

THE OZARKA REVIEW



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03

Editors' Notes

05

Photography

11

Rural Excerpts

from a Pandemic

46

Poetry

48

Resilience Project:

Faculty Response

51

Field Interviews

66

Graphite Sketch

68

MLA Manuscript

74

Index of

Contributors

THE IMPORTANCE OF A STUDENT JOURNAL

The value of a student-led journal rests in the value of human expression. A student-led journal provides accessibility to the creative & academic work of students within the context of a supportive learning environment. There is also the opportunity for interested students to help with the editing and publishing of the journal, but perhaps most notably, a student journal provides a wider connection with its readership and viewership--especially during a time when we may be easily fooled into thinking that we, as students and as a community, are disconnected. In this Spring 2020 volume of The Ozarka Review, we hope you are reminded of our shared human experiences; may you find inspiration, insight, and connection within these pages.

lead student editor,
Megan Nichols





FRONTIER

Frontier space is liminal space which is why we chose it as the theme for this year's Spring 2020 student journal.

A frontier is where the edge of wilderness and civilization meet; it is also where the private interiority of individuals and the shared, lived experiences of a public community meet.

As a metaphor for education, it is the space in which a student's individual ethos and an institution of learning's public ethos meet as well as the space where students' "wildernesses" converge. Just as the poet and educator Ross Gay writes in The Book of Delights (2019): "Among the most beautiful things I've ever heard anyone say came from my student, Bethany, talking about her pedagogical aspirations or ethos, how she wanted to be a teacher, and what she wanted her classrooms to be. She said, 'What if we joined our wildernesses together?' Sit with that for a minute."

The act of learning anywhere is frontier space, the space of thinking and doing: trying. The word "essay" is from Old French "essaier" which means "to attempt."

To attempt is to risk; it is the space between our failures and successes, between our questions and responses. It is where we meet (with vulnerability and support) sincerity, design, open inquiry, & discovery; it is where we share resources and skillsets, challenge biases, and practice integrity, equanimity, and the willingness to revise and grow.

editorial support faculty, Maegon Mayes, M.A.





GUEST PHOTOGRAPHER, RACHEL REYNOLDS









- "I've been thinking: This is what the living do."
- lines from "What the Living Do" by Marie Howe



March 25, 2020

Life isn't always sunshine and rainbows. It's funny to me how the theme of our class is, and always has been, resilience. Now we are having to possess this trait more than ever! Going to school got me out of a personal rut I was in at the beginning of this semester, so to be back at home working is a bit frustrating for me, but I am using this down time wisely. Ironically, working from home is my dream, so in a sense, I am getting a taste of what my routine would be like when I achieve that goal. I think the secrets are: a peaceful workspace, room to stretch/walk in between work, discipline, ~~water~~ coffee, and a literal ton of purely motivational and strictly-business snacks!

March 26, 2020

Today, I am trying to focus on the good things, because I am feeling a little bit scared. Sunday is usually my self-care day in my normal weekly routine, but right now it feels like I need it more than those other Sundays. Do you ever take a shower just to wash away your bad feelings? I do. Then, I cover myself in coconut oil, because c.o. heals all; praise c.o. I also like to either put on something light-hearted, like cartoons, or some pretty, up-beat music while I do some sort of art or craft. This

is a sort of meditation for me and an escape from what is going on in this reality currently. Today, I want to daydream.

March 27, 2020

Unfortunately, am feeling the contrast today, and I am not feeling much like writing either. I really miss going to class; even though we are technically on Spring Break either way. This virus nonsense is beginning to bum me out as well as take away some of my motivation. I am not looking forward to transitioning to online instruction on Monday, just because I don't know how long it will be like this. I don't particularly enjoy the feeling of being uncertain, but I suppose I'm not the only one struggling, right?

March 28, 2020

Now I know how a cat feels, napping as an extracurricular activity as well as a pastime. Somehow, I got up early and stayed up late yesterday, so today has been a sleepy blur. I'm not really sure if the extra rest that I am getting is helping or hurting my mood. I'm feeling more down than up right now, so I don't think naps are very beneficial, and maybe I should try to take a walk instead. I just realized that the air in my house feels stuffy, so I'm going to open some windows, try to get motivated, and go from there. Time to get some productive energy flowing instead of sleeping these days away! Here's to trying.

March 29, 2020

I am pleased to report that something inside of me feels different today! I am pretty certain that the extra rest I have been getting, plus the walk I went on yesterday afternoon at the park have contributed to my mood in a positive way. I feel hopeful for my future. Reading stuff on social media lately, I have seen other people have successful face-time meetings, classes, and social interaction with friends and family as well. Now, I am looking forward to seeing how my classes go tomorrow. I better get to bed early so I can wake up energized and ready to adapt to this new virtual world.

March 30, 2020

It almost feels like a normal day today which is comforting. I met with two of my four classes via virtual chat! It is crazy, exciting, and still continues to amaze me how adaptable humanity is. Technology in general is something that I am extremely grateful for. Not only can I continue with school and my goals, but I am able to check on my friends and family and be able to send them my love and positive vibes during these tough times. We need to stick together emotionally since we can't physically, and it is truly a blessing that we aren't completely isolated. Love and inter-connectedness are vital in my opinion for us to possess hope and also for us to not lose

sight of what is truly important at the end of each day, no matter what is happening.

March 31, 2020

Keeping busy is keeping me on track. I have been occupying my time, as well as my mind, with my homework. Isn't all work technically homework now, though? I wonder how the rest of the world is feeling and if they are scared or excited. Scared because of this virus, or excited about all the various ways we could possibly overcome it. I for one, feel a bit of both if I am being honest. I am eager for this all to go away of course, but again, the uncertainty of when as well as how it will go away is something that worries me if I focus too much on it. I am going to get back to my normal work now before my brain over processes the possible outcomes. I will end this week of journaling with the fact that I am thankful to have work to do as well as a place to do it. I hope others find things to be grateful for too.



March 29, 2020

This morning I found out my grandma's results and her boyfriend's results came back positive for COVID-19. At first it didn't feel real. I wasn't feeling much about it, but looking back I realize I was in shock. We have known for a few days that they were having mild symptoms; they have a fever that spikes a few times through the day, and Bud has a mild cough. Other than that, they feel alright. My dad and I had to take a thermometer to them a few hours ago. The way we have been delivering things to them is by setting stuff on the bottom porch step. I couldn't set the thermometer down because a dog was trying to take it, so I had to toss it to my grandma, and that's when the reality of it sank in. I can't touch her or get close to her. If she gets bad I can't hold her hand or hug her goodbye and no one can predict what this virus will do. One day she may be fine, and the next she could be gone. I'm having a hard time, and the way I have been getting through today is by listening to music and walking trails outside. I'm not much of an outdoors person, but being around nature is the only thing helping me stay calm.

March 30, 2020

Today I went to Concord to do some homework and tell my instructors what is going on with my family's COVID-19 situation. I decided to go over to the graveyard afterwards to visit my Papa's grave and walk around to clear my head. It had been awhile since

Mahala Decker

anyone has cleaned up around his plot, so I cleaned off the leaves and fixed the flowers. I realized a lot of people may lose loved ones soon, and there were many graves that needed to be fixed up, so I cleaned up as many as I could before I went to town to pick up prescriptions for my sick relatives. After I went to town and picked up their stuff, I dropped it off with them and then drove around for a bit so I could calm down before I went home. As soon as I got home I had to do the "COVID-19 drill" which is going straight to the laundry room to wash the clothes I wore out and then to the shower to wash off before I can go anywhere else in the house.

March 31, 2020

Today I went back to the graveyard to clean more because it felt therapeutic cleaning up yesterday. I brought a rake this time which helped a lot. About 3 hours in, I got a call from my mom. She told me that my old coach's grandpa had passed away this morning. Mr. Cooper is like family to me, so I felt down about the news, but I knew his grandma was buried in the cemetery that I was at and that his grandpa would be buried beside her soon. I knew I couldn't go see him or be able to attend the service, so I cleaned around his grandma and grandpa's grave plot to ease his mind a little for when they get ready to have the funeral. I felt like that may have been the reason I was there. Cleaning graveyards is not something I've ever done or ever planned to do, but God had me there for a reason and doing something so small that could help someone I love in any

Mahala Decker

way brought me some comfort, and I hope it put the Cooper family at ease a little. I went back to town afterwards with my mom to get more prescriptions. We dropped them off with my Nan and her boyfriend, Bud, went home, and did the clean-up drill again. We just got a call that Bud is having a hard time breathing, so my parents just left to get him some type of oxygen level reader. He's getting X-rays tomorrow.

April 1, 2020

Bud has pneumonia caused by COVID-19. He was put in the hospital in Conway to be watched. He is stable and for the most part doing okay; they just want to keep a close eye on him. My Nan isn't allowed to stay with him, and her symptoms aren't bad enough for her to be hospitalized. She has to stay in her house alone, and that scares me really bad. I offered to fully quarantine myself with her and live with her for the next few weeks, but I'm not allowed to. I just want her to be safe, and even though she still has very mild symptoms right now, I don't want her to be alone. It's been harder to keep it together today. I haven't been able to do much to keep myself distracted, but I know it will get better soon. I went to Concord to try to do some school work. It was pretty hard to focus, but I got some Visual Art stuff done until my computer died. After that I wasn't ready to go home, so I drove around for a little while and listened to music.

April 2, 2020

Today, Bud got to come home from the hospital, and that put my mind to ease a little. It was difficult getting up and around; last night I had a hard time going to sleep. I talked to my Nan on the phone for a while, and she told me she was okay. It's just been hard to stop worrying. I lost my grandpa a few years ago; I don't want to lose her or Bud either. My mom told me I needed to stay more positive because if I'm depressed my immune system will be weaker, so I worked on that today. It's not something I can just fix in a day, but today was a start. I did a little more school stuff and hung out with my sisters more. I'm having a hard time going to sleep again, so I have been watching hours of *Forensic Files* episodes.

April 3, 2020

I worked on more homework today and got most of it done. I just have a couple math assignments left. My cousin was going past my parents' shop and saw me in my car, so she stopped to talk to me. She has been my best friend since we were born, and I haven't gotten to see her in a while. She knows what's going on in my family because she's kin to my Nan that's sick. I got to talk to her about a lot: boy trouble, friend trouble, family worries. I talked about it all to her, and it took a big weight off my chest. I also just enjoyed seeing her. I missed her a lot, and it was nice to see and talk to a friend/ family member my age. We talked for a few hours. I

Mahala Decker

went home, played Baggo with my parents and one of my sisters, and then they went to bed. I'm going on night 3 of watching *Forensic Files* and *Looney Toons* reruns.

April 4, 2020

Today my family decided to get the bus running so we could go on a road trip to Calico Rock. We cleaned it up and got it started, but by the time we got all of that finished, we decided to have a lazy day at the house. We cooked some lunch, and I came up to Concord to try to get some more work done. I finished more math assignments, but now I feel like my brain is fried. There haven't been any changes in my ill family members' health conditions which is good, but I wish they would start getting better. We think Bud's fever was trying to break yesterday, and my Nan felt the worst that she has the last 2 weeks, but I'm praying she won't get as sick as Bud did. I'm ending the journal entries a little earlier in the day than usual, but for the rest of the day I plan on playing with makeup and relaxing at the house.



the outside world



March 15, 2020

There has been so much talk on the news and throughout the communities of COVID-19. I have never seen such a panic, in my 39 years, that would drive people to go to the store and buy everything they can. People are in such a panic because there is talk about being quarantined to our houses and everything getting closed down. Well it has started; every school in Arkansas has shut down for two weeks, and today was our last day for in-class studies at college. We shall see what tomorrow brings.

March 16, 2020

Today was just another regular day in the office for me and some others. Well, that's not true. I was supposed to have court today, but every court in the state is shut down for the next two weeks also. Wow, this virus is really taking hold of the community. There have only been a few cases so far with the first one being on the 11th of March. Well, today there are 22 confirmed cases, and it is said to spread even faster. President Donald Trump is telling the nation to start social distancing as much as you possibly can.

March 17, 2020

Well, there are no on-ground classes at Ozarka [for the rest of the term]; we are to do them online. For some of us, that doesn't work as well. We have made a decision in our family to even forgo going to church which is something that I have not done in 10 years. There are going to be live feeds of preaching and singing tonight to keep everyone home and safe. Good news: there are still only 22 confirmed cases in Arkansas.

March 18, 2020

Well, as another day has rolled around my family is just trucking along like always. My wife stays at home with our three small children, and I go to work. I am considered an essential employee, so for now my job is safe. There is talk about many people not having jobs in the weeks to come. This is concerning as many people may not be able to make it without a job--note that this is taking place all across America not just Arkansas. Also, today we got word that the number of confirmed cases has grown to 37; that is a 68% increase from yesterday.

March 19, 2020

Well, it is Thursday, and the grocery stores are basically empty of everything from the panic buying of people. Schools were originally going to be out for two weeks, and now the

John A. Engelhardt

governor says no school until April 17. Wow, this is growing fast and has taken a major hold of our state and nation. Today, it was announced that there are 62 confirmed cases--now another 68% increase; if this keeps up, we don't stand a chance. People need to stay home and only leave when they need to. Come on, people; take it seriously but remain calm in the process. Restaurants and bars are also to be carry-out only--no more dining in.

March 20, 2020

Holy cow, this virus is super bad; today we have 100 confirmed cases. The government is now working on small loans to help small businesses as they have to shut down or scale down to the bare minimum. Other than that, it is Friday, and we are going to enjoy the outdoors and no more news for the weekend--well, maybe just not for today. I am so glad we live on a farm where we can go outside and not be confined to the house.

March 21, 2020

I'm not going to write much today. It is Saturday, and I will spend most of the day working in the yard and spending time with my family as always. Just a report: there are 118 confirmed cases as of today. This virus has the potential to spread very fast if people don't stay to themselves.

March 22, 2020

Not sure what to think about getting up on Sunday with no church to go to. We sat around and watched several different preachers on the internet today; that was different. I had to read a little news today just to see how many more cases have been confirmed, and now we are up to 165--a 40% growth from yesterday--my, oh my.

March 23, 2020

Well, today we have reached 201 confirmed cases, and for those of you who didn't stay home Sunday here is some information: a deacon in a church in Cleburne County said that 34 people who attended an event at the church have tested positive for the virus, and others are awaiting results. Stay home, people, and stay away from people. I go to work every day at 8:00am and shut my door and stay away from everyone. I contact all of my clients via computer or phone only, come out to use the restroom or go outside. I also found out that my mom has to shut down her beauty salon tomorrow for who knows how long.

March 24, 2020

Well, as usual, today was another first; Arkansas has had its first death from the virus today as a 91-year-old male

John A. Engelhardt

passed away, and the total for confirmed cases has risen to 232. Over the past couple of days, I have noticed a trend in the amount of confirmed cases. It is going down; three days ago, it went up by 40%, yesterday up by 22%, and today only 15%. Maybe people are getting the picture: stay away from other people and stay home if you can.

March 25, 2020

Well there went the trend today; we are up another 33% for a total of 308 cases as of today. If you think about it, this virus has spread quickly, and no one has an immunity to it because it originated from an animal, so the human species has no immunities built up to fight it. In two weeks, we have gone from one confirmed case to 308; that is a pretty quick spread. Today there was also another death related to the virus, bringing Arkansas to two; I hope this is not a trend also.

March 26, 2020

Today the trend is back down; hopefully we can stay this way. Only growing by 13% from yesterday, we are now up to 349 confirmed cases. Most of the business in town have shut down or are only doing a call-in and pick-up service. I have also noticed that the traffic on the road is extremely low compared to a normal day here. We started our garden today, and who

John A. Engelhardt

knows, we may really need it more this year than we ever have if this keeps up. We [in Arkansas] now have had three deaths related to the COVID-19 virus. Hopefully the growing trend will be lower tomorrow. Pray for our state and country as we go through this.

March 27, 2020

Prayers are working; we only grew by 1% from yesterday to a total of 351 confirmed cases. I went to Walmart today, and there were still several people there, but the majority of them were wearing masks and gloves. It is like something out of a sci-fi movie. Hopefully we will start to see the trend moving backwards in days to come. I am not sure that the kids will even go back to school this year. I feel for the seniors as they will miss their prom, graduation, and most of their last year with friends in an environment that should be fun for them.



"As time went on, that scribbled wall--
even if it stayed blank--became where
everything recognized itself
and passed into meaning."

-lines from "Why I keep a Diary"
by William Stafford

Wednesday, March 25, 2020: Quarantine Day 10

My husband went to work today in Benton. He either drives a dump truck or runs a track hoe doing dirt work. I send him a pack lunch so he would not have to stop anywhere except to buy fuel. He wears gloves and has a can of hand wipes in his truck. My mother in-law and I decide to go to Mountain View today to buy groceries. My kids wanted to go, but I make them stay at papaw's house. We leave the house around 8:00am. The drive to town takes about thirty minutes on a normal day. Today it takes us about twenty-to-twenty-five minutes because there is very little traffic. Our first stop is Walmart; before we go in, we put on rubber gloves and face masks. There are not very many people in the store shopping, and there is a limit of one item per person on most of the items in the store. There are only three small cases of bottled water and two packages of paper towels in the entire store. The shelves were missing several items like: toilet paper, Kleenex, hand sanitizer, wipes, and flour!

The second stop we make is to Harps grocery store. We thought maybe we could get the items there that we could not find at Walmart. Harps did not have toilet paper or flour either. We had to stop at West 66 Valero and get fuel on the way home. They had plastic gas mitts at the pumps for everyone to use while getting fuel. My husband asked me to pick up some snuff, so I had to go inside. Everybody inside was wearing gloves and face masks; they were installing clear plastic guards around the registers. Since I usually buy a roll of snuff when

Brandy Stewart

I get fuel, they let me get a whole roll. They said there was a two-can limit now because people were trying to buy four and five rolls at a time. When we arrive home my father in-law makes us use rubbing alcohol to sanitize our hands. The kids were bored, so they were glad to help carry in groceries, and the dogs were excited to see us. Later, I feed the chickens and gather the eggs. Then we eat supper with my in-laws and help clean the dishes. Afterwards we go home, watch Netflix for a little while, and then go to bed.

Thursday, March 26, 2020: Quarantine Day 11

My husband went to work today. I told him "I love you--be safe, and I pack his lunch." I get around early today because I have an appointment to get my taxes filed. I take my kids and dogs to Nana's house and then go to my appointment. I get my taxes done, and it is good news, thank goodness! When I get back to Nana's house, my son wants to make Crème Brulee, so I guide him through the recipe, and he does all the work. We have left over egg whites, so instead of wasting them my daughter wants to make an omelet. I help her with the filling, and she cooks the omelet. When the omelet is done, she shares it with her brother. Both dishes turn out to be delicious. I start scrolling through Facebook and find a yeast roll recipe that will make cinnamon rolls. I decide that we need some cinnamon rolls, so my daughter, Nana, and I make the dough. My daughter, Jorja, wants to do most of the work to make the rolls. While waiting for them to rise we try to play basketball, but our Boston terriers want to play too, and it proves to

be too difficult. We decide to go for a walk around the field and explore. Jorja catches bugs and worms to hand-feed her pet chicken, Honey. We go back inside to finish the rolls, and they turn out great. Later, Papaw needs help gathering cow manure to fertilize the garden, so Jorja and I help him shovel poop. When we get back it is supper time, so we eat, help clean, and then go home. At home, we watch a little Netflix and then go to bed.

Friday, March 27, 2020: Quarantine Day 12

My husband went to work today. I remind him to be safe, tell him I love him, and pack his lunch. Today the kids and I stay at home, clean house, and do laundry. The most exciting thing that happens this morning is the propane truck shows up to fill my tank. My Boston terriers go crazy barking because they hear the truck outside. After he leaves, the dogs and I go out for a bit then back inside to fold laundry. Most of my morning is spent reading and annotating articles for English Comp and walking around the yard with my dogs looking at the flowers. The dogs and I see six deer in the field that stay there the whole time we are outside. We eat lunch, watch Netflix for a while, and the dogs need out again. Later we go to Nana's house and help Papaw plant some vegetable plants in the garden. We eat supper with them, help clean up, go home, watch Netflix, and go to bed.

Saturday, March 28, 2020: Quarantine Day 13

Today my husband did not go to work, so I slept in. When I got out of bed, we ate breakfast and watched a little Netflix. My husband

left to help his dad separate a bull from his herd of cows. While he is gone, I spend a little time working on my articles for English class. My Boston terriers needed to go outside, so I take them out and walk around the yard for a bit. I decide to clean the leaves out of the pool, and just as I finish, it starts raining, so I go back inside. The kids and I eat lunch and watch Netflix for a bit; then my husband calls and says he needs my help. We go to my in-laws' house, and they have a cow that has a prolapsed uterus. I help my husband clean her up and hand him the items he needs to sew her up, so her uterus does not prolapse again. When we are finished, it is supper time, so we eat with my in-laws, go home, clean up, and watch Netflix until bedtime.

Sunday, March 29, 2020: Quarantine Day 14

Today my husband and I ate breakfast then went to haul a load of hay to our farm in Newnata. We fed cows and unloaded the hay. We then went to my in-laws' house and loaded the bull that my husband got, the day before, into the stock trailer. We ate lunch and drove the bull to Marsolf's Butcher Shop. We unloaded the bull into a holding pen and headed back to town. On the way back, we stopped at my brother's house, and I helped him get his taxes sorted out. We worked on his taxes for five hours and did not even finish. We stopped working on them around 8:00 PM, went back to my in-laws' house, ate supper, picked up our kids and dogs, and went home.

Monday, March 30, 2020: Quarantine Day 15

My husband went to work today, so I packed his lunch, said I love you, and be safe. Then I went back to bed because he gets up at 4:30am. I got out of bed around 7:30am, ate breakfast, and took my Boston Terriers outside for a bit. I woke the kids up around 9:00am, and I started getting ready for my English Comp class. Today is the first day for this class to be online. The online meeting did not work, but the teacher found another way and she got it lined out. The teacher for my Body Structure and Function class called me to try and figure out how to have class online, and my math teacher calls me to touch base all at the same time! This morning was a little crazy and exciting.

The principal from my kids' school called to find out if we had WIFI and access to a computer, and she said AMI packs would be available Wednesday to download. The school's automated system also called and said they were handing out breakfast and lunch for the week. It was during my online class time, so I asked my mother in-law if she would take the kids to pick up the food. I worked on my homework for the rest of the afternoon, took my dogs outside a couple of times, and it started raining again. Later we went to my in-laws' house, and I helped cook supper and clean up the kitchen. After we ate, we went back home, watched Netflix for a bit; I folded more laundry, and then we went to bed.

Tuesday, March 31, 2020: Quarantine Day 16

My husband went to work today even though it is raining. I fixed his lunch, said I love you, and be safe. I went back to bed because I do my best sleeping when it is raining. I slept until 8:00am, and my kids have slept-in every morning since they have been in quarantine. My dogs need out, so I take them outside and walk around the yard. The dogs and I go back inside, wake up the kids, and eat breakfast. This morning I work on homework, wash dishes, and do a little house cleaning. I have the kids check for their AMI packets from school and print them. We eat lunch, and I work on homework for math class. Later we go to Nana's to feed chickens. My daughters first activity for math is to follow a recipe, so she makes peanut butter cookies. My son has a project in art class that involves hunting for stuff outside, sounds like fun. The rest of this week is going to be very exciting. While I am trying to work on my schoolwork, I am still a parent, a teacher for my kids, and am trying to keep my house clean. We eat supper, and I clean up the kitchen for Nana. One of my dogs comes inside covered in mud, so I give her a bath. Afterwards, we get around and go home, watch Netflix for a while, then get ready for bed.



Katelynn Johnson

March 29th, 2020

This is day fourteen of our quarantine. This has been crazy. This morning we all ate breakfast then sat in the living room while we watched our pastor on Facebook live together. Then we had our own little song service after the sermon. After that, I got the kids. I have been watching Joseph and Nahara during work hours for the past fourteen days as well. We then went to the barn. I checked on the cattle stalls to see if we needed to fix anything up before I tried to put up this year's show cattle this week. My horse is also in the barn. She has been a little sickly lately; she is getting old. Her name is Lightning. When I was kid, I would feed her Little Debbie cupcakes and let her drink Sprite right out of the can. I just happened to have a Sprite in the car, so I gave her one, and she was one happy horse! Anyway, that was my today--will be back tomorrow.

March 30th, 2020

This is day fifteen of our quarantine and day one of daily Zoom meetings with my high school teachers. It was a learning experience, but I think it will eventually be okay. I was driving up to my mom's work to eat some lunch, and I saw my show steer from last year looking cute, so we had a mini photo session, but then I had to go get some AMI work done. The rest

Katelynn Johnson

of the day I rode the Kubota around the farm with the kiddos and just tried to have some fun! And that was pretty much my day!

March 31st, 2020

This is day sixteen of quarantine. I think we are all getting a little stir crazy out here on the farm. Today was kind of anticlimactic to be honest. Not much went on: AMI work, trampoline jumping, and watching *Barbie* and *Boxtrolls* with the littles. Oh yeah, and we started watching that Tiger Kind show. . . Carol killed her husband. She just doesn't even need to come at us with all of the lies . . . AND, SCENE.

April 1, 2020

This is quarantine day seventeen. My mom works at a home for people with developmental disabilities, so that is where we have been staying for the past seventeen days. I go home during the day to watch Joseph (age 5), Nahara (age 4), and my little brat--oh, I mean brother, Kayden (age 8) during the day. So, my quarantine is always pretty interesting. One of the residents tried to play an April Fool's day prank on me by telling me that my dog was on fire. I played it off, and he was cracking up. He thought that I believed him! So that was my day.

April 2nd, 2020

This is quarantine day eighteen. Today was just "eh." I ate some homemade Rice Krispie treats though, nothing else really.

Katelynn Johnson

April 3rd, 2020

This is quarantine day nineteen. Today we put halters on the calves and had ourselves a nice little rodeo. Not sure how I am feeling about Butterball and Emmylou. Emmylou is a George Strait reference: "Check yes or no." They pretty much drug Eric (my dad's bestie) around the cattle pen, so that was interesting. They calmed down a little though--to where I could pet them. The best part of the whole day, though, was that we had Bailey's delivered for supper. I feel like it's been years since I have had a barbeque sandwich and mac-n-cheese! That's all for today.

April 4th, 2020

This is quarantine day twenty. I slept in today. Then for breakfast mom made homemade chocolate gravy and homemade biscuits--my fave. So after that we tied the calves out to get a nice feel for the halter again, and we went fishing with Eric. We had such a great time! I caught the two biggest fish, so I was definitely proud! I will be rubbing it in the boy's faces for a while. I am going to hit the hay a little earlier, so peace out.



Tayler Cooper

March 24, 2020

My mom suggested that I start keeping a journal about these times, so I guess this works out. Today, like most days, I have stayed home, like literally stayed home all day. I know we are supposed to, but I would like to at least get out and drive around. I did finish the series I was watching on Netflix; it's called *The Originals*. It was really good, but I hated the ending. In the end my favorite character, Klaus, dies. There is a spin off too; it's called *Legacies*-about Klaus's daughter so that's getting me by. I also restarted *The Vampire Diaries* which is the original show that then made the spin off, *The Originals*, but that's enough of that. My two little cousins came over today for me to babysit while their mom was at work. She works at a pharmacy. So, while they were over, we watched movie after movie and just had a girls' day/ lazy day. My mom is a school teacher, so since we have been out of school, she has had more time at home, and we all have cleaned a lot too. Though she has been kicking butt with these amazing meals, so that makes up for all the cleaning. Well that's all I've got for today.

March 25, 2020

So, last night my cousins decided to stay the night and my moms' brother and his family came over tonight, and we had a bonfire and ate hotdogs and s'mores. Mom also cooked hamburgers. Then we all went inside and sat around and just talked. We all stayed up so late; it

Tayler Cooper

was 3 am before we went to bed. I was so tired the next day. That next day all the kids went upstairs and hung out and played the Xbox. The parents stayed downstairs and made a huge breakfast. There was pancakes, eggs, sausage, and bacon. Then a little bit later they all went home, and my family and I just stayed home the rest of the day besides going to the barn to do chores.

March 26, 2020

Today I started a new daily schedule I will be doing for the rest of quarantine. I get up at 8:00 am, work out then shower, eat breakfast, and start on my day. If I have homework I'll do that, and if there are chores to be done, I'll do them. Then once I am all done, I am done for the day and have the rest of it to relax and do whatever. So, today when we all got done with chores, we decided to go to Batesville together. I know that the corona virus is there, but we stayed in the truck. Dad got out once at Tractor Supply to get dog food but got in and used Germ X. Then we went to Sonic and got ice cream and took the long way home. We just drove with the windows down having fun.

March 27, 2020

Spring Break is almost over, and I am not ready to start back. I know it is all online now, but I don't want to go back. I am having so much fun being at home and being lazy with my family. I am all caught up on my show *Legacies*, so now I am waiting for them to put out new

Tayler Cooper

episodes. So, in the meantime, I have started watching *Teen Wolf*--not the movies from like the 80s but the TV show on MTV with Tyler Posey and Dylan O'Brien. I know I talk a lot about TV. I watch a lot, but it isn't the only thing I do. I just don't have much to do and to talk about here. Tonight, mom cooked an *awesome* meal. We had pork chops, fried potatoes, corn, and green beans. We ate and watched the movie *San Andreas* with The Rock; it was really good.

March 28, 2020

Today I found out that even though I don't really like breakfast food, I do like confetti chocolate chip pancakes. My mom has been making them lately, and they are the best. I love them. After lunch, my brother and I went outside and rode around on four-wheelers. Then we came home and had supper and then watched more *Teen Wolf*. My brother also started *Riverdale*, but I already watched it. I also decided to clean my room today--like top to bottom; it's spotless now.

March 29, 2020

Today I woke up, went for a walk with my mom and our dogs, came home, ate breakfast, and checked all my classes. Then, I started on some chores and finished around lunch time. So, I went and fed the calf at the barn then came home and fixed some chicken nuggets and mac and cheese. Oh, and my little cousins are over again. So, then all four of us kids went into my bedroom and watched a movie my little cousins brought. It was *Moana*. My little cousins sang every song in

Tayler Cooper

that movie word for word. They didn't miss a beat. Around five, I took them home and when I got back, mom had cooked this new dish, called fiesta chicken. Let me tell you: hands down the best thing ever!

March 30, 2020

My phone died last night because I forgot to charge it, so I didn't get up at 8 and work out, but it's ok. I woke up ate something and watched TV with my mom for a little while. My brother and dad went to town to do something; I don't know what. When they got back my brother and I went to feed the calf and then rode around on the four-wheelers. Since it's been raining some, it was muddy. Then we went in and had leftover fiesta chicken. I love that stuff. I would eat it every night if mom would fix it every night. Then my brother and I did some homework and chores then went upstairs to watch TV. A little while later it was time for supper. Mom fixed pizza. My brother and I went back upstairs watched more TV then came downstairs, cleaned up the kitchen, and went to bed.



The Reasons We Despair

Megan Nichols

If I asked, "What is wrong?"

You could reply, "Everything."

and I suppose that would be true

--as irrefutable as death.

So I might clarify, "How are you?"

but then,

you'd speak of war and disease and corruption and violence and drought, and

I would admire our roof

savor our meal

stretch out onto clean cotton sheets

How I Came to Understand God

Megan Nichols

Pews have always been too rigid for my spine
and I suspect my neighbors could relate
but I refrain from asking what doesn't need answered.

My church sprouted on this street and has enveloped my son and me.
We thrive nurtured by saints whose virtue appears plainly, profoundly,
alongside gifted cherry tomatoes and during front-porch congregation.

We pray at the altar of mowed lawns and bursting hydrangeas
and I give thanks on early mornings as engines turn over
and late evenings when barking dogs mingle with my sleep.

My saints have taught me about snakes, not serpents, and I
grieve the king I drove from my home out of fear and misunderstanding,
his significance now, his iridescence.



Resilience

PROJECT

In 2019-2020, some of Ozarka's Composition/ Research & Communication courses took Stanford's Resilience Project as a model for learning and resource building--to help motivate and support students as they experience the setbacks that are a normal part of a rigorous education. Stanford's Resilience Project uses "personal storytelling, events, programs, and academic skills coaching"; one way faculty there help model, norm, & frame resilience is to communicate the setbacks they've personally experienced at any point in their education or career. Educators at Ozarka decided to embrace this same notion that being vulnerable with students about some of their own academic & career setbacks norms human experience & offers students encouragement to persist & achieve their academic & career goals.

THE 6-WORD STORIES THAT FOLLOW ARE NARRATIVES FROM OZC FACULTY & ARE SHARED HERE IN THE SPIRIT OF RESILIENCE & SUPPORT.

"Failed at
studying,
Failed the
exam"

"Failed
Calculus II
once, then
again"

"Failed my
first College
Algebra
exam"

"Failed all
classes but
Sign
Language"

"Failed Latin
class in high
school"

"Failed
microbiology
twice before
I passed"

"Failed a
Chemistry
exam freshman
year"

"Failed
delivering my
first
Shakespeare
monologue"

"Failed at
delivering a
public
presentation"

"I had to repeat
College
Algebra."

"My best
work earned
a 'C'."

"initially
dropped out of
BSM program"

"missed
deadline on a
huge exam"

"passed out
exam with
answers
attached"

"called a student
by wrong name"

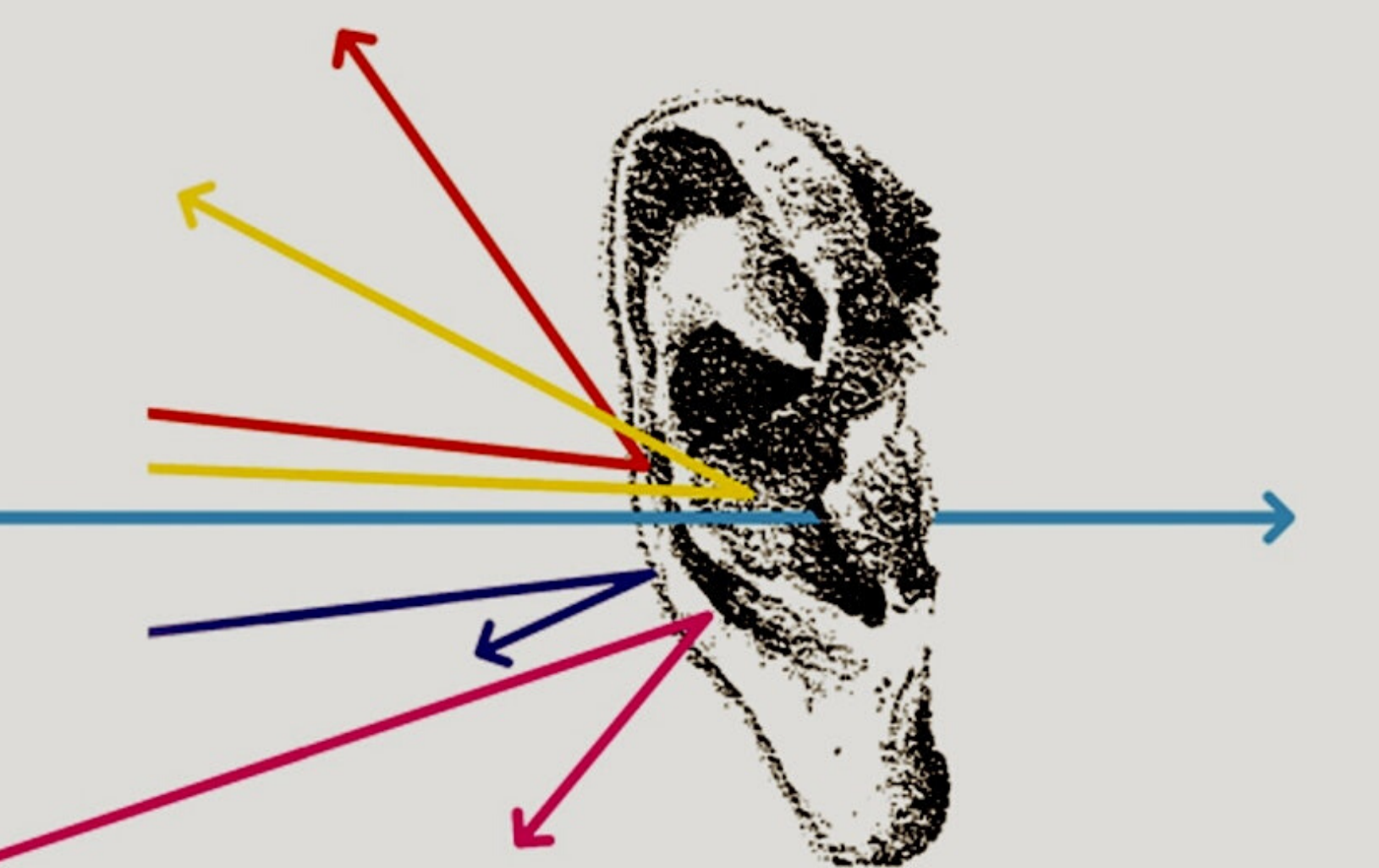
"I changed my
major three
times."

"My writing was
crap: much
revision."

"had to repeat
Lit. Theory
class"

"Kindness is an everyday byproduct of all the great virtues. Tolerance is not really a lived virtue; it's more of a cerebral ascent. What a liberating thing to realize that our problems are probably our richest sources for rising to the ultimate virtue of compassion."

-Krista Tippett



Austin Prince: An Interview with Kristi

My name is Austin Prince. I am 18 years old; today is November 20, 2019. I am speaking with my cousin, Kristi, and we are recording this in Mountain View, Arkansas.

Austin: "So, Kristi, can you tell me about you and Luis?"

Kristi: "Yes! My name is Kristi, and I'm from the United States. I grew up in Arkansas my entire life but traveled a lot in my twenties, and then in my late twenties I met Luis who is originally from Mexico--a super small village called Via Durista which is in the state San Luis Potosi. And, yeah, we dated for 3 years and got married."

Q: "That's awesome! So, have you encountered any cultural differences that created a struggle in your relationship?"

A: "Um, no drastic struggles, but there's a hundred percent cultural difference; um, I think some of the most dramatic ones would be like Christmas here versus there; they don't celebrate Christmas the same way we do in America. It's tradition, or culture, for us to make a big deal out of Santa, and stockings, and elves, and they don't do that whatsoever in Mexico. He knew of Santa growing up, but they really focus on the birth of Jesus and completely omit all of the other stuff. So that's one of the things that was weird at first, but we've actually drifted more to a Mexican tradition in that way that we try-- actually, don't even

Austin Prince: An Interview with Kristi

speaking of Santa in our house at all. And then finances have been an interesting one 'cause in Mexico, especially in the village he's from, everybody is incredibly poor. And so, if anybody has any money whatsoever, they share everything with everybody. And they're actually substantially more giving people than we are in America, and I remember we went and saw his mom one time in Mexico, and I was really sad by the amount of stuff she has, like even food wise and stuff like that. So, Luis and I went into the city, like where they have a real supermarket, and we bought tons of stuff that was nonperishable-like stuff because she hand-washes dishes and hand-washes clothes, and so we bought nonperishables, and I thought "this will get her through for like six months." And before we left two weeks later, she had distributed it out, like she kept some to herself, but she brought some to both of his grandmas and to his cousins and stuff because I guess she knows need, and since she had more than she needed right then, she wanted to give it out, and so like it wasn't like an ugly thing in our relationship, but I just kind of thought 'why would you do that? Like, we're trying to take care of you,' and Luis said 'just, once you know need, anytime you see need and you have more than enough, you want to'."

Q: That's awesome. So, they're a very sharing community?

A: "Super sharing; anytime someone in the family-'cause they live close together-it would kind of be like out in Fifty-Six, [AR], you know? Like all of their cousins and aunts and uncles, they all

Austin Prince: An Interview with Kristi

live right there together. So, if anybody has more than enough of something, they distribute it all out to everybody else instead of hoarding it for themselves which is so awesome; it's just, it was a new way of thinking for me because all I could think was 'I was trying to set her up for six months so she didn't have to worry,' but she didn't want anybody else to worry either."

Q: "Aw, that is amazing! Um, have any other cultural differences strengthened or enriched your relationship?"

A: "Uhm, goodness, ok so yeah. We talked about this. So, yes, we deal with a lot of cultural stuff. We both love culture; we both love not just American culture versus Mexican culture, but we just love culture. So we, obviously, we have blended some of what I grew up with and some of what he grew up with. That has made our family kind of cool, but we also pick up things from other places like where we've traveled to, or wherever, and I think we just blend that in: like in the foods we cook and the traditions we have. I grew up in a great family, but we didn't talk about culture a lot in my family. We just didn't have a lot of diversity, and so because it's a big deal to me and Luis, we share it a lot with the kids, and so, we pull out globes a lot and talk about where different people live and what life is like there, and so yeah, I think that having an intercultural marriage is really cool because while there are obviously some differences to overcome, I think it's really cool to take the best of both worlds and put them together."

Austin Prince: An Interview with Kristi

Q: "Yeah, and that's so cool too because you guys have such a unique story to tell as well. So, that is so cool. So, when you guys visited San Luis Potosi, did you already know Spanish or did you try to learn it before going?"

A: "I knew a lot of Spanish. I took several years of Spanish in high school, and I took it in college, so I had a pretty solid understanding of Spanish already, and actually when Luis and I first met (and this is a true story) I started hanging out with Luis because I was wanting to move to Costa Rica and teach English as a second language, and I wanted to brush up on my Spanish skills. And in Costa Rica, they believe in immersion of a language, so you don't have to know the language to teach there, but just for my own comfort I wanted [practice], and that's how Luis and I first started hanging out. I would practice my Spanish with him, and then we started dating, got married, and I never went to Costa Rica. But yeah, so I already knew a lot going over there (San Luis Potosi). It's certainly not perfect, and I know a lot of words, but I really struggle in putting them in the appropriate sentence structure. So yeah, I knew quite a bit going over there, but I for sure would like to speak more fluently."

Q: "Yeah, so there were, like, no complications communicating with his family speaking Spanish?"

A: "Um, yeah, I mean, maybe a little bit because people use idioms differently--figures of speech. And I never really thought a

Austin Prince: An Interview with Kristi

lot about those until Luis and I got married because I will say things, and he will have no idea what I am talking about; it just really makes sense to me. And the same thing over there, so there are little things like that, or they speak so quickly, so sometimes I have to say like, 'Slow down, slow down,' or I know that I'm only picking up on words here and there and kind of making an assumption of what the fill-in was. So, is it perfect? No. And sometimes do I just avoid conversation because it's work to talk? Yes, but if Luis was there or not, I think I could get around fine."

Q: "That's good, that's good. What if you guys lived in Mexico instead of the US? Do you think you would you do anything different with your parenting styles and decisions?"

A: "I would love to live in Mexico; love is a strong word. I wouldn't have a problem living in Mexico at all. I think our parenting style would stay the same; we kind of joke that we 'parent more like a Mexican family than an American family' because I feel like the American culture is very child-centered. Like, families are very child-centered, and it's like what the kids want, everything revolves around a child, and I think: not having kids until I was in my mid thirties, I kind of realized how that's a problem. Like, it really is a problem to have child-centered families because kids grow up thinking that they're the center of the universe, and that's not reality when they get older. So, we don't have a child-centered home whatsoever; we have an adult-centered home and a Christ-

Austin Prince: An Interview with Kristi

centered home, and our job is: we very much believe in raising them and teaching them and equipping them and empowering them to do well, and not so much about serving them. And that is 100% the way that we raise them, and actually, we get a lot of ugly looks and things like we're too hard on our kids, but at the end of the day, I don't think we're too hard on them. I think we're loving them well because I think we're setting them up for success— long-term, and I don't think that they're gonna have the transition of figuring out that the world doesn't revolve around them like a lot of American kids do. So that, I think for sure, would stay the same if we lived over there. If we didn't live over there, yes, finances would change. Wherever you live in Mexico, well, for the most part, people don't have money the way we have money in America. And even the poor people in America are wealthy comparatively. So, in my dream, yes, if we were to live in Mexico, I would wanna save money, build a house over there—and you can build houses over there really cheap. Like his cousin just built a house over there last year for like \$30,000. It's a great house; like, it is a *great* house. And they live different than we do; they don't have to put central heat and air in, and it's different, but it's a great house! And so, idealistically, I would wanna build a house over there and have a nest egg of money set aside to live on because even though Luis would go to work, it would be a transition to figure out how to live on the budget of how much money they make there. Like, in the

Austin Prince: An Interview with Kristi

villages, the guys that work in the fields, they make something like \$10 a day, for like a 10 or 12-hour day. They make what's equivalent to ten US dollars. So, it's why so many want to come here obviously. So for sure, we'd want a nest egg of money, but if we didn't have that luxury and we just had to move over there and find a house on our own and start living life (a lot of families live together), and so we would most likely live with his mom and then try to get it together from there, and I know it's stereotypical, but it's really real that they live on like a lot of beans and rice because when you're making equivalent to ten US dollars a day, there's not a lot of excess money."

Q: "Yeah, so earlier this year, you actually adopted two kids, and before that, you fostered them. They are the cutest kids ever. Um, so are you going to teach them Spanish/to be bilingual?"

A: "Yes! We've actually been working on it for a really long time, and we officially home school now, but prior to official homeschooling when we purchased curriculum, I used to set up my own curriculum, and Spanish was one of the classes we did every day, and so they can count in Spanish and can say 'hi' and 'How are you?,' and they know some really basic stuff, but Luis does work with them all the time, and he just, while he speaks to them in English most of the time, he'll throw in Spanish words or just like little phrases, like when he walks in the house in the evening he'll say 'cómo estás' to them, and they know what that means, or when he says

Austin Prince: An Interview with Kristi

'I love you' at night he will say 'te amo,' and so it's just like little pieces here and there so they're picking it up, but we both think that they need immersion because I am the perfect example of that. I have a lot of Spanish hours, and I know words, but I don't know how to put them together well, and so we think that they need immersion which, when they get a little older, the goal is to send them to their grandma's there.

Austin: "Yeah, that's so awesome, and it's so good to know another language as well."

Kristi: "Yeah, and it's becoming so prominent in America right now; a lot of degrees require it."

Austin: Yeah, um, well that's all of the questions I have. Thank you so much for doing this interview with me.

Kristi: Thank you

Trevor Crimes: Interview with a Local Pharmacist

Trevor: "My name is Trevor Crymes. I am seventeen years old. Today is November 14, 2019. I am speaking with Eddie Jack Mitchell who is my boss. We are recording this interview in Mountain View, Arkansas. I chose Mr. Eddie Jack because he handles negotiations in conflict on a daily basis in his job, and he always does an excellent job handling these negotiations. So, let's get started."

Q: "What are some examples of negotiation during social conflict?"

A: "I run into social conflict every day. It doesn't matter if it's in business or in everyday life. I think some examples of negotiation are always looking at both sides of the conflict. In the pharmacy, we deal with different situations where a patient may be unhappy. So, then, we will look and see what we can do to resolve the conflict and still do it fairly and right. Or, it may be that we are wrong about it, and we will make that correct too."

Q: "Why is it important to you and your business that you make negotiations during social conflict or disagreement?"

A: "So, like I said a second ago, with my business being a pharmacy, we run into conflict plenty of times. There can be multiple reasons for that conflict, what would make the patient unhappy. Usually, it would be an issue of them not receiving their medication, or not receiving what they want, or maybe the price is too high. It's always important in my business to make negotiations

Trevor Crimes: Interview with a Local Pharmacist

because we always want the patient to be happy. We always want them to feel like they're well taken care of; we do care about them. So, it's important to us to make sure that people leave there happy and satisfied."

Q: "What negotiation [skills] do you use when you try to resolve a conflict?"

A: "If I'm in a conflict with a patient I always try to reassure them that we are going to solve it. I try to make them understand my side, but also, in my mind, I try to understand their side of it. In my business, sometimes a lot of things that we do are over peoples' heads, or they don't understand exactly what goes on behind the scenes at the pharmacy. So, they don't understand why their product is so high, or they don't understand why they can't get their particular medication. So, we try our best to explain it. We try to explain everything in layman's terms so that people understand. I never try to talk over anybody's head, and I don't ever try to place blame. Now, that being said, I don't *always* think that the customer is right, but we try to give the customer always the benefit of the doubt. I try to pretty well always start a conversation or try to resolve a disagreement by letting them know that I'm going to do everything that I can to solve this. Then, I try to give them options, possible ways. I can't always fix the problem; sometimes it's out of my control, whether it's insurance or

Trevor Crimes: Interview with a Local Pharmacist

doctors, etc., but I try my best to give them options to let them know that I'm trying really hard to fix their problem."

Q: "How did you learn these tactics for negotiation and peacemaking?"

A: "Well, I think it just comes with what I do. In the medical field, we always run into issues, especially in being in business for yourself. We're always going to also run into issues. You know, whether it's with your patients, your customers, or your employees, or even just your everyday life. I feel like you're going to run into negotiations or conflicts. That doesn't matter if I'm behind my pharmacy counter or if I'm in a meeting with an employee or if I'm at the grocery store. We always have to make negotiations with people that we run into every day. We just have to be considerate. I learned these values from my parents. My parents have always been in business. I've seen my parents deal with their customers, deal with unhappy customers, and I watched how they made peace with that. I feel like my parents always taught me right from wrong and how to treat people respectfully. So, I've always used that. I feel that with negotiations in social conflict, if you treat somebody respectfully and try to explain it—never talk over their heads—I think that, a lot of times, you can come out with good results. I have kind of leaned these tactics that I use. Of course, I use my Christian moral values through this. I do that in the sense of trying to treat people fairly and never point a finger or place

Trevor Crimes: Interview with a Local Pharmacist

blame. I always consider the fact that I could very well be the one that's wrong in this. I try to look at both sides of the coin, always."

Q: "Do you have any stories of times when you used these [skills] in negotiation, in peacemaking?"

A: "For me I feel like it is absolutely a daily process, whether it's with our families, with our spouse, with our employees, customers, or just anybody that we run into. So, it is really hard for me to think of a story that comes to mind because it's just absolutely daily. So, this is just a quick story, and this is just a typical day at the pharmacy. A patient will pull up to the window, and they will be asking for their medication. The clerk will go get their medication and bring it back to them: 'Mrs. Smith, it's going to be ninety-nine dollars today,' and they just absolutely throw a fit, right? So, they throw this fit because they hadn't ever payed ninety-nine dollars before, and they don't know why it is now: 'You must have done something wrong.' Any time that I hear a story escalating like that—or a conversation—I will intervene and try to make peace and try to negotiate with the patient. Let's try to figure out what's going on. In this particular scenario, I always take it and I look and try to figure out; did we do something wrong? There's a fair chance that this is not accurate. So, I take Mrs. Smith and I tell her, 'Hey, I'm going to look at this. Let me see if I can figure it out. That does seem high, so let's see if we can

Trevor Crimes: Interview with a Local Pharmacist

figure out why it's so high this month.' Then I go back to my computer. I figure it out, look to see if maybe something has changed with her insurance, if that's why they're not paying for it quite as well? Did something change with us? The way we are billing it? Just what's different? There is a level of power in the business. So, when you get to owner it's a little bit different than being clerk, you know? I don't ever try to push that power around, but most of the time, instantly, that calms people down a little bit because they're going to be a little bit more respectful. So, I will look at it, and I will see: oh well, the patient's insurance didn't cover quite as well as it did last month, probably reaching a new level of coverage. Then I'll go back and just calmly explain to Mrs. Smith that this is what happened. You know, 'It was fifteen dollars last month, but now with your Medicare plan you have reached the donut hole. So, now they're not covering quite as much. Now they're only covering X amount percentage of your medication. So, now this is what it's going to cost. Now, you don't have to take that and you don't have to pay the ninety-nine dollars. If you want me to, I will call your doctor and we will see if maybe, we can find you a cheaper alternative.' That's one way that I feel like I negotiate. I always try to give them multiple options, right? I'm not going to tell Mrs. Smith, 'Well it's ninety-nine dollars and that's just the way it's going to be.' No. Because I feel like that makes the situation escalate. What I'm going to do is consider that maybe we're wrong

Trevor Crimes: Interview with a Local Pharmacist

and she's right; I'm going to look into possible options, and I'm going to give her options for something we can maybe do for her to help lower the cost. That's where I kind of take the extra step. I'll take an extra step of trying to reach out to her physician or maybe calling her insurance, or whatever I need to do to see if I can figure out a resolution to save her money. Most of the time, when people see you doing that, and they see that you're really trying to help them and that you really do care about them, it will calm the situation down. We all know we stay busy. Most of the time I really don't have time for this, but it's just something that I do to try to keep my customers happy. I always try to go the extra mile for them--the same way for my employees. If I see a conflict starting to happen, I try to step in the middle of it. I think that most of the time--just to kind of wrap up the things I've already said--I think that if you look at both sides of the coin, never place blame or try to point your finger at somebody, I feel like you can always deescalate the situation. I think the best way to escalate or cause more conflict is by trying to place blame immediately. You have to consider that you may be the one that is wrong and work on making that right. So, that's how I do it."

Fruit Bat

- Jasmine Jensen



“The duty of privilege is absolute integrity.”

— John O'Donohue



Stephanie Gregory

Professor Gore

ENGL1013

1 November 2019

Normalizing Failure Against Common Belief

How unbelievably boring would everyone be if there was nothing to push people to achieve greatness? Failure, more commonly seen as the end of a journey, is surprisingly just the beginning. It can be the spark of determination that leads to a much better success; it initiates resilience.

What is failure? Why is it seen as such a negative term? People see failure as the inability to complete a goal; it is seen as the lack of success, as a defeat. Be that as it may, failure is also a crucial part of any learning process. Failure is integral to learning and development despite the popular opinion that failure is only bad. In Allison Carr's article "Failure is Not an Option," she makes a valid point on why we should accept failure as a natural occurrence: "What we have failed to grasp—why the idea that failure is bad needs to die—is the integral connection between failure and risk, creativity, and innovation, not to mention emotional and cognitive resilience" (77). Failure is what promotes that feeling of defeat which, in turn, inspires the drive to try again and do better. Without failure, resilience would be unheard of. Failure is not a flaw but an aid in completing our goals. It allows room for revision; it gives a reason for resilience and can be the source of discovering new or even better successes.

Failure, vulnerability, revision, growth, courage, and determination: these are all different aspects of resilience. Each one of these characteristics is so important in daily life, in learning and growing. Dr. Joseph Loscalzo expresses his concerns toward a society of people who are not putting failure in the correct perspective: "the commonly held view is that failure is to be avoided because success is to be achieved, and both cannot co-exist" (953). In "How People Learn to Become

Resilient,” Marie Konnikova holds that people are not born with resilience; rather, that resilience is something that is built through determination and overcoming hardships. Failure is often what makes those hardships; it gives reason for resilience.

Vulnerability is another important characteristic of resilience. Stephen Murphy-Shigematsu wrote an excellent article on how embracing vulnerability can positively impact lives. Murphy-Shigematsu focuses on the lived experience of one of Stanford University's star football players, a kicker by the name of Jordan Williamson. Murphy-Shigematsu highlights the player's journey through his failure to achieve a winning field goal in a particular high-risk, high-reward game. Murphy-Shigematsu follows Williamson's eventual response and notes that “it was accepting himself in all his vulnerability that gave him the courage to move on in life boldly with new insight and understanding of himself and others.” Experiencing vulnerability opens the ability to find meaning in life's struggles in ways that are unattainable when only experiencing success. Therefore, once again, failure is not something to be ashamed of but something to be embraced and turned into a learning experience.

Social support is also important pertaining to failure. Failure should be embraced and taught to be used as a way to improve and do better the next time. However, the amount of social support given to someone is vital to the growth of resilience. Obtaining positive social relationships is the key to having resilience. When faced with failure, it is important to have someone there to say encouraging words and motivate the act of trying again. As resiliency researcher Elliot Friedman says, “The availability of social support in all its forms—instrumental support, emotional support, support with how you think about things—they all matter and help us in facing a challenge” (qtd. in Suttie). Negative support is something that can cause critical damage to the building of one's resilience. After failure or defeat, positive social support is extremely beneficial and can even be the source of resilience. In "The Science of Resilience," Bari Walsh mentions how “the power of that one strong

adult relationship is a key ingredient in resilience — a positive, adaptive response in the face of significant adversity.”

Changing the common belief about failure is something drastically needed in today’s society. Instead of scolding and punishing failure, it needs to be accepted and welcomed, promoting the growth of resilience. Failure is a significant part of the entire learning scene. Without failure, there would be no reason for resilience or for growth. Failure can have many different meanings, especially to different people. In the three field-interviews I conducted, each person expresses experiences with failure and how resilience was built in their lives. The different points of view and ways of managing through life’s struggles show how each one was resilient in his or her own way.

The first interviewee is a wife, mother of two, and a new business owner. Billie Thornton is an excellent example of what it means to be resilient. In her senior year of high school, she found out she was pregnant which was a blessing in disguise. After finding out this news, it was a wake-up call; it was time to get her life on track. While others may think of getting pregnant in high school as a failure or disappointment, for Billie it was pure motivation. Through her senior year, she decided to take on a full load of college classes while also obtaining any other credits she needed to graduate from high school. Within two and a half years, she graduated college with her bachelor’s degree while simultaneously working as a single mother. In another year and a half, she had earned her master’s degree. Billie’s daughter was her motivation; she completed college early in order to provide and support her. Setting the example that even in the face of challenge success can be earned through strong determination was very important to her. Another factor for Billie’s success and motivation was her social support. Her family was always there for her in times of need, especially her mother. Billie’s mother was a strong role model for her and taught her the importance of being resilient through her own personal experiences. While finding out she was pregnant was scary, Billie did not dwell in that fear. It wasn’t long before she had made up her mind to provide the best life she could for her

daughter. Because of her perseverance and resilience, Billie was able to earn the life she knew she wanted with her husband, Bob Thornton and now, two daughters.

When Bob Thornton was in high school, everything seemed to come easy to him. However, after graduating, the harsh realities of college hit him hard. In his mind, he was failing. His classes were difficult, and he wasn't grasping the information very well. He thought because he was having a hard time, he was failing at college and life in general. After months of struggling, he finally decided to make a change and push through. It was a struggle to finish college, but through his determination and ability to adapt, he was able to. When asked about his definition of resilience, he decided to quote from the movie *Rocky*: "It [isn't] about how hard you can hit; it is about how hard you can get hit and keep moving forward." A goal for Bob was to test his own limits and go on new adventures which he did when he hiked Mount Kilimanjaro. Mount Kilimanjaro is the highest mountain in Africa. The determination and adaptability it took to hike that mountain can only be explained in one word: resilience. He kept going strong through the few days it took to hike it and never gave into the fears that filled his mind. Instead of quitting half-way through when he had the chance, he stuck to his goals and carried on. Bob believes resilience is built in a person through his or her personal hardships and experiences. He believes it is an important characteristic: "resilience is the ability to overcome adversity, and, in my opinion, that is the key to success."

Another great story on resilience is that of Marie Baxter. Marie grew up in a household with six other kids. She showed her resilience in her hard work. She was a big helper for her mother, always cooking, cleaning, and looking after her siblings. Somehow, she managed to also work diligently on her education. She was able to keep busy and earn a full-ride scholarship through nursing school. After years of determination and hard work, she is now one of the top labor and delivery nurses at Baptist Health in Little Rock, Arkansas. Another way Marie expresses her resilience is in her life as a wife and mother. Marie is married with five beautiful little girls all under the age of ten. Parenting is already

difficult, as most know, but somehow, she makes it look easy. Not only does Marie mother these five girls and find time to homeschool them, but she also has a husband, a home to care for, supper to fix, and a part-time job at the hospital. Resilience came naturally to her; she believes hard work is the key to success and that anything is possible with a strong mind and motivation.

Every person has different experiences with resilience and failure. These interviews are just a few examples of how resilience is built through people's hardships. There are many factors to what sparks resilience, and it also depends on the person. Some people may have had to be resilient because of their life's struggles; this character trait may have come more naturally to them while others may not have experienced the hardships that would required their resilience. As stated by Marie Konnikova, "The cognitive skills that underpin resilience, then, seem like they can indeed be learned over time, creating resilience where there was none." One big, common obstacle in life is failure. Failure, like any other challenge, just needs to be conquered. So rather than discriminating against those who fail, people should be encouraging failure in order to normalize it. By normalizing failure, it opens up a world of possibilities which, in turn, can inspire new ideas, successes, and ways of life.

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index of contributors

41-44	COOPER, TAYLER
60-65	CRIMES, TREVOR
17-21	DECKER, MAHALA
23-28	ENGELHARDT, JOHN
68-73	GREGORY, STEPHANIE
66	JENSEN, JASMINE
37-39	JOHNSON, KATELYNN
46-47	NICHOLS, MEGAN
52-59	PRINCE, AUSTIN
12-15	REYNA-TALBURT, KAYLAH
06	REYNOLDS, RACHEL
30-35	STEWART, BRANDY