

Excerpts from Student Papers

Research Paper: Wonders of a Tropical Fruit

Plagued with an expanding waistline, frizzy tresses, dry cuticles or eczema? Did you know that one product could help cure this and more? It's a medicine unlike many others. It doesn't require you to swallow horse pills or chug disgusting syrups. The oil of this fruit grown in Southeast Asia has many uses. If the sweet and nutty aroma of the coconut wasn't enough to have you sold, the amazing properties that lie within will. Virgin coconut oil has a multitude of uses. "There are very few products that we can honestly say are cure-alls, but coconut oil is very amazing for a variety of reasons," writes Mary Smith in *Natural Health Sourcebook* (18).

Studies have shown that intake of coconut oil can help our bodies mount resistance to both viruses and bacteria that can cause illness. Even more, it also can help to fight off yeast, fungus and candida (LoGiudice, Bleakney, Bongiorno, 2012, p.2). The lauric and caprylic acid found in the oil has been shown to be antibacterial, antimicrobial, anti-inflammatory, antiviral and supportive of the cardiovascular system. Lauric acid, the main saturated fat in coconut oil, has been credited with antibacterial, antimicrobial, and antiviral properties. It has been used to treat colds and flu, cold sores and genital herpes, genital warts, gonorrhea, yeast infections, chlamydia and other infections (Weil, 2013, p.2). This is important to know because this oil can replace many of the products we use today such as hair stylers, mouthwash, neosporin, lotion, shaving cream and even a natural alternative to monistat, combating an overgrowth of candida in women. Not only is it good for your insides but your outsides as well, its very moisturizing and soaks into the skin very well, giving your skin a refreshing drink it'll later thank you for.

Intrigued enough? I'm sure by now you're excited and can't wait to run to the store to stock up on coconut oil but before you do, allow me to educate you on its many uses. "If you're a DIY mixologist, then coconut oil is a vanity essential (Pop Sugar Beauty, 2014, p.1)."

Comparative Essay: Mythology and Literature

In conclusion, this story of Icarus and Daedalus is an enjoyable classic, just as much as the French drama *Cyrano De Bergerac* by Rostand. Daedalus, like Cyrano, was very determined. Daedalus was the father of Icarus, and Cyrano had a tough love relationship with Christian. Daedalus did his best at trying to protect his son and Cyrano treated Christian as if he were his own. But like all good tales it ends with a tragic loss. The love was only so strong; Icarus fell into the sea losing his life. Christian was killed at war leaving Roxanne and Cyrano heartbroken. As I mentioned, Ovid's story best explained this Greek myth. It gave more background information than the poem by William Carlos Williams and the painting by Bruegel. I had much more knowledge of this myth from reading Ovid's story, which made it very exciting when reading the poem or viewing the painting.