

Meredith Day Chapman
Composition I, Honors
Composition II, Honors
Survey of World Literature from 1650, Honors
History of American People to 1877, Honors
Graduated Fall 2017

I. Introduction

Me? An Honors student? I didn't think I could do it. I waited 25 years to attend college after graduating high school in 1989; I was terrified to take the leap. Taking the entrance exams was a wake-up call. Algebra was like a foreign language all over again. It was clear I had a few cobwebs to clean out of my brain. Thankfully the writing portion came more naturally and it was enough to win me an invitation to take Honors courses at Northwest Arkansas Community College. Honored, I was, but also shocked and intimidated. I was a B student in high school so I never believed myself worthy. I procrastinated on filling out the application and writing the essay required to become a member of the Honors Program. After having completed 3 Honors courses and enrolled in a 4th, I finally completed the necessary requirements. I am so thankful for the amazing opportunity and outstanding education I received from the professors with whom I had the honor to learn.

Jacqueline Jones was my first Honors professor at NWACC. I was enrolled in her Composition I course and we were in our 2nd week when Sabrina Chesne came in to tell us about the Honors Program. This is when I realized taking an honors course does not automatically make you a member of the Honors Program. Professor Jones did an exceptional job of getting me out of my shell. Her teaching strategy did wonders for my easing-in to college life and learning. She was thoughtful and patient with the other students and me. She always had a fun and interesting process of teaching us the fundamentals of excellent writing. Professor Jones would say, "There's a method to my madness." I always enjoyed going to her class and she made me a better writer.

Jacqueline Jones also assigned a group project; this was unexpected in a composition class although, being an Honors course, it was easy to find hard-working students with whom to join forces. Three other students and I worked to find a current local issue in which we could present 3 possible solutions; we chose how Benton County needed a better plan to handle icy roads in the Winter. With drive, determination, and varied past experiences, my group and I researched the issue and collaborated on our recommendations. I was very impressed with my fellow group members and their willingness to put forth the time and effort to offer up a worthy presentation (see Exhibit A); Professor Jones asked if we would like to present our findings to the City Council. I find it hard to imagine that this group project would have been as successful if it had not been Honors-student driven and guided by such an excellent honors professor as Jacqueline Jones.

II. Diversity

Ashleigh Davis was my next honors professor; I took her Composition II Honors class. I was intrigued with her choice of focus for our semester: Language in Society. My fellow Honors students and I were asked to keep an open mind about language and how it affects our

environment in relation to our own identity, media and politics, culture, and society. The exposure to the diverse aspects of discourse was enlightening. We were asked to keep a language journal and periodically make entries that were in direct relation to the language diversity we encountered in class. I analyzed language in a political speech and was amazed at how many different forms of persuasive language are used in political rhetoric.

I also learned how people shift the style of their language depending on with whom they are speaking. Factors such as age, social expectations, and power struggles cause us to adapt our language. Finally, Professor Davis assigned a research essay and presentation regarding the intersection of language and culture. I chose to focus on the Paleo Diet and how it may be mainstream or just a fad in our current culture. I created a survey using diverse language to inquire a sample of what people believed the Paleo Diet entailed and then presented my findings to the class. (See Exhibit B). Professor Davis opened my eyes to the enumerable language tools used in society and did so in an environment that promoted inclusivity, an open-mind, and a willingness to engage in cultural diversity through language.

III. Community

My next Honors course shifted from writing to history. I had the utmost pleasure of revisiting our nation's history with Dr. Gene Vinzant in his honors course, History of American People to 1877. His love of history was evident in the way he conveyed the details of our past, using an open-discussion approach with his descriptive and graphic slide presentations as a guide. Memorizing the dates on a timeline was not our goal; Dr. Vinzant wanted us to comprehend the greater picture of our history and to see how it is still relevant today. There were a couple of students in our class, one majoring in History, that greatly contributed to the discussions and gave their renditions of certain events based on their previous studies. I appreciated their viewpoints and found it refreshing when Dr. Vinzant would engage and sharpen the focus on the event we were discussing.

It was important to Dr. Vinzant that we, as Honors students, connect the history lessons we learned to our community. One project I did for his class involved working with a local, non-profit organization; it raises money and assists in finding other resources for Military Reservists and the National Guard of Northwest Arkansas (See Exhibit C). I felt volunteering for an organization that gives back to our military was fitting, since our nation's history was founded by people willing to fight for independence and other noble causes. It was a great experience and I highly recommend a service learning project to everyone, whether or not an honors student; it feels good to give back to the community.

IV. Curiosity

My Survey of World Literature from 1650, Honors course exposed me to a plethora of communities around the world, via the written word. Professor Megan Looney introduced literary works from North and South America, Asia, Africa, and Europe. Thanks to her assigned readings, the quality of the stories themselves, and the in-depth discussions afterward, my love for reading was re-ignited. The topics alone piqued my curiosity, but it was Professor Looney's erudition of the works that drove me to dig deeper into the underlying meaning the authors intended. Our class consisted of only 7 students so we enjoyed intimate discussions of the readings and giving our own perspective on each topic in a safe and accepting environment.

Some of the works were very difficult and emotional for me to read, specifically Harriet Jacobs' narrative, *Incidents in the Life of a Slave Girl*. Knowing some details of our nation's history of slavery did not prepare me for following Jacobs' story, plagued with unspeakable and horrendous persecution, solitude, and fear; I was moved to tears. Having read only the certain sections of Harriet Jacobs' narrative assigned, and gaining scholarly insight from Professor Looney, I became curious about the whole story. Professor Looney asked us to choose a reading from the unit and approach it from another angle using creative writing. I chose to write my own narrative from the perspective of Linda's (pen name for Harriet) husband, Thomas Sands (See Exhibit D). Being curious about his character led me to devise a whole back-story on him and how he came to meet Linda and help her escape to freedom. It was exhilarating to write my own ideas down on paper and to create a story of my own. Thanks to Professor Looney and engaging in my own curio(u)sity, I now feel more confident in my own creativity.

V. Closing

I would be remiss not to mention the other Honors students with whom I shared the lounge, the classrooms, and in-depth discussions; they were the best part of my Honors Program experience. I learned so much from them - their stories, ideas, questions, thought-provoking insights, and diverse perspectives opened my world. I am sincerely thankful for their support, and that of my honors professors, in helping me become more confident, creative, and curious. Being a part of the Honors community was the catalyst that propelled me into becoming the successful student I desired. Being challenged by my professors and the other students well prepared me for my next two years at The University of Arkansas, Fayetteville. I learned to become a better writer, to think outside the box, and to have a tenacious drive while working toward my goals. These skills have set me up for success in my student life and will, no doubt, be key in my future career. For new Honors Program members at NWACC, I implore you to be open-minded to the different perspectives you will encounter. Don't be afraid to speak-up and share your thoughts and ideas in your classes; your professors and fellow honors students will be happy you did.

Exhibit A - Copy and paste the following link to view PowerPoint:
https://1drv.ms/p/s!Anq3k_okh40BhD-5xyapAInXMd8c

Running Head: HOW TO FIX BENTON COUNTY'S WINTER ROAD CONDITIONS

1

How to Fix Benton County's Winter Road Conditions

Aaron Brophy-Strickroth, Meredith Chapman, Madeline Hamrin, Connor Lockaby

English Composition I Honors

December 14, 2015

Professor Jacqueline Jones

How to Fix Benton County's Winter Road Conditions

The winter months are now upon us, as well as all that the winter brings: falling temperatures, shorter days and longer nights, barren trees, and heavier clothing all come to mind when discussing the year's final season. However, as it is with every winter in this state, the threat of severe, inclement weather looms around every snowstorm and rainfall. Icy roads, streets, and highways thick with fresh snow are impossible to traverse causing total traffic jams throughout Northwest Arkansas. All of these prove detrimental to residents' ability to travel, be it to work, school, or the grocery store. Employees face the difficult choice between risking their vehicles and safety on dangerous roads or missing crucial days of work; schools miss much needed class time that is invariably made up at the end of the school year. Fast growing areas such as Northwest Arkansas--and Benton County in particular--cannot afford such weather to keep them from their schools and workplaces. Residents of Benton County, and all of Northwest Arkansas, require safe and reliable roads in these harsh months. The lack of information on fighting these conditions, as well as inefficient and outdated methods used by the county, are obstacles in the face of this goal. With an updated inclement weather policy on behalf of Benton County to reflect the large population surge in recent years, better information for residents and drivers on how to handle inclement winter weather, and refocused effort on prevention of poor road conditions, progress can be made to ensure drivers can rely on their roads, even in the harshest seasons.

The Issue at Hand

The Northwest Arkansas area has seen a sizable population increase in recent years that shot it into the rank of the “nation’s 23rd fastest-growing metropolitan area from 2010 to 2014” (Northwest Arkansas Council 2015, para.1). With this boost, Benton County has transitioned from rural communities with pockets of metropolis into a conglomerate of cities, slowly becoming more and more interwoven. Because of the influx of new people and increased merging of the cities, it seems unwise to continue using Benton County’s same reactionary inclement weather plan as time progresses. It is hazardous to all citizens who live in the area, as well as detrimental to students and businesses for days at a time. Not only is the lack of education and experience among drivers in these conditions a problem, the low level of preventative care our roads see in winter conditions can prove just as dangerous.

Possible Solutions

One fairly new method of de-icing that could be a good solution to our road problems is spraying beet juice mixed with salt brine on the roads of Northwest Arkansas. The beet juice helps thaw ice at lower temperatures than salt normally would when used by itself. According to the Kansas City District of the Missouri Department of Transportation website (2013):

At 30 degrees, one pound of salt will melt 46.3 pounds of ice, but at 0 degrees, the same pound of salt will melt just 3.7 pounds of ice, [while regular] water-based salt brine works well until 25 degrees. Beet juice is [then] added to the mix when the temperature drops between 25 degrees and 5 degrees. (MoDOT 2013, para. 3)

This is not only a more effective solution to thaw ice on our roads than salt alone, it is also very inexpensive; the cost of beet juice is \$1.70-\$1.85 per gallon (MoDOT 2013, para. 3).

Another alternative solution that could be considered when addressing the problem is to have the residents of Benton County become a part of the solution. To persuade more people to help with snow removal, residents could be offered tax credits as incentive to assist with clearing the smaller roads in their neighborhoods. In Yonkers, NY, citizens can deduct the cost of some business expenses such as equipment, supplies, and operating expenses from their taxes (*Snow Removal* 2014). This is something that should be implemented in Northwest Arkansas to help increase the participation and productivity in the removal of ice and snow.

Recommended Plan of Action

With increased population in Northwest Arkansas, an updated inclement-weather plan on the part of the county is essential for dealing with severe weather in the winter season. A relatively small, yet effective, area of focus that could prove beneficial for drivers is an increased effort on proper education regarding winter road conditions. Such information--acceptable and safe speeds while on ice, proper tips on safely braking in the ice and snow, how to identify black ice, and how to decide when it becomes too dangerous for general travel--could be required as part of a driver's examination, administered by a state official. More information for drivers on such an important issue that affects the safety of so many people can only help to improve overall road conditions, as more drivers are better informed on the risks and are better prepared to handle them.

A larger fleet of snow plows working to clear the snow off the roads, in conjunction with a salt solution to prevent icing, is essential in maintaining safe driving conditions during potential snowstorms; the downside is it can be costly. According to a pamphlet entitled *Snow Removal Guide 2015-16*, written by the San Bernardino County Department of Public Works and mailed to the county's residents, San Bernardino County in California used their State Highway Users Tax or "gas tax" to fund the snow plowing and salting of their roads (sbcounty.gov, 2015). The solution commonly used on highways in Northeastern states like New Jersey is sodium chloride, or rock salt, mixed with liquid calcium chloride (njdot.com); it can cause damage to vehicles and roads but the benefits outweigh the costs. In *Salting Roads - The Solution for Winter Driving*--written for The American Chemical Society--Doris Kimbrough, Professor of Chemistry at the University of Colorado-Denver, wrote "Even though salt can cause rust and corrosion on cars, bridges, and other parts of the highway, it more than makes up for this costly damage by saving lives"(acs.org). Pre-salting roads before the snow and ice have a chance to stick is an excellent method used by many states including New Jersey where road conditions are more severe than in Northwest Arkansas (njdot.com). Added snow trucks and larger reserves of salt would also prove helpful, with road salt costing roughly \$80 per ton (<http://dahechem.en.alibaba.com/>). Using such preventative measures prior to major snowfall or daily driving commutes would help to ensure both safer road conditions and a better local economy with businesses and schools able to remain open.

Conclusion

With Benton County residents better informed and with you, the Department of Transportation, continually updating the Inclement Weather Policy, we can ensure that our county will be better prepared for anything Mother Nature brings our way. All residents of Benton County deserve better driving conditions, no matter the season; we all want safer roads. Let's work together to take these aforementioned steps toward our common goal.

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Exhibit B

Copy and paste the following link to view PowerPoint:

Meredith Chapman

https://1drv.ms/p/s!Anq3k_okh40BiBYQ5MhTZkFQqRcK

English Comp II Honors

Professor Ashleigh Davis

May 9, 2016

The Language of the Paleo Diet Culture

Introduction

Walking through the farmer's market on a sunny day can inspire anyone to eat healthier. Seeing the array of colorful fruits and vegetables – red, ripe tomatoes, green broccoli, or yellow bananas – is like a feast for the eyes. There is much more emphasis placed on healthy eating and staying fit than in decades past, and this has given rise to many different types of diets. One such diet, the Paleo diet, is one that is relatively recent compared to many others. The Paleo diet consists of whole, unprocessed foods; this is in line with what our ancestors ate during the pre-agricultural, Paleolithic era. Foods like meats, fruits, vegetables, and nuts are the mainstay of the Paleo diet and, as a general rule, the avoidance of dairy products, legumes, grains, or processed foods is practiced. This cave man diet's increasing popularity in our culture has made the term "Paleo" mainstream. So, what is driving people to incorporate this diet into their lifestyles? It is apparent that the simplistic, grass roots language surrounding the Paleo diet culture, which is the basis for its philosophy, has had a major impact on its popularity.

Background

There have been numerous writings in popular culture about the Paleo diet, but since it is relatively new, there are not as many academic journals on the subject. *The American Journal of Clinical Nutrition* published a study that tested whether the Paleo diet had a better effect on Metabolic Syndrome than other diets (Manheimer, et.al). A person is diagnosed with Metabolic Syndrome if they have 3 out of 5, or more, risk factors including "waist circumference, blood

pressure, and serum concentrations of glucose, triglycerides, and HDL cholesterol in the fasting condition” (Manheimer, et.al). These risk factors can lead people to develop type 2 diabetes and/or cardiovascular disease (Manheimer, et.al). The study followed 159 participants, in 5 different groups, for one week. The results showed that “Paleolithic nutrition” offered “greater short-term improvements than did the control diets” (Manheimer, et.al). In general terms, research describes the Paleo diet as potentially healthy and especially good for people suffering from ailments such as high cholesterol, high blood pressure, or diabetes (Manheimer, et.al). They do, however, suggest further research into the benefit of avoiding grains and dairy “in the context of Paleolithic nutrition” (Manheimer, et.al).

Numerous journals of medicine and clinical studies focus their hypotheses on whether the Paleo diet is beneficial to the health of people today. Most discuss the relation of this diet to a possible reduction in certain chronic diseases. One such publication that appeared in the *European Journal of Clinical Nutrition* studied the effects of the Paleo diet on patients who had been diagnosed with type 2 diabetes (Masharani, et.al). 24 participants were put on one of two diets – 14 on the Paleo diet and 10 on an American Diabetes Association (ADA) recommended diet – for a duration of three weeks (Masharani, et.al). The group on the Paleo diet showed “greater benefits on glucose control and lipid profiles... [and]...significant improvement in insulin sensitivity” compared to the group on the ADA diet (Masharani, et.al). The conclusion derived from this study was that people diagnosed with type 2 diabetes will experience better health benefits from a Paleo diet than from an ADA recommended regimen. Throughout this study, references were made about the foods that are included in, and excluded from, the Paleo diet; they described the diet as what was “consumed by our pre-agricultural hunter-gatherer ancestors” (Masharani, et.al).

Although similar determinations of the positive health benefits of practicing the Paleo diet were made in these and other medical journals, it was ranked 36 out of 38 diets on the US News and World Report's ranking of diets due to a lack of research evidence that shows clinical benefits (Haupt). U.S. News, along with a panel of health experts, used the following criteria when evaluating the diets – “easy to follow, nutritious, safe, effective for weight loss and protective against diabetes and heart disease” (Haupt). The Paleo diet ranked in the 30's on all categories, including easy to follow (Haupt). It ranked dead last for weight loss diets yet the CrossFit gyms around the nation are recommending their members include the Paleo diet in their lifestyle (Mooney). Kate Mooney, in her article on Observer.com, speculates about the Paleo diet in relation to the CrossFit movement when she states, “It seems every fit specimen you encounter is plugged in to the cult of functional movement fueled by hunter-gatherer sustenance” (Mooney). CrossFit and the Paleo diet are represented as “life hacks” in that they are both efficient and save time so that one can achieve their health and fitness goals quickly (Mooney). John Durant, author of *The Paleo Manifesto*, says the Paleo diet is for a person who has “better things to do than count calories” (Mooney). The US News and World Report article provides the “simple premise [of the diet] – if the cavemen didn't eat it, you shouldn't either” (Haupt). Goodbye to “pre-agricultural revolution” foods like sugar, grains, and dairy; “hello to meat, fish, poultry, fruits and veggies” (Haupt).

All of the scholarly and popular sources, in some shape or form, discussed the premise of the Paleo diet – what foods are included or excluded and that these foods mimic the cave man diet from the pre-agricultural era. They also weighed in on the health benefits of the Paleo diet. Whether the sources were scholarly or popular, the terminology used to demonstrate the Paleo diet was limited. Therefore, more research is needed to examine what language surrounds the

concept of the Paleo diet and what makes it a popular choice among people today. In order to find out what linguistic choices people are currently making on the subject of the Paleo diet, I created an anonymous survey that allowed respondents to offer their ideas and feelings about the diet. This would allow me to examine if the language the respondents used to describe the Paleo diet was similar to that of the published sources. Not only did I want to reach a number of people from different age groups, because their choices of words may be different, I also hoped to gain knowledge from those with different fitness backgrounds -- whether through diet, exercise, or both. I expect to find that the participants in my survey will either have heard of, or are currently practicing, the Paleo diet. I believe the terminology used by the participants will be similar to each other and to that of the published sources, but will also include more mainstream views of the diet that contribute to its popularity.

Method

My research survey, entitled “Exercise and Diet Survey”, consisted of 16 questions in a mixture of genres including multiple choice, check all that apply, short-answer, and Likert scales (See Appendix A). I posted a link to the survey on my Facebook page so that I could reach a large number of people in a short time. I also posted the link to the CrossFit Facebook page in order to reach out to members of the CrossFit Club where my husband works out. This was to ensure that I would receive responses from a variety of people, some of whom may currently follow the Paleo diet and some who have not. I did not want any pre-conceived notions being made about what I was studying at the inception; therefore, I began with questions that focused on exercise habits and then moved to inquiries on diet that the respondents currently practice.

The bulk of survey questions focused on the Paleo diet and whether the respondent, or someone they knew, were familiar with the concept. I encouraged respondents to use their own

words when defining processed foods and the Paleo diet. I also offered a list of terms that they were to choose from to describe the Paleo diet as they see it. My goal was to find out what terms people use to describe processed food and the Paleo diet so that I could research the linguistics surrounding these trends in popular culture. 5 of the 16 questions posted were in the Likert scale format, rating opinions on a scale of 1 through 5. These were designed to see the distribution of attitudes toward the diet itself, whether it be healthy, a fad, effective, etc. Control questions were added to deter the respondents from leaning one way or another in their answers and to ensure complete honesty in their opinions that they chose to share. The survey came to a close with optional demographic questions.

Results

I received 49 responses to my survey and found that the mass majority (98%) have heard of the Paleo diet (Appendix A, #5). Of those respondents, only 40.8% have practiced the Paleo diet, either currently or in the past, but 71.4% know someone who is now on the Paleo diet (Appendix A, #7 & 6). The general consensus of respondents shows that they understand what processed food is – packaged food that is not in its original state, typically found in the center aisles of the grocery store. Only one of 49 respondents, an outlier, believes it to be included in the list of approved foods for the Paleo diet (Appendix A #9). 10.2% believe that dairy is included in the Paleo diet and 44.9% believe that legumes are included, a common misconception (Appendix A #9). “Healthy” and “Trendy” took the top spots of adjectives provided when asked to describe the Paleo diet, with 65.3% and 67.3% respectively (Appendix A #10). After those, “Delicious” and “Successful” were chosen most often, both at 34.7% (Appendix A #10). The only negative choices that were chosen were “Unrealistic” at 26.5% and “Unappetizing” at 8.2% (Appendix A #10).

Surprisingly, when approached with Likert scales in the survey, 46.9% of respondents would not commit to whether the diet is a healthy choice, even though 65.3% of them listed it as one of their choices in a previous, check all that apply, question; only 3 respondents used “healthy” when describing the diet in their own words (Appendix A #13, 10, & 8). 17 of the 49 respondents knew which foods were considered a part of the Paleo diet – Meats, Vegetables, Fruits, Nuts, and Eggs (Appendix A #9). 29 people believe that either grains or legumes, or both, are a part of the Paleo diet (Appendix A #9). It is apparent that, even though most people have heard of the Paleo diet or know someone practicing it, the majority of respondents are not completely clear on what the diet entails. That being said, the diet is still a popular choice amongst people today and appears to be seen in a positive light because the respondents believe it to be trendy and a healthy choice when given options of terms from which to choose (Appendix A #10).

Discussion

The language surrounding the Paleo diet culture was the focus of my research and the purpose of my study. The language used amongst respondents, in describing the Paleo diet, included a long list of simplistic terms – fresh, healthy, whole foods, protein, veggies, nuts, cave man diet, etc. – most of which also appeared in the scholarly sources I researched. As shown in the results of my survey, respondents are not exactly clear on what is included in the Paleo diet, yet they seem to find it healthy. I believe that this apparent contradiction, and the reason that people are attracted to the Paleo diet, is because it is trendy, it’s a fad. There is no need to process the information on food labels. The language is simple and back to the basics; there is no gluten-free, cage-free, or organic language to decipher. The language mirrors the diet itself. This

indicates that simple linguistics and straightforward terminology contribute to the popularity of the Paleo diet culture.

This coincides with the linguistic attributes found in the two published clinical studies, combined with that of the rankings of diets done by US News and World Report, that similar rudimentary terms can be used to describe the Paleo diet. There is a contradiction to note as well -- the two published studies speak of the health benefits of eating the Paleo diet over other diets, although it ranked almost dead last in the US News and World Report rankings because of lack of research in the area of “clinical health” (Haupt).

There is a shared language within the clinical studies used to describe the diet itself; phrases like “pre-agricultural, hunter-gatherer ancestors” are used to explain the diet’s origin (Masharani, et.al). Both studies list the types of foods that comprise the Paleo diet and do so in categories that are easily understandable and therefore more attainable – “lean meat, fruits, vegetables and nuts” (Masharani, et.al). The latter study goes further to state that “Diets metabolically more attuned to human evolution– composed of meats, fish, fruits, vegetables and nuts and excluding processed foods, dairy products and refined grains, the so-called Paleolithic (Paleo-) type diets– could potentially prevent or reverse [type 2 diabetes]” (Masharani, et.al). Mentioning human evolution in that statement evokes a sense of belonging; we all come from the same historical background, and it is in our nature to eat like our ancestors. Their linguistic choices, which convey the ideologies of the Paleo diet, are done in the most basic form and create a belief that following the diet of our ancestors is a rite of passage. The language used to describe the Paleo diet mirrors the scholarly sources and shows how back-to-the-basics these foods that our ancestors ate were. There is no mention of organic, vegan, fat-free, or gluten-free foods; these can make the idea of starting a new diet a daunting task. Therefore, it seems likely

that those who like the idea of getting back to the basics of growing their own food, eating whole foods, and avoiding processed foods will latch onto this concept of eating like our ancestors once did.

Conclusion

Language can have either a positive or an adverse effect on the popularity of a new phenomenon. Advertisers who seek to promote new products or ideas, and want a strong possibility of them becoming the next fad, can use the power of simplistic language - like the core language surrounding the Paleo diet culture - in order to appeal to a larger population. The Paleo diet, which follows the food choices of our pre-agricultural ancestors as a way to maintain health, is presented in the simplest of terms. By keeping the language of Paleo simple and to the point, people are more attracted to it. The language mirrors the diet itself. The ideology that it is an attainable and good choice for people in search of health and fitness is becoming more widespread. Now that the Paleo diet is in the mainstream, I believe there should be more studies done on the subject that focus on the long-term effects of a cave man diet in this century. The study would need to follow its participants for their entire lifespan and have no technological or medical assistance to skew the results. That would be a difficult feat to accomplish, although the results of the study would be enlightening.

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49 responses



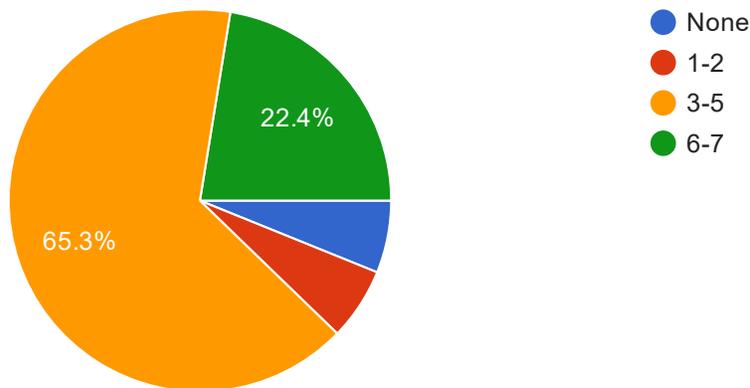
- SUMMARY
- INDIVIDUAL

Exercise and Diet Survey

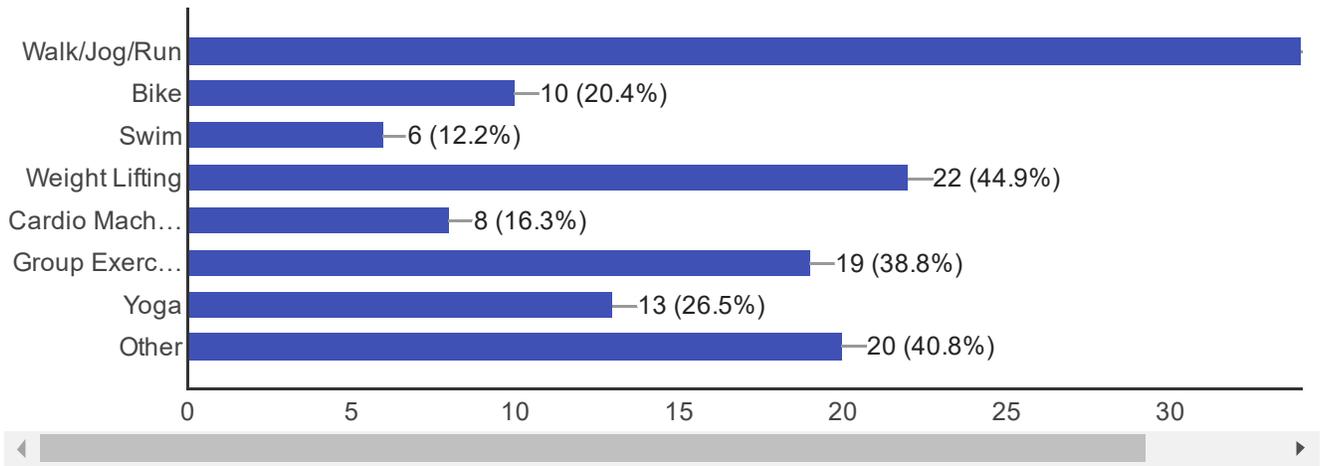
QUESTIONS

RESPONSES 49

1. How many days a week do you exercise? (49 responses)



2. What type of exercise do you do? Check all that apply: (49 responses)



3. Do you follow any specific type of diet? Please describe: (49 responses)

No

Paleo

Paleo

Paleo

Paleo

Paleo

No

No

Low carb

Low carb

Healthy

Healthy

Lots of fresh food, especially veggies. Limited carbs & fat

Mostly raw vegetables with baked fish and chicken protein. Very limited red for meat. Fresh berries in season. Summed up with G-BOMBS, Greens (collards, spinach, romaine, dino kale, etc.) Beans (pinto, black-eyed peas, black), Onions raw (sweet, green, red), Mushrooms sauteed, (white button, brown, crimini) Berries, (strawberries, blackberries, raspberries, blueberries) & Seeds and nuts (flaxseeds, chia, hemp, almonds, walnuts, pecans, pumpkin). Daily cocktail Burboun and water and occasional dry gin martini Beefeater. Red wine.

vegetarian

Mostly mediterreanian & paleo

No... I should

Moderation

Paleo 90%

Healthy food, no specific regimen

Nothing specific, limit meat

no

Gluten free and dairy free, as little processed food as I can

Nothing specific. Conscious of portion sizes, try to limit refined sugars, carbs, sodium & starches.

Dairy free and 90% organic

Moderation not deprivation

None

If it fits in my mouth I eat it.

I do my best to eat clean

Clean. Veggies, meats, etc.

High protein, low fat, moderate carbs, no sweets

None in particular

I try to eat paleo, but i love candy!!!

Try to stick to low carb, high protein

No processed food. I eat balanced meals with food from the perimeter (fresh foods) of the grocery store.

See food

Not yet

We just try to cut out processed food and limit restaurant meals.

I count macros

Healthy green food sparse carbs

4. In a few words, describe what processed food means to you.

(49 responses)

Food not in its original state

Food not in its original state

Best nutrients taken out to make it shelf-stable, then chemical nutrients added in.

Boxed, in the middle aisles of a typical supermarket.

gross, unhelathy

A necessary evil.

Food that is no longer in its natural whole state. I also view it as a not so healthy choice of fuel for your body.

Bad

Anything out of a box

Chemicals

Fake, chemicals

High salt, high fat, hi sugar, not healthy

any foods wherein the majority of the individual parts would not be considered 'food' alone

Food with a barcode

Prepared convenience foods containing artificial ingredients.

Stomach aches

Yuck

Food that has been processed

Proceeds foods are foods that have a lot of unnecessary ingredients, especially when so many processed foods can be made at home with less ingredients and unnecessary calories other factors. But, processed foods are not necessarily a bad thing because I am a firm believer in moderation.

Packaged food

food that isn't in it's natural form, has added chemicals or fillers, has had to go through some sort of "process" before being sold

Anything that has been changed from its original form before I buy it.

Lack of nutrition and overall health

Junk illness addiction

Anything that doesn't come from the garden to the table directly

Foul

Frozen foods, fast foods

Comfort, unhealthy, artificial taste

Created in a factory

Toxic, chemical shit storm

It is poison to my body.

Don't know

Anything in the center aisles of the grocery store

Anything packaged

Get fat fast

Food that isnt in original state.

Unhealthy. Not good for you. Try to avoid.

From a box or package

Filled with preservatives

Added chemicals, salt and sugar

Anything packaged or coming from a factory. Generally anything from the "inside aisles" of a grocery store.

Anything God didn't make...from the Earth.

Something your body was not built to digest

Almost anything from the center of grocery store.

Lofe

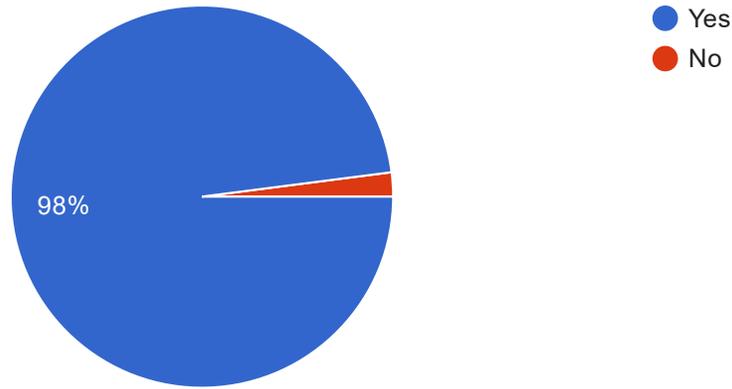
Horrible for you

Pre-packaged

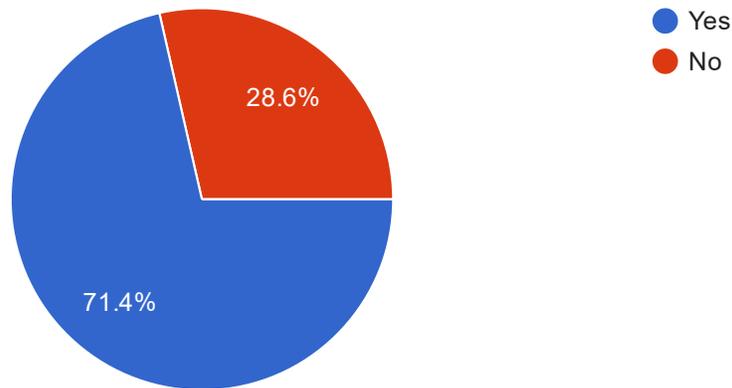
Unhealthy

Bacon is the bomb

5. Have you heard of the Paleo diet? (49 responses)

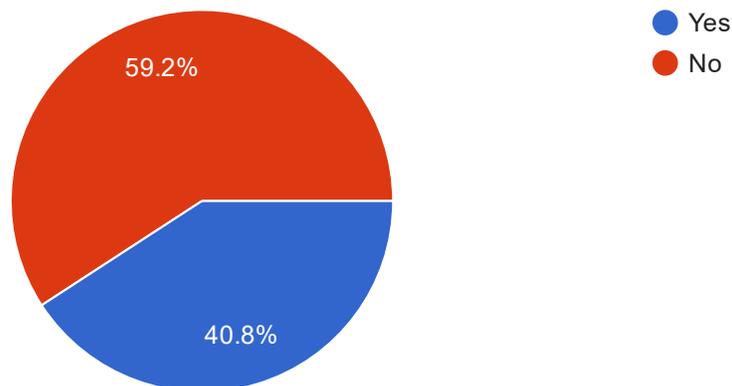


6. Do you know anyone who follows the Paleo diet? (49 responses)



7. Have you practiced the Paleo diet, whether currently or in the past?

(49 responses)



8. Describe the Paleo diet in three words? (49 responses)

Raw fresh healthy

Raw fresh healthy

Unprocessed, natural, unrealistic

Caveman, raw, meat

restrciting

Too many nuts

Whole foods.

Protein exercise fasting

Meat and vegetables

Fruit veggies meat

Whole foods

High protein natural

Diet for snobs

Meat no carbs

Protein, fresh, clean

Hard confusing unpleasant

No processed food

Crossfit people

A meal plan that is not for me. I allow more wiggle room to happily live my life

Caveman no carbs

I've heard the name but am not very familiar with it, so I'm guessing at the question below

Caveman diet

trendy, healthy, work

Strict

Natural real food

Not very fun

Don't know boutit

Whole food Heaven

Naturally occurring food

Cave man eating

Food for life.

Healthy

Meat, grains, raw fruit and vegetables

All natural

Pure clean food

Dont know

Not for me

Raw cooking work

Organic, non-processed, caveman

No processed foods

No Dairy, Gluten, added sugar (sorry it was 5 words!)

If God didn't make it, dont eat it. If youcant read the word in the ingredients, probably not good.

Body feels amazing

Protein, veggies, nuts, seeds, a little fruit, no added sugar.

Nothing to eat

Clean eating alternative

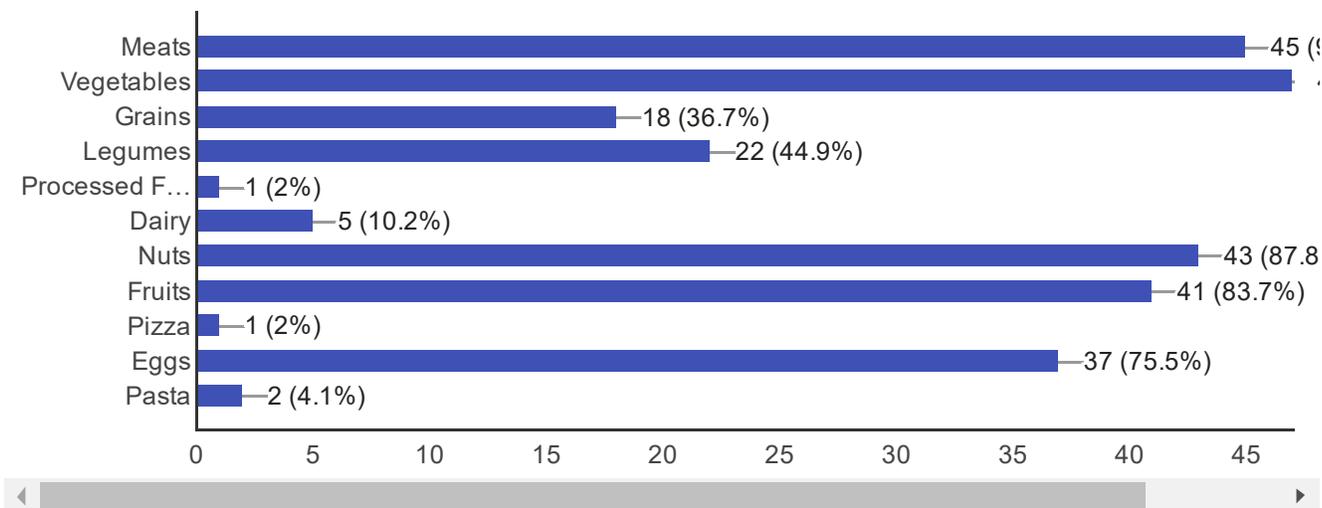
Meat veggies nuts

High Fat

A lot of greens and meat

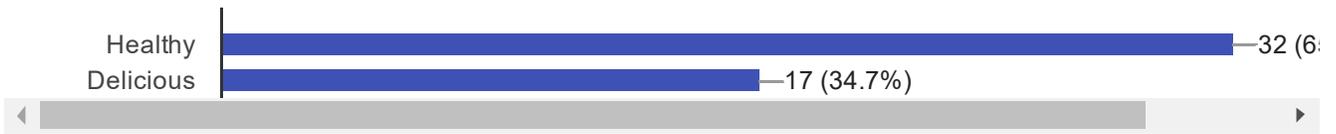
9. The following foods are included in the Paleo diet? Check all that apply:

(49 responses)

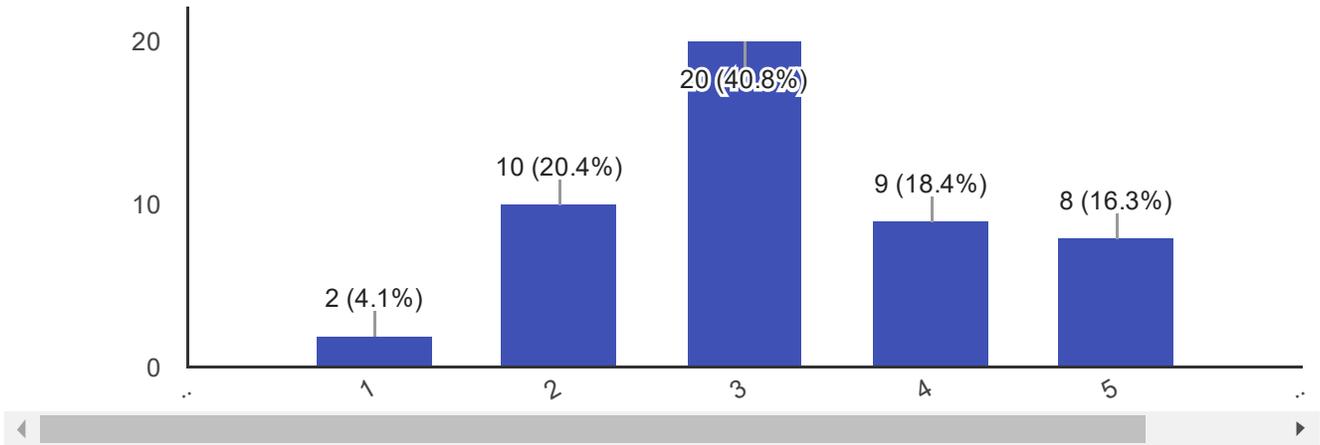


10. In your opinion, which terms best describe the Paleo diet? Check all that apply:

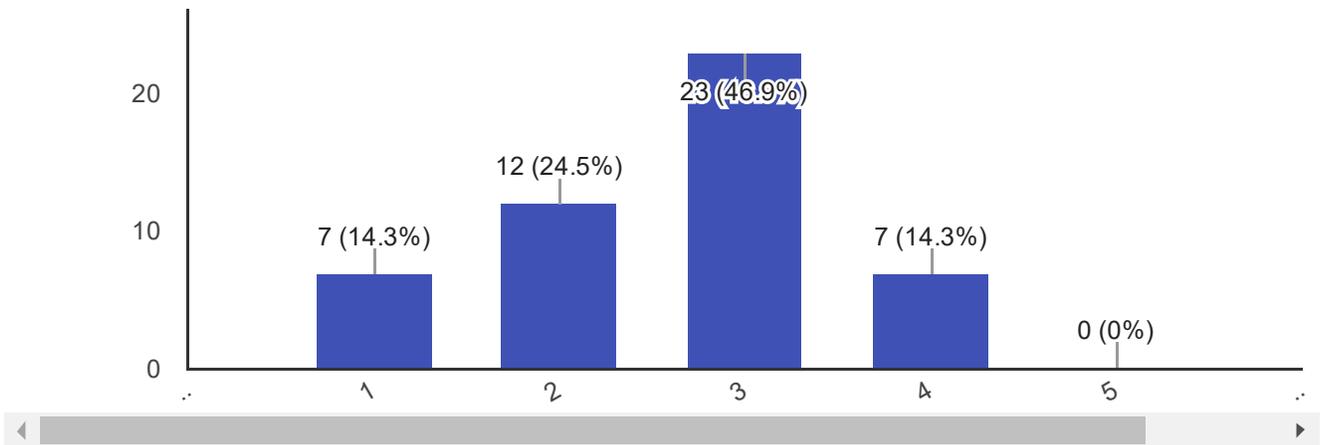
(49 responses)



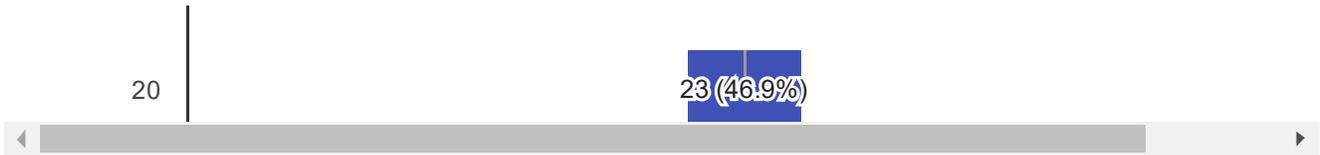
11. How closely does your diet resemble the Paleo diet? (49 responses)



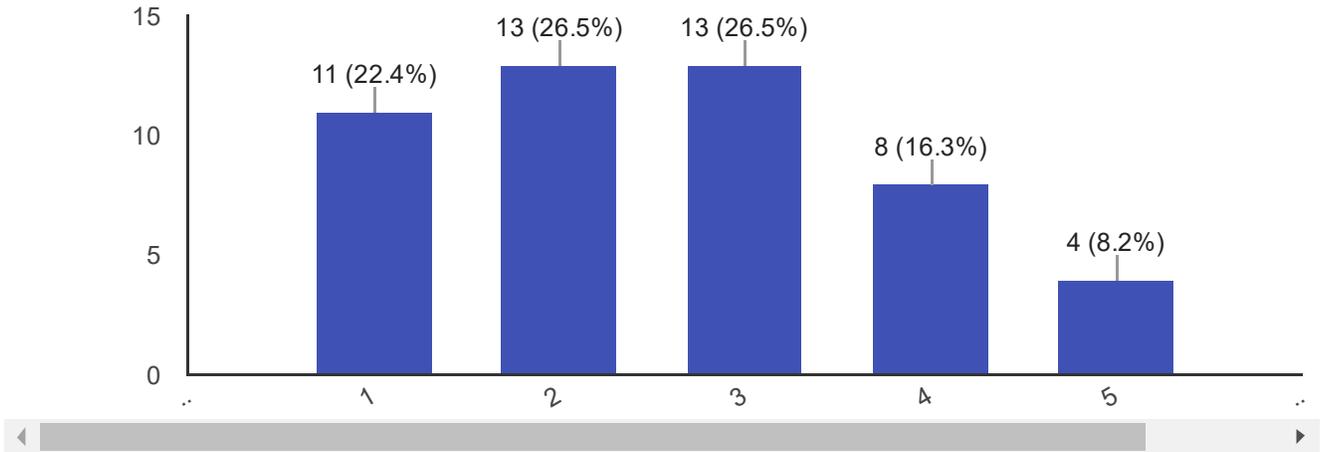
12. The Paleo diet is a good choice for people today. (49 responses)



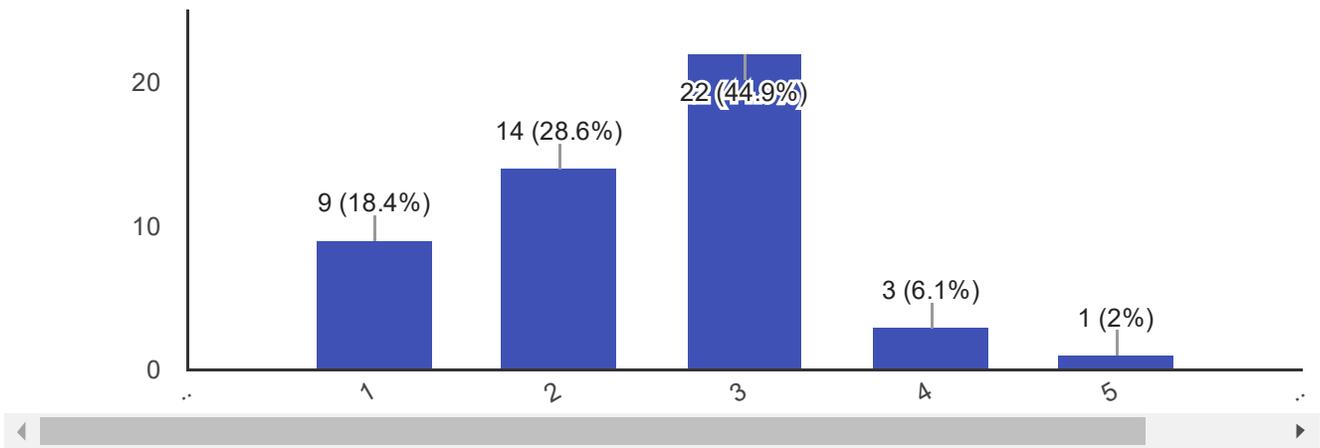
13. The Paleo diet is a healthy choice. (49 responses)



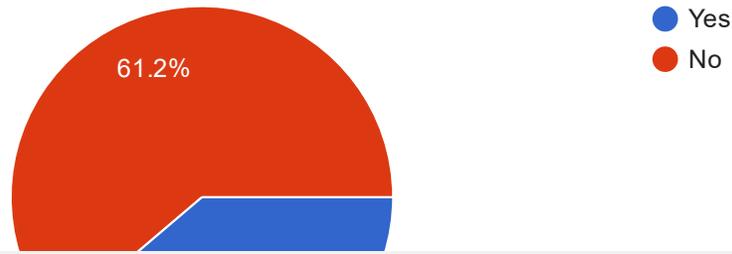
14. The Paleo diet is a fad diet. (49 responses)



15. The Paleo diet is effective. (49 responses)

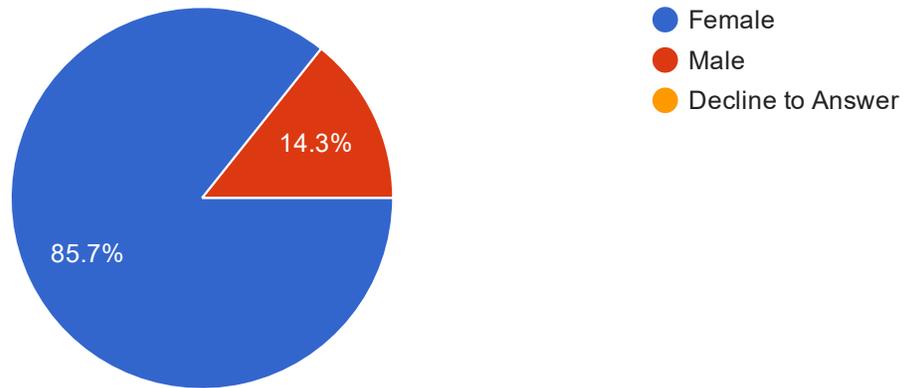


16. Are you currently a member, or have you ever been a member, of the CrossFit Community?
(49 responses)

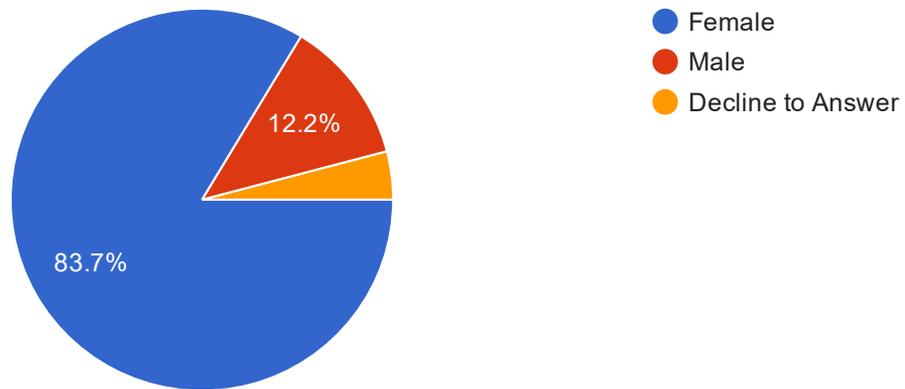


Demographics

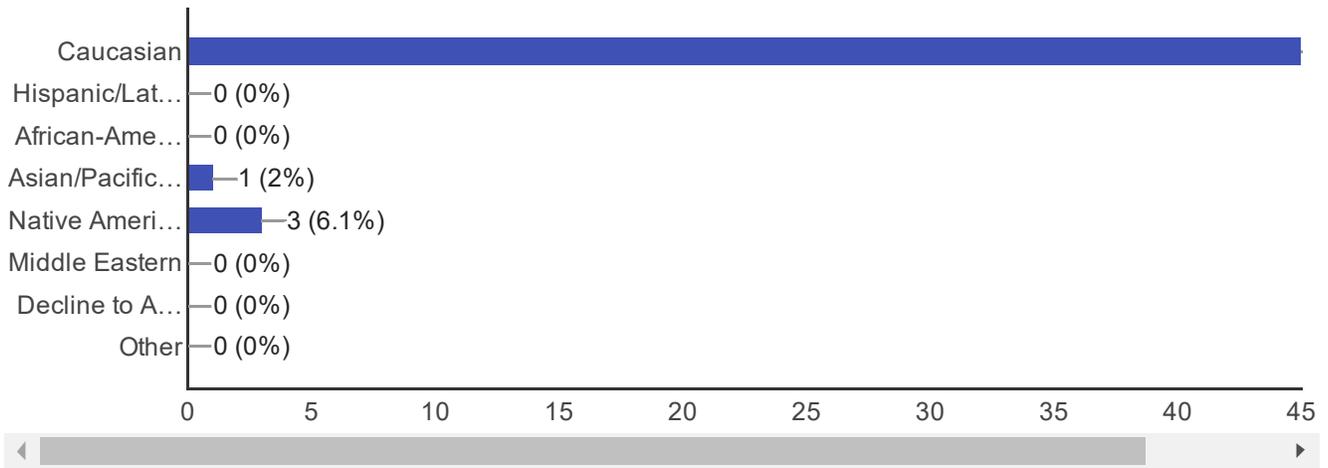
What is your sex? (49 responses)



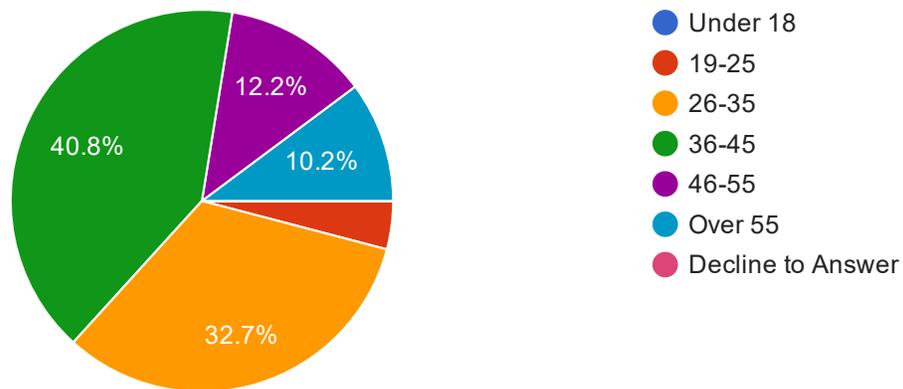
With which gender do you identify? (49 responses)



What is your race/ethnicity? (49 responses)



Please indicate your age group: (49 responses)



Current Occupation: (47 responses)

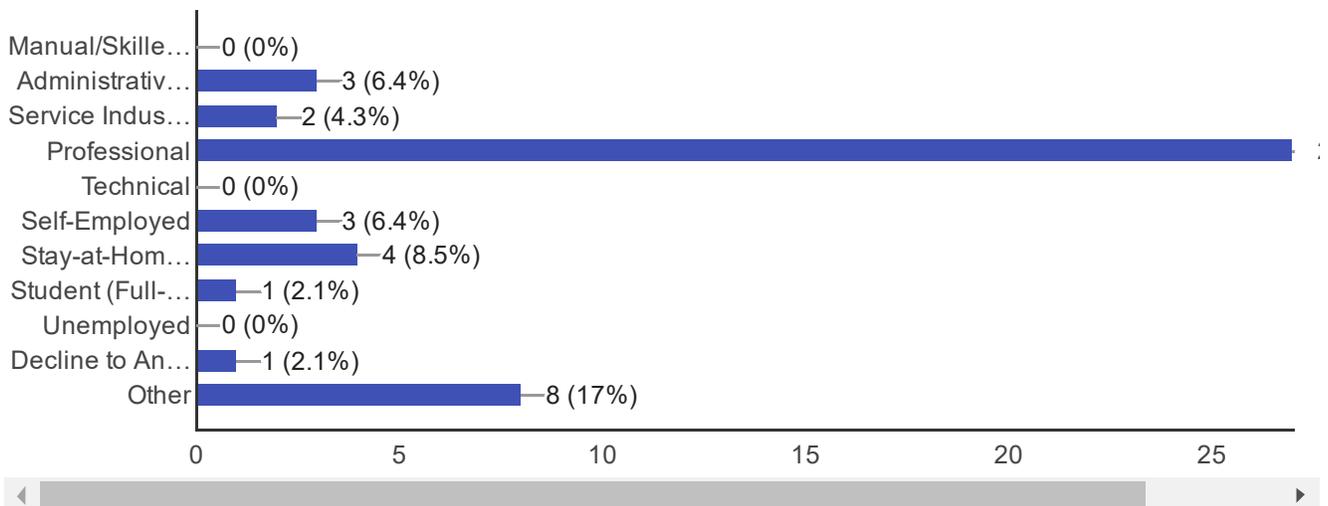


Exhibit C

Meredith Chapman
History of Am. People to 1877
Professor David G. Vinzant
December 6, 2016

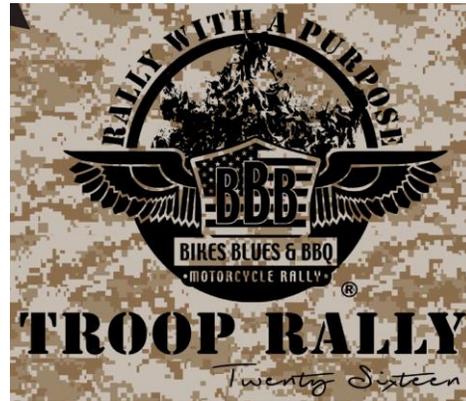
Service Learning Project – Camp Alliance, Inc.

History proves that there has been no shortage of wars fought by Americans; some were drafted but most volunteered to protect our freedom. There is a vast amount of military veterans who have served our country in the past and who currently serve. Giving back to those who have fought for us is a relatively new concept but one that is gaining ground. There are many organizations whose sole purpose is to help our military veterans in any way they can. These organizations, many being non-profit, work tirelessly to raise money and find resources to assist our military veterans and their families in getting back on their feet before, during, and after deployments.

I had the privilege to work with a non-profit organization called Camp Alliance, Inc. for my service learning project. I worked directly with Jody Bergstrom, the CEO of the organization. When I asked her to explain specifically what Camp Alliance does for military veterans, she responded:

We work with our military families of all branches, specifically with the reserve component. We work with leadership to find out what their needs are for their units and what shortcomings they may have, either financially or event driven. We help build mission readiness for their units and the families left behind.

When I approached Mrs. Bergstrom about offering my assistance for the service learning project, she gladly accepted and put me right to work. I began by volunteering at Camp Alliance's booth at the Bikes, Blues, & BBQ festival which was a successful fundraising event.



The remainder of my time was spent at Camp Alliance’s temporary storefront that was donated by the Pinnacle Hills Promenade management company in Rogers, AR, during the holiday season. The store offers military patriotic apparel and other miscellaneous gifts for purchase as well as a gift wrapping service. The majority of my time was spent helping to get the retail store up and running. I contacted vendors to request donations of items that could be sold at the store to raise money. I also spent many hours gift wrapping Christmas gifts of all shapes and sizes. All of the funds we raise from the retail store, along with the donations from the gift wrapping service that we offer, go to purchasing gifts for one of Camp Alliance’s biggest programs: The Silver Star Christmas Tree.



Camp Alliance hangs hundreds of tags on the Silver Star Christmas Tree, which is a lot like the Angel Tree but for military veterans and their families. The tags list clothing, toys, and everyday necessities that the veterans request. Members of the community can take a tag from the tree, purchase those items, and then bring them back to us to wrap in Christmas wrapping. At the end of the season, a huge celebration is held in honor of those families; over 50,000 veteran families are invited and over 50 vendors/retailers offer discounts and share in the event where there is food, music, and Santa handing out their gifts.

This service learning project has opened my eyes, and my heart, to the importance of giving back to our military veterans. It was wonderful to work with the other volunteers for such a great cause. I will continue to volunteer for Camp Alliance on other projects and events in the future and for as long as I live in Northwest Arkansas. I feel that the work that Camp Alliance does for military veterans and their families is changing the future of giving back. Our children, our grandchildren and beyond will see a history of giving.



Meredith Chapman
Survey of World Lit Honors
Professor Megan Looney
March 6, 2017

Life with Linda by Thomas Sands

Chapter I – Georgia Peaches

The best thing that ever happened to me was meeting Linda Brent in the streets of North Carolina. She had such a beautiful radiance about her and a smile that could light up the night. We fell in love almost overnight for she had a heart of gold and strength beyond measure. You see...Linda was a slave; she was the property of one Dr. Flint when we first met. I want to tell you how it came to be that I, a white man, was on that street that day, and how Linda's and my life would be forever intertwined.

I grew up on a farm outside of Atlanta, Georgia with my parents, Thadeus and Samantha Sands; I had one brother. Our family had a peach orchard like no other and we played there with our friends and took leisurely naps under the shade of the fruit blossoms. My mother loved to bake alongside our house girl, Jenny and they made the best peach cobbler you ever tasted. It wasn't always fun and games, though. When it came time to harvest, Father put us to work. We had slaves on the farm that helped us and they worked mighty hard. I cherish those times, working side by side with our slaves, listening to them sing songs. I still hum some of those songs to this day.

Chapter II – Always Be Kind

As I got older, I learned more and more about hard work and how to maintain our orchards. One thing my father instilled in me - and I believe this to be the key to success - is the importance of treating your slaves with kindness. He always said that if you treat your slaves like human beings, they will work harder for you. Father said to me, "Thomas, if you feed them well, give them a comfortable place to sleep, and plenty of soap and clean clothes, they will never cease to be more and more productive for you." Father always reminded me that we would not be a success without our slaves working by our sides.

Now, I know that some other folks in our area were not as hospitable to their slaves, to say the least. I never understood how some slaveholders could be so cruel to the people who worked so tirelessly in their fields. Still, they were their slaves and there was nothing I could say about it; seeing how they treated their slaves chilled me to the bone. The way my father and I handled our slaves filled me with a sense of pride; it was like they were a part of our family.

Chapter III – University Life

My brother wasn't much older than I, so he went to college before I did; Father needed me to stay on the farm and help him run our business. When it was finally my turn to go to college, my parents sent me to the University of Virginia. They felt it was important for both my brother and me to get an education and be exposed to different ideas and cultures. Mother and Father secured me a place on a ship that was heading north to Virginia. It was a great experience to be at sea although a little treacherous at times; I did eventually get my sea legs. The Captain of the ship was an honorable man

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and he and his crew looked after me and the other passengers; I enjoyed the opportunity to learn the ropes and help out where I could. I told the captain that if I hadn't an orchard to run down in Georgia, I would take up sailing. The university life was a humbling experience; it was extremely hard work but I feel I gained more knowledge in those 4 years than I ever could have otherwise.

Mother and Father were so proud of me for graduating from the university. When I returned home, they threw a big party like they had for my brother and it was great to have home cookin' again. My Mother was always such a great cook; she had tremendous help from her house slaves in the kitchen. It was great to be home and with my family again. After a while, things got back to normal and I was helping in the orchards like I had before. After having travelled and been schooled, I couldn't help but feel that I wanted something more in my life. I was happy to be with my family and to be such a big part of our business, but something was tugging at me and I couldn't let it go. I wanted to start my own family.

Chapter IV – Back at Sea

Years later, I decided to venture out to sea again. I had written letters to the captain that sailed me to Virginia; we stayed in touch like we were old friends. He always said, "Thomas, there will always be a place for you on my crew if you ever choose to embark on the sailor's life." Well, I finally took him up on his offer. We traversed the Atlantic, moving northward and southward, shipping cargo and passengers to their final destinations all along the eastern seaboard. It was a lucrative business and, being on the ship most of the time, I saved most of my wages for a future I had yet to find.

After many a year on the sea I decided it was time to settle down somewhere. When we pulled into the harbor in North Carolina, I said my goodbyes to the good captain and the crew that had become my friends. I purchased a quaint little home in Edenton and started to become acquainted with the people of the town. One fine, sunny day I was walking home from the market and came across young Linda. She had a sweet, innocent look about her but I could tell she had something heavy weighing upon her mind. When I found out that Linda's grandmother was a great baker like my mother, I would go out of my way to stop by their home and order her special pastries and jams. Over the course of a few months, Linda and I became very close friends and she eventually opened her heart to me. She told me of her dire predicament -- she was owned by the Flint family in town and she desperately wanted to be free. We had to construct a plan.

Chapter V – The Escape

Linda and I became lovers; we cherished our time together, but we had to be careful because she was owned by Mr. Flint. She gave me two beautiful children, Ellen and Ben. I had to watch them grow up from afar most of the time. Sometimes I could visit them and Linda at her grandmother's home. We all agreed that we had to purchase the children and Linda from the Flints so we could all be together in freedom. When Linda got wind that her master was going to bring the children to his home, she did a drastic thing – she ran away. At first she found refuge in the home of a fine lady of the town who was

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friendly to her slaves and was sympathetic to our situation. It was only a temporary solution to our problem.

Linda's uncle and I built a shed out in the backyard of her grandmother's home. There was a small crawl space above the rafters and we decided it would be a safe place for Linda to hide until the search for her had subsided. Dr. Flint had Linda's brother, William and our children put in jail in hopes that it would propel Linda to show herself. I managed to enlist a slave-trader to purchase them on my behalf, because Dr. Flint would not sell them directly to me. Once they were home at their grandmother's, I gave my own children and their Uncle William their freedom. Every time I thought I had found a safe time for Linda to flee to the North, something spoiled our plans. It sickens me to tell you this, but Linda lived in that horrid, small space for a span of 7 years.

I finally got a letter from my old captain who agreed to take Linda to the North. It was a happy day but we were not ready to rejoice just yet. Our friend, Peter agreed to transport Linda to the coast where she would meet up with the ship. She had a short moment with our son, Ben, as he promised he would see her again. Captain took Linda to her freedom in the north and she took a job with a kind woman there. The children and I made our way to Linda and we were finally able to spend our lives together, as a family, in freedom.

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March 6, 2017

Reflection on *My Life with Linda*

As I read Harriet Jacobs' narrative, *Incidents in the Life of a Slave Girl*, I was increasingly distraught to learn about her past and the horrendous treatment of slaves that she witnessed (Jacobs 1861). It was almost hard to believe - I had to remind myself that it was a true story. I chose to adapt Harriet's slave narrative because it was such a moving, personal account of our country's dark and sordid history (Jacobs 1861). I wanted to elaborate on Mr. Sands and tell the story from his point of view. I chose to use his own words, as a narrative in the first person, just as Harriet had done; I felt it important to hear Mr. Sands' experience of those dreadful years directly from him. Mr. Sands intrigued me because he was a white man in the South who was kind to her, a slave girl; this was not typical in that time in our history (or even now, unfortunately). He was one of the people in Harriet's life that gave me faith in humanity when there was nothing left to hold onto. I found myself wanting to know more about this man who had given her two beautiful children. Where was he from and who raised him? Why was he kind to her and her family when most every other white person was not? What was his part in helping her escape to freedom?

I knew that by choosing to tell Mr. Sands' story, it was inevitable that I would be writing about slaves and the inhumane treatment that was forced upon them. This proved to be most difficult and distressing because I simply cannot bear the thought of how horrible it must have been to be a slave in the South. It was imperative that I wrote how Mr. Sands witnessed, first-hand, the atrocities that slaves endured in his own hometown; it was an important part of his personal history, along with his upbringing, that made him into the compassionate man I imagined.

As I began my brainstorming for Mr. Sands' narrative, my mind was reeling with questions of how he came to be the person I projected him to be. In creating his origins, his education, and his intimate involvement with Ms. Jacobs, I conceived the kind person that I desperately wanted to be an intricate part of Harriet's new life. Conjuring ideas of Mr. Sands' history, his relationship with Harriet, and how he aided in her escape was a the most enjoyable aspect of this process. Mr. Sands, in my mind, was an honorable and caring person and I believe that is why his story came to me with more ease than I expected.

I was in awe of Harriet's strength and determination in *Incidents in the Life of a Slave Girl* and, in creating Mr. Sands' side of their tale, I found much inspiration from her (Jacobs 1861). I could never compare myself to writers, published or otherwise, but I did find great joy in the creation of my story. I have always said, "I am not a creative person." I was just setting myself up for failure. I now have more confidence in my creativity than ever before. I am also more aware of how writers of books or screenplays have conceived ideas by elaborating or adapting another work to create their own. By adapting Harriet's narrative into Mr. Sands', it gave me a new perspective on the original: I understand how difficult it must have been for Ms. Jacobs to relive her past while putting the pen to paper.