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Letter from the Editor: Introduction to the 5th Anniversary Issue

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Dear *Conspectus Borealis* Readers,

Thank you for your interest in Northern Michigan University's undergraduate research journal *Conspectus Borealis*, which is supported by the Honors Program at NMU. Granting readers worldwide access, our editorial board works hard to ensure only quality research is published. Join us in celebrating our 5th anniversary!

This anniversary issue features many submissions from a variety of disciplines. In the natural sciences, we are pleased to present works touching on subjects such as: cultural deviance, mental health industry abuses, plant-life development, the benefits of outdoor classroom teaching, and more. Elizabeth Makela's *The Effects of Childhood Trauma in a Classroom Setting* discusses the social impact of youth trauma, its rate of occurrence, and conflicts in our world and studies. Alex DuVall's *Predictors of International Ski Federation Distance Cross-Country* analyzes the validity of various athletic metrics (such as VO2 max) and their prediction of ski performance. In *Effects of Soil Amendments on the Germination and Health of Panicum virgatum L. Grown on Soils Polluted by Copper Mining Activities*, Brandon Caltrider presents his research on the effect of varying soil gradients on Switchgrass plant health. Joan Roberts' *Modern-Day Witch Hunt: How the Mental Health Industry Abuses Patients and the Judiciary While Committing Fraud* dissects how faulty psychology practices and misguidance law have caused vulnerable populations to make false allegations. In *The Native American Population's Psychological Wellness and How to Address It*, Emily Grzesiak addresses the historical origins and problem of intergenerational trauma and its treatment. Kerri Watkoske's *Mindfulness-Based Cognitive Therapy and Diabetes Management* details the use of mindfulness eating as a tool to create healthy eating habits, thus lowering diabetes risk. Mariel Morton's *Thumbs: The Brain's (New) Writing Instrument* explores cognitive learning benefits of handwriting over typing, and Katie Waters' *A Sociological Critique of Cognitive Deviance: Unconventional Beliefs Reconsidered* examines the world of conspiracy theories and pseudoscience being examined through an academic social movement lens.

From the humanities, works range from contemporary discussions around Shakespeare to a personal look into local music gatherings in the Upper Peninsula of Michigan. Daisy Lupa's

Dyed in Mummy: The Stratford Festival's Modern Orientalist Approach to Shakespeare's Othello reveals how modern Shakespeare productions' use of contemporary costume allows powerful context and examination of modern social issues. In *The Power of Modern Othello*, Akasha Khalsa examines the impact of a modern set in a production of *Othello* to reach new audiences, and her personal experiences add especially interesting details. Nicole Moore's *The Many Editions of the Front Page: How Gender Shapes the Story* explores the differences in story adaptations and the intersection with gender issues. Bailey Gomes' *Masculinity and the Patriarchal Treatment of Women in Shakespeare* investigates the intricacies of gender dynamics within the classic literature. Finally, Joan Roberts' *The Culture of Upper Peninsula Jam Sessions* uncovers small town music gatherings in Marquette's Upper Peninsula, thus offering readers a 'fly on the wall' experience.

The entire *Conspectus Borealis* editorial board and I thank you for supporting undergraduate research and the Honors Program's student-run board. Your readership validates the initiative NMU students take to create scholarly and creative works that help us navigate our world. Special thanks goes to *Conspectus Borealis* authors, the editorial board, assistant editor Marin Hoffman, faculty liaison Dr. Anna Zimmer, and the indispensable website manager Kevin McDonough. Thank you all for creating this worldwide publication.

Sincerely,

Ender Morin Harris

Editor-In-Chief