Activism increases with new abortion laws

As many states such as Kentucky, Georgia, Mississippi, Ohio, Alabama and Missouri pass more restrictive laws on women's reproductive health, local teens and others are increasing engagement in fundraising, protests

By Isabela Gamez
Copy Editor

Recent changes in abortion laws in Kentucky, Georgia, Mississippi, Ohio and elsewhere in the United States have stirred emotions and an increase in teen activism around reproductive health care.

"The idea of Roe v. Wade being repealed just scared me so bad... the idea of women not having full control over their bodies," said Pilar Edilia, an incoming senior at Tucson High Magnet School.

She decided to make her voice heard. Drawing from the days when abortion was illegal and some women inserted coat hangers in their vaginas to induce miscarriages, Edilia said she knew she wanted to use a coat hanger symbol and wanted a way to raise money.

She met up with a group of friends to make coat hanger earrings out of paper clips, selling them at Tucson High for $5 a pair. Edilia raised $200 in just four days and donated the proceeds to Planned Parenthood.

"I wanted a way for kids who can't vote to have a voice and get involved," Edilia said.

Eliana Fife, another incoming senior at Tucson High, is friends with Edilia and heard about the earrings. She bought a pair, donating $5 to Planned Parenthood.

"It's really important that women have a voice and a choice when it comes to their body," Fife said. "Men in power shouldn't have a say when it comes to women's bodies because they can't ever fully understand."

Fife took part in the local women's march on Jan. 20. She said she thought it was an amazing experience and she enjoyed "everyone coming together and supporting diversity, equality, and equity in our society."

Equity is an issue in the abortion arena. Not everyone has access to abortion in Arizona.

Planned Parenthood Tucson was one of several clinics that lost its label as a Title X clinic when President Trump signed legislation. Title X is a federally funded family planning program allowing low-income men and women to receive birth control, cervical cancer screening and other services at no or low cost. Without this, many low-income people are not able to get access to the health care they need.

Planned Parenthood is the only clinic in Tucson where a woman can get an abortion up to 15 weeks into her pregnancy.

"It's very demeaning for the person who wants to receive health care" to be excluded from funding, Fife said.

By Isabella Gamez
Senior Photographer

You might have to shop around if you are looking for a star fruit or a jicama. Not all things are equal in the produce sections at local supermarkets.

Distribution of produce in Tucson-area markets largely depends on where in the metropolitan area a store is located. Produce managers and those who work in produce distribution to retail stores agree the availability of much produce depends on the ethnicity in store neighborhoods.

If you want to buy a nice ripe mango, El Super on the southside is the place to go, but if you are looking for a good exotic mushroom at the Catalina Foothills is the store for you.

Christopher Ciruli, chief of operations for the Fresh Produce Association of the Americas, with offices in Nogales, Arizona, said retailers often order food for individual stores, so not all stores carry similar fruits and vegetables. This isn’t just a modern business model, Ciruli said, but can be seen historically.

Most of the first local grocers in Tucson were “oriental markets” that served Asian residents who were cooking Asian or other special produce, at the Food Conspiracy Co-op, 412 N. Fourth Ave.

Chinese and other eastern foods. Eventually, the concept of localizing stores and making them serve a broader audience developed, but most markets still order specific produce distribution to retail stores agree the availability of much produce depends on the ethnicity in store neighborhoods.

Markets produce opportunities for selective consumers

By Elijah Perez

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Put Your Best Foot Forward Now for a Smooth Walk Later

Shoes you currently wear impact your future soles, heels, toes

By Faith Chadwick

“Without an additional inch, these shoes are not well suited to all-day use for most people,” said Leahy, who specializes in podiatric medicine.

Campbell and Leahy highlight the common myth that arch supports are only necessary for alleviating pain that is already present.

Regardless of whether your feet fit or aren’t, prevention efforts as simple as well-structured shoes are vital to eradicating misaligned biomechanics and latent conditions such as tendinitis and plantar fasciitis.

At Tucson’s Hanger Clinic, which specializes in prosthetics and orthotics, certified podiatric physician Justin Hill warns against novel companies promoting quick solutions.

“Be very careful that you can correct a bunion or a hammertoe are very preliminary and don’t really do a lot,” Hill said. “An orthotic is something that definitely can cause real harm.”

Maxwell Breaks, a sales associate from Alani’s Shoe, a local company offering a variety of supportive shoes, for a variety of ailments since 1981, emphasizes the importance of wearing arch supports from an early age.

“Even if it’s just a small amount of cushioning from Dr. Scholl’s,” said Breaks, “it’s the small things that really make a huge difference later on. A nice arch support is vital to proper foot function.”

SPECIAL THANKS TO WORKSHOP FACULTY & STAFF

Workshop directors, coaches, mentors, and participants are grateful for the generous support from our primary sponsors, Dow Jones News Fund and the University of Arizona Office of Inclusion and Multicultural Engagement.

The 2019 Chronicle staff also thanks the University of Arizona Libraries, Wick Communications, and the City of Tucson for their support.

Workshops are awarded in honor of Donald W. Carson, who was a pioneer in diversifying America’s newsrooms. For nearly 40 years, the workshops have promoted diversity and journalism education. If you are interested in funding a workshop, please contact director Daniel Andre Dominiguez at dominiguez@email.arizona.edu.

© 2019 Donald W. Carson Journalism Workshop for Arizona High School Students
Businesses reduce single-use plastic

By Amanda Maurerlos Managing Editor

Plastic is common, synthetic material used for almost everything but some places in Tucson are starting to change the way they think about better our environment. Plastic may seem ideal because it’s cheap and convenient, but it is a substance that never breaks down, harming wildlife and contaminating the air we breathe. “Plastic is a very bad material,” said Emily Roche, director of sales and marketing for Tank’s Green Stuff, a company that deals in recorded materials for garden and lawn. “It can be pretty destructive, as well. If we don’t handle it properly and value it.”

A growing awareness about the buildup of plastics in the environment, and some individuals businesses and individuals working to limit the use of single-use plastic products, such as straws, coffee stirrers, soda and water bottles, food packaging and shopping bags.

Businesses such as Woopla, a shop that sells macaroons and pastries on East University Boulevard, have switched to paper straws and are packaging to-go items in paper products.

“We try hard to make everything as sustainable as possible,” said Woopla manager. “We’re trying to change to paper straws in April. For customers dining in they are also using paper straws.”

Other businesses are aiming at creating less waste for the landfills. At Tank’s, the staff takes landscape trimmings that would consume space in landfills and makes them into an organic fertilizer in the market. People can purchase and use as a pet food, Roche said.

“Tank’s keeps 100,000 cubic yards of green waste that it turns into compost,“ Roche said.

“We don’t have an endless amount of space for (landfills),” Roche said. “We have to keep it clean.”

Another local business that’s helping to preserve the environment by reducing waste is the electric company Co-op on North Fourth Avenue.

“Today the team lad bed the front end of the Co-op, said reducing or recycling what they can,” she said.

“Every little bit that everybody does kind of makes a difference and expands,” Super said.

The Co-op sells various types of reusable products, such as straws, coffee stirrers, lunch bags, reusable metal straws and coffee filters.

“If you saw all the plastics that are in our oceans, you would be surprised,” Super said.

“Look at the problems we’re having in Tucson with recycling. People don’t even get it straight,” Murphy-Darling said. “They say to a triple threat to our environment, and we need to reduce our waste, begin with plastic, and single use plastic is a huge. Single-use plastics in plastic bags around the house, for example,” she said.

“Even though plastic is such a cheap and easy to use substance that’s that doesn’t change how it affects our environment and our ecosystem,” Murphy-Darling said. Plastic is in the blood of infants and in biocellular pieces of breast cancer tissue.

“Plastic has a ‘ripple effect.”

A 3.23-degree rise in annual average temperature made Arizona the nation’s third-fastest-warming state from 1970 to 2018, according to an analysis by Climate Central, a nonprofit organization comprised of scientists and journalists who study and report on changing climate trends. The annual temperatures in Tucson have had an impact on water use. “Tucson has a very dry climate, the water resources are limited to rainfall, and we have very few areas where the water is constantly available,” said Ben Ciampi, a professor of water resources and environment at the University of Arizona. Arizonans, an assistant professor and climate science extension specialist, has worked with counties across Arizona to implement drought preparedness by targeting those who will be affected the most.

After reviewing scientific research, Ciampi said that monsoon season might not reach Tucson this year due to El Nino, the warm phase of ocean water that occurs in the central and east-central Pacific Ocean. “Like many, scientists, businesses and individuals in Tucson are working to spread awareness about the effects global warming has on the community and to educate others on steps to take to save the environment.”

Despite the cool May, Tucson’s summer temperatures overall have been warmer than other months of which can be contributed to climate change, scientific research shows. A 1.23 degree rise in annual average temperature made Arizona the nation’s third-fastest-warming state from 1970 to 2018, according to analysis by Climate Climate change prompts Tucson’s summer temperatures.

By Jacqueline Gutierrez Editor-in-Chief

Arizona might be best known for the Grand Canyon, copper and saguaro cacti, but not to many Tucsonans might know it is one of the worst places in the United States to experience the effects of global warming on the community and to educate others on steps to take to save the environment.

According to CNN, lawmakers in Missouri, Mississippi, Texas, and Georgia, say they want to be able to ban tattoos and not their state’s worst place to experience the effects of global warming on the community and to educate others on steps to take to save the environment.

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According to scientists at the University of Arizona campus, the Environment and Natural Resources J-3 building is helping to save water through climate change. “Water harvesting tanks catch rainwater on the roof and around the building and the underground,” said Jacqueline Gutierrez, a student and director of Project Harvest at the University of Arizona. “It’s a project that aims to inform community members about education and research about harvested runoff, as well as soil and plants.

“Painting her Annette Roberts, an environmental scientist and director of Project Harvest at the University of Arizona, said, “I try to look at people trying to do the right thing like her rainbow but we don’t have that effort to be diminished by

Abortion

Jump from Page 1

because of their economic status, marital status or other reasons, said Genesa Cublas, Ruiz volunteer for Planned Parenthood.

In addition to the federal funding challenges, the state of Arizona requires a long list of steps be taken before a woman is able to get an abortion. First, the doctor has to be connected to a hospital that will house her and fill out a questionnaire with questions about the patient. According to CNN, lawmakers in Missouri, Mississippi, Texas, and Georgia, say they want to be able to ban tattoos and not their state’s worst place to experience the effects of global warming on the community and to educate others on steps to take to save the environment.

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NEW HORIZONS, GOOD TIMES

Sixteen teens from around the state explore the University of Arizona campus and North Fourth Avenue in the 2019 UA Donald W. Carson Journalism Diversity Workshop for Arizona High School Students, with help from Dow Jones News Fund and UA Office of Inclusion and Multicultural Engagement
Sex education launches healthy lives

Students need to build knowledge about sexual and relationship skills to make the best decisions and choices as youth, and as adults. Learning healthy ways to express emotions about sexuality is vital.

By Isari Martinez
Copy Chief

Sex education — the teaching of all things related to sexual health — has always been controversial for schools, and the conversation has been debated, especially over what should or should not be taught. When discussing sexuality with our high school students, we talked about the importance of informing our students about their bodies and ways to take care of them. By doing so, we ensured that students were knowledgeable about what happens during puberty and sexual health and were prepared to make healthy choices.

According to the National Center for Education Statistics, school districts across the United States provide sex education programs to help students make informed decisions about their health. These programs address topics such as reproductive health, safe sexual practices, and the risks associated with sexually transmitted infections, as well as other related issues.

A recent study found that students who receive comprehensive sex education are more likely to delay sexual activity, use contraception, and have better overall health outcomes. In addition, comprehensive sex education can reduce the stigma surrounding sexual health issues and can empower students to make informed decisions about their bodies.

In conclusion, sex education is essential for students to make informed decisions about their health and to promote healthy relationships. By providing comprehensive sex education, we can help students make the best decisions and choices as they navigate the complexities of sexuality and relationships.
**Substance abuse harms developing brains**

By Christine Lincovis

Photographer

The idea of riding out mental illnesses by substance abuse is the norm, and unfortunately, for many young people battling conditions, this path is all too often the norm. Many school districts do not have enough knowledge for mental health problems that students face. Many students lack access to mental health care providers, and have poor peer relations which can lead to mental health problems or substance abuse. Most students who abuse substances do so beginning in middle school or high school. A teenager makes a decision to get involved with a harmful substance they don’t just affect themselves. Teenagers under the influence affect everyone close to them and can tear apart a family. Teenagers’ substance use works in the UA’s health promotion and prevention services, said, “We want to remove as many barriers as we can. That includes leadership, that includes the state, and that includes our dollars. We want to ensure that people can get access to services, that community members will have access to services.”

During times when the drinking rate is up, there’s a way they find it to be a drug. Rachel Abraham, a graduate assistant at the UA Health Promotion and Prevention Center said, “It’s one thing to hear about your peers, but sometimes you won’t stay with the drugs and alcohol users may become addicted or they may find it easier than to feel their pain in the present moment. When one thinks about this long term or if they actually act from their feelings in the present moment. Some people before friends and feel bad about themselves. Teenagers get so mixed up that you don’t have that control. That’s a good thing, but sometimes your brain will make you stop producing the chemical that controls attention, learning and memory. It is a condition that damages the most narrow passages in the lungs and can cause serious illness. It also is unaware or unreported that vaping can weaken a person’s immune system and lead to complications. People who vape nicotine have tried to quit in a variety of ways. The report found that 48 percent of Pima County actively using. The UA Health Promotion and Prevention published a Morbidity and Mortality Weekly Report. This research indicates that these young people who wish to stay sober, especially during times when the drinking rate is up, there’s a way they find it to be a drug. In 2018, Arizona’s Youth Alcohol Survey reported that 1 in 5 young adults said their thoughts and now feel they are a symptom of tobacco addiction. The Centers for Disease Control and Prevention (CDC) functional and low-level management. The mental health issues students face can be pushing right now is the fact that they are pushing right now is the fact that people are pushing right now is the fact that they are pushing right now is the fact that... The UA Health Promotion and Prevention Services said, “We want to remove as many barriers as we can. That includes leadership, that includes the state, and that includes our dollars. We want to ensure that people can get access to services, that community members will have access to services.”

Teenagers under the influence affect everyone close to them, and they can tear apart a family. Teenagers with substance abuse awareness, the average teenager doesn’t realize that it is okay to seek help. “Non-smokers are three times more likely to smoke tobacco. They can find it easier than to feel their pain in the present moment. When one thinks about this long term or if they actually act from their feelings in the present moment. Some people before friends and feel bad about themselves. Teenagers get so mixed up that you don’t have that control. That’s a good thing, but sometimes your brain will make you stop producing the chemical that controls attention, learning and memory. It is a condition that damages the most narrow passages in the lungs and can cause serious illness. It also is unaware or unreported that vaping can weaken a person’s immune system and lead to complications. People who vape nicotine have tried to quit in a variety of ways. The report found that 48 percent of Pima County actively using. The UA Health Promotion and Prevention published a Morbidity and Mortality Weekly Report. This research indicates that these young people who wish to stay sober, especially during times when the drinking rate is up, there’s a way they find it to be a drug. In 2018, Arizona’s Youth Alcohol Survey reported that 1 in 5 young adults said their thoughts and now feel they are a symptom of tobacco addiction. The Centers for Disease Control and Prevention (CDC) functional and low-level management. The mental health issues students face can be pushing right now is the fact that they are pushing right now is the fact that people are pushing right now is the fact that they are pushing right now is the fact that... The UA Health Promotion and Prevention Services said, “We want to remove as many barriers as we can. That includes leadership, that includes the state, and that includes our dollars. We want to ensure that people can get access to services, that community members will have access to services.”

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**Marijuana distributors value education**

By Savannah Peña  
Editor-in-Chief

Since medical marijuana was approved by Arizona voters in 2010, many of Tucson’s dozen dispensaries have turned to educating users about medicinal benefits rather than simply distributing their product.

“The focus was education in the beginning, and it still is even though we’ve gotten so much busier,” said Thomas Hunt, operations manager at the Downtown Dispensary on East Sixth Street.

Education was owner Moe Asnani’s main purpose when he opened the dispensary in 2011, Hunt said.

The more educated people are about the use of medical marijuana the more aware they become of not only the effects but also the medicinal value, Hunt said.

“The good thing about marijuana is that it creates this homeostasis between a person and nature because sometimes we just pass through life without feeling what’s going on, and marijuana helps you have more of a central feeling with nature and with life,” Hunt said.

Marijuana has been found to help reduce pain and inflammation in joints because of the CB2 cannabinoids, which have an affect on inflammatory diseases.

Medical marijuana may replace harsh Western medicine or synthetic drugs because it is a natural alternative, Hunt said.  

Josh Case is a prime example of the positive effects of medical marijuana.

The 21-year-old from Michigan has been using medical marijuana since he was 16. Case first got his medical marijuana card in 2014 in Grand Rapids, Michigan, because of his rheumatoid arthritis after his doctor suggested it could help.

Case said synthetic drugs left him with distressing side effects: he often felt depressed, sleep deprived, and he experienced a loss of appetite.

“We just tried to do everything we needed to do so I could feel better and be happy again,” Case said.

Hunt said medical marijuana allows patients to abstain from the perpetual cycle of using multiple medications that only mitigate the symptoms. Medical marijuana provides a single, natural alternative, he said.

Prior to getting his medical card, Case was using many other drugs to try to alleviate the excruciating pain he felt. He used drugs like Tramadol, oxycodeone and morphine for pain, which are all strong, addictive drugs.

“I cut out so many other meds when switching over,” Case said. “A big thing in high school for me was that I couldn’t sleep or eat. And I’d throw up because of how bad the pain was, and the opioids didn’t help me.”

Case and Hunt said medical marijuana has positive impacts and there is no such thing as overeducating people on this perplexing drug and its effects.

“People just aren’t educated enough,” Hunt said. “That doesn’t make any sense, why would I want to take one pill that is going to have five different side effects to fix one thing and end up taking more pills to fix those side effects?” Hunt said.

Shawn Portillo is also a medical marijuana manager. The 21-year-old began using medical marijuana to help with stress and anxiety when he was 17. Using marijuana, he said, has improved his concentration and has helped him handle with physical injuries he got from motorcross racing and wrestling.

Portillo said that medical marijuana has also helped him sleep better, which has been an issue for him because of his ADHD.

“The benefit of smoking for me is it’s better with my mental health and with my mood, skin repair and protection, nervous system maladies, healthy heart promotion and pain management.”

“CBD oils take at least 30 minutes to an hour to take effect, and lasts six to eight hours, water solubles take about 10 minutes, and last four to six hours,” Parks said.

CBD is able to enter the body system through digestion, smoking, application to the skin, and directly to the bloodstream.

“Attitude has a lot to do with the way your body reacts to anything you ingest,” said a customer in Your CBD Store, who preferred to stay anonymous.

“My doctor told me I wasn’t going to be able to write with this hand or use this hand… it hasn’t been a year and I’m able to use this hand again,” said a customer at Your CBD Store, after being involved in an accident in which she broke her right hand.

Health and wellness retailers have started selling CBD products, including CVS, Walgreens and Rite Aid pharmacies, as well as Ulta Beauty, GNC Holdings and designer brands such as Urban Outfitters. Ben and Jerry’s have plans to start producing CBD ice cream.