

THE STEGNER YOUNG SCHOLARS' WRITING INSTITUTE

# Our Voices

---

Issue No. 5, June 2013



A COLLECTION OF ESSAYS BY  
SALT LAKE CITY SCHOOL DISTRICT STUDENTS





# What is the Stegner Young Scholars' Writing Institute?

Dear Reader,

You may wonder, "What is the Stegner Young Scholars' Writing Institute?" This page provides information explaining our work and goals. The Salt Lake City School District (SLCSD) and the University of Utah College of Education (UofU-COE) co-sponsor the annual Stegner Young Scholars' Writing Institute (The Stegner Institute) each June. This publication, *Our Voices*, is the final product that celebrates SLCSD students as developing writers. The life of Wallace Stegner provides inspiration for the work done through the Stegner Institute: Wallace Stegner is a distinguished writer, past residence of Salt Lake and alumnus of East High School.

The purpose of The Stegner Institute is to instruct and encourage student writers to find strength in their voice as a persuasive writer and commit their arguments to paper using evidence, logic and examples to support their claims. A secondary purpose is to allow teachers of writing to collaboratively hone their teaching skills. To accomplish these goals, The Stegner Institute invites high school students and secondary English Language Arts teachers from the SLCSD to discover the power of writing during a two-week writing institute on The University of Utah campus.

For the 10 days of The Stegner Institute, students and teachers are immersed in writing workshops for 4 hours each day. During the first week, students and faculty select a topic of personal interest and research their topic from different perspectives. During the second week, students focus on supporting their claims with relevant evidence and revising their writing. The end product is a well-supported and researched argumentative essay that is polished and ready for publication.

Our *Voices Magazine* is an annual collection of the essays written by Stegner Institute students and teachers. In this collection you will encounter many tender and thought-provoking beliefs and arguments. You may not share all the beliefs represented in the essays: neither does the Stegner Institute faculty nor the Salt Lake City School District nor the University of Utah. If you read an essay that disturbs you, we encourage you to stop reading it and/or discuss it with a parent, teacher or friend. Both the student author and the Stegner Institute faculty have tried to ensure that the information in the essays is accurate and that the writing is polished. Please remember that these are essays written by developing authors and thinkers, and are published with minimal editing. Publishing student writing encourages the reluctant writer, strengthens students' self confidence, rewards interest and careful revisions as well as provides young writers with the opportunity to express their opinions to a wider audience.



The Stegner Institute is made possible by generous support from the SLCSD, The University of Utah College of Education, The Salt Lake Foundation, The East High Alumni Foundation, the Lawrence T. Dee and Janet T. Dee Foundation, and The Castle Foundation. To learn about how you can support The Stegner Institute, please contact Michael Williams, SLCSD Director of Development and External Relations, at [Michael.Williams@slcschools.org](mailto:Michael.Williams@slcschools.org) or Rob Hunsaker, College of Education Development Director, University of Utah at [rob.hunsaker@utah.edu](mailto:rob.hunsaker@utah.edu).

Sincerely,

Laura Scarpulla (SLCSD) and Monica L. Ferguson (UofU-COE), Co-Directors of the Stegner Institute



# ACKNOWLEDGMENTS/TABLE OF CONTENTS ...

OUR VOICES celebrates SLCSO students as developing writers. Students selected, researched, drafted and revised their way through topics of personal importance. The context for this experience was the Stegner Young Scholars' Writing Institute, honoring Wallace Stegner as a distinguished writer, past resident of SLC and student of East High.

*\*The publication of this magazine is made possible by a grant from The East High Foundation and the Salt Lake Education Foundation.*

Pg. 3	Foster Care – Just Do It!!!!
Pg. 4	Stereotyping a Threat to Our Society
Pg. 5	Fee to Move Around
Pg. 6	Art Work is Smart Work
Pg. 8	Hip Hop Dance Should be Considered as Official School Dance
Pg. 9	Hip Hop Should be a Class in the U.S.
Pg. 10	Another War
Pg. 12	No Sleep? What a Nightmare
Pg. 13	Stop all the Controversy!
Pg. 14	Should High School Starting Times be Changed?
Pg. 15	Should the Criminal Justice System Focus More or Less on Rehabilitation in Prison?
Pg. 16	The True Terror of Terrorism
Pg. 17	He Could Still Be Alive Today
Pg. 18	A Broken Pencil is Pointless
Pg. 19	Not Enough Pay!
Pg. 20	The Ones that Never Made it Home
Pg. 22	Death with Dignity
Pg. 23	Help People with Bulimia
Pg. 24	Cancer? From Hormone in Food? Oh my!
Pg. 25	Good relationships are good in school
Pg. 26	ZOOS: Sanctuary or Prison?
Pg. 28	Creating Awareness
Pg. 30	Bid Brother is Watching
Pg. 32	Book Banning: Dictatorship or Democracy
Pg. 34	College at 17
Pg. 35	Sailing the Seven "Nets" in Search of Pirates
Pg. 36	Bruise Her and Lose Her
Pg. 38	G.S.As in Public Schools?
Pg. 39	Words' Worth
Pg. 40	Music is the Secret of Strength
Pg. 42	What do you Believe?
Pg. 43	Salt Lake School Board Member Speaks Without Seeing the Full Picture
Pg. 44	Let's Get the Information Right
Pg. 45	The Unacknowledged Truth Behind Violence in American Cinema
Pg. 46	In Society, I Will Never Be Good Enough
Pg. 48	Are You Prepared for Life?
Pg. 49	Keep Concurrent Costs Down
Pg. 50	This Essay is Censored
Pg. 52	Is Racial Profiling the Answer to our Immigration Problem?
Pg. 53	US government: can we trust them?
Pg. 54	Not Black and White: When Aggression Plays Out in a Field of Gray
Pg. 56	We Have Become Weak
Pg. 58	Do You Support Same Sex Marriage? I Do!
Pg. 59	Alcohol: A Life Lesson
Pg. 60	Are Embryonic Stem Cells Really Worth the Trouble?
Pg. 62	College Athletes = Slaves



# Foster Care- Just Do It!!!

## This Is My Voice



**Yezika Morales**  
**Highland High**

"Agitating they are! They're always there when you least expect them. They slither upon you like an emotional python. I am talking about difficult times. Difficult times are what everybody goes through. You should take control of these times and have a good life" (Kitt, age 12). Kit knows what she is talking about, and teens need families to help them have a good life. Teens 13-18 whose families are abusive and/or neglectful should be placed in foster care because foster care removes teens from abusive homes, teens learn how to be responsible and independent, and supportive families encourage teens to get involved.

At the age of sixteen I was removed from my home where I had lived most of my life. I was placed in foster care and didn't really like it much because there were rules that I never seemed to ever follow, there were new faces I had to get familiar with. Even though foster care wasn't perfect, it was better than my home before. For example, when I got to my new home there was a feeling of relief because my foster family made me feel like I was one of their own. They made me feel welcomed. My foster family made me feel better about myself. In my previous home, I would always feel left out and scared most of the time. It didn't take me long to get comfortable in my foster home. Thanks to this foster family I learned to follow rules and learned about responsibilities and independence. Will Smith once said "throughout life people will make you mad, disrespect you and treat you bad, let God deal with the things they do, because hate in your heart will consume you too." My foster family helped me overcome all the hate that consumed

me and they showed me how to forgive people that treated me the worst.

Foster care has many programs to teach teenagers how to be responsible and independent. For example, the Division of Social Services (DSS) offers a program called NC Links where teens can receive information on training for the future. NC Links helps you plan out your goals and take responsibility to be successful in fulfilling your goals. This is one of the many programs that are out there to help you be successful in life. According to Child Protective Services (CPS), policy writer David Robinson, teens in foster care can be successful in life if they set their mind on it. Tina Williams, Darold Williamson, and

school and I keep up with my grades. Like I said before foster care helped me be more responsible. Sometimes I do need help from other people, and I know how to ask for help when needed.

Some people will say that foster care doesn't help because the kids in foster care will miss their families and it isn't fair for the family to have someone taken away from their home. Yes, it's not fair for the parents to have their child taken away, but those parents have to think that they had the chance to treat their kids right and keep them protected. But they failed their parenting roles, and they didn't fulfill their responsibilities. The parents didn't ful-



Porsche Harris are examples of successful, responsible, and independent people who were once in foster care.

Another reason foster care is effective is due to teens being encouraged to get involved in fine arts, athletics, summer camps, and job programs that are offered to them. Teens in foster care that are involved tend to be more responsible because they have to keep up with their grades in order to be in any kinds of sports. For example, ever since I have been in foster care, I have taken responsibility over my needs and wants. I keep track of group activities I am involved in

fill their responsibilities with their kids. Every teen deserves to have a better life with a great family that will treat them the right way and keep them protected, even if that means foster care.

In conclusion, foster care does help teens in their future lives. Teens will be more responsible and independent from this experience. This is important to me because all teens deserve to be in a great home. You can help teens have a better life in the future by becoming involved in foster care through donating money or opening up your home to a foster child.



# Stereotyping A Threat to Our Society

## This Is My Voice



**Taylor Bane  
Horizonte**

Have you ever been stereotyped? I have been, as a woman. I was told I needed extra help in algebra because I'm a female. My peers said of course I needed the help because of my gender. This made me feel incapable of learning math. Women should not be judged based on stereotypes because this can have an impact on women's self-esteem and this limits their potential.

Many women feel threatened because they don't want to be what their stereotype says they are. This is known as stereotype threat. Many people will not even believe that it applies to them but even being in the spot-light creates tension and anxiety. If a lady is always being told how to do something, and she can do less than a man it can really affect her. She can get depressed because she thinks she's less than a man. It could also damage a girl's self-esteem. It could do this because of always being put down; you could start believing it's true. This can make them not even interact with society. It can also cause people to commit suicide; the pressure was just too unbearable for them. This leaves family's confused and broken hearted. If your attitude changes and your self-esteem lowers from being judged it brings the ones you love and care about the most down with you.

It has been said that if a woman is stereotyped then it can limit her potential. The news website Business Insider asked the question: "Why aren't there more women in positions of power?" This made me think because women outnumber men in this country by 51%, but they don't have 51% of the powerful positions of the workforce. The negative effect of stereotypes keeps

them from advancing in their careers: "Society does not encourage women to become leaders in the workforce, just leaders in the household." Women can free themselves from these restrictions once they see them as unrealistic ideas. A girl who is smart and has opinions may be told to be quiet or talk less because it is not womanly. We are told how to dress in magazines. This can make her focus on the way she looks instead of focusing on her full potential or her future career path.

Some women just don't care what others say or think about them so stereotypes just don't bother them. No matter what though, a person can only take so much before they break. Even the strongest women can be pushed to the edge. Also people have been known to say there are positive stereotypes of women like they are always nurturing, motherly, tidy, and passive. Even if a stereotype is a good one, nobody

should be made out to be something they're not.

Stereotyping women is a huge problem in today's world. It needs to be stopped somehow because it is a bad influence on women's lives; especially on kids and teenagers. The message to stop judging a book by its cover needs to be heard. If more people know about it and stop to think what it's actually doing then maybe they will realize how much stereotypes are actually affecting people's lives. I chose to write my essay on this topic because I know it is an important issue. I care about this because I know how it is to be stereotyped. It really gets to a person and if they keep hearing it, they might start to think it's true. I hate seeing someone upset because someone is hurtful or judgmental. We all need to take a stand for what's right; end stereotyping because we are all the same and equal.





# Fee to Move Around

## This Is My Voice



**Jordan  
McGalliard  
Science Center**

My father and I stroll home, grocery bags in hand. Our fingers ache, and so do our shoulders from building backpacks filled with our groceries. We can only see for a few blocks with the terrible inversion, which we cough on as we walk down North Temple. We would have liked to take the TRAX, which is conveniently placed right next to the Smith's where we shop, but sadly, that costs just a bit too much for us. We spent the last of our money on food, we have no money to buy tickets. Public transportation should be free in Salt Lake City and the surrounding areas because it would help struggling families like mine, as well as others that are in need of transportation. Free public transportation would also improve the quality of life by reducing pollution and traffic.

Many families in Salt Lake spend large amounts of their limited funds on riding the bus or train. Imagine that my dad and I wanted to go to just one place that is out of walking distance every day, perhaps to a store, a job, the doctor, or just for recreation. That would cost us a whopping \$150 a month. And this isn't even taking into account the fact that if we stay somewhere for a few hours, we will also have to buy passes to get back home. Perhaps a month pass for each of us would be better? Nope, that would cost the two of us \$167.50 every month. Many families like ours struggle to get to places they need to be because of these fares, losing much of the money they make at their job trying to get to their work and back. A free transportation system would help these families by letting them spend their money on other

things, and enable them to get wherever they need to go.

Every morning, thousands of Utahans converge on the Wasatch Front's highways and roads in their daily commute to work. In their cars they wait at busy intersections and road crossings for hours, each car releasing its own little contribution to our infamous pollution problem. According to Texas A&M University, Americans lose some 63 billion dollars in productivity sitting in traffic every year, and if there was no public transportation, delays would increase by 27%. With Utah's better than average transportation system, you might imagine that these statistics would be higher for just Utah itself (proportionally, for the first one). Public transit saves  $\frac{1}{4}$  billion gallons of gasoline per year (American Public Transportation). Therefore, it would make sense to assume that if even more people used public transit, there would be less traffic and consequently less pollution, too.

Many people that I have interviewed about the transportation issue say that they would ride the bus or train daily, but that it costs too much. Surprisingly, it costs more for many people to ride the bus or train than to drive. For example, one of my teachers has made himself a route to get to school every day, partly by bike and partly by train. It turns out that it actually costs less to drive his Subaru to school every day than it does to use the public transportation system. That teacher is lucky enough to have a car at his disposal, but what about someone who lives far from the same job that they might rely on, and can't afford to buy a car? They would have to pay the same fare. And the sad truth is, many people actually can't afford this fare, or to have to give up other amenities to pay for it. On a similar note, the American Public Transportation Association says that investment in public transportation "creates jobs and spurs new economic activity at a rate of \$6 for every \$1 invested." Free

public transportation would encourage more people to ride the bus or train, and enable those who previously couldn't reducing pollution and congestion at the same time.

It may seem like I have been dodging the topic of funding, but I haven't. One big question is "how would we pay for the free public transportation system?" Well, believe it or not, only 17% of the UTA's income comes from passenger revenue. 65% of it is paid for by sales tax. This extra 17% could come from sales tax. Some say that this increased tax would burden those who can't afford to use UTA, but it wouldn't. The UTA has a \$199.1 million annual budget ([www.letsrideuta.com](http://www.letsrideuta.com)); 17% of that budget would be about \$34 million, with compared to Utah's annual sales tax income, it isn't that much. It is important to remember that every car on the road also costs the government money for road maintenance, emergency response, and more. Not to mention the fact that those who wouldn't use public transportation would still benefit from the reduced pollution and congestion.

Therefore, public transportation should be free in Salt Lake City and the surrounding areas in order to improve people's lives and decrease air pollution and congestion. I care deeply about this topic because it affects everyone in Salt Lake, including me. If public transportation were free, people along the Wasatch Front would enjoy a greater quality of life in the future. If you like fresh air, empty streets, and equal opportunity for everyone, perhaps you should consider supporting free public transportation.





# Art Work is Smart Work

## This Is My Voice



**Brianda Marin**  
East High

"Art does not solve problems, but makes us aware of their existence," said sculptor Magdalena Abakanowicz. Art is a great part of our lives. Whether we choose to or not, we are surrounded by it—such as music, paintings, theatrical plays, etc. Art represents our cultures, our feelings, our hopes for the future and even helps our souls. Why it is that high schools today do not give the fine art programs the importance they deserve? To the students it is clear that the administrators' priority is sports because they acknowledge sports the most. The Fine Arts department should be given as much importance as the sports by East High School Administration because Fine Arts education does great things such as providing stress relief for

students, helping students perform better in school and the arts teach students social skills they will need in the future.

Fine Art classes help students take care of the stress school and parents can cause. The arts provide a healthy environment for students when they can feel at peace through a dance routine, expressing emotions through a script, and even composing music. Kaitlyn Gordon, a student at East High, whose schedule last year included four difficult courses, said, "Having theatre was a good way to deal with my stress even though sometimes it could be stressful itself. It is always good to have time with your friends and be creative." In addition, some students have a hard time at home and the arts are just what they need. Madi Yocom, also a student at East High, has some trouble getting along with her family. Madi said, "The arts help me think about good things in my life and it also gives me a new perspective about the stress I have because art has a lot to do with perspective. It helps me rethink things and sometimes come up with solutions to the problems

or if I can't find a solution, it at least gives me a positive distraction." Stress is an immense problem, and it could be fatal for a student if it is not taken care of. Art is one of the best ways to take care of it. Art helps students express their feelings and frustrations, then they can go home in a calmer state; ready to deal with the rest of their problems.

It has been proven that arts help students do better in school. According to a UCLA study, students involved in the arts, score "nearly 100 points better in the SAT" (Haynes, 2008). Art "stimulates and develops the imagination, critical thinking, and refines cognitive and creative skills" (Americans for the Arts 2002). As students practice their respective arts, they are exposed to critical thinking. In an art class, students are asked to analyze characters, music, dance routines and more. Art helps us look at things with an open mind. Just as much as in an art class, in school, students, are asked to do critical thinking for difficult assignments and it is a skill in which practice comes in handy. It is more effective for







students to practice any skill in a place where they do not feel pressured. This is why art is one of the best places to practice such skills. "Brain scans taken during musical performances show that virtually the entire cerebral cortex is active while musicians are playing" (Learning and the Arts: Crossing Boundaries, 2000). The brain is like a muscle, the more it is exercised, the easier it is to use. As I was writing this, I thought of an experience I had regarding this topic. A couple of years ago I was taking a piano class during school and every day after class I felt focused and ready because reading notes got my brain started for the day. This same year I did my personal best in the math CRT's. Playing an instrument helped me be better at school.

Social skills are important for a student's future. Students need to learn team working and problem solving. The fine arts teach you both skills. In a social dance class, a student is expected to

have a different dance partner every day. He or she doesn't get to choose their partner and even though it is difficult to work in this scenario, the student learns to understand another person's views in order to complete the assignment. In a real job situation, a person may face the same scenario. Fine Arts help students get ready for team working situations in the future because it presents situations similar to the real world. Problem solving is another skill arts help students with. Improvisation is a skill that involves problem solving because it teaches students to think on their feet: "Some business schools are using improvisation classes to teach skills such as creativity and leadership" (Tutton, 2010). Improvisation is taught in music, theatre and dance.

As I interviewed students, one opposing argument I heard was that some people just do not care for the arts and it is not fair to impose it on them. However, my goal is not to put

one on top of the other, but to make them equal. Sports also have benefits; nevertheless, not everybody likes sports. Every student is different and unique; they might feel comfortable in one field or the other, so it is important for them to have the same opportunity to learn having the same benefits as anyone else.

In conclusion, the arts department should equal the importance of the sports. Imagine a world where art and sports are equal. This is not impossible, it is within our reach if we choose to use it. Students would have a great future having arts as a priority in their class schedule. I have seen their effect in my life and the life of my friends. Start today and look at the arts department as what it actually is: a promise for a great future to students everywhere. Let's work our way towards a better world by funding Fine Arts education and sports equally.



# Hip Hop Dance Should be Considered as Official School Dance

## This Is My Voice



Huy Huynh  
West High

"I am Hip-Hop," Will.I.A.M., famously once said. Since Hip Hop dance was founded in the early 1970's, it has rapidly and tremendously spread all over the world. Yet, a new decade begins, and Hip Hop dance is not a part of our schools. Many schools teach other types of dance and offer credit to students for these classes. Unfortunately, Hip Hop dance isn't treated the same way. Hip Hop dance should be considered an official school dance because it helps students express their personalities, improves their overall health, and communicates with other people.

One of the reasons people love Hip Hop dance and school should make it official is because it's an art of expression. You dance when you want to be honest with yourself and be free. "Dance is the hidden language of the soul," said Martha Graham, a famous dancer. The way a person acts tends to give away their feelings. It's also true in dance. For example, when a group of guys is dancing aggressively with another group, you can recognize that they're trying to frighten their rivals. Or at a dance, a boy tries to get close to a girl, but she "slides" away. You can see that the boy is trying to show the girl his feelings, but she rejects it. Dance talks by its moves, and so does Hip Hop.

Additionally, Hip Hop dance helps improve your overall health. Hip Hop dance is a form of aerobic or cardiovascular exercises. It causes you to sweat and evaluates your heart rate. Hip Hop dance is also known as a weight-loss method. High-impact dancing can help you burn from 219 to 327 calories in an hour according to the Mayo Clinic. Furthermore, popping, a type of Hip Hop dance, uses the technique called hitting, which quickly contracts and relaxes muscles to create a jerking effect. By popping, your muscles will be improved in both strength and stamina as well as building healthy bones. Besides that, Hip Hop dance also helps improve your mental health. When you dance, your mind relaxes from worry. Your body re-



laxes, releasing stress off your shoulders while your brain focuses on coordinating all the moves. Wo Ying, a famous 70-year-old Chinese Hip Hop dancer said, "I think that Hip Hop dance has made me younger, happier and improved my memory." With funky music and unconstrained steps, the universe is in front of you. Without a doubt, Hip Hop dance is a great way to increase energy and improve your overall health – while having fun!

Hip-Hop dance is also great body language to communicate with other people. Our President, Barak

Obama, said "The thing about Hip Hop today is it's smart, it's insightful. The way they can communicate in a very short space is remarkable." In fact, that's how Hip Hop spread out all over the world and became expressive and popular trend today. On the dance floor, people don't talk a lot, but by the end of every competition, dancers become friends. That's because they communicate through their movements and their skills. Students can follow dancer's examples. Indeed, in Colorado, they have a Hip Hop dance program that helps youngsters to develop positive outlets for adolescent angst as well as to improve their self-confidence. "I learned so much about myself, and I got to where I wasn't afraid to go out

and try something new in front of people. It really boosted my confidence," said Kirlen, a participant in the program. So far, the program has over 211 students participating ([ednewscolorado.org](http://ednewscolorado.org)). Hip Hop should be taught in high schools as an official dance.

Nonetheless, Hip Hop dance also has its negative parts. Since it was founded in the 1970's as a street

dance, its language can convey violence and sexual aggression. It's understandable why many people think Hip Hop dance is not good for youngsters. Yet, it just depends on how you choose to use music with bad messages. There are many good and meaningful Hip Hop dance songs that we can choose. As for school appropriateness we could actually set up a rule not to allow bad music. We may have to check the music before playing it. "The world is full of a lot of fear and a lot of negativity, and a lot of judgment. I just think people need to start shifting into joy and happiness. As corny as it sounds, we need to make a



shift,” said Ellen Degeneres.

In conclusion, Hip Hop dance definitely should be considered an official school dance class. It not only improves student’s overall health, but it is also an art of expression and a fancy way to introduce yourself and communicate to other people. Hip Hop dance

is a multicultural product. It helps to make our lives more colorful. Besides, Hip Hop dance has no difference in comparison to the other types of dancing, so why are other types of dances considered and taught widely in many schools, while Hip Hop Dance isn’t? After all, we’re living in the United States of America, a multicultural coun-

try. Why don’t we let our culture step up to a higher level? One of the best ways to do that is open our hearts to Hip Hop Let Hip Hop dance be part of our culture, and you won’t regret it.

## This Is My Voice



**Chelsey Hartley**  
Performing Arts

I always wanted to dance but until recently, it never happened. I tried ballet, jazz, and modern, but nothing worked because I wanted to do something that I liked and not something I was pushed into. Finally I tried hip hop and I told my mom I liked it so much I want to be part of the dance company. She signed me up, I did my best, and now I am a competitive dancer. Hip hop has changed my life. Hip hop dance should be a class in the U.S. because it offers kids a different culture, attracts different groups of kids to be more involved in school, and times have changed and this is the music kids listen to.

Kids should learn a different culture because they may get more history out of what they have learned. Christopher Emdin, a professor at Columbia University, said, “Hip hop gets a bad rap, pun intended, but for us to be able to look at a phenomenon created by young people and see it as an asset instead of a detriment, that’s really important.” (www.slttrib.com). What Chris is saying is that hip hop isn’t just rapping it is telling a story about people lives. If kids listen to the words, they will learn about people from different backgrounds.

Hip hop dance classes can attract

kids to be more involved in school. It can help kids look forward to something new every day. Christopher Emdin said “Kids relate best when they’re standing up. The teacher can measure engagement by the hand gestures and head bobs.” He also told a story about how hip hop helped students support each other: “And when the last kid couldn’t finish his verse, everybody gave him encouragement. In a traditional school, he’d have failed” (www.nytimes.com). Like what Dr. Emdin said, getting kids involved can help them learn more about how to work with others and get exercise, like dancing. I asked my classmates at the Stegner Institute if hip hop should be a class in the U.S: 72.9% said yes, 16.6% said maybe, and 10.4% said no. Someone said that it should be an after school program and not an elective.

The music we teens listen to now has changed so much. If some parents listen to the music their kids listen to, they will say, “What are they listening too?” The kinds of music we listen to is just a little bit more of an upbeat. Hip hop is just like Justin Bieber. This is the music kids listen to when they’re working or bored. The music kids listen to has some swearing. Parents grew up with Elvis Presley and they thought

that his hip swing was bad but now it is normal. People now say the dancing we do is even worse, but one day it will be normal too.

In the U.S. hip hop dancing should be a class. Hip hop can revive the arts. Kids deserve to be more engaged in hip hop like other fine arts like; Ballet, Modern, and Jazz. Hip hop should be a fine art just like Ballet, Modern, and Jazz because teens should be able to learn something new and not just those styles everyone already knows.

# Hip Hop Should be a class in the U.S.

# I ♥ HIP HOP



# Another War

## This Is My Voice



**Mikalla Bland  
East High**

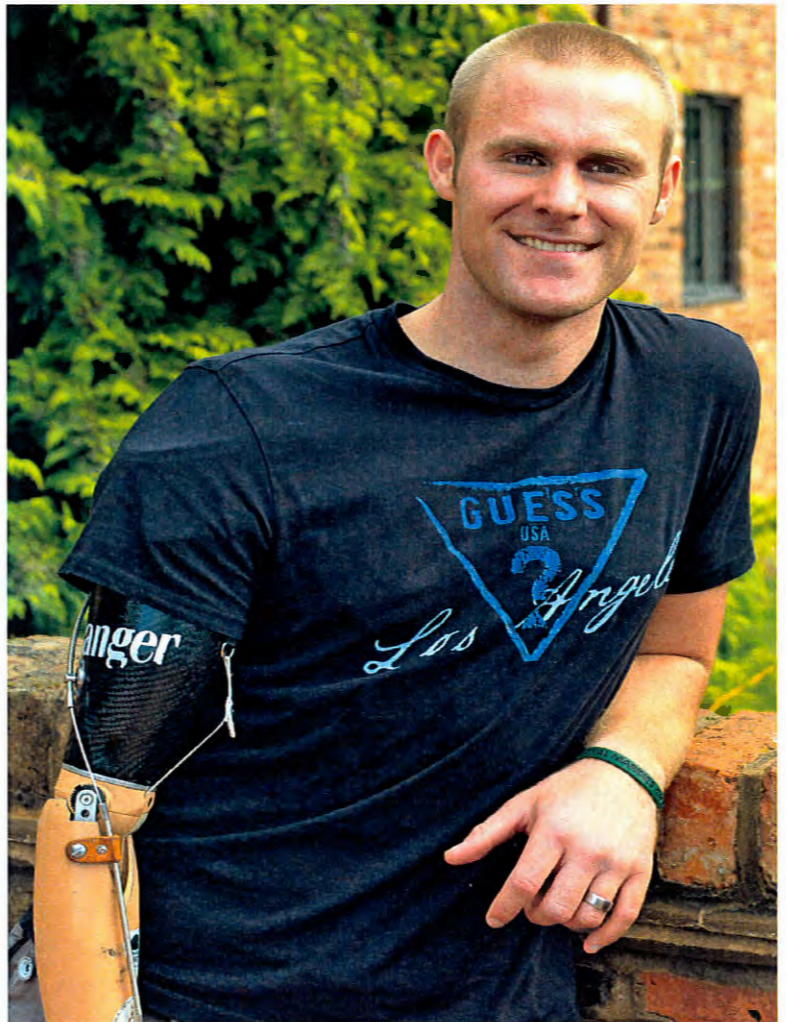
As a citizen of the United States, I am outraged by how our government treats our heroes who put forth the efforts to keep our country free. The government needs to cover all medical expenses for wounded soldiers' who fought to protect our country; soldiers deserve to have no worries about going into debt, let alone relying on family for help. This says it best: "I believe in the United States of America, as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign nation of many sovereign states; a perfect union, one and inseparable; established upon those principals of freedom, equality, justice, and humanity for which American patriots sacrificed their lives and fortunes" (American creed).

Soldiers leave their lives, family, and friends behind to go and serve our country. In my opinion this deserves the support of the government to ensure our heroes are provided with quality care in order for them to resume normal lives. This support could have saved many soldiers who committed suicide, for example: "Evans, 28, committed suicide last November near his home outside Salt Lake City, one of at least 524 U.S. service members who took their own lives in 2012 (Stripes Magazine). The president drafts citizens to the war, where they are venerable to injury or death, the government holds the responsibility to pay forth the medical expenses induced by war. Without a military our government would become

venerable.

Soldiers who have returned due to injury should not fear going into debt over medical expenses. According to Donna St. George of the Washington Post, "Nearly 900 soldiers wounded in Iraq and Afghanistan are now saddled with government debts as they recovered from war," according to a report that describes collection notices going out to veterans with brain damage, pa-

the government let them fell victim to debt. "Three hundred thirty-one soldiers have been hit with military debt after being wounded in war," stated the Army in the fall of 2005. The latest figures have increased. Ryan Kelly, a retired Staff Sergeant who lost his leg to a roadside bomb spent more than a year trying to fend off a debt of \$2,231. "It's sad that we'd let that happen," he stated. He found the letter in



ralysis, lost limbs and shrapnel wounds. With major injuries leaving veterans unable to work, they are limited to the quality of care they receive, or find themselves asking for help due to medical expenses. I encountered a wounded soldier living on the street just because

his mailbox, he said "It's like, Thanks for your service, and now you owe us." The government is taking advantage of soldiers and the veterans who once served our country.

We as citizens, need to stand up and fight to defend our veterans. Sol-



diers should not have to feel the need to rely on family for support. "Ted Wade, of Chapel Hill, N. C., can't drive or keep his memory straight since a bomb tore off an arm, hurt his foot, and wracked his brain in an attack on his High Mobility Multipurpose Wheeled Vehicle in Iraq. He and his wife had to lower their living standard and accept house payments from parents," wrote NBC News. This hit home for me as my cousin Mason, was only 22 when his life changed; he was on foot patrol in Kandahar, Afghanistan as they were backing out an improvised explosive device (IED) exploded. He was one of three that were injured. Shrapnel tore through his face, left hip and knee it shattered every bone in his face living him without a jaw, palate, and sight in his right eye. He has gone through many surgeries and has a face made of titanium. The government was not wanting to support him they did not want to cover some costs of his medical care that was induced by war. Candy stated "It was just unbelievable, and I never saw anything on the news about it. A week after Mason was hurt, his platoon was attacked and ambushed. One soldier was taken hostage, one killed and one injured. I never heard anything on the news about that. Arizona's Governor Jan Brewer said "I have it on good authority that Mason has both an iPad gift from the Marines and a Kindle, so I'm pretty

sure that a few gift cards could be put to good use." "It makes such a difference to get cards and notes from people and especially his hometown," Mason's Grandmother Candy stated. "Where is the government's support," I only heard of the family, friends, and marines giving support. As a wounded soldier, Mason needed support while he resided at the Walter Reed Medical Center, he recently returned to Washington State. "We hear about the ones that were killed. Even the Department of Defense doesn't really list the numbers (of injured) and these guys need some support."

People display concern with government paying for soldiers' medical costs; saying the government will only increase our taxes, the government is playing on our fear to use their power of taxes to cover up the fact that they have abandoned our wounded soldiers. The government is taking advantage of soldiers and the veterans who once served our country. We as citizens need to cease the government's denial to help our wounded veterans. The government and citizens forget we need to possess a line of defense as protection. Without a military to protect us, our rights and the efforts for which veterans and current military soldiers would have lost their lives, homes, or became injured for no reason. The reason is what the United

# They helped us, let's help them.

States stands for, freedom, equality, and safety. The military preserves our country's strength.

The United States government must provide support to wounded soldiers as it is their duty to bestow a brace for veterans to lean upon during their recovery period. The future is built by the support of our military. As a citizen, I feel the government needs to take action to help recovering soldiers. Recently I heard about Obama's plan to take a trip to Africa costing one billion dollars; that money could help cover some veterans medical cost inflicted. We as citizens need to stand up to fight and defend our veterans. Lee Greenwood said, "And I won't forget the man who died, who gave his life for me." The government is forgetting the men who died for our country. Frances Scott Key wrote "And the rockets' red glare, the bombs bursting in air, gave proof through the night that our flag was still there. O' say, does that Star-Spangled Banner yet wave. Over the land of the free and the home of the brave." Without our veterans the flag would not be standing today, and there would be no land of the free and the home of the brave.





# No Sleep? What a Nightmare

## This Is My Voice



**Karem Torres**  
**Highland**  
**Highschool**

Everything comes with a consequence and believe it or not, sleeping habits have serious consequences. Teenagers need an average of nine hours of sleep, and the schools are scheduled to start so that teens lose one hour of sleep. I stay up checking Facebook and Instagram and I find a new post from someone just about every ten minutes by someone new. These are reasons why teens have too little sleep. Therefore, teens should be setting a mandatory 10:00 p.m. curfew for themselves because this lack of sleep can cause mood swings and reduce their attention span.

For those who don't know, staying up late can affect teens the minute they decide to wake up, causing random mood swings, which might help them make a rash decision. Dr. Lawrence J. Epstein, Chief Medical Officer of Sleep Health Centers LLC, said, "People who have problems with sleep are at increased risk for developing emotional disorders, depression, and anxiety." Epstein shares three of the biggest emotions that someone can have with little sleep. One of the biggest mood swings teenagers could have is becoming very grumpy and irritated by everything, making them think that nothing is right in the world; leading to depression. With such short amount of sleep, and teens going through puberty, their emotions are emphasized. One little mistake can have a teenager yelling, "I hate you, Mom/Dad!" Some teens can control their emotions very well to help prevent making rash decisions, but those strong emotions that are being

kept to themselves, can eventually come out and backfire in their face.

One of the biggest consequences of teens heading to bed so late, is the reduction of their attention span. It is said, in a book called Look Now the World in Facts, Stats, and Graphics (2010 DK publishing), that 15% of American teenagers have fallen asleep during school. This reduction of their attention span can really affect their life

because of the daily or even hourly checkup they do on social media.

One common counter argument for this topic is, "What about those teenagers who have other responsibilities? What about afterschool sports, activities, and most importantly, work?" I understand late night responsibilities that need to be done afterschool, but I really doubt the school would be willing to keep any student there past 10:00

p.m. As for work, it is the teenager's responsibility to work out the times with the manager and discuss the reason why they need to get out at a specific time. Work also shouldn't be keeping teens out past 11:00 p.m. because of Utah's law that states to those who are under the age of eighteen cannot be out past 11:00 p.m. Therefore, teens would be getting off work before 10:00 p.m. or a little past 10:00 p.m. giving them enough time to get into bed and get the sleep that is needed.



because they'll be in school, catching up on their sleep, daydreaming, scanning through their phones, and doodling on the desks; not receiving the education that is needed. Another major concern is drowsy driving, which can lead to serious—even deadly—accidents ([www.mayoclinic.com](http://www.mayoclinic.com)). If teenagers have a hard time paying attention in class, imagine how much harder it is for them to drive on that boring plain black and yellow road. They might daydream, fall asleep at the wheel and the most infamous one, text or use the phone. This website stated that teens are playing with life and death situations when they decide to stay up a little while longer

Overall, every teen should responsibly have a mandatory 10:00 p.m. curfew to help prevent random mood swings and the reduction of their attention span. To enjoy your day, you have to start off with a good mood and be attentive to everything around you, keeping you entertained and happy. I wake up to an annoying little brother, but it's not all his fault. I, myself, need to work on this bad falling asleep at one o'clock in the morning habit. "I feel like Satan without my sleep", says the sixteen year old Sam Krejchi. If you don't want someone you care about to feel like Satan, go tuck them in bed.



# Stop all the Controversy!

## This Is My Voice



**Christian Berry**  
Science Center

Fandom: (n) The community that surrounds a TV show/movie/book, etc. Fanfiction writers, artists, poets, and co-players are all members of that fandom. Fandoms often consist of message boards, live journal communities and people (urbandictionary.com).

The amount of controversy between or in fandoms is unethical and should be decreased. People in opposing fandoms tend to hurt each other, and people in certain fandoms get discriminated against. Decreasing the amount of passions for one fandom and hats for another might help resolve this.

In the case of the University of Utah, versus the Brigham Young University, the controversy isn't as much as other opposing fandoms; but fights and curses still happen between

these two teams. As Krista, someone I interviewed said, "I think it's fun to watch the rivalry between the U of U and BYU fans, especially the really vocal ones." As Krista hinted at, there are lots of verbal and possibly physical disputes between the U of U and BYU fans. Just a few years ago, the wife Ute coach Kyle Whittingham, was punched in the face right after a game by a BYU fan. That, if anything, proves there is dangerous violence between fandoms.

With being in certain fandoms that some despise, the Brony fandom fits the bill. With a fan base of about 12.4 million people (herdcensus.com), and even more people hating them every day, discrimination isn't uncommon for the Brony fandom. A friend was once refused service at a store because he was wearing a shirt with Pinkie Pie, a popular MLP character, plastered on the front. He was asked to leave because, as my friend quoted the manager, "The shirt makes everyone feel uncomfortable since you, a teenage boy, are wearing it." In addition to the Brony fandom, there are many other fandoms that get discriminated, including Homestuck, Hetalia, Whovians, and so on.

During an interview, someone said that "The fun in fandoms is the passion." I agree that the fun is the passion, but there is sometimes too much passion. Sometimes, people who have a lot of passion for their fandom would go out of their way to make people of other fandoms feel bad, which could cause emotional scaring later on. Someone else said that fandoms are important because they help people and friends. I agree that fandoms are important, but again, people sometimes just get too passionate about their fandoms and decide to be rude to other people in other fandoms.

In conclusion, there is a bit too much passion in some fandoms, causing fights, riots and so on. There would be less violence and discrimination between fandoms if we all just toned down our hatred or dislike of other fandoms. Too many people are getting hurt over whose fandoms are better. If we all just focus on the fandom we like rather than the ones we don't, then fights and verbal abuse would decrease a lot. Just ignore the fandoms you don't like and enjoy the fandoms you do!





# Should High School Starting Times Be Changed?

## This Is My Voice



**Sadiki  
McWhinnie  
Open Classroom**

You wake up every morning to the sound of your alarm ringing through your ears, already starting off the morning with another headache. You had to stay up especially late last night working on that essay that's due first thing when you get to school. You're so tired that you're barely paying attention as you drive to school, rushing to make it there before the tardy bell rings. But, what if there was a solution to all these problems? Well, there is a solution, and it starts with simply giving teen students more time in the mornings to wake up and start to stimulate their brains before they are thrown into their first morning lessons. The three major high schools in the Salt Lake City School District should change their morning starting times to begin later on in the morning because it is unhealthy for teenage students to be losing so much precious sleep and because it would help make our city a safer place.

One reason the school starting time in high school should be changed is that the resulting loss of proper sleep is harmful to teenagers. The early morning schedules that are currently established in all of the high schools in the Salt Lake City school district are causing serious sleep deprivation in teenage students, which can affect more than just their grades. Studies conducted about the teenage brain have shown that it is challenging for teenagers to focus correctly if they haven't gotten enough rest. According to the Center for Advancing Health, only about 8% of high school students actually get enough sleep on a regular school night. This loss of sleep makes it difficult to pay attention in lessons, result in students not being

able to get much information out of their first morning classes which can have a negative effect on their success in school and their grades. Aside from creating problems with focus, the loss of sleep caused by waking up so early has been shown to cause serious harm to the body; Depression, memory loss, higher risk of heart failure and obesity are just a few of the more serious side effects of sleep deficiency (psychcentral.net). It is obvious that by changing the time schools begin, these students would be healthier, happier and safer.

Changing the morning starting time in high schools would also decrease the amount of juvenile crimes and accidents taking place in our city. A study done by The Office of Juvenile Justice and Delinquency Prevention shows that juvenile crime rates drop after about 7:00 pm. These few hours when crime is the highest are the hours that teenagers usually have little to no adult supervision because working parents are still at their jobs. If the school schedule is changed, it would match up more with adult working schedules; allowing kids less time to commit crimes. In addition to reduce crime rates, it can also bring down accident rates. Teenagers who are drowsy in the mornings trying to drive to school are not paying as much attention to the road. Giving them time in the morning to refresh their brains and prepare for the day would result in safer teenage drivers.

Some people are concerned that by pushing back morning start times the afternoon ending time must be pushed back as well, which would prevent students from having enough time to participate in after school activities and cut into after school job schedules. Although it is true that the daily ending would have to be postponed to allow for the proper amount of learning time through the day, this would not actually cause any problems with after school activities. Many districts that have already changed their schedules have experienced no trouble

with students being able to participate in sports, theatre, clubs or any other extra-curricular events, all they have to do is start the activity a little bit later in the evening. Some schools have installed lights outside so that they could go even later. As for school interfering with after school work hours, it's the same answer; students can make adjustments to their work schedules and simply work an extra couple of hours later, or even on weekends. Also most businesses that high school students are working at don't get much activity until schools let out, so the business would not be losing any money.

Clearly, the current schedules for the schools in SLC School District, should be changed because of lack of sleep for students that is caused by the early morning starting time is unhealthy for teenagers and it would help to bring down the amount of crimes committed by juveniles. If this change is not made soon, we could find our city absolutely swarming with sleep deprived teenage criminals. This is extremely important to me as a teenager, because I have experienced first-hand the unpleasant effects of this early schedule, some of my grades have even suffered because of it. You need to take action. Go to your local school board meetings and make a change by bringing the current early starting time to people's attention. Together we can make a difference!





# Should the Criminal Justice System Focus More or Less on Rehabilitation in Prison?

## This Is My Voice

No Photo  
Available

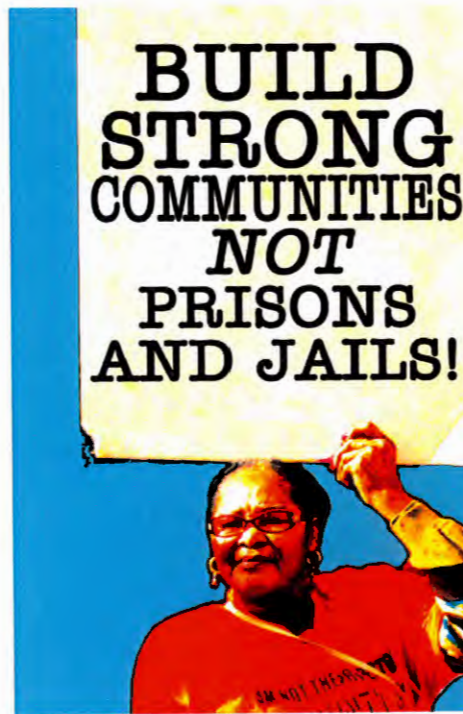
Holly Brown  
East High

Wouldn't we love to hear "I won't talk about what it was like in prison, except to say I'm glad I'm out and that I plan never to go back and to pay my taxes every year," from every inmate like Richard Pryor? Sadly, that is not what we hear; we hear of the high percent chance of the released inmates coming back to prison. The Criminal Justice system wanted a system to change the inmates for the better and give them the life everyone wants, that is what is expected of the rehabilitation system. Despite the increased money we spend on rehabilitation in prisons there is still a high rate of those same inmates being sent to prison again after going through the rehabilitation system. Rehabilitation in prisons is supposed to bring the inmates back to a better life of good deeds and prevent them from doing wrong again. Should we focus more of our money on this system? No. The Criminal Justice System should not fund rehabilitation in prisons because inmates can abuse this privilege to escape their sentence faster and it will cost more money that the states don't have.

Prison gives inmates the privilege to go into a rehabilitation program during their sentencing. Is the rehabilitation program really helping or is it a waste? According to the Bureau of Justice Statistics Website, "Nearly 300,000 prisoners released in 15 states, 67.5% were rearrested within 3 years." Even after sitting in prison and going through the rehab in the prison, almost 68% came back to prison within a couple of years. A study from CrimeInAmerica.net also shows that "Within three years, 52% of the 272,111 released prisoners

were back in prison either because of a new crime or because they had violated their parole conditions." These prisoners get the chance to change and get back into the world, but they don't use it to their advantage.

Tax dollars are being spent on rehabilitation programs that will be abused by most inmates, tax dollars should not be used on prison rehab. An article from the California Orange County Register stated that, "The state should spend between \$628 million and \$652 million a year on new rehabilitation programs for inmates." That is money we do not have. The U.S. is in debt, and the states don't need to add more to the debt for a program that is



proven not to work. Some prisoners are going to use the program to their advantage by pretending it's working, but according to statistics, there is a 60% chance they'll end up in prison again.

Many of my interviewees stated that, "The Criminal Justice System should focus more on rehabilitation in prisons because they can still learn compassion to prevent them

from committing further crimes when they're released." Clearly, that has been happening with some inmates, but as explained before, some inmates are just using the programs to get out of prison faster. As Randi Phillips, an interviewee has stated, "Once they've made it to prison, that means they've committed two or three felonies and have had other chances, rehab would be a waste of time and resources. That money would be better spent on troubled youth and early education to prevent them entering the criminal system. This has to be done at an early age, while you can still mold and influence their morals. Prison is way too late." If I were to spend the money we spent in rehab in prisons, for schools and troubled youth, there is a high chance of preventing youth from taking the rocky path to prison. Let's help these troubled youth that have grown up with parents in gangs or selling drugs, and let's put them in school. Prison rehab money can change the futures of many troubled youth.

Funding more rehab in prison spends money the U.S. doesn't have and gives the inmates their chance to abuse the program to get out of prison faster. Looking into the future, I believe that the rehabilitation programs will not help inmates, money will be wasted, and there will be more criminals back on the street. I went on a field trip with my school to a rehabilitation prison and with the very few exceptions, I did not feel like many of the inmates were taking the rehab seriously. With the freedom they get in that prison and the fact that their sentencing could be smaller when in a rehab program, I felt as if the program was not being used to the best ability and that spending more money on the program is a waste. As a United States Citizen, reading this essay, go and send a letter to your State Treasurer and tell them to stop wasting money on prison rehabilitation programs.



# The True Terror of Terrorism

## This Is My Voice



**Alexi Larson**  
**Open Classroom**

"When they say, 'I want my lawyer,' you tell them: 'Shut up. You don't get a lawyer. You are an enemy combatant and we are going to talk to you about why you joined Al Qaeda'" (Senator Graham, 2011.) This is an example of the absence of due process rights. Imagine, if you will, a bomb going off on the street as you walk by. While you are unhurt, pandemonium ensues. Police rush around, not to calm the terrified masses, but to grab hold of them and take them into vans for questioning. Some of the people taken this way may never return and will be taken to an offshore prison because they looked like they were from a Middle Eastern Country. For this reason, accused terrorists should be given due process: withholding this right is a waste of valuable resources and is unconstitutional.

Withholding this right and holding accused terrorists in offshore prisons indefinitely is a waste of resources. It costs approximately \$86 per day to keep a prisoner in jail, whereas, in an offshore prison, such as Guantanamo Bay, it costs more than \$332,000 every day just to maintain the prisoner's needs. The combined costs of all inmates is about \$150 million per year (CNN.com), or ten times as much as it costs to hold one person for a life sentence in a normal jail. And to what effect? Terrorism rates have tripled since 2004, proving the pointlessness of these de-

tention centers even further and displaying that we are simply burning precious money to fuel an irrelevant cause.

There have been thousands of complaints against indefinite detention, such as court cases, rallies, protest and angry letters. All of them have been ignored whilst the government may say they will act, they have not yet done anything about the treatment of the detainees. None of these complaints have granted accused terrorists their rights. Withholding the right to due process goes completely against the constitution, the very document our judicial system revolves

is absolutely true, but how many innocent people are captured in lieu of terrorists? If an innocent is being held, then the true culprit is still out there. Not only has someone who has done nothing had their life ruined, the person who committed the crime can continue their schemes. What separates the government from the terrorists they try so hard to stop after every attack? Right now people fear not only that they will die, but that they will be taken away to an offshore prison by the forces sworn to protect them too. A terrorist aims to cause

fear, terror and chaos. What happens when the populace fears their own government as much as they do the militants, criminals and anarchists?

In conclusion, accused terrorists should be given due process since denying this right wastes resources, neglects

the people and disobeys the constitution. If accused terrorists are allowed this right, then people will feel safer following a terror incident, knowing that if they are taken in for questioning that they will be tried promptly. The government should follow the rules it sets for itself. I believe in a good government, not one that takes innocent people of the street and locks them away for the rest of their life without reason. So, now that you're aware, send a letter to your congressman! Join a rally! Anything will help to stop this crime. The government will have to listen eventually.



around:

"In all criminal prosecutions the accused shall enjoy the right to a speedy and public trial (the right to a public trial has been deemed not absolute as of 1966), by an impartial jury of the State and district wherein the crime shall have been committed." The sixth amendment to the US constitution specifically states that all criminals should receive this right. Simply being accused of committing an act of terror cannot, by law, restrict this right.

Some people who are against the granting of this right argue that these permanent detentions can capture and lock major terrorist leaders down. This



# He Could Still Be Alive Today

## This Is My Voice



**Zerina Ocanovic**  
Science Center

On November 27, 2012, my uncle passed away from small cell lung cancer because he wasn't able to receive the right medical treatment to be able to overcome his disease. He lived in Bosnia and Herzegovina. The technology and treatment he needed did not exist in his country. Currently, Bosnia doesn't have the education and technology to equip itself with life saving measures. Yet, the United States does. The United States should give more medical aid to developing countries because the U.S. in past years has received aid to become the country it is today.

In past year, the U.S. has received aid to become the country it is today. For example, August 29, 2005, Hurricane Katrina struck the Gulf Coast, destroying everything in its way. More than 1,700 people were killed and hundreds of thousands of others were displaced.

An international response was needed immediately. The response resulted in donations of supplies, expertise and monetary funds from countries around the world, including some of the poorest countries: Afghanistan, Uganda, Bosnia and many more. Another example is September 11, 2001; the attack on the Twin Towers in New York. An estimated 54 countries helped facilitate The Central Intelligence Agency's secret detention, performance and interrogative program. Looking back throughout history, other countries have provided the U.S. with aid. Therefore, because the U.S. has received support in both financial and medical ways, we have an obligation to give it back.

If the United States were to provide quality medical education to developing countries it would help prevent the spread of diseases. For example, HIV is the virus that can lead to acquired immune deficiency syndrome, or AIDS. CDC estimates that about 56,000 people in the U.S. have contracted HIV in 2006. With billions of people moving around the world every year, the United Nations agency has said in its annual World Health Report: "An outbreak or epidemic in one part of the world

is only a few hours away from being an imminent threat somewhere else" (Reuters.com). It makes sense to share the knowledge we have today in order to prevent a disaster like the spread of HIV from occurring. The U.S. is very aware of ways to prevent the spread of HIV. If we were to give the information we know now, in a culturally appropriate way, we would be able to decrease the number of fatalities.

One counterargument this topic faces is why should the U.S. help other countries, when our own citizens, about 44 million people, have no health insurance (pbs.org/healthcarecrisis)? While this is a valid point, we are equipped with much of the technology and knowledge to help other developing countries. The value we would gain with creating alliances, helping sick patients, and preventing the spread of disease would offset the low amount of money we would have to spend to pursue this reality.

The United States should give medical aid to developing countries in need because we have the obligation to give back and help prevent the spread of disease. If the U.S. denies giving medical aid and attention to developing countries, our world would become unstable because of the unbalanced relationships between nations. I care about equality. Everyone deserves to live a good and healthy life and shouldn't have to suffer, worry, or have to say goodbye to a loved one because the place they currently live in is not equipped with the current knowledge and technology to treat a sick patient. It's time to take into consideration that we, as a human race, will rise or fall as one. We need to take a stand and demand laws that would recognize each individual as being part of a whole.





# A Broken Pencil is Pointless

## This Is My Voice



**Faolitiarana L.  
Schlenker  
Open Classroom**

"The Dohn Community High School, a charter school in Ohio, started a program this week that would pay seniors \$25 dollars weekly and underclassman \$10 weekly in Visa gift cards for showing up to class every day, being on time and behaving in school" (Huffington Post). Some high school have been known for paying students for good grades. Others have gone farther and paid students just to come to school, students!?! Students should not get paid to go to high school because it leads to theft and teens are not responsible.

Theft happens all the time in high school. If someone is jealous of another person because of perceived financial status, you may assume their next move would be attempted theft. In 2009, 689,000 thefts occurred in high schools because of money and jealousy, that's fifteen per 1,000 students who enrolled that year (US Department of Education, 2012). "They didn't take more chances because they suddenly downgraded the risk, they (teens), did so because they gave more weight to the payoff," said Laurence Steinberg, a developmental psychologist specializing in adolescence at Temple University. This is why teens steal from others.

Paying students is ineffective because they are not ready for responsibility. During the time between the ages of 12 to 25, the brain goes through many changes such as, rewiring, remodeling, and slow growth. A teen's brain is developing at the same rate as a four-year-olds it is not aware of their

surroundings and during this transition it leads to irresponsible actions. During this process the brain's fundamentals like eye sight and body movement go into an upgrade and become more difficult to do, the brain's different areas are growing at different times so when given a task we teens may not respond as quickly as we should. As stated in an article by David Dobbs, this leads to why it is harder for teens to do easy tasks. This love of the thrill peaks around age 15. Teens bodies need to just grow and change, not deal with the increased responsibility of having more money.

Some people's opinions are that students should get paid because going to school is like a job so you deserve to be paid for it. However, they shouldn't get paid to go to school because the money would be coming from the government and they're already in a large amount of

debt, plus they help pay for your school too. Furthermore, a child's education predicts where in the chart their job will be, if they have a small education like high school, their occupation will be a lower paying job. They need to be willing to go to school for the future, not for the sake of being paid.

In conclusion, students should not get paid to go to school. In the future, children will be more aware of their education and where it will take them. This generation has the keys to a successful future and if we use them correctly we'll go far. My teacher brought up this subject and told her class "In order to succeed in the job future you must have an excellent education." So why waste time or money? School is not a job, it's the keys to your future.





# Not Enough Pay!

## This Is My Voice

No Photo  
Available

**Hassan Hussein  
West High**

Public servants are essential to the safety and security of our local communities; we owe it to these men and women to provide them with whatever they need. In contrast, pro athletes go to work and play and make more money than a 9/11 firefighter. Professional athletes should not get paid more than public servants because professional athletes waste money on worthless things, soldiers and police officers should get paid more because they dedicate their lives to others and these everyday workers contribute more to their communities than the athletes.

Pro athletes waste money on worthless things like drugs, jewelry, and gambling. It's not a surprise that professional athletes have difficulty with their financial affairs. According to the White Paper, Rothstein Kass states, "Most pro athletes aren't focused on the business side of their careers. They are mostly concerned about how they are financing luxurious lifestyles." For example, they are spending money on multiple homes, cars, jewelry, and drugs. Many of these things they purchase gets them in trouble with the law, some of the time they even go bankrupt. According to, Business Insiders, Michale Vick was once the highest paid player in the NFL, signing a 10-year contract extension worth \$130 million dollars with the Atlanta Falcons. Everything changed in 2007, when he went to prison for participating in an

illegal dog fighting ring. Vick lost his NFL salary and endorsements while incarcerated for two years. Obviously, from the examples above, pro athletes shouldn't get paid more than public servants.

Public servants risk their lives every day; therefore, they should get paid more. Public servants save lives; sometimes even risking their own life for a fraction of what sport stars make. The average annual pay for a firefighter is around \$40,000 a year. While a basketball star makes about \$75 million a year. According to ESPN, Kobe Bryant alone makes \$46,849,149 a year. Soldiers are defending and protecting our country but still make less money than a pro



athlete. Why does the pro athlete get more than the soldier? I don't see the athlete getting shot at and struggling to stay alive; all they're doing is running down the court to score a basket or hitting a ball just for the fun of it. According to debate.org, the President of the United States earns \$200,000 a year. Should the leader of our country make

less money than a basketball player that is just starting out? Additionally, we have the teachers who are responsible for education our country's children, but the pro athlete still gets paid more. Teachers go to school five days a week just to educate students. Pro athletes play only 1 or 2 games a week, not nearly the same commitment.

Some people disagree. According to teacher Bo Maciejko, "Athletes make most of their money through corporate sponsors. It would be un-capitalistic to stifle their entrepreneurship." It would be unfair to stifle their entrepreneurship, but it's not fair how public servants are getting paid less either. Therefore, a compromise position is that athletes should be required to donate half of their money to public servants.

According to Jared Green, "Pro athletes are highly respected by many people because they have trained most of their lives to become what they are now, thus they have earned the money they make." This is true if pro athletes were good role models, but they often don't act like role models. Instead many of them do drugs and get arrested. Public servants have also been training for most of their lives to be what they are now, but most are actually positive role models.

In conclusion, professional athletes shouldn't get paid more than public servants. If public servants pay was equal with pro athletes, it would be more fair, the public

servants would be able to continue their jobs and would be able to support their families. I care about this topic because it's unfair the pro athletes get paid way too much for entertaining while the public servants put their lives on the line and get paid less. We need to put our money where our mouth is and pay people what they deserve.



# The Ones that Never Made it Home

## This Is My Voice



**Evan Teng**  
**West High**

Imagine you are a dog in Vietnam who has fought Viet-Cong, saved soldiers multiple times, and have taken a bullet intended for a U.S soldier. Now you are being left behind because of a military policy despite all the sacrifices that you made. That is the prospect that dogs faced at the end of the Vietnam War. Eleven hundred dogs served in Vietnam War and only about 200 dogs came home. The policy that made them unable to leave with their fellow soldiers came from the U.S. Department of Defense. It classified the dogs as military surplus "equipment" rather than living breathing animals. Their mission was to "serve in South Vietnam until they died in combat, were overcome by disease, or fell victim to other unfortunate circumstances." It caused loyal dogs to be handed over to the South Vietnamese



army when the U.S left. It also meant that the dogs could not be taken out of South Vietnam and brought to the U.S. Dogs that served in the Vietnam War should not have been left behind because it was morally incorrect and there were plenty of U.S citizens who were willing to take care of the dogs that served in Vietnam.

Dogs that served in the Vietnam War should not have been left behind because it was morally incorrect for

several reasons. First, the dogs had saved soldiers' lives and proved to be extremely valuable in combat situations. In addition they saved innumerable amounts of equipment such as planes and tanks from destruction. An example of them saving a soldiers life along with several members of a platoon occurred when Fred Dorr, a Marine Corps handler, was creeping down the wrong path in the Vietnam jungle. His dog, Sarge, a German shepherd, did something he'd never done out in the field: He looked at Dorr and barked, before taking a seat. "When he sat down, I knew there was a trip wire. I was one step away from it," remembered Dorr, who with his dog in 1969 was "walking point," leading the way for a dozen soldiers. Had the hidden explosive device been tripped, "It would have gotten half of us." Clearly Dorr and the soldiers following him owed their lives to Sarge. If it was not for Sarge, Dorr the soldiers following him would have come home in body bags. A second reason is that they contributed greatly to the war effort. In fact, the dogs were so effective in combat that "in the early stages of the war, the dog program was





considered to be a major threat. They ranked it number two right behind helicopters, as a target for destruction,” said veterinarian and Vietnam historian Colonel William Clark. Later in the war the Viet-Cong placed a bounty on the handlers and their dogs. The Viet-Cong obviously felt extremely threatened by the dogs and realized that the dogs were vital to the American war effort. Finally, they were extremely effective in sniffing out mines and booby traps as the story about Sarge indicated. Clearly it was morally incorrect to abandon them in Vietnam because they contributed so much to the war effort.

Another reason that it was morally incorrect to abandon them in Vietnam was they were soldiers and not equipment. They were soldiers contributed so much to the war effort and they had several qualities that human soldiers had. They were brave, loyal and protective of their handlers and followed orders. An example of them being brave and protective of their handler occurred when Nemo, a guard alerted his handler, Thorneburg, of some Viet-Cong in the cemetery. Nemo ended up getting shot in the eye but despite that, Nemo crawled to his master and covered him with his body. Even after help arrived, Nemo would not allow anyone to touch Thorneburg. Finally separated, both were taken back to the base for medical attention. Another example of them showing loyalty happened when Burman, a U.S soldier, showed up to say goodbye to his dog. Clipper, responded by charging toward him until his leash fully extended and stopped him in his tracks. Burman rushed over to him and Clipper jumped up and put his forepaws on his chest. Wagging his tail joyfully he licked all over his face. Clipper was very loyal to Burman. The dogs that served in Vietnam were truly soldiers and deserved just as much as any of the other soldiers to come home. It was wrong to leave them in Vietnam.

There were plenty of U.S citizens who were willing to take care of the

dogs that served in Vietnam. There is lots of evidence that people would have been willing to offer a home to these dogs. The first piece of evidence is that there was a large public outcry when people discovered that the U.S was not going to send dogs that served in Vietnam back. This was what caused the 200 dogs to be sent back to the U.S from Vietnam. Another piece of evidence was that many of the handlers that served petitioned to adopt the dogs that they served with. The military denied them this right and as a result many handlers attempted to smuggle their dogs out of Vietnam rather than leave them behind. Obviously there were enough people willing to take care of the dogs that many more of them should have been allowed them to come home.

Some people say it would have been too expensive to bring all the dogs back to the U.S and they would have carried diseases that we did not have in the U.S. Even though these difficulties would have existed if we had brought the dogs home they could have been resolved. The problem of the dogs carrying a transmissible disease that were not native to the U.S could be resolved by quarantining the dogs as soon as they came to the U.S and only releasing them once we were sure they were not carrying diseases. The problem of it being too

expensive to bring them home could have been solved by asking the U.S population to donate some money to bring most or all of the dog's home. The U.S population would have been glad to pay the money because the dogs had saved so many lives and made so many sacrifices. In addition, the dogs deserved to come home because they had contributed so much to the war. They had saved soldiers' lives and proved to be extremely valuable in combat situations. They also provided a psychological effect on the enemy and provided a boost to the handler that they served with. In addition, they saved innumerable amounts of equipment such as planes and tanks from destruction

In conclusion, dogs that served in the Vietnam War should not have been left behind because it was morally incorrect and there were plenty of U.S citizens who were willing to take care of the dogs that served in Vietnam. Important advances have been made in the rights of our four legged warriors to come home, but more needs to be done to take care of them when they come home. Dogs that serve in the military deserve to come home and receive the same rights, benefits and treatments as their two legged companions.





# Death with Dignity

## This Is My Voice



**Thomas Williams  
East High**

"The ultimate self-determination is when you determine how and when you're going to die when you're suffering," said Dr. Kevorkian, known as the Doctor of Death. Obviously no one wants to think about helping a gravely-ill family member or friend take their own life. Many people struggle with this decision every day. However, most people have never been faced with the decision of "pulling the plug" on a loved one who is slowly withering away or who is faced with a long terminal illness. Some feel it's morally wrong or think they can't live without them. But endless suffering and medical costs make some patients eager to end their lives. The United States should legalize assisted suicide because it gives the person the chance to "die with dignity," to end suffering, and to save money on medical expenses.

According to public.health.gov, Oregon enacted the Death with Dignity act, which allows their patients to self-administer a lethal dose of prescribed drugs. However, in order for the doctors at the Health Clinic to agree, they need to collect information about the patients and physicians who participate in the Act. By using this method, doctors can actually decide if the patient has a life threatening illness, or if the patient just wants to end their life. Under the Death with Dignity Act, patients are allowed to decide how and when they can end their lives, under a doctor's care. This offers the patient a sense of self-determination and the chance to

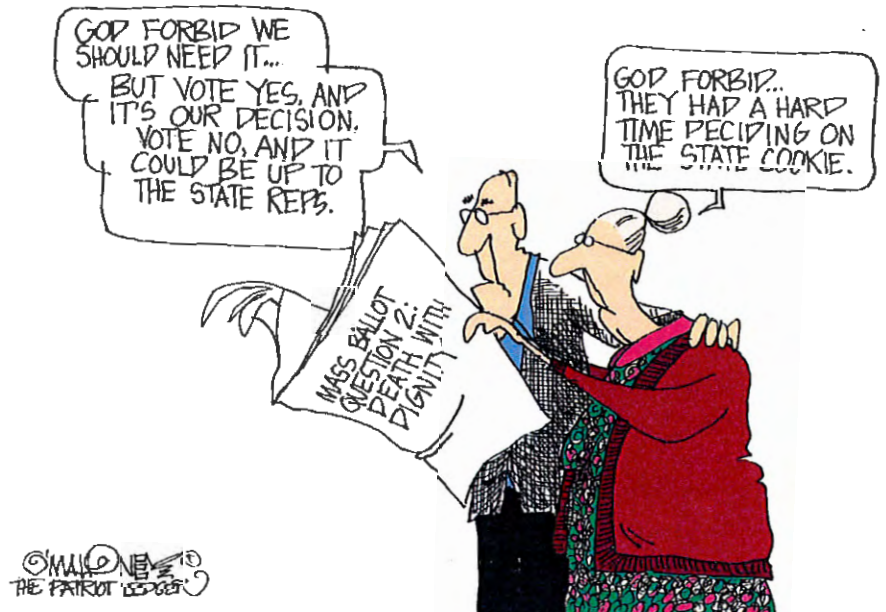
die with dignity.

Not only will assisted suicide end the suffering of the person that is ill, it will also end the suffering of the family members. When a family is conflicted between "pulling the plug" or in assisting in their relative's suicide, the family members suffer inside. Maybe if they knew that no law was being broken, the members will be more willing to comply with the loved ones request. This will also save millions on medical expenses.

The United States spends an average of \$2,000-3,000 per day for life support (<http://www.kaycircle.com>). That is a total of \$1,800,000 a year. That money could be put to educational purposes, such as new schools in the communities and more qualified teachers. Out of the 327 billion dollars budget, 27% goes towards taking care of the patients in their last days. If keeping a person on life support, when they will die anyway, is costing the government this much money, you can imagine how much the family is spending. Depending on the type of machine that is being used; they can be using a medical monitor, ventilator, or a heart-lung machine.

Most people who are religious would argue that helping someone commit suicide is sinful. They would argue that since god gave us the gift of life, we shouldn't throw our life away, rather we should embrace it. That is true, but do you think that god would want our final days on Earth to be torture? Another argument I hear is that if the person being asked to take a loved one's life goes through with it, they will feel guilty for their actions. It will help the person to remember that there is no other way and that they (the patient) would otherwise have died a long and painful death without the help.

Even though some people in the world feel that it is unnecessary, the United States should legalize assisted suicide because the if patient wants to die it is their choice and that it can help out America's economic situation. I know that this is a serious issue in the United States. But try to put yourself in the shoes of a chronically ill patient; if you had a terminal illness that only gave you a month to live, would you want to suffer for your last month or end it?





# Help People with Bulimia

## This Is My Voice



**Yenifer Blanco**  
**Highland High**

Julie was not a typical girl, like every other girl in her class. She was a bit taller and bigger than her classmates. By the middle of the school year many boys started to call her names telling her over and over that she should stop eating. The other girls would bring her vegetables for snacks and would take away what she had brought. She remembers what they once said, "We are just doing this for your health. You have to be pretty-you understand, right?" But did she understand? At age sixteen Julie would compare herself with other girls in high school, and she would compare herself with actresses, models, and adults. She started to eat more and more each day thinking that food was her only friend and that it would never betray her like the rest of the world. But as she saw herself in the mirror she knew she had to do something. That's when she decided to purge everything she ate. She saw progress in her weight and thought that nothing could stop her. Julie like most girls with bulimia did not have the treatment she needed. There should be more help for teenagers with bulimia because many teens die when not treated on time and many families cannot afford treatment.

Many teens die when not treated for an eating disorder on time. According to The National Association of Anorexia Nervosa and Associated Disorders, reports show that up to five to ten percent of teens die within ten years, and thirty to forty percent fully recover. Reports show that it only takes ten years

for the body to give up. This percent for full recovery is too low, because it shows that five to ten percent do not have the necessary treatments. Many people with this eating disorder do not want to admit to themselves that they are harming their body. According to The National Association of Anorexia Nervosa and Associated Disorders, the recurrent binge-and-purge cycles can damage the entire digestive system and purging behaviors can lead to electrolyte and chemical imbalance in the body that affects the heart and other major organ function. Bulimia is extremely harmful to the body, both emotionally and

be seen weekly and a residential program costs \$30,000 a month on average. "Many insurers do not cover long-term treatments and often deny adequate coverage for eating disorders. Some insurance companies are far more likely to pay for physical illnesses than mental ones," according to The National Association of Anorexia Nervosa and Associated Disorders. Many families do not have insurance and have to find a way to pay or they can't get treatment. "There are support groups who are willing to help out," commented New York Time Health. But most support groups require certain requirements that many families do not meet.

I interviewed someone about this topic. My interviewee brought up a good point: "There are not enough facilities or specialists in the state. Besides for many families it's a private issue. Why look if they decide not to?" It is true that there are not many facilities or specialists for bulimia, and the facilities that do exist often specialize in anorexia. They tend to forget bulimic people, which means we need more, not less, help for bulimic people. Yes, this is a personal problem but keeping quiet about it is not the right way. These people are only thinking of what others would say not what the ill person needs.

Clearly, we need more help for teenagers with bulimia. By letting boys and girls go without treatment, the amount of teen deaths will increase. No one deserves to be told what you should look like and make you feel worthless. Take action, provide help for those who need it and who are crying and purging for help.

physically. Not only that, but bulimia can lead to multiple problems including cardiac arrhythmias, heart failure and even death.

Many families cannot afford treatment. Most facilities are expensive and often required prepayment before treatment. According to the website New York Time Health, patients must





# Cancer? From Hormone in Food? Oh my!

## This Is My Voice



**Ashley Maxfield  
East High**

What if you found out the food your child was eating was not as healthy as you thought? Not that it was high in sugar or fat, but that it had added hormones that could affect your child's long term health. Would you be shocked, and try to change it? Well, you can't directly change school lunches, which are part of the problem. School lunches should be free of added hormones such as rBGH (recombinant bovine growth hormone), as studies have linked them to some cancers and early puberty in children.

RBGH is a synthetic version of natural bovine somatotropin (BST), a hormone produced in cows' pituitary glands. When a cow is injected with the hormone rBGH, it increases its milk production from 5-15% (an unhealthy rate) partly through the stimulant IGF-1. IGF-1 is a naturally occurring growth hormone and cell death inhibitor that when found at an abnormally high rate is linked to breast, colon, and prostate cancer as well as other abnormal cell growth. When the cows are creating additional IGF-1 in their bodies, it leaches into the milk, raising the IGF-1 to about 50% more than milk from untreated cows. Then, when humans con-

sume the product, the IGF-1 is added to their bodies' IGF-1 (Rita Ardititi, 2006). In fact, children absorb more IGF-1 into their bodies than adults do, increasing their risk of absorbing an abnormal amount of the hormone. Though there is a correlation between the hormone and cancer, risk the American Cancer Society has stated, "At this time, it is not clear that drinking milk, produced with or without rBGH treatment, increases blood IGF-1 levels into a range that might be of concern regarding cancer risk or other health effects (2011)." Does that statement reassure your worries? That same milk is being served to children in schools almost daily, all across America. If the assumptions are true, your children, siblings and neighbors are being bombarded with risks to develop cancer.

Cancer is not the only modern health issue linked to these hormones. In the 19th century, the average onset of a girl's menstruation was at the age of fifteen. Now the average age is 12, while some girls start to mature around the age of 7. You could simply shrug

off the trend of early maturing. Nonetheless, the truth is "the changes are too fast. Genetics take maybe hundreds, thousands of years. You have to look at something in the environment." (Herman-Giddens, 2012) As the research for this topic is just taking off, the concrete scientifically based information is limited. However, children who eat organic diets do not seem to suffer from premature puberty. In the case of Kayla Haye, the premature puberty stopped in its tracks when her mother changed her unrestricted diet, to a healthy, organic, and well monitored one. "During her next yearly check-up, the pediatrician who'd identified the prematurely developing breast tissue was surprised by Kayla's physical appearance." (Gray, 2013) This pediatrician had noticed a stop in the maturing of the young girl's body, one that seemingly was unexplained. School children do not know of these risks, they simply just eat what they are given. To them, milk with hormones and artificially grown fruit does not exist. Changing to untreated food would prevent further children from maturing much beyond their time, and

could possibly stop the harm which had already been caused.

Some argue that the change to food free of synthetic hormones would be impossible with the current budgets allotted to schools for food. Typically, healthier and untreated or organic food costs more, sometimes twice as much, and recreating the structure of the lunch system would be costly at the start. Milk from cows not treated by the hormone rBGH costs nearly the





same as RBGH free milk. The real difference is in organic milk which costs \$0.54 more for only half of a gallon of milk, therefore costing more than twice as much for a gallon. With per student spending being less than \$2 a day, every penny adds up in the end. As tricky as this situation seems to be, a student's health should always be the primary goal. To solve this problem we need a solution, one that won't just be found by ignoring the signs. Many students, who are able to afford it, would pay a higher price for healthier and more natural food. As well, there may be local farms and orchards which are accessible

to buy from, and do not cost as much as large companies, and you don't have to pay for shipping. Balancing the costs of healthier foods is possible, and has been implemented by some schools such as Open Classroom located in Salt Lake City, Utah. Open Classroom doesn't struggle with community support or budget overload, in fact they have ample support from the community and students. Enough support in fact, that the healthy ways of the school couldn't really be rid of easily (as if anyone ever could want that)! More school funding and community involvement could easily solve the problem, as the difference

of the costs is little if any.

Clearly, school lunches should be free of added hormones as they have been linked to certain cancers and early puberty in children. Being an adolescent affected directly by the school's choices, I want the food consumed by my siblings, friends and me to enable me to live a healthy life, with no maybe about it. So will you let unnaturally occurring hormones be present in school cafeterias? If not, go out and inform your school of your stand. Stop the risk, and take hormone contaminated foods out of school cafeterias!

## This Is My Voice

No Photo  
Available

**Favian  
Gonzalez  
Horizonte**

Schools should give student-teacher relationships more attention. Not very long ago, I had a friend who had a little boy who used to go to school. Every time they told him that it was time for school, he would get nervous and would say that he didn't want to go. Finally my friends went to talk to the teacher, and he told her that his little boy didn't want to go school. The teacher realized that her student was so scared that he wouldn't even ask to go to the restroom. This was not a good learning environment for that boy. Healthy relationships are important for students and teachers to succeed because they are important for academic achievement.

Student-teacher relationships are important for academic development. Positive relationships between the teacher and the student have long-lasting implications for students' academic and social development. Improving students' relationships with their teachers may not produce gains in achievement.

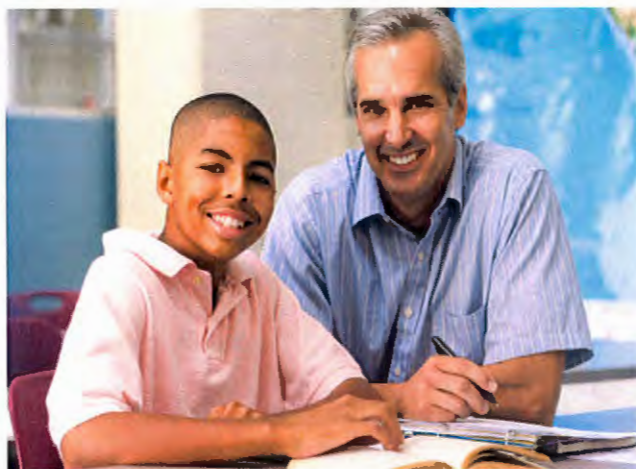
## Good relationships are good in school

Those students who have close, positive and supportive relationships with their teachers will attain higher levels of achievement in school than those students with poor relationships (Sara Rim-Kaufman, PhD, UVA). The following story shows that teachers should know what their students like to learn: One 4-year-old girl never paid attention and wasn't doing well in school. But one day the teacher decide to teach art and the little girl started to pay attention and then they got along and became friends. I think that shows that knowing the kid helps that kid to learn and the teacher to teach. For me that's true because I had a teacher that is so nice to me all the time. Even now I go to visit her, and we talk about school. Our talks are helping me get ready for college.

Some people would say that it depends on the effort of the student. Yes, it depends on

the effort of the student but if you had a better relationship with the teacher it would of help students want to succeed.

In conclusion, teachers and students need to communicate more in order to succeed academically and socially. If we don't do it teachers won't have a job because students will not want to go to school. This is important to me because I'm planning on having kids and I want them to feel comfortable in school so they can learn and so they can have a better future.





# ZOOS: Sanctuary or Prison?

## This Is My Voice



**ShayLynn  
Shields  
East High**

over and over. Now the strange animals are back and they stick something in you and it makes you feel drowsy. Next thing you know it's hard to move. You're at the point of not being able to move at all. Now you sit there. Every day the strange animals come back and the whole process of not being able to move continues. Every day you are

too small and they are either alone or cramped, depending on the animal. Often they are given either too much food, to where they gorge themselves, or not enough. Next, they have yard or outside time, but with little movement room and play space compared to their natural habitat. Then, after a whole day of being harassed they are forced back into

their depressing cage. That sounds a lot like a prison, doesn't it? The living conditions in most zoos need to be changed, because the animals are put in enclosures that are too small and they fall victim to ARB, or Abnormal Repetitive Behavior.

Zoo animals are often put in exhibits that don't simulate the animal's natural environment. For instance many animals don't get to follow an instinct that they would normally do in the wild. An animal that is victim to the inability to resort to a natural trait is the

elephant. Elephants that are in the wild travel hundreds of miles a day, but an elephant in a zoo enclosure would have to walk their exhibit two to three times just for them to walk a mile. Another victim is the wolf. The wolf travels miles, changing its location and following a pack. It also spends over half its life hunting and taking down its prey. But a wolf in captivity is given its food and is often put in an enclosure alone. Being in this enclosure takes away the ability and joy of hunting its own food.



Imagine you're relaxing in your home. Now imagine some strange animals taking you from your home, away from your family, friends and everything you know and love. These strange animals put you in a cage where you are isolated from everything and everyone. Now imagine these strange animals looking at you, pointing at you. Now your home is a cage with nowhere to run, nowhere to hide. You've found that when you pace it distracts you from being in this strange place so you do it

close to being paralyzed. The life I just described is the life a zoo animal has to live every day.

When you hear the word 'zoo', most people think of an awesome place where you can take the kids to see exotic animals like elephants, monkeys, camels and alligators. But has the thought ever crossed your mind that zoos are like a prison? Think about it, in a zoo the animals are held behind bars that don't look or feel anything close to their natural habitat. The cage is also



Being in the enclosure takes away the sense of security that a wild wolf has while being in a pack. Being in the enclosure makes the wolf settle and be in the same place. Another animal is the fox. The fox is a nocturnal animal, nocturnal meaning its awake at night and asleep during the day, but most fox cages are in an artificial dark house that makes the animal believe it's night time. Zoos do this so that the animal is awake while the zoo is open, which causes the animal to have an out of balance sleeping pattern.

Animal Liberal Front (ALF) states "Zoo animals held in artificial environments with little stimulation, enrichment, or opportunity to hide from the public gaze, display unnatural behavior patterns." Zoos are open year round which means each year animals are seen by about a million people. In most exhibits the animals are in an open area which means no matter where the animal goes it will have about twenty pairs of eyes on it. According to Wanda Embar, an animal specialist, it is not uncommon for zoo animals to fall victim of ARB- Abnormal Repetitive Behavior. ARB was first named zoochosis by a man named Bill Travers of the Born Free Foundation. He described this obsessive, repetitive behavior of zoo animals as zoochotic. Such behaviors include: bar biting- where the animal bites, rubs its mouth across, or sucks on the bar-common for bears; tongue playing- continuous licking of the walls, bars, or gates-very common for giraffes and camels. These are just a few of many ARB behaviors. Triggers for these abnormal behaviors are: boredom, frustration, depression, and psychoses. Animals with these behaviors are given anti-depressants and/or tranquilizers to control these abnormal behaviors. At other times the animal is left untreated because the crowd finds it amusing

On the other hand, according to a student at Scoil Mhuire English School, animals in zoos live enriched lives: they are fit and healthy, able to breed and



raise their young. The student states that zoos are specifically designed and constructed in such a way that they can cater for all the various needs of animals; physically, psychologically, and socially, and that the spaces in which animals live in reflect the native habitat of the animal (2013). As much as I would love to believe that zoo animals live enriched lives, I believe they don't. Animals in zoos are put in enclosures that are too small to comply with any of the physical needs an animal needs. Most animals get ARB which falls under psychological and social needs. Additionally most animals in zoo captivities are more likely to be rejected by the mother leaving the baby in the hands of the workers or being left to die (Wanda Embar). The enclosure the animal is put in is painted to look like their native habitat but a painting not a tree, the animal can't climb it. That pool area is not a river where the animal can catch its own food. We can't make a polar bear exhibit a winter wonderland in Arizona, or a camel exhibit a hot desert in Alaska. No matter how the zoos try to make an animal's enclosure feel like home, it will never come close to

the real environment.

For these reasons the living conditions of zoos need to be changed. If they aren't, animals will continue to get ARB. Changing the way animals are treated in the zoos will enrich our lives by not having to see animals in pain because we put them there. We save these animals because we don't want to see them go extinct. We want our grandchildren to be able to see a polar bear because they are majestic creatures. We claim zoos are the chance for a species survival yet we take away their ability to behave the way they would in their natural environment, an environment that each year is being demolished for our own growth. Helping the animals survive is our way of saying sorry for almost killing you off. But now we cage them and provoke disorders in them. We say we care, but how is locking them in a cage and driving them to insanity caring for them? We spend about twenty bucks a person for a zoo ticket, so why not donate that money to a wildlife fund, a humane society, or any other organization that is actually trying to save species instead of exploiting them?



# CREATING AWARENESS

## This Is My Voice



**Collin Teng  
Performing Arts**

Imagine this, you are in Africa, the land where the long weaving grass sways in the breeze. A rhino grazes off in the background with its kin and birds perch upon the trees. Suddenly you hear a loud thump! Birds take to the skies and you realize that the rhino in the background has fallen, pierced by a dart laden with drugs. You hear an engine approach and as the truck approaches you watch, horrified and unable to move, as people jump out of the truck and hack away at the rhino's skin until

the horn is completely severed from the rhino. You notice the infant of the rhino hiding in the grass. Because of incidents like these more effort should go towards creating awareness that rhinoceros horns do not cure devastating human diseases. Three reasons for this are first, that education will lower the amount of purchase of the horn, secondly, if the rhinoceros goes extinct then some of the ecosystems in Africa will collapse and finally, this will encourage people to take action so that other animals will not be needlessly slaughtered for their presumed medicinal purposes.

What if you found out that your beliefs would ensure the extinction of a certain species? Would you change or alter your beliefs? Well, this inhuman action is being practiced in many places including Africa. The only reason why

this is happening is because of superstition. If we take this act of education then it will lower the amount of rhinoceros horns being purchased. Based on the article, "Poaching for Traditional Chinese Medicine" by Richard Ellis, rhinoceros horn can't cure bewitched nightmares, expel fear and anxiety, cure extreme colds and many more false beliefs. But even though there is no scientific evidence to even suggest in the slightest that the rhinoceros horn has magical properties, that fact does not stop ignorant people from buying the rhino horn. "If the buying stops the killing does too" is a slogan for a non-profit organization called Wildaid that tries to help species that are on the brink of extinction. This is an example of supply and demand towards rhino horns. Also, if the buyers or demanders are aware that the rhino horn is not





a cure for debilitating diseases then they will stop purchasing the horn leading to hunters having less demand. Then the rhinoceros will have more of a chance of thriving in the wild. An example of the way that these cultural beliefs have affected the rhino population is that the Northern White Rhino has only 7 individuals left and the Borneo Rhinoceros population is only about 30 ([savingtherhino.org](http://savingtherhino.org)).

What is a keystone species? Is it a single animal that an ecosystem is based off of? One of the best reasons to support this action is that if the rhinoceros goes extinct then some of the ecosystems in Africa will collapse. A rhino is considered a keystone species and based on the National Geographic article titled Keystone Species, "without keystone species, the ecosystem would be dramatically different or cease to exist altogether." One of the examples of how the rhinoceros affects the ecosystems in Africa is the symbiotic relationship between the rhino and the oxpecker. While the rhino is feeding in the shrubs, ticks jump on the rhino to feed. Then the oxpecker comes and feeds on the rhino and relies on the rhino to carry the ticks as one of the main meals and in the process of feeding the oxpecker also tears off rhino skin and flesh as part of its meal too. Should we continue with killing the rhinos at the rate that we do now then the rhino will soon follow the dodo to the path of extinction. The rhino contributes to the habitat of many other animals, which will also be affected.

Who would be cruel enough

to pay a small fortune for part of an endangered animal? You might think that this is an inhuman act of torture, but the people that are performing these acts believe that this is a civil act and that no one is being hurt. That is why I want to make them fully aware that what they are doing has dire consequences. If we start with saving the rhinos then this act will encourage others to take action in order to ensure that other animals will not be needlessly slaughtered for their presumed medicinal purposes. The article Slaughtered By Superstition by Doug Olander states that people are willing to pay an amazing amount of money for a tiger's eye ball, a dog's penis, a monkey's head, turtle's blood and pickled rat fetus. One of the bigger examples are bears. Bears are being hooked up to cages, being put in confined cells and then milked for the content of their gallbladder. This process involves excruciating pain and if the bear is ever rescued from these facilities then they are not fit to be released into the wild. The outcome is actually unhealthy for its consumers. So many animals are being tortured because of the consumer's ignorance and we must not allow any more of this cruelty to happen

Many consumers of rhino horn say it is a tradition similar to traditions like the Fourth of July. But you cannot compare this tradition to the Fourth of July because this tradition is making a species extinct. It is not worth it to ensure the extinction of a species just for some cultural traditions. The contribution that the rhino gives to the ecosystems

outweigh the fact that this action will interfere with these traditions by far. Already, because of these traditions the Vietnamese Javan Rhino went extinct in 2010.

Subsequently, more education effort must go towards ensuring that people are aware of the fact that rhino horn does not cure rhino diseases. For these three reasons, firstly, education will prevent the amount of rhinos being killed for the horn, secondly, if the rhinoceros' go extinct then some of the ecosystems in Africa will be effected in a negative way and finally, this will encourage people to take action so that other animals will not be needlessly slaughtered for their presumed medicinal purposes. In the future, if we do not lower the amount of rhinos being poached for their horns then eventually one by one the rhinos will cease to exist thus affecting their habitat and the other animals thriving in it. This is important because the earth cannot provide enough resources for humans to keep on living the unsustainable life that we do. I say this because many of us are ignorant to the fact that the growth rate of the human population is unsustainable and based on the decisions that we make it will affect the amount of resources that we can provide for future generations. I want you to close your eyes and think of all the bloodshed, of all the torture that we are causing the rhinos and ask yourself, is it really worth it? Because, "when the buying stops the, killing can too" (Wildaid).

**"IF THE BUYING STOPS  
THE KILLING DOES TOO"**



# Big Brother is Watching

## This Is My Voice



**Sierra Garner**  
Highland High

Soon our privacy will be gone and completely overrun with surveillance if we don't make people more aware of how far government surveillance is going. Facial recognition is just one more way the government can keep tabs on us civilians. One's personal life should be kept personal. Facial recognition invades our privacy and gives the government too much control. Therefore, it should be banned.

Facial recognition software is a name for a large group of complicated algorithms that can identify people in pictures and videos. They can measure between different points on your face including cheekbones, chin, jaw, eyes, eyebrows, nose and many points in between. There are many facial recognition systems and they are operated by different groups of people. Some of these groups combine to maximize their ability to gather information. The biggest combined group currently includes: Facebook, Google, Yahoo!, Microsoft, PalTalk, Skype, AOL

and Youtube. These sites all feed into the NSA which includes the CIA, FBI, DIA, and DOD (Huffington Post).

The government is able to easily find our information. According to COPPA privacy laws there are much fewer restrictions on information gathered from people over the age of 13 (the US General Services Administration). Certain government programs like the FBI and CIA are connected to social networking

ask someone in a higher position for permission to find this information. From your online social activity they see what you do and don't like and can judge whether or not you are dangerous. If you have an angry post or insulting picture it may lead them to believe you are willing or capable of doing something dangerous. If you are a possible danger they can go out and find you in public. According to the NSA's recently



sites. If they feel you may be suspicious when seen on camera they can connect a face scan to your pictures online. This gives them access to information you have online. They don't even need a warrant to do this. If they personally feel you are being suspicious they just

leaked top secret document the specific information the government is able to access can include "email, video, voice chat, videos, photos, voice-over-IP chats, file transfers, social networking details, and more" (from the Guardian news). The man who leaked this infor-



mation is on the run. He was last seen in Hong Kong according to the very same recognition systems he revealed. A bit ironic, don't you think?

The Automated Fingerprint Identification Unit (AFIU) fingerprint system holds over 4 million fingerprints and almost 28,000 palm prints. The government is making a law that you're required to have finger and background checks before you can get a job or license, or volunteer for things like being a scout leader, coach or healthcare worker. It is not the governments business where you decide to work. According to the first amendment "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble." Even if this system does help solve crimes, many people fingerprinted are not criminals. Facial recognition is getting used more often and if we aren't careful these statistics will be reflected to other types of identification systems. You will have to have a face scan and background check before you can get a job, volunteer or get a license.

Many people believe that facial recognition is necessary for finding criminals and terrorists. Situations that are

potentially dangerous can be stopped and everyone's safety is made more concrete. This is true, but you have to be prepared to give up your privacy to have these rewards. However, facial recognition isn't completely reliable. Police may catch and imprison the wrong person, accidents can happen. There was an American drone in Afghanistan equipped with facial recognition. This drone spotted multiple known terrorists gathering together in a building. The drone blew up the building killing everyone inside. As it turned out this wasn't a terrorist meeting, it was actually a wedding that they happened to be invited to. Innocent people were killed because the drone couldn't see inside and tell who else was there.

Even worse, the government isn't the only chain using facial recognition. There is a possibility that stores are violating certain privacy laws with their facial recognition systems. Stores are abusing their power and invading our lives. They are able to see where you usually shop and send you coupons to these places. If you start shopping at other stores, say Home Depot rather than just super markets, they might send you an ad for magazine subscriptions about gardening and home repairs. They are trying to get you to spend more

money and make a commitment to their store. This is a problem because the facial recognition systems are tracking our lives even in uneventful situations. Using Facial recognition in this way is a problem because "...we are guaranteed a constitutional right to anonymous speech and association in the United States" (Privacy SOS). We should be able to go about our lives, communicating without someone else having to know about it. Having facial recognition in stores violates our constitutional rights by keeping tabs on civilians. We need to outlaw this ability in the whole nation, even the whole world. We can't be sure of whether or not our rights are safe until we know facial recognition is gone.

Facial recognition needs to be banned. If we don't stand up and make a change, we will be under complete government control. Everyone wants to be happy and succeed, whether it is for them or someone they care about. I want everyone to be able to have their privacy and not fear being in public or doing what they enjoy. If more people are aware of this we can join together to make a stronger stand and take back control of our future.





# Book Banning: Dictatorship or Democracy?

## This Is My Voice



Jadee Hill  
East High

To anyone who has ever been mesmerized by the rough-edged writing of J.D. Salinger's *The Catcher in the Rye*, assigned Harper Lee's *To Kill a Mockingbird* in your high school Language Arts class, or found yourself falling in love between the pages of F. Scott Fitzgerald's *The Great Gatsby*, you've read a banned book. Throughout the United States the banning and challenging of books happens when a parent decides a book shouldn't be taught in schools and petitions for its removal from the curriculum ([bannedbookstx.org](http://bannedbookstx.org)). Parents should only have control over their own child's academic reading and should not be allowed to ban or challenge books for all students in Salt Lake City public high schools. Allowing a parent to limit what books are taught in high school classes questions the educators' expertise, restricts the students' ability to decide for themselves what books to read and allows the parent to dictate what books teenagers in the community are exposed to.

The most common reasons books are banned are because they contain content considered inappropriate or offensive, usually by political or religious standards. The book banning process is meant to be executed as a multitude of steps which requires the parent who challenges the book, the teacher, the principal, and a member of the school administration board to read and evaluate the book. If the book is

then deemed unfit for usage in a lesson it will be removed from the curriculum. However, in some cases, this process differs. Often challenged books will be evaluated by "administration only" or "librarian only," meaning that the book may be withheld from schools under the

you may hate the book your teacher assigns, it has literary importance. To request for removal of a specific book is to question the reason it is being taught. There are a variety of ways books are chosen for high school classrooms. In some cases teachers choose books they

**~~"Not every  
book is right  
for each reader  
but we should  
have the right  
to think for  
ourselves and  
allow others to  
do the same"~~**

--American Library Association President Roberta Stevens

decision of only one person ([bannedbookstx.org](http://bannedbookstx.org)). This is alarming to those who believe no one single person should be allowed to dictate the learning process of an entire community.

Not all students are eager to read books assigned to them in class. It is true, however, that no matter how much

want their students to read from a list approved by the school district. Teachers decide based on personal preference, but also on literary importance. To become a high school teacher you must attend four to six years of college education and pass the state licensing exam ([utahfutures.org](http://utahfutures.org)). High school teachers



are well-educated and for a parent to question a teacher's book choice is to say that the parent knows better than the educator, which, in most cases, is not true.

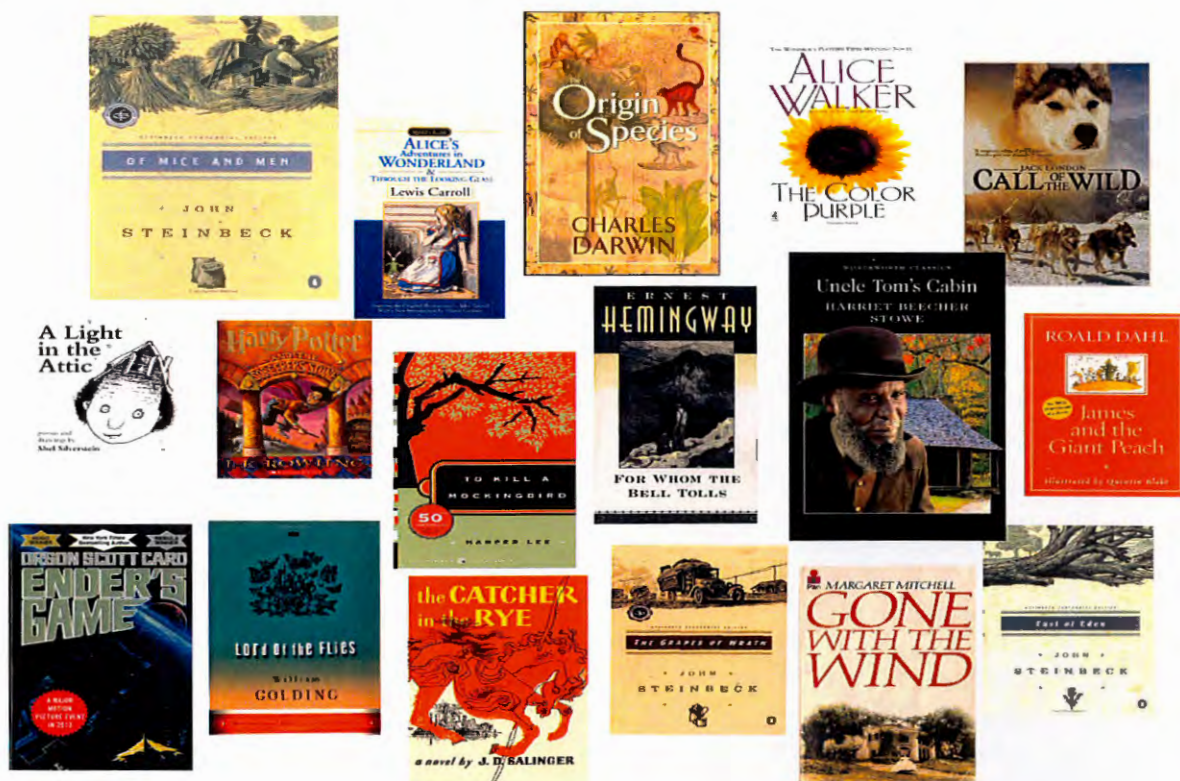
American citizens enjoy the rights given to us by the constitution, specifically those written in the First Amendment. However, it is in direct violation of the Amendment to restrict the free expression of literature through the banning of books. The Amendment states: "Congress shall make no law... abridging the freedom of speech, or of the press..." The publication of John Steinbeck's *The Grapes of Wrath* ensured that his works would find their way into hundreds of schools and households, as well as land him a spot right alongside Alice Walker (*The Color Purple*), Vladimir Nabokov (*Lolita*), James Joyce (*Ulysses*) and many others on a list of the most frequently banned books of our history (takepart.com). *The Grapes of Wrath* has been banned — and in some cases burned — in

many states throughout the country for use of profanity and the perceived misuse of the words "God" and "Jesus." This argument it is one sided. Many people do not agree that this is adequate reasoning for its removal from schools, yet it has still been banned based on the offense taken by one reader.

The quickest way to get a student to read a book is to tell them they aren't supposed to. Many parents argue that simply prohibiting their child from reading it isn't enough, the book needs to be made unavailable to the student all together. Many people believe that high school students, between the ages of 13 and 18, are old enough to decide for themselves what is right and what is wrong; this is why they are given freedoms such as driver's licenses and later curfews. It is in the student's position to ensure that he or she read only what is inoffensive to their own personal morals and those established by their family. If a book is offered that they do not wish to read, they have the abil-

ity to refuse. If a student violates their parent's wishes by reading a forbidden book it becomes an issue that needs to be handled within the family, and should not be extended to their teachers or to the district.

Parents deserve control over their own children, but not those of others. For many people, the only books they ever read are the ones that are assigned to them. If, over time, high school book choices become more limited it will cause for a narrow-minded understanding in such people. As a reader, books provide me with insight and education into worlds that I do not, and perhaps can never, understand. John Steinbeck has been dead for almost fifty years and still his works are being shielded from students around the world. Steinbeck once said, "The free, exploring mind of the individual human is the most valuable thing in the world." If it's so valuable, perhaps we shouldn't be restricting it.



These books have at one point either been banned, censored, or requested for removal from libraries.



# College at 17

## This Is My Voice



**Samantha  
Paredes  
East High**

I'm ready to be done with high school because I have all my credits to graduate and I would like to start getting ready for college. By the way, I just finished my junior year. I feel like my maturity level is a bit higher than other kids in high school. Fast tracking High School should be an option for over-achieving students because some students are ready to take on adult life and many over-achieving students end up wasting their senior year when they could be going to college.

Some students are ready for adult life sooner than others. It's not fair to keep all students at the same level when some people are ready for more. Not all students learn at the same pace, some are ready for the next bigger challenge. For example, in 2012 The Wall Street Journal published an article about a student named Luke, who wanted to graduate in three years: "Roland Priebe encouraged his son Luke to graduate early because regular middle and high school classes were a bad fit for his academically gifted son. He helped Luke arrange to skip prerequisites for some classes and enroll in dual-credit college courses, 'he had a chance to learn at his own speed and he was re-energized.'" Luke is an example of a student who is ready for adult life, he showed that he was capable of more and fulfilled his academic dream of graduating early.

Fast tracking high school is a good idea because some students are ready to take on college after junior year. "Failure to use the senior year to enhance

preparation for success at the post-secondary education level, reflects the deep disjuncture between post-secondary and K-12 education. Neither K-12 nor post-secondary education claims the academic content of the senior year as a basis for further education. Consequently, the senior high school curriculum is not linked clearly to the first two years of a university, or a continuous vision of liberal education. Many selective public universities admit by December 1 of the senior year, and rarely even look at senior year grades. Consequently, students cut back on academic courses and work long hours in non-school jobs or internships" ([highereducation.org](http://highereducation.org)). Senior year is a waste of time because it's not



being taken seriously; most students have all their credits after junior year. The students that do have the credits have no reason to stay in high school for another year if it's not needed.

Fast tracking high school isn't always a good idea. It could lead to starting adulthood at an earlier age, which could lead to having kids sooner than planned. Everything could go downhill

from there, bills could start becoming too much, rent overdue, no car, no career because it has been giving up for parenthood. The goal was to complete high school sooner to get more of what life has to offer like collage and starting the career they'd hoped for. Although the above scenario is an option, not all students who graduate early will end up on this path. Another, more likely path is getting a high level education that will lead to a high level job. Most students who finish high school early are mature and motivated.

When students are ready to go to college they should be able to. If we had more kids fast track high school to college we could have more doc-

tors, engineers, scientists, and more construction workers, which is more of what we need. I feel like it's not fair to keep everyone at the same level. If some are ready to move on to more academic learning then there shouldn't be any problem. I'm one who's ready to take on a mature future and start college at 17.



# Sailing the Seven "Nets" in Search of Pirates



"The Internet is both great and terrible. As a source of information, a tool for delivering music and art, it's great. But spamming ads and piracy of music is terrible. It's stealing." - Gary Wright

As the Internet has become exceedingly popular over the past two decades, the piracy of media made its final major transition into the digital world, striking fear into the very heart of the entertainment industry. "Piracy" is the illegal copying/distribution of media, such as music or film, through the Internet for free. Stricter and harsher punishments for pirating media over the Internet should be instated because piracy violates copyright laws and publishers of said media suffer a great loss in profits, resulting in layoffs for industry employees.

Copyright laws were mainly put in place not only to protect the creative work of individuals but also to act as an incentive of sorts for companies to continue investing in the creation, distribution, and marketing of a product. (Why is Piracy Illegal?) Most pirates simply despise the idea of paying large sums of money for the media they consume daily and do not realize that their actions of piracy have far reaching consequences. However just as the average citizen must strive to obey the laws put forth by their governments, pirates must do so as well, which means complying with copyright laws. When a person copies and distributes a product without the authors' or companies' approval, they are benefiting from the creativity of the artist and the

work, time and money put forth by the company to put that product out on the market. This ultimately voids the purpose of copyright laws because the pirate does not reward the artist or the entrepreneur.

As stated by the Directors Guild of America, there is a 25 billion dollar annual loss for the United States alone due to global piracy. This is quite a vast sum of money that the publishers as well as the original creators of the media are cut out of. To put it in perspective, with 25 billion dollars one could buy: nearly 25 billion iTunes songs (\$0.99 per song), or perhaps more than 1½ billion DVDs (\$15 per DVD), or almost 420 million videogames (\$60 per game). These numbers help put into perspective the average amount that is lost every year to pirating. Yet the statistics also present the fact that due to the loss in profits, there is an annual loss of 375,000 jobs in the industry. The job positions typically lost are for audio engineers, computer technicians, talent scouts, and even marketing specialists. This clearly shows that piracy is a major threat to the media industry, the world economy, and thus the livelihood of people around the globe.

Many pirates state that they only resort to pirating because they simply cannot afford the product at that particular

moment, but that they will certainly purchase it after they can afford it and ascertain that it is a grade A, worthwhile product. However, some friends, who have habits of downloading pirated media on a day-to-day basis, do not seek to purchase the product after their "trial period" or even after they receive funds to pay for said product. To put it simply, they have no logical reason to pay for something that they already have in their possession; which is why the "trial period" and money excuses have no backing or support.

In short, stricter and harsher laws against piracy over the Internet should be instated because of the harmful effects it produces and if piracy is allowed to run rampant, there is a very real possibility that the entertainment industry will begin to fail due to a loss in revenue leading to a vast amount of layoffs. I hold this issue close because I one day hope to be a cog in the entertainment behemoth and certainly do not wish my livelihood to be at risk in the near future. So before you think about pirating the latest episode of *Mad Men*, think about the men and women who dedicate their efforts to making that show a possibility and perhaps give something in return for their devotion.





# Bruise Her and Lose Her

## This Is My Voice



**Kaitlyn Gordon**  
**East High**

Imagine. You lie awake in bed terrified. Your partner is late again, probably off at the bar and will likely come home highly intoxicated. You are certain that when he does return, he will take the angers of the day out on your poor, defenseless, and abused body and there is nothing you can do to stop it. You could leave, but where would you go? This would be a common scenario in your life if you lived in a domestically violent marriage. Domestic violence, also known as Intimate Partner Violence (IPV), is the leading cause of harm to women with rates higher than car accidents, muggings, and rapes

combined ([www.clarkprosecutor.org](http://www.clarkprosecutor.org)). That's not to say that it doesn't happen to men as well; women can be just as abusive, but violence against women is more common. Not only does domestic violence frequently occur, it also has a huge effect on society, and too little is being done to protect the victims and those around them. Our society needs to lower the number of women who are homeless due to domestic violence, and increase funding for shelters and organizations designed to protect victims of domestic violence.

For most women in an abusive relationship a shelter would be an ideal sanctuary, but sometimes this option is not available. The number of women and children who are turned away from shelters increases yearly. Despite the 22 women's shelters in Utah alone, 650 women and children were turned away last year according to [abc4.com](http://abc4.com). These women, if unable to find refuge else-

where, were forced to the streets, which could be just as bad, if not worse, than living in an abusive household. More shelters, or increased space could lower the turn-away number, allowing for more women to be protected. Also, having another place to escape to such as a family member's or friend's house could offer protection for those who are turned away from a shelter. In that situation, the victim's family needs to be aware that a family member is being abused in order to help if needed.

Part of the reason the turn-away rate is so high is inadequate funding. Shelters simply cannot afford to house these women; there isn't enough space or resources. To make matters worse, the government is considering cutting the Violence against Women Act (VAWA), which works to help women in an abusive relationship by responding to urgent calls to the National Domestic Violence Hotline. (<http://www.white->



**If you feel ANY of these in your relationship, that's abuse.**





house.gov) Financial backing for women's shelters and other organizations designed to keep women safe may also be cut, which could result in up to an added 200 women unable to find safety. Money has a huge effect on the quality of life in a shelter, as well as the amount of women it can house. Many charity benefits have taken place for shelters and other organizations, and, although this is a good way of earning money, it is still not enough. Government funding should be increased because the government needs to do all it can to protect its people.

Due to little knowledge of domestic violence, many people believe that it is not prevalent in our society. This creates the belief that more help is not needed to protect these women.

However, this statement is false. Typically, women are hesitant to share that they have been or are being abused out of fear or embarrassment, creating the facade that violence is not occurring. In fact, according to [clarkprosecutor.com](http://clarkprosecutor.com), one in four women will be abused by a partner in her life and, on average, a woman is abused by her partner every fifteen seconds in the United States. It is an invalid argument to say that domestic violence is not occurring. Plus, with statistics like these, it is impossible to say that more does not need to be done. As my father, who is currently incarcerated for domestic violence charges, stated during a recent visit, "I was protecting her from everyone except myself." The reality of the matter is women's lives are put in danger by the one person who

is supposed to protect them, and very little is being done to stop it.

In conclusion, it is obvious that more needs to be done for the abused women in our society. Funding for shelters and similar organizations created to protect women needs to increase. Not only would this better the quality of living in those shelters, but also decrease the turn-away rate. This is a very important topic to me personally because growing up in an abusive household I have witnessed first-hand how bad the situation could get and I know that more needs to be done. Women need to be better protected from violent spouses. No one wants to be abused, so why isn't more being done to stop it from ever happening?



# GSAs in Public Schools?

## This Is My Voice



**Samantha  
Krejchi  
Highland High**

"A Gay-Straight Alliance (GSA) is a student-run club which provides a safe place for students to meet, support each other, talk about issues related to sexual orientation, and work to end homophobia. Many GSAs function as a support group and provide safety and confidentiality to students who are struggling with their identity as gay, lesbian, bisexual, transgender, or questioning" (Gay Straight Alliance Network). Gay-Straight Alliance should be allowed to be an after-school club in all public high schools in the Salt Lake City School District because it helps gay students' self-esteem, and it creates acceptance and tolerance towards those students.

Teenagers are insecure to begin with, particularly gay teenagers because they are treated like they do not belong, and like their preferences are unacceptable, which makes their insecurities grow. Gay-Straight Alliances clubs have been proven time and again to drastically lessen the amount of bullying which takes place in schools, and decrease the suicide rates among gay teens who feel like no one supports them (procon.org). When students are in the club together the victims will have new friends that can stand up for them if they're being bullied. Students' sense of self is bettered when they know that they have people on their side. It is apparent that with the Gay-Straight Alliance, there are more gay teens that are proud of whom they are.

GSA clubs also create acceptance and tolerance toward gay students. Back

in 1998 "a group of students attempted to form a Gay Straight Alliance (GSA) at East High School in the Salt Lake City School District, the school refused to allow it" (lambdalegal.org). The fact that the school refused allowance of the club was a violation of the federal Equal Access Act national laws, and after legal action was taken, now GSAs are allowed at East. But many gay teens still feel discriminated against by everyone in the school. "There is compelling evidence that the majority of gay students frequently hear homophobic remarks and other types of biased language at school, and that gay students experience bullying and harassment at school because of their sexual orientation and/or their gender expression.

These experiences contribute to a hostile climate and some gay students choose to miss school in order to avoid negative experiences that threaten their safety" (The Gay, Lesbian, and Straight Education Network). Gay students have a significantly hard time in school because of how they are treated. A GSA provides a safe place for them to go so that they can be open and feel accepted rather than be scared and feel unsafe.

Some people say that there should not be political clubs in schools. One person I interviewed views Gay-Straight Alliances as a political group in which controversial issues concerning gays are discussed. However, it doesn't

matter if GSAs are a political group or not; they are a support group for teens who would like to talk about their problems regarding sexual orientation. Also, "Failure to grant a GSA the same privileges [as other clubs] may violate the Equal Protection clause of federal or state constitutions, the First Amendment, and/or state statutes prohibiting discrimination on the basis of sexual orientations." (The National Center for Lesbian Rights) The NCLR is stating that not allowing the club is against the law.

To conclude, if a Gay-Straight Alliance is desired as an after school club by students, public high schools should allow it because it increases gay



students' self-confidence, and it creates understanding and tolerance towards those students. I care about the well-being of my homosexual peers and I want them to have the same rights as I do. If GSAs are provided where they are wanted and needed, there will be less bullying which will lead to less gay teen suicide. Imagine if your child never had a place in school that they felt safe in. Wouldn't you want something to change?



# Words' Worth

## This Is My Voice

No Photo  
Available

**Rebecca  
Bennion  
Highland High**

Louise spent the last months of her life in a care center. As her life was ebbing and energy drained from her, her body curled into a fetal position, one arm upright and propped against the bedrail ready for a visitor to slip a comforting hand into hers. Her eyes remained essentially shut as though she lacked the force to open them. At times her voice called out, but her word trailed off without completion, "Hel..., hel..." When a visitor arrived and queried if she were swearing, she responded, without missing a beat or raising her eyelids but punching out the intended final consonant, "Help, help?" To the end of her life, Louise retained a sense of both humor and decorum; her lifelong lesson of using appropriate language had become so ingrained that she never deviated into swear words or vulgar language. Language is such a powerful tool (or weapon) that speakers should be conscientious of their use of it so that they can then ensure that their words are appropriate for their audience and precise to communicate clearly.

Language needs to be appropriate. While individuals in society have different meters to gauge appropriate language, certain words can so inflame a situation or inflict such deep wounds that retaliation may become physical. For example, in old westerns, a character often beligerently announced, "Them is fightin' words!" What may be deemed by some as crude language does not necessarily lead to a black eye, but it may leave the speaker labeled and/or stereotyped. Mark Twain quipped, "A man's character may be learned from the adjectives which he habitually uses in conversation." One may

wonder if the adjectives, or even nouns and verbs, an individual uses matter in today's world; many people feel that they should be able to express themselves freely. However, language etiquette is still alive and viable in today's workplace. Not only can inappropriate language be the cause of dismissal from a job, but language used inappropriately in a formal or business setting can keep an individual from being hired, advancing in a career, or becoming successful. In "Effective Communication Skills in the Workplace," Geeta Dhavale writes, "It is always advisable to talk politely with your colleagues. You must avoid using slang and unprofessional language while talking, greeting, or delegating tasks [to] your colleagues." The casual 'Sup?-greeting to a friend can be transformed into a business query of "How are you?" without jeopardizing the integrity of one's individuality.

Another aspect of language usage is choosing the best word to convey one's ideas. Two friends meet at the beginning of the school day. One greets the other with, "Sup?" Her very literal friend responds, "It's not even lunchtime, and you already want to dine?" Obviously the first speaker's intent to greet her friend casually got lost in the translation. In Dhavale's article, she counsels, "You must possess a good command over the language. Choosing the right words helps one to communicate better and convey the right message without creating any doubts or conflicts." The value of her advice can easily be seen in the following examples. Ordering a couple dozen packages of paper as opposed to 26 reams (500 sheets) of paper could make the difference between completing a print job on time or being in trouble with the boss. In requesting a colleague to open a window, stating the room is stifling might get faster results than saying the room is rather hot. Mark Twain clarified the distinction, "The difference between the right word and the almost right word is the difference between lightning and a

lightning bug." Choosing a precise word illuminates the intended meaning to an audience.

Many may find the arguments presented in this essay archaic and meaningless. They might respond that people should be who they are and express themselves however they choose, after all here in the United States we are all guaranteed freedom of speech. Nevertheless, teenagers often lament that nobody understands them. But how can people be understood if they do not express themselves adequately? It's like really, really hard to get things and stuff across to brain-dead or @\*/?&@ people listening and uh yeah! Taking the time and thought to find exact words would have made the preceding sentence intelligible. Don Miguel Ruiz stated in his book *The Four Agreements*, "Be impeccable with your words." Saying exactly what one means in an appropriate way for the situation can only enhance who one is and how s/he is perceived.

Our language and how we use it define who we are, and choosing our words deliberately for meaning and audience presents our true selves clearly. In an explosive society and world where words truly become fighting words and barriers, using impeccable speech can encourage more dialogue and break down walls. The most common communication that we have is the word, both oral and written, so it behooves us to make each word, or at least the majority of our words, count. Like those of Louise's generation who were drilled in appropriate language at a word level, communication level, and situational level, it is worth our effort to choose our words wisely. It really is just a matter of the ABCs: Articulating accurately and appropriately benefits us boundlessly in the cause of communication.

## com-mu-ni-cate



# Music Is the Secret of Strength

## This Is My Voice



**Michelle Kalolaine  
Ika-Thomas  
East High**

"If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music" the great Albert Einstein once quoted. From history we were astonished to find that Albert Einstein didn't get the best grades in high school. I wonder what could have possibly helped poor little Al? Maybe if he just listened to music while working all his problems would've been solved. What if we allowed students to listen to music now? High school students should be able

to listen to music in class while working on an assignment or a test because it relaxes the brain, helps the students' concentrate, and teachers could use that privilege to their advantage.

To start with, Bob Marley quotes, "One good thing about music, when it hits you, you feel no pain." Music is known as a big stress reliever. It can help you relax your brain, slows heart and pulse rate, and music can also take a part in lowering your blood pressure. Music affects your mood and body. Statistics taken from a science project from Riverdale High School show that if you listen to music where you can inhale and exhale rhythmically it can soothe your blood vessels and tames your blood pressure. Ed Edelson the Health Day reporter with ABC News stated how music affects the cardiovascular system from an earlier study done by Pavia University in Italy. They proved on how

music tempos affect your breathing and how it can be used in rehabilitative medicine. The study showed that it was usually music that interests the listener would calm them down. That whatever the listener enjoyed listening to on a daily basis, was what would relieved their stress

Also, music could also help students concentrate. I took a poll and it showed 15 out of 20 students can concentrate while plugging in some of their favorite tunes. Listening to music can also help make the work much more bearable and music can also help with attention, memory, and mental ability. Stanford even did some research studying how music moves the brain to pay attention. The paper's senior author Vinod Menon, PhD, associate professor of psychiatry and behavioral sciences and of neurosciences stated from the research, how they found that

if a listener were to listen to music with wandering attention, once the music is in their attention is arrested. Jonathan Berger, PhD, associate professor of music and a musician who is another co-author of the study also stated "The study suggests one possible adaptive evolutionary purpose of music, Music engages the brain over a period of time, he said, and the process of listening to music could be a way that the brain sharpens its ability to anticipate events and sustain attention." To sum up what these professors sort of researched is how music sustains their attention to one particular subject which their concentration will be focused on as well.

Lastly, teachers can make the music listening





privilege a reward. What is better than being able to go through a really hard test knowing that you can plug in your favorite playlist after? Some teachers I have met along the way would give out these little tickets for turning in their best work that they pulled through with. Those tickets were worth a test that you can listen to music with and other little prizes. He would even tell us that if we were to sit quietly working hard for the first part of the assignment he would let us listen to music towards the end of the work time. Putting that as a reward will push the students into getting their best work done so that my class has done so. My class had one of the highest GPA average throughout that department and grade. Just think of the big motivation it was to my class and the great accomplishment we made. Imagine what that could do for your class.

In contrast, people would argue that music is a distraction. It can occupy your mind, and take your focus away from the work you are supposed to get done. It can also distract the people around you. I can assure you it is the case, just not for everyone. Music is known to help with people's productivity and makes the work load seem a lot more bearable. Interesting fact, I am listening to music as I am writing this and you do not see me having any trouble with it nor the people around me.

In the end, high school students should be able to listen to music in class. Just imagine all the less stressed people throughout the halls. Personally, I cannot work very hard without listening to music. Were I to work without music, I guarantee it would not be my best work. And in the future, the youths' concentration and stress levels will be improved as well as their grades.

If you are a teacher, imagine this for me, I bet you that you have given out a really big assignment that contained what seemed to be never ending pages. Say I was your student, and you made me do it all in class. And I could not listen to music; I would either finish it but lazily or not bother getting it done because it was too much for me. Just think how bad the students' grades will turn out, I also know that I am not the only one like that. How good would that make you look with having many students not getting their best work done? Jay Asher once told us, "You can't stop the future, you can't rewind the past, the only way to learn the secret ...is to press play."





# What do you believe?

## This Is My Voice



**Ash Flores**  
**West High**

Religion is a personal subject. When I asked my friend whether her parents would be fine with marrying someone with a different belief system, I had received an intriguing reply. She responded with “No, but I wouldn’t want to either. My religion is the most important thing to me and I wouldn’t jeopardize it for anyone,” and it made me wonder, “Why is it important for her?” I’ve never been given the opportunity to learn about the Muslim religion or any other religion. Schools should have a world religion course because it brings religious diversity and gives students an opportunity to choose their own religion.

Religious diversity has a big impact on how we develop in today’s world. In world news, you may hear about religious events you never knew existed. The reason this is important is there might be conflict between religious groups. The problem is that they feel threatened, who knows what is bound to happen to them and others. For example, the tragedy that happened in Sri Lanka where about 64,000 people were killed during the religious strife between the Buddhist Sinhalese and Hindu Tamils (pbs.org). If we were taught about different types of religions we could all learn to get along better and have mutual respect for one another (greatschools.org).

Opportunities are everywhere if you search hard. When it comes to religion, it might already be there. Or maybe you are still looking. Taking a

world religion course can be a fun, educational class. People who major in religious studies are prepared to enter several career choices that involve law, government, and medicine and so on. In fact, at the UC Davis University, students have given such remarks as, “I am fascinated by religion. It seems to be able to evoke both the beautiful and most ugly sides of humanity.” Along with “Religious studies classes have challenged me. Faced with ideas and people who are not Christian, not what I grew up with, I have to decide and think over what I truly believe. It’s hard, but good” (ucdavis.edu). These students have learned about several religions and have taken in consideration what they’ve grown up to believe.

There are several reasons why most schools would not have a religious studies class: they wouldn’t know where to find teachers who qualify or they’d think that not many students would be interested in taking the class. That is wrong! As stated earlier, there are people who have majored in Religious Studies and would most certainly be

eligible to teach these courses. As for students not being interested, that is also wrong. I am a teenager who talks to other teens. Having conversations with several of my classmates, I have asked them whether it’d be a great idea to have such a class. One responded with, “I’d say it’s alright as long as it’s strictly educational. Not preaching, but educational in the way that we, as kids, were taught about Greek Mythology.”

In conclusion, schools should have a world religion class because it brings more religious diversity and lessens the ignorance and discrimination of young minds. It also allows students to choose their own beliefs. Studies show that people, who are religious, on average, are happier: Though, not all religions are about being happy but rather, honest and fair. (asanet.org) In the future, we would decrease the amount of hate crimes that are happening out there in the world. It’s important because most people, including myself, care about the well-being of others and hope they find happiness.





# Salt Lake School Board Member Speaks Without Seeing the Full Picture

## This Is My Voice



**Maria Cardenas  
West High**

On February 27, 2013, an article was published by the Salt Lake Tribune stating that Michael Clara filed a complaint with the U.S. Department of Education calling West side teachers ineffective. Michael Clara and other school board members should not discriminate against west side schools and teachers in the Salt Lake City School District because west side schools have a bigger population of ESL students and teachers are just as effective as the teachers on east side.

West side schools have a bigger population of refugee students and ESL students. According to the Salt Lake City District, ethnic minorities make up 53% of their students, and the district serves a significant refugee population from Eastern European and African countries. Approximately 60% of all students come from low-income families, and just over 33% of them are learning English as a second language. Most of these students, who come from a difficult background, live on the west side of Salt Lake City therefore they go to west side schools. Based on the USOE website, Backman Elementary, which is located at 601 North 1500 West, has 39% of students learning English as a Second Language compared to Bonneville Elementary, that is located on 1145 South 1900 East, which has a total of 2% ESL students. Clearly, there is an enormous difference in the number of ESL students between these two schools on opposite sides of the district. Michael Clara shouldn't compare schools and just assume something is wrong with the school or teachers without looking and understanding what challenges they are facing; in this case, ESL and refugee

students on the west side could be considered a challenge, but also an incredible opportunity to learn about diverse cultures and people.

West side teachers are just as effective as the teachers on the east side. On June 19, 2013 I interviewed a new teacher that used to teach at Glendale Middle School. I asked her if she thought new teachers at Glendale were well prepared to teach students and she said, "Two out of three new teachers have multiple masters' degrees. All three are highly qualified to teach in their field. Highly qualified means that the teacher has met rigorous state standards of education and experience." New teachers can't be hired without a degree and it is very reasonable to assume that teachers are qualified if they have multiple master's degrees. I also interviewed a second teacher that has been teaching for one year in a west side school. I asked her what she thought if someone called her ineffective because of her students' test scores and she alleged that "As a new teacher I may lack experience, however, I have a master's degree and an ESL endorsement. I feel prepared to teach in a highly diverse school because I am familiar with current research and models for teaching that best meets the needs of my culturally and linguistically diverse students. What I may lack in experience I feel I compensate for in passion and energy." As a new teacher she has fully learned and graduated with the latest research that a veteran teacher may not be aware of. She is doing triple the job teaching the students the curriculum she is supposed to, as well as teaching them how to speak, write and fully understand English just like all the other west side teachers. This is a bigger challenge for them. It's not fair calling west side teachers ineffective over CRT test scores. Of course their students are not going to score as high as an east side school because ESL and refugee students are not going to learn and fully understand the

language in one year; it is common sense.

One counter argument is that on the west side of our district we have far too many new teachers who do not have the skills to effectively teach. This however is not a reality. Expecting to only have veteran, experienced teachers is impossible due to many teachers reaching



**SALT LAKE CITY  
SCHOOL DISTRICT**  
*Your Best Choice*

retirement age in the U.S. by 2015. College students in fewer numbers are going into the teaching profession because of the very low pay. Having new teachers is effective for students and is the current reality for all schools.

In conclusion, no one should discriminate against west side schools, especially without considering the challenges a specific school is facing and especially if they are on the school board. Criticizing teachers isn't helping schools; it's only pulling them down. If people like Michael Clara don't stop making over generalized statements about things they have not fully researched, many teachers and students are going to be upset. Furthermore students will feel ashamed of their school and parents will not want to put their student in that school due to the harsh and ignorant comments against the school. I am one student who feels this way. It's important that people stop thinking in a mindset of east verses west, and realize that we are one united city and, most important, one AWESOME District!



# Let's Get the Information Right

## This Is My Voice



**Isaac Jones**  
**Science Center**

Let's go back to a time where everyone was equal and were treated equally no matter what ethnicity or sexual orientation you were. Even though there was never a time like this in America, we as Americans keep striding to get to this point. Right now America, we have a huge problem. This country is strong because we are unified by one flag and this flag makes us who we are, but don't you find it hard to comprehend that we have been treating people who salute the same flag lesser than others?

Utah is one of the nineteen states that refuses to open their eyes to what is going on around them. Just like in Texas, here there are zero rights for people who identify themselves as homosexual. This legislature needs to change our laws because people who identify as homosexual need job security, should be able to get married in Utah like heterosexual couples, and must be treated equally.

In the State of Utah, unlike one of the twelve states that allows to have equal rights for those who identify as homosexual such as New York, there aren't any laws that protect people who identify as homosexual from being discriminated against in their workplace. And because of this, say you were a teacher in the Canyons School District. You could be fired because of your sexual orientation, and it's legal because there aren't any laws to protect you from this discrimination. I have a family member that is openly gay and had no other choice but to leave and move to Washington because he doesn't feel comfortable knowing that he could possibly be fired because of his sexual

orientation.

There are seventeen states that recognize homosexual relationships, but out of the seventeen states you can only get married in twelve. Utah will not recognize homosexual relationships nor will they allow homosexual couples to tie the knot. According to Article 1, Section 29 in the Utah constitution "Marriage is classified between a man and a woman. Prohibits the marriage between same sex couples and will not recognize homosexual couples." I understand that this states legislature is formed by the dominant religion in Utah but we need to give homosexual couples the same rights as heterosexual couples. Many dedicated couples who would love to have the opportunity to get married in Utah are forced to leave to another state so they can happily get married and be recognized by the state that they moved to as a couple.

People who identify as homosexual are people too, and should be treated as such. Rap sensation Macklemore once said in his infamous song Same Love "Everyone is more comfortable remaining voiceless rather than fighting for people who have had their rights stolen." We should all recognize that people who identify as homosexual are discriminated against because they like people of the same sex. You cannot judge someone off of what they personally believe in and this is what Utah's legislature is doing. It should not be the state's decision to pro-

hibit a decision between two people. But it's not just Utah- this is a country-wide issue because we are not letting people choose for themselves in many states. And because of this how can we say "We are one nation united" when a group of people are being marginalized because of what they believe in?

A common thing I have heard is "Why should people who identify as homosexual be given the same rights heterosexual people have when the majority of people in Utah believe they shouldn't?" and to this I just have to say why would you be so ignorant? It's unethical to discriminate against anyone, no matter what they believe in. I know everyone is entitled to their own opinion, but you, as readers, should know this sounds a whole lot like the 1800's when people said the same kinds of things about slavery. Think about it though, it's almost the same argument. Slaves were fighting for equal rights because they were treated horribly. But then someone with a bigger voice said enough was enough about it. We have the power to control what happens to the fate of people who identify as homosexual.

In conclusion, the laws about people who identify as homosexual need to change because people who identify as homosexual need job security, should be able to get married in Utah like heterosexual couples, and must be treated equally. The state of Utah must break down the stereotypical wall and allow legal rights to people who identify as homosexual. I know many people have tried to voice their opinion and tried to make equal rights for same sex couples in Utah a reality, but the fundamental religion dominated legislature will not allow for this change. People who identify as homosexual are the same as people like you and me, yet we allow them to be treated lesser because of their sexual orientation. Really Utah?





# The Unacknowledged Truth Behind Violence in American Cinema

## This Is My Voice



**Enrique Jimenez  
West High**

Do you think the violence in society drives film or the violence in film drives society? The question whether violence is just too much in today's movie industry is one that is being asked by many audiences and critics alike. Violence in American Cinema is often perceived as a negative for all audiences, but this is not true because character development requires violence, and it is necessary for specific film genres.

Characters are the most important component of any narrative. Without them, there would be no story. Character development is an important part of the progress of a story, and whether the character is very nice or very violent, it's to show the story of the character and his/her journey. The critically acclaimed film writer-director Quentin Tarantino is infamous for having violent characters in his movies: "My responsibility is to make characters and to be as true to them as I possibly can." Tarantino, whose credits include "Pulp Fiction" and the "Kill Bill" volumes, and he said he was tired of defending his films each time the nation is shocked by gun violence. He said "tragedies happen" and blame should fall on those guilty of the crimes. As Tarantino said, it is important to have characters fully developed, in their truest form, and sometimes, the reality is that they are violent.

Imagine a war film with no gore, no guns, no fighting, and no

conflict. That genre of film wouldn't stay true to the reality of war. Instead, it would be a fake description of things that actually happened. When Steven Spielberg made "Saving Private Ryan" he aimed to portray "the terrors and triumphs of D-Day as more than just make-believe." Acclaimed by audiences and critics alike for its authenticity, his goal was clearly met. "By curiously but effectively evoking both historical truths as well as familiar fictional realities". You can't create a war film without violence, just like you can't create make a romance without kissing. Film may be fake, but it should stay true to its message and accurately convey reality in a fiction world.

One counterclaim to my stance, that violent films aren't always negative, is that brutal films lead to real-life violence. These people frequently cite the current level of violence in the world as proof. "Though there is a significant amount of violence, some of which is graphic or gory, in movies, it is more likely that they only reflect reality, rather

than influence it. After all, the world is not more violent now than it was 200 or 1000 years ago". In fact, in many places, society is significantly less violent. Violent films do not impact people's choices to commit violence, because it's not what was intended. The violence in film is not meant to be a 'how-to' guide for criminal action. This suggests that violent films mirror culture, rather than influence it.

In conclusion, violence in American Cinema is necessary for character development and is required for specific film genres. Looking forward, audiences and critics alike will look for films' authenticity, to its message conveying reality of violence in a fictional world. As a filmmaker, I enjoy the responsibility of making characters and being as true to them as I possibly can. Whether they are good or bad, it's a story of a person and his or her journey. Clearly, it is important for people to understand why there's so much violence in films today and why it's important to the story.





# In Society, I will Never Be Good Enough

## This Is My Voice



**Joanna Rodriguez**  
Science Center

"Looking in the mirror and what do I see? A reflection I wish I hadn't seen, she isn't beautiful or at least decent. Why does everyone look perfect while I'm just me? I try to keep my head up and say that I'm okay but everyone

knows that's not true, I starve to look nice and fit to the right jeans; I dye my hair like the girls in the magazines. But Society taught me that no matter what size I am, I will NEVER be good enough. I'll always be too skinny, too fat, too short, too tall, too this, too that. So there is no chance I will ever be right." Unanimous.

Many girls wake up and are afraid to face the world because they know that social media and mass media will criticize them for every detail. Because of the impossibly beautiful women, girls see in the media, that

expects them to be the same way but in reality no one can live up to those expectations. Which then leads them to being depressed. Depression is a big problem in teenage girls because many young girls are not comfortable with their bodies and feel like they don't fit in with what they see on the media.

Many young girls experience the kind of depression captured in the quote. According to the website the Family School, "Depression is the most commonly diagnosed mental health disorder among teenage girls in our country, striking indiscriminately at





every class, race, social and economic level." One reason that depression is a big problem in teenage girls is because many of them are not comfortable with their bodies and feel insecure. Psychologist Dr. Betty Merten of the Oregon Research Institute says "I think that adolescent girls' preoccupation with how they look accounts for much of the jump in depression for girls at puberty," said Dr. Merten. "Body image is a huge part of how girls think of themselves and of their self-worth." Worrying about their appearance causes many girls to have low self-esteem and depression.

Today's mass media has a big influence on teenagers, with all the beauty products and supermodels acting and looking a certain way. Many girls try to fit in by not eating (Anorexia) or over-eating and forcing themselves to throw up (Bulimia). As the years have passed by, models have gotten thinner and taller. According to a 2004 Size USA study, "twenty-five years ago, the average female model weighted 8 percent less than the average American woman. Today, models weigh about 23 percent less than the average woman." Even after all that airbrushing and editing some editors still change how their models look; for example "We're always stretching the models' legs and slimming their thighs," says a photo Retoucher who works for a high-end Manhattan agency. In some cases, hands, feet or even legs are replaced in photos when the subject's parts don't add up to a perfect whole (The DailyBeast.com). "Sometimes I feel a little like Frankenstein," says the Retoucher. Girls are obsessed with wanting to look like the models on magazines but what they don't understand is that even the models themselves don't look like what's on the cover, which leads them to feel depressed because they will never be able to achieve that cover model look.

Girls, who are more likely to spend more time on Facebook or

Twitter, have a higher risk of being depressed, according to a study done by The Girl Scout Research Institute, which surveyed 1,026 girls aged 14 to 17 about their social networking habits and how they portray themselves online: "Girls with low self-esteem were a bit more likely to state a disconnect between their online and in-person image and more likely to admit that their online profile cast them in a sexy or crazy light." What does that mean? It means that girls who usually wouldn't be so open in the real world are using the Internet to change their personality and make themselves out to be someone they're not.

Some experts refute the idea that media has any effect on teens at all. The logic being that studies about teens and media are correlational in nature. Correlational means that they don't know which causes which, like the question "which came first, the chicken or the egg." This makes it difficult to know if teenage girls with a predisposition to depression are more likely to buy in to the media portrayal of beauty, or if watching the skinny beautiful models used by the media leads teenage girls to become insecure about their bodies. It's saying that they aren't too sure which is to blame. "While the experts are busy debating, it's up to a parent to notice how a child's behavior and attitude patterns change as a result of watching particular content," stated blogger Ivana Pejakovic. Ivana is correct, while they don't know what is to blame; depression in adolescent girls is happening and increasing as each day passes by. Media must be held responsible for its mass-produced manipulation images that are making these young women feel insecure and they must be stopped.

Exposure to the media can often make girls suffer from depression. If nothing is done then this depression will increase and affect even younger ages. I remember the day my mom picked up the phone and stood

in disbelief, she told me that my cousin who is only eleven years had passed out and was taken to the hospital they later found out that she fainted because of the lack of nutrients in her body. It was really scary knowing that your own family member, someone you were so close to, had been suffering from something so serious and you didn't even realize it. When I asked her why she stopped eating she said she was fat and ugly, I was heartbroken hearing those small but powerful words coming out of her mouth. She couldn't even stand in front of a mirror because of the fear she had of what she would see, even though there was nothing wrong with her. I knew she felt uncomfortable because only being eleven she was five foot three. There are many stories out there similar to hers and this is an example on how media has influenced young girls to hate the body they have.

She now is twelve and still suffers from depression but she no longer skips a meal, I asked her recently that I was doing a paper about depression in teenager girls and she told me "No matter where you go and who you are, media will have an effect on you whether its big or small, but you just need to stay strong." We need to gain awareness of the problem with body image and advertising, and stop the products and magazines that promote false body image.

In conclusion, depression will keep increasing if we don't do anything about it. Many girls are insecure with their bodies and the media makes them feel like they don't fit in with society which then leads them to have depression and a low self-esteem. If we don't do anything then depression will keep increasing and girls from all ages will continue to suffer. We must stop the advertisers from continuing with false body images and keep reminding every girl that no one can live up to looking like the cover girl on the magazines.



# Are You Prepared for Life?

## This Is My Voice



**Joshua Frost  
Science Center**

When is a good time to start preparing for college? Many students have no idea what they want to study or which

tion classes should be offered in middle school because it will get kids thinking about a practical and available career. CTE courses offer a wide variety and abundance of choices, from auto mechanics to med-school prep. This makes them very helpful to students who don't know what they want to do and need some ideas. These classes give students experience in broad areas to help them explore their options and discover their talents and interests. If we expose students to a lot of different

their path easier. Many college students become unsure of what they want to do with their lives and switch majors, so age doesn't have a lot to do with knowing exactly what you want to do. It's ok to change your mind, your plan, or your major. My plan is simply to get students in middle and high school to be more prepared. If they look at career choices earlier, they can have a clearer set of goals. Some students go to colleges and some go to vocational schools. According to the National Journal, "A

B-average student can easily get a bachelor's degree, if that student knows what he or she wants to study. A vocational student is someone who knows exactly what they want to do and how to do it. Over 80% of vocational graduates are successful after school."

Clearly, CTE classes should be offered in middle school. This will help all of the students who are unsure of their future be more

career to pursue. Career and Technical Education classes are a great way to help students start preparing for a career. Therefore, they should be offered earlier, long before your junior year in high school because it will give students more time to explore their options and help them think of a more practical career.

Career and Technical Educa-

careers at a younger age it will get them thinking. It will give them more experience so that they can figure out what job has the skills that they enjoy using.

Critics of this proposal might say middle school students aren't practical thinkers when it comes to the question, "what do you want to be?" That's exactly why I'm proposing this ideas, to help students face reality and make

aware of their choices. Waiting until the last year of high school is just too late. I care because I feel like I have been wasting time taking too many classes that don't apply to me or my interests, just so I can fill credit hours. If you feel that you are stressed and not prepared for post-high school life, go and talk to your school counselor to find out how to enroll in some CTE classes.





# Keep Concurrent Costs Down

## This Is My Voice



**Isse Hassan  
West High**

James E. Rogers once said, "it makes no difference how low tuition is if the student has no source of funds to pay that tuition." This means that whether you're rich or poor, college is the key to success and college costs money. Therefore, the high cost of concurrent enrollment should be lowered because it gives students of lower social economic status an opportunity to take those classes and provides a more intellectual learning environment.

Concurrent enrollment gives students of lower social economic status an opportunity to take classes they normally wouldn't take. "Strengthening these programs will provide more opportunities to encourage students to stay in school and continue with postsecondary training or education" according to ETVO8 Reform Concurrent Enrollment

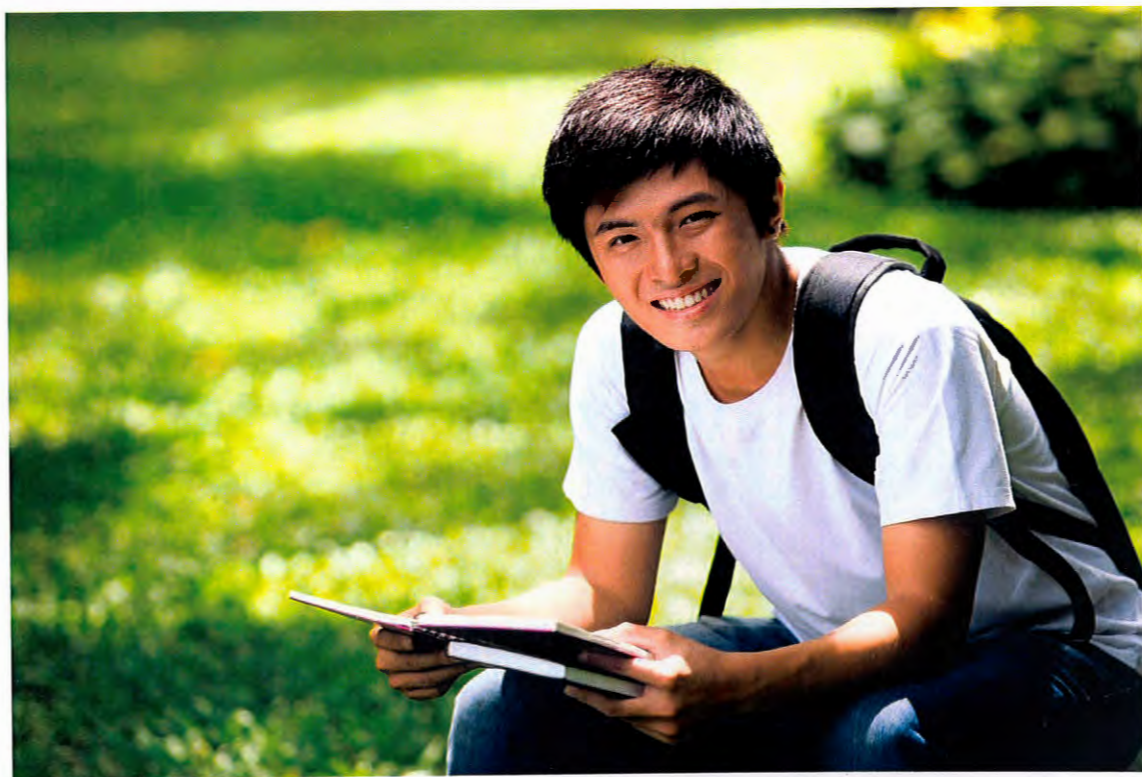
Funding and Options. Taking these classes in high school will lower the cost of college because students have already taken some of the required classes in high school. Concurrent enrollment gives the opportunity to people who may not be able to afford to go to college a chance.

Concurrent enrollment provides more intellectual needs in different learning styles. For example, I learned many of the same things in my math class and financial literacy class. However, my financial class was better because I learned how to use math that affects my life right now. This proves that concurrent enrollment cost should be lower because many students could benefit from this kind of real life experience.

People who believe that concurrent enrollment should not be funded at the high school level say that many colleges lose money because of

classes in high school it gives them the opportunity to learn in a more intellectual learning environment.

Therefore, high cost of concurrent enrollment should be lower because it gives students of lower social economic an opportunity to take those classes and it provides a more intellectual learning style. This would influence the future because those students who are not able to afford those classes could have an opportunity to look forward to a better future. Mostly, I was affected when I first heard about students of lower social economic status not being able to afford those classes



the classes that students take at high school. What these people don't see is that concurrent enrollment classes allow many students who would not get the chance to go to college an opportunity. These students still pay to take a lot of college classes after they graduate. Thus, if they are able to take those

they wanted to take. I care about this because I had the same exact experience with my budget funds. Take action and help others who aren't able to have an opportunity to take those classes. So that maybe they can be looking forward to a brighter future.



# This Essay is Censored

## This Is My Voice



Sean Deegan  
Open Classroom

Imagine that you are sitting at home, you've had a long day at school or work and you just want to relax. You sit down on your couch, grab your laptop and open your internet browser. You look in

confusion as everything that you like is [CENSORED]. This is the future if the government is permitted to censor the internet. The government should not be allowed to censor the internet to what they deem

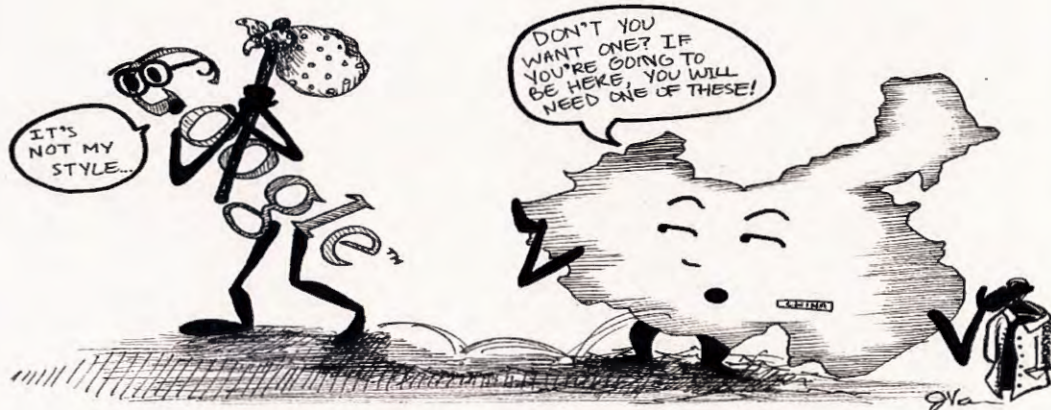
is appropriate because the government has no right to say what is appropriate, and allowing the government to do this would not be constitutionally sound. Because this is a free country, I will explain to you, UNCENSORED, why the government should not censor the internet.

To start, no government has the right to determine what is appropriate for anybody. That should be left to the people to decide. Most people are fully capable of making their own decisions without the government. The

simple act of our government assuming they know what is appropriate for everybody goes against Freedom of the Press which is protected by the First Amendment. This clause prohibits the government from interfering with the distribution of information or opinions. Even if the government did have the right to abridge content on the internet the main problem is that inappropriate is too broad of a search spectrum. This could involve everything from guns to pornography. That is too large of a spectrum to censor at once, and traces

enough to have parental blocks that require a password to override. This gives the parents full rights to say what their children watch. Other governments have tried using specific internet filters, and it has not worked. This is a free country, the First Amendment states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of

grievances" (<http://firstamendment.com>). Surely when the founding fathers created the amendments to the constitution they did not anticipate the internet being formed, since Judge Stewart Dalzell said "...the Internet is entitled to 'the highest protection



of all of these can be found at every website through users, content, and viruses. It would be near impossible to censor all of the internet.

Censoring the internet would be unconstitutional. We have the right to search what we like. We are all human beings, who are fully aware of the dangers of the internet. We are all conscious of what we see, and if we don't like what we see we can ignore it. Most people worry about adult content and other dangers that young ones would encounter. This is why we are lucky

from government intrusion'." (<http://net.educause.edu>). This confirms that the First Amendment applies to the internet. This in turn means that with a few exceptions, the First Amendment prohibits the government from directly censoring the internet.

It is true that the proposed filters would have made the internet mildly safer. The two proposed filters The Communication Decency Act (CDA) and Child Online Protect Act (COPA) were shot down by congress for being unconstitutional. "The CDA



prohibited Internet users from using the Internet to communicate material that, under contemporary community standards, would be deemed patently offensive to minors under the age of eighteen. In so restricting Internet users, the CDA provided two affirmative defenses to prosecution; (1) the use of a credit card or other age verification system, and (2) any good faith effort to restrict access by minors. In holding that the CDA violated the First Amendment, the Supreme Court explained that without defining key terms the statute was unconstitutionally vague. Moreover, the Court noted that the breadth of the CDA was "wholly unprecedented" in that, for example, it was "not limited to commercial speech or commercial entities...[but rather] it's open-ended prohibitions embraced all nonprofit entities and individuals posting indecent messages or displaying them on their own computers." and COPA states "COPA is the sequel to the CDA and aimed to avoid the constitutional defects of the CDA. COPA

covers communications that are made for commercial purposes on the World Wide Web. It requires commercial Web publishers to ensure that minors do not access "material harmful to minors" on their Website." (<http://www.efa.org>). However, what people do not understand is that either way all of these websites, including ones aimed at terrorists, or that promote stereotypes and obscenities will always be made. It is also true that, "the whole point of having the government is to protect the people. They are responsible for any terrorist attack, mass robbery, etc" according to Ainsley Bray. This is correct, but right now, to add another filter would be a complete waste of money. If the government wants to keep us safe on the internet, the government should not waste money on useless filters. Instead we should all be taught to avoid these websites all together. We are all capable of that, are we not?

The internet is a fun place, do not let unneeded censorship ruin it. The government should not be able to

cancel the internet to what they deem is appropriate because it goes against the Freedom of the Press, and they have no right to decide what everyone says is appropriate. I see two different possibilities for the future of the internet. Future number one is where the government quits censoring the internet, and parents give very strict guidelines on what their kids watch. No money is wasted on filters and no adult content is viewed by children whatsoever. Future number two is when the government refuses to quit censoring the internet, and later they realize that every website has traces of "inappropriate" content. So they basically censor all of the internet, which in turn means they shut down more than 20 years of progress. Which one would you rather have? I love the internet, but as an American I loathe the fact that nearly all of the time I want to see something it's blocked. Just remember, if you allow government to censor the internet almost everything you like will then be [CENSORED].

## APPLE CREEK

© ROBERT STEIBEL 2012



GOCOMICS.COM/APPLE-CREEK

ROBERTSTEIBEL.COM



# Is Racial Profiling the Answer to our Immigration Problem?

## This Is My Voice



**Dalila Castro**  
**Science Center**

You are driving downtown in Salt Lake City where you've lived your entire life and you are stopped by the police for forgetting to turn on your turn signal light. The officer gets out of his car and walks towards you, looks at you, then tells you why were stopped. Then you hear it, "I have reason to believe that you are here undocumented. 'Show me your papers'". However you're actually not undocumented, but your appearance as Latino created this assumption. You give him your documents, he leaves and now you feel terrible about your race and don't feel safe around officers. HB 497 is a proposed law discriminating against Latinos because it gives police officers the right to racially profile individuals and it goes against the fourth amendment.

HB497 racially profiles Latinos because it's a replica of SB1017 in Arizona. For example, it allows officers to ask people for their papers if they believe that they are undocumented. This law was introduced in Arizona where the border of US and Mexico is. The biggest immigrant population in Arizona is Latinos: they make up 65.3% of the immigrant population in Arizona (<http://www.usimmigration-support.org>). The only difference with the Arizona's law is that in Utah they have to have a valid reason as to why they stopped you. Utah copied this law from Arizona since, like us, Latinos being the largest minority group. In Utah 41.9% of the immigrant popula-

tion come from Mexico (<http://www.usimmigrationsupport.org>). Basically, this law gives police officers permission to assume that Latinos are here undocumented.

This bill goes against the fourth amendment. In the fourth amendment it says that people have the right to be secure in their person, house, papers, and effects, against unreasonable searches and seizures, and that people shall not be violated and no warrant shall be issued, (<http://www.acul.org/united-states-bil-rights>). The fourth amendment says that you have the right

E-Verify? It is an internet website that the United States government offers to check if an employee is authorized to work in the US and is here undocumented. E-Verify could help police officers because they wouldn't be racially profiling they would just check your papers so it wouldn't matter if you were Caucasian, Hispanic, Asian or Pacific Islander. The E-Verify system is a better way to solve this problem than racially profiling only Latinos.

HB497 is a bill that racially profiles Latinos by allowing police officers to ask if people are undocumented. We



to secure your belongings and not be searched for an unreasonable reason; if SB 497 passes police officers are going to be asking for your documents if you look Latino, so you will not feel safe or a part of the country. Therefore, this bill will discourage people to help and cooperate with officers or seek them out in case of an emergency. But most importantly, it goes against the fourth amendment.

Some people say that we have an immigration problem in the U.S. But there are better ways to solve this immigration problem without racially profiling Latinos, Like E-Verify. What is

should all care because we do not want to discourage others from coming to the US and help us become better. The US is made up of immigrants who are here to follow their dreams and contribute here. Plus, in the future we do not want other countries and their people to think that we are a people that judge on appearance. As the ACLU says "America is not a 'show me your papers' country. No one should be subject to investigation, detention and arrest without any suspicion of criminal activity" ([Media@aclu.org](mailto:Media@aclu.org)).



# US government: can we trust them?

## This Is My Voice



**Terrell Lawler**  
**East High**

To most, the United States of America is a place of freedom and new beginnings. But what is going on behind the closed doors of the U.S. government? They ensure the American peoples' protection from terrorist attacks, but does the US government also hide material that the general public needs to know? In Guantanamo Bay there are Afghan prisoners that were not associated with terrorist attacks and there are papers from the pentagon that described the true reason we went to The Vietnam war. If the U.S government has kept this kind of information secret from the public, how can we trust them? The U.S Government should not keep secrets from the general public because these secrets could lead to a distasteful relationship between the general public and the government, also the public will be more educated, and if an alien invasion could potentially occur, we should be prepared for it.

The U.S government has kept secrets that could end the trust between the public and the government. Already secrets have been leaked from the

more secret parts of the war. In the 1970's, the United States Department of Defense had papers that revealed the true reason why we went to the Vietnam War. The government hid these papers, but exposure has recently led people to have some suspicion about their government. If the government could hide such evidence from its own people, how can we trust them? The first line in the Declaration of Independence says, "By the people and for the people." If our government keeps us shrouded from information and the decisions they make then they're not really

members who can make a difference. They are the father, the mother and the teacher" (Abdul Kalam). To make sure our government doesn't become overpowered, fathers, mothers and teachers should know about the government on goings in order to prevent corruption. Secrets can be the beginning of a shady government. Also, some secrets can cause violent outbreaks. A survey from transparency.org was given that interviewed upper class and lower class US citizens to give their opinion about the US government. The statistics stated that 79 percent of the upper class

citizens disagreed that government was (at least in part) corrupt. And 66 percent of the lower class disagreed that the government was corrupt. The overall "our government is not corrupt" score was 73. Though that's not a bad number, it does make me ask why every one isn't believing that our government is not corrupt.

An additional aspect of corruption and government trust comes from the secrecy surrounding extraterrestrials. Since we don't know the exact truth about aliens, we assume that we are not in danger. If aliens approach our planet, we cannot

predict how these beings will act. In films, aliens are usually portrayed as hostile and ruthless, but some theories believe they will come to just meet us. The government needs to tell us what they know about the possible existence of aliens to better prepare the general

working "for the people."

If we know more of our government's secrets, the less we would be left in the dark. Abdul Kalam stated "If a country is to be corruption free and become a nation of beautiful minds, I strongly feel there are three key societal





public of a possible alien invasion. Some citizens say extraterrestrials have already revealed themselves: according to people living in Roswell, New Mexico it was nothing like they've seen before. On July 7, 1947, a UFO (Undefined Flying Object) was seen at high speed in the sky and crashed into the land by a ranch. Rancher W.W. "Mack" Brazel said that he and his son heard the crashing in the ranch where the sheep were. They went to check on the sheep and when they approached the debris and they saw a shiny-like material demolished from the crash. A few hours later, the whole area was covered with United States Armed Forces that took the debris with them. Some soldiers from the government reported what they saw to the newspaper, but the United States government declined to tell us about the evidence. Another place that causes some suspicion is the Arizona military

test site, Area 51. If the government conceals things like this, what else could the government hide?

Some would argue that the government is keeping secrets to best protect our nation and that the people are better off in the dark. And most people have secrets that are better unsaid. The US government may have secrets that could lead up to a more dire situation. And some of the things people say that the government is hiding could be lies. It is true that people sometimes say the most outlandish things, especially if they want attention. For example, Randy Lee Tenley, an acclaimed eyewitness of Bigfoot, said that he actually shot and killed the beast then stored the carcass in his freezer. When analysis experts came to Tenley's home they took a tissue sample of the carcass. When test results came in, it was in fact a rubber suit and pig entrails which then Mr.

Tenley called the Bigfoot a hoax. This means some things people say about the government may just be made up. We need to keep this all in mind when we criticize the government for keeping secrets.

In conclusion, there will probably always be government secrets that will be hidden from the public. That's why we need to educate ourselves on what our government does around us and demand to know certain things. This is important to because I don't want the US government to get too powerful where they think less of their citizens. For all the little things we worry about, the government keeping secrets that could harm the public is a problem that can affect our nation's future. Wake Up and start educating yourself about your government's trustworthiness!

## Not Black and White:

# When Aggression Plays Out in a Field of Gray

### This Is My Voice



**Alyson Kyle  
West High**

Brian Cardall was running naked on State Route 59, directing traffic and screaming when his wife called police for help, according to a Deseret News article. Twenty minutes later, he was dead. Had the officers involved known how to handle a full-blown psychotic episode, this confrontation might have turned out differently. Cardall had bipolar disorder. All police departments should make training their officers to recognize mental illness a priority because it will result in better and more

humane handling of situations, minimize misunderstandings and lower the cost of damage or lawsuits.

Cardall's tragic and unnecessary death is one example of why police departments need to train their officers not only to recognize someone who has a mental illness, but so officers know how to deescalate the situation. It can be the difference between life and death. His death shows the damage that can result from inadequate training – and it's not the only example. According to an article in Psych Central published in December of 2012, "There are no federal statistics on police shootings of mentally ill people, but according to the investigation published this week, a review of available reports indicates that at least half of the estimated 375 to 500 people shot and killed by police each year in this country have mental health

problems."

Training is crucial; the cost of not providing it is real. Many deaths or injuries of mentally ill individuals occur minutes after police arrive on the scene. The Treatment Advocacy Center, a national organization that promotes sound policy for dealing with people who have mental illness, said that, "people with severe mental illness are killed by police in justifiable homicide at a rate nearly four times greater than the general public." Although those are the justifiable cases, it doesn't mean they could not have been handled better. There's also plenty at stake for the police: they are more likely to be killed by someone who has a mental illness if they don't handle the situation well. Many cases demonstrate what could have been done better, including one in 2009 in Los Angeles. Valerie Allen, 37, was in a manic epi-



sode and ran through a neighborhood wearing only a shirt. Police made their first mistake by chasing her, instead of calling for a mental health expert or backup to contain her in the yard, a fact that became clear in a lawsuit that followed later. She felt threatened and reacted aggressively. They [the police] felt threatened and ultimately shot her again and again. Allen survived her encounter with police; but some similar encounters end with one or the other dead. The officers involved didn't have a good understanding of what to do and that lack of training put her in danger and put them in danger. With Crisis Intervention Team Training (CIT), they would have known not to chase her, and it is unlikely they would need to use potentially lethal force because she wouldn't have been as aggressive. Officers need more training to do a better job at keeping their communities safe.

The costs are tremendous and include not only intangibles like lost lives, but also the very calculable costs of lawsuits. Earlier this year, a California woman, Christina Eilman, was awarded \$22.5 million after police botched how they handled her, according to a Chicago Sun-Times story. She became disruptive on a flight and police took her into custody in Chicago. They then held her overnight, before turning her loose in a high-crime neighborhood although they could tell she was mentally ill and her parents had told them so multiple times by phone. She was kidnapped, raped and thrown from a seventh-floor window. Eilman was so severely injured that she will always require significant care. A judge said

the police "might as well have released her into the lion's den at Brooklyn Zoo" (Spielman). It's impossible to quantify everything that Eilman lost. The police department lost prestige. The city and its taxpayers will pay a great deal of money to cover her ongoing care. Better training in how to handle someone with mental illness could have prevented all that suffering. YCOT

The only disagreement for training I've encountered is that training is expensive and government funding should be spent on bigger issues. I agree that CIT training can be expensive and there are a large number of officers

ary: "For those who know the whole story, know this did not have to happen. Lenny suffered the wrath of bipolar disease his entire life and just wanted to live a normal life. Son, we understand, you did not embarrass or shame us, and we suffered with you. Son, we grieve for all those who suffer mental illness. We grieve for a society that doesn't know how or want to deal with it. We grieve for the officer who took you from us." Lenny died at the young age of 28 and if the officers present during this tragedy had training, maybe the situation could have been handled better and Lenny would be alive.

In conclusion, having all police departments make training a priority to recognize mental illnesses and deal with it effectively will provide clear benefits. It will reduce misunderstandings and provide tools for a more humane way of handling these potentially dangerous situations. Over the years, the number of people the police kill or injure will decrease because law enforcement officers will know how to resolve these difficult situations. It will make officers safer as well. This should matter to all of us. Many of us will personally know and care deeply about someone who is affected by a mental illness or an officer who must deal with a tricky situation

caused by mental illness. All of us are or will be taxpayers who bear the societal costs of mishandling these situations. It's not an issue for someone else; this issue is about what kind of society we choose to create and the kindness we care to show. Truthfully, no one should suffer the loss of a parent, child, sibling, aunt or uncle, whether an officer or someone who has mental health problems — especially if it could have been prevented with something as basic as forty hours of training.



who need it, but when you look at the big picture, this is a huge issue. Life has more value than any amount of money you have. Human life is precious and it is irreplaceable and this training can help prevent tragedies including deaths and injuries, both of those with mental illness and of police officers. Real cases have also proven that lawsuits are very expensive. These costs outweigh the cost of training in the end. Lenny Ray Cornia was killed by police on April 1, 2000. His dad wrote this in his obitu-



# We Have Become Weak

## This Is My Voice



**Jared Howard  
Green  
West High**

We, the people of America, have become weak from centuries of peace at home. We as a people are not ready to respond to disasters or any threat to

prepare all United States citizens for future hardships, as well as create a sound economy with a stable infrastructure.

Americans have defined themselves by their freedoms: Which is the ability to become anything through hard work. This is our freedom; the freedom to decide our leaders, and the liberty to speak against them. A hypothetical military dictatorship would restrict our freedom to decide our leaders and those who spoke against them would be destroyed; however, with manda-

something must be done to protect the good health of Americans. Without good health we may be unable to protect our freedom. Are we to become as the Sumerians or the Babylonians, overrun by stronger barbarians? In a hypothetical situation of a dictatorship many Americans would be unable to fight for democracy and their freedom because of physical or mental limitations. With mandatory military training everyone would be able to respond to a potential threat to their freedom in peak health,

endurance, and mental readiness through habits learned in military training. If we do not act now and require mandatory military training we may become just another nation in the history books for it is unknown what may occur in the future. Events may transpire that would change everything, and we must be ready to fight all who oppose the very American idea of freedom. As Thomas Jefferson said: "The tree of liberty must be refreshed from time to time with the blood of tyrants and patriots." No government can remain uncorrupted; events may occur in the future that require action and we must be ready to act.



**CIVILIAN  
MILITARY  
COMBINE**

our freedom. To prepare ourselves for these inevitable natural disasters and potential military dictatorships we must have mandatory military training with the option of civil service. A choice between mandatory military training and civil service should be required for all United States citizens because it would be a protection of Democracy,

tory military training we would be ready to fight against any attempted military dictatorship. In order to fight we must have peak physical fitness and those in the armed forces acquire learned habits that lead to a life of physical capability. The Center for Disease Control states that one in three adult Americans are obese and with obesity rates rising

Freedom is not the only thing to respond to; with health problems on the rise in America many would not be able to respond to natural disasters and require assistance in the threat of one. Often the first to respond to natural disasters are those with military training such as the National Guard. According to the National Guard News, during



Hurricane Sandy over 12,000 National Guard members responded to assist civilians with the effects of the hurricane. Many Americans require assistance in the threat of a natural disaster. This required assistance reduces the effectiveness of organizations such as the National Guard when more civilians require assistance because they are physically unable to respond themselves. If everyone had military training, responses to natural disasters would be much more effective with fewer deaths because of the organization and discipline learned in the military. Natural disasters are not the only potential threat, for the future is unknown and anything can happen. Everyone must be mentally and physically prepared to face anything.

Mandatory military training with the option of civil service would begin immediately after high school at the age of eighteen. The training would consist of strenuous physical exercise such as running devoted to both strengthening the cardiovascular system as well as building health habits that would last a lifetime. Also included in the training would be classes on personal health as well as how to use and maintain a rifle. However, military training would only be one choice; those conscripted would also have the option of civil service. This would be much like the Civil Conservation Corps which was founded by a previous president, Franklin D. Roosevelt. According to the news release on June 7, 2013, by the Bureau of Labor Statistics, one in four teenagers is unemployed. With mandatory service, teenagers would have the option of continuing with either the military or civil service. This option to continue working in civil service would dramatically lower the unemployment rate and help build a sound economy. Those doing service to their community would take part in constructing infrastructure and doing other services such as assisting care centers and hospitals. Not only would this

provide a sound foundation in the work force, this would also provide teenagers a job-like experience to help them in their adult life.

Some would argue that the benefits of mandatory military training with the option of civil service comes at a cost, a cost of their freedom. Do you also argue that school is restricting your freedom? No, school expands your freedom and means that you can make educated decisions in voting, expands your freedom to choose your job, as well as increasing your salary. It is the same with mandatory conscription which would expand the freedom of those involved after they complete it by expanding their skill base. With mandatory training or service many rights are taken away and from this, those conscripted learn to value their freedom. With mandatory conscription people would come to respect the United States much more and how much better life is in a democracy compared to a military dictatorship? This would be another protection of democracy, when people would fight all the harder for their freedom when they know just how much they can lose.

Would you rather have a military dictatorship or mandatory service? Mandatory military training with the option of civil service would be a benefit

to all Americans. Not only would it protect our freedom by preventing military dictatorships it would build a sound economy through reducing the unemployment rate and building a larger infrastructure through the cheap labor of thousands of teenagers. Remember what John F. Kennedy said: "Think not what your country can do for you but what you can do for your country." It is our duty to serve our country and protect our freedom. Freedom is important to me because it means I can choose my own future. We must protect that freedom in all of us. Without mandatory military training with the option of civil service we would not have the discipline and the knowledge necessary to fight for our freedom. We, as Americans, must be ready to respond to anything. The future may dramatically change our circumstances. It must be us who are ready to react to what the future brings. Help bring in a new era to the United States. Do this by sending a letter to your senator, congressman, and current president requesting mandatory military training with the option of civil service. Remember, not everyone will have peace, so we must be prepared for war.





# Do You Support Same Sex Marriage? I Do!

## This Is My Voice



**Anthony Muradas**  
Science Center

I went to Subway today to get my favorite sandwich. The man in front of me ordered a different sub. I got really pissed because he didn't get the same thing as me, even though it didn't affect me in any way. This is what people sound like when they say gay marriage affects them." – Anonymous.

Marriage equity should be allowed in the state of Utah because other states in the U.S. have allowed same sex marriage and it potentially will benefit both the state and the same sex couples, and finally, it is unethical that all American citizens are given the same rights.

Utah should allow same sex marriages because it will benefit the state. For example same sex marriages would boost the economy. According to M.V. Lee Badgett, director of the Center for Public Policy and Administration at the University of Massachusetts Amherst, "More than a decade of research by myself and other economists and analysis by the Congressional Budget Office under the direction of Douglas Holtz-Eakin suggests that state and federal budgets will actually get a positive boost of gay couples are allowed to marry." Allowing homosexual couples to marry would help increase Utah's financial stability. Have you ever considered the money that would be spent on all those fabulous weddings? M.V. Lee Badgett's research suggests that "Hundreds of thousands of excited couples would

start planning weddings, generating at least \$1.5 billion, by my calculations, in spending on flowers, cakes, bands, meals, photographers, hotels, tourism in general, suits and gowns (not to mention those one-off gowns for the members of the bridal party). And of course all of those purchases generate millions in sales tax revenue for state and local governments." Clearly, Utah is losing opportunities to build revenue by not allowing same sex marriage.



Not allowing gay marriage is discrimination. The definition of discrimination based on <http://www.businessdictionary.com> is "Bias or prejudice resulting in denial of opportunity, or unfair treatment regarding selection, promotion, or transfer. Discrimination is practiced commonly on the grounds of age, disability, ethnicity, origin, political belief, race, religion, and sex, etc. factors which are irrelevant to a person's competence or suitability." In this case not allowing a same sex couple to marry is a discrimination based on sexual preference. To discriminate against someone because of their age, disability, ethnicity, origin, political belief, race, religion and sex is immoral, so why is

sexual preference not?

Some people may argue that marriage should just be between a man and a woman and that one of the points of marriage is to reproduce, but there is already an over population in the U.S. Since gay couples can't reproduce babies, their unions will actually help this problem. According to the United Nations Statistics, passing the law for marriage equity could help lower the birth rate for over crowded cities.

Same sex couples should be allowed to marry in the state of Utah! If this topic isn't addressed then citizens who are LGBT won't be able to get the same benefits as a married couple the first point worth noting is that marriage can make a big difference for same-sex couples' financial well-being. A few years ago, two New York Times reporters calculated that even ordinary same-sex couples' could lose as much as \$5000,000 over a lifetime because they can't marry and therefore can't get employers' spousal health insurance, among other disadvantages.

As a result, people in same-sex couples are much more likely to be uninsured than are people in different-sex couples. And if the uninsured avoid preventative care or get care they can't pay for, they wind up costing us all. Utah's financial stability won't be as good in Utah as other states that do allow same sex marriage.

Personally this topic matters to me because I am a gay American and it affects me because I'm not given the same rights as a straight American. I also think if gay marriage were allowed and accepted homophobia will decrease. So next time you're asked if same sex marriage should be allowed in the state of Utah answer them loud and proud with "I DO."



# Alcohol: A Life Lesson

## This Is My Voice



**Abdigani Nor**  
**East High**

Is alcohol really the answer to our problems? Some people drown their sorrows in alcohol. Instead of wasting your money on something that is not good for you, get something that you and your family will value. You might as well get water because water takes up 1/3 of your body. Alcohol should be banned from the United States because it causes negative health issues and you will have social problems, and it is also a bad addiction.

There are many health problems that occur because of alcohol. According to Medline Plus Trusted Information, when you drink alcohol you are more likely to have complications with high blood pressure, poor nutrition, and your depression/nervousness is going to get worse. Also, according to Mayoclinic.com, alcohol can cause high blood pressure: they state, "Drinking too much alcohol can raise blood pressure to unhealthy levels" (www.Mayoclinic.com). The alcohol will make your blood pressure worse. It is stated by Alcohol and Health, "Most states consider a person to be legally drunk at a BAC between .08 and .10. At a BAC level of .40 to .50, a person may go into a coma, while a BAC level of .60 and .70 will cause death" (Faqs.org). If you are going through depression, alcohol is never the answer. A Roy College of Psychiatrist said "Self-harm and suicide are much more common in people with alcohol problems" (www.Rcpsych.ak.uk).

Our social life is really impor-

tant to us. Medline Plus Trusted Health Information stated that alcohol has the potential to extinguish your social life. You may do poorly in school, your marriage may end in divorce, and you may get into car accidents. It is said in Ensuring Solutions to Alcohol Problems that "alcohol damages areas of the brain responsible for learning and memory, verbal skills and visual spatial cognition" (Alcoholcostcalculator.org). There is no point going to school if you're going to destroy your brain cells by drinking alcohol. Drinking alcohol can also destroy something that is important to you, like your relationships. It was stated in Thailand Lawyer



blog, "In marriages where the wife was the heavy drinker, the couple was even more likely to divorce" (www.Thailawforum.com). It is obvious that drunken driving plays a big role in car crashes, and according to Drunk Driving Accident Statistics, "On average each day, 32 alcohol-related crashes occurred in 2011" (www.edgarsnyder.com). If it wasn't for alcohol we wouldn't be worried about drunk driving.

Stated by Alcohol Addiction Treatment and Self-help, "Overcoming an addiction to alcohol can be a long and bumpy road" (www.helpguide.org).

The addiction of alcohol is very hard and painful, you want to stop but you keep going back to it. There are people with the addiction and they overcame it and never looked back. Some people that want to stop drinking reduce the amount they drink. Some try cold turkey which means they stop automatically. They follow a system and they stick to it and eventually it pays off.

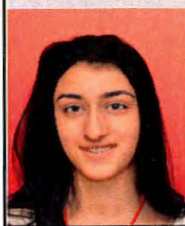
A counter-argument is that we drink alcohol while celebrating something we have achieved for fun. An example is you get a job promotion, you are the CEO of a huge corporation popular around the world and to celebrate you have a glass of wine. But then you decide to have another glass. Then it turns to three glasses at a time; finally you are so drunk that you do something that makes the boss say, "I was wrong about this individual" and you don't have the promotion anymore. You will regret looking at the expensive wine and when you want to prove to your boss that you could do better he/she makes you work extra hard for the same promotion that you accomplished earlier. You don't want that to happen to you so the drinking has to stop.

In conclusion, alcohol should be banned from the United States because it causes negative health issues and causes social problems and it is a bad addiction. If alcohol was banned there would be less negative health issues. This is important to me because every day I see innocent people being killed by drunk drivers. While reading Drunk Driving Statistics, they stated that "One in three people will be involved in an alcohol-related crash in their lifetime" (www.madd.org). The former alcoholics like the lifestyle of being clean, so sober up, and put the booze down.



# Are Embryonic Stem Cells Really Worth the Trouble?

## This Is My Voice



**Samira Saeed**  
**West High**

they are so useful in medicine. Doctors could cure Alzheimer's, spinal cord injuries, blindness, heart disease, cancer and many more illnesses by removing damaged cells and replacing them with embryonic stem cells, or in other words by using cell-based therapy (National Institutes of Health). However, embryonic stem cells should not be used

or patient's body, as foreign and begins to attack the patient's body. These attacks can happen when embryonic cells are transplanted into a patient's body. The symptoms of GVHD can occur as soon as sixty days after the transplant and can include red rash, darkening of skin, watery diarrhea, stomach cramps, persistent nausea, and yellow-

## Ethics and Stem Cell Research



Embryonic stem cell-based therapy, discovered in 1998 by James Thomson from the University of Wisconsin, is the process of removing embryonic stem cells from an embryo and using those cells to replace damaged cells in a patient. Embryonic stem cells are found in five day old embryos; they are cells that can become any type of cell in the body. It is because of this property that

for cell-based therapy because there are major health risks involved with embryonic stem cell transplants, and because there are alternative ways to go about cell-based therapy without those risks.

By using embryonic stem cell-based therapy a patient is at risk for "Graft Versus Host Diseases", or GVHD, which means that the "graft" or embryonic stem cells see the "host",

ing of skin. There is no way to prevent GVHD, or be able to tell if a patient is at risk before the transplant. Once a patient has GVHD there is no way to rid the body of the disease, only ways to suppress the symptoms. Steroids are the most common medication taken to suppress the symptoms. They lower the graft's immune response to a patient's body, but also put a patient at greater



risk for infection. If steroids are not good enough a patient gets admitted to a hospital on long term care (Clinical Care, National Institutes of Health). By using embryonic cell-based therapy a person is at risk for GVHD and all the unpleasant symptoms that come with the disease, so why use this method when you can use iPSCs?

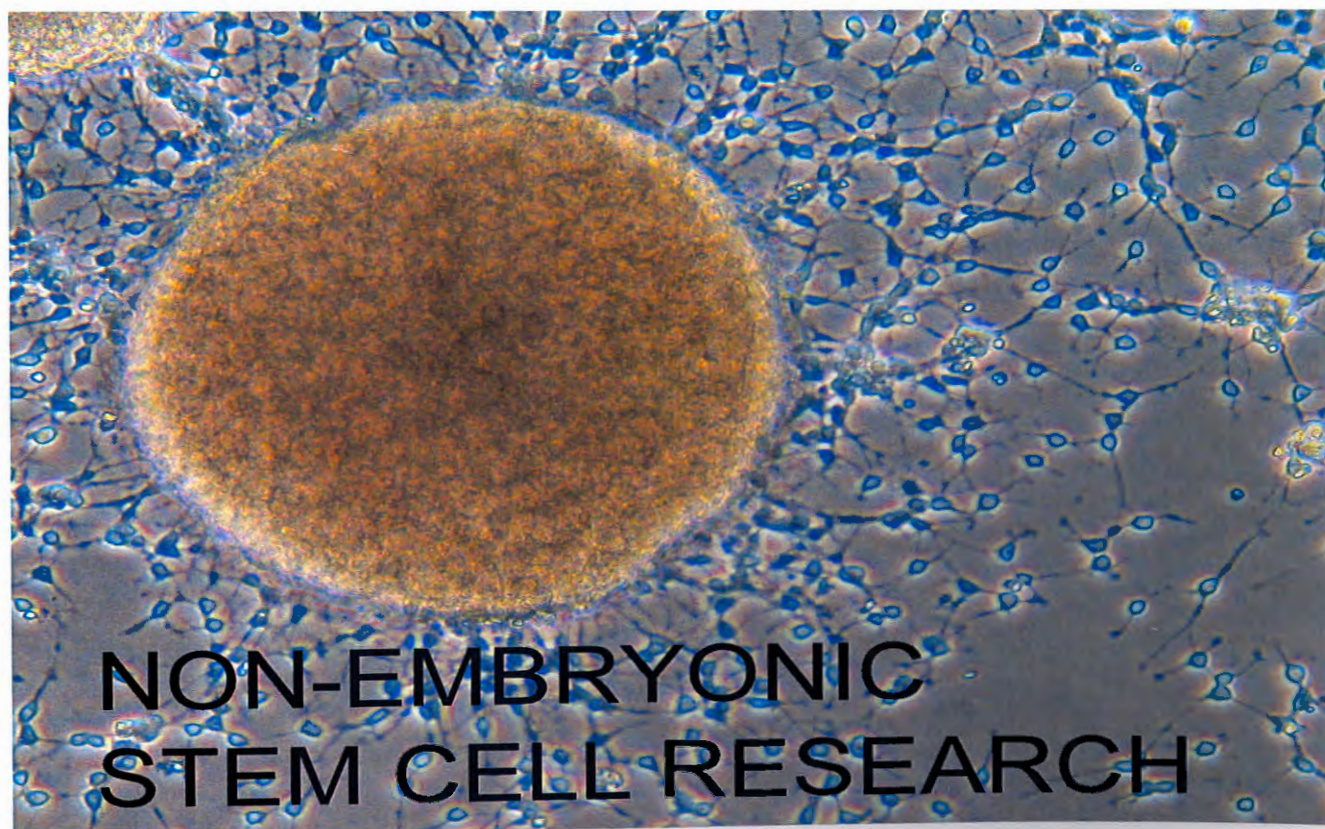
There are alternatives to using embryonic stem cells in cell-based therapy with no risk of GVHD, iPSCs for example. Scientists have discovered a process that “reprograms” adult stem cells into cells that have essentially the same properties as embryonic stem cells. These are called “Induced Pluripotent Stem Cells” or iPSCs. An adult stem cell is an embryonic stem cell that has “grown up” and been specialized to a certain organ or part of the body. Stem cells exist throughout the body waiting to replace any damaged cells of their specialized organ. Instead of using embryonic stem cells, scientists take adult stem cells from a healthy part of that person. They then “reprogram”

the adult stem cell, or force it to take on properties of an embryonic stem cell, creating iPSCs. Newly created iPSCs are then used to replace the cells of the area that is damaged (Genetic Science Learning Center). Because the iPSCs are able to become any cell just like embryonic stem cells, they can be used to replace any type of damaged cell. Therefore there is no need for the use of embryonic stem cells. Finally, iPSCs are safer than embryonic stem cells because a person being transplanted with iPSCs is at no risk for GVHD; a person is using their own cells meaning the graft and host recognize each other.

Many people argue that iPSCs also have health risks. While this may be true embryonic stem cells have many of the same, and even more health risks than alternative therapies. Embryonic stem cells and iPSCs both have the potential to over multiply and cause cancer. Embryonic stem cells however are more likely to cause cancer because they multiply easier than iPSCs and it is only with embryonic stem cells transplants

that GVHD can occur. In fact because scientists “reprogram” the adult stem cells, they can make the iPSC’s DNA even more compatible to wherever the cells are needed. This puts a person at less of a risk for health problems as a result of a transplant. Over all iPSCs are a much better alternative than embryonic stem cells which have many of the same and more health risks.

In conclusion, embryonic stem cells should not be used in cell-based therapy. We can now make an organ by using embryonic stem cells. At first this sounds great; we can make organs for people who need them! However, before we get carried away we have to sit back and think about this. Is it really ethical to kill an embryo that has the potential to be a human being just to create an organ? Is it really right to do so when there are other ways of accomplishing the same task without the ethical problems? Finally, just because we can do something, should we?





# College Athletes = Slaves

## This Is My Voice



**Dominic Chavez**  
Science Center

In 1619-1865, slaves in the U.S. where being forced to work for their owners and if they did not do what their owner told them to do they would be beaten, and they did not get paid for their hard physical labor. Although the college athletes of today are not forced to play a sport and they are not tortured, in other ways they are similar to slaves because college athletes don't get paid for the hard work they put in and that is not fair. College athletes should be paid to play a sport because it is only fair to pay people for their work, they bring in money for the school and scholarships don't cover everything they need.

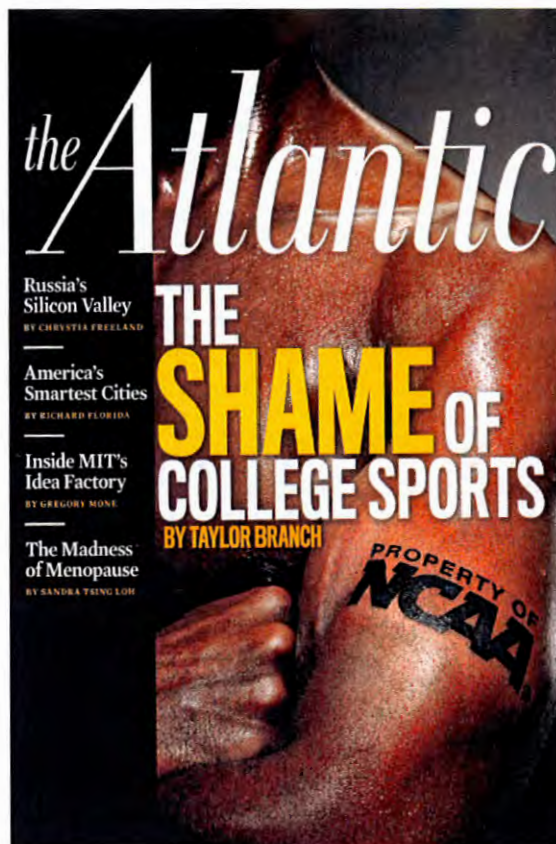
It is only fair that we pay college athletes because if we don't pay them then we should just call them slaves because they are not getting paid for the hard physical labor they are doing. According to Chris Rock, "I know no one is getting whipped or beaten, but economically college sports are no different than slavery. I know a lot of black intellectuals will say we can do so much more than play ball and we can. But that doesn't mean we shouldn't reap the benefits from sports." Even though no athlete gets beaten or whipped, this quote highlights how athletes are considered slaves. Although he is mainly talking about black athletes, nobody should be treated like a slave.

We all at some point in our lives have bought something like a BYU sweatshirt, a University of Utah coffee mug, or even your favorite college player's jersey. In a study done by ESPN in 2008, universities, like the University of Utah, make a lot of money by selling such things. None of that money goes to the athletes, and that isn't fair because they are the reason why the number is so high. That is like going to work for a

fees, rooms and required course-related books, but it doesn't cover food and clothes. How else are student athletes supposed to make money when they are doing academics for 38 hours and in practice 43,3 hours a week? (cbsnews.com) This is really hard because you have to put your social life on hold and you have to be in class and at practice all day every day. This is why athletes should be paid for playing football.

Some people may say that college is a proving ground for athletes, which could help them make millions in the NFL. Not every college football athlete will go to the NFL. According to businessinsider.com, just under 2% of college players play professionally. That isn't a high number at all. The other 98% of the athletes who don't go pro will have to use their college degrees to get a job, other people may say athletes should be more focused on their schooling than sports. They are in class for 38 hours a week that is a long time for students to go to school, and for the 38 hours the athletes are just as focused as the non-athletes.

In summary, college athletes bring in money for their school and their scholarships don't cover everything they need. That is why they need to get paid to play a sport. Failure to pay athletes is wrong because they are doing all this work and not getting paid for it, just like the slavery. I thought Abraham Lincoln abolished slavery. How would you feel if it were you putting so much time and dedication into something? You should get rewarded. Sure student athletes get rewarded in other ways, but they are putting their bodies in danger for the audience to enjoy the game. How would you feel if you were putting your body in harm's way and not getting paid for it?



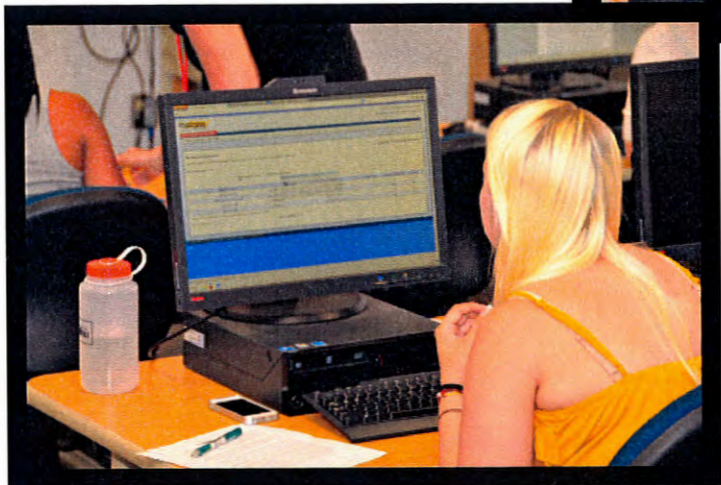
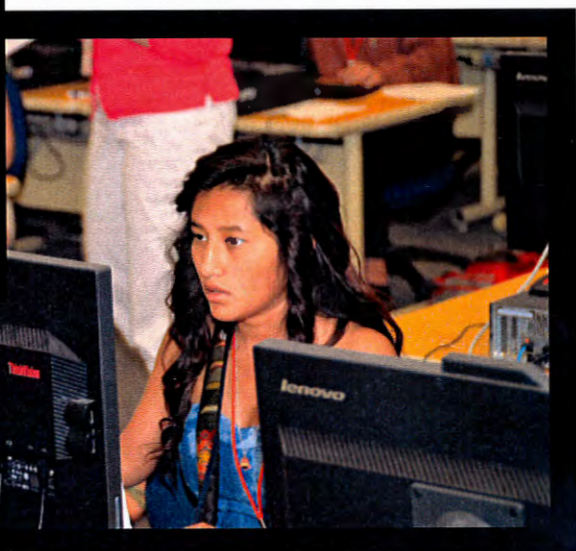
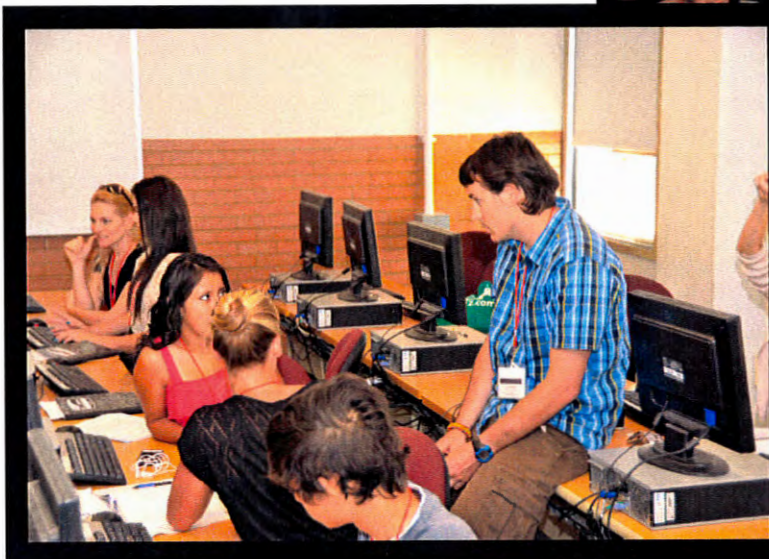
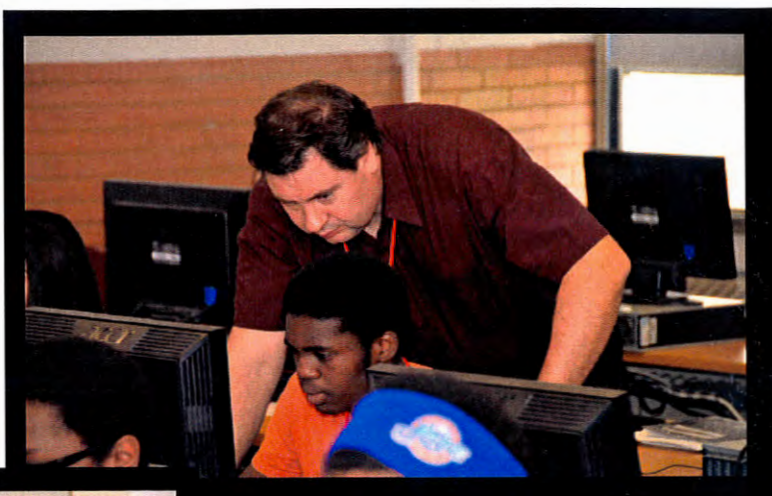
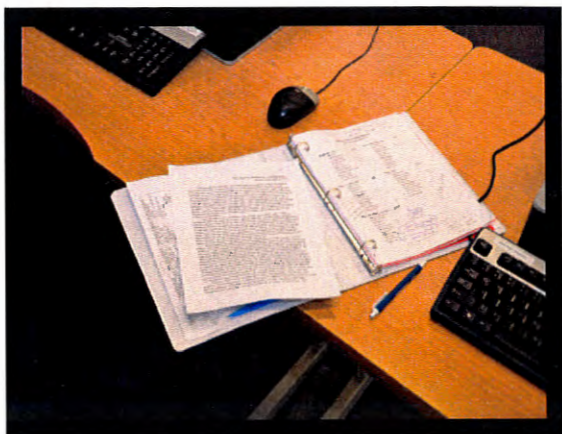
whole week and working really hard and not getting paid for all the hard work and dedication you put in to completing your job.

Most of us students want to go to college. Let's say you are really good at football and the University of Utah scouts want to give you a full athletic scholarship. So, you go to the University of Utah and play for them. Well, most scholarships cover the tuition and















# THE STEGNER YOUNG SCHOLARS' WRITING INSTITUTE

Made possible by generous support from  
the following organizations:

SALT LAKE EDUCATION FOUNDATION  
LAWRENCE T DEE AND JANET T DEE FOUNDATION  
ROCKY MOUNTAIN POWER



SALT LAKE CITY  
SCHOOL DISTRICT  
Development & External Relations



College of  
**EDUCATION**  
THE UNIVERSITY OF UTAH

*Extraordinary Educators  
for an Extraordinary Future*



Utah Center for  
**Reading &  
Literacy**