

Writing Collage

Writing hasn't always been my strong suit, but I'm starting to get the hang of it. When I've written essays or other forms of writing, it has been a little hard for me to get what I'm thinking onto paper. Now that I've had a couple years to practice and better my writing techniques, I feel more confident about my work. The pieces of writing that you are about to read through are just some of the pieces of writing that I've done throughout my high school experience, and contribute to my growth as a writer.

Dec 17, 2019

#1 Cold War

This essay was for my History class. It talks about what helped influence The Cold War.

Around the time period of 1945, tensions between the Soviet Union, and the United States grew due to distrust. Along with the harsh ruling of Joseph Stalin, the allied countries also feared the spread of communism through the Soviet Union. This war was fought indirectly through demonstrations of economic advancements, and power. Some examples of actions taken by the U.S. and the Soviet Union in efforts to collapse each others power were; the Berlin Blockade, the Iron Curtain, and the Yalta Conference. In 1948, the Berlin Blockade was an act performed by the Soviet Union, in attempts to block off transportation through their territory by other countries. This not only led to greater tension, but it led to the Berlin airlift which consisted of the United Kingdom, and the U.S. airlifting necessities to Berlin. The Iron Curtain was also acted upon by the Soviet Union to create boundaries dividing Europe. The Yalta Conference was also held in order to Discuss, and regroup the allied countries due to the damages caused to the countries by World War II. The Cold War ended the spread, and influence of communism throughout the globe, which was beneficial for those who did not agree with it. The Cold War also helped with the advancements of nuclear weapons in the United States.

Influence of the Vietnam War on the Cold War

A proxy war is a war supported by major powers but not involving the major powers. The Vietnam War was technically a proxy war to the Cold War. The south was supported by anti-communist countries like America, while the North was supported by communist countries like the Soviet Union, and China. The country of Vietnam lost to communism, and the United States lost some of the respect it had gained from other countries, as well as trust from some of the citizens. In 1969, an entire generation distrusted the United States government, both for Vietnam, and the repression against the anti-war movement. After the Vietnam War, and World War II ended, these wars had influenced America to create, and establish a policy of containment. The policy meant that the United States of America would assist any nation in resisting communism as an attempt to prevent the spread of it. This policy is known as the Truman Doctrine. The Truman Doctrine, created by President Harry S. Truman was mainly directed towards Greece and Turkey, but later on it led to the creation of NATO. Due to the Vietnam resulting in great casualties, United States citizens started their anti-war movement, later leading to President Nixon signing an armistice in 1973 in which America gradually

changed policy from containment to non-intervention which helped ease the cold war tension in the end. The Vietnam War changed policy, helped mitigate the tension in the Cold War, and helped the Soviet-American relationship to some extent. The Vietnam War also helped highlight the weaknesses, and deficiencies of the United States' foreign policy for the steadily diversifying theatre of international diplomacy. America's involvement in the conflict, under various administrations, had been allowed to proceed due to the belief that presidential leadership was the way to go to reduce the expansion of Communism.

Work Cited

1. History.com Editors. "Red Scare." *History.com*, A&E Television Networks, 1 June 2010, www.history.com/topics/cold-war/red-scare.
2. "The Cold War." *Ducksters Educational Site*, www.ducksters.com/history/cold_war/korean_war.php.

Sept 4, 2019

#2 Free write

In this free write I was supposed to write about my most important personal hero.

My most important heros are my mom and grandma. My mom is my hero because she sacrifices her needs to make sure my brother and I are taken care of first. It doesn't matter the circumstances, she always made sure we had new things. She also encourages me to follow my dream of playing football. She always makes sure I'm there for practices, and training camps to better my craft. My grandma is my hero because of everything she does for me as well. I'm glad to have her because without her I would be lost . My mom, and my grandma are the 2 most important and amazing women that I ever will have. They make sure I have anything that I need and sometimes want. I couldn't be any happier to call them my parents. When my dad left, my mom took over, she became my father figure. She just took my little brother and I, under her wings. It's amazing how strong my mom is. She always finds a way to make us happy even if it's not the best time. Whenever they go through stressful times, I always remind them that they are my heroes because without them, I wouldn't be the young man I am now. I would do anything for my mom and grandma. My love for them is what motivates me to continue in sports, and eventually, I hope to get them their dream houses, and cars because they deserve everything. Nobody will ever know how much they motivate me. I'm strong because of my heros.

May 11, 2020

#3 Vocation

In this writing, I was supposed to talk about the important elements in developing a Vocation.

At times, for some people, it may be hard to discern one's personal vocation as no one sets out to attempt something they feel is impossible. It's important to encourage people to really pay attention and listen to their true calling from God; all things are possible through him which in return will help them discern their personal vocations. Of course God wants our choices to be

morally good, but ultimately he cannot make the decision for us; God wants us to make the decision.

Another important element in the development of a vocation is motivation. Motivation in seeking your own happiness does help when you realize the surest path to happiness is to trust God. When you trust God and accept his invitation, you will be successful and feel fulfilled in life.

Everyone's personal vision is different and can change with life experiences, which is why a personal relationship with God is important. We cannot expect our lives to always make complete sense in this world, but with the proper attitude we must keep in mind that nothing is wasted.

When you factor these elements in developing your vocation you must also remember that discerning your vocation is not a one-time event; discerning your vocation is ongoing.

Major commitments do help lay out the groundwork which can assist with resolving smaller issues that come up in life, but it's important to keep finding elements of your personal vocation throughout the rest of our life. This will help you stay true to your calling and on the correct life path.

22 October 2019

#4 Somniphobia

In this essay, I wrote on Somniphobia. I wrote about what it is, who it affects, and treatment.

After a long, hard day at work, most people look forward to a good night's sleep, but not for this group of people. Those who suffer from somniphobia, also known as hypnophobia might try to avoid a bit of shut-eye. Somniphobia is the fear of falling, or in other words, going to sleep. For those who have this phobia, the thought of having terrorizing nightmares, and no control over one's body is nerve wracking. Having a fear of sleep can not only cause fatigue, but it could also affect one's physical and mental health. Somniphobia is a very common fear that ranges in people of all ages.

Although all different ages can acquire somniphobia, it is more common with children eighteen years of age, and younger. In a 2019 study by Jacob Olesen, it states that "45% of children, 44% of young adults ranging in ages nineteen to thirty four, 6% of thirty five to forty nine year olds, 3% of fifty to sixty four year olds, and two percent of the elderly ranging from sixty five and above"(Olesen) have this phobia. This can be very unhealthy, especially for young adults and children due to the amount of sleep one could miss out on. The effects of missing sleep could result in high blood pressure, diabetes, heart attacks, strokes, obesity, depression, and a lower sex drive. It is important that those who have somniphobia find help, or find a way to cope with their phobia.

There is no specific cause for developing this phobia due to the many ways people have, and can acquire it. Chronic nightmares, and death are the greatest reasons people have developed somniphobia. This is because of the recurrent and vivid nightmares, and the fear of never waking up again. Sleepwalkers can also acquire it because of their fear of revealing secrets. In "Fear of Sleep Phobia", it states that "people with existing anxiety disorders often find it hard to sleep.

When they do, their sleep is more likely to be plagued with nightmare”(Olesen). Horror movies can also have an impact on how others acquire this phobia, due to folklore, images, and gory scenes. Some have also reported being afraid of sleeping because of traumatic incidents they have experienced, or heard of.

Work Cited

- 1) Olesen, Jacob. “Fear of Sleep Phobia - Somniphobia or Hypnophobia.” FEAROF.NET, 27 Sept. 2019, www.fearof.net/fear-of-sleep-phobia-somniphobia/.

14 March, 2018

#5 Colorless Reality

For this piece, I wrote my own poem, and the literary devices I used in it.

Years.

Years pass by as if the desert winds could brush away the days,

Wondering if the winter could ever stop and stay.

The coldness never lasts,

But how could it,

if neither does love.

Love.

No matter how high the Joshua Trees grow,

Or how bright the ticking bomb that hangs above our heads shines,

You can still feel the lingering woe.

Lies.

Lies pile up like the dirt beneath our feet,

And are pressured to be shoved under the rug,

As if they were never there.

You either learn to play the game,

Or get blown away by the desert winds.

You, or the sandbox of a home. Lets see who wins

The literary devices used in my poem are alliteration/repetition, imagery, rhyme, and figurative language. I used imagery because personally I tend to enjoy the poem more when I can imagine it. The figurative language in the poem helps get my point across. It helps make the poem more in depth and gives it a stronger feeling. The repetition can remind readers what the topic of my poem really is and what it's about. The theme of my poem would be “nothing lasts forever”.

My poem uses the desert we live in to describe love and my opinion on it. When I say “Years pass by as if the desert winds could brush away the days”, this is an example of me using the desert winds to describe the days going by fast. In palmdale we have not had snow in many years, I use that to say how winter in palmdale isn't really winter(with snow). My poem has a strong feeling behind it, and I really enjoyed writing it.

Dec 12, 2018

#6 Poinsetta

For this Writing, I wrote about the poinsettia flower, and how it came to be the Christmas Eve flower

La flor Poinsettia

La flor Poinsettia se llama el flor de Nochebuena en espanol. La flor es rojo con una tallo verde. Cada año, alrededor del tiempo de Navidad, las familias se reúnen para rendir homenaje al pas, y honrar el presente. La leyenda de la flor es que una niña no tenía una regalo para dar a Jesús. Mientras la niña lloraba por no tener un regalo, un ángel apareció y le dijo que tomara un ramo de hierbas. Llevó las malas hierbas a la iglesia y todos se sorprendieron con lo que trajo, luego, de repente, las malas hierbas se transformaron en hermosas flores rojas, fue un milagro navideño. Esto demuestra que incluso los regalos más simples pueden ser grandes.