Greetings!

What you hold in your hands is a crisp material encapsulating the fantastic ideas of your fellow Honors students. Feel free to use it as a shield against uncovered bus sneezes, an elegant umbrella, or a plate for a squirrel’s Krishna Lunch—but most importantly, let the showcased articles provide the source of relaxation, entertainment, and knowledge that you so greatly need.

With every page you flip, Prism will provide you with a greater sense of unity with the Honors student body. Be it having an epiphany that you’ve been a Slytherin after all this time in an Uncommon Reading class or Instagramming the perfect angle of your latte from Pascal’s, we have compiled a printed utility belt of resources for you to enjoy and explore even the little things offered in Gainesville. In this our Fall 2014 edition, you will find a variety of articles that represent the various facets of our student body.

So turn the page with a clear mind, and allow our writers to enfold unto you the wonders of the printed world. (Think of it as speed dating stapled paper.)

Sincerely,

your editor team

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Her idea wasn’t anything new. For years, it has been debated in the public and private spheres, and countries allocate billions to fund it. It consumes the daily lives of millions, many of whom regard it as a duty, a job, a chore. Yet still, because of her passion, it caught the attention of the world. The idea: education.

Malala Yousafzai, now 17 years old, is known for her outspoken voice on the topic of education. Born in Pakistan, her family instilled in her the importance of learning, and from a young age, she attended school. The Taliban presence in Pakistan threatened female education there. Even so, her resilience did not waver, and, encouraged by her father, in 2009, she began writing a blog about the struggles she and other Pakistani girls face in gaining an education. As time went on, she became well-known and gained attention for her advocacy. The Taliban, believing that Malala’s stance violated their principles, decided to kill Malala, and in October 2012, a member of the Taliban stopped the school bus that Malala was riding and shot her in the head. She was taken to the United Kingdom, where she received treatment and eventually recovered. Now, in addition to attending a private high school in Birmingham, England, she continues promoting education for all.

For her efforts, she along with Kailash Satyarthi of India, received the Nobel Peace Prize.

Any Nobel Peace Prize winner—particularly the youngest winner in history—captures the world’s attention. They are lauded for their efforts and praised for their achievements. Their work provides a brief departure from the onslaught of “bad news” in the world with an interruption of brief hope.

There is more to be learned from Malala’s work though. Yes, it shows that school truly is a privilege. Yes, it shows even someone young can make a tremendous difference. More than that, it clearly manifests the power of taking a stance and of maintaining a position. So often, convictions are not convicting. Good intentions come up empty, plans are carefully constructed but never followed through with. When held, however, with a clear vision for improving the lives of others, they make a difference.

Furthermore, though the attention given to these issues often recognizes those who work for the cause rather than the cause itself, the potential for action on these issues nonetheless increases; through seeing what these advocates work against, those who would otherwise persist in ignorance lend attention to these issues. Thus, the spotlight on the activist extends to the issues themselves, inspiring unified efforts to bring about change. In fact, after Malala was shot, a similar movement helped to propel progress in Pakistani access to education.

Therefore, the Nobel Peace Prize is much more than a recognition of a person. It is a recognition of perseverance, of effort, of a cause worth fighting for. Malala Yousafzai embodies these principles. Through her actions, she brings to a new light the idea so well-known: education.

“We realize the importance of our voices only when we are silenced.” - Malala Yousafzai
Every semester, UF students put democracy in action - they vote for their student government. Of the 50 senators elected this fall to represent each student based on their living areas, only one was an independent candidate. While the other 49 seats belong to the Swamp Party, Preston Jones will be representing the Hume area as an independent for the school year. “I believe the people of Hume deserve a person who can represent their interests and speak for the entirety of the population of Hume, which is really diverse and really filled with great people with great ideas,” said Jones, an 18-year-old civil engineering freshman. Jones defeated Swamp Party candidate Rachel Laky with 61 percent of the vote. He won the sole Hume area seat with 175 votes compared to Laky’s 88.

Jones didn’t have previous experience with student government but wanted to get involved after attending H-Camp. “I didn’t quite realize what I was getting myself into,” Jones said. For every credit a student takes, $18.19 of the tuition cost goes to Student Government. This Activity and Service Fee pays for things like Library West’s all night hours, Student Rec’s classes and amenities, and club funding. The 50 elected senators are responsible for deciding how much money goes where and for what. This fall’s election saw 6,753 students cast their ballot, the lowest voter turnout in recent history. On a steady decline in past semesters, this made up less than 14 percent of UF’s 44,756 students, according to the UF admissions office.

In contrast, almost half of Hume area students voted. Last Spring, the Students Party disbanded, leaving Swamp as the only organized party to vote for. Having an independent option really got the Hume students involved, Jones said. He thinks independent candidates could provide better ideas for the entire student body.

While Swamp Party may run the school effectively, Jones said he doesn’t think they accurately represent the diverse voices of the student body. “Not everyone thinks the same way as Swamp Party, and not everyone has the same ideas as Swamp Party does,” he said. Jones said that his mission is to make Hume students more aware of student government and how it can help them. When people can relate to their government, there’s greater participation.

“If you go to the Swamp Party subcommittees, everyone has the same ideas as Swamp Party does,” he said. “I’m looking forward to becoming more involved.” Jones is looking forward to becoming more involved. He wants to write his own legislature and work with different subcommittees.

“These are growing pains that the Swamp Party has to work through,” he said. “I don’t want to disappear, and I won’t disappear.” Jones said. “Because Hume students have ideas and can have an impact.”
Why is History Still Relevant?

BY CAROLINE NICKERSON
SOPHOMORE, HISTORY MAJOR

ART BY PADMINI MURALETHARAN

Perhaps the most difficult part of being a history major is the constant justification of this field’s value. The gap between scholars of the humanities and those of STEM disciplines occasionally feels impossible to bridge, for instance, a biology major will inquire, innocently enough, as to what “question” history attempts to answer, while a given history major will, more often than not, stare blankly at nothing in particular when confronted with technical explanations of scientific research. Though scientists work to make science more accessible (thank you!), many consider history’s relics once in today’s world to be shrouded in mystery. Well, no longer!

Modern society tends to value (and fund) ventures with a readily observable application. Scientific research tends to focus on a need (such as seeking a cure to a disease or a more efficient fuel source). Though this is indeed invaluable for humanity’s progress, equally important is an understanding of this progression and of human beings in general. Dr. Mary Watt, Associate Professor of Italian and Department Chair of Languages, Literatures, and Cultures, sheds some light on the subject.

When asked why she studies History, Watt relayed an anecdote from her childhood. She started learning Latin when she was six, a habit she still has had a penchant for the people of the past, stemming from her “fascination with my connection to them.” She saw Latin “when their story ended and mine began.” She pointed to Sunday school as sparking her interest, as there she was “introduced to the Romans.” This led her to seek “how Romans became Italians, hoping to go back and trace their journey.” Furthermore, Dr. Watt enjoys reading about the graffiti in Pompeii as a watershed moment, as the words on the walls were “not much unlike the thoughts we have as modern people.”

A particular example is the phrase “cave canem,” which is Latin for “beware of the dog.” This resonated with Dr. Watt, as she “was struck by how the language of Latin became the one I was speaking.” Dr. Watt’s insight that “people 2,000 years ago were writing beware of the dog” prompted her to investigate “how much these humans of the past were like me.”

Dr. Watt believes that, just as study of history allows her to better understand her own life, learning history can broaden a student’s understanding of the past. She points to Dr. Watt’s field, medieval Italian history and culture, as not modern, she feels that study of this variety of history can enrich a student’s life, as even older history beyond America is “the same journey.” Dr. Yumiko Hulvey works in Japanese literature, and Dr. Hulvey teaches the combined historicity and literary value of ancient Japanese texts, including samurai war tales and the “Tale of Genji.” When asked why she chose to study ancient history, she also pointed to an increase of understanding regarding the human condition, replying, “If you go back to real origins, you go back to psychological, legendary times. You go back to the beginning of the psyche of the group.”

She believes, “The farther you go back in history, the more you get the germinal essence of human beings.” Dr. Hulvey considers herself lucky that she’s “like old things,” as she feels that “they’re really rather new.” She studies things that are “so old that nothing ever happened before,” making them “new stories.” She pointed to the “Iliad,” as an example. As the blind tale singers who related samurai tales, the topics they chose to spotlight “fear of bravery and nobility among them” were key insights regarding what human beings value and choose to remember. She also believes that history “has a tendency to be repeated,” giving the study of history value in that it allows scholars to “learn lessons to prevent mistakes from happening again.”

History continues to fascinate countless generations, but it is also offers insight into both the self and humanity in general. When asked for some commonalities between past and present, Dr. Watt emphasized that “human thought is a much slower evolutionary process than we like to think. We have the same concerns as people of the past. We are all looking for a home. We are all ultimate seeking the same thing. No matter the era. At the end of the day, we are all looking for a home.” Due to the fact that “human thought process and set of concerns hasn’t changed that much. We can read Homer and it still makes sense to us. People say the world is a very different place—how so, do they have different furniture? We have kindred spirits. The world isn’t so scary.” No matter who we are, “we are all on the human journey home.” Due to the common concerns has not changed that much, we can read Homer and it still makes sense to us. People say the world is a very different place—how so, do they have different furniture? We have kindred spirits. The world isn’t so scary.”

Dr. Hulvey firmly believes that “things that happen in the past were the first of their kind to happen in the world.” The origins are the purest representation of human nature, and study of them increases understanding of mankind. Dr. Watt’s final thoughts come in the form of a question: “We’re out of the caves, but the question is how far? How far out the cave will we go?” The study of history may have the answer. History matters.
A year is a long time, and to be simplistic, there’s a lot of good music out there. There’s no such thing as a “best” album of 2014 or any other year, and I couldn’t possibly list all the music I really enjoyed the past twelve months. So instead, I’ve made a countdown-style list of the albums of 2014 that have stuck with me the most. Get your headphones ready — it’s been an interesting year in music.

By MICHAEL HOLCOMB

BURN YOUR FIRE FOR NO WITNESS

With their self-titled debut, Hundred Waters set a high bar for themselves. A foursome that claims roots in Gainesville, the group is now based in Los Angeles and has built a national name for itself with a unique approach to electronic music. On their sophomore release, the band delivers a richer, more refined sound. The album seamlessly weaves together booming electronic production with humble, acoustic instruments and a helping hand from from frontman Nico Miglis’ sublime vocals. Album highlight “Murmurs” soars over strong piano chords and a rich soundscape, and Miglis delivers a charming, sing-songs melody that is hard to let go of. As ambitious as it is well-executed, The Moon Ring Like A Bell is one of the most satisfying albums of this year.

By REGAN GARNER

DR LAW

Honor Program Director

To Engineer is Human: The Role of Failure in Successful Design by Henry Petroski

Dr. Law, an engineer himself, appreciates this book for its message that “everyone makes mistakes” and that mistakes are opportunities to learn and make progress. The book is accessible to the non-engineer and offers easily understandable examples of civil engineering failures that we have learned from.

Generations: The History of America’s Future, 1584 to 2069

by William Strauss and Neil Howe

This nonfiction book is the one that is “closest to [Ms. Garner’s] heart and professional interest.” The author is a Rhodes scholar who dedicated his whole life to supporting public education, offering his perspective on issues discussed in the field today. The book shows the voices of educators, students, and others involved in the challenge of addressing the shameful issues plaguing American public schools.

(Honors Program Director)

By MELISSA JOHNSON

The Lords of Discipline by Pat Conroy

Dr. Johnson likes this novel so much she rereads it every few years and describes it as a “powerful” work. In The Lords of Discipline, Conroy draws on his experience at The Citadel to bring readers into the world of the fictional Carolina Military Institute as it is in the process of desegregation, and explores hatred, racism, and secret societies in the process.

We've all felt the special thrill that comes only from reading a book that you know has made a lasting impression. Here are the ones that we'd reread, been affected by professionally or personally, and would be handing out if they could:

- The Professorate by Ernest L. Boyer
- Scholarship Reconsidered: Priorities of Scholarship in American Higher Education by Jacques Barzun
- To Engineer is Human: The Role of Failure in Successful Design by Henry Petroski
- The Shame of the Nation: The Restoration of Apartheid Schooling in America by Jonathan Kozol
- The Art of the Start contends that failure can be positive. In fact, the culture of Silicon Valley is one in which past failures are seen as a mark of experience.

Mac Demarco wastes no time coming to terms with his burgeoning celebrity, missing out the fatigue of fame in the opener “Salad Days,” which includes the pivotal line “Always feeling tired. / Smile when required.” His third album sees Demarco and his sound growing up a bit, as much as one can when you’re already doing well. The album is An evening stroll through San Francisco and garbage disposals and car horns at rush hour and I would buy three cokes. Luckily, she delivers much more on Nikki Naki, her second studio album. Garbars seems to be having the most fun of anyone in music, and this emanates from the record. Heavy influenced by African percussion and vocals, Tune-Yards yelps and clangs its way through infectious melodies and rhythms. Garbars’ peculiar voice contours to fit every howl or falsetto or deep note on command. In the single “Water Fountain,” the song’s climax finds her shouting over crunchy guitars and click-clacking drums. Such is the enjoyable layered complexity of Tune-Yards’ music.

This year, and I couldn’t possibly list all the music I really enjoyed the past twelve months. So instead, I’ve made a countdown-style list of the albums of 2014 that have stuck with me the most. Get your headphones ready — it’s been an interesting year in music.

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**BOOK REVIEW BY SALLY GREIENER**

**SOPHOMORE: ENGLISH AND PUBLIC RELATIONS**

From the recently founded independent publishing company Big Bang Press comes a historical, half-adventure young adult novel written by Erin Claiborne. A Hero at the End of the World. Big Bang Press has drawn a lot of attention in the literary world with its annual awards. The press was founded using the online fundraising website Kickstarter. Big Bang differs from a lot of well-known publishing companies, their goal is to introduce fanfiction culture’s best writers to a wider audience by seeking out original novels from talented authors who already boast wide followings in the fanfiction community.

Fiction is a huge part of culture, with new stories and perspectives on already existing characters and worlds lovingly penned every day by fans fascinated by and appreciative of novels, fantasy series, comics, movies, and television shows. As a way to connect more to the stories they know and love, fanfiction authors and readers have built a strong foundation of love and support for actors, authors, and other creative individuals.

Although not without its faults, fanfiction culture has only grown in recent years with the expansion of internet culture. Many current authors of young adult books today, such as Suzanne Collins and Veronica Roth, started to create original novels and series by first trying their hand at fanfiction. By recognizing the efforts and talent for writing inherent in the fandom community, Big Bang Press is challenging traditional publishing models, helping to reiterate the outdated opinions that still shroud fanfiction writers in negligence, and embracing a new appreciation for the fanfiction community.

This novel has a few notable flaws, such as issues with an overcomplicated plot and a rapid-fire pace which keeps readers breathless to see what happens next, but it leaves me craving a little more character development. I would still happily spend time following a few of the main characters in this novel, but I would have loved to see a few more chapters in between the jumps in the plot that would have rounded everything in the story out a little more evenly, quenched my readers' appetite with a little more substance.

Despite these issues, A Hero at the End of the World is nevertheless a funny, fresh, and engaging read, not the least because of expansive themes and its touching final message of acceptance of oneself and the true nature of friendship.

The book features a refreshingly progressive worldview, it embraces LGBTQ+ readership and makes a point to include racially diverse characters. The main character of the book identifies as gay, and for once this aspect of a character is not at all blacked under the metaphorical rug, or only referenced off-scene—he actually gets a love interest! However, it’s also ostensibly not the main point of the novel. Even being homosexual is simply another aspect of his character and the romantic thread of the story is a subplot to the greater adventure unraveling as Ewan and ragtag group of skeptical friends and frenemies attempt to not blow up the time-space continuum.

The author, Erin Claiborne, doesn’t attempt to hide or only marginally acknowledge social justice issues, but she also doesn’t force the whole story around them, portraying the positive idea that members of the LGBTQ community have their own issues to worry about besides their sexuality—a sexuality that is a normal part of their character, not something to hide or be ashamed of—even if these issues happen to be being tripped into joining a partially evil cult, or deciding that it’s actually okay to be a hero.

The ensemble of characters also features strong, smart, and patriarchy-crushing female characters who are respected and appreciated throughout the story, for both their good and bad qualities. The female characters in this novel are crucial to the storyline, rather than superfluous or only referenced off-scene—he actually gets a love interest! However, it’s this aspect of a character is not shoved blithely under the metaphorical rug for LGBTQ readership and makes a point to include racially diverse characters.

The world building of the story is well done, complete with everything from interesting explanations for the different types of magic in the world to the people and local superstitions of a recently displaced tyrannical prime minister. Because of the multiple twists and complications in the plot, however, I was left wishing we got to see more world building actually build—reach its full potential over a longer period of time, more showing the reader. I was left wishing we got to see more world building actually build—reach its full potential over a longer period of time, more showing the reader. I was left wishing we got to see more world building actually build—reach its full potential over a longer period of time, more showing the reader. I was left wishing we got to see more world building actually build—reach its full potential over a longer period of time, more showing the reader. I was left wishing we got to see more world building actually build—reach its full potential over a longer period of time, more showing the reader. I was left wishing we got to see more world building actually build—reach its full potential over a longer period of time, more showing the reader. I was left wishing we got to see more world building actually build—reach its full potential over a longer period of time, more showing the reader.
Our society constantly expands in every imaginable facet, especially in terms of populations, development and technology. Simultaneously, there is a decrease in resources, green land and natural products. This discrepancy is the source of the lies and will lead to the loss in the health of humanity if we do not:

Acquire, Apply and Act on the knowledge concealed from us.

Like many, Jovani Hernandez, a computer engineering freshman, took a quick glance at an ingredient label only to find many chemicals he had not heard of, let alone knew how to pronounce.

As a student who attended the Food Babe presentation (a Common Reading event) presented by Vani Hari (national food critic blogger: Ever hear about the discovery that an ingredient found in yoga mats was found in Subways’ breads?), Hernandez didn’t let the claims sway him into believing that the chemicals in food are unhealthy.

“I trust the Food and Drug Administration to regulate any foods that are truly harmful or correctly label harmful foods,” explains Hernandez.

Hernandez’s food philosophy consists of trying to eat healthy, which he does by choosing food not harmful to the body and adding more food groups to every meal.

Although consumption of food is a personal concern, it also reaches into the national sphere.

“If your decisions on what you can eat are limited because healthy food is not available to you, then it becomes a national concern,” Hernandez says.

Although it may seem futile and daunting, we need to step up and do our part in fighting the dominance of chemicals in our everyday food because when the community is at risk, we are at risk.

Many people are aware of chemical additives in foods such as High Fructose Corn Syrup and MSG; few question their value and necessity.

Nadia Hassan is a biology freshman who doesn’t let chemicals control what she eats.

Although she tries to avoid trans-fats, she admits, “I do not avoid all the foods I probably should.”

Many can relate. “Complete abstinence from cookies would prove to be a dull and bland existence.”

While nutritious eating is important in leading a healthy life, it is okay to indulge occasionally. Hassan proposes a reasonable solution of balancing needs and desires (and proportions).

“While nutritious eating is important in leading a healthy life, it is okay to indulge occasionally. Hassan proposes a reasonable solution of balancing needs and desires (and proportions).”

In the end, science is progressing, studies are coming out with new claims, and new discoveries are constantly being made.

Who do we trust? Who do we listen to?

What food claims are true and false? What eating habits are right and wrong?

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The 2014 Ebola outbreak began in August.

**FACT:** The first case in the United States took place on September 30th, but the first case of the outbreak happened in March of this year in Guinea. Since then, the disease spread to neighboring countries. The first three Americans who were diagnosed with Ebola were Eric Duncan, a Liberian who was visiting family in Dallas, Texas, and the two nurses who had been in direct contact with him. The fourth case was diagnosed recently—a physician with Doctors Without Borders contracted the disease in Guinea. Note that these four cases all involved close contact with Ebola patients.

**FICTION:** It is fairly obvious that the chances of an American contracting Ebola are very miniscule. However, this does not mean that there should be no alarm—the global impact of a disease as contagious as Ebola is significant. While Americans should not be paranoid about the virus within their borders, they should most certainly be concerned over the steps the United States takes in order to assist the countries without the means to contain the outbreak.

A deck, luxurious sedan glides along a scenic, forested, mountain road. The wind whips the trees and the wheels of the car rustle the leaves. The driver reaches for and presses the Eco-Boost button on the dash. The car speeds up effortlessly, providing a beautiful juxtaposition between the modern, gray paintjob and the lush vegetation. Man, I want that car! Winds blow over a field of yellow flowers. A tall, thin, and elegant woman dressed in a flowing white sundress retrieves clothes from a clothesline. She gently caresses a baby-blue sheet against her face, feeling the sheer softness and warmth. She smells the like scent in the blanket and sighs with obvious pleasure. Man, I need that detergent! A beautifully spotted black and white cow stands gracefully in a pasture as her new, boisterous calf frolics in the grass. The view expands and shows dozens of cows happily coexisting, peacefully grazing in a verdant patch of heaven. Three cows are standing in a row, holding up signs written in slopy, broken English. Man, I need to start mowing them! You get the picture. What do all of these commercials (yes, these are real commercials) have in common? They all incorporate unnecessary natural imagery to describe and define a product that isn’t very natural at all. It’s called green-washing, and it is everywhere. It describes all forms of deceptive green marketing, from claiming products are “organic” to boasting that 10% of the material used in a package is recycled. It’s a way for the biggest companies on the planet to reach consumers in a wider, more vague, and more mindless scale. My favorite example of a green-washing company is Procter & Gamble, a blanket company that owns basically every household product available (from Old Spice to Febreze, from Lams dog food to Dolce & Gabbana perfumes). On the company’s website, one of the four main drop-down menus is “Sustainability.” In this section P&G boasts about its “Responsible Growth,” “Conservation of Resources,” and “Making Every Day Better” campaigns. These are all very admirable initiatives. However, selling products like Pampers’ diapers and Bounty paper-towels, directly engineered to be disposable, makes P&G an inherently unsustainable business. They profit from consumers buying items that will definitely be thrown away. This is where the green-washing comes in.

If you do about 5-10 minutes of research on any company that sells something you buy in a supermarket, retail store, or mall, you will find how unsustainable that company is. It’s just a fact of today’s economic growth patterns. It’s expensive to be sustainable. However, it is not expensive at all to make a company appear sustainable. Green-washing. That is how these companies like P&G convince consumers to continue buying their products, allowing them to sleep soundly in the mindless cognitive dissonance that is disposable consumer culture. When they sell products to consumers in green packaging, use words like “clean,” “natural,” “organic,” “pure,” or “green,” or use any natural imagery at all, they’re not doing it for the environment. They’re doing it for your business. Luckily, there is hope! Being an informed consumer is neither difficult nor inconvenient. With resources like greenwashingindex.com, greenbiz.com, and sinsofgreenwashing.com, information on companies that green-wash is both accessible and available, and you can even play interactive games that test your green-wash identification skills! Yet!

Like any sustainability issue, don’t take the stance that one consumer changing their behavior is not enough to change the problem. Business is supply and demand, and you are the demand! Demand more informative, responsible, and sustainable products!
I still remember my first cup of rich, dark coffee; it was love at first sip. It was a cold gusty day when I stumbled upon a quaint coffee shop called Volta located downtown. The smell wafted towards my face and my body immediately felt a rush of adrenaline. I enjoyed the decor of the place; it gave off a modern vibe with the stools, couches and chairs all indoors. Heisteadly, I wandered up to the counter and looked for a menu. I settled on a caffe latte. The foamy milk blended seamlessly with the coffee and in a matter of seconds, despite the generous serving size, the cup was empty. I left the forlorn empty cup behind as I hurried off to class.

I could not get the taste out of my mind as my teacher droned on and on. Eagerly, I anticipated the end of class so that I could hurry out to a new coffee shop a block away from University Ave. Because I had craved another cup of coffee for an entire day, the second cup seemed better than the first. I was more adventurous this time—I ordered a cappuccino at Pascal’s. The ceiling has radiant skylights and limited electrical outlets. The interior is patched together with the homeliness of a well-loved ski lodge bed & breakfast. On a cold day, the warmth of the steamy saucers and warm laptop charge are enough to lure you in purely for the warmth. Sitting on the balcony on a breezy summer day with an iced shakerato in hand is the seasonal complement that keeps me coming back year round.

With hardly steady hands, I write this journal entry and enter in the Wi-Fi password at Barnie’s Coffee & Tea Company. I felt a sense of relief as I inhaled a long draught of my Café con leche at Barnie’s and with my purchase, I was handed the allotted two hour time limit to use their Wi-Fi. My addiction has spiraled out of control. Every waking moment is filled with thoughts of coffee. I can feel my body ignoring the thousands of caffeine molecules bombarding my receptors. This prevents the adenosine, the molecules that naturally bind to these receptors, from binding. I guess this explains my immunity to coffee now. The more upscale environment to Barnie’s soothes my otherwise anxious self.

I downsed five cups of coffee today. I have become a regular at not only Volta & Pascal’s but also Coffee Culture, Opus Café, Bay Islands Coffee Co., CYM Coffee Co., @ Cymplify, and Radical Press Coffee Collective.

As a reformed coffee addict, I share with you my journal entries to warn you to drink coffee only in moderation. According to NPR, formerly known as National Public Radio, “In 2002, about 25% of 18-24 year olds reported drinking coffee sometime within a two-week period. But by 2012, the percentage of young adults drinking coffee in that same time frame hit 39%.” There are many good health effects to coffee—but in moderation. According to Bruce Goldberger, a toxicologist at the University of Florida, “brewed coffee contains much more caffeine than a cola beverage.” It has been found that a 12-ounce cup of coffee from Starbucks contains about 256 milligrams of caffeine, which is about five times more than a 12-ounce can of Diet Coke. The half-life of caffeine in the body can range from 2.5-12 hours due to genetic difference in each individual. Typically, the half-life is five hours. “If someone has a cup of coffee at 7 p.m., the caffeine they’ve ingested is still in the body... when they’re going to bed. So as a rule of thumb, if you want to go to sleep by midnight... it’s probably best not to drink coffee at 7 p.m.” said Goldberger.

Coffee is certainly addictive but unlike other addictive drugs, caffeine is relatively easy to stop taking. It has a withdrawal symptom that can last up to 48 hours. Most importantly, while many will go out of their way to buy coffee, no one would go to the black market or steal coffee to feed coffee addiction.

There are many stories associated with the discovery of coffee, but the most humorous one might involve dancing goats. As a goat herder went up to round up his goats, he observed that the goats were chewing glossy green leaves of a tree he had never seen before. Moreover, “The goats were dancing on their hind legs and were bleating excitedly,” according to an article in The New York Times.

Lastly, there are so many wonderful coffee shops in Gainesville that are great places to study in, but their coffee can never replace sleep, even with an overdose of caffeine.

Your friend,
Stephanie
BY GRACE CHUN
FRESHMAN, HEALTH SCIENCES

Getting a call that there was a student lying unconscious behind Hume jump-started Cabot Zucker’s life as a resident assistant, or RA. “I’ll never forget that first one-call,” he says as he reminisces. Watching the student whisked away by the 911 emergency team, Cabot experienced one extreme of the wide spectrum offered by being on call.

Going on his third year, Cabot is a pro. He has spent all of his RA life at Hume. “They won’t let me leave,” he jokes. He can’t complain, however, with his single room and paid housing. “Actually, my initial motivation for becoming an RA was for a single room. It was the quickest route for a freshman to get their own room that I could think of.” The random roommate assigning gods bestowed Cabot with a gaming fanatic. Trying to sleep with machine gun sounds permeating from his roommate’s laptop doesn’t make for a relaxing night.

Once he became an RA however, Cabot realized how the RA life suits his knack for people as well as his desire to impact others. Becoming a Trip leader allowed him to see how he can influence others, and he saw being an RA offered him a different platform to continue doing so.

And he does. Freshman Avnee Mistry, one of Cabot’s residents, applied for the same position, influenced by Cabot’s remarks about the rewarding aspects of the RA life. Since he became an RA in his second year, he has had the opportunity to witness his residents grow and mature as they found their place at UF. “I still see my old residents from time to time,” Cabot says.

RAs can have a big influence on how incoming freshmen find their niche. They act as filters of UF, providing perspective and anecdotes of their personal experiences. The immensity of UF becomes less paralyzing as RAs encourage and relay their advice. “He’s told me about all he does. And he encourages me to try things to figure out my interests if I don’t know what they are yet. He’s a great listener and got me to play Ultimate Frisbee with his team,” remarks Christian Dailidonis, another one of Cabot’s residents.

Many RAs want to be friends with their residents. However, ultimately, they are responsible for the well-being and safety of their residents. “There’s balance to it,” says Cabot. “Not a precedent of expectations and establish mutual respect.” Fewer problems occur that way. “Don’t be afraid to put your foot down,” he says. The RAs who complain about their residents are usually ones who only wear the friend hat.

He also cautions future RAs not to let the job consume them. Part of the job is to create programs for their own floors as well as dorm-wide programs for the residents. However, one is not just an RA. “It’s super easy,” he explains, “probably the easiest job on campus.” It’s a job that understands that you are a student first. “I’m here to learn,” Cabot says, and the RA life works around that. There is no need to neglect school or your other interests. As one can see, the RA lifestyle does allow you to live the best of both worlds.

Advice For FUTURE RAs

THE SECRET LIFE OF A RESIDENT ASSISTANT

PHOTO BY
CONNOR
HARTZELL
Featured Models (From Left): Jordan Turetsky and Cabot Zucker
Why is feminism such a dirty word?

The dictionary cites feminism as the advocacy of women’s rights on the grounds of political, social and economic equality to men.

Why does an equal rights movement carry such a negative stigma? Backlash, especially through social media, ranges from Twitter trends like #womenagainstfeminism, to derogatory and hateful YouTube comments, to systematic political repercussions and even to violence.

First-wave feminism began in the late nineteenth and early twentieth centuries. It spread across the globe as women from the United States to China fought for freedom from strict gender spheres and, in many places, the right to vote. They met many of their goals in the first-wave, yet patriarchal attitudes still lingered. In the 1960s and 70s, women fought for advancement in a broader range of issues like sexuality, reproductive rights and legal inequalities. Second-wave feminism fought domestic violence and marital rape and attempted, but ultimately failed, to pass the Equal Rights Amendment to the US Constitution. In response to the failures of the second-wave, third-wave feminism began in the 1990s and continues to today.

This activist movement coincided with the millennium technological advancements, and for the first time, media plays a large role in the perceptions of activism. Such celebrities as Stephen Colbert, Beyoncé, Taylor Swift and Emma Watson have joined the feminist ranks, appealing to young adults and teens. Social media allows women to share their stories and opinions on a larger scale than ever before, allowing the movement to grow increasingly popular with common Internet consumers, like young boys and girls. In response to this change, anti-feminists, commonly conservatives or older men and women, have taken to the media to share their perspectives. Many anti-feminists cite misogyny or misplaced bitterness as reasons to let go of feminism. One of the most common arguments is that not all men commit terrible crimes. In response to the #YesAllWomen Twitter hashtag, a hashtag using social media as a tool, a collective voice can be much more present to a man who has never experienced these things. By making jokes or rejecting a woman’s claims of suffering, that belief is reaffirmed.

In my own personal experience, I cannot name one man who has been in actual danger because of misogyny. I can, however, name many women who have been sexually abused or assaulted. I am only eighteen years old, yet that number requires two hands to count. An article from the New York Times analyzed the psychology behind sexual assault. Sexual assault is about power, not attraction. It is someone's way of saying: “You are a thing to me, and my need to validate my dominance trumps your right as a person.” The statistics for sexual assault skew heavily toward women, suggesting that the struggle for equality in the United States, at the very least in a social and psychological capacity, is still ongoing. Third-wave feminism focuses on bringing awareness to this issue because while most people believe in equality, little know about the causes and perpetuations of misogyny.

Even college students cannot escape these fears. As of May 1, 2014, 55 schools are under review for mishandling sexual assault. At Columbia University, Sulkowicz has been carrying a mattress with her as a symbol of the burden she carries after being raped in her own bed. She is refusing to stop until Columbia ceases her rapist. The horrific attack took place in September. She is still carrying that mattress today. Social media has spread this story, bringing light to this case, causing more to join the cause. In our own backyard in Gainesville, many women feel that a need for vigilance exists as an undercurrent in their life. One student shared her experience walking to her dorm. As she passed an open dorm window, boys sitting on the ledge began to jeer and hold up scorecards, ranking girls for their appearance. She felt violated. These men saw her as nothing more than a body, her opinions and feelings meaning nothing.

Women are tired of this culture. It’s exhausting to continuously fight these micro-aggressions. A Fox News reporter, after witnessing a woman receive a hundred catcalls, said in response, “Let me add this. Damn, baby, you’re a piece of woman.” Third-wave feminism hopes to fight this behavior, these occurrences so frequent they are hard to explain or present to a man who has never experienced these things. By using social media as a tool, a collective voice can be much more effective than one person. Third-wave feminism is not about denying the stereotypes against men. It is about enlisting them to fight gender inequality, and in effect eliminating many of those stereotypes.