

D^+

Portfolio

Cover letter

English 101

December 14, 2003

English 101 has been a great new insight on my writing this year. I came into the English 101 class this year with what I thought was a good solid four years of high school English behind me. I soon found out that I was struggling with the smallest issues. Some of these issues I ran into were spelling, grammar, and mostly the ability to connect my thesis with the rest of my paper. With the help of my roommate and revising my papers over and over I feel that I became a better writer then I was at the beginning of the year. I've learned to revise to create a higher quality paper and not have so many mistakes. I found that this help a lot when papers are being graded. I believe that my grades have improved about ten to twenty percent by reviewing any errors that I might have made.

The class its self has helped out with the little mistakes that I might have made. By peer-editing I don't just have a few mistakes corrected I get solid feed back on what sounds good and distorted. I'm also told if I'm on the right track and if not what I need to do in order to improve and stay on track. This is very beneficial to me because I get off topic easily. I tend to have run off sentences that have no significance to the topic of discussion. I would suggest that there is more revising in class and maybe even with the teacher involved. I believe that

this would be a greater source that knows exactly what we as students need to write about and also what topics need to be hit that might have been left out.

The class its self was very helpful. I felt that it was easy to talk to any one in the classroom as an individual or even the class as a whole. It seemed that it's easy to get help from any one and most of the students are more then willing to help. I found that the teacher was very into the teaching the class at the best of her ability. I learned a lot form the teacher and her lessons. The lessons that were taught in the class gave me a new insight on critical thinking. I learned that their is more then just one-point view in any topic. This showed me that it's important to see both sides to the story.

The three papers I choose to revise were Paulo Freire and bell hooks paper, the summery of Paulo Freire and my research paper on muscle enhancing supplements. I noticed that with all these papers had a lot of spelling and grammar errors on them. This little problem that I had increased more and more over the semester. I think that I got a little lazy and didn't check for the simple mistakes that I made.

With the first paper I wrote, Paulo Frieres summery, I found a lot of little mistakes such as my choice of words and my spelling. Even though this was simple to point out and fix. I skimmed over the mistakes and didn't catch on to them. I believe that this is where I started to loose the points on my paper. I now see why it is so important to check the writings I turn in for mistakes.

The paper with Paulo Frieres and bell hook was a paper that I thought was really confusing. I wasn't sure which way was up with this paper. The hardest

part was trying to understand where they were coming from. I also had some easy to catch mistakes that should have been caught. I've corrected all of them now. I now that I needed to double check all my papers. I also need to make sure I understand all the text given so I can write a better paper.

My research paper was a very interesting topic to discuss because it had an effect on me because I was using muscle enhancing supplements at the time. The biggest problem I had was trying to hit all the topics that had to do with muscle enhancing supplements. The problem I had with this paper was my MLA. I have a hard problem with getting the correct format. I believe that I would have received a better grade if my MLA was correct.

Overall the problem I had with all my papers was that I didn't take the time to make sure every thing was correct. My MLA wasn't the best but I will make sure that I do a better job on the next paper I do. This class was a big awakening for me on how to correctly write a paper.

English 101
September 1st 2003

Paulo Freire's, Pedagogy of the Oppressed

- Summary

Paulo Freire's Pedagogy uses many different terms and examples to try and get the reader to understand the points that he presents in chapter two. Freire brings the reader into his world to see eye to eye with his argument. He is able to do this by using student teacher relationships that are seen in the classroom. Through communications and what he indicates why, how, teachers and students react, learn, teach and understand. He shows these qualities through banking and problem solving.

The first section on page 72-73 indicates that the surroundings that a student and teacher are presented with can perform a vital role in the classroom experience. It also states that the lessons should be taught so that the students learn the lesson, and not that the lesson be reformed to better suit the students. By doing this, students, are able to learn to better themselves. They can also carve in stone the facts they just learned.

In pages 74 and 75, Freire states that students who do not study hard, have a way to beat around the bush when it comes to doing school work. He also mentions a good point stating that teachers base their lessons on getting the most out of the students and by doing this the point is to not change the lesson to better fit the students but to get them in to the assignment or project. By this he means to getting the students to see in another way then they normally would.

Pages 76 and 77 tells what teachers do that refrain from the learning experience that is given to the students. One example that is given in the text is that teachers are so into giving his/her lesson or insight that they tell in from one point of view which is normally theirs. It also

takes away from the other ways of seeing a certain whether such as knowing its fact or such as knowing Freire wants the students to see the topic in many various views by doing this it would further educate the students.

Through pages 78 and 79 it talks about every common error teachers make. Freire shares that students should not be given a sheet to read from every day or told to read a section in a book. He also doesn't think that he should be expected to know everything that there is in the text. The student must be instructed by a teacher to learn physically instead of mentally, there is more than just caption and text.

Pages 80 and 81 condenses the reasoning between problem posing and banking. It also tells generally how interpreting is preformed. It's mostly the opinion of Freire himself. He states that independence is not the key we as people need to learn from each other.

Pages 82 and 83 give a story line of two opposing sides (one of a peasant, because he is just a peasant. Both men have and one of a knowledgeable man. They both tell their stories and it is clear that the knowledgeable man doesn't consider listening to the peasant on the terms that he is the peasant. Both have very good theoretical background and a good basis of the topic.

In conclusion, Paulo Freire writes about how teachers teach lessons to their students, and what the pros and cons are about the way that they do it. He gives good insight on how to learn and what not to adjust to, too better fit the way of students learning. He shows that the opinion of one person is just as good as another. He doesn't over look what is taught and what is said.

Works Cited

Friere, Paulo. Pedagogy of the Oppressed.

New York: Continuum, 2000. #72-73.

I would like feed back on my writing ability. If it's college freshman level, and if not what level am I at? What are so details I can work on to further improve my writing skills?

Where are my strong points and weaknesses? I believe that I did a decent job on this paper. It all seemed to just flow out whether that's good or not I don't really know.

English 101
September 1st 2003

Paulo Freire's, Pedagogy of the Oppressed

Rough Draft

7 | Paulo Freire's Pedagogy uses many different terms and examples to try and get the reader to understand the points that he presents in chapter two. Freire brings the reader into his world to see eye to eye with the text. He is able to do this by using student teacher relationships that are seen in the class room. Through communications and what he indicates why, how, teachers and students react, learn, teach and understand. He shows these qualities through banking and problem solving. *awkward* *It seems as though you are missing his main point.*

to be clear about this
The first section on page 72-73, indicates that the surroundings that a student and teacher are presented with can perform a vital roll in the classroom experience. It also states that the lessons should be taught so that the students learn the lesson, and not that the lesson be reformed to better suit the students. By doing this, students, are able to learn to better themselves. They can also carve in stone the facts they just learned.

In pages 74 and 75, Freire states that students who do not study hard, have away to beat around the bush when it comes to doing school work. He also mentions a good point, that stating teachers base their lessons on getting the most out of the students and by doing this the point is to not change the lesson to better fit the students but to get them in to the assignment or project. By this he means to getting the students to see in another way then they normally would.

Pages 76 and 77 tells what teachers do that refrain from the learning experience that is given to the students. One example that is given in the text is that teachers are so into giving his/her lesson or insight that they tell in from one point of view and which is normally theirs. It

also takes away from the other ways of seeing a certain whether such as knowing its fact or such as knowing Freire wants the students to see the topic in many various views, by doing this it would further educate the students.

Through pages 78 and 79 it talks about every common error teachers make. Freire shares that students should not be given a sheet to read from every day or told to read a section in a book. He also doesn't think that he should be expected to know everything that there is in the text. The student must be instructed by a teacher to learn physically instead of mentally, there is more then just caption and text.

Pages 80 and 81 condenses the reasoning between problem posing and banking. It also tells generally how interpreting is preformed. It's mostly the opinion of Freire himself. He states that independence is not the key, we as people need to learn from each other.

Pages 82 and 83 give a story line of two opposing sides, one of a peasant, because he is just a peasant. Both men have and one of a knowledgeable man. They both tell their stories and it is clear that the knowledgeable man doesn't consider listening to the peasant on the terms that he is the peasant. Both have very good theoretical background and a good basis of the topic.

In conclusion, Paulo Freire writes about how teachers teach lessons to their students, and what the pros and cons are about the way that they do it. He gives good insight on how to learn and what not to adjust to, too better fit the way of students learning. He shows that the opinion of one person is just as good as another. He doesn't over look what is taught and what is said.

P.S. Even Though you have a lot to revise
I appreciate The effort you have already
put in to revising The paper. ca

Works Cited

Friere, Paulo. Pedagogy of the Oppressed. ↙

MLA

→ New York: Continuum, 2000. page #

I would like feed back on my writing ability. If it's college freshman level, and if not what level am I at? What are so details I can work on to further improve my writing skills?

Where are my strong points and weaknesses? I believe that I did a decent job on this paper. It all seemed to just flow out whether that's good or not I don't really know.

It seems That your biggest problem is that you did not fully understand The article. Yes, Freire is talking about teaching, but he is also talking about how it leads to oppression of society, not simply students in a classroom. Also, he is essentially arguing That we do need to change The way (The ~~Classroom~~) we teach, not vice versa. Come see me if you are confused. Your major problems (Other Than understanding The article) are transitions (organize by content (not page #)) and sentence structure (words are often left out). At The moment, your writing is lower Than The average freshman but I believe most of This has to do w/ not comprehending Freire (who granted is hard to understand). Also, another problem is including detail T # That don't necessarily help The

English 101
September 16th 2003

2-source essay

In the classroom education should be based on improving skills rather than discriminating someone's background or livelihood. Paulo Freire and Bell Hooks both have many different insights on what their beliefs are. They also come together on some of the same view. Some of the common views they have is that there should be no more discrimination of gender, beliefs, or livelihood. Both state that every person has a different way of learning and teaching styles. According to this no one should question the practice of learning based on discrimination.

Bell Hooks explains in great detail, the life of a lower middle class girl who leaves her small town to attend a big college. In college she experiences many differences in the students such as class, gender, and even some discrimination. One identifying sentence from Bell Hooks article would be, "It was a kind of treason not to believe that it was better to be identified with the world of material privilege than with the world of the working class, the poor." This lower class college girl seems ashamed of being lower class at this college. Her side of the world is looked down upon almost like a peasant. In Paulo Freire's article he tells of a story of two men in Chile, whom are arguing over a given topic, before the man can say a word he is discriminated against twice. The sentence is, "In the mildest discussion, a peasant, who by banking standards was completely ignorant...". The peasant was not even looked seen as the same level as the

man who opposed the peasant.' The peasant was discriminated against before the conversation started. When he refers to him as a peasant he automatically puts him on a lower scale than himself and when the peasant is called ignorant by this opposing man, he says that he doesn't know what he is talking about. These discriminations are both in the right state of mind. Hooks' lower class girl is bound to work harder to succeed. Freire's peasant is also on the right track but is just not being listened to. This is very common in the classroom. Students seem to put themselves into groups sometimes upper and lower class, and sometimes depending on popularity. These groups look or get looked down upon by lower or upper class groups.

It's not only in the classroom where students are discriminated against; it's also outside of school. There are thousands of people a day who are put down in all sorts of ways. In Bell Hooks' article she talks about the lower class girl and her conversation with her roommate. Her roommate is a white upper class girl and thinks very highly of herself. The sentence after the conversation ended was very clear on how society was acting. The sentence was "Later in graduate school I found that classmates believed 'lower class' people have no beliefs and values". This is a perfect example of discrimination. Just because someone comes from a lower class doesn't in any way mean that that person has no beliefs or values. No one has the right to tell what someone believes in or how they were brought up. The school should take some responsibility to teach the students that it isn't right for students to tell other students what they should or shouldn't believe in or hold values for.

After over seeing Hooks and Freires points that they make with in the article that they wrote it is easy to see the connection that they make with each other. They come to gather that it is wrong for students in or out side of the classroom to discriminate on one another. Their should be more done to further educate students in the class room and steer way the wrong goings that happen in the class room.

English 101
September 16th 2003

Paper #2: Incorporating sources into an argument

Classroom education should be based on improving skills rather than discriminating against someone's background or livelihood. Authors, Paulo Freire and bell hooks, both have many different insights and beliefs on the topic. But they also have some similarities on the issue as well. Some of the common views that they share is that there should be no more discrimination of gender, beliefs, or livelihood. Both of the authors state that every person has a different way of learning and teaching styles. According to this, no one should question the practice of learning based on discrimination.

Bell hooks explains in great detail, the life of a lower, middle class girl, who leaves her small town to attend a big college. In college, she experiences many differences with her classmates, such as class, gender, and even some discrimination. One identifying sentence from bell hook's article includes, "It was a kind of treason not to believe that it was better to be identified with the world of material privilege than with the world of the working class, the poor" (page 100). MLA

This lower class, college girl seemed to be ashamed of her social status at this college. She believes that her side of the world is looked down upon, almost similar to a peasant. In Paulo Freire's article, he tells a story of two men in Chile, whom are arguing over a given topic, before the man can say a word he is discriminated against two times. The sentence he is referring to is, "In the mildest discussion, a peasant, who by banking standards was completely

a person
thought the
art. less world
understand

ignorant..."(Page 82). The peasant was not even looked at or seen on the same level as the man who opposed the peasant. The peasant was discriminated against before the conversation even started. When the man refers to him as a peasant, he automatically puts him on a lower scale than himself. When the peasant is called ignorant by the opposing man, this states that the man doesn't know what he is talking about. Both the discriminates are in the right state of mind. Hook's lower class girl is bound to work harder and strive to succeed. The peasant in Freire's story is also on the right track, but isn't getting the opportunity to express his feelings. This is a very common thing in the classroom. Students seem to put themselves into groups, either upper or lower class, and it also depends on popularity. These formed groups either get looked at or looked down upon by other lower or upper class groups.

Not only is discriminating happening in the classroom, but students are also getting discriminated against outside of school. There are thousands of people a day, who are put down in all kinds of ways. In bell hook's article, she talks about the lower class girl and her conversation with her roommate. Her roommate is a white upper class girl that thinks very highly of herself. The sentence that was stated after the conversation ended, this made it very clear that society is extremely discriminating. The sentence stated, "Later in graduate school I found that classmates believed "lower class" people have no beliefs and values" (Page 102). This is a perfect example of discrimination. Just because someone comes from a lower class, it does not mean in any way that that person has no beliefs or values. No one has the right to discriminate against person's

personal beliefs or the way they were brought up. The school should take some responsibility to teach their students that it's not right for particular students to tell other students what they should or shouldn't believe in or what values a person should live by.

After seeing both hooks and Freire points that they included in the article of which they wrote, it was easy to see the connection that they made with each other. They both make the point that it is wrong for students in or outside of the classroom to discriminate against one another. There should be more action done by the educators, to further educate students in the classroom, and to steer away the bad things that happen in the classroom.

such as?

good

—

Your ending is more on track than the beginning. At the beginning you imply that your audience has the sources you do (I do, of course, but I want for your research paper so you will want to practice explaining as though I don't have your sources). This will help the fluency of your argument.

Work Cited

hooks, bell. "Keeping Close to Home: Class and Education."
Working-Class Women in the Academy.
U of Massachusetts P, 1993.

Paulo, Freire's Pedagogy of the Oppressed.
New York, Continuum, 2000.

MLA

English

Research Paper - Final

Muscle enhancing supplements are safe and effective in improving strength, speed and endurance as long as taken safely by following manufacturer's directions. Muscle enhancing supplements have been around for many years. Many athletes use these supplements to put an edge on their game. The top athletes require something to put them in the winner's circle permanently. This is where muscle enhancing supplements come in to play. Muscle enhancing supplements are a legal, over the counter performance enhancer. They have been tested to be a healthy and responsible way to increase an athletes performance in a wide range.

There has been much controversy over whether or not muscle enhancing supplements are safe or not. Two sources that approve of muscle enhancing supplements are Gold's Gym and Hardcore Bodybuilding. One source that strongly disagrees is an article from the New York Times titled "The Dangers in Muscle Building Drugs". All sources have been very well researched and have many facts to support them selves on their own. The two books have very strong opinions about articles such as "The Dangers in Muscle Building Drugs".

Muscle enhancing supplements, also known as MES in an abbreviated form, were first created by scientists to increase muscle mass. Over the many years MES have been reconstructed over and over to best fit an athlete's

structure. "Muscle enhancers were also created to benefit the health of the user and eliminate any side effects" (Hatfield 38). Muscle enhancing supplements are now certified by the Food and Drug Administration (FDA). This means that MES have been researched and proven to be safe.

"Muscle enhancing supplements can be very dangerous if they are not taken the correct way" (Thompson 23). All muscle enhancing supplements have precise directions on the side panel of the product purchased. These directions should be followed to allow complete safety for the user. Both Gold's Gym and Hardcore Bodybuilding agree that if MES are not taken properly that some side effects may occur. All products should be taken with at least twelve ounces of water up to 6-8 times daily. This will prevent dehydration, the most commonly known side effect.

The user of the product should be very careful in following all directions mentioned. "Not following directions can result in side effects" (Thompson 24). Connors, the author of Gold's Gym, agrees that not following directions does make the supplement(s) dangerous but only in this case. Experts agree that they can be safe and effective as long as the directions are followed properly. One should check with a doctor to increase the safety of the user before consumption of MES. The size and weight can affect the user as well. There have been no reported side effects while using proper dosage. There are many factors to think of before taking MES such as being pregnant. Being a responsible user will eliminate any odds of misuse or abuse of the product chosen.

There are many different kinds of muscle enhancing products. They come in various forms for many different types of consumption. Some of these forms are in liquids, pre-mixed drinks, powders, serums and solids such as enhanced protein bars. All the options make it a more pleasant experience. These products also come in many different flavors by many different brands. Some companies sell the same product for a higher price but have a higher quality product. Some times these products are over priced.

Athletes around the world take muscle enhancing supplements to create that extra burst of energy that they need at the end of the game or with that last turn of the wheel in a racer. Many weight lifters also use muscle enhancing supplements. MES are a good source of vitamins and minerals. Along with the large quantity of protein found in supplements. This is what helps muscle growth and reaction times. "One can get three to four times more nutrients than in a regular meal" (Conners 25). Many athletes confuse MES for steroids. There is a big difference between the two. Some customers confuse steroids with muscle enhancers. Muscle enhancers have not been proven to be a health risk while steroids have consumed many lives over the years" (Dangers in Muscle Building Drugs). Steroids are very illegal and mess with the hormones found in the body, making the body release chemicals locked in the body which can be deadly. One chemical that is released is adrenalin. "Too much adrenalin can cause a heart attack and many other problems" (Thompson Ginger,). One should stay away from steroids.

Scientists have done numerous studies to test for side effects or illnesses that may occur. Terri Johnson says so far none have been found by following manufacture's directions. Some cases such as dehydration have occurred because of not enough water consumption. Other side effects have occurred because MES were taken with energy pills. The symptoms in result to taking MES with energy pills can cause heart attacks, insomnia, or even death. "This type of supplement has not been proven to be safe and is considered a health risk" (Thompson 25). "Energy pills can cause anxiety and heart attacks by themselves and it has been numerous occasions of deaths that have occurred from energy pills"

(Conners 3). These are very dangerous and should not be used at all. The cause of the side effects is that energy pills increase the heart rate which can result in long term effects.

Creatine, MSN, and Whey Protein are just a few of the top products that is in Jerry Sanders' Body structure book. Body Structure is about nutrition and hard facts for the everyday person trying to get fit. Creatine is a highly absorbent product that is stored in the muscles. When water is consumed the Creatine absorbs the water. This allows more weight to be lifted and for a longer period of time. This is why it is necessary to consume an abundance of water while using Creatine. Creatine is only one of the products that perform this task. There are many other products that replica MES. MSN lets the blood flow faster without increasing the heart rate. This is good because most products increase the heart rate to get blood moving faster. Many basketball players use this because they

are moving so much and so fast that they need a higher amount of oxygen in their system. MSN has a high efficiency of oxygen and produces even more when it hits the blood stream. Whey protein is one of the highest supplement's that provides a very nutritious amount of protein. One serving of whey protein, which is about two ounces of powder mix, is the same as 2-3 center cut stakes. Whey protein replaces the original protein lost in workouts. Whey protein places it's self in empty spots, the same place as the original protein lost in a work out. In a way it just switches places.

If a person wants to use muscle enhancing products they should know a few important tips. First if you plan to really become bigger, faster, and increase your stamina you have to come up with a solid schedule that you can stick with. This is important because work outs need to be consistent. One must work out a least five times a week. Also the muscle enhancer must be kept consistent with out changing the product. Over all the user must work out while taking muscle enhancers and on a consistent basis.

Muscle enhancing supplements are very safe and effective in improving strength, speed and endurance as long as taken safely by following manufacturer's directions and with the effort to be consistent. As long as MES are taken with respect they will become a good resource to becoming a better athlete. Muscle enhancers have not been proven to be unsafe but can be dangerous if not used properly.

Only Minor
changes

Works Cited

Connors, Edward. Gold's Gym. New York: 1998.

Fredrick C. Hatfield. Hardcore Body Building. Tennessee, 1993.

Interview: Terri Johnson. November 1, 2003.

Sanders, Jerry. Body Structure. Kansas, 1995

Thompson, Ginger. "Doctors Warn of the Dangers in Muscle Building Drugs."
New York Times. March 2, 1999.

English

Muscle enhancing supplements are safe and effective in improving strength, speed and endurance as long as taken safely by following manufacturer's directions. Muscle enhancing supplements have been around for many years. Many athletes use these supplements to put an edge on their game. The top athletes require something to put them in the winners circle permanently. This is where muscle enhancing supplements come in to play. Muscle enhancing supplements are a legal, over the counter performance enhancer. They have been tested to be a health and responsible way to increase an athletes performance in a wide range.

There has been much controversy over whether or not muscle enhancing supplements are safe or not. The two sources that approve of muscle enhancing supplements are Gold's Gym and Hardcore Bodybuilding. One source that strongly disagrees is an article from the New York Times titled "The Dangers in Muscle Building Drugs". All sources have been very well researched and have many facts to support them selves on their own. The two books have very strong opinions about articles such as "The Dangers in Muscle Building Drugs".

Muscle enhancing supplements, also known as MES in an abbreviated form, were first created by scientists to increase muscle mass. Over the many years MES have been reconstructed over and over to best fit an athlete's

not necessary in this paper instead write what they say

structure. "Muscle enhancers were also created to benefit the health of the user and eliminate any side effects" (Hatfield 38). Muscle enhancing supplements are now certified by the Food and Drug Administration (FDA). This means that MES have been researched and proven to be safe.

Good concept, but integrate it with your sentence

"Muscle enhancing supplements can be very dangerous if they are not taken the correct way" (Thompson 23). All muscle enhancing supplements have precise directions on the side panel of the product purchased. These directions should be followed to allow complete safety for the user. Both Gold's Gym and Hardcore Bodybuilding agree that if MES are not taken properly that some side effects may occur. All products should be taken with at least twelve ounces of water up to 6-8 times daily. This will prevent dehydration, the most commonly known side effect.

The user of the product should be very careful in following ^a directions mentioned. "Not following directions can result in side effects" (Thompson 24). Connors, the author of Gold's Gym, agrees that not following directions does make the supplement(s) dangerous but only in this case. Experts agree that they can be safe and effective as long as the directions are followed properly. One should check with a doctor to increase the safety of the user before consumption of MES. The size and weight can effect the user as well. ² ² Their has been no reported side effects while using proper dosage. There are many factors to think of before taking MES such as being pregnant. Being a responsible user will eliminate any odds of misuse or abuse of the product chosen.

There are many different kinds of muscle enhancing products. They come in various forms for many different types of consumption. Some of these forms are in liquids, pre-mixed drinks, powders, serums and solids such as enhanced protein bars. All the options make it a more pleasant experience. These products also come in many different flavors by many different brands. Some companies sell the same product for a higher price but have a higher quality product. Some times these products are over priced.

More Than
facts
evidence
ble you still
need to
connect to
your
point

Athletes around the world take muscle enhancing supplements to create that extra burst of energy that they need at the end of the game or with that last tem meter in a racer. Many weight lifters also use muscle enhancing supplements. MES are a good source of vitamins and minerals. Along with the large quantity of protein found in supplements. This is what helps muscle growth and reaction times. "One can get three to four times more nutrients then in a regular meal" (Conners 25). Many athletes confuse MES for steroids. There is big difference between the two. Some customers confuse steroids with muscle enhancers. Muscle enhancers have not been proven to be a health risk while steroids have consumed many lives over the years" (Dangers in Muscle Building Drugs). Steroids are very illegal and mess with the hormones found in the body, making the body release chemicals locked in the body which can be deadly. One chemical that is released is adrenalin. "Too much adrenalin can cause a heart attack and many other problems" (Dangers in Muscle Building Drugs). One should stay away from steroids.

Topic
sentence
does not
frame
rest of
#

Shue
does
guide
start

cite by author page #?

Scientist have done numerous studies to test for side effects or illnesses that may occur. Terri Johnson says ^{- establish credibility} so far none have been found by following manufacture's directions. Some cases such as dehydration have occurred because of not enough water consumption. Other side effects have occurred because MES where taken with energy pills. The symptoms in result to taking MES with energy pills can cause heart attacks, insomnia, or even death. "This type of supplement has not been proven to be safe and is considered a health risk" (Thompson 25). "Energy pills can cause anxiety and heart attacks by them selves and it has been numerous occasions of deaths that have occurred from energy pills"

(Conners 3). These are very dangerous and should not be used at all. The cause of the side effects is that energy pills increase the heart rate which can result in long term effects.

Creatine, MSN, and Whey Protein are just a few of the top products that are in the ^{Jerry Sanders} Body structure book. ~~The~~ Body Structure is about nutrition and hard facts for the every day person trying to get fit. Creatine is a highly absorbent product that is stored in the muscles. When water is consumed the Creatine absorbs the water. This allows more weight to be lifted and for a longer period of time. This is why it is necessary to consume lots of water while using Creatine. Creatine is only one of the products that perform this task, there are many other products that replica this MES. MSN lets the blood flow faster with out in creasing the heat rate. This is good because most products increase the heart rate to get blood moving faster. Many basketball players use this because they are moving

so much and so fast that they need a higher amount of oxygen in their system. MSN has a high efficiency of oxygen and produces even more when it hits the blood stream. Whey protein is one of the highest supplement's that provides a very nutritious amount of protein. One serving of whey protein, which is about two ounces of powder mix, is the same as 2-3 center cut stakes. Whey protein replaces the original protein lost in work outs. Whey protein places its shelf in the same place as the original protein lost in a work out. In a way it just switches places.

If a person wants to use muscle enhancing products they should know a few important tips. First if you plan to really become bigger, faster, and increase your stamina you have to come up with a solid schedule that you can stick with. This is important because work outs need to be consistent. One must work out a least five times a week. Also the muscle enhancer must be kept consistent with out changing the product. Over all the user must work out while taking muscle enhancers and on a consistent basis.

Muscle enhancing supplements are very safe and effective in improving strength, speed and endurance as long as taken safely by following manufacturer's directions and with the effort to be consistent. As long as MES are taken with respect they will become a good resource to becoming a better athlete. Muscle enhancers have not been proven to be unsafe but can be dangerous if not used properly.

Alphabetical order

Works Cited

- ✓ Connors, Edward. Gold's Gym. New York, 1998.
- ✓ Fredrick C. Hatfield. Hardcore Body Building. Tennessee, 1993.
- ✓ Sanders, Jerry. Body Structure. Kansas, 1995. *not underlined*
- ✓ Thompson, Ginger. "Doctors Warn of the Dangers in Muscle Building Drugs."
New York Times. March 2, 1999 *not underlined*
- ✓ Interview: Terri Johnson. November 1, 2003.

MLA

You have a lot of facts here, but you need to work on organization at the end. How does your topic relate to society? For example, what are some of the images that people see that make them want to take creative without researching it first? Addressing this issue will help support your thesis that it is safe.