

SPRING 2018

MINERVA

CELEBRATING UNDERGRADUATE RESEARCH & CREATIVITY AT UNCG



A PROJECT OF THE RESIDENTIAL COLLEGES
AN OFFICE OF THE UNIVERSITY TEACHING AND LEARNING COMMONS

Welcome.

Research is an essential part of the undergraduate experience at UNCG and at the Residential Colleges in particular. Regardless of their majors or career paths, our students learn from our faculty the importance of scholarly inquiry and are encouraged to first ask important questions and then seek creative and innovative ways to find the answers. At the University Teaching and Learning Commons, we are honored to have the opportunity to encourage the work of our students through initiatives like our Residential Colleges, faculty mentorships, and the Undergraduate Research, Scholarship, and Creativity Office. In this magazine, we present to you a sampling of the projects our sophomore, emerging researchers are producing in the Residential Colleges written by students in the Capstone Courses of Ashby, Strong, and Grogan Residential Colleges. Together they are shining examples of the high quality of work being produced by our undergraduate students.

The name of the magazine, *Minerva*, pays homage to the Roman goddess of wisdom, who has served as an unofficial mascot since the school opened in 1893. The image of Minerva has graced every diploma, appears on the official college seal, and welcomes visitors with open arms from the east courtyard of the Elliott University Center. And in these pages, we offer you stories that reflect UNCG's dedication to academic excellence and creative inquiry.

We believe that Minerva would be proud.

MINERVA

— SPRING 2018 —



UNC GREENSBORO

EDITOR & FACULTY ADVISOR

Dr. Sara Littlejohn

CONTRIBUTORS

Morgan Fadely, History Education

David Foil, English

Ahja Ginyard, Psychology and Sociology

Sohm Gough, Business Administration

Robert Izydore, Mathematics

Mikalah Jarrett, Social Work

Carter Khoury, Political Science

Kai LaFlam, Art

Rebecca Landry, Biology

Lex Lee, Sociology

Megan Lykins, Social Work

Daniel McLaughlin, Sociology

Daniel McNair, Sociology

Vicky Ochoa, Social Work and Spanish

Sam Peltzer, Sociology

Sadie Rudd, Biology and Religious Studies

Abby Schleifer, History

Jordan Singler, English

Delta Stankus, Biology

Jacqueline Teasley, Anthropology

Alexis Walton, Pre-Nursing

Jessica Wheeler, Education

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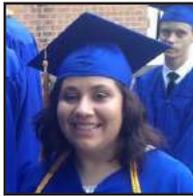
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Raj Rana in front of the iconic Taj Mahal.

INDIAN FUSION

Expanding Understandings of British Colonial Architecture

By Sadie Rudd

Raj Rana, an architecture student at UNC Greensboro, was interested in studying how British colonization influenced Indian architecture. “Because my cultural background includes my grandparents and because my parents raised me in an Indian way and also being brought up in Canada and America, I have this weird fusion understanding of both cultures, and so I do want to explore that idea of being a product of these two cultures.”

Raj decided to look further into how British colonization influenced Indian architecture and how he could use his knowledge of both Western and Eastern cultures in his future career in the architecture field. “I am Indian, first. Second, I’m an architecture student, and then, third, I went to India over the winter break and I was taking pictures and we visited temples and mosques and all these other places and I thought it was so cool how what I’m

studying in school is completely different in a different country like India, where I was born. How can I connect what I'm studying to my ethnic roots? That's why I wanted to choose this topic."

In his research, Raj struggled at first with narrowing down his topic. "I wanted to clarify my question because early on it was very open ended when my question involved how imperialism changed architecture in India and also Southeast Asia and I went into that and how those cultures brought influences back to Britain." Once Raj narrowed his topic down to British colonization's effects on Indian architecture, he was able to get into his research.

Raj's ideas and opinions evolved over the course of his research project. "My idea changed when I realized I was not trying to slander any type of culture, but it can come off that way in some of the ways I'm talking about in my research, but at the same time, my opinions changed with understanding the greater value on this issue. Even though the British did colonize India and changed a lot of the perspective, it's not like it was a completely bad thing for architecture."

In the future, Raj hopes his research can help him connect his culture to his work as an architect. "I think this project will lead me into who I will be in the future, it can open new doors for me and the field I'm going into and how I can

connect my roots into my career; it's not just 'here I am redecorating a building.' I can bring in influences from my culture or even another aspect. I think the topic reflects who I will be in the future."

If given more time, Raj would research the changes that occurred in Indian architecture between colonization and present-day India. "I'd go into more

"I think this project will lead me into who I will be in the future; it can open new doors for me and the field I'm going into and how I can connect my roots into my career."

depth about how the architecture progressed. So far, I just did step one and step two where before British people copied the old way of doing architecture in Europe and kind of just threw it into India, and then I skipped ahead into the future where they have made it a fusion style of architecture, but if I had more time I would want to go into depth about how it changed throughout time, so it's not just step one and two but A to Z."

With his research, Raj hopes to target first-generation Americans and architects. "I do want to reach people like me, people who are first-generation

immigrants coming from India and also architects or people in the architecture field so it's not just an Americanized point of view and is more well-rounded. I want to reach people like me, for an understanding of both cultures.”

Raj describes the complexities of the two styles. “As the British slowly molded Indian Architecture to fit architectural

Many claim that the imposition of British architecture on the Indian aesthetic has resulted in a bastardized definition of beauty. Yet Raj’s research uncovered that this “skewed definition of beauty actually resulted in a new concept of buildings that incorporated western uses of buildings but also applied eastern architectural vocabulary as a decorative aesthetic.”

This combination of architectural styles highlights the importance of British buildings while fusing Indian elements for ornamental detail and aesthetic appeal. It was inspired by native elements of Indian and Indo-Islamic architecture and how those were combined with gothic revival and neoclassical styles that stemmed from Europe. This created an integrated architectural style that established rule, served as spaces for both cultures, and complimented the landscape.

Raj stressed the fact that he wants to offer a new perspective. “I don’t see a lot of brown people coming from India or Pakistan or anywhere in the Middle East talking about this subject, and this project is different because it’s talking about architecture, not about anything that’s racial, so I wanted to do something fresh, so it wouldn’t necessarily make people think of someone talking about a Westernized perspective on architecture in an Indian way, and that’s the perspective I want to bring.”



Raj Rana’s photo of Indian and British fusion architecture.

standards of western countries, they also altered the understanding of traditional Indian art to create new modern styles that dominated India’s architectural landscape.” Raj argues that while many Indian people accept the shift in societal morals, the value of Indian art and architecture stayed true to the Indian people.



A happy goat finds a friend at the Greensboro Science Center.

FEELING FOR ANIMALS

The Emotional Intelligence of Non-Human Animals

By Ahja Ginyard

There's a question that people have been asking themselves since the beginning of time: Do animals feel in the same ways we do? Can their emotions be compared to our own? Katie Farina believes that they can. By researching how animals interact with each other and what scientists think happens within the minds of animals, she has learned how much human and non-human animals have in common.

Katie grew up in the mountains and was always surrounded by animals. As an Environmental Science and Sustainability Studies major and a Spanish minor, she has hopes to have a career preserving and/or restoring natural landscapes. These interests, along with her natural curiosity about the inner lives of animals, fueled her research project, providing a connection between her personal and professional interests.

Given her fondness for animals, personal bias is something that Katie struggled with while doing her research. She grew up around a lot of animals that she cared about, and it was difficult to suspend her bias towards animals while conducting her research, especially when it was about something that has such great

“Emerging knowledge on the emotional capacity of nonhuman animals helps us see the parallels between human and nonhuman animal lives.”

emotional importance, and Katie has worked hard to sift through information to prevent an extremely one-sided perspective.

Katie’s research illustrates that humans and non-human animals share a lot in common, especially emotions. One way animals demonstrate their capacity for emotions is through expressions of empathy. Katie’s research reveals that empathy is demonstrated by non-human animals through their recognition and response to other animals’ emotions, and this empathy can be demonstrated by altruistic acts. Katie explains, “I did not realize how complex the non-human animal behavior is. I always viewed

empathy as caring about another life and relating to its experiences, but empathy can also be recognizing and processing the emotions of another being.”

Play and grief are additional key illustrations of emotional intelligence that Katie’s research examines. It is clear that there are neurological benefits to play for human animals, and many non-human animals enjoy play as well. This capacity to experience enjoyment through play demonstrates the emotional intelligence that certain animals and humans possess. More importantly, it is an indicator of animal consciousness and the ability to recognize one’s own emotions.

Grief is also a shared emotion for animals and humans. “Changes in posture and vocalizations are displays of grief for both humans and non-human animals. For example, wolves use very distinct howls when they mourn. Displays of grief are also shown in animal rituals.”

The existence of these kinds of emotions in animals underscores the important role animals play in people’s lives. Instead of thinking of animals as feral beasts with nothing to live for, people can think about them as creatures with feelings, families, and homes that deserve to be protected and not destroyed for personal gain. One way to get to that point would be through people like Katie.

Katie argues that “many human beings feel disconnected from non-human animals and fail to recognize their many similarities. This disconnect has permitted the maltreatment of the planet and non-human animals. Emerging knowledge on the emotional capacity of nonhuman animals helps humans see the parallels between human and non-human animal lives. This connection will be the driving force for non-human animal rights.”

Awareness of the emotional capacity of non-human animals pushes for a shift in values for many humans. This shift manifests as actions that support animal welfare and push for interconnected and sustainable relationships with the environment.

She is hoping to share her research with those who don't have a scientific background. Katie wants to get her research out to people who aren't necessarily experts because she says they have the greatest ability to make an impact on animal welfare with our new knowledge of animals and what they experience.

Katie's research matters. It focuses on the other beings who share the planet with us, an increasingly perilous position. Perhaps those at the top of the food chain don't have to stop and think about the little guy, but animals are an integral part of our lives, and it would help everyone

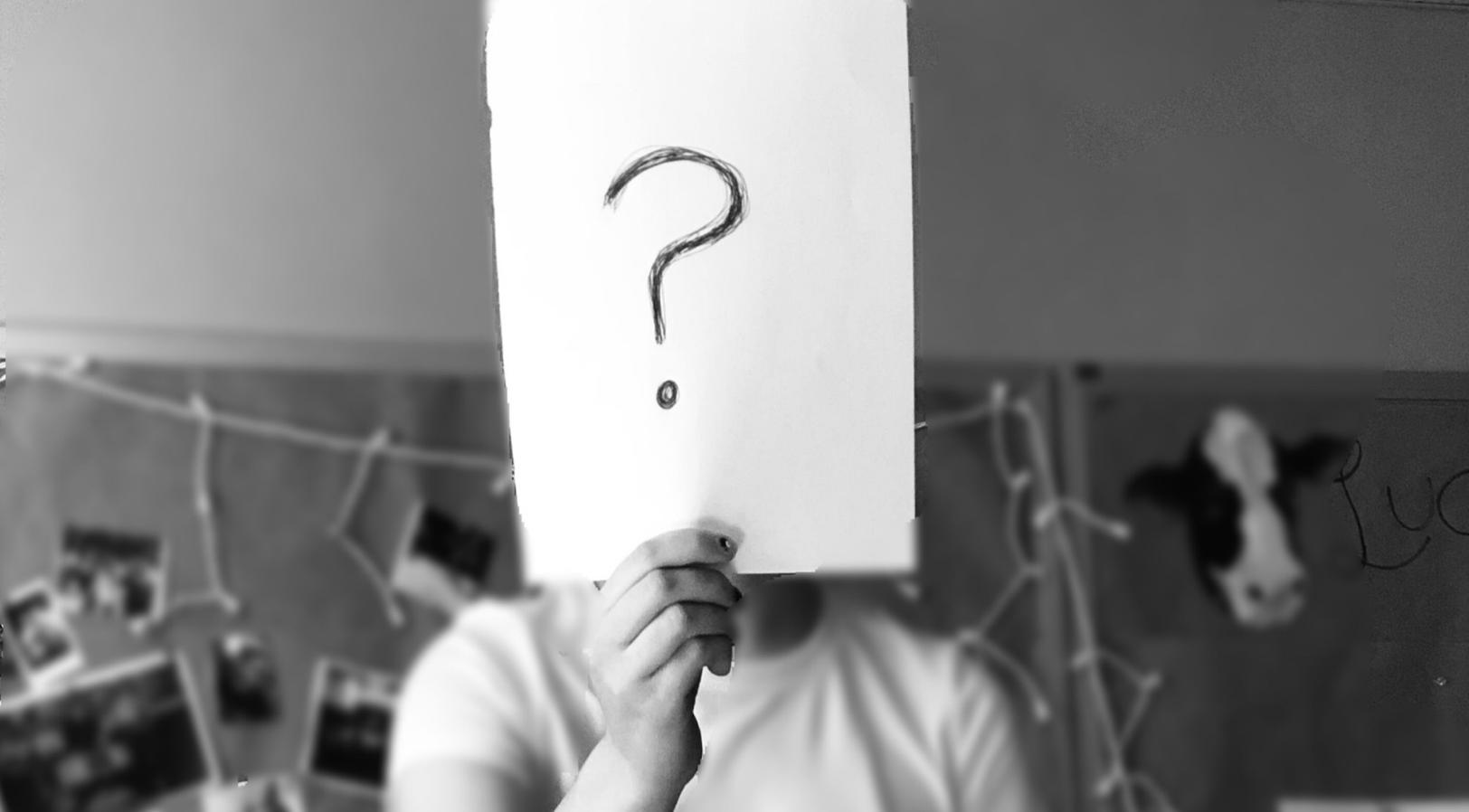
to give non-human animals the attention they deserve.

A self-declared tree hugger, Katie knows her research is a reflection of who she is as a person. This topic has had a big impact on the type of projects she chooses to partake in, and she spends a lot of her time finding different ways to be helpful to both human and non-



human animals alike. Helping animals is something that most people say that they want to do, but for her, it's a major part of her life. The research she's done for this project isn't surprising at all. It's just like Katie to be the one to give a voice to those who can't speak for themselves.

Katie captures the image of a lemur, the Strong College mascot, at the Natural Science Center.



Gender identification moves forward in the cultural conversation.

GENDER INEQUALITY

It's Not Just a Woman's Issue

By Delta Stankus

Having grown up in a small town with a traditional family, Kai (they, them, their) has first-hand experience with those who don't understand the importance of gender identity, and, as such, it has become very important to them to share knowledge regarding gender inequality and how it affects various groups and communities. They grew up in Creedmoor, which is as out of the way as most towns get in North Carolina. Their family, as is the case in many small towns, doesn't always see the larger picture of important issues like gender identity and equality.

Kai, through their own means, came to see the world in a different light than their family and saw how these things they did affected the world and how some of their actions, caused by ignorance, hurt others. Kai's purpose in doing this research is to show people how they can help those who are negatively affected by gender roles and stereotypes. In their research, Kai analyzed hypermasculinity and the way it is related to the devaluation of femininity as well as the ways gender inequality is not limited to women but instead affects many different gender identity groups, which can result in

violence towards those groups, especially the transgender community. Kai argues that ignorance of this issue can influence the spread of violence throughout a community that is often already at risk.

Kai says, “Gender inequality is a huge issue in our society today. Women, transgender individuals, and men all are affected by gender inequality in their own ways but affected nonetheless.” An art major with a deep interest in human rights, Kai uses art as a way to express what they stand for and how they feel about issues that are important to them. A lot of their artwork is dedicated to addressing gender stereotypes, and they often go to protests and are very active in the fight for human rights outside of the art world as well as in it.

Ultimately, Kai wants to show how beliefs about gender equality affect people outside and beyond their own viewpoints, to broaden the ways people can access knowledge about gender identity and the deep-seated issues it causes within those who are affected. People who do not conform to gender norms are often seen as less than people who do conform, and they are very much harmed by these stereotypes, whether it is obvious to them or not. Sometimes it might just be a dream deferred or at other times a violent assault. However this may occur, people can be harmed if they don’t receive help and support from others or if more people don’t broaden



United in Gender Identity

their horizons and look outside the scope of their own gender identity experiences.

“Everyone needs to come together and fight gender inequality on a national level,” says Kai. “It is an issue about unity between the different gender identities and needs to be addressed as such. We can start to combat this issue by fighting against sexual harassment, educating people about the history of gender inequality in the early years of school, and standing up with political figures that support taking action towards gender equality in legislation.”

Through all of this, Kai hopes their research project drives people to show more compassion and tolerance to people who suffer because of inequality. Gender identity doesn’t only concern women but people of all genders.



Undergraduate Research Expo's Emerging Researcher winner, Jacqueline Teasley, looks for over-the-counter treatment options.

BATTLING HEALTHCARE

The Immigrants' Healthcare Double Bind

By Daniel McLaughlin

Imagine this: You're going to die. It's not going to be quick or easy; in fact, it's going to be incredibly slow and painful. You won't even be able to do it with dignity; walking to the bathroom by yourself will be a long forgotten fantasy. You're dying because you have cancer in your spine, and it's left you paralyzed from the waist down. You can no longer work at your job, and your family has to carry you whenever and wherever you need to go. Usually it was to the hospital for chemotherapy, until that was ruled not to be an emergency treatment, and now you can no longer afford it. Life, or what's left of it,

is effectively hopeless. This is the story of Luis Jiminez, a man long forgotten by those sworn to uphold his rights, and it's not unique to him. Uninsured immigrants aren't dying because of any wrong they committed, but because they're poor and uninsured, and the state has effectively given them a death sentence.

Most Americans sitting at home watching the evening news couldn't imagine this scenario. If you told them that millions of people every day come to the realization that no matter how hard they have worked and how careful they

were, in the end their ability to survive was systematically taken from them by people they would never meet, they would not believe you. If you told them that in America this was how we treat people who come in starry eyed with the words “Give me your tired, your poor, your huddled masses yearning to breathe free,” emblazoned on their hearts and their minds, they would think you were crazy, that no country of theirs could willingly subject living, breathing, dreaming human beings to this reality.

Now imagine that you face this argument every day, struggling and trying to convince people living comfortably in their homes that the U.S. government is no haven for immigrants and that through the deprivation of their health insurance we eliminate their ability to live, let alone live comfortably. Jackie Teasley is trying to do just that. She’s not Hispanic or Latin American; this wasn’t a fight she was born to make, but it’s become one that she can’t turn away from. Being a person of color, she’s no stranger to how the United States treats those on the margins. After befriending an undocumented worker, Rosa, at her job over the summer, Jackie knew she would have to do something to bring to light the dark realities of being undocumented in the United States.

As a sophomore in Ashby College, she set out to research this issue and spread the information she found for her Capstone project. “My target audience

was general, everybody,” she said when asked. “I think that a lot of people don’t understand the full range of problems found in the healthcare system, let alone how they affect people of color and immigrant populations.” Being an Anthropology major, Jackie knows how to study those living in cultures she is not a part of. On top of that she thinks her upbringing helped her contextualize the

“Nothing has been done to help these immigrants yet, but it’s a problem of a lack of knowledge, not a lack of caring.”

information and use it. She says she was lucky to have grown up around “all types of individuals with various backgrounds and identities,” a childhood that she believes was crucial in letting her truly care about these topics and issues, instead of “pretending they do not exist.”

Her project shows this dedication and passion, detailing thoroughly and explicitly many ways in which immigrants, both legal and illegal, are systematically prevented from obtaining insurance. The contemporary regulations on healthcare for Latino and Hispanic immigrants are discriminatory in nature and work to discourage migration to the United States. This discouragement takes the form of demanding citizenship

qualifications that result in a lack of access to healthcare, expensive healthcare packages, and medical repatriations. In some cases she found where this even overrides constitutional law, which had originally required hospitals to provide emergency medical care, despite the legal status



Jackie's photo evokes the feeling of lost chances.

of an immigrant. Now it has been handicapped by the ACA, no longer able to provide that privilege of care to illegal immigrants. On top of this, the US has even implemented a system of “medical repatriation,” through which an undocumented patient needing care for chronic illness can be sent back to their country of origin. Many of these people left their home countries for troubling reasons, and the stark reality is that deportation can be a death sentence for them.

Jackie details the case of one man who, now unable to receive quality medical care after being forcibly moved to Oaxaca, Mexico, developed bedsores, lesions, and suffered multiple cardiac arrests. His very life was uprooted in a way that almost made him lose it because he didn't have insurance to cover his hospital stay. This is the reality that many like Rosa live with every day. They live with the constant awareness that at any moment of any day, they could not only be injured, but also lose all of their savings, their job, home, and even their family because they were denied insurance.

Jackie hopes that through this research she can arm people with the knowledge they need to fix the issues America faces today. One of the things that troubled her deeply was that, out of everyone she shared her research with, “more than half,” had never even heard of the information she had found. That fact not only troubles her but also offers an amount of solace. Nothing has been done to help these immigrants yet, but it's a problem of a lack of knowledge, not a lack of caring.

She says that research like hers can help universities to expand their knowledge and awareness on issues like this to help current and future students. If everyone knew about this problem, then people could come together to demand new levels of change and “begin to work towards a more just and fair America.”



Jennifer Rubio's photo of her small town.

A WOMAN'S PLACE

Small-Town Culture and the Future of Young Girls

By Vicky Ochoa

Women aren't supposed to aspire to be better than men. Women have to stay home to cook, clean, and look after the kids while the head of the household, a man, works and brings the money home. This old way of thinking has been passed down from generation to generation. Jennifer Rubio, a student at UNCG majoring in Biology, is one of the young women with incredible potential who was brought up in this

societal mindset. Jennifer's research addresses the negative effects of small-town society on women's education. Many young women are pressured to learn their position in society and told what they are meant to be. For example, in no way can a woman become more prosperous than a man because that simply isn't her role to fill. With her Hispanic background, these norms created even more pressure. As is the

case in many Hispanic households, you can find the mother and daughter cooking in the kitchen and serving the men. This is something normal and not unusual; it is simply seen as the correct way of doing things.

Rubio says that her environment is what pushed her towards further investigating

“As I interviewed women, I quickly realized how common this experience is among women from small towns and that made me even more passionate about my research.”

why such situations happen. She says, “It made me want to understand why women, who had so much potential in regards to their education, decided to stay in their small towns, working dead-end jobs, and perpetuating the cycle.”

So why do women choose to stay in the same place? Why are women taught that they cannot amount to as much as men can? Jennifer recalls that from a young age girls are told to be ambitious but not too ambitious because that could scare off a perfectly good man, and research supports this belief. Studies show that men are intimidated by beautiful women with high position jobs when,

in contrast, women are told to seek out a handsome man with a good job who makes good money.

Being part of a small-town community can make it very difficult to succeed. In a small town, everyone knows everyone, and everyone knows everyone else's lives. It can be hard enough not to disappoint parents, but to have a whole community looking over you too is stressful.

“Any wrong step will be known and scrutinized by everyone in every way. So you now not only have your family's opinions to worry about but a whole community's.” When part of a small-town community, everyone is part of the same belief system, and anyone that dares to step outside of that belief system is looked at as an outsider.

To help develop her research further, Rubio interviewed two women. Both women were from small towns: one went to college and is attending UNCG, and the other did not go on to college. Both women seemed to agree that there is a stereotype placed on women that has a “connection to religion and tradition.” For these women, and in many other southern towns, religion is highlighted in a small community. Traditions are not meant to be broken. Traditions are what everyone is supposed to go by because of the belief that this is just simply the only way to live life. If all women are being taught that continuing their education is unheard of, then it instills fear that

they cannot step out of their cultural boundaries. And, when one brave woman steps up to the plate and decides that she is in control of her life, Jennifer's research confirms that she is not going to find the kind of support a man would.

Rubio's interviews revealed the ways that these women from their small towns are taught to aspire to get married and have a family; men are not. Men are taught to be wild creatures and be adventurous and daring. A man is supposed to be like a wild beast so he can protect his fair maiden at home. If a woman goes out into the world and gets hurt, it was expected because a woman does not belong in a man's world. A man's world is cruel and unjust to women.

In addition to gender-based cultural barriers, being part of a small-town community also means financial obstacles and instability. Many in Rubio's neighborhood were part of the lower and middle class. Furthering one's education is expensive. Not being able to pay your way through college is a very real fear, and going into thousands of dollars of debt is not a practical idea or a comforting thought when one does not have enough to fall back on in case things don't go well. For example, if a family consists of three kids and only one of them is a boy, then he will be encouraged to go to college. With the two girls, a parent can only hope that they will marry good men who will be

able to take care of them. Rubio has her parents to thank for her being where she is today. Even though she was brought up in this environment, her parents were always encouraging her to continue her education. Support can make a big difference in someone's life, just like it did for Rubio. Because of her dedication she was able to obtain a scholarship to UNCG. With a full ride, Rubio has been able to knock down barriers and overcome these obstacles. She is making sure she puts this scholarship to good



use by going out into the field and doing research on important matters. UNCG, once a women's college, helps remind Jennifer that she is part of a great history and is on a long road that many women have walked before her. For as Jennifer says, "This may be a man's world, but it is run by women."

Fieldwork Capstone winner Jennifer Rubio, far right, reaches the milestone of Early College graduation in 2016.



Tyra Marsh in front of the climbing wall at UNCG's Kaplan Fitness Center.

INSPIRING HEALTH

Motivating Factors for Youth Physical Activity

By Daniel McNair

Nearly 1 out of every 5 children in the United States is obese, and given the health effects of obesity, including high blood pressure, diabetes, heart disease, sleep apnea, and higher risks of cancer, among others, this statistic is pretty terrifying to hear. Tyra Marsh is among many who were in disbelief when they discovered this statistic about children's health. Tyra is a student studying kinesiology who also has a passion for health and wellness and a soft spot for children.

Naturally, when she became aware of how many children in America were struggling with obesity, she started considering what she could do to improve the statistic, and through that deliberation her research was born.

Tyra remembers when she noticed her nephews, Izzy and Amari, were gradually shifting from an active to a more sedentary lifestyle, often choosing video games over active play outside.

Tyra started to ask the question, “What can we do to get our children more physically active?” In pursuing an answer to her research question, Tyra found that the issue had two main points to take into consideration and address.

The first issue is external factors, such as parents, schools, public programs, and policies. The second issue is the children themselves and their intrinsic motivation, or in other words their natural motivation to do something. Intrinsic motivation is also dependent upon the amount of fun a child is having, the level of competence in the activity, and the praise or encouragement that the child receives while engaging in the activity. This is especially true if that praise and encouragement is coming from the child’s parents.

Tyra has expanded her knowledge regarding health and wellness while attending UNCG and wants to share her newfound knowledge with parents and children so they can start working towards improving their own health and wellness early on. There are many health-related issues associated with poor fitness and nutrition, and those health issues can prove to be a serious burden in the adult years. Tyra believes that parents and children should not wait until their health is on a downward slope to try and improve it, operating under the idea that prevention is the best treatment. Tyra notes that parents will have the biggest



Grandfather and Grandson at Field Day

influence on the children’s health, but she also recognizes that it takes a village to raise a child.

Within her research she gives everyone an idea of how they can help and how they can encourage children to be more active. Tyra thinks that children are “amazing little beings” and wants to see them lead long, productive, and healthy lives, and she knows that it is much harder for them to fulfill this task if they are suffering from the effects of poor health.

“It is one thing if we, personally, feel sick, fatigued, and make choices that are detrimental to our own health,” says Tyra, but “there is a significant difference when children become involved. Children need to be protected from pain and suffering that comes with an unhealthy lifestyle and poor life choices.”



This staged depiction of intimate partner violence helps convey the suffering endured.

FAMILIAR PAIN

The Difficulties Recognizing Intimate Partner Violence

By David Foil

It's not always as blatant as rape or physical abuse. Sometimes it's controlling who you can be friends with or talk to; sometimes it's an unfair power dynamic; sometimes it's being forced to stay quiet. Intimate Partner Violence can take many forms whether it's physical, sexual, or psychological abuse, but it's always harmful, and the problem is more wide spread than many think. Madeline Barron is a sophomore in the Ashby Residential College program, and she decided to spread awareness about Intimate Partner Violence through her

capstone project because "even if you personally haven't seen abuse, there's a good chance that someone you know is a victim, and people should be looking for red flags not only in their own relationships, but also in others'." She has personally witnessed situations of abuse in her life, and after seeing how it could affect anyone, she decided to do some research into exactly what domestic abuse is and who it affects.

Intimate Partner Violence has always been an issue, but it particularly seems to affect women

more than men. In fact, 35% of women worldwide have reported an instance of domestic abuse, and 95% of reported instances of abuse between spouses is the female being abused. This statistic doesn't even take into consideration women who don't report. It's not just an issue of gender though; there are many other aspects that contribute to the problem. Maddie found that people of color have more of a problem getting help than white people due to the racial bias that the police have and that police have a lower chance of responding to instances of domestic abuse at the houses of minorities. Not only that, but in many cases of Asian-Indian culture, it is more common for a female to stay quiet about her abuse because of societal and cultural pressures.

The more Maddie researched, the more she discovered. She was surprised to learn that gender stereotypes are equally toxic to both sides of the Intimate Partner Violence. Women are automatically pushed into a role where they are more likely to receive abuse, and in the cases where men are abused, it is much less likely to be reported because toxic masculinity makes men less likely to allow themselves to be vulnerable in public or admit that they need help, and there isn't as much research done on the topic for this reason.

With such a sensitive topic, Maddie realized that it's hard to sound professional without coming off as cold

and uncaring, but she cares about people and about the subject dearly so anything that might've come off cold was coming from a very warm place. As a caring person, Madeline said that her goal in life was to help other people, and even if it doesn't become part of whatever job she has in the future, it will still be a major part of her life.

Maddie knows that nothing about domestic abuse is going to change unless we make a change. When someone says or does something alarming, either offer help or point people in the direction of help. Awareness is the first step to fixing



the problem of domestic abuse. Even though there are a lot of societal issues that make it hard to speak out about abuse, the more people are aware of the issue, the more people are going to be able to help.

Maddie's pose illustrates the sadness of intimate partner violence.



Alexis Walton presenting her project at the Grogan Gallery.

CLAIMING EDUCATION

The Personal, Local, and Global: Finding Perspective

By Alexis Walton and Sarah Colonna

As current college students, we have been going to school to get an education since we were five years old. This accumulates to over thirteen years spent in a classroom setting, and it does not include additional time students may spend obtaining their undergraduate or graduate degrees. This raises the question, why do people dedicate such a substantial portion of their lives to procuring an education? Alexis suggests, “Since our culture places so much emphasis on such beliefs, there must be an underlying set of principles or goals that our

education system is trying to instill into each student.” In the Grogan College course RCO 215: Global Social Problems, Alexis Walton, a current freshman at UNCG, set out to explore the various perspectives or building blocks that are essential to understanding these principles. The three major building blocks are the personal, local, and global perspectives. Each section or building block contains and teaches its own unique lesson that students can apply to their everyday lives both in and outside of the classroom.

In the personal section, Alexis pulled themes from various authors, such as Adrienne Rich, Martin Luther King, Jr., and Maxine Greene that helped her learn to claim her own education. When asked about this, Alexis responded, “I claim my education every day by taking advantage of the resources around me. I take it upon myself to go to the speaking and writing centers on campus with the hopes of improving and learning as much as I can. Additionally, I purposely register for classes outside of both my major and my comfort zone, because they will help me to grow as a person.”

After completing her research on the personal perspective, Alexis reflected on the effects that these teachings had on her everyday life. They not only sparked her passion for learning, but they also taught her how to think critically and creatively. Personal growth happens everywhere, not just in the classroom. No matter the life trajectory, the lessons of the personal perspective will become of essential use in some way, which is why they are necessary components of our education system.

To learn about the local perspective, Alexis explored the UNCG archives where she learned about past faculty and alumni. For example, Mary C. Coleman was the head of the department of physical education when UNCG was the Woman’s College. She pushed for the construction of physical education

buildings and course curricula on campus during a time period when it was not seen as ladylike for a woman to run or engage in any physical activity. Within the local section, Alexis also did research on the Woolworth Sit-ins in Greensboro. Many of the students who participated in this event were freshmen who had just started their college careers, illustrating that even as a first-year student, she can have a real impact on the community.

“The lessons from the global perspective have taught me how to pause, take a step back, and truly listen to what those around me have to say.”

When you compare the personal and local perspectives together, it becomes clear that the personal section provides the individual with the skills they need, while the local section gives them the motivation they need to use their newly acquired skill set to start tackling their desired objectives. Thus, Alexis suggests the personal and local building blocks rely on one another.

The last building block of education is the global perspective. While researching Qatar, she learned about the idea of globalizing the local and localizing the global, which simply means remaining

open to the ideas of others and being willing to collaborate and participate in teamwork with those whose ideas may contradict your own. Qatar turned this idea into a reality by creating a cultural



The Building Blocks of Education

village named Katara. It is a place that allows the country to connect to its own traditional culture as well as celebrate different cultures. The Center for New North Carolinians (CNNC) here in Greensboro is also adopting this new concept. It is an organization that helps immigrants and refugees bridge the gap from their original homes to this new society which appears to be foreign, strange, and complex. Alexis learned that one doesn't have to travel across the

world to find the global. The global also exists right here in Greensboro, North Carolina.

“On a daily basis,” says Alexis, “you are going to interact with people who may disagree with you or have ideas completely different from your own. They could be family members, friends, coworkers, peers, or complete strangers. There will always be disagreements; however, the lessons from the global perspective have taught me how to pause, take a step back, and truly listen to what those around me have to say.”

Alexis's research revealed that when you stack each of the three building blocks and their accompanying values (the skill set from the personal perspective, the motivation from the local perspective, and the collaboration aspect of the global perspective), they provide the framework that allows a person to achieve wide-awakeness, which enables people to combine and incorporate imagination, curiosity, and teamwork as well as personal, local, and global perspectives into everyday learning.

The current education system is missing an opportunity to nurture the development of wide-awakeness in more of its students. By giving just a little more control to the students and allowing them to begin to direct their own learning, we would be creating classroom settings that encourage wide-awakeness.



Researcher Lex Lee illustrates the isolation associated with the stigma surrounding schizophrenia.

UMBRELLA IN THE RAIN

The Detrimental Effects of Stigma on Schizophrenia

By Morgan Fadely

How many times have you been quick to judge someone based on the way they look or act? Well, we are all guilty of judging others too soon. For example, if a kid is sleeping in class, one may assume that the student does not care about school or the subject that they are learning. This form of judging and stereotyping can be seen in many areas in life. Now imagine living every day in constant paranoia, waking up and having hallucinations or delusions, and

not really knowing how to distinguish what is real from what is in your imagination.

Now think about how others may treat you because you are 'different.' People with schizophrenia go about their day seeming normal on the outside, but on the inside they are fighting a mental battle. Instead of our society being supportive and concerned for these people's well-being, too often society

judges and stereotypes them as 'crazy.' In her research paper, "Umbrella in the Rain: Stigma Surrounding Schizophrenia," Lex Lee, sophomore Social Work major at UNCG, confirmed that society views people with mental disorders in this way.

Lex has poured her all into her research regarding how the stigma associated with schizophrenia can influence an individual's willingness to seek treatment. As one who has experienced social backlash for seeking mental health expertise firsthand, Lex is very passionate about pursuing this topic. "I've also been interested in mental health as a whole.

“If you actively make others aware of how stereotyping can be detrimental to patients' health, you can help put an end to the negative effects of the stigma associated with schizophrenia.”

Through coming to college, seeing things on T.V., and moving around a lot, I have seen how individuals with mental disorders are treated and how they are unfairly stereotyped. I wanted to pursue this topic to advocate for change.” Lex hopes that through her research people will begin to understand what

schizophrenia actually is, the ways that we can become more aware of mental health, and how the stigma produced by our society deters these mentally ill people from seeking the treatment that they could benefit from.

Pursuing a degree in clinical social work, Lex anticipates the day when she will be working with people who are dealing with a variety of mental health disorders. Her research on this topic will not only have an effect on her future career, but also on the greater community. “It involves more than just myself. It involves everyone because we are all responsible for wrongly stereotyping, so the purpose of this [research] is to inform the greater community of the problem.”

Lex proclaims that her research is for “anyone in society because I feel like at some point we are all guilty of wrongly stereotyping people with mental illnesses. We need to be informed of the stigma associated with mental health because you don't know the weight that your words carry, and a seemingly innocent joke could be taken seriously by someone facing these mental health issues.” If people are aware of the impact our actions have, we can help put an end to the negative stigma associated with schizophrenia.

In her research, Lex conducted a poll asking people what the first words were

that came to mind when they thought of schizophrenia, and the majority of people said “crazy.” This supports her claim about how society stereotypes people with mental disabilities. Unfortunately, there seems to be a mentality of “if they are not ‘normal,’ they must be ‘crazy.’” Now, most people know it can be difficult to avoid using this language that is a common part of our society. Lex even admitted that one of the more difficult parts of her research was “selecting non-offensive words such as ‘schizophrenic’ rather than ‘crazy’” when she was conducting interviews and writing. Nonetheless, her research has the potential to impact the greater community on the issue of wrongly stereotyping individuals with mental disabilities, and her research even strengthens UNCG.

If you have ever been to UNCG during the month of September you have seen the colorful pinwheels and the encouraging signs that advocate for mental health awareness. “As a school,” says Lex, “we are always striving to be inclusive, trying not to stereotype people with mental illness, which is often overlooked in comparison to other issues.” While UNCG does a phenomenal job of making its campus and activities all inclusive, sometimes, on the individual level, it is easy to forget about being inclusive of those with mental health issues. Lex’s research about the stigma of mental illness on people

seeking treatment has the potential to strengthen our community. “By understanding the impact words and actions can have on those who are in need of treatment, we can better address the issue, and we can be more aware of when we are contributing to the negative stigma.”

Lex states that she “would like to see discrimination, stereotyping, and implicit bias against those with mental health issues vanish. I would like to see it eradicated. Life is hard enough, and people suffering from mental illnesses don’t need others judging them for what they have to go through.” The labeling, judging, and stereotyping that society places upon those with mental health disorders can steer them away from finding treatment.

Her title, “Umbrella in the Rain,” is a metaphor. Lex explains that our negative words and actions contribute to the stigma, represented by the rain, and the umbrella is the treatment people want or need. When we marginalize individuals who seek treatment for mental disorders, we are having a negative impact on their lives and their health.

Lex reminds us that “you never know what one goes through, and what you say and do can be offensive if you are not aware.” It is critical that people begin to understand how actions and words can affect others.



Lex shows her back, painted with the metaphor for her research, handpainted by Belle Downing.



Researcher Delta Stankus surrounded by life-giving plants.

LIFE-SUSTAINING PLANTS

Exploring the Relationship Between Plants and Humans

By Kai LaFlam

Stop for a moment and imagine a place where everywhere you turn you can see brightly colored vegetables and fruits for sale, shining in the bright sun. Rising voices sharing their wares cut through the hot air. The smell of fresh lumber fills the air. A small, beautiful booth is filled with lush, green foliage. The farmers market was the second closest thing you could get to nature when you lived in downtown Raleigh, the first being the little garden and houseplants you and your parents maintained. For Delta Stankus, this was what

childhood was like. Delta, while reminiscing on childhood, says, “My parents would let me take home one plant each time we went to the farmers market. The outside plants would survive but the indoor plants didn’t unless my mother was helping take care of them.” Delta’s urban upbringing along with her visits to the farmers market contributed to an interest in the environment and nature, and her love of houseplants and gardening led her to go to the University of North Carolina Greensboro and become a Biology major with an environmental

concentration. Now a sophomore, it made sense to pursue a research project on that ongoing interest in plants. How do indoor plants help us?

If houseplants are so helpful and important, why doesn't everyone have this connection to nature? With this project, Delta says, "I wanted to reach people who lived in urban and suburban environments because they are the ones disconnected from nature most of the time." Delta hopes the project will help connect people to the environment and help them connect to nature as well as to the communities around them.

But society is still disassociating from nature, not wanting plants because they can be hard to take care of or just plain dirty. Delta says, "Society holds fast to the importance of cleanliness to the point where people overclean, and that can be unhealthy." Originally, Delta didn't think overcleaning was a problem, but after conducting research, it was clear that "dust and dirt in your home could actually help you. I thought it was really cool."

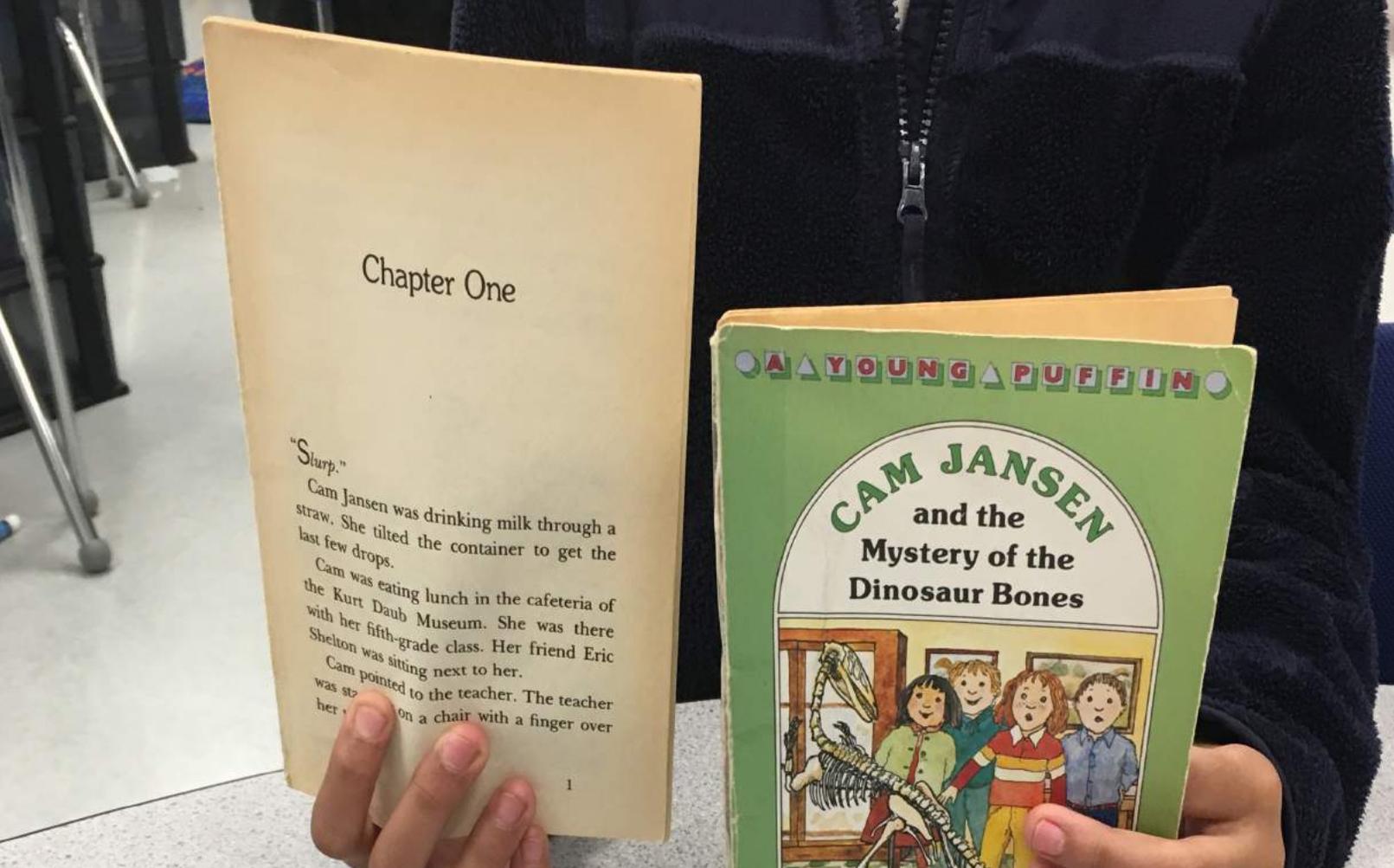
But why is this important? People should care about nature and how it affects health. "If something is beneficial to people in any mental or physical way," says Delta, "it's important to focus on that so we can improve our communities." It even connects to UNCG's campus because during the

research process, Delta found that houseplants in classrooms could reduce stress and help interpersonal relations among students. On this topic, Delta states, "Having connections to nature is important for reducing stress, even if it's a small part." Delta wishes there were time and equipment to assess how plants



affect air quality. "I prefer laboratory work, but written research is an important step to getting there." Written research and laboratory research connect to each other to help Delta further a career in environmental biology. Delta feels strongly about this topic and the impact it could have in the community. Houseplants may seem like a small matter to most people, but to Delta, they're the gateway into a rich career of teaching others the importance of nature and our connection to it.

A table full of succulents at one of Delta's favorite nurseries.



Books are falling apart in the classroom and shrinking budgets make replacing materials nearly impossible.

CUTTING BUDGET CUTS

It's Time to Invest in our Students' Educational Future

By Jordan Singler

Cutting the budget, resources, and staff within the education system is setting students up for failure, which in turn ultimately hurts our society as these students are next in line to lead our communities. Jessica Wheeler, a student at UNCG with a major in Elementary Education, is pushing for change. Students are suffering when it comes to their education because teachers do not have the resources they need to effectively and sufficiently teach their kids.

Jessica explains that there is no way around budget cuts, but there should be a more strategic plan in place to make these cuts. To be more specific, these budget cuts should not take precedence over the education of students. Instead, we should be asking “how can we help our students have the best education?” Jessica’s project can be used as a stepping stone to open this conversation not only to the public, but also to the people that make these decisions.

Her project is not just about her own community but also about the education system as whole. This problem is not just a local issue. In her research, Jessica used real-life experiences from her internship where she quickly realized this was a problem that could no longer be ignored.

Jessica explains, “As an Elementary Education major I want to work with low-income schools and minority schools because those are the schools that are being affected the most.” When compared to higher income schools, low-income schools fall short and this is because they do not have PTAs that are as active or extra funding from the community to pay for things like an extra ten math kits. Jessica admits that she has seen a shift in the way work is distributed in the classroom as a result of letting teachers go in an attempt to save money. When she was in elementary school, she recalls having a lot more group projects since teachers wouldn't have time to work individually with students. “If we keep cutting and cutting funding, then what is going to happen? This problem has progressed over time and has surely grown into something more than teachers not having enough crayons to go around and is ultimately causing students to suffer in their education.”

Budget cuts affect everyone from students to parents and everyone in between. The research that Jessica has done serves as a door to the

conversation. Jessica hopes that when people look at the research she has conducted they will open their eyes to what is going on in front of them. She explains that if we focus on student success in the classroom then our society overall would benefit greatly. This way our country would be more competitive with other countries and be better overall. “Education is essential,” says Jessica, “and if we want to have a strong foundation not only in our local community, but nationwide, education plays a big role, which is why this is an important conversation that not enough people are having.” UNCG could potentially help with laying the foundation for this conversation. Jessica goes on to say, “We already have a really good education program and if we're one of the stepping stones to make the change, that's going to make UNCG more attractive to other education majors.”

Budget cuts do not have to lower the quality of education for our students, and Jessica recognizes that this problem cannot be fixed overnight, but she hopes that this research will start the conversation. If this conversation reaches the right people, it would have the potential to snowball into something that could help students and teachers all over. Helping teachers get the materials and resources they need is something that will help teachers give their students the best educational experience they can.



Jessica Wheeler reads with her students during her internship.



Digital Research Capstone award winner Daniel McLaughlin examines systemic discrimination within the justice system.

MANDATORY MINIMUMS

Uncovering Racism in Sentencing Guidelines

By Jacqueline Teasley

“Have you ever been arrested?” While the question may seem farfetched, this is the grim reality for millions of Americans today. There are more than 2 million people in our nation’s prisons, making the United States the world leader in rates of incarceration. This phenomenon has led Daniel McLaughlin, a sophomore at UNCG, to begin researching how mandatory minimums affect the criminal justice system.

What began with a sociologist’s heart, the reading of the book *The New Jim Crow*, and a viewing of *The 13th* documentary has evolved into a full-blown quest to find answers behind mass incarceration and mandatory minimums for people of color. Daniel explains, “We still maintain the same level of Jim Crow laws and Black Codes that we love to pretend like we eschewed generations ago.” Daniel’s research has revealed that fat cat wallets and the desire

to keep the black working class subdued were the stimuli behind the creation of lengthy sentences during the 1970's and 80's, which work to perpetuate the injustice toward prisoners of color. Daniel, determined to share this deceit with the world, argues that arming people with the knowledge of this "disease of inequality" will be the first step in dismantling the biased system.

As Daniel pursues a career in criminal law, his understanding of the complexity and injustice found within the criminal justice system and his sentiment towards sentencing transcend a general interest and feel more like an obsession. Daniel's career interest demands an intensity, shown in Daniel's interjection that "people are getting time in double digits for minor drug offenses that do no more harm than the local ABC store and nobody really cares." Anyone involved with Daniel's work can see the passion that he has for the research he has conducted and how much it has impacted his life while here at UNCG.

Daniel concluded that the criminal justice system formalizes the incarceration of minority and working class groups at much higher rates than their wealthier or whiter counterparts through policing and lack of legal representation. "As jobs shut down in black communities during the 1980's," he says, "there was an increase in rioting and crime, as those in need demanded



Guilford County Detention Center

economic opportunity. President Reagan's response was to send in brute police force that terrorized the black community rather than helping it. The increased policing led to greater numbers of Black and Latinx people being sent to jail than their white counterparts. Moreover, when their white counterparts sought legal advice, there was (and is) a substantially higher ease of access to legal representation for them, when compared to their Black and Latinx counterparts."

During his research, Daniel found that "some of this injustice is because not many people know how corrupt the guidelines are, and some people may be taken in by the political promises of reduced crime." Daniel hopes that his work will be able to provide some clarity to those unfamiliar with the problems within the criminal justice system, and then citizens can start to demand from our nation's leaders less discrimination, reasonable sentencing, and a system that will produce effective and lasting change.



A Confederate monument in Greensboro's Green Hill Cemetery marks the graves of 300 unknown soldiers.

CIVIL WAR MONUMENTS

Should They Stay or Should They Go?

By Lex Lee

Picture this: it's the late 1800s, the Civil War has recently ended, and suddenly you begin to see rather large monuments appearing in the southern United States. These monuments are standing as a reminder of the Civil War. This was the climate surrounding the Confederate monuments in the late 1800s. Flash forward to the 21st century, where the Confederate monuments are now a controversial topic. Morgan Fadely, a sophomore here at UNCG,

found herself delving into the recent controversy surrounding Confederate monuments. As a History major with a concentration in Education and a Spanish minor, Morgan hopes to become a high school history teacher. Given her studies, she was inspired to pursue this topic when several people began to ask her what her opinion was on the removal and relocation of Confederate monuments. As a white female living in

the South, she felt that most people would assume she was in favor of the Confederate monuments, which she admits was her initial response. It was not until she began to do more research on the topic that her opinion changed.

In her research, Morgan explored the types of Confederate monuments: those utilized as grave markers and those that simply stand alone outside of civic buildings. Morgan concluded that the Confederate monuments used as grave markers are more important than the ones outside of courthouses and that they should be preserved because they do more than merely depict a random Confederate soldier that stands as a reminder of the Antebellum South. Conversely, grave markers represent hundreds of unknown Confederate soldiers who actually fought and died. For example in Goldsboro, North Carolina, at the Willowdale Cemetery, there are 800 unknown Confederate soldiers, represented by a single grave marker.

In the future Morgan would expand her research to include more of the societal reactions regarding the monuments, followed by a series of interviews that inquired about people's current feelings toward the Confederate monuments. "Having a wider range of voices," says Morgan, would have been beneficial to her argument. She would have "incorporated more of the conflicts seen



Sophomore Morgan Fadely

in the media, such as protests, personal opinions, and responses." She felt this would help illustrate how "others are personally impacted by removal of the Confederate monuments, which possibly differs from how [she is] interpreting the situation."

Morgan hopes that her project makes UNCG stronger by making others aware of the controversy surrounding the Confederate monuments, especially because it is not an easy topic to discuss. "My research is about more than just myself; as a future educator this was about educating others. You can make connections all throughout history, and these connections are vital." Morgan hopes to educate others not only via her research but also in a classroom setting. She understands that "some people don't care about education, but [she] wants them to see its importance."



Students, deep in their cell phone lives, walk through Jackson Library at UNCG.

CELL PHONE TAKEOVER

Exploring the Dominance and Impact of Cell Phones

By Carter Khoury

One of the main hallmarks of modern society is the usage and ownership of cell phones. These machines, while they barely existed a decade or two ago, have become a major part of almost everyone's life in first world nations. However, despite all of the many uses and benefits of cell phones, their impact on society has not been without drawbacks, especially in attention-intensive tasks like driving a car. These drawbacks, in the face of the utility of cell phones, are often overlooked.

Sydney Montgomery is a member of Ashby Residential College, majoring in Sociology and minoring in Psychology. This educational focus made her interested in the way cell phones have come to affect people from both a large-picture societal standpoint as well as a more focused psychological standpoint. The topic is personal to Sydney. She has, as of today, been involved in six separate car accidents, and she has only been driving for four years. This ludicrous figure is puzzling to her.

When asked specifically why she chose her topic of cell phones and their effects she says, “Cell phones have risen in popularity throughout the last decade and it is very uncommon for someone not to have a cell phone. Mostly everyone owns one; therefore, I was curious about the effects they could have on people.”

Through her research, Sydney has come to believe that cell phones are a detriment to society as a whole, especially to young children. She has expressed that it makes her upset that children today are less active and spend more time on cell phones. Instead of playing outside with friends, which is an important part of maturing and forming social bonds, children are indoors where they spend hours consuming media. This contributes to the difficulty children have interacting with one another, a crucial psychological aspect of maturity, which sets them up poorly for adolescence and adulthood.

Another disturbing part of Sydney’s research revealed the depth of the texting while driving problem. She learned that one “survey concluded that out of 1,219 drivers in the 48 contiguous states, 13% (158.47 people) reported texting while driving, and that percentage climbs to 43% once the age range is narrowed to 18-24-year-olds.”

Although there are some laws that forbid texting and driving, evidence reveals that

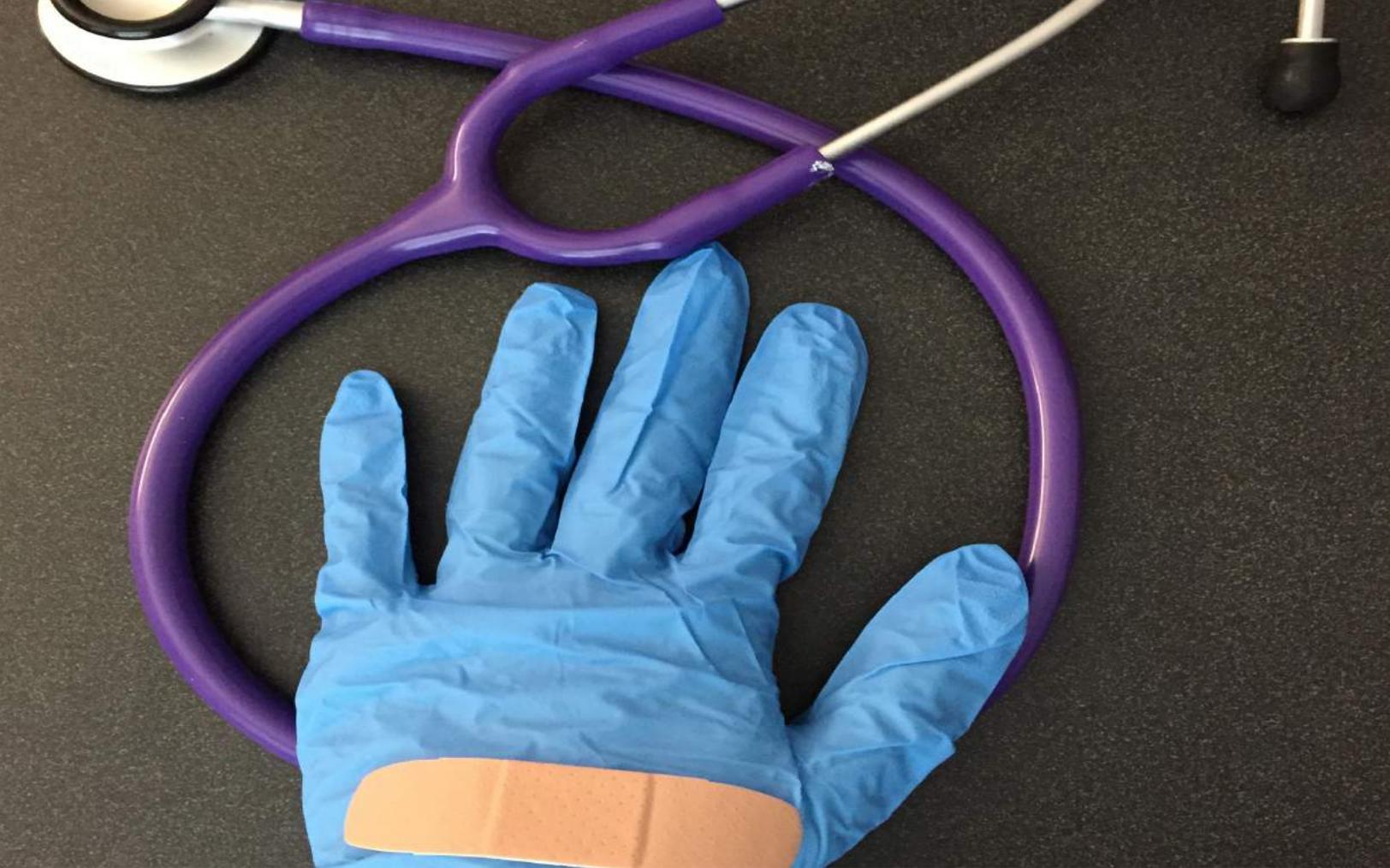
the laws have not been able to prevent people of all ages from texting and driving.

Sydney believes that this difficulty in changing an obviously dangerous practice illustrates how dependent people have become on their phones. This reliance on cell phones has also created a problem of phone users’ belief that all tasks are artificially simple. “The



ease and accessibility of cell phones has helped lead to a culture that performs tasks as soon as possible with as little knowledge as necessary.” If people realize the harm that cell phones are causing, maybe people will stop being so dependent on them.

Sophomore Sydney Montgomery feels bound to her cell phone, sometimes to her own detriment.



Researcher Joy Hinshaw asks, “who takes care of the caretakers?”

PROTECTING NURSES

The Surprising Problem of Workplace Violence in Nursing

By Mikalah Jarrett

A Nurse named Alex Wobble stepped out of her home with scrubs, sneakers, cell phone, and true grit just like every other nurse on her way to work one morning. Later that day she was wrongfully and aggressively arrested when she refused to allow a police officer to illegally take the blood of an unconscious patient without an arrest or search warrant. Daring, ethical, educated, and willing to do anything to help preserve a person’s life: this is how we think of nurses. We certainly don’t usually think

of them as victims. Yet, this story was one of several experiences that inspired Joy Hinshaw to research and write about the dangers that nurses face each day and how important it is to provide better protection from patients and outside persons. A sophomore member of Ashby College and an aspiring nurse, Joy knows that after the hours of classes, exams, research, determination, and dedication, she also will continue to face adversity in the field in the form of workplace violence.

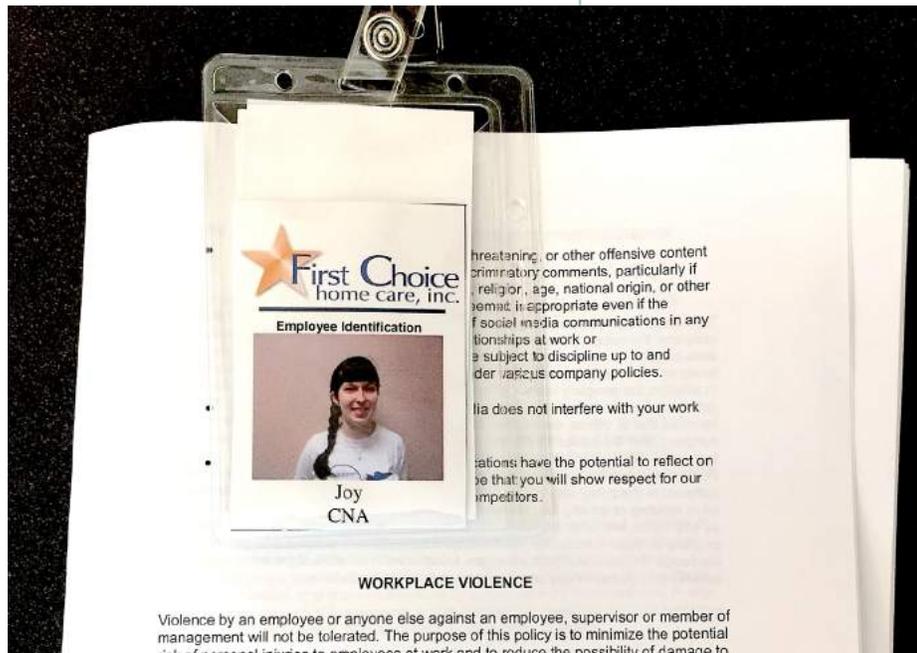
Joy wondered how violent it could become inside the workplace environment of a nurse and what she could do to prevent that. “Through research,” says Joy, “I discovered the different types of violence or hostility that many nurses experience, as well as how workplace violence may affect the number of future nurses if nothing is done to stop these occurrences.”

Imagine going to work each day fearing the worst but knowing that you have an obligation to your patients to help and protect them from harm while they are under your care, while also knowing harm may come to you because of this. As Joy progresses in her college career to become a nurse, she does not want to fear the thought of going to work every day and would not want that for anyone else, so she has researched a few of the best ways to help nurses cope with the dangers they may face.

“The health-care system is constantly growing, so there is always room for improvement to better the quality of care for patients through improving the environment in which nurses work,” says Joy. Her research leads to solutions that not only benefit nurses in the field but could possibly benefit anyone who works in health care or, even more broadly, in customer service positions. Joy suggests these steps: raising awareness of the issue, minimizing objects that can be used as weapons (i.e. minimize materials in examination rooms or bags/personal

items allowed inside the premises, making sure nurses do not encounter patients alone (especially those who are disoriented or potentially dangerous), and offering financial compensation for counseling/therapy for those in need.

After completing her project, she has learned the importance of the process of research. Though she was not surprised to learn what workplace violence looks like for nurses, she was alarmed to discover how frequently it occurs and the lack of currently available solutions. “Nurses cannot do their job properly if they are unable to be assured of their own safety while at work,” says Joy. “These caring



women and men, who dedicate their lives to helping others, are vital workers who may become harder to find, which would not only result in medical staff shortages, but more importantly, would lower the quality of patient care.”

Joy’s work as a CNA has inspired her research into nursing and workplace violence.



Erin Thomas displays musical instruments, which she argues can help students learn.

MUSIC MAKES YOU SMART

Learning Music Increases Brain Activity

By Abby Schleifer

In a culture increasingly bent on directing young people toward standardized testing and higher paying jobs in the STEM fields, music education has fallen by the wayside in many schools. Subjects like science and math are valued and emphasized, while marching band and orchestra are merely offered as options. Even these options are often only offered to the limited few that can afford the lessons, instruments, and time it takes to truly benefit from music education. These are the concerns that Erin Thomas intends to remedy.

Erin Thomas, a sophomore at the University of North Carolina Greensboro and an active member of Ashby Residential College, was brought up in this world of relative music privilege. With loving and musically inclined parents who inspired her love of music and education, Erin was brought up learning a host of different instruments, including the piano and the trumpet. She has chosen to combine her passions by studying elementary education and music. For her research Capstone, Erin wanted to focus on the benefits of music

education and the question of whether music education should be included as a requirement in the public school system.

With her background and future career choice in mind, Erin found her passion for the topic to be somewhat of a challenge. While inspired by her own love of playing and listening to music, she also felt objectivity should be an essential component of her research. She said, “It was so tempting to continually add my own input and experiences into my research. Not everyone feels the same as I do, nor am I as credible a source as the experts I researched.”

During her research process, Erin found evidence to support the argument that music education actually leads to more student success within the core subjects like science, math, and reading. She argues that music has qualities that allow students to thrive in any of these subjects, whether it be creativity within the scientific method or recognizing mathematical patterns within music. She discovered the skills that can be learned through music instruction are transferable to other subjects. Ultimately, her research revealed that music education leads to successful, well-rounded students.

Erin also intends to use her relative privilege as a white woman with a strong musical background to fight for those in the greater community unable to

study music currently. She says, “Had I not been so privileged, I wouldn’t be passionate about music the way that I am. So many can’t afford to pursue music. That is why I think it is important to be able to offer music education to every child at the elementary level.

“More music classes should be more incorporated into the public school system because it will result in higher grades among students who participate in these classes.”

They can all be exposed, no matter their background.” In short, offering music education as a requirement within the public school system would open the floodgates to allow more students to be successful, particularly in a changing society.

Erin’s research also begs the question of whether the nation’s policy makers are placing enough importance on the education of young people. She directs her research at the policy makers and those that create the school curricula. She said, “It is important that they are exposed to this information so that its impact will trickle down to schools, allowing them to change the current

policies and curriculums.” Erin’s words did not fall on deaf ears. Erin explained her findings and reflections in detail to her two assigned interview partners. Sophomore and fellow classmate Alexa Russell remarked, “I have never played an instrument, except for the recorder



Erin’s research tracked how brain patterns change when challenged to learn to music.

in elementary school.” At the time, we found this comment humorous, yet this illustrates the message of Erin’s research perfectly.

As Erin pointed out in her interview, the generation of her peers is suffering from the policies that stripped away music education in the first place. With the focus on standardized testing and the “practical” subjects, as Erin dubs them, current students are lacking the advantages gained from music education. With this focus in mind, Erin found

evidence to back up the benefits of music education in higher testing scores. Erin argues that families, legislators, and educators could use her research as an opportunity not only to strengthen the education system, but also develop national and state provided standardized tests. “If you have a stronger education system,” she says, “you will have a stronger society.” The education system is the base from which future generations will grow and become professionals. They will be our doctors, nurses, and teachers. Erin said that without a stronger education system, the generations after us will have more trouble finding success as responsible world citizens.

“The topic of music is so unbelievably vast. I have just scratched the surface,” says Erin, and she plans to explore this topic more, gaining insight from real-life examples and interviews. She also wants to make this information more widely available for all generations. She said, “People should care about this research. If music education is made a part of elementary curriculum, it will impact future generations.

“Education impacts everyone,” suggests Erin, “and it is everyone’s responsibility to ensure that the education system is as successful as possible. The more music in our education system, the more society will advance and change for the better in the future.”



Bryant Burk captured images of an active urban farm in Greensboro.

FARMING IN THE CITY

Addressing Urban Food Insecurity

By Robert Izydore

People struggle with food insecurity every day. Bryant Burk wanted to highlight this fact and do more research on this topic in relation to urban agriculture and how this affects people. Bryant wanted to focus the scope of the research on the Greensboro area and the people there who face food injustice. Inspired to start researching this topic through conversations with friends combined with a concern for social issues, Bryant hopes to empower humans using

their connection to the environment. With an interdisciplinary academic focus in Statistics and Sustainability Studies, Bryant hopes to fully understand the intersection of multiple issues: the food injustice movement, environmental justice, and social justice movements. The underlying connections between these movements are evidenced by their effects on humans and their environment. Statistics offers the tools to understand and reliably

gather unbiased information about the injustices that disproportionately affect minority groups and their surroundings. Sustainability Studies focuses these understandings to analyze their impacts and possibly prevent or at least advocate for this cause. Through the capstone research at Strong, Bryant has found that

“By studying small scale urban farms in Greensboro, researchers can apply the practice of urban agriculture to help prevent food deserts, malnutrition, and other food injustices.”

urban agriculture offers several solutions to the environmental injustices that affect the urban poor.

In pursuing this research, Bryant was careful about how to approach the topic, staying aware of people’s situations regarding this issue, as it is very important not to be judgmental. It is also important to be careful, given Bryant’s own awareness of cultural privilege. Since in Bryant’s family there was no struggle to eat while growing up, which is certainly not the case for everyone, as a researcher this awareness was a critical factor for this project to be successful.

Bryant faced a few obstacles while collecting the research. One obstacle was that there are not a lot of urban agriculture centers that were designed to fight food injustice. There are several urban agricultural centers, but they were not specifically designed to fight food injustice.

Bryant hopes this research will ultimately be able to support the greater community by helping people find food when traditional options become unavailable. For example, “When younger students who do not get to eat a lot at home and have a lot of their meals through school, urban agriculture could provide food during times like summer break when these younger students are out of school for a prolonged period of time.” Bryant also thinks that this research could help make students more educated on this topic and raise overall awareness about this issue.

Although Bryant is very pleased with how the research is turning out, there would be some benefits to approaching this topic differently. For a majority of the research project, Bryant said that most of the information was available through online reports. In the future, Bryant would like to dive more into the Greensboro area and look at how people who go through food insecurity get their food and why these people are dependent on many unhealthy options as opposed to more healthy and nutritious

options. It would also be important to research the obstacles people face when trying to garden in the city.

When Bryant started doing research on this topic, it more about a curiosity to learn more that really launched the project. As the research process progressed though, it became clear that a lot of urban agriculture centers could be considered to be “hipster-y” or kind of trendy. Even though it is good to see urban agriculture developing in general, it was more important to Bryant to target communities that need more food support and who might benefit from this research project more directly.

Highlighting social sustainability more broadly is also an important goal for Bryant. Bryant believes that to make a socially equitable society, people should have an equal opportunity for food and healthy food like rich people have, particularly since this is happening internationally as well as locally to people who live in Greensboro. In the future, Bryant would like to go back out into the Greensboro area to discover the scope of actual communities that go through food injustice every day.

Still, this research only partially reflects Bryant's range of interests. As a person who is in the fortunate position to address social injustice, it is important for Bryant to help people, as well as, personally, to live more sustainably.

“Before bringing the next large grocery store into a food desert,” says Bryant, “towns and communities should consider intra-urban agriculture as a means to keep economic resources in the community. Resisting the systems that create food injustice is the first step towards creating a less economically disparate community. In this way, urban agriculture reduces the dependency of those who are most hurt by the current economic situation. Urban Agriculture



has the potential to equalize poor communities and connect them to their own food sources. If implemented properly Urban Agriculture will provide food justice for the community it serves.” And Bryant will be an active part of this process as much and as often as possible.

Another view of an urban agriculture center in the middle of Greensboro.



A reenactment of recreational marijuana use.

NOT LEGAL YET

Legalizing Marijuana Fails to End Racist Arrest Patterns

By Sohm Gough

The decriminalization of marijuana usage in some states has been in effect for some time now; however, the rates of incarceration remain significantly higher in the African American communities around the country regardless of the law. Breeana White researches the negative impact on the African American community and the racism that is present when enforcement officials target minority recreational users, especially the youth. For

Breeana, this is a very personal topic as she has seen firsthand the result of high rates of incarceration in her home town of Charlotte, North Carolina, and its effects on her community. She has seen people she grew up with and known for many years be taken away due to recreational marijuana use. Breanna's passion is to help people, especially those who have been victims of the legal system; this is no different. She believes that this topic is not

discussed enough and is certainly not addressed in the public eye. It is her hope that through this research she can make people aware of the problems that people in her community, and other communities like hers, are facing.

While Breeana herself does not recreationally use marijuana, she is concerned about this topic because of her interest in social justice, and she is speaking out against one very specific claim, that decriminalization has cured racism. “I am an African American female youth, and this is something that affects people in my culture and my society directly. Again, I want to emphasize the fact that I am not personally a user, but because I know people in my community who are users and have been affected by incarceration, I am able to bring a unique perspective into the research, not as a user, not as an outsider, but as a member of a community that is affected the most.”

Breeana explains, “I am researching the targeting of African American youth, youth that are around my age. I can draw on my own experiences and observations from my community, but I am also able to include perspectives from a college student.” Her research into the history of this issue traces as far back as the 1937 Marijuana Tax Act (supported by wealthy families whose businesses were threatened by hemp production) that stated marijuana caused violent

behavior and the use by “non-whites corrupted the white population.” Since then, billions upon billions of dollars have been spent on the American War on Drugs. It was not until 2012, when Colorado allowed the restricted sale and use of marijuana to those above the age of 21, that attitudes started to shift.

Even with the legalization in Colorado, California, Oregon, Nevada and other states, the incarceration of African Americans remains higher than that of Whites. “Today,” Breeana says, “Whites and Blacks use illicit substances at about the same rate, yet it seems that African Americans are more prone to being

“Racial disparities continue in marijuana related arrests and incarcerations despite legalization.”

arrested than their white counterparts. In Colorado, overall arrests made for marijuana have fallen, but African Americans are still arrested at a higher rate.” Breeana also says that “while the sale and use of marijuana is restricted at 21 years and older, the majority of African Americans arrested are of color and under 21, and are also male.” Breanna extended her research by interviewing several local people who she knew used and dealt marijuana. These

people are all in their late teens or early twenties, and she had a bit of culture shock. “I had not realized just how normal it was for some people to smoke and deal marijuana. They know when to use it, when not to, and they are careful, but they do not seem to be scared. To them, smoking is like anything else, it’s a social activity that brings people together; it’s something that can be done



Marijuana paraphernalia becomes illegal as it crosses state lines.

in lieu of a sit-down meal, or watching a game.” Breanna interviewed a dealer and asked if the decriminalization in some parts of the country eradicated components of racism. She found that it had not, and in states where it was now legal, the overall arrest rates were lower, but the ratio of whites’ to blacks’ incarceration stayed just about the same. Large parts of the legal marijuana industry are white owned, and white customers have a disproportionately larger market access rate to marijuana in comparison to minorities. With this being said, her research also revealed that minorities were largely buying and

selling in the illegal market, which gave them a higher risk of being arrested. Economically speaking, the legalization of marijuana has been very good for the overall economy, but it has become very polarizing. The cost of marijuana and the ownership of stores have favored people who are willing to spend more money to get it legally. This means that the lower income areas, specifically the lower income minority areas, suffer as a result.

Through her research, she has found that there is no one particular answer to this problem. Apart from her passion for social justice, she stated that “I wanted to research this because this is something that needs to be talked about and something that needs to be addressed.” Breeana believes that many of these situations can be avoided through reform and education. Before her research began, she did not understand the complexities of marijuana use in the African American community, and she wants others to understand that as well.

Breanna believes if more people knew about the complications of the marijuana industry and its effects on society, economy, and culture, then people would want to work toward change. The targeting of minority youth is something that affects everyone. “The youth are the future, the youth are the innovators, and the youth are the changers,” says Breeana. Without them, what are we? And what is our future as a society?”



Jordan Singler's historic photo of five generations from the reservation.

NATIVE AMERICAN EDU

Native Americans' Uphill Struggle for Academic Success

By Jessica Wheeler

Jordan Singler explained that “Native Americans have the highest suicide rate among minorities, especially in teenagers.” This is caused by a variety of reasons: high dropout rates and drugs. This comes as a shock to many people including Jordan, a senior majoring in English with a concentration in high school education. Jordan is Native American herself, so it is no surprise that she would focus on the different struggles Native American students

in high school have on and off the reservation. Even though she is a Native American who grew up participating in her culture within a tribal community, it wasn't on a reservation. Curious to know more about her people and their struggles, Jordan decided to pursue this topic. She feels like she always asked this question growing up, and her research project has enabled her to dig deeper and learn more about her ethnic background.

Singler wants to become a high school teacher for more than one reason, not only because she thinks education is the foundation for anything you want to do in life, but also because this is how she thinks she can make a difference in young Native Americans' lives. If she becomes an effective teacher, this

“Education should not be something that Native Americans (or any other minority) should have to worry about.”

could lead to lower dropout rates and less drug use. A lot of times students fall into this pattern because they have no one to lead them. Jordan would like to be a leader who reaches out into the community to help minorities like her achieve an education because she feels everyone has the right to an education even if they need help getting there. Singler feels that one day she might want to teach on a reservation. She believes that in order to do this successfully she needs to know the most she can about the Native American population. This is another reason why she is researching the struggles on and off the reservation.

Through Jordan's research, she has realized that even with an education students on a reservation still deal with unemployment. She states, “For the very

few students on the reservation that make it to college their future still seems very bleak because of the unemployment rate on the reservation.” Students who do beat the statistics of dropping out, using drugs, and succumbing to suicide and manage to graduate college still have a hard time finding jobs on the reservation. This leads either to them being unemployed or having to leave the reservation. However, if they do leave, being a minority still makes it difficult for them.

Singler feels that there is a way to make a difference in these struggles, to make people more aware. She wants to educate people on the topic. If more people know about these struggles, they would be more obligated to do something about them. There will be more of a force for change in order to help solve these issues affecting Native Americans and the reservations. The more it's talked about the less likely Native American teenagers will become a part of the statistics.

Singler has been working to enlighten people about Native Americans for years. When she was in her high school history class, Native Americans and their history were only talked about for a day or so, and there was only one page about them in the textbook. It wasn't giving Native Americans the representation that they deserved, so her teacher came up with the idea to let Singler prepare a week-long presentation for multiple

history classes in order to show the teachers and students real firsthand information about Native Americans and their history. The impact she made on her fellow classmates made her want to continue to share this knowledge now and in the future. She believes that this research will be another way for her to accomplish this.

For college, Singler chose UNCG because of the unique student body that represents a variety of cultures. It is the perfect place for her to have a platform to share her values. Now that she is in college she wants to make the same impact here as she did in high school. This knowledge will inform the people in our community while supporting minorities like Native Americans. At UNCG this kind of research will benefit the goal this college has of inclusiveness and diversity, and it will also make Native American students feel welcomed because the school will have more information and understanding about the people and their culture.

Singler hopes that her research will shed light on very important issues that are close to her heart. If she shares this topic for people to see, maybe it will help Native American teenagers steer clear of drugs and focus on their education. Maybe this work will help provide access to the resources they need to be successful in whatever they decide to do in life. No person should

be denied an education because of race or ethnicity. It has nothing to do with their abilities. This is only the start of Singler's research. When asked how she would develop her research if she had more time to look into the topic, she explained that she wants to add more information about students on reservations. Speaking with these students who are currently going



through high school would allow her to learn their stories and find more ways to make a difference. It would also help young students realize that there are people trying to support them; they are not alone. This approach could also give students the strength to go further in their education instead of taking a darker route.

Jordan's photo of a man who has become successful off the reservation.



Students in one of Mia Diggs's American Sign Language classes.

IMPLANT ALTERNATIVES

Cochlear Implants: Weighing the Options

By Megan Lykins

All around the world, parents are making choices for their children every day. Some parents have children with special needs and need to make different choices about their quality of life. Children who are born deaf or hard of hearing have a couple of options about how to improve their quality of life. Mia Diggs argues that parents should not necessarily choose cochlear implants for their children. Diggs instead suggests that parents take a more

natural approach and immerse their child in the deaf community. Diggs is an American Sign Language minor at UNCG and a hearing person. Through classes she has had the opportunity to learn about cochlear implants from people who have the device as well as deaf people without an implant.

One might ask, “what exactly is a cochlear implant?” To that Diggs replies, “A cochlear

implant is a device that improves a deaf or hard of hearing person's hearing. The device will stimulate the 'hearing' nerve, allowing them to perceive sound."

While this may sound like a great device and an effective way to help your child lead a normal life, that may not be the case. As with any major surgery there are serious risks involved. Diggs names a few, "The patient is at risk for facial nerve palsy, meningitis, device malfunction, and infection to the inner ear." These are all serious risks that can put a child's life in danger. Diggs argues that there are ways that a deaf or hard of hearing person can lead a normal life without having a cochlear implant as a child.

Diggs suggests that, in the early stages of learning about the special needs, parents refrain from making a choice for their child that is difficult to reverse. One of the solutions to coping with a child who is deaf or hard of hearing is to immerse them in the deaf community. Though, it may be difficult for some parents since 90 percent of deaf or hard of hearing children are born to hearing parents. Still, entering the deaf community is best done as a family because it allows not only the child, but the family as a whole to spend time with people experiencing the same situation. The deaf community has many benefits, including learning sign language, finding interpreters, and having a support system. Diggs is a firm believer in American Sign Language.



Ashby Researcher Mia Diggs

Interpreters are another path to help a deaf or hard of hearing person. Interpreters are essential for deaf or hard of hearing children who are enrolled in a mainstream school, a school not catering to their special needs. Despite the differences, hearing and deaf children will still be able to communicate with people their own age and have a healthy social life. Interpreters help children to communicate with the world in a way that they would not be able to without them.

Diggs is clear that she does not want it to seem that she is trying to tell parents how to raise their child. The main point of her research is to provide information on all of the options since there are so many ways to approach this issue. No matter what choice is made, it is clear that the deaf community helps to create a support system and makes a healthy environment for the entire family.



Miriam Fuiell weighs the cost and benefits of treating illness with traditional medication.

HERBAL TREATMENT

Looking for Alternatives to Traditional Medicines

By Rebecca Landry

Miriam Fuiell is a junior at the University of North Carolina Greensboro and a second-year student of Ashby Residential College. She majors in Biology with a concentration in biotechnology. With this degree, she looks forward to a career in biomedical engineering. As a biomedical engineer, she hopes to help others and make an impact on their lives by educating them on how to improve their health and make life easier. Her research investigates alternative medicine.

As a person pursuing a career in the medical field, I often don't think about alternatives to medicine, such as herbalism. Before talking to Miriam, like some, I found this practice to be somewhat of a hoax and never truly understood the reasons behind seeking alternatives to medicine. Pharmaceuticals is such a wide field, evolving to have more answers than questions; why ignore all the advancements and cures that have been discovered, right? Does it matter if new ideas are not traditional?

Well, Miriam has a compelling argument with her first point being that herbalism is a low-cost solution to pharmaceuticals. When Miriam fell ill in college and was faced with the typical “college student struggle” of not being able to afford extra medical bills, a friend reminded her about herbalism, saving Miriam a trip to the doctor. This was when the ideas of her research really blossomed. She found these methods compelling and was eager to learn more about herbalism and its healing powers.

Miriam is determined to educate others on the effects of herbalism as well as just furthering her own knowledge. She felt it was important not only to educate those who don't have access to or can't afford health care, but also to inform people who do have access to healthcare to illustrate the circumstances of those who are less fortunate. Though she hopes to reach many people, Miriam specifically wants to help college students in order to educate them on alternatives to pharmaceuticals to maintain their health without breaking the bank.

Herbalism can be used to treat many maladies and illnesses. There are remedies such as essential oils that are used to treat skin conditions and promote hair growth, creams and ointments that reduce inflammation, dryness, muscle aches, and even arthritis. Miriam explains, “There is no one way to treat every ailment. As an herbalist, you

are always learning new remedies and treatments to treat the same problem and new ones, all while creating a community of shared knowledge among other herbalists.”

Miriam's research has strengthened her passion for herbalism, and it also provided her with helpful insight about differing views and opinions on the topic. Through her research, she found herbalism cannot yet be used as a replacement for pharmaceuticals altogether, but she does believe that it



can be used as a solution to common or more superficial health problems that people face daily. Miriam has truly turned her new research into an intense devotion. What once started as a small vegetable garden among her family members has evolved into a progressive approach that could modernize old-school health care.

Miriam uses herbalism and over-the-counter remedies to help reduce healthcare costs.



Carrie Jester holds several films that struggled with the NC-17 MPAA ratings system.

CONTROLLING RATINGS

Using Film Ratings to Control Depictions of Female Sexuality

By Sam Peltzer

Carrie Jester came to UNCG with an interest in becoming an English teacher. Soon after, during her Ashby class on Global Cult Cinema, she realized a major in Media Studies was the right choice for her. Being a Media Studies major has allowed Carrie to see the film industry from an inside perspective. Since declaring her major, her passion for film has only grown, and she has begun to notice one major thing lacking from the mainstream film industry:

the female perspective as a sexual being. This lack of representation became even more obvious over the past summer when she saw the documentary *This Film is Not Yet Rated*. Seeing this documentary opened her eyes to a new perspective, helping her understand why female sexuality is so underrepresented in film. With this new perspective, she discovered how the ratings system impacts female sexuality in film. Because Carrie was so passionate

about the topic, it made researching that much more interesting, finding answers to questions that she herself wanted to learn about. The difficulty was finding examples of movies with female sexuality. And, not without irony, because the entire project involved censorship, finding examples of female sexuality in film became almost impossible. This illustrated to Carrie the actual impact of the ratings system and how it affects and controls what films are made and therefore what people see.

Directors will often have to cut any female sexuality to get a rating that the audiences will be able to see at a theater. If films with female sexuality are released to the public, they will often be released with an NC-17 rating that is becoming less and less popular with audiences, or they will be released later as unrated. It is an extreme risk to get any audience to actually see a film that is unrated, which is just another way the film industry limits the movies an audience can see.

Through doing her research, Carrie realized how important it would be to bring it to the public eye. Being a female herself she wanted to be represented in film just as equally as others. Women in mainstream movies are more often seen as sexual objects for men as opposed to people who would have their own sexual point of view. Through her research she saw how much more difficult it is to release a film with female sexuality,



simply because the restrictions placed on women are so much more extreme than those placed on men, and women are much more likely to be displayed as a sexual object for the male audiences' pleasure. This situation results in the audiences seeing only what is produced by mainstream media, limiting what women (or anyone else) in the audience can see. Having representation for all is extremely important, and this is one of the most important things Carrie wants to change about the film industry.

For Carrie, the difficulty is finding a way to share her research with people who need to see the results, especially since nobody who needs to see these answers is looking into the questions. If audiences knew how difficult it was to have access to these movies, they would be much more likely to seek them out, which would bring more money into the independent film industry which can only benefit the films they make.



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ABOUT *MINERVA*, THE UTLC, AND THE RESIDENTIAL COLLEGES

The Undergraduate Teaching and Learning Commons through its Residential Colleges Office supports co- and extra-curricular engagement of undergraduates in faculty-mentored research projects through its three Residential Colleges: Ashby, Grogan, and Strong. It is the goal of the Residential Colleges' curriculum to engage students in learning the elements of the research process, working on semester-long projects of their own design.

With articles and photos generated by students, Minerva magazine profiles a few of these projects every year.

Front Cover Photo: Katie Farina poses with one of her animal friends. Back Cover Photo: Megan Coney advocates for more awareness of the consequences of fast fashion.

