

UNDERSTANDING OTHERS

What do Human Services, Psychology, Sociology, and History have in common? They are disciplines that help us all to become better citizens of our world, engaging us in the vital work of UNDERSTANDING OTHERS. CCSJ's Department of Behavioral and Social Sciences is pleased to present highlights of student work from

2020 - 2021. These writings reflect our students' progress toward meaningful careers in their chosen fields, as well as their growth into "citizen scholars." The latter growth is an ongoing process that they share with all of us. We congratulate them and welcome readers to our fifth issue.

As a Catholic college in the tradition of the Missionaries of the Precious Blood, Calumet College of St. Joseph affirms the right of students to privately and publicly dissent with ecclesiastical teaching, provided the student understands the rationale for these teachings, and acknowledges that one's opinion does not necessarily reflect that of Calumet College of St. Joseph.

American Civilization

Professor Pennanen

13 September 2020

Two Remarkable Women

When examining the inspirational lives of Phillis Wheatley and Anne Hutchinson, it is clear that there are striking similarities along with vast differences in who they were and how they lived. Anne Hutchinson was a white woman who lived during the 1630's. She was a wife, mother, midwife, and a religious freethinker who held weekly Bible studies and discussions in her home. This offended the Puritans in Massachusetts Bay Colony who were upset by the fact that Anne interpreted Holy Scripture

by herself, claimed to speak directly to God, and criticized clergy for suggesting that performing good deeds alone was enough to get into heaven. She was eventually accused and charged of blasphemy, sedition, and breaking the Fifth Commandment and was banished from the colony, along with her family and followers. Today, we have the transcripts of her trial where she delivered a dazzling self-defense that highlights her intelligence and the strength of her faith.

Phillis Wheatley came to America on a slave ship (named after the ship that brought her to America) and was purchased in 1761 by the Wheatleys. She was very young during this time and was put to work as a personal attendant for Mrs. Wheatley. Realizing the depth of her intelligence, the Wheatleys decided to give Phillis a first-class education, which was something that most slaves did not have the privilege to experience. The Wheatleys' teenage daughter tutored Phillis in many subjects, and by the time she was a teenager, Phillis had begun to write her own poems. Mrs. Wheatley worked to promote and publish Phillis' work and her poems could soon be found in newspapers, magazine, and pamphlets. Not believing a colored slave could produce such amazing literary art, a panel of prominent white men had her tested and eventually agreed that the writing was, in fact, Phillis' original work. The Wheatleys eventually sent her to England where she was able to have her poems published in a collection. She began to push for her own freedom, and the publication of her work helped her gain support for freedom. She was freed by the Wheatleys in the fall of 1773.

Perhaps the most obvious difference between these two women is their race; Anne was a white, free woman, while Phillis was a black slave. Anne was very brave in that she knowingly broke the laws of the colony by pushing the limits of religious freedom. At this point in America's history, white women (or any woman or most men) were not allowed to preach or interpret Scripture. Phillis pushed limits, but her fight was based more on personal freedom rather than religious freedom. It was rare for a black slave to live a relatively comfortable existence as a slave. It was even rarer to be given a top-notch education and encouraged to write poetry. Phillis's fight was based on the color of her skin and her desire to be free,

whereas Anne's was based on the strength of her faith and her desire to spread the word of God in her own way.

While both women were passionate about their causes, Anne seemed to be more vocal in her fight for freedom. It appears as though she often threw caution to the wind and did what she felt was right regardless of the consequences. Phillis seemed a bit more reserved in her fight, often weaving her feelings into the tapestry of her poems. In her poem *On Imagination*, Phillis writes, "But I reluctant leave the pleasing views, which *Fancy* dresses to delight the *Muse*; *Winter* austere forbids me to aspire, and northern tempests damp the rising fire; they chill the tides of *Fancy's* flowing sea, cease then, my song, cease the unequal lay." This poem is about imagining the beauty of the world around you, only to realize you must now come back to reality and see the world the way it actually is. This shows she was aware of and did not care for the fact that she was a slave, regardless of the comforts she enjoyed over most slaves. There is a sadness in her words, but Phillis is noticeably less obvious in her message than Anne. This could be because Phillis felt a great appreciation (or maybe even guilt) for the life she had been given, knowing other slaves lived horrific lives plagued with abuse, neglect, starvation, and death. Anne's confidence is bolstered by her unwavering belief in her religion and God. She expressed this when she said in her trial, "Having seen him which is invisible, I fear not what man can do unto me." This reaffirms that she is not afraid of anything that man can do to her because she knows she has the love of God behind her.

The difference in their boldness and personalities is reflected in their professions. Phillis was a slave where Anne was a midwife. Typically, a slave is required to be very reserved and obedient. It is easy to picture someone very quiet and maybe even a bit shy, at least in the public eye. In contrast, a midwife needs to be able to take control of a situation and strongly lead. She must be ready to tackle anything that can suddenly arise. With these traits in mind, it is not hard to picture Anne standing in front of a crowd of men proudly – and maybe loudly – defending herself.

These two remarkable women have at least one thing in common: their passion. Anne loudly fought for her religious freedom while Phillis quietly convinced her readers to side with her in her quest for freedom. Both of these women helped pave the way for future Americans for religious freedom and equality among the races. The fact that we study them today and consider them to be pioneers in personal and religious freedoms solidifies their place and importance in history.

Leon Valdez

Dr. Tina Ebenger

PLSC220A - American Political Systems

3 March 2021

VOTER ENCOURAGEMENT

In 2020, more Americans voted than ever before. Despite this, many Americans still face restrictions and laws that may deter them from voting at their local polling places the next time election season comes around. Whether it is registration deadlines, limited locations, or pure apathy - millions of Americans don't cast their ballots. James Madison noted that the strength of our democracy is dependent on the people. If this is the case, why does it seem that systems are being put in place to restrict and discourage the participation of Americans on Election Day? With the innovations of our time, voting should not only be accessible but encouraged. We are two decades into the 21st century, and yet some people still need to bring a number 2 pencil to their polling place. To encourage Americans to cast their ballot and sustain the foundation of our democracy, I believe that the government should get with the times. By offering online voting, Election Day Registration, and making Election Day a national holiday - Americans will feel emboldened and obligated to cast their ballots in a more accessible manner.

It is not an exaggeration to say almost anything can be done online. I just paid my taxes to the state of Indiana through their online portal. If the state trusts the internet enough to take my money through it,

they should trust it enough to take my vote as well. The government already uses the internet for programs like unemployment and Obamacare, why not voting? Although there were some growing pains associated with those programs, the servers and connection to the citizens are now stronger than ever. In 2016, Cambridge Analytica and Facebook were the subject of scrutiny since they abused personal information and sold it to political campaigns so that their ads could be more effective. If political candidates can run corrupt campaigns online, why can't the people vote for them through a secure and regulated portal? I can follow my representative on twitter, visit their website, and write them an email - but I cannot vote for them in the same place. By allowing voters to vote online, not only do you encourage voting since it can be done from anywhere, but you would also cut costs associated with mail-in and absentee ballots. This option would also eliminate the wait times and keep lines short in urban areas with dense populations. Being able to vote online just sounds more efficient. If you are responsible for a hard day's work, do you think you would go through the trouble of waking up early or rushing after work to your polling place? Probably not. What if you could cast your ballot from your phone at lunch or at your desk? That is much more convenient and efficient.

The second way to increase voter participation is to incorporate Election Day Registration. There's no reason why voters should be turned away because they did not decide they were going to vote a month prior. A lot can happen within a month that can turn the tide of an election. A candidate or party can say or do something that can ignite a fire for or against them in any citizen. By incorporating a registration deadline we are taking away the rights and silencing Americans who may have been affected within that window of time. By allowing Election Day Registration you are allowing citizens to use all the time up until Election Day to make their decision. Having a registration deadline is one of the practices that seem to be made just to restrict the accessibility of voting to the masses. There is no blatant or evident upside to a deadline a month out from Election Day. If anything, we're doing more bad than good with this

practice and by abolishing it all together it will allow people to worry about the election and not the deadlines preceding it.

The third way to increase voter turnout is to make Election Day a national holiday. By doing this we free up a lot of the populace whose hours are inconveniently set with those of their polling place. There are a lot of government employees and municipal employees who never get a chance to vote since they need to work. My mother works for the school system and in this past election she was unable to vote because her work takes precedence over her ability to vote. Luckily she's a Democrat in Indiana, which is a Republican state, so her one vote (more likely than not) wouldn't have changed a thing. But what about voters in swing states or battleground states? By making Election Day a national holiday, we not only free up an endless amount of American voters from their daily responsibilities to participate in their civil responsibility, but we also set a precedent for businesses in the private sector to follow suit and let their people vote.

Methods to Increase Voter Turnout	Vote
#1 - Online Voting	6
#2 – EDR	1
#3 - National Voting Holiday	3
Total	10

Sixty percent of people whom I asked would support online voting. Most of these were my friends who are younger people who have more faith in technology than my parents. My parents, who are blue collar

workers, would rather go vote on a National Voting Holiday - which came in at around 30%. Only 10%, or one person, said Election Day Registration - and that was my brother who forgot to register in 2016.

By offering online voting, Election Day Registration, and making Election Day a national holiday we are taking the right steps to enrich and embolden American voters of today and the future. Everyone who supported online voting are in their 20's and will be voting for the rest of their lives. It's clear that our procedures and programs need a major overhaul to adapt with an ever changing society. Even the answers I have provided today may not be the same answers needed in a decade. America prides itself on its innovations, our ability to persevere and dominate our goals - however we have not adapted to the needs of our own citizens when it comes to voting rights.

Carina Bolanos

SOCL210A

03/02/2021

Did Colin Kaepernick Have Deviant Intent?

Colin Kaepernick's decision to kneel during the playing of the National Anthem sparked a huge uproar, mostly between Democrats and Republicans, but it was still a topic of discussion for people who don't even involve themselves in politics. The main problem that Republicans had with what Kaepernick kneeled for was that it was done out of a malicious and a deviant intent. However, what technically should

be considered deviant behavior? According to *Encyclopedia.com*, “deviant behavior is behavior that violates the normative rules, understandings, or expectations of social systems”. Even though many people misinterpret this word of “deviance” as malicious or negative, that definitely is not always the case for these types of actions. In our society, norms are established for all citizens of that society to follow. That doesn’t mean that they always should or need to be followed, because how will any type of change occur if norms or ideas are being kept the absolute same? Following the leader is not always the answer in order to be successful as a society.

Before having an opinion on Kaepernick’s decision, take a look at what was taking place prior to when the Black Lives Matters Movement kicked off. Protests have been occurring even before the United States was considered its own nation. Before America became a country, these originally British people wanted freedom from Great Britain. These British people who were “revolting” have met the criteria, this behavior can technically be seen as a “deviant” practice. They violated societal norms and chose to go against their government in order to “do what they believe in” and created a new land of freedom and opportunity. If nobody had ever made the choice to go against what Great Britain had to say or anyone else for that matter that was against the creation of the United States, then America would never have existed in the first place. It should be human nature to be able to protest and speak up for what you believe in, because it is the only way that change will occur.

After understanding the idea of how deviant behavior is not necessarily a malicious action, there are certain ideas that as Americans we have to respect which comes from living in America. Under the authority of our First Amendment, we are given the freedom of speech, press, assembly, and to petition the government for a redress of grievances. Even if what Colin Kaepernick did disturbed you or your values, it is not something that should be taken away. Every single American has the right to speak and act on what they believe and it is everyone’s duty as a citizen of the United States to preach and uphold that right for anyone. Regardless if someone’s ideas or ideologies interfere with your own, it is everyone’s

duty to respect that freedom. It is not malicious for Kaepernick to promote what in his mind is right, and it should not be seen as negative. There could be people that would say it is doing a disservice to those who served in the military or have even given the ultimate sacrifice of their lives for our freedom and it makes sense for some to take offense to his actions if (for instance) their spouse was shot in combat. As painful as it is to lose a loved one in combat, people should also understand the terrible horror that a victim of police brutality undergoes as well. In fact, Kaepernick himself even asked someone who was in the military how to correctly start this peaceful protest, and that person told him that kneeling would be the most respectful way to handle this situation. For example, when monarchy systems were in place, people would kneel to their people in power, such as kings, queens, and emperors to show respect. After closely examining Kaepernick's intentions and efforts towards shedding light on this issue, his intention was not to mock the American flag, but to merely show his support to minorities being mistreated across the United States.

When inspecting the rights that Kaepernick has been exercising, it should be made known that what he did was explicitly for change. As far as deviant behavior, according to the previously stated definition, his actions surely displayed deviance. In spite of that, it does not mean that what he did was not just or right, but it solely means that his actions displayed something that was not "socially acceptable" by society. If nobody ever breaks any barriers or standards, then change will never occur. Societal norms will always stay the same and nothing will ever be different, which is completely one-sided and is not what the United States stands for at all. Even the most peaceful gestures, can come a very long way to create change in not only our nation, but everywhere around the globe. The NFL was completely floored when Colin Kaepernick took a knee on August 26th of 2016. Even though it caused one of the biggest controversies in the NFL, Kaepernick started a peaceful protest that even if isn't agreed with by everyone, should definitely be taken seriously and respected.

All in all, Colin Kaepernick's behavior was without a doubt deviant. What he did was not anything that displayed a malicious intention or negative connotation, but it was a courageous act that encouraged change and recognition of police brutality and the unfair treatment that minorities have been experiencing throughout their lives. Deviant behavior means breaking societal norms, but if norms are never broken, then there will never be change and society will be stuck in a perpetual cycle of discrimination. By using protests, upholding the values of our Constitution, and embracing change, Colin Kaepernick will be known not for his talents in football, but for his fearless attitude to be the change he wishes to see in the world.

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Tina Ebenger, Editor

Behavioral and Social Sciences Department

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Brandon Winter

HIST 496X: History of Childhood and Old Age

18 February 2020

Book Review: *Hold Tight Sweetheart* by U.T. Miller Summers

Hold Tight Sweetheart: A Memoir of the 1920's and the Great Depression is a book written by someone who witnessed first-hand and lived through one of the most challenging eras in United States history, the Great Depression. U.T. Miller Summers shares two hundred pages of her life from the time she was a child, up until the last years of her life before passing away in January of 2015. This depressing, but hopeful at the same time, autobiography of U.T.'s life is a story that only she could ever tell to do it justice. Yet although it is U.T.'s story of her life, family, youth, and challenges she faced; it is also very much a story about all the people she was surrounded by through the Great Depression. Each

chapter is a culmination of different stages of her life and her story becomes so much more vivid with each page read. U.T. tells *her* story but not once fails to remember the role that all of the closest people in her life, both family and friends, played in that story.

I believe U.T.'s intentions for writing this very personal story come from a variety of events that affected her life. Being released in 2007, *Hold Tight Sweetheart* was written just about 70 years after the end of the Great Depression. As an elderly woman with years and years of wisdom and experience, U.T. felt the need to share the rare, first-hand stories of her life through the Great Depression. While it seems that this memoir is meant to be focused on U.T. herself, I also believe she wrote this book to honor and remember the closest people in her life, especially her parents Mary Elliot Miller and John Brison Miller. The dedication of her story reads, "For the two of them: Mary Elliot Miller and John Brison Miller and for family, friends, and neighbors, in and out of books, who have walked with me through a very long life." This short but sweet quote from U.T. really spoke to me as to her purpose in writing this story.

Hold Tight Sweetheart is not just a memoir that tells us the story of the Great Depression only, but also the times before and the times after. U.T.'s book begins with the story of her parents. During the times just after World War I, her parents, like most others, ventured out into the world in hopes of starting a great life. Her mother, Mary, was the daughter of a Civil War veteran who owned slaves and a tobacco farm. Her father, a World War I veteran, met Mary Elliot at a school in Texas and married her soon after he was discharged from the army in 1918. At the brink of the Great Depression, her parents began their lives and a family but soon ran out of money, even before the crash of 1929 made things worse for them and for others. Much of the first part of U.T.'s book describes the events of her family moving various times to secure different teaching jobs for her parents. They bounced from town to town scattered among the states of Kentucky and Tennessee. Such towns included

Harlan, Bowling Green, McKenzie, and Little Bend. All were small school and farm towns that were hit hard by the Great Depression. Amongst the hard times U.T. and her family faced bouncing from town to town, they got to be a part of some of the more positive aspects of American life. They celebrated Lindbergh's flight across the Atlantic, witnessed the first talking film, and enjoyed Charlie Chaplin's wonderful acts. They listened to the inauguration of President Herbert Hoover on the radio at school. Other key events U.T. writes about in her memoir include the struggles average people faced during the time of the Prohibition as well as more personal struggles she and her mother felt during the times of the Women's Ministry Movement. They lived through the worst of the Depression, enduring the increased struggles that persisted even after FDR's inauguration in 1933 and the closure of banks across the country. FDR's Fireside chats became normal occurrences in their household. His New Deal Agency also became a part of her family's life. U.T. wraps up her story just before the onset of World War II and concludes it in more present times. This book is a great representation of the key events that occurred in the 1920's and 1930's and how they affected the average American family.

When answering the question, is *Hold Tight Sweetheart* a "good read", it is important to respond with how the reader feels. The most important part of a book in my opinion is an engrossing story and character development. U.T. does this perfectly, taking the story through almost every stage of her life and painting vivid pictures in my mind constantly of what she is describing. For example, when U.T. wrote about how the Great Depression affected grocery and food for them, she says, "Most of what we bought at the grocery store was to make something else – non-Red-Cross flour (I had to sift the worms out of the flour to make my first drop biscuits required by a Home Economics assignment), meal, and lard" (Page 134-135). Quotes like this kept my interest piqued throughout the book. A good read for me means the author both attracts and keeps my attention.

Another thought to remember when determining if a book is a “good read” is that sometimes a good book has more to do with what a reader needs at the given time they read the book. Often I find myself not being grateful enough for all the blessing I have in my life, so while reading this book, my thoughts quickly changed and I became so much more aware of my great life when comparing it to the struggles U.T. and her family faced. I don’t often read books of this genre, but I have always been intrigued by the 1910’s-1940 in the United States so I thought this memoir would be worth my while to read. I’m sure everyone had their own personal reasons for choosing their book to review. In the end, I think the reader ultimately decides what makes a book good. As U.T. began and concluded her story with the words, “Hold tight sweetheart, I’ll make good yet”, my thoughts on the book changed dramatically in only two hundred pages and I can confidently say it was not just a “good read”, but a great one.

As the title, *Hold Tight Sweetheart: A Memoir of the 1920’s and the Great Depression*, indicates, the story is set mainly in the 1920’s and 1930’s, especially during the struggling times of the Great Depression. U.T. gives us delicately detailed insights as to what life was like during this time, how her family struggled and made ends meet, as well as how other families lived. This memoir gives such a great insight into a first-person experience of living during the Great Depression. Each chapter gives the reader a look into different parts of life. For example, U.T. writes chapters on her parents’ education, grade school, (grammar school), farm and church life, traveling by riverboat, death, debt, holidays, businesses, friends, and so on. By reading this book, the reader gets a wide variety of insights into many aspects of life during the Great Depression one would not normally think of.

There were a couple of chapters of the book that I was really intrigued by and I learned a great deal from as to what it was like living as a family during the Great Depression. The first chapter being, *Death, Debt, and Dreams*. The chapter begins with the story of U.T.’s mother losing a child during birth

and becoming very ill in the process, soon after owing hundreds of dollars in hospital bills. Despite the hospital debt and numerous others her family accrued, they managed to find the best of the times by celebrating American icons such as Charles Lindbergh, Charlie Chaplin, and Al Jolson. U.T. also writes of her father's struggles to make ends meet with his sales and his mother's desperate search for a teaching job. This chapter really gave me insight to the highs and lows of that time period. I was most intrigued by the second chapter, entitled *Hard Times*, which took a deep dive into the hardest parts of life. Much of the chapter focused on U.T. and her asthma and how she struggled to manage it because of the lack of medication and proper living conditions. She also continues to speak on her father's struggles as a salesman and how his emotions would affect the rest of the family. She notes that he wouldn't even acknowledge her A in penmanship skills in school. Clearly this time in the United States affected families both physically and mentally. The chapter concludes with U.T. retelling the stories of the family having to sell their car, unaffordable asthma medicine, and humiliation of accepting food hand-outs. These parts of the book were eye-opening to me as to just how badly the Great Depression really affected humans.

To think that a nation could emerge from such a national crisis without intense societal changes would be unimaginable. U.T. gives her readers great insight into how society functioned during the depressing times. First, crime rate at the time saw a rapid rise as well as suicide cases. A section of the book tells us that Ila Mae, a close friend to U.T. from Tennessee, had a father who hung himself in a barn. Health care at the time was also not a priority and only reserved for the worst circumstances. U.T. suffered with asthma and received minimal treatment and medication. She tells us stories of how bad it got at times.

U.T. and her family, especially she and her parents, were some of the few people who were blessed with receiving a higher education. For most Americans in that era going to college or

university was out of reach. U.T.'s parents were lucky enough to receive degrees from the Universities of Texas and Kentucky. In the chapters focused on the family and U.T.'s time where they attended school, there were mentions of higher male attendance. At the time, it seemed as if males stayed in school longer because of the dim prospects of getting a job. Another insight I gained about Depression-era society was that marriages were being delayed longer and birth rates declined during the worst of the times. Dialogue between Mary Elliot and her husband revealed that waiting to have another child would be in the family's best interest until they could settle down and have a steady income. Lastly, although unfortunately, the title of the book represents the last words U.T. and her family received from John Miller. Rates of abandonment were at an all-time high as husbands and fathers chose to run away from marriages and families because they were unable to give them a decent way of living.

When reading this book, I was about three quarters of the way done when I could not help but keep connecting U.T.'s memoir with a specific chapter of our textbook and the discussions in class we had on it. Chapter 5, *Forces of Change and the Modern Model of Childhood*, became very relevant to *Hold Tight Sweetheart*. The Modern Model focuses on the shift of childhood work to schooling, limiting of family size, and the infant death rate decreasing. From my take on the book, the stories shared confirm the first two tendencies, but left me debating the last idea of the infant death rate decreasing. To address the first two ideas of the Modern Model, it was clear from U.T.'s point of view that her parents strictly emphasized her and her siblings getting a strong education. There was constant support through all grades for U.T. to graduate and get a college degree. The book also confirms that children of the 20th-century Western World were very unlikely to have harsh working jobs. It was mentioned that common jobs could have been strawberry picking, babysitting, and milk delivering, and reading Bible passages during church services. Clearly, there was no need or desire for

children to be subjected to dangerous working conditions anymore. As addressed earlier about families delaying and ultimately having fewer children out of the struggle of affording it, it makes sense that families now focused on limiting their size, such as Mary Elliot and her husband did at first.

A particular section of the book regarding Mary Elliot and her miscarriage had me challenging the third idea of the Modern Model that the infant death rate decreased. The second paragraph of the chapter reads, “In the Spring of 1927 James William, a second boy, died in the process of being born at the Bowling Green Hospital.” As this was the second lost child, I couldn’t help but imagine that this was more common than not during the Great Depression. Mothers like U.T.’s were often sick during pregnancy and there was not enough health care for proper birth all the time. Perhaps the increase of infant death rate was just in the 1930’s through mid-1940 but after reading this chapter I still found it hard to believe that infant death rates decreased until more prosperous times in the United States.

Overall, the way U.T. told the story of her entire youth and adolescent childhood really spoke to me on a deep level. I would never have learned the things I have if not for choosing this book to read for my review. Page two of our textbook defines childhood in a particular way. To summarize, the standard features of childhood include training for adulthood, emotions, helplessness, disease or prevention of it, and socialization for gender roles (Page 2). U.T.’s stories really helped me understand these core concepts of childhood. The constant supervision, teaching, and guidance from her mother guided U.T. through her childhood to help her become successful enough to graduate from Vassar College on a generous scholarship. All humans, especially children, experience a wide range of emotions, and U.T. was no exception. After reading various stories of her being homesick when staying at Ila Mae’s, the first years she noticed boys in school, and struggling with her father’s constant absence from the family, U.T. showed normal emotions every child should feel at some point in their

life. As U.T. struggled with her asthma terribly, she wrote that it was always her mother and father who watched over her restlessly until she would get better. I often fail to see it, but as a child, I was always looked after by my parents anytime I was sick, hungry, thirsty, cold, and hot and the list goes on. I now understand that all children will inevitably be helpless throughout their youngest years of childhood. The last thing that was really conceptualized for me by reading this story was the socialization for gender roles of children. During these decades of the United States especially, male and female children were clearly separated in society when it came to gender roles. It is clear now to me that gender roles play an important part in childhood development.

In conclusion, *Hold Tight Sweetheart* gave me a deeper understanding as to what it was like to grow up as a child through the Great Depression. The amount of detail in U.T.'s writing made me feel like I was warped back in time as a child myself. I believe everyone, not just children, could stand to learn lessons from this book. The immense struggle U.T. and her family went through all while still seeing the joys of life was eye-opening to me and serves as a good reminder to count my blessings. My only critique is that because of the amount of detail in the book, I found it hard to follow at times as U.T. jumped back and forth between different years of her life. Nonetheless, I would personally recommend this book to anyone looking to get a first-hand experience of childhood life during the Great Depression.

Julia Fugger
Dr. Valerie Pennanen

HIST 115A: Written Homework Assignment

#2A March 30, 2020

The Black Death was a series of three plagues (including the famous bubonic plague) that wiped out about one-third of the entire population of Europe from 1347 to 1350. Millions of people died from the Black Death, catalyzing a great wave of ugly feelings and behaviors from many people at the time. The epidemic ravaging Europe was a painful one. People would die soon after accumulating painful swells under their armpits and on their groin. Without germ theory or the knowledge of modern medicine we have today, people desperately searched for the reason why everyone was suddenly dying such miserable deaths. Some attributed the Black Death to God as a chastisement for their sins. A group of Christian radicals called the Flagellants began whipping themselves painfully in the streets in atonement for their sins and those of the whole world. According to Jean de Venette's first-hand account, many desperate people blamed the Jews for the Black Death, claiming they poisoned the water and the air. Many innocent Jews were violently killed due to the intense suffering and tension caused by the disease.

Even family members violently lashed out at one another because of the plague. To avoid the intense pain that afflicted the victims of the Black Death, mothers cast their babies into fires. From a Christian perspective, this was incredibly disturbing because the mothers neglected to have their babies baptized first. Without baptism, it is widely believed by Christians that eternal salvation is impossible. Entire families would burn themselves alive to avoid the plague. Priests

fled when their job of providing the sacraments was needed most. The death toll increased so massively that corpses were left out in the streets to rot. Even family members refused to bury their relatives out of fear of catching the Black Death. After catching the disease, many people were abandoned by even their closest relatives, and they were not even properly taken care of after death. Those who were buried were placed in shallow graves. Wild animals would dig the corpses up, drag them through the streets, and devour their rotting flesh. People who survived the Black Death were numb with grief. They walked about the streets of Europe in a dazed shock. For many people, the Black Death seemed like the end of the world.

When the world seems like it's about to end, some people stop living, for example, the survivors who were numb with grief. Other people turn to lives of debauchery and hedonism. Agnolo di Tura recounts, "And then, when the pestilence abated, all who survived gave themselves over to pleasures: monks, priests, nuns, and lay men and women all enjoyed themselves, and none worried about spending and gambling." Many people died in the Black Death, leaving the survivors with more wealth than before the plague. Unfortunately, people became incredibly greedy even though they had more wealth than they ever had. After the Black Death, there were more fights and arguments over possessions. Much less was given to charity and less was distributed to those in need. Europe also became intellectually poor. Very few survivors were educated and, many of those who were, cared very little about educating the next generation. While tragedies such as the Black Death bring out the hero in some individuals, many people act negatively and selfishly in threatening situations.

Julia Fugger

Dr. Valerie Pennanen

HIST 115A: Written Homework Assignment #2B

March 30, 2020

The Black Death was a frightening epidemic that claimed millions of lives throughout Europe. Despite that, Jesus Christ would have encouraged people not to abandon the sick. In the Bible, Jesus tells his followers to, “Heal the sick, raise the dead, cleanse lepers, cast out demons. You receive without paying; give without pay” (Mt 10:8). Individuals practicing Christ-like behavior during the Black Death visited the sick while everyone else fled the city in terror. They buried the dead respectfully because burying the dead is one of the corporal works of mercy found in Chapter 25 of the Gospel of Matthew in the Bible. We know that Jesus practiced this loving lifestyle from stories in the Bible such as when he healed the leper and restored sight to the blind man. In the Gospel of John, Jesus even raises Lazarus from the dead; but first, Jesus wept, mourning the death of his friend. Of course, it is unlikely anyone could have healed a victim of the Black Death, but Christ-like behavior is to do what we can for the sick. Doctors are called to work hard and search for a cure. Others are called to comfort the dying or bury the dead.

Perhaps even more important is the spiritual help Christ calls us to give to others. Saint Paul tells us, “Pray in the Spirit on all occasions with all kinds of prayer and requests. With this in mind, be alert and always keep on praying for the Lord’s people” (Eph 6:18). Even Christ prayed intensely before he was arrested and sentenced to death. Likewise, Christ-like behavior would include praying for the sick and all those affected by the Black Death. Christ-like priests at the time brought the sacraments to the sick and dying, despite the danger of contracting the plague.

Some priests during the Black Death courageously paraded the Eucharist through the streets. Catholics believe that Jesus Christ is truly present in the Eucharist. Bringing the Eucharist to the people is like bringing them Jesus. Since Jesus wants to comfort the suffering, bringing Jesus to the Black Death victims is one of the most Christ-like actions one can perform. While temporal charity should not be overlooked, Christ-like people would never forget or lose faith in the power of God.

Christ-like qualities can extend to those who are sick and dying as well. Jesus did not want to die but, when he was sentenced to death, he accepted his fate calmly. Christ-like Black Death victims would never give up hope but die peacefully if it came down to it. The victims would accept their pain and suffering like Jesus accepted his pain and suffering during his passion and death. This is not to say that Christ-like plague victims would not be upset or scared. All people experiencing the Black Death, either directly or remotely, would suffer the effects of the disease. Christ-like people, however, would not completely despair, act selfishly, or abandon those in need. They would, like Christ, turn to God and help others in any way they can.

Michael Biegel

October 8, 2019

SOCL 210

Deviant or Not Deviant? The Actions of Colin Kaepernick

In our society, I find that athletes have this belief that their money makes them flexible to do any actions they find acceptable. Before I go any further, I want to tell the story of Pat Tillman. Pat Tillman was in the National Football League in the late 90s, he played linebacker for the Arizona Cardinals. After the 2001 season was complete, Tillman turned down an offer of \$3.6 million dollars to enlist in the U.S. Army. Tillman was committed to finishing out his full tour of duty, even though multiple times the NFL maneuvered ways for him to get out of his service commitment. Pat Tillman was a man of his word, and nothing would change his mind about his commitment to our nation. In his last tour, Tillman was shot and killed after his team of soldiers was attacked. Pat Tillman was not a selfish athlete, he felt it was his job to defend his country no matter the cost. Colin Kaepernick, former San Francisco 49ers quarterback has displayed deviant behavior by kneeling for the flag.

The first reason Kaepernick's behavior is deviant is because of the disrespect it brings to our veterans and people who sacrificed their lives. I find kneeling for the flag disrespectful, because men and women have died serving this country. Those people much like Pat Tillman didn't ask to die, they served our country to protect our freedom. Kaepernick gets to stay here and make millions of dollars, while a soldier overseas is dying in a comrade's arm. Every Sunday we watch Kaepernick kneel, and in my opinion the message he sends is that our service members have died for nothing. I don't agree with Kaepernick's actions in any way, I know

people who have died in service and it's upsetting seeing a millionaire kneel because not everyone gets treated fairly. My reasons for disagreement with Kaepernick's actions continue with our flag.

Secondly, Kaepernick kneels when the National Anthem is played, and the flag is unfurled. In my opinion, Kaepernick doesn't understand what the flag symbolizes to our nation. The flag has rallied us together throughout history, and has been a constant through the best and worst of America. Remember when our nation was attacked by terrorists, and we raised that flag in the sky so that those dastardly men knew we had united as one nation. 9/11 was one of the darkest times in our nation, and yet the flag was the constant in those difficult times. Another example is when we achieved victory and raised that flag at the Battle of Okinawa. It once again showed our nation's true colors of red, white, and blue. Kaepernick doesn't understand that the flag symbolizes who we are as a nation, and how we strive to be better every day. There's no need to kneel for that flag, you stand and put your hand on your heart, and realize the nation is striving to work out its problems.

The final reason Kaepernick's behavior is deviant is because it shows how separated we are as people in America. "The Pledge of Allegiance" states "One nation, under God", and those are the most powerful words. Kaepernick shows we are not one nation, in fact we are a nation divided dramatically. Kaepernick's actions only separate us more, and hurt our chances of coming together. It shows that an athlete who hasn't stepped in the gear of a soldier can make the divide worse. Kaepernick has hurt our chances because the people who find that his actions are right and just are absolutely wrong.

Colin Kaepernick, former San Francisco 49ers quarterback has displayed deviant behavior by kneeling for the flag. The three reasons his behavior is deviant are it disrespects our services members, disrespects the American flag, and shows separation in our nation. I am an athlete myself, but I admire the people like Pat Tillman who put money aside to do something great for this country, no matter the cost. Kaepernick's actions have hurt our country, and I hope that someday we can see our nation come together once more.

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Brittany Shelton

SOCL 210

Five Paragraph Theme

February 20th, 2020

Deviance is an action or behavior that violates social norms. Deviance can range from something minor, such as a traffic ticket for not wearing a seatbelt to something major such as murder. Deviance also depends on the society in which you live, if certain actions are considered deviant or not. Many people protest today in the world which some individuals may view as deviant behavior but personally I don't view it as such. As it pertains to the Kaepernick story, where quarterback Colin Kaepernick refused to stand for the National Anthem because of the inequality of individuals of color, individuals felt as though Kaepernick was engaging in deviant behavior. As stated previously I don't believe that he was being deviant for standing up for what he believed was appropriate.

To begin with, I feel Kaepernick's behavior is not deviant because we are entitled as human beings to our First Amendment rights. In the US Constitution, our first amendment right is the freedom of speech, which allows beings to express themselves without fear of retaliation and censorship. According to this right, protesting would fall under this category. Americans exercise this right daily, so for individuals to portray Kaepernick in a negative light is not right. Equality is "supposedly" what The United States is always boasting about. Honestly, to judge Kaepernick negatively and not others who protest is a complete injustice. Protesting, in my opinion, is perfectly fine as long as no one is being harmed in any way. Hence, I feel it is very unfair to judge and look at Kaepernick as controversial.

Next, Colin Kaepernick was not the first to ever protest in the NFL or even in athletic history. A few well-known protests that occurred in US history are field and track stars John Carlos and Tommie Smith.

They made headlines in 1968 by raising their fists during the medal award ceremony at the Mexico City Olympics. Carlos and Smith wore black socks and gloves for the black community. They were protesting poverty amongst the black community. I know during this time it was tough for them to do such a thing but it was noble. Another instance is when Trayvon Martin was shot and killed in 2012 and NBA players such as LeBron James and Dwayne Wade wore hoodies to show what it's like growing up black in America. The players were trying to shed light on the inequality for African Americans and the corruption of the US justice system. Both of these protests were equivalent to the Kaepernick story, in my opinion, and these NBA players weren't deemed deviant. The only difference is companies are still endorsing Wade and James but pulled deals from Kaepernick because of the "controversy."

Finally, the biggest takeaway from the Kaepernick story is that racism is still very much alive today. While I feel we have gotten a bit better as a nation, we still have such a long way to go. I personally think Kaepernick's story has some racial motivation behind it due to the fact we have a person in a high position who doesn't value people of color and that's honestly unfortunate. The NFL is composed of a majority of people of color as well, so just put two and two together. Society needs to take a Kaepernick stance in our daily lives instead of just accepting things we don't agree with. Kaepernick knew that kneeling may ruffle some feathers but he knew his message of inequality for African Americans was more important to get out to citizens in the US. He also explained that if football were to be taken away from him, at least he would know that he stood up for something that was right.

In conclusion, Kaepernick's behavior is not deemed deviant. Kaepernick was protesting, protests occur daily all over the world. The world is saturated with individuals with different morals, values, and cultures so there is bound to be some sort of conflict, which in turn may result in protest. Protests are a way to voice your concerns and also bring awareness to other individuals who may have been in the dark about

certain topics. I feel like protests are necessary as long as they are not posing a danger to anything or anyone. I believe if you don't support the morals or values of a company, person, etc. it is your right to express your voice just as Colin Kaepernick did.

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Kentreace Lee

SOCL 210

Deviance is defined as any behavior that violates what society considers to be normal. Examples of deviant behavior are represented by those that rob, kill, and rape. These examples of deviance are understandable as they all bring some form of harm to others. However, recently society's definition of deviance has begun to be too judgmental as it refuses to adopt a different perspective on social issues and different ways of thinking. Nowadays society will say a person is showing deviant behavior for small reasons such as being who they are or even if they are sticking up for what they believe in. For example, a person who chooses to dress in Goth can be looked at as deviant because that's not what society considers to be normal. Football player Colin Kaepernick had decided to take a knee during the playing of the National Anthem because he did not want to stand and praise a country that oppresses minorities. This behavior by Kaepernick was regarded as deviant by society but I beg to differ. Kaepernick was simply standing up for his beliefs by protesting and I do not believe that a person making a stand against society for the sake of others should be looked at as showing deviant behavior.

Since the beginning of time people have used protesting as a way to make an opposing stand to beliefs, events, or policies. Some of these protests have led to violence and have caused controversy. The controversy caused by some protests can be beneficial to those that are protesting because it brings attention to what they are protesting. Protesting is not illegal as long as it is peaceful and Kaepernick's kneel was a demonstration of peaceful protest. Since protesting had been normalized in the past, Kaepernick's kneel shouldn't be considered as a violation to society because it is a protest against taking pride in a country that continues to oppress a certain group of people.

In the United States everyone has freedom of speech. This freedom of speech is supposed to grant everyone the right to voice their opinions and ideas without fear of retaliation or censorship. However it is impossible to say U.S citizens have freedom of speech when almost every time they speak up against issues, they are considered to be exhibiting deviant behavior. Kaepernick exercised his right to freedom of speech and for some reason it wasn't normal to society. According to the First Amendment freedom of speech is legal and since a lot of people take advantage of this right, as they should, it is normal. Kaepernick kneeling was an action of freedom of speech and therefore it is normal and it is not a representation of deviant behavior.

Some may say that Kaepernick's decision to kneel during the anthem was an act of deviance because it was disrespectful. As stated before, deviance is behavior that only society considers to not be normal. With that being said respect has no correlation to deviance in this case. Many people choose not to stand during the national anthem for different reasons such as religion. In this case the reason for not standing during the anthem was because of the flaws that the United States possess in terms of equality... There are hundreds of cases of police killing African-Americans and then going unpunished and living freely everyday as another family mourns their loss with no justice. Murder is a deviant behavior, protesting against injustice is not.

Making a stand against society to help others is not deviant behavior. Kaepernick's behavior is not an example of deviant behavior because of the facts that it was a peaceful protest, he was exercising his right to freedom of speech, and he was actually kneeling against the deviant behavior some police officers of the country. Although most all of America's citizens take pride during the national anthem, Kaepernick couldn't take pride in a country with so much injustice. Though many may look at his behavior as deviant, the real deviant behavior is shown by those that continue to admire a country that lets innocent people get killed all because of their skin color.

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Tina Ebenger, Editor

Behavioral and Social Sciences Department
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UNDERSTANDING OTHERS

What do Human Services, Psychology, Sociology, and History have in common? They are disciplines that help us all to become better citizens of our world, engaging us in the vital work of UNDERSTANDING OTHERS. CCSJ's Department of Behavioral and Social Sciences is pleased to present highlights of student work from 2018-2019.

These writings reflect our students' progress toward meaningful careers in their chosen fields, as well as their growth into "citizen scholars." The latter growth is an ongoing process that they share with all of us. We congratulate them and welcome readers to our third issue.

As a Catholic college in the tradition of the Missionaries of the Precious Blood, Calumet College of St. Joseph affirms the right of students to privately and publicly dissent with ecclesiastical teaching, provided the student understands the rationale for these teachings, and acknowledges that one's opinion does not necessarily reflect that of Calumet College of St. Joseph.

Behind the Scenes

Casey Gomez

Oct 20, 2018

American Civilization

Years of taking history throughout middle and high school, the same information about the Civil War era was just repeated year after year. Nothing was new or interesting. The recent knowledge I gained by reading Elizabeth Keckley's autobiography are some things I had no idea about. I have not even heard of Keckley's name until this course, which is surprising because she was a relevant person in the White House during Abraham Lincoln's presidency. Gaining information about Keckley, where she came from, her life in and out of slavery, the many stories written in her autobiography, all of it is highly important and yet I was never taught about her.

From the different places Keckley had lived throughout her life and the people she encountered and the good and bad experiences she had. Reading about how drastically contrasting Keckley was treated from one state to another was shocking. When she lived in North Carolina, where she was treated less than a human being versus ~~to~~ Washington where she had her own home to go to. This just visualizes the split of the country at the time. A split that should have never been created. A split that very much still affects this land to this day. One out of many things that stood out to me was when Keckley was strolling about in Washington, she came across this festival for injured and sick soldiers. Keckley thought to herself, if the whites could create a charity for those white injured to benefit from why cannot people of color create a similar charity they could benefit from? Within just a few weeks, after presenting her idea to a local church, an organization was established and up to forty members joined. This event particularly intrigued me because especially in the 1860s, those small, yet impactful moments were and still are unheard of and rare.

Another moment that became new to me is when in the autobiography it was written that Ms. Davis, as reading the text it seemed like she was trying to coax Elizabeth into going down south with her. Ms. Davis explained that when the Civil War would break, the North would switch against the African-Americans and essentially blame them for causing the war. I have never heard of such claims in any of my classes in the past. I wonder if any African-Americans actually believed this and went down to the South. It will never be known what each and every person thought before the war, during it, and afterwards, but if words like these were spoken, I do wonder if anyone paid attention and acted upon it. Ms. Davis had left to the South while Keckley stayed in Washington. Keckley was positive that the North would hold its own.

Keckley is one of the most persistent and encouraging figures I have read about; analyzing how she gained freedom not only for herself but for her son as well was a journey. After she returned to Virginia from

North Carolina, she was proposed to by a man named Mr. Keckley. Some time passed where she continuously rejected his proposal. She had more important subjects to worry about, like getting her son out of slavery, to discover a new and better life. She had asked her master, Mr. Garland, about purchasing her and her son's freedom. He refused her request but suggested another way, fleeing onto a boat where Keckley and her son could soon be freed. She could not accept this way out, she then agreed to marry, as Mr. Garland gave her away. She thought she wedded a free man, but Mr. Keckley was indeed a slave. Years passed and she was still living a life she did not want. Mr. Garland had died and another man by the name of Mr. Burwell stated that Keckley should be freed. Twelve hundred dollars were accumulated and finally Elizabeth Keckley and her son were free. It was apparent that she wanted to earn her freedom, she did not want it handed to her and declined any opportunities. Freedom was the only thing that was truly hers and she wanted it to be hers by working for it.

The most substantial time period of Keckley's life is during her life in and about the White House and her relations with the first lady, Mrs. Lincoln. They were both extremely relevant in each other's lives and I cannot recall one word uttered about it in past classes. At the time Keckley met Mrs. Lincoln, Keckley had already made herself a standout amongst the ladies of the White House. What led after Keckley stitched a dress for Mrs. McClean, the lady had referred the dressmaker to Mrs. Lincoln. The first lady instructed Keckley to visit the White House to make a dress. What stunned me is when Mrs. Lincoln was anxious about the prices, she went on and stated that her family was poor. The dressmaker went back home to perfect the gown and the day of the levee arrived late to dress Mrs. Lincoln. A trust was formed when Keckley assured the first lady she would look elegant. Mrs. Lincoln employed as her modiste. Their relationship had built since then and was a regular face within the Lincoln family. A story that shocked me the most was when writes about an unnamed woman bribing Keckley to put a good word in for the first lady in hopes she could become a chambermaid and basically expose the secrets within the White House. Elizabeth, the loyal and noble woman, she was refused the money offer and sent the unknown woman on her way.

Keckley was there and a part of those most trivial events in the Lincoln family. When the president's son had died, ~~Elizabeth~~ was there consoling the Mrs. Lincoln while she was threatened with a mental institution for her grieving. She even dressed Willie for the burial. Even ~~to~~ when the country ~~had~~ lost President Lincoln, again the dressmaker was right by the first lady's side. I am very certain ~~Elizabeth~~ had learned loads from Mrs. Lincoln and vice versa, they were with each other in the most trying times and little to nothing was mentioned about this woman. There is so much more I have gained from this autobiography, and this is still just a glimpse. Elizabeth Keckley was a strong character that fought for her freedom and a life worth living.

Hannah Sodo

Professor Pennanen

History 110/310

10/22/2018

What I Have Learned

After reading Elizabeth Keckley's autobiography, here is what I have learned about the time shortly before the Civil War, the Lincoln Presidency, and about the Lincoln family.

In chapter two, Elizabeth Keckley said that while she was enslaved by a master in Hillsboro, she was assaulted for four years, and eventually conceived his child. Here is part of the chapter to give you some context of how Elizabeth was feeling. "If my poor boy ever suffered any humiliating pangs on account of birth, he could not blame his mother, for God knows that she did not wish to give him life, he must blame the edicts of that society which deemed it no crime to undermine the virtue of girls in my then

position.” (Keckley 6). This happened to Elizabeth Hobbs before the Civil War era; back then the unspeakable took place as it does still today. It is absolutely disgusting that men or woman who owned slaves would have sexual actions with them, without the others’ consent. To force another human being, slave or not, into having sexual relations, is wrong in every way. I never thought about how very real it was for a male master to get one of his female slaves pregnant. We do not know how many slaves were sexually assaulted through the many years slavery was legal. To uncomfortably expound on this a little further, the slaves that were assaulted could have been very young. I believe the reason I never thought much about this topic stems from the sick and twistedness that it all comes from. We never really want to consider all this could have really happened; and come to terms with the wickedness behind it.

We will now switch gears to the Lincoln family and Mrs. Keckley’s role in their household. As Mrs. Keckley’s name grew as Mrs. Lincoln’s modiste, she received more and more dress requests. With that, Mrs. Keckley also noticed that a lot of the same people who asked for dresses, would also try and induce her in giving away secrets of the White House. As time went on, Mrs. Keckley spent a lot of time with Mrs. Lincoln, seeing her nearly every day or two. One day, Willie Lincoln caught a cold from playing outside on his new pony almost every day. This cold quickly turned into a fever, and worried Mrs. Lincoln very much. Just as the doctor thought little Willie would get better, he soon died after the fever returned and worsened. Soon after Willie’s death, Mr. Lincoln said to Mrs. Lincoln, “Mother, do you see that large white building on the hill yonder? Try and control your grief, or it will drive you mad, and we may have to send you there.” (24). Honestly, after I read this, I was disappointed in Mr. Lincoln. I felt as if he should have been a bit stronger for his wife and said something like, “We will get through this my dear, stay strong.” I understand Mr. Lincoln was just trying to keep their dignity, but I don’t think he needed to threaten to put her into the lunatic asylum. When Mrs. Keckley returned to the White House to give a farewell look at the beloved boy, she witnessed the sad expression of everyone surrounding Willie before he was “sent to the West to sleep under the sod of his own valley.” His death was a hard pill to swallow for everyone in the White House; as well as the servants and nurses who loved him like he was an idol.

She describes that there were “tears and wholly eyes unrestrained”, for he was a very beloved little boy. Before reading this section of Mrs. Keckley’s autobiography, I knew Mr. and Mrs. Lincoln had lost one of their sons to a sickness. After reading this section, however, I now know a lot more detail about the whole situation than I did. I had no idea that Willie was such a beloved child by everyone, or that he was his mother’s favorite. I think little details like that make history interesting. More often than not, however, we find ourselves missing out on the whole story.

In chapter 7, we can see a more in-depth side of Lincoln when he was in office. 1863 marks the height of the sad and anxious times for the United States, and especially for President Lincoln. Away from the public eye and behind closed doors, one could truly see how much suffering Mr. Lincoln was enduring. Mrs. Keckley gives us an account of this as she was fitting a dress for Mrs. Lincoln. “One day he came into the room where I was fitting a dress on Mrs. Lincoln. His step was slow and heavy, and his face sad. Like a tired child he threw himself upon a sofa, and shaded his eyes with his hands. He was a complete picture of dejection.” (27-28). This goes to show that we can never really tell what is going on inside a person. Lincoln found comfort in all that he was going through by reading the Bible, specifically the book of the Bible called Job. In school today, children learn how great Mr. Lincoln was, and how he outlawed slavery. I feel like we never think about the amount of stress he was under on a daily basis. As well as the everyday stress Lincoln endured, he also had constant naggings from his wife concerning his cabinet. She kept reminding her husband that Chase and Seward should not be trusted. She also had something to say about General McClellan who was made Commander-in-Chief of the army. In chapter 8, we see that Mrs. Keckley tells of how Mrs. Lincoln tells Mr. Lincoln that Mr. McClellan is a humbug. After Mr. Lincoln asks why, Mrs. Lincoln goes on a rant about how Mr. McClellan is all talk and no show. I think it is comical that Mrs. Lincoln has a lot to say about what is going on and how her husband should go about taking care of it all. Mr. Lincoln just lets her talk and is very calm about it. Yes, I am sure there were times where voices were raised, but the fact that he didn’t just shut her out of his business shows a level of maturity a lot of men don’t have.

Zach Verta

Dr.Ebenger

Sociology 210

February 26, 2019

Deviant Behavior

Deviant behavior refers to a behavior that does not conform to the social norms and values. It is a behavior performed by an individual where the majority of the population believes the action is wrong or unacceptable. In today's world, there are many forms of deviant behavior that are questionable, but nevertheless, are not violations of the law. For example, one may encounter two men smoking marijuana in public. This act, while socially and morally unacceptable, is not a violation of the law. Under the First Amendment to the United States Constitution, we have a right to Freedom of Speech, which protects the freedom to protest. Currently, protests in the United States are common and have been performed by various groups in an attempt to have their voices heard. From striking school teachers to recent Presidential debates, protests have been a source for some to spread a message or their displeasure on an issue. After reading the article on Colin Kapernick, it was revealed that Kapernick chose to not stand for the National Anthem at his NFL games, while being a well-paid athlete. Further, Kapernick chose not to stand for the National Anthem because he felt that our country oppressed black people. While Kapernick's opinion on the issue of how our country oppressed black people was respected, the venue and plateau he used to express his opinion was unpatriotic and therefore deviant in nature.

First, I feel that Colin Kapernick's behavior was deviant despite the fact that we have freedom of speech in America. While we have the right to protest and stand for what we believe in, one may question the avenue Kapernick chose to express his feelings. Athletes are looked upon as role models especially by

children who have dreams of becoming a professional baseball player or football player, like Kapernick. The National Anthem and American Flag salute that Kapernick chose to kneel for is a ritual that is displayed in venues at Little League baseball games, high school events as well as collegiate and professional venues. People honor the flag and the National Anthem as a way of thanking past generations for our freedoms. Kapernick's unpatriotic actions were not only displayed inside NFL Stadiums in front of thousands of adult fans, but impressionable children as well. Simply put, there are situations that children should not be exposed to because they are impressionable and may not understand the reason for the protest. As mentioned earlier, there are situations that some may encounter that are socially unacceptable for various reasons which fall into the category of deviant behavior. Exposing a child to situations that may be deemed socially unacceptable is not positive for that child's upbringing and should be considered deviant behavior. Kapernick did not care who he offended and even violated the NFL's rules by kneeling during the National Anthem. Therefore, I feel it is fair to say that Kapernick's actions were deviant.

Secondly, Kapernick was quoted as saying "I am not going to stand up or show pride in a flag for a country that oppresses black people and people of color...there are bodies in the street and people getting paid leave and getting away with murder." To date, as a 19 year old white male, I strongly disagree that America oppresses black people. Since the late 1960's America has come a long way in the way of affirmative action. Currently, black people have the same rights afforded to them as white people. No longer are black people banned from restaurants, schools or the work place as was the case many years ago. Kapernick, while vocal about the issue could not, up to this day, cite examples of how black people are oppressed. Kapernick spelled out how people of color are murdered, but yet blames the police, instead of examining the real problems that lead up to crime in the neighborhoods he spoke about. At no time, did Kapernick, with his \$5 million dollar salary at the time, initiate any programs or donate money to assist in the creation of programs to help the people that are being oppressed. Unlike Kapernick, other athletes such as basketball star, Lebron James, have built schools and initiated programs in black

communities to encourage education and jobs. Kapernick did nothing of the sort and instead used the protest as an excuse to be retained as quarterback when his ability to play the game diminished. Up to this day, Kapernick, while dishonoring the American Flag and National Anthem, has done nothing to help his cause and has been rewarded for “defending” his stance by the Nike company. In 2016, Kapernick received \$16 million from Nike to be the “face” of the company. While his protests were documented by the media and social networks, nobody has heard about how he has used any of his money to help his cause or effort.

Next, while some athletes in the past have staged political protests, Kapernick’s protests have sparked protests about issues that create violence and encourage separation of race in America. During the Kapernick protest era, Chicago Bulls players wore t-shirts that read “I can’t breathe.” The t-shirts were worn as a result of Eric Garner, a black male who died as he was being placed in custody after police placed Garber in a choke hold. While the act of a police officer placing Garner in a choke hold may seem criminal, the officer was not charged with the death of Garner. Video was released to the media that showed the choke hold placed on Garner. While the act appeared to be criminal, the actions taken by the officer were justified under the use of force model exercised by the officer. This was one incident, which by its nature, was controversial. However, Chicago Bulls players chose to protest the situation and mock the criminal justice system for one situation, which is not fair to law enforcement officials who put their lives on the line daily to make our towns, schools and neighborhoods safe.

To conclude, I feel that Kapernick’s behavior was deviant because although we have a right to protest, there is a time and place to do so. Protesting the National Anthem and the American Flag in a NFL Stadium in front of 80,000 fans, including children of all ages is deviant. His actions were duplicated by a small number of other NFL players and a few college players. Many people either in attendance at the stadium or at home watching Kapernick on television had relatives die for this country to provide the freedom we enjoy daily. Further, there are numerous people who work daily to not only make America safe, but to pay

for tickets to the sporting events that pay the salaries of the players only to watch them mock our flag and our National Anthem. While I respect everyone's right to protest, Kaepernick's protest can be described as deviant behavior for several reasons. He neglected to take into account that children were watching his protest to begin and also failed to adhere to the NFL policy that required all athletes to stand for the National Anthem. It is unfortunate that so many fans had to endure Kaepernick's protest, but in the true definition of deviant behavior, Kaepernick's actions did not conform to the social norms and values. Further, Kaepernick's actions were deemed socially wrong and unacceptable as evident by the fact that 97% of athletes stand and honor the American flag; the majority of the population believed his actions were wrong and unacceptable. To date, Kaepernick has failed his own cause by getting rich off his protests as sponsors have paid him a considerable amount of money. But yet, Kaepernick has made no efforts to make America red, white and blue; but instead, black and white!

Cristina Martinez Cantera

Sociology

Five Paragraph Theme Paper

Feb. 26, 2019

Deviant Behaviors

Malala Yousafzai, is a Pakistani girl who decided to go to school even when most of the country was against education for women. Rosa Parks refused to give up her seat to a white person. Mohammed Ali refused to fight in Vietnam. All of these people, accompanied by Colin Kaepernick, were deviant people that went against the norm. They were deviant to fight for something that they saw was good. They were deviant to show the world that there is a need for change. They were deviant to make that change.

Colin Kaepernick is an American Football player who decided to kneel down during the National Anthem. Around that time people were doing the Black Lives Matter protests. People saw that there were injustices, just by watching the news. They were devastated to hear that African American people, some completely innocent, were being killed by White police officers, and the police officers were receiving no charges. For a lot of people, at least people with a heart, this was devastating; this was also a deviant action, a despicable deviant action that faced no consequences. This is why Kaepernick wanted to be deviant, and was indeed deviant. He fights for the black lives that the officers were taking, to show he wants justice for them. In this fight he kneels down during the national Anthem.

Taking a knee during the National Anthem caused many people to say that Kaepernick was disrespectful towards the Nation. According to the NFL website Donald Trump himself said “you cannot disrespect our country, our flag, our anthem — you cannot do that.” And I do agree that Kaepernick might have been disrespecting the flag, and I also think that Rosa Parks might have been disrespecting the white person who wanted her seat. However I think that they both needed to be deviant enough so that they could show people that there was an injustice, that the world needs a change. Policemen are supposed to secure lives, not take them away. And if the National Anthem states itself that America is the land of the free, then, there is a need for pausing, kneeling, understanding, that at that moment many people were not free, in fact many lived with a fear for racist policemen. There was a lack of freedom worth kneeling for.

Colin Kaepernick has made an impact in this world and he has given courage to people so they can stand up against injustice. Thanks to him being deviant against the football norm, he was able to make the Black Lives Matter movement more popular. Now Kaepernick is the face of Nike and he is doing a wonderful job representing those poor people that have lost their lives. In a way Kaepernick’s deviant demeanour has caused him, even by the slightest bit, to make the world a little bit more cautious about racism. He has caused some people to think before they shoot. He has been deviant in many ways, but

sometime the world needs a deviant person to let the others see the injustice that they could not see before, so they could help to fix the injustice.

Some people might say that deviant people are bad, and they might be right sometimes, but in this case and many others, being deviant is a great characteristic. If it wasn't for many deviant people we would not be able to have women voting, being able to run for president. Obama would have never been President if it wasn't for some deviant people. The country of the U.S would have not been a country if it wasn't for those needed, wonderful, intelligent, leading, deviant people.

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Tina Ebenger, Editor

Behavioral and Social Sciences Department

UNDERSTANDING OTHERS

What do Human Services, Psychology, Sociology, and History have in common? They are disciplines that help us all to become better citizens of our world, engaging us in the vital work of UNDERSTANDING OTHERS. CCSJ's Department of Behavioral and Social Sciences is pleased to present highlights of student work from 2017-2018.

These writings reflect our students' progress toward meaningful careers in their chosen fields, as well as their growth into "citizen scholars." The latter growth is an ongoing process that they share with all of us. We congratulate them and welcome readers to our second issue.

As a Catholic college in the tradition of the Missionaries of the Precious Blood, Calumet College of St. Joseph affirms the right of students to privately and publicly dissent with ecclesiastical teaching, provided the student understands the rationale for these teachings, and acknowledges that one's opinion does not necessarily reflect that of Calumet College of St. Joseph.

Colin Kaerpernick

It is safe to say that the current political and civilian situation of the United States of America is divided. The society from a worldwide powerhouse country, which is led by a President that can only be hated or loved, is falling apart in every social aspect. The U.S. President and his "followers" have their own views, and the rest of the country seems to be totally opposed. It seems that this nation has reached a point where everything is black or white; there is no in-between. Society, therefore, cannot fully condemn or worship an act or a point of view. Part of the society still denies social injustices, police brutality and racism, when the current news speak by themselves. Personally, social injustices, police brutality towards the black community, and racism are very much alive in the American society nowadays. We live in a divided country where deviant behavior, an act decided by a majority of society to be unacceptable and to be violating social norms, cannot be fully determined due to the society's disagreements. Colin Kaerpernick, quarterback of the San Francisco 49ers and now unemployed, started protesting against police brutality towards the black community and social injustices by taking a knee during the national anthem. After the latest statements from the President, the current political situation, and the addition of more

professional players around the country to the protest, it has reached a whole new level and the core and true purpose of the protest has been forgotten. In a country that claims to be the “the land of the free” and promotes personal liberties, rights, and protests, I believe Colin Kaepernick’s behavior is not deviant.

First, this country has been full of protests against social injustices, politics, inequalities, racism, etc. And even though most of them could be condemned at that time by part of society, we have come to value those through time. Tommie Smith and John Carlos’s symbol in favor of black power and human rights in the 1968 Olympics in Mexico was not fully accepted by society at that time, and they were suspended and forced to leave the Olympic Village by the Olympic Committee. Selma-Montgomery March, with Rev. Dr. Martin Luther King, was condemned by part of society; and same outcome occurred with the NBA players protesting with “I can’t breathe” shirts. This country, where society claims to be open to diversity, liberties and freedom, has condemned lots of protests, but has come to value those afterwards. It is almost impossible, however, to find someone to condemn those protests nowadays. Furthermore, in a divided country, it is quite difficult to fully condemn those acts. In addition, I infer that Kaepernick’s acts have been criticized that much because American football is still dominated by white people, not in the field, but in the offices. As a result, I personally believe that Kaepernick’s behavior will be eventually seen as a brave, respectful and peaceful protest.

Furthermore, the First Amendment protects freedom of speech, and therefore he has the right to defend and stand for what he believes is right. In a country where inequalities, racism and police brutality are still alive, but not condemned by our government and the media, these kinds of protests should never be seen as deviant, but encouraged. Ironically, the media and the government behavior are trying to deny or ignore what is really going on in our streets and communities, and that is what should be considered deviant and punished. It should not be Kaepernick the one to be unemployed. Luckily, there are more public figures taking on the torch that Kaepernick has passed, and again, I believe that his behavior will one day be remembered as something that helped society change its behavior towards inequalities.

However, there is a part of society claiming that Colin Kaepernick’s acts are disrespectful to the flag, the military, and the country in general. To those, I will remind them that the men and women, who have been always fighting for the United States through time, did so to guarantee equality, freedom and liberties, which includes the right to protest and speak up for your values. Moreover, Kaepernick and other members of the San Francisco 49ers, after starting the movement by sitting down, discussed with Nate Boyer, member of the Special Forces in the U.S. Army, that kneeling was found to be a respectful gesture. Therefore, the purpose was never to disrespect any national symbols. Eric Reid, safety of the 49ers, said that they saw kneeling as “a flag flown at half-mast to mark a tragedy” (Reid). It is undeniable that the true purpose of the protest got lost through time, particularly after recent social events and the latest

Presidential statements. It seems surrealistic that this kind of peaceful protest is criticized and condemned, and the players being called with such disrespectful names; and on the other side, neo-Nazi supporters in Charlottesville are seen as regular behavior.

In summary, I conclude that Colin Kaepernick's behavior is not deviant. Like any other protest against injustice, and racism, it has its enemies, but it will be seen as a heroic act eventually. Furthermore, it is defended under the First Amendment of the U.S. Constitution, and its true purpose has been misinterpreted through time by part of the society. We claim to defend freedom and our liberties, but every time someone tries to do so in a meaningful and peaceful way, he or she gets criticized. This topic has reached a point of no return; government, politicians, and media should stop condemning people to stand tall for what they believe is right, and start acting and doing something for the cause. If they do not like the way Kaepernick acts, they can do it in other ways; but it is always easy to criticize when people are not involved and there is no possible negative outcome. Sometimes, society just needs to see someone do something to believe that a better future is possible. I believe Colin Kaepernick has stood tall for what is right and defended those who are not being listened by taking a knee. He showed us what "the land of the free and home of the brave" really means.

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Irving Berlin

Irving Berlin, who was born with the name Israel Baline in Tyumen, Russia, was a very popular songwriter of the 20th century. As a child Berlin immigrated to New York from Russia. Berlin grew up very poor with 5 brothers and sisters and his mother and father. When Berlin was growing up he sang as a street singer and worked in Chinatown, where he was a waiter, and also sang at the restaurant. In earlier years, Berlin also worked by selling newspapers and sewing collars on shirts. When he and his siblings would return home his mother would hold out her shirt and they would give her all the money they made that day. When Berlin felt he wasn't bringing in enough money for the family he decided to leave and

pursue his music career. Irving Berlin proved to be one of the best songwriters of his time and he had many popular hits that are still sung today.

Although Irving Berlin was very successful in the musical field he came across many challenges that he had to fight through. One of his greatest challenges was when his beloved wife Dorothy Goetz died soon after they got married. They went on their honeymoon to Cuba and a few months after they returned Goetz got very sick and died from typhoid fever that she may have contracted in Cuba. Berlin went into a funk after losing Dorothy and couldn't come up with any songs to write. It was his brother-in-law, Ray Goetz, who told him that an idea for a song would be to write about Dorothy. Berlin was skeptical of this idea because he never liked to write songs about his personal life. Eventually, though, Berlin dealt with this challenge by writing the song "When I Lost You" which became one of Berlin's most popular songs. Another challenge that Berlin faced was when he was drafted into the Army after becoming an U.S citizen, right before his 30th birthday. Berlin had a very hard time waking up in the early mornings, when the Army required the troops to do so, due to the fact that he was an extreme insomniac. Berlin dealt with this challenge by writing the song "Oh How I Hate to Get up in the Morning" which described the life of the Army and how he hated getting up in the morning. A lot of soldiers thought this song was great and it was an instant hit. Berlin also had another challenge with respect to his lover, Ellin Mackay, whose father did not like Berlin at all. Mackay's father did not like Berlin because the Mackays were very rich, so social status was an issue; there was also the age difference between the two of them with Ellin being 22 and Irving being 34, as well as Berlin being Jewish, and Berlin wanting to pursue a music career, which in the Mackay's eyes, was not good enough. Mr. Mackay sent his daughter to Europe for a six month tour in an attempt to make her forget about Berlin, but it only made their love grow stronger. Mr. Mackay threatened to disown Ellin if she married Irving and added that he would disinherit her from his will. Berlin and Mackay overcame this challenge by realizing their love for one another was so strong. Finally, they eloped when Ellin turned 23 and they lived a happy marriage. At the time of the elopement the press quickly got ahold of this information and hounded them everywhere they went, even to their honeymoon in Europe. Even though Berlin went through all of these challenges and more, like the stock market crash and his financial issues with Hollywood briefly stopping musicals because people wanted to watch other kind of motion pictures, he overcame them and throughout his lifetime had many more successes.

Berlin has a long list of major and minor achievements but one achievement that stands out the most and would be, in my opinion, his biggest hit song is "God Bless America." This is a song that he wrote during his time in the Army but he was told not to use it because too much "America" music was being put out already during this time of the First World War. About 20 years later he was asked to write

a peaceful song, so he went back and dug out this song and remade some of the lyrics, and it became a hit that we still sing in America today. Another of Berlin's accomplishments, the one that he was most proud of, is his Medal of Merit that he received because he traveled the world with "This is the Army," performing for soldiers who were taking part in World War II and trying to bring them some sort of happiness. "Annie Get Your Gun" was another great piece that he accomplished; this musical had more hit songs than any other Broadway show. In 1942 Berlin released "White Christmas" while feeling lonely during the holidays because his family was in New York and he was helping produce a movie. "White Christmas" became an instant hit and remains popular to this day. "As Thousands Cheer" was another great success of Berlin's, especially when Ethel Waters was asked to sing "Supertime" which was a song about race during the time. Irving Berlin built himself a legacy in America that should last well beyond his lifetime.

Irving Berlin made many songs that we still sing today such as "White Christmas," "God Bless America," "No Business like Show Business," and "Oh How I Hate to get up in the Morning." I personally did not know that Irving Berlin created these songs, so I feel like his legacy is slowly becoming less known. I feel like older generations all know who he is but younger generations may not. I think that future generations should be taught about Irving Berlin because he did play a huge role not only in the music area but also in America itself. Like me, younger generations may know his songs but not know that it is he who created them and what he went through to get to where he got.

In conclusion, Irving Berlin was in fact one of the best songwriters of the 20th century and had many great hits. Many of the songs that Berlin created are still sung today in many areas of the world. Berlin was not only a songwriter but also a key individual in America. He helped many troops in time of need and received a Medal of Merit. After watching this film on Irving Berlin I have realized that a lot of what America listens to today has been molded by Irving Berlin's music from the past. Berlin showed that he not only could make music but was also a very hardworking and driven individual who did not give up easily and worked through the challenges he faced. One question I'd have to end with is, what will today's generation do to make sure that future generations know who Irving Berlin is and what he has accomplished?

Krista Brill is a junior majoring in Criminal Justice and she also plays on the women's basketball team here at CCSJ. After graduating next year she plans on working at a police department and someday either being a homicide detective or working for the FBI.

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UNDERSTANDING OTHERS

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Before I Forget

For many people Alzheimer's is a word that calls to mind a specific person they know who has dealt with this terrible disease. It's a disease that not only affects the person who has it but also affects the people who are involved with that person. The book *Before I Forget* tells the story of a celebrity couple who find out that the wife has early-onset Alzheimer's. They discuss how this disease changes both of their whole lives, and at the same time enlighten the reader on the subject of the disease, giving helpful tips to those who are caregivers to someone with the disease. The purpose of this book is to stress the importance of finding a cure for this disease by putting it in the spotlight of public attention, while also sharing ideas of how to take care of someone who is suffering with Alzheimer's.

The book is written by the couple, B. Smith and Dan Gasby, while also being edited by Michael Shnayerson. The book starts off with a Foreword that is written by Rudolph E. Tanzi, PHD, that talks about

how many people are affected by this disease and what we know about it thus far. He also talks how little funding it is getting compared to others diseases, which results in the little progress it is getting.

The body of the book split into parts, and at the beginning of each part there are a few pages of B. talking about her feelings and her thoughts about her everyday life while dealing with this disease. It then goes into stories about both of their lives and their experiences with the disease. At the end of each part, Dan talks about tips he has learned in taking care of B. that he thinks would be helpful for others to know if they are also caretakers to someone with Alzheimer's. These sections are called "Lessons Learned".

Alzheimer's crept up on B. and Dan as it does many people. They both started to notice small changes in B. like forgetfulness, changes in her emotions, and memory lapses. They also started arguing a lot which had never really happened in their relationship before. Dan began to think of what could be causing all these changes; he thought maybe their marriage was ending. There were multiple red flags that said something was not right, but there was one that finally made them realize that something was wrong with B. and that they needed to talk to a doctor. B. was starring on the *Today* show where she was going to demonstrate cooking some foods. Everything was going well till one of the co-hosts asked her a question and she had a memory lapse and stood there blankly for a few seconds. One of the co-hosts finally started talking and filling in the space, but this was not like B.'s normal behavior at all. In 2013 they went to a doctor, Doctor Goldman, and they were both in shock at the diagnosis of Alzheimer's. Dan thought that this had to be a mistake, that B. was too young to have Alzheimer's. He knew that such a diagnosis was a death sentence and even though the doctor had a wonderful, gentle bedside manner and tried to be comforting, he could not change the reality of the situation, which at first made Dan angry. But unfortunately B. did have it. This would forever change B. and Dan's lives together. The one thing they did have going for them was that she understood what she had and was functioning at a relatively high level at that point in time.

Overall I thought this book was a wonderful book. It not only educated me more on the subject of Alzheimer's but gave a very personal and moving glimpse of what it is like for someone to find out that they have this disease and how their significant other handles this devastating disease. I really praise B. and Dan

for opening up to the public about what they have been going through. I also can really appreciate how instead of just sitting waiting for a cure to come along and help B., they decide to take on the challenge of trying to get the disease more attention and trying to get more funding put into research.

One of the most significant parts in this book that had me worried about how it was going to end up was the part when B. took the bus to Manhattan. She went to go visit her step-daughter, Dana, and also to visit a Dr. Howard Fillet, whom they had met at an Alzheimer's luncheon. They hoped that he could be B.'s new doctor. Because he was both a doctor and a scientist, who had also been a caregiver for his father who'd had Alzheimer's, they felt he would be more helpful when it came to B.'s care.

Dan put B. on a bus that would take her there and Dana would be at the end at the bus stop to meet her at her stop. There was already some inkling of trouble right from the beginning. Dana had thought the bus was coming an hour later; she then had to change her plans so that she could be on hand when her step-mother arrived.

Dan and B. wanted to change doctors not only because they were so impressed with the new doctor when they met him at the luncheon but because they felt like their previous doctor was not staying connected with them and thought the man they came to call Dr. Howard would be better. They did have a successful meeting with him. The meeting was to basically see where B. was in the process of the disease. B. was a lot further in the disease than they had previously thought. But the doctor told B. that the important thing was to keep her happy and safe as well as telling her that she needed to accept that they needed help from a homecare worker. He knew that Dan must be getting stressed out, which was true. I think his experience with his own father gave him more empathy with Dan as a caregiver.

After the meeting with the doctor, Dana and her step-mother spent some time taking B. to the bus stop and getting her settled onto the bus. When B. got on Dana told the bus driver where she was supposed to get off and that she had Alzheimer's. Dan was waiting at the bus stop for B. to collect her and take her home but when the bus got there she was no longer on the bus. Panic stricken, Dan argued with the driver,

checked with the bus company, called the police, and went as far as contacting television and radio news stations reporting that she was missing. The next day B. was found at a diner by a friend who didn't even know that she was missing but knew she had Alzheimer's. The friend contacted Dana who then contacted Dan. It turned out that B. had forgotten why she was on the bus and had gotten off and had basically been wandering the streets all night in high heels. B. could not remember everything from that night but she remembered enough for Dan and Dana to understand what had happened. This was a wakeup call for Dan and he knew he needed to make more changes when it came to taking care of his wife.

This book gives a lot of straightforward details telling us when and where the book is taking place as well as saying how society was in regards to Alzheimer's victims. At the beginning of each section the text displays the place and the years, and sometimes the seasons, in which the events took place. In the first section it talks about how B. and Dan have a house in Sag Harbor, New York right on the beach where they often go walking. Later they also say that they had an apartment in New York City but eventually sold it after they learn of B. having Alzheimer's. They decided it would be an unsafe place for B. to live especially with how the disease had been making her act. The time period jumps back and forth from past events to the current ones that they are living in. When talking about the past B.'s upbringing is discussed, how she became a celebrity, as well as how she and Dan met.

For example, one past event that is spoken about is when B. was trying to become a model. There were really no black models on mainstream fashion magazines at that time so she had to fight to get a job in the field that she wanted. When she was first starting out a Dutch super model named Wilhelmina Cooper, who had started her own modeling agency, became her ultimate ally that helped her break into the fashion world. Wilhelmina was interested in B. but told her to get new photos taken. The trouble was that some of the photographers that she approached said that they would not take her pictures unless she slept with them. She felt discouraged and so she went back to Wilhelmina and pleaded for help. Wilhelmina did assist her and eventually she became one of the first black women on Mademoiselle Magazine. Soon many more opportunities opened up for her, such as starring in commercials for toothpaste brands and food products

like Pillsbury buttermilk biscuits. Most of her shoots were during the day so she began working at a restaurant as a hostess; she later decided to learn the restaurant business so when she was too old to model she could get into the restaurant business. She eventually became manager and later opened up a restaurant of her own. She was always a naturally good cook and she had been cooking for her family ever since she was young. Her restaurant became popular and she opened several more. She was more famous in the cooking world now than she had been as a model; she wrote a few recipe books and even had her own cooking and lifestyle TV program.

This book goes into much more detail about Alzheimer's than our textbook. There it is briefly mentioned, but it cannot even begin to compare with all the information that is packed into this book. I knew a little bit about Alzheimer's because I have had personal experience dealing with it because someone I knew had it. But I didn't realize that so many people, millions actually, have this disease right now and we still do not have many ways to take care of it. Maybe it is because mostly older people really have it. (I do know a little girl with Niemann-Pick disease, which is the juvenile version of Alzheimer's and I have participated in fundraising walks for Niemann-Pick.) I remember in our textbook how it was saying at one point that doctors were not really looking into solving this disease because they felt that the old people did not have that much time left to live anyway. But like Dan mentions in the book, the number of people who have this disease is only going to increase because the baby boomers are getting older. Also the battle with this disease could become my generation's battle if we live long enough to possibly get it. I do not know about anyone else but after reading this book and knowing what it is like to know someone with Alzheimer's, I do not want to be afraid of getting this disease when I am old. Part of me wishes that this book was around sooner when the person I knew who had this was alive so I could have read it and helped take care of them.

This book expanded my knowledge not only of Alzheimer's but on old age in general as well. When you grow older you always hope to remain as healthy and fit as you were when you were younger but that is not always the case. You have to keep fighting to stay that way, fit and healthy, and you try your best to stay

like that but even with your best efforts you cannot always do what you want. Your health is something that can't always be controlled. It seems like the best thing to do is fight for your options while you are young so you can try to live a better future when you are older. This book has me considering signing up for the Brain Registry that it was talking about at the end of the book so that I can be part of the solution to find a cure for these kind of diseases.

Sarah Kranc is a senior at CCSJ. She is majoring in Digital and Studio Arts and minoring in History.

On My Own

On My Own is the story written by Diane Rehm about the death of her husband John and her experience with grief and the healing process. Diane and John were married for fifty- four years before his death from Parkinson's disease. Diane discusses John's final days and the grief of losing with along with memories she has of him throughout their marriage. Diane, an NPR radio host, becomes an advocate for the "right to die" after watching John suffer so greatly at the end of his life. Diane reconstructs her life without her husband and discovers more about herself and their marriage.

The main event in the story is the death of John Rehm on June 23rd, 2014. John had already been living at Brighton Gardens under assisted care because the amount of care he required was too much for Diane to administer alone. In most U.S. states, a patient cannot choose death, even if they are of sound mind, and the medical system does whatever it can save patients even if they don't have a high quality of life to live. By June of 2014, Parkinson's had taken over John's body and life, and the outlook was bleak and inevitable. After a couple rounds of pneumonia, John was placed on hospice care and was given under six months to live. "And so on June 14, John began to carry out his decision to withdraw from life" (Rehm 6). John refused any food, water, and medications in order to end his life on his own terms. Some of the aides at the care facility were uncomfortable with his decision, and it was difficult for Diane to watch her husband starve

himself. However, Diane had often discussed with her husband how they wished to die. She writes, “We had promised that we would do everything we could to support each other’s wishes in the face of debilitating and unalterable conditions” (Rehm 4). This promise meant that Diane had to comfort her husband while he starved to escape the pain of Parkinson’s. Fortunately, both of their children, Jeanie and Dave, were able to visit their father one last time. Diane spent most of her time at his bedside, but ironically John passed when Diane made a short trip home to grab more supplies.

Another major event in the story was John’s memorial service. In 1979, John was baptized at St. Patrick’s Episcopal Church, and he had always indicated that he wanted his services to be held there. A close friend, David Dixon, was the reverend who held the service. Hundreds of people attended the service, and there was a huge outpour of love for John. After the service, his death seemed surreal to Diane, and she often wanted to share things with John. A couple days after the memorial service, Diane received news that she would be awarded a 2013 National Humanities Medal. The dinner was at the White House, and she even met Morgan Freeman. Diane wished she could have shared this memory with John. She wrote, “I missed you so much on that magical day, my darling Scoop [John]. If only you could have lived long enough to enjoy it” (Rehm 29).

Another major part of the story is the stages of grief Diane goes through. At first she feels guilt for John not being able to die in the comfort of his own home. She writes, “One of the first feelings that strikes me is Guilt, with a capital G” (Rehm 30). Diane also wrestles with the struggles they had during their marriage, and feels responsible for the hard times. She also feels guilty for John being placed at assisted living while she continued to work. She writes, “But I will never be able to completely erase that nagging feeling of guilt, nor will I ever be able to answer the *real* underlying question: Why weren’t you willing to give up *your* life for *his*?” (Rehm 37).

The next stage in grieving is the change in roles Diane experienced before and after John’s death. When the couple was younger, John used to manage the household finances. As Parkinson’s began to affect John, Diane was needed to take over paying the bills. John experienced a slow loss of his functions due to

Parkinson's disease. In 2005, he lost his ability to drive safely after a series of accidents. He also lost some of his mobility skills and a tremor caused his hands to shake. John's ability to walk was reduced to a shuffle. As John lost his ability to move, Diane began to take over the household. After John's death, Diane truly realized that she was alone. John's move to the assisted living facility had prepared her for this separation, but she never realized how hard it would be. One of the symbols which made Diane realize that she is truly a widow now is the bed that they used to share. John and Diane had not shared a bed for a while because of his move to the assisted living facility, but he was still only a couple of miles away. Now that John was truly gone, Diane felt that the bed was empty. She wrote, "And now I sleep in a queen-size bed, pillows in the center, alone" (Rehm 50).

The next stage of grieving was the loneliness and memories Diane experienced. Something as simple as a sunset or a cutting board brings back vivid memories of John. The cutting board reminded Diane of all the times she and John spent cooking together and their love of sharing food. The memories appear to make Diane happy for a moment, but she feels lonely when she realizes that John is no longer there. She questions whether it is better to lose a loved one suddenly or gradually as she lost John. This brings back memories of the loss of her parents when she was a young woman. It seems clear that grief never goes away and it is accompanied with sadness and loneliness. When Diane was sick with a cold, she terribly missed John being her caretaker. She writes, "So now I wonder: Who will take care of me when I get sick? Who will cook for me? Who will sit by my bedside?" (Rehm 68).

The next stage of grief for Diane is forming new friendships to fill her loneliness. Diane begins to rely more on her friends to keep her company and makes new friends who live in the building. She writes, "The balance between involvement, activity, and time for myself is what I'm learning to capture" (Rehm 84). Diane had always been an outgoing person, but John had not liked company, especially after Parkinson's set in. After his death, Diane began to open herself up to more people. She also focused heavily on work and her routine to keep herself moving through the day. She writes, "First and foremost, however, I know that work has been my survival mechanism, the crucial part to my healing process" (Rehm 89).

The next part of Diane's story is her decision to retire from her job as an NPR radio host. Work has given her a routine to cope with losing John, but at seventy-nine she feels that a younger voice should be behind the microphone. Work has become such a huge part of her life for the past thirty-five years, and has allowed her to have conversations with some of the world's brightest people. However, Diane is also looking forward to what lies ahead in her life. She observes, "Of course I will miss my public platform enormously, but I also know I'll find new ways to enjoy life and new things to achieve" (Rehm 157).

The final part of the story is Diane overcoming the one year anniversary of John's death and undertaking her mission to fight for a patient's right to die. She misses John terribly, but she is going to be "okay." She has learned to become self-reliant in the past year and look for the joy in life. One her biggest fears is "that my desire to take control of my life and end my own suffering will not be honored" (Rehm 138). Diane believes that a patient should be able to end their own life when the suffering becomes too great and the outlook is too bleak. She argues that "The idea of suffering as being noble does not persuade me that extending life for the sake of someone else's religious beliefs or social philosophy is fair or even reasonable. Let each of us make our own decision" (Rehm 142). Although John suffered greatly at the end, I am sure Diane will continue to do work to ensure that others will have the option to end their suffering.

Diane's purpose for writing her story was twofold: to raise awareness of right-to-die issues, and to help those who are also grieving. She wrote, "But I know that in this last year I've become a more positive person, concentrating on so much in life that is good, rather than wasting time concentrating on petty issues or grievances. I can only hope that this is the message I convey to those around me" (Rehm 162). Her message is one of hope and that there is good in the world even in the darkest times. She acknowledges that all people grieve differently, and that there is no "getting over it." Grief is a long and painful process, but it can be made easier by focusing on the joys in life. Diane's goal is to reach out to those that are feeling the same as she.

On My Own is a good read because Diane Rehm's voice is brutally honest and she is so open about letting her audience into her personal grief. The entire story is personal and written in a way that feels as if

the reader is having a conversation with Diane or reading her diary. It is also clear that Diane loved her late husband John. She often refers to John as “My darling Scoop” which was his nickname, and reflects their loving relationship. Diane often mentions how her marriage was difficult at points and even on the brink of divorce. This makes her story more relatable because her entire life was not a fairy tale romance. Although it was difficult at times, Diane remains grateful for her marriage with John. She writes, “I remain so grateful that we did stay together, that we were able to support each other, perhaps in ways we might never have imagined at the beginning of our relationship, right to the very end” (Rehm 128). This realization makes Diane seem human and connects her story with her audience while giving them hope. Another aspect of the story which makes it a good read is Diane’s questions about herself and the future. She is often unsure about what will happen next, which also makes her relate to the audience because she doesn’t have all the answers. She wrote, “And then I began to wonder about my own transitions, not only from married woman to widow but also from national radio talk-show host to...who knows what?” (Rehm 135). The reader feels a part of Diane’s world when she is making these decisions and coming to these realizations.

On My Own is a modern story, taking place from 2014 to 2015, and gives insight on modern old age and grief. Throughout the story, Diane gives important dates, such as John’s death, his birthday, and the one year anniversary of his death. She tells the story of her grief for John from June 23rd, 2014 to June 23rd, 2015. She is American and often mentions current events in the story which will be relevant to the audience. Diane often mentions the financial struggle of being sick during old age. John and Diane remained healthy throughout most of their lives and were financially secure with both of them having extremely successful careers. However, when John was diagnosed with Parkinson’s this took a toll on their finances. Diane realizes that they were lucky to have so much money set aside that they could afford this expensive care, but she also recognizes that most people at her age are living off social security and could lose everything because of an illness. She writes, “I’m angered when I read about people who’ve lost their savings, their investments, even their homes, due to illness or natural disaster striking...And now, with the 2016 election process already under

way, I fear there will be less and less assistance for those in need” (Rehm 45). This is a fear that many older people currently face living in the U.S.

Another issue about modern old age which is addressed by Diane is the condition of life people face at the end because of modern medicine. According to *A History of Old Age*, “Modern technology could also be used to keep people alive but with poor quality of life, posing new ethical dilemmas for medicine” (Thane 280). Diane fights for a person having his own right to die; a right which was denied to her husband at the end of his struggle. She feels that people should have the option to end their struggle in extreme cases of illness. Her husband refused food, water, and medicine for ten days in order to escape Parkinson’s. She writes, “Some, hearing the circumstances of John’s death, will view it as an act of suicide, the deliberate taking of one’s own life. But I see it as an act of relinquishment, of giving in to the process of dying” (Rehm 117-118). A new dilemma faced in modern old age is that quality of life does not always come with longevity, and some do not wish to continue living if they are in pain.

Another area of old age addressed by Diane is her attitude toward her appearance. According to *A History of Old Age*, “It became easier for men and women to disguise their signs of aging, as cosmetics and hair dyes improved in range and quality and became cheaper and more readily available from the 1930s onwards” (Thane 287). Diane enjoys putting on her makeup every morning and walking out in her high heels. She writes, “Maybe taking the time and effort to look better helps me to feel younger, stronger, more spirited” (Rehm 99). To Diane, old age is a state of mind, and she keeps her work and outward appearance to still feel young.

On My Own has opened up my eyes to what it’s like to lose a partner during old age after spending a lifetime together. Grief can be experienced at any age of life, but Diane’s grief is filled with over fifty years of memories and a life spent together. It has also made me aware of the body failing. I have watched loved ones go through the process of their bodies giving up on them, and the description of John’s death brought back some unpleasant memories. Before reading this book, I have always viewed older people as being wise and having the answers, but Diane’s story showed me that they can be just as vulnerable and unsure. After the

death of her husband, Diane was unsure of where her life would go next. This is to relate to as a person my age because I feel that same feeling of uncertainty just looking to start a career. This story has also showed me that friendships are important at every age and to never lose those who I value. Aging is inevitable, loss is inevitable, and grief is inevitable, but these things can be lessened with a positive attitude and by looking at the joy which life brings.

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Deviant or Not

Deviance is a behavior that is acclaimed by the majority of the population as wrong or unacceptable. It is something that people may think violates social norms or expectations. People demonstrate deviant behavior all the time. For example, marrying someone you are related to. Most people agree in society that this is an unacceptable behavior and there are consequences for it. A less extreme example would be dying your hair blue and wearing a spike cut. This behavior is not against the law, but most would see it as “out of the norm”. Protesting may seem deviant to some, but it is done so much in today's society that I don't feel it should not be considered deviant. In the story about Colin Kaepernick, he chose not to stand for the National Anthem. He did this because he felt that our country oppresses black people and does not live up to their promise. I do not feel that Kaepernick's behavior is deviant because we have the right to stand up for whatever we believe in, this is a valid conflict still going on in America today, and he is also not the first athlete to make a political protest.

First off, I feel that this is not deviant behavior because in society, we have freedom of speech. We have the right as Americans to stand behind what we feel is right. People do this every single day.

When Trump was elected president, there were thousands of protests throughout the country. These were simply people showing everyone that they were not happy. They had the right to feel the way that they felt. With Kaepernick not standing during the National Anthem, he was not causing danger to anyone. He was not a threat to anyone. He was simply expressing how he felt. He was not forcing his opinions onto others. Therefore, I do not feel it is fair for people to judge his behavior.

Secondly, the biggest misconception people have is that racism is still going on in American society today. Racial profiling continues to take over many major cities and not enough people are doing anything about it or even acknowledging it. Kaepernick said in an interview that he wants to be more active in defending the civil rights of black people and learn more about the situation. He didn't stand for the National Anthem simply to mock it or make fun of it. It was for a valid issue that still exists today. Kaepernick accepts the fact that he is going to get negative feedback for this. He even explained that if football were to be taken away from him, at least he would know that he stood up for something that was right.

Lastly, throughout the history of professional sports there have been other protests regarding this same issue. Kaepernick was not the first athlete to take a stand about this. In the 1968 Olympics, athletes Tommy Smith and John Carlos stood on the medal podium after their victory. They raised their black gloved fists and bowed their heads during the playing of the National Anthem. This was a bold statement, especially during that time period. Some were outraged by this and some were thrilled. They were simply bringing to attention the inequality in the country. Another instance where athletes protested their views was when the Chicago bulls basketball players wore t-shirts reading "I Can't Breathe". This was in honor of Eric Garner who was put in a chokehold by a police officer where he yelled that he could not breathe and later died. This was a huge protest all over the country after the jury decided not to indict the officer. The Bulls players were peacefully protesting and standing up for the lives of black people. The example of Kaepernick is no different than these stories.

o conclude, I do not feel that Kaepernick's behavior is deviant because we have the right to

stand up for whatever we believe in, this is a valid conflict still going on in America today, and he is also not the first athlete to make a political protest. We agree that deviance is a behavior that goes against the social standards and expectations, but is standing up for a real issue that is still going on really deviant? Protesting has become a huge part of society. If you feel in any way that the country is not living up to their promise, I believe that anyone has the right to express that in a way that is nonviolent and non threatening. Colin Kaepernick felt that the values were not being met and wanted to have a voice for those in America that are not being treated fairly.

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