

**Beloit College**  
**Professor Marion Fass**

**First Year Initiative Seminar 2007: Slow food**

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We are what we eat, and what we eat shapes the environment around us. In this class we will explore our connections to food and culture, to food and sustainability, to food as it relates to social justice. We will move from feasts to famine and examine the impact that our eating habits have on our health and on the global food supply. We will draw from environmental activism, the sciences of nutrition and sustainability, and film and literature. We'll visit farmers markets, talk with farmers and chefs and families, and contrast the tastes of fast foods and our local products.

Our theme will draw from the Slow Food movement, a group founded to preserve the pleasures of diverse local foods and culinary traditions. We will assess the impact of the homogenization of the fast food culture in the US and in other countries and study the pressures that our quests for coffee and bananas put on the suppliers of the world. We will ask about sustainable agriculture and explore the promise and perils of biotech solutions to food shortages.

Objectives: Students will be able to:

- ◆ To analyze why we eat what we eat in terms of the contributions of
 

Cost	Culture, comfort
Taste	Corporations
Convenience	Health
- ◆ To analyze the path of selected foods from producers to tables.
- ◆ To evaluate changes in the diet of Americans (in the last 100, 50, 20 years) and their impact on nutrition and the economy
- ◆ To critique how the American diet impacts global economies and how the American economy affects global diets
- ◆ To analyze the links between food and the local economy-
  - Who benefits from agriculture?
  - How does our food availability compare to other cities, other nations?
  - Can people in Beloit afford to eat well?
- ◆ To evaluate the contributions of NGOs to alleviating hunger and creating a sustainable foodshed and make informed decisions about their value.

**Books or parts:**

Halweil , Brian, 2004. [Eat Here](#)  
 Pollan, Michael, 2006. [The Omnivore's Dilemma](#)  
 Imhoff, Daniel, 2007. [Food Fight: The Citizen's Guide to a Food and Farm Bill.](#)  
 Articles from Barrett, Christopher B. and Daniel G. Maxwell, 2005. [Food Aid After Fifty Years.](#)

**Films:**

Supersize Me, Chocolat,  
 The Real Dirt on Farmer John

**FYI 2007 assignments**

<b>Orientation week assignments</b>		<b>5%</b>
<b>Library search: What should we eat?</b>	Article summaries September 20 Present findings September 25	<b>15%</b>
<b>Farmers market survey and poster</b>	Draft paper due October 2	<b>25%</b>

<b>presentation</b>	Poster and Presentation Due Oct 11	
<b>Food and farm bill investigation activity</b>	November 8	<b>10%</b>
<b>Food policy shapers</b>	2 page paper and class participation due November 20	<b>10%</b>
<b>Supporting good food: The philanthropy challenge</b>	First draft due November 29 Final paper and Presentation Friday December 14	<b>25%</b>
<b>Oral presentations, Class participation and other stuff</b>		<b>10%</b>

**Notices:**

**Academic honesty:** What you learn in this class derives from your efforts to understand the readings and to integrate and communicate your ideas. There are many writing assignments directed to this purpose. It's important as you prepare papers that you attempt as much as possible to put concepts into your own words. Where it is necessary to use the words of others to succinctly express a concept, or to demonstrate that your ideas are derived from an established tradition of research and thinking, make sure to quote appropriately and to reference correctly. I am less concerned about the format of the citation than with its accuracy. When citing documents on the Internet, please reference the exact page your information comes from and the date you have visited that site. Remember that anyone can post pages on the Internet, so please try to verify their accuracy before you use them. The reference should be in the form of a journal reference, with the web address added. You should similarly reference any tables or diagrams or photographs that you use in your work.

Oral presentations should also be clearly and appropriately referenced.

Papers in which sections are copied from books or from web articles are unacceptable and leave this instructor insulted and outraged. This practice should be avoided at all costs. For more information on the Beloit College Academic Honesty policy see (<http://www.beloit.edu/~stuaff/acadplcy.html#acts>)

**Students with Disabilities:**

Students: If you have a disability and would like to speak to someone about possible accommodations, please visit the LSSC (Learning Support Services Center) located on the first floor of 635 College St. You will need to provide appropriate documentation of your disability to Diane Arnzen, Director of the LSSC. If you wish to receive accommodations in my class please provide me the LSSC Accommodation Verification Letter dated for this semester as soon as possible so your learning needs may be appropriately met.

**The writing center:** The writing center is a great place for you to get help with your assignments. Their job is not to rewrite papers for you, but to guide you in writing and rewriting them yourself. If you go to the Writing Center, always take your assignment with you. The writing center website

**Using moodle:** Our syllabus will be constantly updated on Moodle. If you don't check in you will miss important events and assignments. All assignments submitted on Moodle should be saved as a Microsoft Word and titled Yourlastname.assignmentdescription.doc (Jones.osmosislab.doc).

**28 August - 3 September What is our foodshed?**

Tuesday August 28 Read Eat Here Chapter 1 and 2 and farmer's market discussion. Be prepared to discuss the local farmer's market and what we could do in our survey.

We will also discuss our observations on Chicago. How does Millennium Park compare/ contrast with the White City? Who is it used by?

Thursday August 30 Read Rick Peterson's efforts to trace the foods he ate in the article linked below. Also read Chapters 3 and 4 in Eat Here.

More work on our survey. How has the market changed in 2 years?

Where have all the farmers gone? Discuss economies of small scale farming. Is it possible to bring about change? What is the power of corporations? Do local farmers markets make a difference? Work on our farmer's market survey.

<a href="#">what is a foodshed?</a>	The foodshed project, <a href="http://www.foodshedproject.ca/">http://www.foodshedproject.ca/</a> , and Wisconsin Foodshed Research Project at <a href="http://www.cias.wisc.edu/foodshed/">http://www.cias.wisc.edu/foodshed/</a>
<a href="#">Oldways: The Food Issues Think Tank</a>	This is an excellent website. Look for corporate sponsorship! Use this to see new strategies for weight control, food pyramids that represent varied approaches to nutrition. <a href="http://www.oldwayspt.org/">http://www.oldwayspt.org/</a>
<a href="#">Eat Well Guide</a>	Find out about local foods. <a href="http://www.eatwellguide.org/">http://www.eatwellguide.org/</a>
<a href="#">Kindall and Pimentel (1994) Constraints on the Expansion of the Global Food Supply</a>	<a href="http://dieoff.org/page36.htm">http://dieoff.org/page36.htm</a> Originally published in Ambio Vol. 23 No. 3, May 1994 The Royal Swedish Academy of Sciences
<a href="#">Consumers, Vendors and the Economic Importance of Iowa Farmers Markets</a>	Consumers, Vendors and the Economic Importance of Iowa Farmers Markets: An Economic Impact Survey Analysis, Otto, Daniel and Varner, Theresa, March 2005, Iowa State University... <a href="http://www.extension.iastate.edu/hunger/reports/frmrs_mkt_report_C1.pdf">http://www.extension.iastate.edu/hunger/reports/frmrs_mkt_report_C1.pdf</a>
<a href="#">Consumers Opinions of Ohio Farmers Markets</a>	11 year old article that asks interesting questions. <a href="http://www.hcs.ohio-state.edu/hcs/EM/rfmarket/rfmarket.html">http://www.hcs.ohio-state.edu/hcs/EM/rfmarket/rfmarket.html</a>

**3 September - 9 September Can we eat locally and sustainably?**

Tuesday, Read Eat Here Chapters 5 and 6 and the article on Consumers, Vendors and Farmers Markets.

Meet with Peter Kraemer, Head of Food Service at Beloit College

<a href="#">Slow Food: an article from The Nation</a> by Alexander Stille, 2001	This article provides good background on the Slow Food Movement. It is also liked on the web pages of the Organic Consumer Movement <a href="http://www.thenation.com/doc/20010820/stille">http://www.thenation.com/doc/20010820/stille</a>
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Thursday, Eat Here, Chapters 6,7,8. How would you design a "tipping point?"

Read also article from NYT, August 22, 2007, on religion and sustainable food.  
Visit Angelics Organics with Kathy Greene's class.

**10 September - 16 September Changing American cuisine**

For Tuesday, read "One Thing to Do About Food: A Forum" published in The Nation, September 11, 2006, <http://www.thenation.com/doc/20060911/forum>. This includes commentaries by **ERIC SCHLOSSER, MARION NESTLE, MICHAEL POLLAN, WENDELL BERRY, TROY DUSTER, ELIZABETH RANSOM, WINONA LADUKE, PETER SINGER, DR. VANDANA SHIVA, CARLO PETRINI, ELIOT COLEMAN & JIM HIGHTOWER** Please note who each of these people are and why they were included in this set of opinions.

**Contrast their ideas with Halweil in Slow Food.**

**Plan Farmer's Market survey.**

Thursday. Rosh Hashanah  
View The Real Dirt about Farmer John

Saturday, September 15 we will collect data at the Farmer's Market. Attendance is required. If you can't attend because of sports, you will have other assignments.

<a href="#">`Sid Mintz on Why America doesn't have a national cuisine</a>	This article is from the Johns Hopkins Alumni Magazine. It's not academic, but is about one of the great food anthropologists in the US. <a href="http://www.jhu.edu/~jhumag/1198web/taste.html">http://www.jhu.edu/~jhumag/1198web/taste.html</a>
<a href="#">Union of Concerned Scientists, Sustainable Agriculture</a>	These linked web pages from the Union or Concerned Scientists look at food and the environment, antibiotics in our food, and biotechnology. <a href="http://www.ucsusa.org/food_and_environment/sustainable_agriculture/page.cfm?pageID=1757">http://www.ucsusa.org/food_and_environment/sustainable_agriculture/page.cfm?pageID=1757</a>

**17 September - 23 September**

**Tuesday: Library search: What should we eat?**

We will try to answer the difficult question of what is a good diet. See assignment handout.

**Thursday:** In class we will work on analyzing the results of our class survey of the Farmers Market in Beloit. Those people who are unable to gather survey's will be responsible for entering data before Thursday's class meeting.

Read about results from other class.

<a href="#">Food Security from Monsanto</a>	This company document explores the contributions that Monsanto's biotech strategies make to global food security. <a href="http://www.monsanto.com/monsanto/layout/our_pledge/">http://www.monsanto.com/monsanto/layout/our_pledge/</a>
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**24 September - 30 September Healthy foods**

Tuesday What should we eat? The development of nutritional understanding  
Presentations in class from research we've done

Thursday The Omnivore's dilemma, Read Intro and Chapter 1  
Discuss Corn.

<a href="#">Mediterranean Diet</a> and Mortality	"Mediterranean Diet and Mortality," Hu, Frank, <u>New England Journal of Medicine</u> , 348(26): 2595, 2000. Since the 1950s some scientists have lauded the diet of Greece and Italy as being the healthiest in the world. What do you think of the evidence?
<a href="#">NYTimes reviews diet and cancer</a>	On Tuesday, September 27, 2005 the New York Times took on our assignment. Read their conclusions. "Which of these foods will stop cancer" by Gina Kolata. NYT, 9/27/2005.

**1 October - 7 October**

**Tuesday, October 2**

**What does it take to run a farm?**

**Discuss Chapter 2 and 3 in Omnivore's Dilemma, also work on analyses**

Thursday- Read Chapters 4 and 5 in Omnivore's dilemma and article on High Fructose corn Syrup  
More work on posters

**8 October - 14 October Poster presentation week**

Tuesday Read Omnivore's dilemma Chapter 6 and 7 and article on obesity and High Fructose Corn Syrup

Thursday- Meet in Java Joint for posters about Farmer's Market survey

**15 October - 21 October**

**big grin BREAK big grin**

**22 October - 28 October American traditions**

Tuesday: Read The Invention of Thanksgiving by Siskind in Coulihan, distributed.

Thursday, Start to discuss Farm Bill/ Food Bill

Read Food Fight, p 1-42. And Omnivore's Dilemma, Chapter 8

Read updates on House and Senate versions of bill

**29 October - 4 November**

Tuesday October 30

Read Food Fight, pages 43-85 . Also read about Hunger in America

[Hunger in America](#)

By Trudy Lieberman from The Nation, August 18, 2003

<http://www.thenation.com/doc/20030818/lieberman>

Thursday, November 1

Read Food Fight, pages 86-101

Food stamp diet

Can you survive on \$1. Per meal?

Read article by Steingarten, distributed

<http://www.newsreview.com/reno/Content?oid=300708>

Food challenges from FRAC <http://www.frac.org/Legislative/fspchallenge.html>

## **5 November - 11 November Obesity in the USA**

### **Tuesday November 6**

Read Omnivores Dilemma, pages 134-225

Who gets the money?

Thursday November 8

Read Omnivore, 226-273 and 304-333

The ethics of eating animals

### **Junk Food Nation**

Junk Food Nation: Who's to Blame for Childhood Obesity?

By Gary Ruskin and Juliet Schor, The Nation, August 27, 2005,

<http://www.thenation.com/doc/20050829/ruskin>

## **12 November - 18 November**

### **Tuesday Energy November 13??**

Read 102-139 in Food Fight

### **Wednesday November 14- Attend forum on hunger**

Thursday November 15: Hunger, obesity and policy

### **Poverty and Obesity by Drewnowski and Spector**

An excellent technical report on the interrelationships of poverty, food security and obesity. Adam Drewnowski and SE Spector

**Poverty and obesity: the role of energy density and energy costs**

Am. J. Clinical Nutrition, Jan 2004; 79: 6 - 16

<http://www.ajcn.org>

### **Amber Waves Magazine: Obesity Policy and Unintended Consequences**

Amber Waves is the magazine of the USDA. This article focuses on policy to control obesity.

<http://www.ers.usda.gov/AmberWaves/June05/Features/ObesityPolicy.htm>

### **Choices Magazine, special issue of Economics of Obesity**

This is the magazine of the American Agricultural Economics Association <http://www.choicesmagazine.org/2004-3/index.htm>

## **19 November - 25 November**

### **Tuesday, discuss hunger in the US,**

### **Thanksgiving dinner First world hunger**

Read Popeniek in First World Hunger, on reserve.

### **America's Second Harvest**

This group serves millions of Americans, [www.secondharvest.org](http://www.secondharvest.org)

### **Children's Defense Fund on**

Food insecurity is one way to talk about hunger in developed nations.

Children and Food Insecurity	Food insecurity is characterized by periods where there isn't enough food and the need to use emergency food pantries. The impact can be both physiological and psychological. <a href="http://www.childrensdefense.org/site/News2?page=NewsArticle&amp;id=6642">http://www.childrensdefense.org/site/News2?page=NewsArticle&amp;id=6642</a> and link to full report.
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Enjoy Thanksgiving break.

**26 November - 2 December**

**Tuesday November 27 Responding to Hunger:**

**Global questions: Read** Barrett, Christopher B. and Daniel G. Maxwell, 2005. Food Aid After Fifty Years, chapter 1.

Thursday November 29

The failure of US food policy--Read Barrett, Christopher B. and Daniel G. Maxwell, 2005. Food Aid After Fifty Years, final 2 chapters.

**3 December - 9 December**

**Pulling it all together: Hunger, sustainability and the promise of Slow Food**

**We'll decide on the reading, perhaps those listed below.**

Famine, Affluence and Morality by Peter Singer	This classic paper (1972) outlines the moral responsibility to assure the good of others. It is from Philosophy and Public Affairs, Vol 1 No 1. <a href="http://www.utilitarian.net/singer/by/1972----.htm">http://www.utilitarian.net/singer/by/1972----.htm</a>
Amartya Sen and Vandana Shiva: The real causes of famine	Nobel prize winning economist Sen and activist Shiva face off on issues of famine and globalization in a New Zealand newspaper (2002). <a href="http://www.nu.ac.za/ccs/default.asp?3,28,10,376">http://www.nu.ac.za/ccs/default.asp?3,28,10,376</a>
Oxfam International	<a href="http://www.oxfam.org">http://www.oxfam.org</a>
UNICEF	<a href="http://www.unicef.org">www.unicef.org</a> United Nations Children's Emergency Fund

**10 December - 16 December**

**Final class, Tuesday December 11**

**Slow food and human rights. . . Discussion of activism and change**

**Final presentations, Friday December 14**

**SLOW FOOD FYI PRESENTATION SCHEDULE:**  
**December 14, 2007**

**FARMING**

NICOLE HELREGEL: The loss of rural culture  
TOM LANCASTER: Changes in farming in Minnesota  
NICK ABRAHAM: Can farms use less energy?

**RAISING MEAT**

LEANN WACKER: Factory farming  
SIMONE DENNY: The effects of factory farming on nutrition

BREAK

**WATER**

KRISTA LOWE: Agricultural contributions to the pollution of Chesapeake Bay  
ADAMA LOOS-DIALLO: Modern agriculture pollutes

**FAST FOODS**

DAN O'BRIEN: The impact of Coca-Cola  
JIN LI: The growth of fast food in the US and China

BREAK

**CHANGING DIETS**

ERIC RITTS: New food technologies and nutritional value  
JULIA MULLIGAN: The epidemic of obesity in the US  
YANG YANG WANG: The impact of prosperity on diet in China

**GLOBAL TRADE**

ELIZABETH MAKAREWICZ: The history and ethics of coffee consumption  
HANNAH YOKUM: Understanding food aid

Farmer's market short paper and rewrite

We will be investigating the role of the Farmer's Market in Downtown Beloit. Using Eat Here and at least one other source from newspapers or from an advocacy group on the internet, write a paper that supports the contribution of local farmer's markets to building strong communities and to establishing a sustainable food system.

Remember, please, that only a small percentage of US shoppers now go to farmer's markets, farm stands or local farms.

This paper will help you frame a larger report on data that we collect from the Farmer's Market. If you would like to illustrate it with one or two photographs you take at the market, that would be great.

Guidelines. Please limit your paper to two pages double-spaced. Make sure to include an introductory paragraph and a conclusion. If you use quotes from your sources, please reference



them clearly using APA format (use your Writing Guide or the Writing Center web pages for guidelines, <http://www.beloit.edu/~writingc/turtlewax.htm>). Include a bibliography in APA style as well.

### **The Farmer's Market Survey 2007:**

This is worth 20% of your grade, so it is a big deal.

The first draft of this paper is due on October 2 - 2 weeks from today. The poster will be on Thursday October 11.

Here are the steps

- 1) work on survey design
- 2) show up for survey
- 3) input data
- 4) Propose topic: What would you like to learn about the market?
- 5) analyze data: Each group of 2 will develop a question or questions to be answered by the data collected. You can use both frequency distributions and contingency tables to analyze the data we have (A frequency distribution just tells you how many people in each category answered a question in a certain way. A contingency table, or a set of nested frequency distributions, tells you how different categories of people answered the same question. For example you might look at whether people from different communities shopped for the same products, or had similar feelings about supporting the community, etc.)

Remember that our data will inform the Downtown Beloit Association in their marketing efforts. They might be interested in age, income, location, household composition, etc, and how these variables affect shoppers' opinions. One group can certainly look at opinions about making the market better.

To answer your questions you should include 5-10 charts/ graphs (if you think this is too many or too few, let me know), if they are frequency distributions or nested frequencies, or fewer if you are using contingency tables.

- 6) Think about a paper and a poster presentation.  
Like any paper, you should start with an introduction. Then your paper should introduce the question you want to analyze- the purpose of your analysis. You can justify this in terms of marketing, or in terms of the kinds of issues addressed by Halweil in Eat Here, or other articles. In formal terms, this is an introduction and "review of the literature."

Before you discuss the data, talk about the methods of collection. We can call our method of finding people a "convenience sample" gathered throughout the morning. That means that we asked the people who we found, but made an effort to find people who came at all times.

Talk about our sample. We had xx respondents. Describe the demographics that are relevant to your report.

Talk about your results.

Then discuss what they mean. This is really the "paper" section of this report, because you are developing the context of the study- what you found and how it fits with what people think about markets, what other studies have found, etc.

Continue the paper with a conclusion.

Turn in on October 1. Marion will read and return as soon as possible so you can rewrite if necessary. Your paper can be alone or with your partner. The poster is a joint effort.

7) The poster

I think a poster presentation is most like a power point presentation. You need bold graphics- pictures, charts, organization, and short bulleted statements. One of the easiest and best ways to make a poster is to make a Powerpoint Presentation and use the slides printed out as part of your poster. Our posters will be large- we'll go for 3 ft by 4 ft so that they will be readable. Lay them out so they are interesting.

Do you know how to do a Powerpoint? If not, ask Christina or Marion for help.

Present the poster October 11 to the other students and hopefully to some people from the Downtown Beloit Association.

► Library activity- What do we know about nutrition?

FYI: Slow Food Nutrition Assignment: Why we know what we know?

Part 1. For Tuesday September 18 Read the article Willett, Walter, "Diet and Health: what Should We Eat?" Science 1994; 264(532-537. April 22, 1994).

Identify the recommendations for fat, fiber, calcium and vegetable consumption.

Go to the Harvard School of Public Health Nutrition Source website at <http://www.hsph.harvard.edu/nutritionsource/index.html>

Compare the recommendations there (on a website overseen by Walter Willett) with the recommendations in the 1994 article. What is different?

Part 2.

Willett summarized the state of nutrition knowledge in the US in 1994, but there have been several major changes in recommendations since then. Our job today is to find the evidence for the changes in recommendations about the role of fat in the prevention of heart disease (CHD), diabetes and cancer in the US.

On September 18 we will go to library as a class and work with Chris Nelson, the reference librarian, to find resources that will help us understand how and why the dietary recommendations changed. Your task is to find 2 articles from peer reviewed medical journals or nutrition journals on essential child nutrition or the benefits of nutrition in coronary heart disease prevention, cancer prevention or diabetes prevention. (What is a peer-reviewed journal?)

One of your articles can be a review article.

One should report the results from a large epidemiological study with at least 1000 participants.

Your task is to summarize the articles you have read, and to be able to present the findings to the class. On Tuesday September 25 we will use these articles to discuss how and why things have changed. Each of you should be able to describe what was done and why the findings are relevant today.

Perhaps we will understand why there is such an uproar over the use of Trans fats. (Do you know what a trans fat is? (<http://www.hsph.harvard.edu/nutritionsource/transfats.html>))

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Your assignment is to turn in 2 (1-2 page) article summaries. Each should include a complete bibliographic reference. In addition, please write 1-2 pages contrasting what Willett wrote with what you found.

### **International symposium response**

Go to at least 3 presentations. For each one, identify the speaker, where he/she traveled to, and what the presentation was about. What did you learn?

FYI Slow food 2007:

### **The integrating assignment.**

What we produce and what we eat in the US has a major impact on poverty and prosperity, health and disease, here in the US and in the world.

Challenge:

Research a factor that contributes to your understanding of this statement. In addition, research a person who has been an advocate, developed policy or build business that contributes to the situation you are researching.

1) Identify one question to ask about this statement.

You might look at water resources, food imports, food exports, food aid to developing countries, global warming, the spread of McDonalds or Coca-Cola, the impact of CAFOs, obesity, cash crops such as coffee or pineapples and their impact on local economies, the resurgence of local foods in the US or anything that grabs you.

2) Find at least 10 sources, from a range of publications and representing varying viewpoints.

Use newspaper articles

On line sources

Academic, peer reviewed journals

Your references should be from the last 7 years, or, if older, used to track trends.

Turn in a bibliography with complete references and a short note about how the article will contribute to your paper by **November 13**.

3) Identify one person who has been an advocate, developed policy or build business that contributes to the situation you are researching. Find out as much as you can about that person and write a one to two page biography. Turn in the Biography, with references, by **November 20** for a "meeting."

4) Write your paper. The first draft will be due on **November 27**. The final draft will be due on December 11, the last day of class, along with a powerpoint presentation.

5) We will share findings with powerpoint presentations on **December 11 and December 14**.

**FYI rubric**

**Your topic:**

**1) Title that reflects the report and why it is important.5**

5	Includes reference to problem and to its significance
4	Includes reference to either problem or significance but not both
3	Not clear about importance of title
2	Lacks important information
1	Is misleading

**2)provide the background information that your classmates need to understand the problem .**

10	Provides clear explanation .
8	Provides explanation of the condition described but without the detail necessary for novices to understand.
6	Does provide full explanation,
4	Has major errors in presentation,
2	Is misleading

**3)develop your claim and support with evidence**

10	Provides clear explanation understandable to novices. Identifies both support for claim and rebuttals.
8	Provides explanation of the situation described but without the detail necessary for novices to understand. May not explain its importance.
6	Does provide full explanation, but without apparent understanding.
4	Has major errors in presentation or pronunciation.
2	Is misleading

**4)Powerpoint used well, including appropriate photographs.5**

5	Uses powerpoint with readable font, special effects only when they enhance the presentation
4	Too small or too glitzy, but still well organized
3	Problems in organization or presentation
2	Not clearly done.
1	Yuck.

**6) presenters demonstrate understanding and confidence. 5**

**7) ALL OF THE SOURCES YOU USE SHOULD BE CLEARLY CITED. PLEASE REFERENCE ALL TABLES, DIAGRAMS AND PICTURES with internet address. 5**

**8)You cannot exceed 15 minutes- 10 is better.**