

THE JOURNEY

VOLUME 2 - SPRING 2016

JOURNEY GRANT REFLECTIONS BY JEWELL STUDENTS
WILLIAM JEWELL COLLEGE CENTER FOR GLOBAL STUDIES & JOURNEY GRANTS



ACADEMIC ENRICHMENT · CIVIC ENGAGEMENT · LEADERSHIP DEVELOPMENT
PROFESSIONAL DEVELOPMENT · STUDY ABROAD · UNDERGRADUATE STUDY

Cover photo: William Jewell
education students traveled
to the United Kingdom to gain
teaching experience abroad. Photo
courtesy of elementary education,
psychology, and ACT-In major
Courtney Eaton '16.

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WHAT IS A JOURNEY GRANT?

The William Jewell College Journey Grant Program provides funding for every Jewell student to pursue the experiential-learning opportunity of their choosing during their junior (third) or senior (fourth) year. Applications to fund a project during the next academic year are due at the end of each fall semester with grants awarded in early spring. While the standard grant is \$2,000, grants up to \$4,000 are awarded on a competitive basis for exceptional project proposals.

Since the first Journey Grants were awarded for fall 2012, 411 students have completed Journey Grant projects. Travelling both internationally and domestically, these 411 students acquired knowledge and cultivated skills in areas of academic, professional, and personal interests.

When developing a Journey Grant project, Jewell students are strongly encouraged to pursue opportunities about which they are passionate. Funded projects can take the form of undergraduate research, a study-away experience, an entrepreneurial opportunity, an internship, a volunteer trip, or any number of near limitless possibilities. The only criterion is that all projects must fall into one of six Journey Grant categories: Academic Enrichment, Civic Engagement, Leadership Development, Professional Development, Study Abroad or Undergraduate Research. Each category represents a different type of experiential-learning opportunity with distinct educational benefits.

Experiential-learning is all about direct experience reinforced by focused reflection, so upon completion of their project, grant recipients are required to submit a reflective report on their project. Like the project itself, a student's reflection may take many forms: a presentation, a video, an art or photography display, etc. The students featured in this journal were selected from among those students who completed projects between summer 2015 and spring 2016 and choose to submit reflective essays. I hope you enjoy reading about their amazing experiences.

Sara Round, Director
Center for Global Studies and Journey Grants

Thank you to all of the student contributors and your willingness to help throughout the process of creating this publication. We couldn't have done it without you. I hope that this publication will not only inspire prospective students to pursue their higher education here at William Jewell, but will also inspire current students to take advantage of this wonderful opportunity to have experiences they might otherwise not be able to have.

*Kelsey Neth '18, Editor
Communication and ACT-In*

ACADEMIC ENRICHMENT

These projects encourage students to engage in intellectual discovery outside the classroom by promoting the practical application of the knowledge and skills learned in the classroom to alternative settings. Projects that fall within this category will reinforce fundamental concepts and cultivate advanced proficiency within a field of study while fostering greater awareness and understanding of the world beyond the classroom.



Above & Right: Nursing major Tony McBroom '16 used his Journey Grant to travel around England and Scotland on a tour with the Jewell Concert Choir. McBroom particularly enjoyed the things that made the places he traveled to different from the United States, like accents and architecture. When it came to music, he valued the opportunity to share music with others. He said, "Music for some reason, is able to surpass the wall of time in connection with others and has the capacity to bring everyone together in but a moment."

Far Right: History, Religion & Culture, and Spanish major Jeremiah Smith '16 participated in an archeological dig on the island of Despotiko in Greece. Smith was able to work with people from countries like Italy, Norway, and Switzerland and visited and worked at a museum on Paros organizing their finds. These experiences encouraged Smith to pursue his goal of receiving his Masters in Archeology.



Below: Business Administration major Brodi Sabiston '16 traveled to Scotland with his grandfather and great-uncle to experience a foreign land to which he has a family connection to. Sabiston visited cathedrals, museums, and iconic coasts and enjoyed activities like the 13th century game of Lawn Bowling at Kelvingrove Park. Sabiston enjoyed meeting new people and said, "While being on this trip I began to understand that people are similar no matter where they are from. You just have to be willing to step outside of your own comfort zone in order to find out what these similarities may be."



CULTURAL EXCURSION THROUGH BELIZE

Kelsey Wagner immersed herself in the culture of Belize by staying with locals, exploring the Hol Chan Marine Reserve, and learning about Mayan culture.

This past summer, I spent two weeks in Ambergris Caye, Belize which is also known as San Pedro Town. My grandpa accompanied me on this journey. He has not visited Belize for twenty five years so I wanted him to come with me. I decided to choose Belize because my grandpa's best friend, Ligorio, is from there and he visits every summer so I couldn't pass up an opportunity to be emerged in everyday life of a Belizean. There, I learned about the Mayan culture, how to speak some Creole and Mayan, and about the everyday life of a Belizean.

When we arrived in Belize, we took a 15 passenger plane to the island. It was one of the most amazing experiences to look down and see the crystal blue water and the gigantic Hol Chan Marine Reserve that I was able to explore later in my trip. We landed and checked into our hotel on the beach called the Mayan Princess, which was about 50 feet away from where our family friends live. Ligorio took us to his brother's house and I met all of his family: his brother, Chico and Chico's wife, Addy. Then, there is Chico and Addy's son, Sergio and their daughter, Marlana who I became very close to. Ligorio's family showed me tremendous compassion and hospitality taking me in as one of the family. They cooked me traditional Belizean dishes such as red beans and rice with some type of meat, usually chicken.

Lunch is the main meal of the day. It is when everyone comes home from work and sits down to eat a meal together. After lunch, they usually just snack on things such as ceviche which is raw conch cooked with lime. It was so delicious, and at that time, it was a delicacy because conch had been over fished so in order to repopulate, they weren't allowing conch fishing. Taking care of the marine life is one of the most important things to Belize as evidenced by the Hol Chan Marine Reserve.

The Hol Chan Marine Reserve covers around five thousand acres. This is a very popular attraction for Ambergris Caye and the other Caye islands. I had the opportunity to snorkel here for two days. I snorkeled around the middle of the reef and in an area known as Shark Ray Alley. The coral reefs were so beautiful because they are so well preserved by the locals. Shark Ray Alley is an area of the reserve where there are a lot of sharks and rays. We jumped off the boat and the tour guide threw fish into the water, making tons of nurse sharks and grey snappers swarm the boat. I was surrounded by sharks longer than ten-feet-long and about thirty grey snappers. It was incredible; they weren't afraid of human interaction and neither were the rays. A ray swam right up to me and let me hold it for a few minutes. The locals gave me many experiences I will remember for the rest of my life. Another place I was about to visit while in Belize was

Orange Walk where the Lamanai Mayan ruins are located. We took a boat ride to Belize City, then a car ride farther into the mainland and finally, a boat ride to reach the jungle. After about 3 hours of travel, we finally reached the ruins. Walking to the ruins, we were surrounded by jungle and a plethora of bugs. When I spotted the first of the ruins, I was so excited because it was a long journey to get there. I climbed one of the ruins that towered over a thousand feet up. I could see all around me at the river we traveled on and tons of land. Our tour guide was very informative. He told us about how the Mayans in order to make the calendar studied the stars. They had pools believed to be filled with liquid mercury because of remnants found in the temples. It was like a mirror. The Mayans could look at the pool and study the stars. It was an awesome experience to learn about the Mayan culture and how they traded throughout Belize.

I learned that no matter where you go, there will always be differences in culture but the people will make you feel at home. Ligorio's family taught me how to make traditional dishes, took me around the island, introduced me to locals, and taught me how to speak some Creole and Mayan. They speak mostly Spanish there, but it is mixed with some Creole and Mayan words so it was a little hard to follow what they were saying sometimes because they would throw in some random Creole or Mayan words. I learned some phrases in Creole which helped me out a lot such as "yu da Belize" which asks, "Are you from Belize?" and "weh yuh naym" which asks "What's your name?" It is almost like broken English on the island so once I knew a few phrases I picked up on it pretty quickly. I was honored to experience so much culture in so little amount of time.

My trip to Belize was a life-changing one. I am so blessed to have had the opportunity to practically stay with locals and have them show me their island life. By the time I left, I knew so many people on the island. Ligorio told me that after I left, people were asking about me and they wanted me to come back! It's really cool to know that even with cultural differences, I had so much in common with the hardworking and compassionate Belizeans I met on my journey. I will travel back soon and visit Chico and Addy as well as the many friends I made down there. This journey made me want to experience so many other cultures because the mixture of Hispanic, Creole, Mayan, and Mestizo was so diverse but all worked together to make Belize a lovable and enjoyable experience to anyone who lives or visits there.

*Kelsey Wagner '16
Psychology & ACT-In*

EXPLORING SPAIN

Vijay Umashanker observed different examples of old world and modern architecture in Spain and enjoyed an exciting European soccer match along the way.



Arriving at your plane's destination has always been a surreal moment for me. Myriads of questions spring into my mind about the experiences that I will have. I immediately realized that I was in for a spectacular spring break "study" in Barcelona, Spain. The main objectives of my trip were to observe and highlight some architectural constructs that I saw to be interesting; however, that slowly became more of a secondary objective the more I spent walking around this lovely city.

One of the most architecturally intensive places I visited was the Sagrada Família, originally designed by Antoni Gaudí. It is, in my opinion, the epitome of Gothic architecture. The intricate designs are marvelous, and there is a clear distinction between the constructions done in the 1800s versus the modern additions to it. The whole basilica itself towers high above the city once you find the right location just outside the metropolitan area to view it. The Sagrada Família has many parts to it, the towers atop the basilica are born from the Cubism style and most of the structure is based on hyperboloids. The design on each of the three entrances also represents a part of Jesus Christ's life with the three virtues of faith, hope, and love. The Sagrada Família was immensely interesting and will most likely be completed, as it is still under construction, around the year 2030. The church is and will continue to be a beacon of hope and prayer because I can say that it answered my own prayers.

This spring break trip magically aligned with the UEFA Champion's League soccer match between F.C. Barcelona and Arsenal F.C. Although the ticket was expensive, two opportunities arose for me while attending this game. The first was experiencing a soccer match in a country where soccer is considered the king of sports. The ninety-minute game was exhilarating and intense with the proper outcome of a 3-1 victory for the Catalans. The second opportunity it gave me was to explore the stadium as we arrived to the game two hours early. The stadium is called

Camp Nou and it was designed by architects Josep Soteras Mauri and Francesc Mitjans Miró; it seats approximately 95,000 extremely passionate fans. It is widely considered to be the largest soccer stadium in all of Spain. It is built in the international style, and has a half-roof awning that covers about 1/3rd of the stadium. The walls of the stadium create a slight angle towards the side with the roof creating a "slanted" look; furthermore, the stadium is based on a two ring structure held up by the many walls that enclose the home of the Catalans. Walking through this stadium and exploring every row and column was a once-in-a-lifetime experience that I will never forget along with a superb match.

A last smaller area I would like to highlight is an area where I took in the most breathtaking view of the entire city. This area is called the Parc de Montjuïc which happens to have the Palau Nacional sit atop it and close by it are the Olympic stadiums that were used in 1992. So continuing on, The Montjuïc is not necessarily an architectural masterpiece, but it is a place where one can take inspiring pictures of the entire city and really understand the breadth of a wonderful city. It also hosts a museum that was originally designed for royalty; however, was later re-constructed into an art museum. It was a magnificent building from the outside.

The architecture of Spain is like many cities where everything is accessible and congruous such that the subway and buses are the most common methods of transportation. My experience here helped me broaden my horizons as far as learning of how the other side of the world is and of course experiencing their food (tapas, paellas, and the pastry shops). I believe that Spain is a mix of old-style Gothic architecture that is slowly but surely being modernized. This trip was truly an inspirational and wonderful time.

Vijay Umashanker '16
Economics

WIMBLEDON EXPERIENCE

Savannah Drew experienced the sense of tradition that is upheld at the Wimbledon tennis tournament in England and learned about traveling and advertising abroad.

I can now check off another item on my bucket list, making it to Wimbledon. Using my Journey Grant, I journeyed across the pond to London, England. I specifically went to experience the oldest tennis tournament, Wimbledon. Being a part of the William Jewell College tennis team and aspiring to own my own tennis facility in the future, it was an incredible experience to say the least.

Tennis fanatics like myself live for major tournaments like Wimbledon. There are four main tournaments that take place around the world every year: Australian, French, Wimbledon, and the U.S. Open. After this trip, I have been to two out of the four major tournaments, Wimbledon and the U.S. Open. Even though I was watching tennis at both events, it was a totally different experience. Wimbledon is a tournament revolving around tradition. I had known this going into it because I have been watching this tournament for as long as I can remember but actually experiencing it is totally different story. From the way one gets a ticket to the all white dress code to the strawberries and cream; the tournament is full of traditions. There are so many hidden traditions that are not mentioned until you experience it first hand.

Not even the most research can ever describe the feelings that one encounters when they watch their first tennis match on the famous grass courts of Wimbledon. The experience within itself is breathtaking. The traditions is what makes the tournament what it is today. The most unique yet frustrating part of the Wimbledon tradition is getting tickets to the event. A person can send in a ballot for tickets but that has to be done at least eight months in advance otherwise one has to stand in The Queue for tickets. I was one of the many that did not send or get tickets in the ballot and had to wait hours in The Queue and this was my first mistake of many when on the trip. The Queue is a British term that means to line up and this line even has its own hashtag. The Queue is an experience within itself because there are about 10,000 people in a giant field on the outskirts of England waiting to watch some tennis. A person who would want to get into the tournament in the early afternoon would have to "Queue Up" around 6 A.M.. While in the Queue you converse with fellow tennis fans, read the Telegraph (British newspaper), and sleep. I got an opportunity to talk to one of the tournament staff while in the Queue. His name was Hon and he just been promoted this tournament year to actually being on the grounds. He had been shadowing various staff for two tournament years to figure out which position was best for him. Having that much dedication shows the quality of the tournament within itself.

What I found most interesting was the use of advertisement for the event and at the event. Famous tennis players were featured in these ads but not the top normal players. It was more based on the players from Great Britain and up-and-coming players that were in the



tournament. In comparison to the U.S Open that is not the case, the best players are featured and that was it. I think Wimbledon is doing it right in this aspect because it is featuring the people that are playing for that specific country. The whole city knew exactly what was going in regards to the tournament as well. People actually knew and were invested in the tournament. Traveling around the city, advertisements for the tournament were everywhere. When going to the US Open it was totally different, advertisements were only in a select area which made the event less known about by the general public. One of my favorite experiences was going back to the hotel after a long day of watching tennis. When we got back to the hotel and sat down for dinner there was tennis on TVs in the lobby; it was the Watkins and Williams match. This was strange to me because people were actually interested in tennis and invested in the match. There was basically a mini watch party in the lobby of the hotel over this one match. This surprised me because tennis is actually taken seriously in Great Britain unlike the United States. I do not think you would ever see something like this happen in the United States because of the popularity of other sports.

The most difficult and frustrating part about the trip was figuring out transportation. I had never been on a train before this trip and having a first time experience in a foreign country made things a bit difficult. After being in England for two weeks I finally got the hang of the train/underground system. The biggest piece of advice would be getting a map and finding out exactly when trains you need to take beforehand.

There were a lot of things about this experience that made me learn from my mistakes and learn the hard way. Figuring out the best mode of transportation was key and an unforgettable experience. Another would be to send in a ballot for tickets instead of waiting six plus hours in a field to get into the tournament. I learned how tradition shifts a new experience and make a lasting impact on a person. I think the United States should try to implement more traditions throughout its culture as well. This was a trip and an experience was one I could never forget.

Savannah Drew '16
Accounting & Business Administration

OCCUPATIONAL RISK PREVENTION AND THE FRENCH HEALTHCARE SYSTEM

Carlos Mata was able to investigate up close the differences in French healthcare by interviewing a local physician and shadowing a Risk Prevention specialist.

As a full time student working a limited number of hours, I have found that health insurance costs have become especially burdensome. I have pondered why the United States, a country that contains enormous wealth, also has a healthcare system that makes health insurance very costly. The average cost is \$16,351 per family annually. For many individuals and families, these high costs have made health insurance inaccessible. I took my curiosity into action by using my William Jewell College Journey Grant to travel across the Atlantic Ocean to Paris, France to find some answers. I decided to make one of the objectives of my Journey Grant to investigate the healthcare system in France, which the World Health Organization regards as having the best healthcare system in the world (World Health Organization, 2000). During my research for the project I learned that a major reason for the high cost of health insurance in the United States is the upward spiraling health care costs this country has faced since the 1980's. Beginning in the 1980's, healthcare service costs have far exceeded the cost of other items on the consumer price index (Karmany, 2014).

Another alarming statistic that I came across was that administrative costs were nearly three times as high in the United States at 14%, as they are in France at 5% (Dutton, 2001). Another factor that greatly influences health care costs is health care worker's salaries. In France, the average physician makes \$96,000, whereas in the United States the average physician makes \$187,000 (Dutton, 2001). From conversations with French citizens, I learned that the average registered nurse in France makes \$31,000 per year as opposed to \$57,000 in the United States.

During my visit to France I was given the opportunity to interview a French physician. His name is Dr. Kim Son. He currently works for a public service that serves many different towns. He currently specializes in injury prevention, although previously he was a general practitioner. From my interview with this physician I learned that indeed French physicians have lower salaries than many countries in the European Union. He described this as being the reason why many French physicians move abroad to work for higher wages. He stated that this was a result of a financial deficit in the French Social Security system (which includes health care). He stated that as a result of this deficit, the cost of living in France has increased in recent years, while French healthcare workers' salaries have remained stagnant. I asked him about whether the decreased salaries of health care workers resulted in increased wait times for doctor's appointments and medical treatments. He stated that for emergency care, there were no problems with excessive patient wait times. He did state that for routine doctors



visits, and especially with visits with specialists, the wait times could be longer than usual in France. Part of the reason for these increased wait times is that in France they do not utilize Nurse Practitioners as a means of providing primary care. This means that everyone must wait to be seen by a physician. I asked him about the nurse to patient ratio in France. He told me that unlike in United States, where the nurse to patient ratio in hospitals is 1:4, in France there is only 1 nurse to every 12 patients. I asked him about whether given this high ratio of patients to nurses, whether French nurses are allowed to be autonomous, or self-governing. I described how this was part my nursing school's integrity hallmark and an important aspect of nursing in the United States. He stated that although the patient to nurse ratio was high, nurses in France are allowed to be autonomous, although they make certain that they follow the physician's orders and recommendations.

I asked him about what improvements could be made to the French healthcare system. He suggested a greater emphasis on prevention as opposed to treatment of illness and injury. He also advised that there be increased access to early disease screenings. I commented that likewise, the United States is excellent at treating illness, but we are lacking in effective health promotion and disease prevention. I also asked him about what is done well in the French healthcare system. He stated that France does make excellent efforts in health promotion throughout the community. He described how the French government has campaigns to promote healthy eating and avoidance of smoking/alcohol. In every advertisement for unhealthy food or alcohol, the government requires that a comment be posted on what should be included in a healthy diet. The following pages show some of the government health promotion campaigns I noticed during my time in Paris.

Next, I asked him about whether every person in France, legal residents and undocumented immigrants, have access to free health care. He stated that, yes, indeed every single person residing in France is given free access to health care. It is important to note that although I describe the health care as free, there is a small gap in the government coverage that each French citizen is expected to pay. This gap is covered by inexpensive "mutual" supplementary insurance plans. I asked him about whether the medical care of immigrants creates a financial burden on the government's budget. He stated that yes there are high costs created by the free health care system, but that undocumented immigrants were not a significant cause of the financial burden. He stated that only three percent of French health care spending is attributed to care provided to undocumented immigrants. He describe how instead, chronic diseases were responsible for the greatest percentage of health care costs. This lead me to think back to his argument about the importance of preventing chronic illness as opposed to managing it once it has become a problem. I asked him about whether he believes that the United States should adopt the French health care model. He stated that currently the United States pays large sums of money for health care, but does not see significant improvements in health outcomes. He does believe that the French healthcare system would work effectively in the United States, but he suspects that politics will continue to get in the way of implementing such a system.

I asked him about what measures France takes to

prevent prescription drug abuse, which I informed him is a serious problem in the United States. He stated that in France, health care providers are good at checking with one another to ensure that patients are not receiving inappropriate types and dosages of medications. He also stated that in France, drug companies are not allowed to advertise prescription medications, and doctors are not influenced by pharmaceutical drug representatives to prescribe newly marketed medications. Additionally there are French government-funded media campaigns that advise against the overuse of drugs such as antibiotics.

In the final portion of my interview with Dr. Kim Son I asked for advice for my classmates and myself as we approached the start of our careers taking care of patients. He stated that we should take care of ourselves. He said that in France, nurse's hours are restricted to 48 hours per week to minimize risk of harm to the patient and for nursing fatigue. He advised that we should do the same. He also stated that in France, nurse's employers provide them with annual checkups to ensure that they are physically and mentally healthy. Even if our employers do not provide these checkups free of charge, he recommends that we should have them. Finally he stated that in order to be a good patient caregiver, we should make certain to listen to the patients concerns closely to find out how we can serve them best.

The second objective of my Journey Grant involved taking part in a workplace shadowing experience with an Occupational Risk Prevention Specialist in Pontoise, a suburb of Paris. This was important to me on a personal level, as I have suffered back injury in part due to lifting patients as a Certified Nurse's Aide in the past. This injury caused me a great deal of distress over the future of my physical well-being, and by interrupting my normal work and exercise routines. As a nursing student, I recognize that are significant risks that accompany the working in the Nursing profession during patient care. This is why I sought out this opportunity to shadow and learn from an Occupational Risk Prevention Specialist. In my interview of Mrs. Dominique Texier, I learned that prevention is indeed the best solution to dealing with workplace injuries. She told me that for every \$1 spent on psychological condition prevention, her city saves \$13 in costs. For physical injury prevention the ratio is \$3 dollars of savings for every \$1 spent. This shows how employers could save money, lost work time, and employee distress by providing sufficient injury prevention education and risk analysis. She described how the greatest costs to employers come from employees calling in sick for common illnesses. She described how ensuring that employees are content with their job could prevent many of these missed days. She described how employees are more likely to show up to work even if they are slightly fatigued when they are satisfied with their job. I asked her whether she has encountered any issues with workers having problems stemming from working night shifts. She stated that her city does recognize that working the night shift creates mental and physical hardship. As opposed to exclusively financial incentives for working night shifts as is seen in the United States, her city provides extra time for rest and recuperation for night shift employees. From my nursing school classes I find this to be analogous to a holistic approach to caring for employees as we are taught to do with patients.

She also described to me something that she noticed

from her travels to the United States that differs from what she has seen in France. In the United States, she says that she noticed many senior citizens working full time jobs. In France, this is not the case. In France, she told me that a person's employer pays for their retirement savings throughout their years of service. This money that is paid by the employer is inaccessible to the person until they reach the age of retirement. This system ensures that every individual who works will have decent retirement savings by their age of retirement. I believe adopting this system would benefit many individuals in the United States. This is crucial as currently half of seniors rely on Social Security as their sole source of income in their retirement years. This limited retirement income puts their health and well-being at risk.

From my time spent shadowing her at her job I learned about the process of risk prevention. Following her government's decree, she is responsible for overseeing the risk prevention for all off the 750 city employees in the city of Pontoise, France. She does this by analyzing their complaints, visiting their job sites, and surveying for risks. During my time shadowing her, we visited the city Cemetery. Upon arrival at the cemetery, Mrs. Texier and I met with Dr. Son a risk prevention physician, and an employee of the cemetery.

We proceeded to do a complete tour of the city cemetery, guided by the cemetery employee. As we continued the process, Mrs. Texier and Dr. Son identified potential risks, all the while asking for the employee's input on what hazards he has noticed. This was a mutually beneficial interaction as Mrs. Texier and Dr. Son's only concern was for the safety of the workplace, not punishing the cemetery for failing to achieve perfection. Mrs. Texier and Dr. Son worked to identify the hazards that, could put employees and visitors to the cemetery at risk for injury. After returning to her office, Mrs. Texier and Dr. Son worked together to formally write out all of the hazards that they had identified at the cemetery. Then, they worked together to find interventions to resolve each issue. After determining which interventions to take, they began to put those interventions into action. This involved buying new supplies, changing one of the cemetery policies, and updating a cemetery facility with better insulation from the cold. Although I was not present for the last stage of the process, they would later reevaluate to determine if all of their interventions were effective.

We also visited a woman working in the city hall who had been experiencing back pain as a result of full-time work from a desk. Mrs. Texier and Dr. Son met her at her workstation and analyzed her work conditions. They advised her on how to position her chair, her back and her items so that she could maintain perfect body alignment while at work. They identified how she would need a new

chair with armrests that was better suited to her needs. They noticed how her computer monitor would need to be elevated so that her neck could remain straight and in-alignment. At her office, Mrs. Texier taught me how to maintain proper spine and body alignment when lifting objects. This will serve as important knowledge when I begin working as a registered nurse.

This workplace visit was especially valuable to me as I currently spend a large portion of my day each day sitting at a desk, studying and doing schoolwork for nursing school. In the future, I will also be spending a good portion of each workday at a computer charting my nursing assessment findings. From my observation of this workplace visit I learned how I should position myself at a desk, how to advise patients to position themselves when they are working from a desk, and how to lift properly. These experiences will certainly benefit me in my future career. They enabled me to observe how a professional safety assessment is performed. Their procedure closely matched the nursing process (assess, diagnose, planning, interventions, evaluation) that I have learned in William Jewell College's nursing program. If I end up ever working in home-care nursing I will have a better understanding of how to assess the patient's home environment for hazards and safety concerns. I will also have more knowledge on ways to find interventions that best resolve safety concerns.

My discussions with Dr. Son and Mrs. Texier enlightened me on the improvements that could be made in the healthcare system in the United States. While I do understand that a complete overhaul in the direction of free universal healthcare would be unlikely due to politics, I do see how I could improve the healthcare system through my own actions. I learned that educating patients on prevention and health promotion is perhaps the best way to improve their health outcomes. Personally becoming very knowledgeable about health promotion and disease prevention, and providing thorough patient education to my future patients can help me reach this goal. I will also advocate for an increased presence of government health promotion campaigns. These could include campaigns to promote healthy eating, reduce alcohol intake, and increase physical activity. With obesity being such a huge concern in the United States I feel that promoting these healthy activities is incredibly important to the future and prosperity of our country. I am very fortunate to have been able to gain this experience and learn how the healthcare system, and risk prevention works in France. My next step is to put my new knowledge into action in my healthcare career.

*Carlos Mata '16
Nursing & ACT-In*

CIVIC ENGAGEMENT

These projects encourage students to engage in socially conscious thought and action for the betterment of community. Projects that fall within this category will promote awareness of public issues while fostering the knowledge, skills, and resources to identify and address these issues.

JOURNEY TO THE MIDDLE OF MY SOUL

A group of Jewell students, including Kim Cogdill, travelled to Guatemala with Xela Aid and met new people and had new experiences that inspired generosity.

When I signed up to join a group travelling to Guatemala with Xela Aid, I knew I would learn new things. I hoped I would touch people's lives, and maybe even be touched myself. I wanted to serve people. I wanted to learn about nursing and medical ideas in a third-world country. I wanted to make new friends. But there were things I didn't anticipate.

I thought a bit about where I came from. My childhood was not unlike the culture I was serving in San Martin Chiquito. I lived in a house that should have been (and was eventually) condemned. Our utilities were frequently turned off because we couldn't afford to pay them. So we learned to live from our land. We had a large garden and raised animals. We used wood to heat our home and water. My family had to fight for everything we had, including respect. Nothing came easy. Going to school, I was shamed and ridiculed. My parents were often a topic of town gossip. Because of this, I became shy and withdrawn.

Because I have a tendency to be shy, I'm not typically the kind of person to create an instant relationship. But there was something different about the community I worked with in the village of San Martin Chiquito. I expected to feel sad for them. I expected to have a desire to fight for and empower them. I stepped off of the bus with a great deal of apprehension. I was worried about intruding into these people's personal lives and treading into their intimate space. I was concerned about doing more harm than good; afraid of being hurt for these people and not being able to let go. These people had lost so much, and I had so little to offer. I began to wonder what exactly had I gotten myself into.

However, the villagers of San Martin Chiquito were not shy and afraid like me. I was greeted hugs and kisses on my cheeks; not once, but by every person in the group! They treated me like a long lost princess. They brought me flowers, gave me a woven bracelet, gave me tea

to drink and food to eat that was prepared by literally grinding corn and flowers using their hands. These people were a breath of fresh air to my spirit! The people of San Martin Chiquito showed me a love and acceptance I could never have imagined. How could these people who were so broken themselves, be able to hug me, smile at me, trust me and share personal stories with me so easily? I found myself envious of the people who lived here. They had each other. There was fellowship, companionship, support, encouragement and understanding. There was a bond. A family link of sorts. They had spirit and drive.

I was surprised how easy it was to have intimate conversations with the women in San Martin Chiquito. We didn't speak the same language. Our conversations had to be translated from English to Spanish, and from Spanish to Mam, the indigenous language. I thought there would be some loss of information or affect during translation, but that was not the case! Conversation came easy. And when I struggled, the women didn't let me just shrug it off. They pursued me. And when conversation became personal and intimate in an effort to educate them and become educated, they were open and willing participants.

I began to ask myself, "What's stopping you from being this kind of person? Are you a breath of fresh air for people? Do you make people feel accepted and loved when they are with you? Do you pursue people instead of letting them shrug you off when they are insecure?" It became obvious to me that this is the kind of nurse I want to be. I want to be fresh, open and genuinely glad to see every patient I encounter. I don't want to intimidate people. I want people to feel comfortable. I want to serve people, even when they are serving me.

Our group travelled to several different parts of Guatemala. As we left San Martin Chiquito I was bothered about this. I kept thinking "I came to spend my time investing in people who are in need". The thought of

taking time to learn about the history of Guatemala with such things as chocolate and jade was not on the top of my list. Going sightseeing seemed frivolous. These things were things I would have been interested in doing if I were on vacation. But in my mind, I was in Guatemala to serve others, not myself.

As I sat in a fire-heated hot tub, jutting out from the side of a volcano, suspended over Lake Atitlan, I came to understand. Coming to Guatemala was more than working with underprivileged people. There was more to Guatemala than indigenous people who were in need. I realized the history is part of the people. The sites that we were seeing are part of the culture. I came to appreciate the idea that it is important for me to see multi-facets of Guatemala so that I didn't walk away from my experience feeling only sad and negative about Guatemala. I was able

to see the beauty that drives the culture and the people. I came to understand them better than I would have by simply serving them. Sitting lakeside was inviting and fed my soul.

I left Guatemala with a confidence I didn't anticipate! I expected to be sad when I left San Martin Chiquito, but I wasn't. The Journey Grant allowed me to be inspired and grateful. It is important for me to be bold and generous in all I do. I was reminded that money isn't everything. I was moved to tighten family bonds. I am motivated to be a better, more intimate caregiver. I learned that friends are who you make them. But most of all, I learned that if I leave myself available, the world can touch my soul.

*Kim Cogdill '16
Nursing and ACT-In*



Above: Major Major Grant Janssen '16 also traveled to Guatemala with Xela Aid which was his first time outside of the United States. He said, "this trip changed who I am, what I believe in, and how I intend to live my life." Photo courtesy of physics and ACT-In major Grant Janssen '16



Right: Photos courtesy of Kim Cogdill

TODAY I CRIED ON A ROCK

Savanna Myers found herself challenging preconceived notions, dealing with extreme emotions, and learning how small actions can make a difference in Zambia.

Over the past year I have been dreaming about the day when I would graduate from William Jewell College with a nursing degree and finally be able to join the Peace Corps. During my junior year, I spent countless hours reading blogs, watching YouTube videos, and scanning every inch of the Peace Corps website when I should have been studying for a class or working on an essay. I had a vision in my mind of what it would be like, and I couldn't wait for that adventure to begin. As I looked at the summer and my upcoming trip to Zambia, I envisioned a trip that would confirm my future plans and assure myself that the Peace Corps was where I was meant to be. However, like most things in life, what I expected was not what occurred.

Back in the fall, our group took a class in preparation for our experience. The class focused on gaining an understanding of what it would be like to serve in a culture different than our own. The class attempted to lead us away from stereotypes and expectations and, instead, enter into the experience with an open mind, prepared for whatever life had in store for us. Despite this preparation in the months leading up to the trip, expectations and assumptions about what Africa would be like formed in my head. Before the trip I don't think I realized that I had even formed these opinions, but they were there nonetheless. I believe these assumptions were my greatest challenge I faced when I arrived in Zambia. When my preconceived notions about what the culture would be like, how the hospital would run, and how my nursing skills would be put to use did not turn out to be the reality, I was placed in a situation that I found both intimidating and frustrating. My dream of traveling to Africa, living in a mud hut, taking bucket baths, and helping change people's lives was suddenly deteriorating around me. On our first day in the hospital, I did not feel that I was being useful or making a difference. Their nursing style was vastly different from the one I was accustomed to in the United States. In my nursing courses at William Jewell I have been taught that one of the most vital parts of being a great is the ability to connect with your patients, form a relationship, develop trust, and provide the best care possible. However, the environment in the Macha Mission Hospital was not conducive to that type of nursing care. Two nurses were expected to care for over twenty patients. This quick-paced care did not leave a lot of time for personal interactions. The nurses administered medications, took vital signs, and changed dressings. As someone who loves nursing because of the opportunity to get to know patients, this environment struck me as cold and impersonal. After only one morning at the Macha Mission Hospital, I found myself outside sitting on rock crying big fat alligator tears unsure of how I was going to make it another five days at the same hospital. This was the moment that I realized my life was about to change direction drastically.

I would not consider myself an overly emotional person. I work in a Pediatric Intensive Care Unit where

each time I go to work I see devastating cases that break my heart, but I continue to go on throughout the shift with a smile on my face for the patients and their families. However, my first week in Zambia brought out an extremely emotional side of me that I didn't even really know existed. Things that I saw in Macha affected me more deeply than I had expected they would. I knew there would be poverty and sad stories, but facing it was a completely different story. One afternoon, our group took a walk through an area that they referred to as the "fires." The "fires" were a large dirt area where families of people staying the hospital lived during the duration of their loved one's stay. There was no running water, no bathrooms, no beds, just large groups of people gathered around small camp fires they used to make meals. As we were walking, we came across a young boy, probably around the age of three or four. His face was caked with dirt, his clothes were torn, he had no shoes on, but the worst part was that there were flies all over him. He didn't even seem to notice as they landed on his face or make any attempts to bat them away. In my job at Children's Mercy, simple acts of personal hygiene are one of the most powerful tools in patient care. It always amazes me how giving a patient a bath, washing their hair, brushing their teeth, and a new hospital gown can change their mood and uplift their spirits. Not being able to do that for that little boy due to lack of resources broke my heart. This heartbreaking scenario is just one example of the many situations I encountered at Macha that made me realize how grateful I am for the unlimited amount of resources I am able to utilize when caring for patients in the United States.

During the majority of my time at Macha, I found myself in situations that caused me to think thoughts like, "If only we were in the United States I could do this for them..." However, there were special moments that I found myself the exact opposite, wishing that what the Zambians did instinctively we could implement more of in the U.S. One of my greatest observations was how deeply family members cared for their hospitalized loved ones. They didn't only support them, they cooked for them, brought them water, helped them go to the bathroom, and even carried them to the wheel chair to take them to x-ray. The family members essentially were their loved ones nurses. My experience working in an American Children's Hospital has often left me feeling like Americans view hospital staff as not solely nurses or technicians, but also as servants, maids, and babysitters. However, in Zambia they seemed to understand that they could contribute to the care of their family members and were willing to help. I was also struck by the bravery and endurance of the patients. We watched a woman give birth with no pain medication, comfy bed, epidural, or ice chips. She did not complain, instead she was resilient. We stood by the bed of a man while looking at his X-ray showing a completely detached kneecap and two broken bones, yet he was smiling and talking. He had to wait



Left and Below: Nursing majors Shannon Mahzoon, Madison Cimpl, Ellie Esry, Savanna Myers, Madeline Cox, and Alex Conklin went together to Zambia. Photos courtesy of Ellie Esry



weeks for an orthopedic surgeon to arrive, but he looked grateful to be receiving care.

A major challenge I faced while serving at the Macha Mission Hospital was the inability to communicate with patients. The language barrier proved to be more difficult than I had anticipated. There were moments of downtime where I would have loved to have sat down and asked a patient about their life and gotten to know them, but this wasn't an option as I didn't speak Tonga and they didn't speak English. This taught me what a crucial and valuable tool communication actually is. With all of the high-tech medical care we provide nowadays, especially in an ICU it can be easy to lose sight of the little things that actually make a big difference.

Serving in Zambia was not an easy experience. It was challenging, heart breaking, but completely necessary. I thought serving in another culture would be much simpler than it was. The truth revealed, however, that it wasn't glamorous to live a mud hut, take bucket baths, and eat food with my hands. It was interesting, it was new,

but it was also terrifying and challenging. Being pushed out of one's comfort zone is an important part of life in order to learn new things. I feel that I can now take what I saw in Zambia and apply it to my future nursing career in a way that I think will make me a more thoughtful and grateful nurse. I now realize that I had previously had an oversimplified view of what it would be like to serve in another country. It's easy to view yourself traveling the world and trying to change it all at the same time. But, the reality is that this experience changed me much more than I changed anyone's life in Zambia. It took time for me to understand and accept that that is okay. Folding and cutting gauze for four hours may have not felt life changing at the time, but it made a small difference in someone's day. The most important lesson I learned after traveling half way around the world is that making a small difference is enough.

*Savanna Myers '16
Nursing and ACT-In
15*

FULL HEART IN BELIZE

Alex Steinkamp participated in medical clinics in Belize where she built relationships with patients and learned how to become a more caring and humble nurse.

Mary Anne Radmacher once stated, "I am not the same having seen the moon shine on the other side of the world," When I left for Belize I was spectacle about still wanting to be a nurse. After being in Belize for two weeks and working with the patients and the locals, my heart and mind were completely transformed. Coming back home, I walked off the plane and saw my family at the gate, I immediately starting crying because I was overwhelmed from their support and realized how grateful I truly was for their love. I realized I was not going to take them or anything for granted again. The Lord used my trip to teach me that I needed to open my eyes and become appreciative for everything he had given me. He also used my trip to fill my heart with the love, gratefulness, and friendships from the local community members to make me truly realize that nursing is the right path because my one true passion in life is helping others.

Take a look into the local villages and the first thing you will notice is that there is no running water, electricity, people using buckets at toilets, shacks and tents being used as full-time homes, and you will even see babies and children sleeping on the cold hard dirt floor. Then take one step into their villages and take a get to know the villagers on a personal level, and you will notice that they are extremely appreciative for the clothes on their back, the families they have, the houses they have to sleep in no matter how big or small, and for any amounts of food that they are able to provide for their family. While I was sitting on the plane, leaving Belize after my two week medical mission trip, these were just a few of the thoughts that were running through my mind. When I came to Belize I knew the villagers' lives were different than my own, I knew I would be helping them medical change their lives, but I did not expect their actions and way of life to transform my heart and life forever.

While I was sitting on the plane, waiting to depart, I was looking out the window and I could see part of my reflection staring back at me and I knew that I was not the same young girl when I entered into the country. The citizens of Belize made me understand the true meaning of life and spirituality. They taught me to let go of the little things in life that are beyond my control and do not let the little things get me down. I constantly heard, "Well this situation is beyond our control. No need to get upset, we will figure something out." They knew that getting upset would only make the situation worse and realized that if they worked together with the others around them they would be able to figure out the situation. Before this trip, I was an extremely high strung individual and would get extremely stressed out about the smallest situations in my life, but now any time I notice myself getting stressed out over the little things, I just have to put myself in check. I tell myself that there are a lot of things beyond my control and I need to become appreciative for my surroundings and every aspect of my life.

The citizens of Belize are extremely appreciative for

the little things in their life. They are also happy for the company of others; to them it does not matter what wordily possessions they have, just being with others is one of the most important things in the world to them. As Americans, we measure our wealth by our possessions instead of wanting to constantly be surrounded by friends and family. I became completely humbled by this aspect of their culture compared to ours; I realized that I too, take my relationships with family and friends for granted because I am so wrapped up in my own physical possessions. I now try to make more of an effort to put my phone down when I am with my family.

Before leaving for trip, I was contemplating the idea if nursing was the right career path for me. I had just gotten done with an extremely hard semester physically and mentally and I just did not know if I wanted to continue on my nursing school path, I did not think I would be able to show my patients the passion I truly have for helping them. While in Belize, I along with other medical students, completed six medical clinical and were able to see 150 patients. While in the clinics, I was able to build trusting relationships with my patients. While doing the normal check up assessments, I would listen to the patient's tell their stories about why they came into the clinic. All of their stories were unique and would cause all of us students to reevaluate our own lives.

Throughout my two-week journey, I was able to take part in six different clinic days. While being a part of these clinics I became completely overwhelmed by emotions with how far and few between the citizens in the communities are able to see a doctor. The only time they see any type of health care service is when health care teams like us come into the into their communities, which usually only happens every two years. I was so delighted that we were able to serve children, mothers, the elderly, and many others. We were able to provide them with medications and antibiotics to help with whatever they were diagnosed with but one of the items that troubled me was that we only able to give them medicine for about 10 days. Many of the patients needed the medication the rest of their life but they were expected to go the hospital to get their medication refilled or go to the local hospital to get an ultrasound to find the underlying to their diagnosis but many of patients do not have the mode of transportation to get into the city to see a doctor. Everyday I would leave the clinic being extremely overjoyed that we were able to help out the patients but also saddened because I knew that if only we had an ultrasound machine or more medication we would be able to help them out even more; but a little help can go a long ways and they were extremely appreciative.

Two weeks in Belize was long enough to change my heart and my life. It caused me reevaluate many aspects of my life. It helped me learn that helping people is an extreme passion of mine and that nursing is the right path for me. I love bringing smiles to patient's faces, I love talking with

my patients and learning their stories and understanding them and their pasts'. Belize showed me how to love my patients even more. God used Belize to fill my heart with love and become a more caring, humbled, and appreciative person and nurse. My medical mission trip taught me

many life lessons but one that I will never forget is that one can never out serve God, we must always be living and serving for God.

*Alex Steinkamp '16
Nursing and ACT-In*

LANGUAGE IMMERSION AND HEALTHCARE VOLUNTEERING IN PERU

Immersing herself in the culture of Peru, Mary Amelia Fitcher volunteered at a health clinic, learned Spanish, and traveled the country, including a stop at Machu Picchu.

During the summer of 2015, I used my Journey Grant to spend 6 weeks in Cusco, Peru, South America through A Broader View, a company that places volunteers abroad. I spent my mornings volunteering at a healthcare clinic, Centro Santa Rita, my afternoons learning Spanish, and my weekends traveling and exploring Cusco. I lived with the local coordinator for Cusco, Maria Elena, her ninety year old father, and one to four other volunteers. I was lucky enough to get my own room the entire time I was there. We lived in the neighborhood of Mariscal Gamarra, that was right next the Universidad Nacional de San Antonio, right off of a major road, Avenue de la Cultura, and a thirty minute walk to la Plaza de Armas.

It took thirty minutes to get to the clinic. Riding the bus by myself was scary and intimidating at first, but not too bad once I knew the correct bus to get on and the route it took. Luckily I never had any problems. In the clinic I spent a lot of time in triage, taking patients vital signs, height, and weight. I also got to observe a lot. I saw some alternative medicine treatments, such as acupuncture, foot chiropractic therapy, massage, and back cupping. I spent one week in the lab doing different tests on all types of body secretions and drawing blood from patients. In addition, I spent a couple weeks following the nurses who treated people in the small treatment room. While there I got to give injections and start IVs.

My weekend adventures included a city and Sacred Valley tour, in which I and Caela (another volunteer) visited a number of ancient Incan ruins, including: Pisac, Ollantaytambo, Sacsayhuaman, Tambomachay, and Cachimayo. The following Saturday we took the train from Ollantaytambo to Aguas Calientes (town at the base of Machu Picchu). The next day we woke up at 5am in order to see the sun come over the top of the mountains while exploring Machu Picchu. The history of this once great city was fascinating. It is the only Incan city that was not destroyed by the Spaniards because they never found it. It is often called the lost Incan city, because for over four hundred years only the locals knew about it, until Hiram Bingham found it and brought it to international attention in 1911. Now it is one of the biggest tourist attractions in South America. Caela and I got to spend about four and half hours exploring it before we had to leave in order to catch our train. If I ever go back I want to take the time to do the four to five day hike on the Inca trail to Machu

Picchu. The other weekend trip I did was to Lago Titicaca, one of South America's largest lakes and the highest navigable lake in the world at an elevation of 12,507 ft. While there we visited a floating island of Uros and learned how the people live, and stayed with a farming family on the Island of Amantani. Staying with family was one of the highlights of my trip. It was very eye opening to see how they lived and experience their culture. Other weekend adventures included zip-lining in the Sacred Valley (which I must say was amazing compared to any zip lining I've done in the U.S.), a 15 mile hike on part of the Inca trail, and regular salsa dancing lessons.

I learned so much throughout my time in Peru. It took a lot of courage for me to arrange my whole trip and travel there myself. Through the experience I learned a lot about myself. I learned that just because something is new and scary does not mean that you should not do it. If I had been too scared to go by myself I would have missed out on a big adventure.

I was surprised by the poverty I saw in Peru. It was something I expected, but it is different to expect something and then see it in real life. I think I was partially surprised because of the foreign culture and because I have not seen a lot of it to begin with. It was really eye opening and humbling.

Throughout my time in Peru I took Spanish lessons from two to six Monday through Friday. I had taken some classes in high school, so I had some previous knowledge to help me. I found the classes to be very helpful, especially since lots of the classes were one on one. I was good at grammar and reading, but speaking was difficult for me. We spent a lot of our time doing just that. I felt like the lessons were definitely worth my time, but learning or further perfecting my Spanish is not a desire I currently have.

Much of what I learned is applicable to my life now and moving forward. One of my big takeaways is to be happy with what I have. Over and over again I saw people with so little, but they were so happy and friendly. Looking forward I know that I will not be afraid of change in my life like I was before because I know that if I handled a six week international trip with no one I knew I can do anything.

*Mary Amelia Fitcher '16
Nursing and ACT-In*

HONDURAS 2016

Molly Cowdrey went on the popular Honduras trip with Village Partners Project and learned more from the people she met than they could learn from her.

Arriving in Honduras I knew that when I stepped off the plane, I was going to be entering a whole new world but nothing could have prepared me for the next ten days I was about to experience. I had never done anything like the trip in Honduras I had only heard about it from people who went on previous trips. It was always something I dreamed of doing but never thought possible until I heard about the Journey Grant.

The first day was a lot for me to take in. When I exited the airplane and entered into the Honduras airport I was honestly terrified. There were very few people who spoke English at all and the ones who did seemed to only know little. Once we got our luggage packed in the van I started to lose the fear and gain excitement. As we were driving up the mountains a whole new rush of emotions came over me.

The next day we headed off to the village of Motagua. It was such a beautiful village surrounded by mountains. As soon as we parked the van children slowly started to approach us. At first they just watched us and then they started to help us move our bags and empty the schoolhouse room where we stayed. One of the children brought a soccer ball out and we started to play a little game of soccer with him! Some of the other kids decided to join the game; the kids were so fun and loving! We had to cut the soccer game short and attend to a meeting with the women of the village. The meeting was all in Spanish so I had a hard time following considering I do not speak any Spanish at all. Luckily Lori knew what was going on and translated for us. We all stood up one at a time and introduced ourselves and said our major and met our families who would be feeding us for the week. Laura was my host mom and I knew it would be a tough week because of the language barrier but I was excited for the experience. When it was dinnertime, Laura came to get me and we walked to her house. Dinner was so good; it consisted of eggs, beans, rice, homemade tortillas, and the homegrown coffee that was amazing. Laura introduced to her husband, Carlos, and her son, Fernando. They really had a hard time pronouncing my name. She showed me all around, I saw the whole farm, the chickens and roosters, the baby chickens, the cows, the fruit, and the pigs. I showed Laura pictures of my family and she showed me pictures of the previous students she had hosted. The first day was great but I was so overwhelmed by it all.

The next couple of days we planted gardens for some of the families in the village. The first garden we were at I really felt in the way and like I was not doing much to help. It was kind of a downer because in my head I thought we would be doing much more hands on things. I did love playing with the children and there were two little boys who immediately stole my heart, William and Darlin. I was able to take my first shower in the village and that was quite the experience. One of the nights when I was having dinner at Laura's, Sarahi came by and translated a little bit for us. She told me that Laura

wants me to know that I am the Queen of the house and anything I want to eat she will make. I did not really like hearing this because I was just so grateful for Laura and everything she was doing and I did not expect her to make what I wanted but what she wanted to make for me. I wanted her to look at me as just another friend coming by for dinner not the Queen of the house. Laura's daughter was visiting from Yoro and she spoke a little bit on English so we were able to have a short conversation during dinner, which was a nice change. I was able to finally talk to my mom on the phone, which was great and made me miss home a little bit, but I still loved every second of being in Motagua.

We finally were able to do a little more hands on help with the gardens and that made me feel a lot better and like I finally had a purpose of being in the village. Us nursing students did a little teaching clinic for the children of the village. We demonstrated to them how to properly brush their teeth and wash their hands. At the end of the lesson we passed out new toothbrushes and hand sanitizer and they seemed to love it. I had so much teaching the children. We were able to meet a lady in the village who was in an accident and ended up in a wheelchair. She was so inspirational to me, she was very positive and worked everyday to get better. She opened my eyes to a lot of the little complaints I make that do not matter. The people in the village are truly amazing people.

The last couple days in Honduras were a big struggle for me. When we went to the wildlife refuge and we were doing things that did not interest me, or when we were eating lunch with ants in it I really found myself getting frustrated or angry. As soon as I felt myself starting to get upset I would think of the people who are so happy for us to be there helping and I would bring myself back to the fact we were there for a reason and that reason was much bigger than me getting upset at little things that those amazing people deal with everyday. Meeting the new community and seeing how these projects get started was really cool for me. I liked seeing all sides of it.

My experience in Honduras was one that I have a hard time putting into words. It is hard to describe how it made me feel because it made me have a million different emotions. The people of Motagua are some of the most inspiring people I have ever met. It is crazy to think that when I am asking God for things it is usually things such as good test grades when the people of the village are praying to him and thanking him for rain, something we would never think to pray to God for. Although we go to these villages to teach the people how to live a better life, in the end they taught me how to live a better life. I will take what I learned from those people and carry it with me everyday. I believe my relationship with God has gotten a lot stronger from this trip and I am full of joy and love and I wish everyone could experience what I was so lucky to do.

Molly Cowdrey '16
Nursing

LEADERSHIP DEVELOPMENT

These projects encourage students to engage in careful reflection on their unique leadership style. Projects that fall within this category will examine the theoretical background, historical contexts and core competencies of leadership while preparing students to become effective leaders.



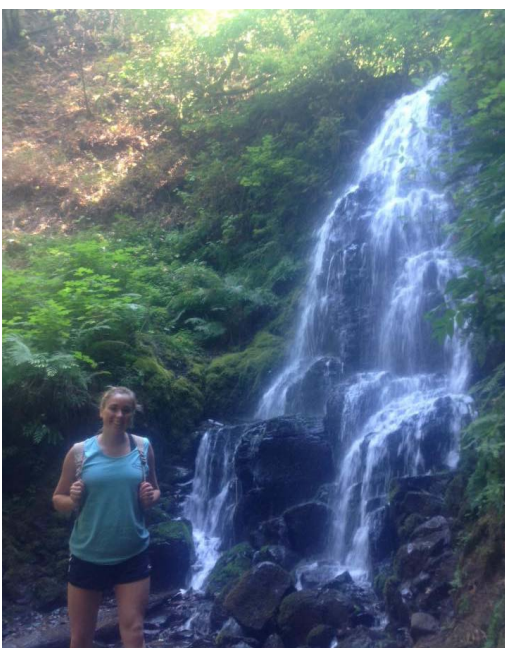
Above & Right: Communication and Business Admin major William (Billy) Kirkpatrick '16 developed his leadership capabilities while working at a Fellowship of Christian Athletes baseball camp in southern California. Part of this experience included guiding kids in spiritual and athletic endeavors and helping out the local Mexican community through construction projects. Kirkpatrick said, "This experience allowed me to test my leadership capabilities, as well as reminded me of the reason that I play baseball."

EXAMPLES OF LEADERSHIP DEVELOPMENT PROJECTS INCLUDE...

- Participating in Outward Bound through the Pryor Leadership program
 - Attending a leadership workshop
 - Traveling to the To Write Love on Her Arms MOVE summer conference to become equipped to start a branch of the organization on campus
- Creating and leading a team wilderness expedition

PROFESSIONAL DEVELOPMENT

These projects encourage students to engage in thoughtful investigation of postgraduate professional opportunities. Projects that fall within this category will develop professional skills and build professional connections while preparing students for entry into the professional environment.



Far Left: Psychology and ACT-In major Zinka Duric '16 traveled to Bosnia & Herzegovina to observe international physical therapy practices.

Above: Psychology and ACT-In major Haley Ramsey '16 spent time in New York City to earn her yoga teacher training certificate. She said, "I think that leading one's life by attempting to unite the body with the mind is a great way to live a fulfilling and peaceful life."



Left: Psychology and ACT-In major Ida Nyman '16 did an internship with Tennessee Fitness Spa where she was able to shadow a dietician and had responsibilities like gardening, do cooking presentations, and helping with meal planning. She also got to explore Alaska with a traveling dietician as a part of her experience.

BUILDING BLOCKS

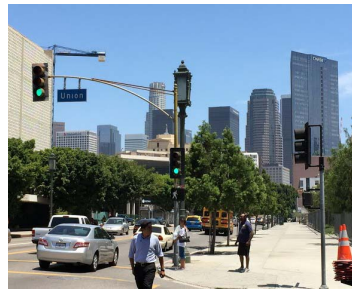
Starting with a road trip across the U.S., Dean Pinhas stopped in Los Angeles to intern at Adir International with the goal of better understanding the business world.

In the summer of 2015, I began my journey across the United States to the west coast where I would begin an internship in downtown Los Angeles. I would be interning for Adir International, more commonly known as Curacao. Curacao is a retail company with eleven different locations across California and Arizona that continues to grow in a thriving Hispanic community. Curacao offers a unique style of sales that is appealing to Americans and Hispanics alike. By creating long-lasting relationships with customers, Curacao provides most of its services on a credit basis, allowing customers to pay in installments, which may vary depending on their history with the company. Curacao is now ranked as one of the top fifty retailers in America.

Having been born in Los Angeles, I also felt that this was an opportunity for me to reconnect with my roots. I still have some family in the area and a few friends from early childhood. While in California, I was able to live with my uncle and aunt and was able to rekindle our relationships which had faded slightly over the years.

On June 10th, the journey began with a breakfast at Panera and a tank full of gas thanks to QuickTrip. I knew that I needed a car for my internship so I elected to drive rather than fly to California. I knew the drive would be an excruciating 25 hours of driving over nearly three days, especially since I would make the trip totally alone. The first few hours behind the wheel were anticlimactic and traumatizing as I realized there was no going back; the journey had started. The drive started with a few confusing minutes in the heart of Kansas City's highway system which was only followed by what felt like endless miles of uneventful Missouri and Kansas plains. Nonetheless, eventually the first day came to an end just outside Denver, Colorado after roughly eleven hours and nearly 700 miles. The second day of driving was much more pleasant, however, it just as lonely which meant I would be making calls to loved ones and friends to keep my company. Driving through the Colorado mountains and the canyons in Utah, I saw sights that I will not definitely forget anytime soon. My second night was spent in a familiar place. Having lived a few years in Las Vegas, Nevada I decided that would be a great place to stop. So, after another roughly ten hours and nearly 700 more miles, I was that much closer to Los Angeles. My last day was of course the shortest and, nonetheless, was perhaps the most excruciating part of the journey.

On Monday, June 15th, I began my internship only a few short days after the painful trek halfway across the continental United States. Monday marked the beginning of a five-week experience which would come to teach



me a surprisingly large amount about life and the world. While at Curacao, I focused mainly on auditing their internal systems by evaluating inefficiencies across their operations. As each project ended, I would summarize my thoughts on the issue and methods to correct the problem for a senior member of the staff that would be able to manipulate the information and enact changes. The days were either slow or quick. There was no way around it. The commute to work driving an hour and a half each way was definitely always slow, but there were days where the task at hand just made the hours fly in a very fulfilling way.

Working with very experienced personal businessmen and women was beyond educational. I learned about work ethic, delegation, communication, teamwork, excel, and other software. Eventually, I felt very proficient at completing the tasks I was assigned.

This project was meant to help me understand the business world while gaining more knowledge pertaining to a field that I am studying in order to better prepare for me life after Jewell. I believe that this goal was accomplished thoroughly. I was able to experience working in downtown Los Angeles in the middle of one of the biggest business hubs of the world surrounded by some of the most successful people in the world. The experience was very successful in terms of both my personal and professional goals.

SAFEHOME INTERNSHIP

As a non-profit major, Angel Wansing had the opportunity to intern with an organization that supports survivors of domestic abuse.

During the summer of 2015 I was able to accept an internship at SafeHome, an organization that provides support for survivors of domestic violence. During this 300-hour internship I was able to gain skills in the nonprofit world through one-on-one interaction with clients as well as organization paperwork. This internship was a great opportunity to prepare me for entering the nonprofit world this December with my nonprofit degree. Working with SafeHome brought up many obstacles that I was able to overcome using knowledge and skills I have gained from taking classes at William Jewell. The internship consisted of 300 hours of critical intake appointments, one-on-one appointments with my supervisor, and client paperwork. While I was able to do small tasks here and there, my main job with SafeHome was to sit with clients and discuss their encounters with domestic violence. I did my best to make them feel safe as well as inform them on the services of the organization and how they can stay strong against domestic violence. I was able to observe clients in a time of need as well as seeing them grow and improve their own lives by getting away from domestic violence. Many clients had to overcome very serious situations, but helping them recover or get through those hard times, were very rewarding, especially when seeing a client in a better place.

Throughout the course of this internship I was able to pick up many new skills and traits that will stick with me through my journey into the professional nonprofit world. This internship took a much larger mental toll on myself, and because of that I believe I am able to handle more emotional situations with a very calming manner. I also feel as if this internship has made me a more judgmental person. Although I am more judgmental, it is only in the best interest of myself and the ones I care about. I want to know that the people we surround ourselves are safe individuals who do not intend to harm anyone. I have learned through many discussions how to aid individuals

in domestic violence as well as provide a warm safe feeling while doing so. This experience, although mentally challenging, was an amazing opportunity to test my professional skills. I believe that I have strengthened my abilities to work and function successfully in a professional setting.

With the completion of this internship I feel more prepared to begin finding a career. I have learned the importance of organization, timeliness, and keeping your personal life and professional life separate. My supervisor gave me many tips on how to keep my binder, which consisted of all of my Critical Intake Appointment materials. This helped show me how much easier a job can be with successful organization. I managed to show up to work in a timely manner; however, I had many clients show up to many of their appointments late. This caused them to become angered but also gave me the opportunity to reschedule and explain the importance of showing up to important appointments on time. I also learned very quickly that it is extremely imperative to keep your personal and professional lives separate. When I brought problems in my personal life to work it made the mental toll almost unbearable. I was unable to help my clients to the best of my ability and they deserved nothing less than the best. My supervisor, Leah, was able to help me keep these separate with a one-on-one appointment once a week to get out any problems or frustrations I was running in to.

This project is by far the best learning experience I have had in the nonprofit world. I would personally not change anything about this internship and would strongly recommend it to any students in either nonprofit or social work. I am very thankful to Jewell, and my advisor Kevin Shafstall for this opportunity. These skills and knowledge I have obtained will help me greatly as I enter the nonprofit world.

Angel Wansing

BRITISH TEACHER EDUCATION PROGRAM

Annalise Moffitt traveled to the Redland Primary School in England and discovered her passion for education thanks to an influential mentor.

My summer experience in the Redland School was instrumental in shaping my personal teaching philosophy. Before going on BTEP, I was not completely set on the idea

of teaching after graduating. Although I have always loved education, I was not sure if teaching was my life's calling. After spending the summer at Redlands School with Mr.

Smith, I quickly rediscovered my passion for education. For it was Mr. Smith’s classroom, daily routines, and topic planning that made me excited to go to school everyday. Walking into Mr. Smith’s classroom I immediately saw how his organization led to a positive learning environment for his students. This was important to me because similar to Mr. Smith, I enjoy structure. Mr. Smith had his entire classroom color-coded and labeled, keeping both himself and the students on task and organized throughout the day.

Similar to the physical layout of his classroom, Mr. Smith used structure and routines to establish and maintain a positive learning environment. Two routines I hope to hold onto and use in my future classroom include his daily math and English routines. Everyday, Mr. Smith started his math lesson off with a “number of the day”. During this time, the students were asked different questions regarding the number in order for the students to practice fundamental mathematic skills such as mental math. Along with his math routine, everyday the students began their English lesson with a word of the day, vowel words, and creative writing otherwise known as “improve the sentence”. Mr. Smith’s daily English routine taught key language art skills such as phonics, spelling patterns, and creativity. These simple routines help develop

fundamental skills necessary for the students to be successful in their future education.

Finally, it was Mr. Smith’s passion for topic work that influenced my personal philosophy on teaching. Each term Mr. Smith chooses a topic to be the overall focus of his classroom. Recently, Mr. Smith has completed topics related to the ocean, chairs, breakfast, and superheroes. Mr. Smith uses these topics to teach important standards to his students in an interactive and enjoyable way. What I enjoyed most about Smith’s view on topic work is that he only incorporates the material and standards that “fit” into the topic. For example, Mr. Smith said some of his topics are more English and history based, therefore he does not push math in such a unit. Instead, Mr. Smith will do a math lesson that does not relate to the topic in order to teach important mathematical principals and standards. I feel truly blessed to have had the opportunity to be a part of the British Teaching Education Program. It is through this program that I have learned important teaching techniques and practices that will help me be successful this upcoming year in my student teaching experience as well as in all my future educational endeavors.

*Annalise Moffitt '16
Elementary Education and ACT-In*



Jewell students who used their Journey Grant to do the British Teacher Education Program include Annalise Moffitt, Brooklyn Bradley, Courtney Eaton, Jimmy Hunter, Jennifer Nelson, and Lauren Mather. The students used books and real-life experience to answer the “curiosity questions” they created before their trip to discover differences in American students and British students. *Photos courtesy of Courtney Eaton*

GAP MEDICS IN CROATIA

Amela Halilovic better prepared herself for a career as a doctor by observing the saving of lives and the differences between healthcare in Croatia versus the U.S.

Through the use of my Journey Grant I had the opportunity to go to Pula, Croatia through Gap Medics and shadow doctors to observe the cultural and economical differences in medical healthcare between the US (one of the world's wealthiest and medically advanced nations) and Croatia (a country that gained independence just 25 years ago and whose debt has been rapidly increasing over the past couple of years). I spent two weeks in Croatia; during my first week I shadowed an Ear, Nose and Throat doctor in a hospital farther in the city, while during the second week I shadowed an Orthopedic Surgeon in a hospital, which was nearer to the coast. In the US when you enter a hospital you are automatically hit with a blast of cold air from the AC that keeps the temperature of the hospital much cooler to prevent the spread of bacteria, however in Croatia (average temperature during July is 86 degrees with high humidity) the temperature in the hospital was very similar to the outside temperature. There were no AC units, except for ones installed above the doors of the surgery ward, but even there the head nurse had to make sure to limit the number of individuals in the surgery center to try to keep the temperature as cool as possible. This was the first major difference that I noticed between the US and Croatia.

Every morning we would go on rounds with all of the doctors in the department visiting each patient on the ward, however instead of having separate rooms there were six beds in each hospital room. The patients could hear the medical status of the other patients and listen in to the doctors conversing. In the US each patient has their own room or if there are multiple patients in a room, then a curtain separates them, but these barriers were not present. There was not much confidentiality present in the hospital like there is in the US, nor where we asked to sign a HIPAA form like we do in the US to protect the patient's confidentiality. We ended up shadowing our first doctor's colleague for a procedure and when I asked him if they exhibited more rates of infection due to the heat in the hospital and due to the fact that patients are not given antibiotics like they are in the US after a major procedure. He dismissed the question and said that infections are within a normal range like in the US. This answer was shocking to me, so during my second week at the other hospital I posed the same question to the other doctor. He was much more honest and open with us, and he replied that the infection rates were extremely high, which resulted in a lot of patient's coming back after they were released. The second doctor was much younger than the doctors from the first week and didn't try to hide any of the issues of the health care system in Croatia or the problems that occur in the hospital because of lack of funding. From him we learned much more about the financial and economical difficulties that the hospital was facing.

During the two weeks, we were able to observe multiple procedures, like tonsillectomies, the pulling back of ears that had hinged out, facial reconstructions, and metal

rod and screw placements. The most interesting case that I will never forget was a 50-year-old woman from Germany who had come on vacation to Pula. She was on a yacht and another boat was coming near, so to stop the boat from hitting theirs she stuck her foot out to stop it. However, instead of landing of the edge her foot slipped and the boat crushed her leg. The x-rays we were shown prior to the surgery showed that not only were the bones below her knee completely separated, but also they were shattered. This was a very long procedure, but we were able to watch how they cut of the dead tissue and inserted the metal rods to try to stabilize the broken bones. It was an amazing procedure to watch and is one that I've never had the experience to see in the US.

After we finished our shadow for the day, we were then able to go and travel around Pula. It was amazing to travel through the city and see how the historic architecture was incorporated in with the modern elements of the city. Some historical pieces we saw were the Arch of the Sergii, a sign of victory that dated back to the Roman Empire and the Pula Amphitheater, which also dated back to the Roman Empire and was the only amphitheater from that time that still had four side towers standing. During the second week we even got to watch a gladiator fight in the amphitheater!

We also only shadowed during the weekdays, so over the weekends we were encouraged to travel. I went to Trieste, Italy with a group of students who were also in the Gap Medics program. In Trieste, we were able to really delve into the culture because none of us spoke Italian and the individuals there did not speak much English. This was a big change for me because I have never been in a country where I do not know the language, so we had to rely on each other and work together to navigate through the city. My most memorable experience in Trieste was when we visited the two castles there, which are the Miramare Castle and Castle San Giusto. Miramare Castle was more pristine and elegant, while Castle San Giusto was more rustic and ancient looking. Luckily for us the tour guides there spoke English and were able to explain the historical significance of each castle to us! It really emphasized the cultural value of Trieste, especially since prior to this trip I had never even heard of Trieste.

When I decided to do the Gap Medics program, I knew that I wanted to continue on into the medical field, but now after having my experience in Pula it has just reaffirmed all of the decisions that I have made up until this point. My passion for medicine has just grown. Sometimes the longer you study something the less you see the end goal. You get caught up in all of the tests, essays and homework that you lose sight of what you're doing it all for. Here at home I can find shadowing opportunities, but most of the time it's either once a week or once every couple of weeks. There's never been an opportunity for me to come in every day. By doing this program I got to be with the doctor the entire week. I got to see their day-to-day job and how the patient's recovery

went each day. It was great to see a patient come in on Monday and then watch them leave to go home on Friday. This didn't happen often, but the few times it did were amazing to witness! I didn't expect to gain so much from my experience as I did, but it reinvigorated me to continue down this path no matter how difficult or how many bumps come along the way! I will be a doctor one day and help save lives like the doctors that I shadowed in Pula! Through my experience I got to see the leader come out of me, I have never traveled alone nor have I ever been far from home, but in this experience I was traveling completely alone and when we went to Trieste, I took the lead to make sure that we had a map and were prepared before we left the bus station. This experience showed me that even in the toughest situation I can think calmly and rationally to get us out of a bind. I could not be more grateful for the experience that I had because it really prepared me well

going into my last year at Jewell!

My plan was to finish medical school and then gain some experience before traveling with Doctors Without Borders, but I have always debated weather I could be away from home for so long. With this experience I have realized that I can do fine on my own and not get home sick, but instead enjoy myself and focus on what I am there to do! I cannot wait for my next journey after Jewell and know that this is an experience that I will always carry with me! If I could do this project again, the only thing that I would change is to have one more weekend planned in my schedule to be able to sightsee more around Croatia instead of just staying in Pula, but aside from that there's nothing else that I would change!

*Amela Halilovic '16
Biology*

RETAIL, MARKETING, AND MANAGEMENT IN CALIFORNIA

Marissa Juliana took the opportunity to continue her retail experience by shadowing a store manager of Hot Topic in San Diego.

This winter break I got to spend my Journey Grant, a program generously offered by William Jewell College, in San Diego, California. The experience was a rewarding, fun, and an interesting one that I will certainly never forget. I cannot wait to use what I have learned and apply it to my future endeavors in the world of business.

I journeyed to San Diego to job shadow the Senior Manager of Store Operation at Hot Topic, Nick Cuezze. Nick started off as a worker in a local Hot Topic and worked his way up to the high position he hold now in the company. Mr. Cuezze sees over hundreds of stores on the west coast and he let me come out and observe some of his day to day activities. Mr.Cuezze's job includes setting long and short ranged goals, objectives, and strategic plans. He provides consultation and leadership to all faculties. He oversees operational programs, projects, and services, while also representing the company when dealing with outside agencies or organizations. Mr. Cuezze does all of this on top of other daily assigned duties.

Mr.Cuezze showed me around his day to day office while explaining all of his duties and sharing some of his experiences while on the job. Mr.Cuezze explains that learns most about his business and more about what he needs to be doing in his own job from stopping in to visit stores in the area to look for improvements. We arrived at the store and I got to see just how important the tiniest details are to make a store run properly. I also got to see how Mr.Cuezze interacted with his subordinates that may or may not recognize him. He treated all his employees with respect and stern but politely explained to them a problem if he sees one. It really is important to make your employees feel important because they are, you want to

recognize them when they go the extra distance, says Mr.Cuezze. Working with lower employees is a small part of what Nick does but he finds it to be a helpful experience.

It was exciting to witness business on a larger scale that what we are used to seeing around Kansas City. San Diego and California in general has so many people and everything has that big city and big business type of feel. They do business and manage on such a large scale and implement huge plans that affect so many people. I do not think I am ready for the big city life quite yet after seeing it but it is something to works towards and get better prepared for, just like Mr.Cuezze did. I realize that it takes a good leader to obtain this kind of position. I think my leadership skills are lacking so I will have to improve and work on things that would result in me becoming a better leader. This job also requires a lot of organizational skills which I do possess and would help me greatly in a management career like this.

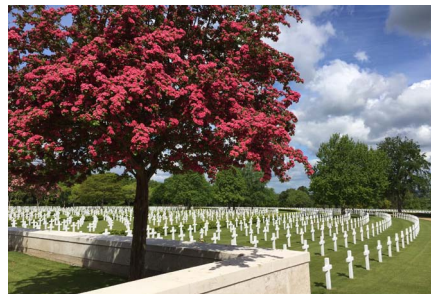
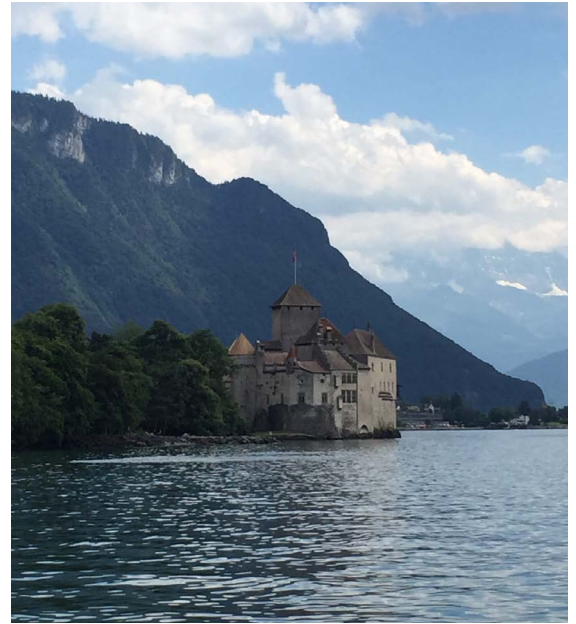
I work in retail now at Dicks Sporting Goods and have always wondered about perusing higher management and what that might entail and how to go about doing that. After my job shadowing experience I feel confident that management could be something I would be interested in in my future. I now have a better idea of how I can work towards a career in management thanks to my experience. My Journey Grant opened my eyes to new opportunities and allowed my experience a new and exciting place. I am thankful to have had such an opportunity and will never forget my time in San Diego.

*Marissa Juliana '16
Business Administration*

STUDY ABROAD

These projects encourage students to engage in academic study in a foreign country for a summer, a semester or an academic year. Projects that fall within this category will promote personal growth and cultural awareness while introducing global perspectives on political, social, economic, etc., issues affecting the world today.





HARLAXTON SUMMER

Taking the opportunity to travel to numerous places across Europe, Jennifer Ghekas studied abroad at Harlaxton College in Grantham, England.

For my Journey Grant, I went to Grantham, England to take an international tourism business class at Harlaxton College. When I first landed at London Heathrow I was nervous and tired, but also excited to venture out and explore another part of the world for the first time. I did not know anyone in the program, and was nervous about meeting new people who mostly knew each other already. At first there wasn't too much culture shock. England didn't appear too different from the United States, other than driving on the opposite side of the road. The houses and landscape was different than much of America, but it was a comforting look. We lived and studied in the manor, but we got to do a lot of travel for our learning as well. Since it was an international tourism class, we traveled to London to see what the tourism sector is like there, which we could then compare to what we have in the United States.

A major part of the program was having the freedom and ability to travel to different locations on the weekends. I had the opportunity to explore York, Cambridge, and Lincoln, Ireland, and Scotland. Traveling with people I had never met before proved to be challenging at times, but also taught me to be flexible, patient, and open minded. Although we did things that I may not have chosen to do had I been with my family, I am glad that I got to experience the culture in so many different ways, and with people that I became close with very quickly.

In York we got the opportunity to relax and have tea, like many of the locals in this region experience. I sat and talked with some of the friends I had made about what we were going through being abroad by ourselves for the first time.

On our way to Cambridge we got to stop at the Cambridge American Cemetery and Memorial. It was crazy to see how many Americans were buried in the cemetery and on the wall of the missing. This was a truly moving and touching experience, as I did not realize so many of the people that lost their lives fighting for our freedom never returned to America.

One of my teammates at Jewell is from Cambridge, so it was really nice to have the opportunity to see where he is from, and to get some insight into why he is the way that he is. Seeing the university was also really interesting, because they have all of the colleges right next to each other in the village. While we were in Cambridge we got to go to an open street market, similar to many farmer's markets that we would find here. The day we went to Cambridge was a really warm and sunny day, which is not too common for the area, so there were many locals roaming the streets and the market, and enjoying the weather.

In Lincoln we got the opportunity to explore one of the many cathedrals that we saw. The cathedrals were all well constructed, and many were constructed the shape of a

cross, which I found beautiful. There was a festival going on while we were in Lincoln, so we got to see what some of their celebrations are like.

In Ireland we explored a lot of the natural beauty of the country. The group that I travelled with went to the Cliffs of Moher, passed through a lot of small villages, explored the night life scene in Galway, experienced Dublin, and walked around some historical rundown castles. We went on a PaddyWagon tour while we were in Ireland, which gave us a view of the country with the perspective of a local. It was really interesting to see the stone fences that had been in place for so many years, without the use of any concrete. It shows how skilled Irishmen were that they were able to find a way to put up fences with only the use of one material. These stone fences were used to separate the land as well as keep all of the sheep, which is very common in Ireland, in their owners fields. I really enjoyed getting to experience a country that looks so different than ours, and that has so much to offer the world.

In Edinburgh, Scotland my group decided to go on a walking tour. In the tour we were able to learn about the history of the city and some of the popular culture, like how the Harry Potter series began there. We also went on a night tour where we got to go to the underground tunnels in the city. Edinburgh became too crowded too quickly in the past, that they began to build upwards, so some streets are above others. This trip was one of the more difficult trips to plan because it was with people I did not know as well. However, we were able to get everything planned out, and it all came together well.

Overall, my time at Harlaxton taught me a lot about my independence. I am able to do so much more by myself than I thought I could. I was able to plan trips, make new friends, do well in a class, and become comfortable in Grantham all without the comfort and familiarity of home. Although at times it was difficult, and I missed my family and what was happening at home, I'm glad that I was able to travel to this country on my own, and learn how to be self sufficient.

After my time came to an end at Harlaxton I met my sister to do a little bit of traveling around Europe for 10 more days. Although I was tired and ready to go home, I was excited to see parts of the world that I had only dreamed about visiting. To start off our 10 day adventure we began in Athens, Greece.

We were in Greece for 5 days, and the majority of the time I was experiencing major culture shock. The language was so different, and I knew basically no Greek. During my time in Athens I was uncomfortable because it was so different from anywhere I had been. My sister and I got cat called while frequently by the men, which was one of the main reasons I felt uncomfortable, but this appeared to be a fairly normal occurrence. Looking back I would have to say it was one of the best places I visited. My sister and I stayed in a rougher part of town, where many of the immigrants lived. When we were walking back to our hostel we had talks about what it would be like to be an immigrant in a foreign country where you have to learn a brand new language. I couldn't imagine the struggles that would come along with being an immigrant, but getting that experience by living in that area and seeing all the immigrants helped me to get a tiny glimpse into that lifestyle.

Right after we left Greece we found out the banks had

closed and people could no longer get money from the ATMs. When I was in Athens I was aware of some of the economic and political problems going on, but from walking around the city most of the people appeared happy and fairly calm.

While we were in Greece one of my favorite things was getting to meet distance relatives. My sister and I got the opportunity to have dinner with them, and talk to them about the economic crisis. They were telling us how they don't know if they will have a job tomorrow, but they were still very optimistic about everything. It was also neat to experience a dinner in Greece. The dinner lasted about four hours, and everything was served family style. When we finished our plate of food they would keep putting more food on the plate.

On our last day in Athens we met up with my dad's old foreign exchange brother, Antonis, when he was growing up. We talked over coffee, which is a common event that occurs in the afternoons in Greece. While we had our coffee we talked about what America is like, and the differences between America and Greece. Antonis was working three small jobs because that was all he could get. Even though he wasn't wealthy he still gave us gifts to bring back home and welcomed us to his country with open arms.

The next place we went was Barcelona, Spain. When we were in Spain we mostly saw the architecture and the natural beauty of the country. We walked around most of the city and went to the main attractions. I was also able to use some of my Spanish skills when ordering food, which was really cool to get to utilize some of my learning in school.

The final country we visited was Switzerland. While I didn't feel as uncomfortable as I did in Greece, it was still difficult to communicate and get around. The locations we visited in Switzerland mostly spoke French, and neither of us knowing the language had to work really hard to find where we were trying to go. While we were in Switzerland we walked around the cities, went to a castle, visited the United Nations, and took the train up to the chocolate factory. Getting a tour of the United Nations was probably my favorite thing from Switzerland because we got to learn about the peace capital of the world, and the meetings that go on in the incredible building.

When my sister and I were in Switzerland we had a discussion about how many people around the world know English, and how many people in America only know English. While I was there I wish I could've known their language to communicate with them in their native tongue, and to feel more well rounded. However I think traveling to Switzerland, and realizing the language barriers, helped me to become more well rounded by not being oblivious or choosing to ignore the fact that not everyone knows, or should know, English, and that we have to work to communicate.

Overall, my time studying and traveling was very impactful on my life. It taught me that I am capable of doing so many things that I never thought I could do. I learned how to be so much more independent, and got to learn about so many different and amazing cultures. I am fascinated by the lifestyles of others in different countries and cultures, so I am glad I got to have this experience to grow as a person.

*Jennifer Ghekas '16
Economics and Mathematics*

RACIAL & RELIGIOUS TENSION IN WESTERN EUROPE & NORTH AFRICA

Haley Sheriff traveled to France, Morocco, and Spain during an especially tense time, making her experience a little more challenging but offering more perspective.

Pursuing curiosity is much more exciting than following a supposed passion. Passion is comfortable, given its structure, sense of purpose, and freedom of choice. It is a decision—or rather a series of decisions—to dedicate life solely to whatever it is one loves, whatever that may be. With its ensured happiness, passion has been and continues to be an obsession for many people, but very few obtain it. Why? They either struggle to accept it—having a fear of losing material security, among other reasons—or they just do not know where and how to find it. The key is curiosity. It does not guarantee the same enjoyment as passion, as it is a path of experimentation; rather than diving into the world on your own accord, curiosity thrusts the world into you. This three-week seminar was such an experience. While traveling throughout Western Europe and North Africa, there were many highlights, but lingering behind them were disturbing discoveries that I am still trying to reconcile.

I chose this particular seminar because it balanced the familiar with the unfamiliar. As I had studied in France two years ago, the country was my anchor; starting our journey there helped my transition into the more-foreign cultures of Morocco and Spain. I anticipated my time in France to be as similar as the first time I visited, even with consideration to the tense climate following the attacks last November. The French were marching in the streets of Paris and Nice during the summer of 2014 just as they were now: nothing had changed. My fear subsided once I realized that political activism was merely an inherent element to the culture. Even though the crowds were irritating, the people's awareness was admirable, especially compared to the apathy in the United States. What was once abnormal became normal. France's conflict with the refugees, Muslims, and those of Middle Eastern and North African descent was reminiscent of the post-9/11 xenophobia still permeating the United States today, so that too, did not phase me. I became too comfortable. Never did I think that I would be personally dragged into a "clash of civilizations" situation—at least, not here. I forgot that while I was a Westerner, I was still an outsider to the French; I was even more of a foreigner to the French who, by being internally alienated by their ethnicity and religions, were foreigners among their own people.

John Bowen's *Why the French Don't Like Headscarves* and the subsequent lecture by Dr. Lori Willard expounded upon the concept of *laïcité*. Not merely secularization, it is the freedom from religion, not of religion; while the French have the right to worship whomever, whatever, and however they please, they must contain those convictions in the private sphere. Religion has no place in the public sphere. The 2004 law that banned wearing clothing or accessories that indicated religious affiliation

in public schools, criticized as being an attack on Islam rather than as a defense of freedom, defines the public sphere as any place the government has direct control. Schools meet this criterion; they are institutions of integration. For students to distinguish themselves from one other by their religion is counterproductive to the government goal of conformity. While France boasts about the diversity of its citizens, French citizenship is not defined by one's ethnicity, but by one's civic status. In accordance with the Republican ideals, anyone can be French, but there must be some sort of unity. As Dr. Willard said, this unity consists of a common language and "dropping the hyphen," forgoing any other identities except for the civic one. Individualism is perceived not as freedom, but as an inhibition to it. To publically express one's religious beliefs is considered threatening not only to the beliefs of other citizens, but subsequently to the overall unity and order of French society. It is a bizarre concept, and although I am still convinced that the 2004 law was primarily motivated by xenophobic (specially anti-Islamic) sentiments, the argument for preserving the integrity of *laïcité*, so long as it is equally enforced among all religions, is compelling.

As I had mentioned earlier, I never expected to be caught in the middle of this racial and religious tension. During New Year's Eve, ten of us went out to celebrate after our group dinner. On our way to a club in Bastille, we were approached by a group of three or five young men, all highly intoxicated, at the Metro stop. One man was of MENA descent, and he instantly took a liking to our lovely Muslim colleague. As she continued to ignore his advances, he became infuriated and started screaming English expletives—the only English he knew—and we all started to scatter away from each other. As I was walking towards the stairs that lead down from the platform, trying to evade the men altogether, a pair of hands clutched my shoulders from behind. Without thinking, I shoved the man off, and all at once our group started sprinting down the tunnel. I was dumbfounded, and our Muslim colleague was furious. She insisted that this was not the proper, let alone the normal behavior for Muslim men, and she was appalled that her headscarf, a symbol of modesty intended to deflect the interest of men, only drew more attention. Despite her attempt to comfort me, I was still skeptical, and the idea of staying a week in Morocco became terrifying. If I was not safe in France, the cradle of European democracy, how would I be safe in an Islamic nation? I had succumbed to mainstream society's perverted thinking, and I knew it. I was labeling an entire people—an entire religion—based on a single bad experience. It was unfair, especially since I knew I did not associate the faults of individual Christians and Jews with their religions. I was ashamed. I knew that I should

only blame the man—as an individual, regardless of his faith and heritage—for his actions, and yet I struggled to separate his action from his identity (or rather, identities). This had been the first time that I had been harassed in France, and it was also the first time that I had ever had trouble with a Muslim, male or female. To be honest, as I did not see the man who grabbed me, I am not even sure if he was even of MENA descent, and even if he was, that would not mean that he was a Muslim. The only man I clearly remembered seeing from the group was the initial instigator, and I was projecting my fears onto him. I knew I was wrong. To my horror, I realized how deeply these negative caricatures and stereotypes are ingrained in Western thought, and how through their popularity, they gain legitimacy. It shows how despite our better logic, we can easily revert to this irrational thinking, which proves not only the difficulty but also the absolute necessity to encourage tolerance.

To my profound surprise, Morocco was my favorite destination of our trip—I cried when we left for Spain. It was nothing that, especially after being spooked in Paris, I imagined. It was inexplicably better. The rich colors and intricate designs of the mosques, the call to prayer resounding from the tops of the minarets across the bustling cities, the flavorful spice combinations and freshness of the food, the hospitality of the people—I was smitten. However, Edward Said's *Orientalism*, Jack Shaheen's *Reel Bad Arabs*, and the follow-up lectures by Dr. Carl Jubran made me wary about the authenticity of the culture I was experiencing. The idea that the Orient—which inaccurately blankets the Middle East, North Africa and Asia into one conglomeration—is a Western perception of what the Orient should be, rather than what it actually is, was mind-boggling. The Orient is a Western invention. Even two months later, I am still in disbelief. Once it was pointed out to me, I could not stop seeing this "Western Orient." I saw it everywhere, especially in Marrakesh. While weaving between the snake charmers, dancing monkeys, and the performers and vendors wearing turbans, neon-veils and djellabas in the Jemaa el-Fnaa, I was both captivated and disappointed. This was not the real Morocco, and yet, because it fulfilled every Western criterion of a MENA nation, it initially seemed genuine. The more I dwelled upon it, the more I realized how detrimental this irony—of a non-Western culture to be dictated by Western standards—was for the authentic culture. After being subjugated by colonial influence for so long, how could authenticity be retained? If colonialism, as part of the nation's history is also a part of its culture, would the Western influence be authentic? What was authentic? It is so complex, and it proves that original identities can indeed become lost over time.

I find it degrading that these people succumb to Western stereotypes. As they continue to pursue these preconceived roles, they legitimize those labels and consequently, any other labels—negative and positive—that the West will attribute to them (given the assumption that if they follow one label, surely they follow them all). It is a vicious cycle. The nation thrives on tourism, so I cannot help but wonder that if the Moroccans had gradually moved away from how the West perceives it to be—or rather how the West wants it to be—if that industry would decrease. To be honest, I do not think they can ever fully escape Western influence, given the impact of French colonialism in their culture. As for the

authenticity of the Moroccan culture, I think not only what was experienced, but also what was not experienced during this trip should be taken into consideration. Unlike our time in France and Spain, the students were not allotted any free time to wander on their own; if we did have a few free hours, we were not encouraged to leave the hotel without a smaller group of people. Even as an entire group, we only explored the cities during the day. I am not complaining—rather, I appreciate the safety precautions—however, I think this is indicative of the local attitudes towards Westerners. I felt incredibly welcome and safe in this country, and I have every intention of eventually returning, but I assume that if I had not been a part of a large tour group in this nation, my experience would have been drastically different. While walking along the shore in Rabat with a few other people, away from the main group and primarily with women, the local men jeered at our pants and skirts rolled up to our knees. Given how Moroccan women dress conservatively, even those who do not wear the hijab, I was not surprised by this action; by their standards, we were being provocative. Had I been alone, I would have been nervous.

Continuing this topic of an authentic identity, Juan Goytisolo's interview with *The New York Times*, *The Anti-Orientalist*, and his lecture in Marrakesh resonated another important idea. Identities are not static, but fluid and multi-dimensional—they change over time. Ironically, Goytisolo helped me to better understand Samuel Huntington's opposing argument in *The Clash of Civilizations and the Remaking of World Order*, a required reading for all political science and international relations majors at my college. Huntington's assumption that the Islamic World and the West will forever be opposed to one another because their cultural and religious differences are irreconcilable fails to consider fluidity. Huntington regards civilizational identity as stagnant, which does not reflect the reality of its malleable nature; to use the words of Dr. Willard, he does not believe in "the hyphen." However, as people are complex and multi-faceted, countries, sheer groups of people, are as well. Take Morocco and Spain as examples. When visiting these two countries, their occupation by various peoples of assorted religions and customs throughout history is evident. Huntington would regard Spain as part of the West, given its Catholic (and therefore Christian) tradition, and Morocco as a member of the Islamic world. While these may be telling of contemporary associations, they lack consideration to the country's whole identity—which includes not only what it is, but also what it used to be. To group nations into civilizations is the same umbrella-identification of Orientalism, and that, as said previously, is inaccurate. Spain and for instance, the United Kingdom, while Christian nations, do not share a common history or language. How could they be lumped into one identity? By rejecting their individuality, their integrity is demeaned.

Abubakr Jamaï's lecture on attempts to democratize the Arab World further put this issue with consolidating identities into perspective. Should the Arab World, a non-Western region, adopt a Western political ideology? Recent attempts over the last half-century have shown, with the exception of Tunisia, that democracy is not successful within MENA. Given the West's colonial past, any kind of American and European involvement or aid is regarded as intrusive and suspicious, thereby tainting the connotations of their contributions. In order for



Top: Sunset in Marrakesh, Morocco behind Koutubia Mosque in Jema El Fana Plaza.

Mid Left: The exterior of the Seville Cathedral. Its Moorish (Islamic) architectural roots are evident in its bell tower, once a minaret for a mosque.

Above: The grandmother brewing the tea, sugar, and mint leaves into three separate kettles.

Far Left: The oldest granddaughter painted henna designs on our hands after our afternoon meal.

Left: Memorial for the victims of the Nov. 13 attacks. Bastille, Paris, France.

democracy to work in non-Western environments, it must adapt to the culture it strives to serve. The structure and process of American democracy is not, and should not, be the same as that of Tunisia's democracy; the purpose of any democracy should be to profess and enforce the will of the people. In order to do such, the values of a nation's people must be accommodated—and as these values vary among countries, so will democracy. Otherwise, forcing incompatible institutions is guaranteed failure.

Although it has been a little over two months since our seminar, I am still learning from the experience. I have studied abroad before, so I anticipated the difficulty of transitioning back to the normalcy and monotony of the United States; regardless of the cliché, it is true that when you return home, you are not the same as when you left. Without such a change, I would not have thought that the experience was successful; the purpose of going abroad is to escape your comfort zone, to grow intellectually and socially. Each of these ideas that we discussed abroad still reverberate in my mind, and I continue to ponder and compare them, even to non-Islamic cultures. Identity is no simple subject, and yet despite its significance, it is not regarded as seriously as it should be: the act of self-discovery, which is almost always regarded in an individual rather than cultural context, is usually



mocked as a college pursuit. I disagree. With graduation quickly approaching, this seminar has definitely helped me in deciding what I may want to pursue as a career. So far, I am certain I want to work in a field dedicated to promoting religious and cultural tolerance—reconciling identities—but I have no specific demographic in mind. Am I any closer to finding my passion? Not necessarily, but given where my curiosity has led me so far, I am not concerned. I would rather enjoy the progression to passion a little bit longer.

Haley Sheriff '16
Political Science and International Relations

ADVENTURE & FAMILIARITY IN CANADA

Interwoven with poetry, Alexandrica Acord tells about the independence and fun she experienced during her stay in Quebec City, Canada.

*It didn't feel like another country at first
At least, not the way I'd always thought it would feel
The street signs were still green, as if I never traversed
And something about it still seemed real.*

*I take the bus to a new adventure
Museums, malls, hotels of ice
Everything I find is a sparkling treasure
And all my experiences take me to paradise.*

On January 2, 2016, I first stepped foot outside of the United States on a six-hour flight to Quebec City. Most of the first car ride to my host family's house was a blur for me, since it was already 10:00 p.m. there, but my first really distinct memory was of seeing a huge decal, plastered across the airport wall, advertising a shopping mall equipped with an ice rink, movie theater, and theme park. Yet somehow, I clung to it, wondering if something so familiar in America could be something completely different overseas. To me, there had to be something more to it than met the eye, and from then on, that was how I chose to approach my trip: as something that appeared to have many similarities to my past life on the surface, but that in reality had many differing details. Maybe the first few days seemed so generic to me because I was still living in a world of the "big picture," where cultural differences were obvious just from looking at them. That, at least, was the way I'd always seen the world before I learned to treasure every difference I could find, no matter how insignificant others might perceive it.

If there was one word that never escaped my mind on this trip, it was "adventure," and not just in the usual sense. "Adventure" became synonymous with "independence" and meant everything I could do in an unfamiliar city that I wouldn't do otherwise. It could be something as large as taking the bus for over thirty miles nonstop to a place I barely knew anything about or as small as walking around a mall by myself. I took for granted that this was the sort of thing students were supposed to do when they studied abroad, but as I left, my host family (who had taken on many other students in the past) told me I was the first one who went out and explored every day. I figured it only natural that, since my sessions in the Edu-Inter French education program only lasted until 1:30, that I would take the bus and see the sights. However, for whatever reason, I slowly came to realize that many of my fellow students would stick to one area of town, and whenever they went outside those boundaries, they would always go with friends. Yet

here I was, taking the bus on my own every day, waiting for some great critical experience or epiphany about life to reach me, not even realizing that I was already accomplishing everything I meant to do here without even thinking about it.

*Running on reflexes
Going along for the ride
Not exactly by the book
But somehow exactly right*

I'll be the first to admit that the ideas for my "adventures" weren't exactly my own, since I went on this trip with a certain ideal in my mind. I had just taken a course on French female writers, and one story from that class really spoke to me: *Elise, ou la vraie vie*, a coming-of-age story set during the Algerian War. The eponymous heroine lived a sort of empty life that revolved completely around her brother, and she would find herself sacrificing everything for his sake. For this reason, when he decided to move to Paris, she follows him along for three months and finds herself a changed woman after the experience. One of the most notable elements of the book involves a forbidden relationship between her and her immigrant coworker, Areski, and how the two of them would constantly meet up in different locations around the city so they wouldn't be spotted together. Consequently, *Elise* also finds herself seeing parts of Paris she would never have had the courage to visit otherwise. This sort of self-discovery through travel was exactly what I aimed to do with my *Journey Grant*, and so this novel became a sort of model for me.

Setting the bar so high, for me at least, turned out to be a double-edged sword. On one hand, having ambitions like this was one of the aspects that allowed me to take this experience as more than just a chance to improve my French, and I found myself getting more out of the "daily adventures" than out of the language exercises. But it also led me to more than a few moments of disappointment when I thought about how little I thought I'd done. A week would pass by, and I felt like I hadn't changed as a person—that I still relied on others to live, texted my parents from time to time, and I still found myself using "desolé," or "sorry," far too many times. I certainly hadn't figured out the meaning of my "real life," which drove a lot of *Elise's* journey. People around me, even complete strangers, probably noticed my changes before I did, noting how much of an interest I took in the city or how good I spoke French. (More than a few times, I was actually mistaken for either a Quebec native or someone from a different part of Canada—the news that I was American often came as a surprise.)

*What is my real self?
How do I change it?
Is it something I will myself into becoming
Or something that appears without effort?*

I would find myself shaking my head at the pictures I took on the trip, because they weren't like the ones I'd seen other study abroad students posting on social media. Half of them were landmarks, while another half were just items I found interesting, which could range from restaurant advertisements to French translations of English jokes to dollar-store candies. I would note things

in malls like blood donation banks and lingerie shops, think about how they related to how the Quebecois might normalize public services or sexuality, and jot them down in a travel journal. Since these observations didn't seem "academic" enough for a research paper, I dismissed them as being small and insignificant, but the more I took the bus and went on daily adventures, the more I realized I was wrong.

Cultural differences don't have to be huge enough to create rifts and debates to matter to us. With enough critical thought poured into the conditions that created them, the small disparities don't seem so insignificant after all. You can find diversity in rituals or ceremonies, or you can find them just by going to shopping malls and schools. You can discover quite a bit about people by examining how they interact in these environments—by what they eat in the food court, by the way some shopkeepers say they can only understand English but not French or vice versa. Examining these situations can even lead to larger revelations—like how I found that many of my fellow students in the Edu-Inter program were Brazilians, who are immigrating to Quebec at an unprecedented rate in the midst of economic instability in their home country. Going someplace only expecting difference can blind a person from seeing just how similar other people can be—or from noticing the small details that make an area so great.

The same goes for the way we treat ourselves. I'm not quite sure when exactly I figured this out, but somewhere along the way, I realized that my changes didn't have to be like the sorts you see in books to matter. "Changing yourself" doesn't have to be something that happens in an instant, and often, that's not how life works. I still feel that I have a long way to go towards becoming an independent, assertive, and well-rounded adult, but the small steps I made in Quebec were a launching point. Exploring an unfamiliar town without others to guide me didn't seem all that important, but the more I think about it, the more I realize it wasn't something I would've done before. I would've stayed in the house and waited for others to take me places I might not necessarily be interested in. That sense of fearlessness, I feel, were what took everyday experiences and morphed them into adventures.

With all that considered, now I know that the only thing I would change about my experiences would be something simple, nothing more than a shift in perspective. I would tell my past self that I shouldn't worry so much about finding a deeper meaning behind what I do, because that's often something that can sneak up on a person without them realizing it. It's something effortless that comes from creating new experiences, whether large or small. More importantly, it's something that, once you learn how to do it right, that you can never really forget.

*My real self is inside me
And it always was, coexisting
Blending with the person I once was
To lead me towards the person I will become.
Both are the real me
And my change will come naturally.*

*Alexandria Acord '17
English, French, and ACT-In*

UNDERGRADUATE STUDY

These projects encourage students to engage in research within a particular field of study that produces reporting of data, presentation of scholarly insights or creation of a new work that adds to the wealth of the discipline. Projects that fall within this category will hone research and writing/presentation skills while cultivating expertise within the field of study. Research can take place on William Jewell's campus or at another site.

RESEARCH ON ELEUTHERA

By conducting research in a much different setting than Liberty, Missouri, Drew Pfeiffer was able to observe a lot of diversity and discover new applications for his work.

During my most recent trip to the island of Eleuthera, I was able to not only expand my understanding of my current research, but was exposed to the reality of the biological field. Although I was in Eleuthera for only a week, living in an area solely focused on biological research and conservation efforts really impacted me in the sense that I could see real world implications of my education. Here, an entire community is dedicated to the preservation of the natural world, emitting a glimpse of what I would potentially like to pursue in my future endeavors. Although my research is mainly geared towards terrestrial plant life, I was able to see first-hand the diversity of biological life in a new area outside that of my normal range. Along with meeting real researchers and examining exotic wildlife, I was encouraged to exercise my experimental design skills and methodology while in Eleuthera, contributing to group data collection and design.

While I expected to work on data collection and analysis throughout the trip, I was met with less manual work than initially anticipated. Instead, data collection for the most part entailed dialogue between myself and the residents inhabiting the island. Here, I came across my first real connections with people outside of my direct proximity, leading me to understand the lives that these individuals live and the importance of biological understanding. While having a certain degree of importance within our own society, Bahamians live completely different lives, meaning that there are new real-world implications of biology that I had never conceived. During this trip, I was able to connect to residents within local communities, getting to know many by name and even sitting down to share a meal with them. I had always heard of hospitality and was always met with it, but in Eleuthera the people are nothing but amazing. After interviewing several individuals who worked toward the betterment of the community, I was surprised as to how much networking

and communication went on between different organizations. The projects that I saw in the Bahamas were not the sole efforts of one group, but a combination of organizations aimed at sustaining their society.


Biological research, to me, is the force which drives our understanding of the natural world and the interactions humanity maintains with this world. Research isn't just a job which will make money, but an opportunity to expand human knowledge and further scientific achievements. The influence a hard working individual can have on our understanding is remarkable, making those who help the world through intellectual empowerment the most valuable asset to society. I personally hope to further my education in the scientific disciplines in order to integrate aspects of each into practical, sustainable concepts. Sustainability is not only the drive to do good and save the environment, but also reflects society's innovative capabilities.

My experience in the Bahamas was one that opened my eyes to the reality of the field I hope to pursue. While science experiments can generally be done within the lab, to see an experiment and all of its practical impacts really changes how I perceived this specific scenario. After analyzing all of the potential effects of my species of interest, I was able to observe first hand the negative impacts associated. Localized research, usually revolving around small agricultural communities, is specifically interesting because of the community's reliance upon the natural world. I hope to continue working in the biological field, pursuing a career in sustainable agriculture that would ideally impact small, tight-knit communities in a meaningful way, thus increasing the standard of life in most of these areas.

*Drew Pfeiffer '17
Biology*

EXPERIMENTAL BIOLOGY CONFERENCE

At a biology conference in San Diego, Megan Myers was excited to receive fresh feedback from students and professionals and to expand her network.



Impact of palmitic acid and α -linoleic acid on the β -catenin pathway with inhibition of the peroxisome proliferator-activated receptor γ (PPAR γ) in HCT116 colon cancer cells

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Abstract

Colon cancer arises when homeostatic cellular functions such as proliferation and differentiation is lost (Peters et al., 2013). Colon cancer cell function can be regulated by diet and/or the Wnt/ β -catenin pathway (Kim J., 2009; Kim YS, 2007). Some researchers speculate the activation of PPAR γ , especially by dietary fatty acids, can promote tumor development in the colon (Abe et al., 2013; Ledwith et al., 1998) and that high levels of β -catenin, induced by PPAR γ activation (Bauer et al., 2013), is associated with increased risk of colon cancer (Erdmann, 1999). In colon cancer cells, oxidative stress signals trigger cell cycle arrest and apoptosis (Shi, 2011). However, colon cancer cells have been shown to possess increased levels of reactive oxygen species (ROS) as well (Kawaguchi, 2006). The present research will elucidate the mechanism connecting dietary acids to colon cancer cell cycle arrest and apoptosis in colon cancer cells. We hypothesize that palmitic acid, a saturated fatty acid, will increase expression of β -catenin and β -catenin levels in HCT116 cells. Conversely, the fatty acid inhibition of PPAR γ will increase ROS production in HCT116 cells. We will also determine the effect of PPAR γ inhibition on β -catenin and β -catenin levels in HCT116 cells when treated with fatty acids and a PPAR γ inhibitor. The present research will also determine the effect of palmitic acid on β -catenin and β -catenin levels in HCT116 cells.

Introduction

- Colon cancer is the second most lethal form of cancer (Hesse et al., 2004).
- PPAR γ and β -catenin are both involved in cell proliferation and differentiation (Peters et al., 2013).
- Saturated fatty acids activate PPAR γ and increase β -catenin levels associated with increased tumorigenesis (Abe et al., 2013; Bhatnagar et al., 1999; Gokhale et al., 2007; Gupta et al., 2008; Hesse et al., 2004; Ledwith et al., 1998; Tachibana et al., 2012).
- The impact of the saturated fatty acid palmitic acid and the role of PPAR γ in colon cancer on β -catenin levels on colon cancer proliferation has not been elucidated.

Objectives

- Analyze cell cycle progression of HCT116 cells in the presence of palmitic acid, α -linoleic acid, and β -catenin, and β -catenin levels in HCT116 cells when PPAR γ is inhibited.
- Determine the role of β -catenin in cell cycle progression of HCT116 cells, by analyzing the expression of β -catenin with and without PPAR γ inhibition.

Hypothesis

We hypothesize that palmitic acid will increase the expression of β -catenin and β -catenin levels in HCT116 cells. Conversely, α -linoleic acid should increase cell cycle progression and β -catenin levels in HCT116 cells.

Methods

Cell Culture

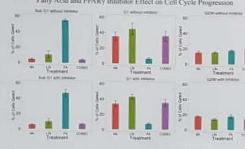
The HCT116 colon cancer cell line was maintained in RPMI-1640 media with 10% fetal calf serum (FCS) at 37°C, 5% CO $_2$. Cells were passaged with trypsin when cells had reached 80-95% confluency. Media was exchanged every five days.

Fatty Acid Treatments

Stock solutions of palmitic acid and linoleic acid were dissolved and added to human serum albumin (HSA) and RPMI-1640 media. HCT116 cells were plated, after 24 hours, into media with RPMI-1640 containing the following fatty acid during conditions: 1) 0.15 μ M HSA + 0.15 μ M Palmitic acid, 2) 0.15 μ M HSA + 0.15 μ M α -Linoleic acid, 3) 0.15 μ M HSA + 0.15 μ M Palmitic acid + 0.15 μ M α -Linoleic acid, and 4) 0.15 μ M HSA + 0.15 μ M α -Linoleic acid.

Results

Fatty Acid and PPAR γ Inhibitor Effect on Cell Cycle Progression



Conclusions

- HCT116 cells exposed to PA and COMBO display significantly more cells in sub-G1 and significantly less cells in G1 compared to LIN-treated cells or media with/without PPAR γ inhibitor (COMBO) (Figure 1 and 2).
- PPAR γ can be inducing apoptosis in HCT116 cells, after G1 cell cycle blockade (Figure 2).
- HCT116 cells exposed to COMBO and have decreased when exposed to PPAR γ inhibitor (COMBO). This increase is mitigated in cells exposed to PA, LIN or COMBO, indicating that fatty acid treatment can have a negative effect on both β -catenin and COMBO expression. Further investigation of the difference in effect of PA vs. LIN on the expression of COMBO and β -catenin is warranted (Figure 3).

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brought up interesting aspects about my project I had not thought of. I also received several comments from professionals exclaiming they were very surprised I was only an undergraduate. This gave me great self-confidence in my abilities as a scientist. The other memorable experience I had at this conference was a networking luncheon with the “experts” of the organization that allowed my attendance at the conference. At this luncheon, I received contact information from many individuals that advised me in the next steps for my field of interest. I also received a lot of advice as far as future plans and whether I should work in the industry or at a college. Finally, the most memorable moment of my time in San Diego was the moment I stepped off of the plane. I met a professor from the graduate school I am interested in because he happened to be one of the judges for my presentation section (had I entered into the competition). Upon briefly communicating with this professor, I exchanged contact information. After returning from the conference, I emailed this professor and discussed possible research opportunities at the college.

This Spring I attended the annual National Experimental Biology Conference, in San Diego, California. At this conference, I presented my two year research project on the impact of palmitic acid and linoleic acid on the β -catenin pathway in HCT116 colon cancer cells with inhibition of the peroxisome proliferator activated receptor (PPAR γ). I presented a poster of this research in a peer-reviewed section of the conference, alongside professionals and graduate students. I did not expect to have very many intriguing conversations during my poster session because these typically consist of me giving my spiel then answering a few simple questions. However, one of the people I was standing next to was presenting on the same pathway I was. This person worked in a professional lab and offered magnificent insight into my project that I had not thought about. In addition, conversing with this individual inspired me to perform further research for my project, resulting in a first place award for the same poster at a later conference.

There were many individuals at this conference whom

This experience has allowed me to meet and converse with great people who can help me get my foot in the door and possibly introduce me to even more researchers. If I could redo this experience, I would have attended some of the talks at the conference in hopes of learning something new in the field of biology. I learned a lot at this conference as far as continuing down the path in my desired field of study, but I also learned a lot simply leading up to the presentation. For this presentation I had to do a lot of time management because my deadline for my project ended up being a month earlier than what I had originally planned. This taught me how to organize my schedule better so that I can be better prepared.

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