or right after the treatment, but might be good at a later time. It improves cardiovascular, musculoskeletal and respiratory systems. Ananda yoga focuses on relaxation and postures, calming the mind and increasing strength. Bikram yoga includes 26 vigorous poses performed in a heated room. It promotes flexibility, circulation, detoxification, and endurance. However, it can pose some
challenges for people who cannot withstand the heat and humidity; it can result in dehydration and imbalance of the electrolytes in the body (Subedi, 2014, p.587). The goal of choosing the right type of yoga is to promote safety, decrease the risks and increase the best outcomes.

Everything needs to be done in moderation whether it comes to eating habits, spending money, or engaging in physical activities. Yoga offers various levels of physical activity and it has to be practiced in moderation as well. While yoga is often thought to be beneficial to the mental and to the physical health, it is not without its risks. Cramer, Krucoff, and Dobos (2013) discussed a study of adverse events in connection to yoga that was done through peer-reviewed articles.

According to that study 76 cases were reported to have undesirable side effects among yoga practitioners between 1969 and 2012 case studies (p.3). As Cramer (2013) pointed out that 27 undesirable outcomes were associated with musculoskeletal injuries, 4 cases were blamed for peripheral neuropathy—“any syndrome in which muscle weakness, paresthesias [abnormal sensation of tingling or burning feeling], impaired reflexes...in the hands and feet are common” (Venes, 2005, p.1462), and 9 cases resulted in visual changes.
The injuries were associated with the advanced poses such as the headstand and the shoulder stand, with vigorous flow of physically demanding postures, or Vinyasa yoga, and they were often performed in a heated room. Unfortunately, the collected data is limited due to poor reporting and documentation of all adverse events (pp.3-7).

Therefore, it is necessary to be aware of one’s own body limitations and follow safety considerations to avoid harmful outcomes during yoga practice. Because yoga offers a variety of different poses, breathing techniques and different levels of physical activity, yoga style should be chosen accordingly to a person's medical condition and a physician's recommendation.

Due to limited information, lack of education about favorable outcomes of yoga as a part of cancer treatment and physicians' unfamiliarity with the research, some oncologists were hesitant to recommend yoga to their patients. In their survey McCall et al. (2015) revealed that majority of doctors thought that yoga was beneficial to symptoms management because it reduced stress, anxiety and fatigue, increased relaxation and provided some sort of physical exercise. However, fear of infection in group classes was one of the physician's concerns. Furthermore, oncologists would have advised integrating yoga
into treatment of cancer if they had had more “knowledge of yoga as a therapy” and “scientific evidence” (p. 15). Across the US cancer centers are conducting studies to further investigate outcomes of yoga therapy on oncology population and offering yoga to their patients at the medical centers under the supervision of trained stuff. DiStasio (2008) pointed out the importance of discussing any limitations and considerations for safety prior to recommending yoga to the patients. While practicing, patients might experience “anemia, postural hypotension, and lightheadedness” that can be associated with “prolonged standing poses” (p.127). During and after cancer treatments patients are more susceptible to infections; therefore, they should not share towels or mats with others. Though slight discomfort might be present initially during a particular pose, it should not bring any pain, numbness or trouble breathing. DiStasio (2008) suggested the use of certified yoga instructors near or at a medical center not only because of convenience for the patients, but because those instructors were familiar with symptoms and side effects that cancer patients might experience. All that knowledge is valuable in assisting the patients with choosing a yoga practice that would fit their physical abilities and would be
appropriate for home practice later on. In addition, “Specialized classes can offer group support” and a safe environment (p.130).

Many studies have been conducted to learn more about beneficial side of yoga practice for patients with several health conditions: chronic back pain, multiple sclerosis, lymphoma, lung, and breast cancer. Even though more investigation and trials are needed to explore all possible effects of different types of yoga on different types of cancer, the studies showed very promising results. The collected data suggest that yoga, if practiced with caution, thoughtfulness and supervision, brings a broad variety of benefits improving physical, emotional, spiritual wellbeing; thus, improving quality of life.

**References**


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