

1/26/16

1. Mark your confusion.
2. Show evidence of a close reading.
3. Write a 1+ page reflection.

Anger at Paris attacks takes a toll on America's Muslim community

-thesis

By McClatchy Washington Bureau, December 11, 2015

WASHINGTON, D.C. — After the massacre in Paris, France, last month, Lena Badr Abdelhamid's husband sat her down and warned her that the top suspect in the attack happened to share a name with the couple. Even the spelling of Abdelhamid Abaaoud, the alleged mastermind of the attack, was the same.

Abdelhamid said she instantly recognized the likelihood that fellow Americans might target her just because she shared a name with a suspected terrorist.

-that would be so scary to be targeted

"Crimes That We Haven't Committed"

-Si

"I wonder often how long will we have to pay for crimes that we haven't committed. I immediately began to dread the hate crimes that were sure to follow," said Abdelhamid, 25, who works for a refugee agency in Washington, D.C.

I didn't know that happened who lead it?

The anti-Muslim hate speech that followed the Paris attacks has had a chilling effect on Muslims in the United States, according to interviews this week with Muslims across the country. Some women say they face a wrenching dilemma over whether to remove their headscarves. Students avoid walking across campus alone. And commuters in big cities say they have begun standing back on subway platforms for fear that a revenge-seeker will push them into the path of an oncoming train.

-That would be very excessive, they did nothing to hurt anyone

Older Muslims sense a depressing return to the days after the terror attacks of Sept. 11, 2001. It reminds them of hateful voicemails, vandalized mosques and slurs shouted at the grocery store. Members of a younger generation who do not remember that era are getting a jarring introduction to a world where some presidential candidates call for bigotry, and social media platforms are plastered with calls for the death of an entire faith.

I never thought about that, I bet they are in kind of the same situation

at meetings he said we shouldn't let Muslims into the US anymore

More Tension After California Shooting

-Si

Things have gotten even more tense for U.S. Muslims. A Muslim couple in California went on a shooting rampage in California, killing 14 people and wounding 21 others. Before they went on their killing spree, the woman made a Facebook post pledging allegiance to the extremist group Islamic State. The group is trying to set up its own country governed by extreme Islamic law. The couple died in a shootout with police on Wednesday.

-That made the hatred towards Muslim grow even more

Aysha Khan, 20, said she has been dismayed over the years to see anti-Muslim attacks move from isolated incidents to the mainstream, fueled by anger over the rise of extremist groups such as the Islamic State. The group's fighters have taken over parts of Iraq and Syria, and were responsible for the Paris attacks.

-What would be an ideal solution

Recently, Khan called her parents to tell them about a job interview that would require her to travel from Baltimore to Washington. Her father warned against taking the subway and offered to drive her. She refused. "Ordinarily, I would feel like they were being paranoid, but they are actually not," she said.

and many more

what other ways could she travel?

Fears Are Justified

-Si

Muslim advocacy groups and hate crime trackers say that those fears are justified.

What kind of hate crimes are there? what fears?

The FBI's latest roundup of hate crime statistics, released recently, shows that only anti-Muslim incidents are on the rise; incidents involving other minorities declined in 2014. The number of anti-Muslim incidents grew from 135 in 2013 to 154 in 2014, according to the FBI's figures. Advocacy groups consider them on the low side because many more incidents go unreported. That number is expected to increase this year, as attacks by the Islamic State and other extremists stoke anti-Muslim sentiment.

I bet soon they will be helped or not

thought we would more, but that

is there a common theme in these attacks?

The Council on American-Islamic Relations (CAIR) has compiled lists of apparent revenge attacks. They include terror threats to Florida mosques, vandalism at a Nebraska mosque and shots fired at a Muslim family's home in Florida. The group also recorded hate graffiti targeting a Connecticut Muslim student, an arson attack on a Canadian mosque, a tweet threatening Michigan Muslims, and countless hate messages.

Some Non-Muslims Are Supportive -S1

CAIR reported that not long ago, "Middle Eastern" passengers were also removed from a flight because the crew felt the "uncomfortable."

Did the crew include the passengers?

Did the good outweigh the bad?

Muslims say they have been grateful to non-Muslims who have offered their support in interfaith services and in phone calls and emails of solidarity. The story of Jack Swanson went viral. The Texas boy donated the piggy-bank money he was saving for an iPad to a mosque vandalized in Pflugerville, Texas. Arsalan Iftikhar, a prominent Muslim magazine editor and human rights lawyer, mailed Jack an iPad with a note of thanks signed, "Love, The American Muslim Community."

it is so 2 that - some not do 2?

But the feel-good stories are easily forgotten when politicians suggest a Christians-only refugee policy or that all Muslims should register with the government. Badi Ali is the religious leader, or imam, of a mosque in Greensboro, North Carolina. He said he tells nervous members of his congregation that the best approach for now is to keep a low profile. - what does he mean about a low profile?

"Become Like The Palm Tree" -S1

That is a good way to put it

"You have to become like the palm tree. When the wind comes, you have to bow down a little bit until the wind goes away," Ali said.

By now, American Muslim groups have gone through the post-attack period enough times to have developed a playbook. First, they immediately issue a statement of condemnation. Then they sponsor an interfaith program. And finally they hold a news conference or go on TV to reinforce the teaching that Islam is a peaceful, tolerant religion. - what is an interfaith program?

But that approach just does not cut it anymore for many young Muslims. They argue that condemning deadly attacks as Muslims only reinforces the idea that there's something in common between the extremists and ordinary believers. They favor condemning the attacks as Americans, as human beings. They say the Muslim community should not go out of the way to "apologize" for behavior that's just as foreign to them as a violent white supremacist is to the majority of white Americans. - I don't see how it connects the two types of people

"Guilty Until Proven Innocent" -S1

"I saw an immediate trend of Muslims condemning the terrorist attacks," said Uzma Hussain, 23. Hussain herself has changed her routines since the Paris attacks. She has not been to the gym, because her hijab, the headscarf some Muslim women wear, just makes her too conspicuous. She said she's "received a few looks at work." She pours out her feelings in journal entries.

"Here we go again, guilty until proven innocent. We might as well have every Muslim sign an affidavit stating that they are not a terrorist." - Lots of people would think that is good idea

Possible Response Questions:

- Do you agree or disagree with the statement, "... the Muslim community should not go out of the way to 'apologize' for behavior that's just as foreign to them as a violent white supremacist is to the majority of white Americans."? Why or why not?
- Pick a passage from the article and respond to it.

we would change routines

Leah Rogers

Mrs. Manny Brown

English 3rd hour

27 January 2016

Anger at Paris attacks takes a toll on America's Muslim community

In the article it talks about the toll the terrorist attacks are taking on non-radicalized Muslims. The Muslims are taking the blame for terrible crimes they would never think about doing. People are also committing hate crimes that are aimed at Muslims for things terrorists are doing, "I immediately began to dread the hate crimes that were sure to follow," (Bureau, 1), meaning they are scared of the hate crimes that are to follow terrorist attacks. Even through all the hatred towards Muslims, some non-Muslims were still supportive of the Muslims. The article also talks about how Muslims should not have to apologize for the attacks. It states, "The Muslim community should not go out of the way to 'apologize' for the behavior that's just as foreign to them as a violent white supremacist is to the majority of white Americans." (Bureau, 1). This is saying that the Muslim community should not be forced to apologize for something people of only the same religion, does not mean they have the same beliefs or think what the other is doing is right.

I agree with the statement that Muslims should not have to apologize for the actions of terrorists, "I wonder how often we will have to pay for crimes we haven't committed." (Bureau, 1). The killing of innocent people is against their Muslim religion and I bet almost all of the Muslims would not even think about taking the lives of innocent people. There is a great difference between the terrorists that are Muslim and normal Muslims. The terrorists' view on

the Muslim religion is inaccurate and monstrous and they think that hurting and killing people is okay. Like the quote also said, this could also happen to other groups of people besides Muslims. For example, Muslims apologizing for the terrorists' actions is like Americans having to apologize for the shooting at Sandy Hook Elementary School or the shooting at the movie theater in Colorado in 2012, people would not make Americans apologize for that, so they should not make Muslims apologize for the terrorism. In conclusion, Muslims should not have to apologize for the actions of terrorists because there is a difference between regular Muslims and terrorists that are Muslim and it could happen to any group of people, not only Muslims.

Thesis
S1

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Address to the Nation by the President

Source: Office of the Press Secretary, WhiteHouse.gov, December 6, 2015

(with a correction, marked by an *)

THE PRESIDENT: Good evening. On Wednesday, 14 Americans were killed as they came together to celebrate the holidays. They were taken from family and friends who loved them deeply. They were white and black, Latino and Asian, immigrants and American-born, moms and dads, daughters and sons. Each of them served their fellow citizens and all of them were part of our American family. *That means this was a hate crime towards one specific*

Tonight, I want to talk with you about this tragedy, the broader threat of terrorism, and how we can keep our groups of people country safe. *Thesis: It was a terrorist act*

The FBI is still gathering the facts about what happened in San Bernardino, but here is what we know. The victims were brutally murdered and injured by one of their coworkers and his wife. So far, we have no evidence that the killers were directed by a terrorist organization overseas, or that they were part of a broader conspiracy here at home. But it is clear that the two of them had gone down the dark path of radicalization, embracing a perverted interpretation of Islam that calls for war against America and the West. They had stockpiled assault weapons, ammunition, and pipe bombs. So this was an act of terrorism, designed to kill innocent people. *S1*

Our nation has been at war with terrorists since al Qaeda killed nearly 3,000 Americans on 9/11. In the process, we've hardened our defenses -- from airports to financial centers, to other critical infrastructure. Intelligence and law enforcement agencies have disrupted countless plots here and overseas, and worked around the clock to keep us safe. Our military and counterterrorism professionals have relentlessly pursued terrorist networks overseas -- disrupting safe havens in several different countries, killing Osama bin Laden, and decimating al Qaeda's leadership.

Over the last few years, however, the terrorist threat has evolved into a new phase. As we've become better at preventing complex, multifaceted attacks like 9/11, terrorists turned to less complicated acts of violence like the mass shootings that are all too common in our society. It is this type of attack that we saw at Fort Hood in 2009; in Chattanooga earlier this year; and now in San Bernardino. And as groups like ISIL grew stronger amidst the chaos of war in Iraq and then Syria, and as the Internet erases the distance between countries, we see growing efforts by terrorists to poison the minds of people like the Boston Marathon bombers and the San Bernardino killers. *What happens in Chattanooga?*

For seven years, I've confronted this evolving threat each morning in my intelligence briefing. And since the day I took this office, I've authorized U.S. forces to take out terrorists abroad precisely because I know how real the danger is. As Commander-in-Chief, I have no greater responsibility than the security of the American people. As a father to two young daughters who are the most precious part of my life, I know that we see ourselves with friends and coworkers at a holiday party like the one in San Bernardino. I know we see our kids in the faces of the young people killed in Paris. And I know that after so much war, many Americans are asking whether we are confronted by a cancer that has no immediate cure. *That is a real good analogy for cancer*

Well, here's what I want you to know: The threat from terrorism is real, but we will overcome it. We will destroy ISIL and any other organization that tries to harm us. Our success won't depend on tough talk, or abandoning our values, or giving into fear. That's what groups like ISIL are hoping for. Instead, we will prevail by being strong and smart, resilient and relentless, and by drawing upon every aspect of American power. *I think Obama is trying to reduce the fear Americans have because of ISIL*

Here's how. First, our military will continue to hunt down terrorist plotters in any country where it is necessary. In Iraq and Syria, airstrikes are taking out ISIL leaders, heavy weapons, oil tankers, infrastructure. And since the attacks in Paris, our closest allies -- including France, Germany, and the United Kingdom -- have ramped up their contributions to our military campaign, which will help us accelerate our effort to destroy ISIL. *What are oil tankers and infrastructure?*

Second, we will continue to provide training and equipment to tens of thousands of Iraqi and Syrian forces fighting ISIL on the ground so that we take away their safe havens. In both countries, we're deploying Special Operations Forces who can accelerate that offensive. We've stepped up this effort since the attacks in Paris, and we'll continue to invest more in approaches that are working on the ground. *I feel like I see that do to that against and we can't let them the more*

Third, we're working with friends and allies to stop ISIL's operations -- to disrupt plots, cut off their financing, and prevent them from recruiting more fighters. Since the attacks in Paris, we've surged intelligence-sharing with our European allies. We're working with Turkey to seal its border with Syria. And we are cooperating with Muslim-majority countries -- and with our Muslim communities here at home -- to counter the vicious ideology that ISIL promotes online. *Who is giving them the money?*

Fourth, with American leadership, the international community has begun to establish a process -- and timeline -- to pursue ceasefires and a political resolution to the Syrian war. Doing so will allow the Syrian people and every country, including our allies, but also countries like Russia, to focus on the common goal of destroying ISIL -- a group that threatens us all. *It's crazy one group like ISIL can threaten the whole world's safety*

This is our strategy to destroy ISIL. It is designed and supported by our military commanders and counterterrorism experts, together with 65 countries that have joined an American-led coalition. And we constantly examine our strategy to determine when additional steps are needed to get the job done. That's why I've ordered the

Since we are leading it does that require any other to spend it in military?

What are their jobs in the government?

Departments of State and Homeland Security to review the visa *Waiver program under which the female terrorist in San Bernardino originally came to this country. And that's why I will urge high-tech and law enforcement leaders to make it harder for terrorists to use technology to escape from justice. How do terrorists use technology to avoid justice?

Now, here at home, we have to work together to address the challenge. There are several steps that Congress should take right away. What about the American people, what can we do?

To begin with, Congress should act to make sure no one on a no-fly list is able to buy a gun. What could possibly be the argument for allowing a terrorist suspect to buy a semi-automatic weapon? This is a matter of national security. We also need to make it harder for people to buy powerful assault weapons like the ones that were used in San Bernardino. I know there are some who reject any gun safety measures. But the fact is that our intelligence and law enforcement agencies -- no matter how effective they are -- cannot identify every would-be mass shooter, whether that individual is motivated by ISIL or some other hateful ideology. What we can do -- and must do -- is make it harder for them to kill. What are some other groups like ISIL?

Next, we should put in place stronger screening for those who come to America without a visa so that we can take a hard look at whether they've traveled to warzones. And we're working with members of both parties in Congress to do exactly that.

Finally, if Congress believes, as I do, that we are at war with ISIL, it should go ahead and vote to authorize the continued use of military force against these terrorists. For over a year, I have ordered our military to take thousands of airstrikes against ISIL targets. I think it's time for Congress to vote to demonstrate that the American people are united, and committed, to this fight.

My fellow Americans, these are the steps that we can take together to defeat the terrorist threat. Let me now say a word about what we should not do.

We should not be drawn once more into a long and costly ground war in Iraq or Syria. That's what groups like ISIL want. They know they can't defeat us on the battlefield. ISIL fighters were part of the insurgency that we faced in Iraq. But they also know that if we occupy foreign lands, they can maintain insurgencies for years, killing thousands of our troops, draining our resources, and using our presence to draw new recruits. What are insurgencies?

The strategy that we are using now -- airstrikes, Special Forces, and working with local forces who are fighting to regain control of their own country -- that is how we'll achieve a more sustainable victory. And it won't require us sending a new generation of Americans overseas to fight and die for another decade on foreign soil.

Here's what else we cannot do. We cannot turn against one another by letting this fight be defined as a war between America and Islam. That, too, is what groups like ISIL want. ISIL does not speak for Islam. They are thugs and killers, part of a cult of death, and they account for a tiny fraction of more than a billion Muslims around the world -- including millions of patriotic Muslim Americans who reject their hateful ideology. Moreover, the vast majority of terrorist victims around the world are Muslim. If we're to succeed in defeating terrorism we must enlist Muslim communities as some of our strongest allies, rather than push them away through suspicion and hate.

That does not mean denying the fact that an extremist ideology has spread within some Muslim communities. This is a real problem that Muslims must confront, without excuse. Muslim leaders here and around the globe have to continue working with us to decisively and unequivocally reject the hateful ideology that groups like ISIL and al Qaeda promote; to speak out against not just acts of violence, but also those interpretations of Islam that are incompatible with the values of religious tolerance, mutual respect, and human dignity.

But just as it is the responsibility of Muslims around the world to root out misguided ideas that lead to radicalization, it is the responsibility of all Americans -- of every faith -- to reject discrimination. It is our responsibility to reject religious tests on who we admit into this country. It's our responsibility to reject proposals that Muslim Americans should somehow be treated differently. Because when we travel down that road, we lose. That kind of divisiveness, that betrayal of our values plays into the hands of groups like ISIL. Muslim Americans are our friends and our neighbors, our co-workers, our sports heroes -- and, yes, they are our men and women in uniform who are willing to die in defense of our country. We have to remember that. How should they be treated?

My fellow Americans, I am confident we will succeed in this mission because we are on the right side of history. We were founded upon a belief in human dignity -- that no matter who you are, or where you come from, or what you look like, or what religion you practice, you are equal in the eyes of God and equal in the eyes of the law.

Even in this political season, even as we properly debate what steps I and future Presidents must take to keep our country safe, let's make sure we never forget what makes us exceptional. Let's not forget that freedom is more powerful than fear; that we have always met challenges -- whether war or depression, natural disasters or terrorist attacks -- by coming together around our common ideals as one nation, as one people. So long as we stay true to that tradition, I have no doubt America will prevail.

Thank you. God bless you, and may God bless the United States of America.

Possible Response Question:

- Pick a part of President Obama's speech and respond to it.

Leah Rogers

Mrs. Manny Brown

English 3rd Hour

27 January 2016

Address to the Nation by the President

In this speech President Obama gave a few weeks ago, he addressed many different things. First of all, he addressed the San Bernardino shooting. At this time they were not positive if the shootings were terrorist acts, but now they know the woman was connected to ISIS. He also said they were radicalized, meaning they were “embracing a perverted interpretation of Islam that calls for war against America and the West.” (Whitehouse, 1). Obama also talked about the threat that terrorism is putting on America. He compared terrorism to a cancer that has no cure, which I think was very clever. At the same time, authorities are doing their best to stop many attacks before they happen. They are also ordering troops to take out any terrorists they see and the bombs they are dropping are hitting things that are crucial to ISIS’s success. Another thing President Obama mentions is that the war between the west and ISIS is not a war between the west and Islam. I think that is a very good point, not all Islamic people are ISIS fighters, though many people think that.

The part I think should be focused on is the part where he mentions how we are going to overcome terrorism. The first thing he said we will do is for the military to continue to hunt down people plotting attack and continue the airstrikes. I think this is a really important step because we need to eliminate the number of terrorist attacks circling around the country. If we eliminate the plans there may be less attacks and we would all be safer. The second thing Obama

said was, “we will continue to provide training and equipment to tens of thousands of Iraqi and Syrian forces fighting ISIL on the ground so that we take away their safe havens.” (Whitehouse, 1). I feel that it is important to train locals how to fight back and protect themselves, but at the same time that is really risky. It is risky because the locals could turn against us and use our own techniques to hurt us. Thirdly, the president said, they are working with other countries to stop their income and stop them from convincing more fighters to join. This point is important because if ISIS is going to be stopped they cannot get funding, if they have funding they can buy more deadly weapons and bombs that could be deadly for us. It is also important because they need to stop convincing people that what they do is right. Killing innocent people because of an inaccurate interpretation of Islam is not right, that is why this point is important. Finally, he said they need to resolve the Syrian war. I agree with that because the Syrian war is one of the reasons ISIS is as powerful as they are. Syria did not have a strong government, so ISIS saw they had a great chance and took it. Syria was very vulnerable at the time. That is also why so many Syrians are joining ISIS is because they think ISIS is their government and it is the right thing to do. All in all, I think that the four ways to fight ISIS that President Obama talked about were all very important and essential to winning the war against ISIS.

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thesis 5.

1. Mark your confusion.
2. Show evidence of a close reading.
3. Write a 1+ page reflection.

8 Fascinating Things We Learned About The Mind In 2015

Memory erasing is just the beginning.

Source: Carolyn Gregoir/huffpost.com, December 26, 2015

As the New Horizons spacecraft made its historic flight to Pluto and some scientists explored the far reaches of our solar system, others were making some incredible advances in their exploration of the inner workings of the mind. Studies published this year shed light on the mysteries of the brain and human behavior, and began paving the way for new treatments to mental and neurological health problems, ranging from addiction to autism to Alzheimer's disease.

Here are eight fascinating things we learned about the human mind in 2015:

1. Smartphones are wildly distracting. -S1

Americans are spending more time than ever looking at screens, and we're only beginning to learn how this is affecting our brains.

Just hearing your smartphone vibrate is enough of a distraction to significantly impair focus and productivity, according to a Florida State University study published in August.

Another recent study found that heavy smartphone users are more prone to experiencing "cognitive failures" arising from forgetfulness, inattention and a lack of awareness of one's surroundings, including things like missing appointments, walking into people and forgetting things.

The Internet is great, mobile phones are great, but there is a point at which we need to sit back, log off and really start to think about how technology is impacting on our capacity to focus," said Dr. Lee Hadlington, a psychologist at England's De Montfort University and the latter study's lead author. "We are always eager to get the new piece of tech -- but not to think about its underlying consequences to our cognitive capabilities."

2. Psychedelics may be the next big thing in mental health care. -S1

We witnessed a renaissance in psychedelic research this year. A review of studies on the therapeutic applications of psychedelic drugs, published in September in the Canadian Medical Association Journal, showed that psychotherapy assisted by substances such as LSD, psilocybin (hallucinogenic mushrooms) and MDMA (the active ingredient in Ecstasy) holds promise for treating mental health issues including post-traumatic stress disorder, addiction, end-of-life anxiety and depression.

"The studies are showing big effects," Dr. Matthew Johnson, a behavioral pharmacologist at Johns Hopkins University and one of the study's authors, told HuffPost. "The exciting thing isn't just that these drugs work for something that we already have treatment for. It's that they're getting big effects on disorders for which we have very poor treatment."

3. Pollution is worse for the brain than we realized. -S1

Just months before the world looked on in horror at Beijing's "airpocalypse," research found that exposure to air pollution can speed up brain aging, and may contribute significantly to neurodegenerative diseases including Alzheimer's and Parkinson's.

The study showed that small increases in exposure to pollution were associated with decreases of white matter in the brain -- in other words, exposure to environmental toxins was "shrinking" the brain.

"The evidence so far suggests that pollution could be the most pervasive potential cause of brain disease that scientists have ever discovered," science journalist Aaron Reuben wrote in Mother Jones in May.

4. The brain and immune system are actually linked. -S1

This year, University of Virginia neuroscientists uncovered a previously unknown direct connection between the brain and the immune system -- a network of lymphatic vessels that previously had only been found to exist below the base of the skull, but were observed for the first time in the brain.

the other
separate!

"When we discovered the lymphatic vessels, we were very, very surprised, because based on the textbooks -- these vessels do not exist," the study's lead author, Dr. Jonathan Kipnis, told HuffPost in June.

The finding could have significant implications for the treatment of brain disorders involving inflammation, such as Alzheimer's disease, multiple sclerosis and autism.

5. Erasing memories could be the future of addiction treatment. -S1

That doesn't seem
to be a possibility
have actually
to be able to
erase to
remember

Scientists hacking into the brain to erase or transplant memories is no longer just the stuff of science fiction. Memory erasure may soon be a reality, and it could help us better treat drug addiction by targeting drug-related memories.

at do
the
eggs?

Landmark research from the Scripps Research Institute that was published in the journal Molecular Psychiatry identified a new drug that has the potential to selectively erase dangerous addiction-associated memories in people addicted to meth. *Would they be able to make them forget about*

"When the person is in-patient, they'd use this treatment once and it would target those drug-associated memories that could be triggers for them," Dr. Courtney Miller, one of the study's authors, said in August. "Later on, when they're back in the real world, the memories wouldn't serve as triggers because they'd be gone." *it's a*
like go
to be able to

6. Nature does the mind good. -S1

We already knew that spending time in the great outdoors comes with significant physical and mental health benefits, but this year, researchers found that the psychological benefits of nature extend even further than we realized.

Research from Stanford University that was published in July found that outdoor strolls reduced the sort of obsessive, negative thoughts that characterize depression.

Another study published last month found that spending time in nature could also have therapeutic applications for addiction, and linked exposure to nature with reduced impulsivity and improved self-control.

"A nature-based treatment component may be a valuable addition to standard therapies for individuals struggling with substance abuse," Dr. Meredith Berry, a psychologist at the University of Montana and the study's lead author, told HuffPost.

7. To boost your mood, boost your bacteria. -S1

what are fermented foods?

The brain-gut connection has been another major theme in neuroscience and psychology research over the past couple of years. This year, research found that increasing the balance of healthy bacteria in the gut can help to reduce anxiety and also to lessen symptoms of depression.

One study showed that people who have more fermented foods in their diet -- which are filled with healthy bacteria known as probiotics -- exhibit less neuroticism and social anxiety.

"It is likely that the probiotics in the fermented foods are favorably changing the environment in the gut, and changes in the gut in turn influence social anxiety," Dr. Matthew Hilimire, an assistant professor of psychology and one of the study's authors, said in a statement in June. "I think that it is absolutely fascinating that the microorganisms in your gut can influence your mind." *I agree, it's a crazy & very point of your*
had a affect another

8. Good sleep is critical to a healthy emotional life. -S1

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It's well-established that good sleep is crucial to psychological well-being -- and that sleep deprivation, on the other hand, raises stress levels and has been linked with anxiety, depression and other mental health problems.

A landmark study published in July in the Journal of Neuroscience found that good sleep is also a key component of emotional intelligence. The researchers showed that losing sleep dulls our ability to read facial expressions, which is an important component of emotional intelligence. On the bright side, dreaming actually boosts this ability, the researchers found.

now I didn't know sleep could affect that

"It's almost as though, without sleep, the brain... was unable to put emotional experiences into context and produce controlled, appropriate responses," Walker said in a statement when the study was published.

"Emotionally, you're not on a level playing field."

Possible Response Questions:

- Which of the brain discoveries discussed above do you find most interesting? Explain.
- Pick a passage from the article and respond to it.

Leah Rogers

Mrs. Manny Brown

English 5th hour

27 January 2015

8 Fascinating Things We Learned About The Mind In 2015

There were many things discovered about the brain in 2015. Some of the things we already knew in previous years, but were verified in 2015. In the article it explained things like how smartphones can distract your brain. The vibration from your phone can make you become distracted and can mess up your focus and mental sharpness. They also figured out that pollution is really bad for the brain; we knew it was bad before but did not know how bad until now. The pollution can make your brain age faster and can even cause your brain to shrink, and also, “may contribute significantly to neurodegenerative diseases including Alzheimer's and Parkinson's” (Gregoir, 1). Another thing they learned was that they could erase memories to treat drug addicts. They can do this because if the memory of the drug and taking the drug is erased, they will not remember taking the drug and their body will not remember that they are addicted to the drug. Nature and sleep are great things for your mind. The more sleep you get the less stressed you will be and the more you go out in the nature the more calm and relaxed you will be. Overall, they learned a lot of things about the brain that could benefit us in the future.

One of the most interesting discoveries is that smartphones are really distracting to us. I totally agree with this. The article said, “Just hearing your smartphone vibrate is enough of a distraction to significantly impair focus and productivity” (Gregoir, 1). If I am sitting down trying to focus on my homework and I see my phone light up or feel it vibrate, 9 times out of 10

I will pick it up and snapchat or go on instagram without even realizing what I am doing. Once I have my phone out it takes me a while to put it down and by that time I have forgotten what I was doing with my homework. I also thought it was also interesting that psychedelics could help in mental health care. Psychedelic drugs can cause hallucinations and can expand your consciousness, meaning intensified sensory perception. They found that the psychedelics could help people that have PTSD, addiction, end-of-life anxiety and depression, many of which do not have great treatment options. This is interesting to me because I read on the news about a psychedelic retreat. It is a place that offers many different psychedelic things to take that could produce hallucinations. All in all, there were many interesting things that were learned about the brain in 2015, two of those including that smartphones are extremely distracting and psychedelics could be a major breakthrough in mental health.

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New U.S. Dietary Guidelines Limit Sugar, Rethink Cholesterol

Source: Jen Christensen, CNN.com, January 7, 2015

Just in time to help with your New Year's resolution to eat more healthily, the government announced its latest dietary guidelines on Thursday. The 2015 guidelines recommend a "healthy eating pattern" with limited sugar and saturated fat, less salt and more vegetables and whole grains. You might remember the food pyramid poster from your grade school classroom, or the "My Plate" icon from your child's cafeteria. Those earnest posters are a boiled-down version of a complicated food science discussion between government-appointed experts and all the other players in this food fight, including dietitians, scientists, doctors, medical associations, the food industry and the public. The guidelines are revised every five years, and the draft version of this year's guide came in months ago at more than 500 pages.

In the end, there are some breadcrumbs -- whole-wheat, of course -- of advice to follow. The guidance affects everything from what's served in school and prison lunches to how food labels work. It helps dietitians guide their clients. Experts say it also puts pressure on manufacturers and restaurants about what they put in their food.

Here are nine things you should know about the 2015 guidelines:

1. Extract that sweet tooth

For the first time, the government put a limit on sugar, saying added sugar should make up only 10% of your daily calories.

The guidelines are based on Americans eating a 2,000-calorie-a-day diet, so 10% of that diet is about 50 grams of sugar. Drinking more than one can of full sugar soda maxes out the limit. This guideline isn't as strict as what the American Heart Association suggests -- it recommends about half that -- but the limit is significant.

Eating a diet with a lot of sugar increases your risk for heart disease, studies show, and can lead to obesity and all the diseases associated with that, including cancer and Type 2 diabetes.

If you have a sweet tooth, dietitian Lisa Drayer suggests you budget for it. Look for less-sweet substitutes. Replace full-sugar sodas with seltzer and a splash of cranberry, for instance. Also keep in mind that sugar comes in more than cookies and candy form. Sauces and dressings can trip you up, too. "I was in the supermarket the other day and picked up a salad dressing that had more sugar than four doughnuts," Drayer said. Check the label for sugar that goes by other names like fructose, sucrose, corn syrup or honey.

2. The Easter bunny is all over this one

If you are of a certain age, your doctor might have told you to watch the cholesterol in your diet. At your next appointment, that advice could change. Past guidelines suggest a 300-milligram daily limit of dietary cholesterol. That means a two-egg breakfast, rather than three.

Now, the government has removed the limit on cholesterol. It did add that "individuals should eat as little dietary cholesterol as possible" because "foods that are higher in dietary cholesterol, such as fatty meats and high-fat dairy products, are also higher in saturated fats." But what that means is eggs are back for most diets. Egg yolks are high in cholesterol, but not high in saturated fat. They make the list of suggested sources of protein.

"If you connect the dots together scientifically, we don't believe there is a strong influence between dietary cholesterol and blood cholesterol," Drayer said. "Even when I was training to be a dietitian, we knew that eating eggs didn't increase your cholesterol as much as saturated fat does. So the government advice is catching up to the science."

my mom always
said we need cholesterol
because that's what
our brains are
made of

Is there a lot of
sugar in every-
thing? What does food
labels go on?

So you are
really limited on
what you can
eat and how
much of it is from
sugar and
- that's crazy,
they shouldn't
be able to sell
- that

What is a fat
that would
contain 300mg of
cholesterol?

what's the difference?

3. Something's fishy and bacon hasn't totally left the building

The guidelines emphasize eating protein-rich food, which helps retain muscle mass as we age and "plays a role in keeping our metabolism running smoothly," Drayer said. The new guidelines continue to emphasize eating protein from seafood, lean meat and poultry. There is a specific mention of eating at least 8 ounces of seafood per week. The guidelines single out men and boys for eating too much protein.

The summary does not suggest a limit on processed or red meat, as was hinted at in discussions of the draft version of the report, but it does mention there is evidence that a lower intake of meats overall, as well as eating less processed meat and poultry, does reduce the risks of cardiovascular disease. Processed meats like bacon and hot dogs have been linked to an increased cancer risk and in 2015, the World Health Organization suggested people avoid them. These guidelines do not. Instead, the guidelines say they "can be accommodated as long as sodium, saturated fats, added sugars and total calories are within limits in the resulting eating pattern."

This does not sit well with the American Cancer Society. "By omitting specific diet recommendations, such as eating less red and processed meat, these guidelines miss a critical and significant opportunity to reduce suffering and death from cancer," Dr. Richard Wender, chief cancer control officer of the American Cancer Society, said in a statement released Thursday responding to the new guidelines.

If you eat meat, it is suggested for the meat, poultry and eggs subgroup -- eat 26 ounce-equivalents per week based on a U.S.-style and 2,000-calorie diet. It's the same suggestion from the 2010 guidelines.

If you are a vegetarian, you have options, too: soy products, beans, lentils and seeds are good protein sources, the guidelines say.

4. Your mother was right about fruit and veggies

Your parents were right to tell you to eat your fruits, especially whole fruits, vegetables and grains, at least half of which are whole grains. The guidelines recommend eating 2½ cups of a wide variety of vegetables from all the subgroups of colors and starches a day. A hidden advantage of this suggestion is that it can make you feel full without eating a lot of calories. The suggested two cups of fruit a day, with half coming in the form of whole fruit, provides many essential vitamins and some have high fiber, which helps with digestion. A diet rich in fruits and vegetables helps prevent heart disease and Type 2 diabetes, too.

The committee noted in the draft guidance that whole grains are a "shortfall nutrient" in American diets. Brown rice, quinoa, and oats are rich in fiber, calcium and vitamin D and can help with digestion. When eating 6 ounce-equivalents of grains, half of them should be of the whole grain variety. Studies show that eating cereals can help you live a longer life.

5. Raise a glass (or a cup) to this

The guidelines don't suggest you start drinking, but if you do, not to worry.

Alcohol consumed in moderation is OK. For women, that means no more than one drink a day. For men, it's two.

Drinking a daily glass of wine has been associated with a benefit to your heart. Moderate coffee drinking is also highlighted in the suggested menu. Moderate coffee drinking is defined as drinking three to five cups a day. Coffee has been shown to possibly reduce your risk of Type 2 diabetes and cardiovascular disease and it may even protect against Parkinson's disease.

6. Fat is back, kind of

The 2010 dietary guidelines allowed for 10% of your calories to come from saturated fat. This time, the guidelines keep the same recommendation, but also expanded upon the concept of "good" fat.

Some fat is vital to your health. "Good" fat includes heart-healthy Omega-3 fatty acids like the kind found in some fish. Fat from oils, about 5 teaspoons per day, is also OK.

Saturated fat, or the "bad" kind that comes from meat, poultry and dairy can raise blood cholesterol, which might increase the risk for cardiovascular disease, weight gain, Type 2 diabetes and cancer.

Trans fat, which the guidelines suggest you consume as little as possible, is harder to find after the Food and Drug Administration told manufacturers to eliminate it from food. Eating trans fat increases unhealthy cholesterol, LDL, and lowers the good kind, HDL. Fat-free and low-fat dairy found in yogurt, milk and cheese is within the guidelines, but how much you can eat depends on your age. -how much should a 14 year old eat?

We tracked our food in health last year and I was over on sodium
7. Eat less salt -S. Does it get less and less the older you get?
Eat less than 2,300 milligrams of sodium per day. That's about a teaspoon, which is not a lot, especially when many Americans get much of their sodium from packaged and processed foods. It's not as restrictive as the American Heart Association's recommendation, which is less than 1,500 milligrams. Too much sodium can make your heart work too hard and lead to high blood pressure. If you're looking for an alternative, sprinkle allspice on your food or use other spices like thyme or turmeric. -does this taste like salt?

Does Mediterranean mean more fish because it's Mediterranean or sea?
8. Eat American, Mediterranean or vegetarian -S.
This version of the guidelines is supposed to be more user-friendly. It models three different types of diets at the 2,000-calorie level: the healthy American diet, Mediterranean diet and vegetarian diet. "I think if you want to mix and match and say to yourself, 'Today, I feel like an American-style diet' or you want a vegetarian day or a Mediterranean day, there are ideas on what you should have for each," Drayer said. "It's a little more approachable." -are they saying you should change your diet daily? your

That means ok if you don't follow everything perfectly every day
9. Eat what is right for you -S.
These are general suggestions on what you should eat to avoid disease and to maintain a healthy weight. As the guidelines said, this is a "healthy eating pattern" rather than a "rigid prescription" and "an adaptable framework in which individuals can enjoy foods that meet their personal, cultural, and traditional preferences and fit within their budget." If you have a chronic condition or special dietary restrictions, you'll need to see what works best for you. -what chronic disease is most common?
"Of course, keep in mind, half of all Americans have some kind of chronic disease already, so people will need to take a closer look at what works on an individual level," Drayer said. "In other words, talk it over with a health professional and see which parts of this advice you should be listening to."

Dr. Steven Nissen, chairman of cardiovascular medicine at the Cleveland Clinic, said the science behind the guidelines is weak and that these are really a best guess. "They [the guidelines] give broad recommendations and broad ranges," he said, calling the science inadequate and calling on the government to conduct well controlled studies that ask the right questions.

"Diet is essential to health ... we are really left with no solid advice for most people," he said.

Possible Response Questions:

- He is saying the new guidelines are too loose and should be more specific*
- What are your reactions to the government's new dietary guidelines?
 - How might you move toward a more healthy diet? Explain.
 - Pick a passage from the article and respond to it.

Leah Rogers

Mrs. Manny Brown

English 5th hour

27 January 2016

New U.S. Dietary Guidelines Limit Sugar, Rethink Cholesterol

This article was about the new dietary guidelines that the government put out for 2016, but not many things changed from 2015 to 2016. Many of the things are heard every day; for example, eat the least amount of sugar possible. They recommend about 50 grams of sugar which equals about one can of soda. That may be strict, but not as strict as the American Heart Association, which recommends half that amount. It also explained that there is a 300 milligram limit on how much cholesterol you eat per day. This means good cholesterol, not bad, fatty cholesterol that comes from fatty meats. Adding onto that, they recommend to eat protein rich meat, like “seafood, lean meat and poultry” (Christensen, 1), not red or processed meats. Cleaning up your diet could mean eating less salt and eating more fruits and veggies. The normal, eat less saturated fat and drink less alcohol, was mentioned in the guidelines also. The final thing they recommended was sticking to a specific type of diet, whether it be American, Mediterranean, or vegetarian. To sum it up, it also says to what you need to eat, “you should eat to avoid disease and maintain a healthy weight” (Christensen, 3), and all of these recommendations will help to stay healthy and keep a healthy weight.

I will admit it; my diet is not all that healthy. I eat a lot of junk food, especially candy or sweets when I get home from school because I am always really hungry. From that, I think one of the points I need to work on is eating less sugar. To accomplish this goal I need to eat snacks

after school that do not have a lot of sugar in them. I need to put out snacks that are healthier before school because when I get home from school, I grab whatever is closest and easiest to get to, whether it is candy or fruit, but most of the time it is candy. Then if I set the snacks out, I can grab whatever healthy snack I set out for a snack after school. Adding on to that, I definitely need to eat more fruits and vegetables. To do this, I need to make a point to tell my parents what fruits and vegetables to get me when they go to the grocery store for lunches and snacks. I also have to pack at least one fruit and one vegetable in my lunch everyday so I get the right amount of servings per day. Setting out fruits and vegetables for an after school snack is also important. To conclude, there are a lot of things I can do to make my diet healthier like eating less sugar and eating more fruits and vegetables.