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Dr. Pete Collings, current Chair of UF’s Anthropology department, will be stepping down from his position at the end of the academic year. The new chair has not yet been appointed, but will be chosen by the Spring semester. Joining us are two new faculty members; Dr. Whittaker Schroder, an archeologist, and Dr. Moodjalin Sudcharoen, a linguistic and cultural anthropologist. Be sure to consider signing up for their classes next semester!

Emic is now a member of the Florida Online Journals, a publishing program for academic journals and magazines throughout the state. This allows Emic to exist as an open-access journal through the Florida Virtual Campus Library system. Any work published in the 'zine will now have a permanent online home and will be accessible on academic search services like Google Scholar, Crossref, and DOAJ.

**Anthropology Dept. Updates:**

Dr. Pete Collings, current Chair of UF’s Anthropology department, will be stepping down from his position at the end of the academic year. The new chair has not yet been appointed, but will be chosen by the Spring semester. Joining us are two new faculty members; Dr. Whittaker Schroder, an archeologist, and Dr. Moodjalin Sudcharoen, a linguistic and cultural anthropologist. Be sure to consider signing up for their classes next semester!

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**Staff Introductions**

**Sacha**

Sacha is a junior Anthropology major at UF. He is an undergraduate researcher studying comparative anatomy across primate skeletons, and serves as editor-in-chief for Emic. Outside of the classroom, Sacha enjoys creative writing, digital art, video games, and TTRPGs.

**Eddie**

Eddie is a fourth-year Anthropology major and English minor at UF. He is passionate about advocating for the rights of transgender and nonbinary folks, and is the co-facilitator of Trans@UF, a local support group for trans students. In his free time he enjoys listening to music, writing short stories, and going to concerts in the local music scene.

**Adriana**

Adriana is a senior majoring in anthropology and minoring in FYCS at the University of Florida working on the Emic design team. Her current research focuses on health equity and how power is exercised within healthcare institutions. Outside of Emic, Adriana fences epee as part of Florida Fencing and enjoys crocheting, cooking, and game nights.

**Theo**

Theo is an English Editing Writing and Media major at FSU. On Emic, they help with look development and layout. Outside of magazine duties, they can be found geeking out on cars, cooking, cartoons, or cameras.

**Julia**

Julia is a Digital Arts and Sciences major in her senior year at UF. She works on the design team for Emic and greatly enjoy tackling design puzzles as creatively as possible. When she’s not doing homework, she is drawing or playing with her pet bunny, Calla.
Dear readers,

This issue marks the start of our second academic term as an established magazine! With this new semester, we are welcoming a ton of exciting changes, and it is my greatest hope that Emic will continue thriving for many semesters to come. Many of these changes have been under development for quite some time, and I am thrilled to finally share them with all of our readers and contributors.

When we first announced “Foundations” as the prompt for our third issue, I found myself wondering how we could effectively combine all these changes with the theme of our next release. During class, the Emic team sat around and shared how we each interpreted the theme. I was surprised – though very pleased – to discover that we all had vastly different interpretations of “Foundations.” Despite being a group of fewer than five, our answers all took vastly different directions.

The theme evoked a diverse range of interpretations among our contributors that exceeded even my own expectations. With this issue, we hoped to encompass the breadth of this range, exploring the fundamental principles, values, and elements upon which our lives are built. “Foundations” can be seen as the bedrock of ideas, perspectives, and stories that form the basis of our identities and our purpose. Our foundations are more than sky-scraping monuments and towering walls – they are the pedestals that define our lives and our narratives as individuals. I hope that this issue encourages your reflection on the foundations that sustain us, that we build upon, and those that endure through time.

As we finally share the third issue of Emic, I am immensely grateful for the incredible and enduring support of our readers, faculty sponsors, and contributors who make this magazine something I can be proud of every issue. Your diverse perspectives and insights are what shape Emic into the dynamic platform we aspire to be; you are the foundations of our magazine.

Sincerely,

From the Editor’s Desk

Sacha Sides
Editor-in-Chief

Hispanic Heritage Month

The Hippodrome celebrated Hispanic Heritage Month in style on Thursday, October 19. The venue put on its monthly “Basement Sessions” event that was part concert, part market, and wholly a good time! This month’s event celebrated Hispanic and Latinx artists in the Gainesville community, with musical performances from Nora Rosa, Kill Zach, Ash Shadow, and Ayoo Papo. There were also artists selling prints, jewelry, upcycled clothing, and more, as well as food vendors like Mel’s Kitchen and Carmi Cakes.

The Hippodrome holds their Basement Sessions frequently, with each event having a different theme or focus that dictates what artists you might see there. For more information, check out the Hippodrome’s website or their Instagram @hipptheatre.
Unlike many of my fellow Floridians, I embrace the heat and humidity. When I exit the air-conditioned nirvana called home and I am greeted by the wave-like patch to the face, I begin to dislike the fact that I’ve been born to this Homo sapien existence in the heart of the only state that doesn’t snow. But, when the sweat begins to roll down my back and collects in the pits of both arms and knees, when my whole body has accepted the fate as a wooden vessel in an ocean of magma, I begin to enjoy the heat. Sometimes, when hiking to school, I become covered head to toe in sweat. This is not enjoyable, especially with the foreknowledge that I will soon be sitting in a far-too-cold classroom, while accumulated water on my back and shoulders begins to freeze. My whole body shivers and convulses in order to right the wrong that I had done to it. But when I am riding my bike to school in these circumstances, the heat begins to change and morph; its essence is no longer a thing to be challenged or fought against with fans and ice—it becomes the thing that separates me from the dirt.

The ambient temperature of soil is usually around 65 degrees Fahrenheit. The ambient temperature of humans is a constant 98.7°F. We humans run hot. The very upper crust of the Earth, on the other hand, runs relatively cold. One day I’ll be buried in that dirt, six to seven feet below the ground, where the sun’s rays don’t shine. And it’ll be cold. So, when I’m covered in sweat, riding my bike up another Gainesvillian hill, wishing I had just bought a parking pass instead, I’ll remember that the heat means one thing: I’m still alive.
This poem rhymes. At the end of each line [1] there is a word which will sound similar [2] to one that comes before. This is a sign [3] that there’s been thought put into how it’s heard. [4]

This poem has stanzas, and constant meter: [5] every line ends after ten syllables [6] then begins another, then, after four [7] a line is left blank, marking a stanza [8] which does not require a change in topic. [9] for purists to call it a good—. Trick. [10] now that we have appeased the traditions [11] we can begin to invent a meaning [12] within the boundaries: life is—. Cleaning. [13]
To me, statues are so much more than just carved stone. They are years of an artist's life, hours upon hours spent tirelessly sculpting marble or other stone to perfection. They are a mark of history, remaining steadfast against weathering and time. They are a foundational pillar of art itself, of hard-earned skill, and of beauty. Drawing statues is not only an exercise of artistic skill, but of seeing the deeper meaning behind an artist’s subject. And that on its own, is truly amazing.
Blurred Photograph
by Stephanie Kramer

I've always carried with me
a blurred photograph of a who
and I never thought anything of it
until I needed to know my truth,

and then, I asked you to look
and describe who you see, oh
tell me, tell me who she is please

and you told me, oh
even when rain loses herself in a stream,
or a pond, or a lake, or the sea,
the clouds will always be her home,
and she will never see the plants she's grown,
depth beneath the soil she has sown,
and still she will come back to the garden
to be, and be, and be

and so a blurred photograph of a who
will be, as she has been, and be,
and you tell me I will never find her
as she was meant to be realized
by me.

OLD CITADEL
Ryn Acker

My partner once told me about an ancient Imperial Citadel in Hanoi, Vietnam. It was captured and controlled by many powers throughout its history, and each regime tried to demonstrate its control by building something new there, sometimes requiring the destruction of the old buildings. But even after a millennium of those changes, the foundations remained. As a result of being an American and a wild animist (poet), I couldn't help but see something of myself in the old citadel, a guilt and camaraderie. I'll be a relic too, soon enough.

Beneath this stone floor, there is another,
Made of wood, tall, like a platform.
Another building stood here long ago,
It was destroyed before you came,
To make this. A marble caste, an epitaph
Reading: something used to be here
And now it is gone. If we dig deeper
We will dredge up many ages
Long since forgotten, but left just under
Foundations that hint, just barely
Beneath the soft ground, at a life long gone.
The mud has taken the remains.
The rubble has melted down to magma.
But stone and wood reminders stay.
I was born to three hurricanes,
the roof blown off
my little wooden house
before I could even pick up
my little cone-shaped head.
And I was raised there, in the
sticky heart of a swamp,
the buzz of the mosquitoes and
an oh-three-sixty Lycoming
lullaby enough for me.

And I should have been strong.

But time sets in, and my own
sticky heart grows, its cypress
knees that I once floated along catch-
ing
at my feet, tripping up clumsy legs
and hands gummed with love.
Love — or something like it,
turpentine raw off tapped pine bark,
a bucket overflowing from the
angle-iron set far too long in
a cat-faced tree.

And I should have been strong.

Sticky love isn’t love at all.
Born to three hurricanes and still
I stuck through another, dripping in
Caribbean salt and the sap of some
promise, some hope, some lie.
And I should have been strong but
the tar had me weak,
pulling down even when I couldn’t
have fallen further, sinking back into
the sticky heart of the swamp,
and the buzz,
and the iron,
and the salt.

And I wish I’d been strong.
There is no cure for HIV, but combination antiretroviral therapy (cART) is recommend-
ed for individuals with detectable viremia regardless of CD4 cell count for reduction of possible transmission, progression of the disease, and improved overall health. These medications include a regimen of nucleoside reverse transcriptase inhibitors (NRTIs) and integrase strand transfer inhibitors (INSTIs). Intervention by the specific ART medica-
tion, tenofovir disoproxil fumarate (TDF), has the most significant elevated ranges for bone mineral density loss when compared to other cART medications. TDF is common-
ly recommended for use as a preexposure prophylaxis to prevent infection. People living with HIV are at a higher risk of both osteoporosis and osteopenia due to viremia and cART medication side effects.

Osteoporosis and osteopenia are similar in that they are diseases defined by bone min-
eral density loss. Osteopenia is diagnosed by using a dual-energy X-ray absorptiometry (DEXA) to detect below-average T-scores of -1.0 to -2.5. Comparatively, osteoporosis is a more severe diagnosis indicating the weakening of bone strength due to bone mineral density loss and a low T-score of -2.5 or below. DEXA scans measure bone mineral density at the femoral neck or lumbar spine to assess the risk of osteopenia and osteoporosis using T-scores. The World Health Organization criteria then delegates the T-score resulting from these scans to a corresponding osteoporosis or osteopenia diagnosis. Bone mineral density loss is most often caused by a decrease in estrogen levels due to menopause, calcium deficiencies, and/or viremia. Postmenopausal women were reported to experience rates of 0.022 g/cm²/yr (2.0%) bone mineral loss in the spine and 0.033 g/cm²/yr (1.4%) in the hip (Figure 1). Using these data to compare rates of bone mineral loss in HIV patients during their first 1-2 years using cART, a rate of 2% to 6% bone mineral loss was found4. Further data correlating HIV as a pathogenesis factor for osteoporosis and osteopenia have been reported in studies, due to both viremia and medication by cART medications.

Osteoporosis and osteopenia have an etiology in HIV patients due to both viremia as well as ART medications. HIV infection itself has significant effects on bone mineral density due to inflammation impeding bone formation and increasing osteoclastic activity. Bone remodeling is a process in which mineralized bone is removed by osteoclasts, cell-types responsible for bone resorption, and is replaced by bone matrices formed by osteoblasts.

Regulation of bone remodeling preserves skeletal integrity by ensuring proper function of osteoclasts and osteoblasts. Such regulators include “growth hormone, glucocorticoids, thyroid hormones, and sex hormones, [as well as] factors such as insu-
lin-like growth factors (IGFs), prostaglan-
dins, tumor growth factor-beta (TGF beta), bone morphogenetic proteins (BMP), and cytokines.”2 HIV proteins have been found to increase osteoclastic resorption of bone and induce osteoblastic apoptosis. The GP120 molecule of HIV promotes bone loss by upregulating RANKL, a protein that supports the development and function of osteoclasts. The molecule has also been found to “increase the rate of apoptosis in primary osteoblasts.”4 HIV proteins also induce systemic inflammation by increas-
ing levels of cytokines and tumor necrosis factor, both of which promote osteoclastic activity. Bone mineral density loss has a multifactorial etiology in HIV-infected indi-
viduals, and viremia itself contributes to this phenomenon.

Figure 1

Pre-Exposure Prophylaxis (PrEP) is a regimen prescribed to HIV-negative men to prevent HIV infection. A study conducted by Liu et al. in San Francisco enrolled 210 HIV-uninfected men who were randomized to receive a placebo or TDF (tenofovir disoproxil fumarate) for 2 years. The study concluded that TDF use resulted in a small but statistically significant decline in bone mineral density at the total hip and lumbar spine, suggesting that ART use may be associated with bone loss and the heightened rates of low DEXA scores.

Q: Can you give a brief synopsis of your work?

A: I am trained as a developmental psychologist. My research explores the emotional and psychosocial development of marginalized adolescents (ages 10-25 years), particularly with the focus of assessing variation across multi-racial backgrounds. Emotional development includes everything from how people begin to learn about [their] emotions to emotional regulation and emotional expression. Emotions as we understand them are largely defined by our social and cultural frameworks – emotions are communication tools that allow us to express our needs and desires. My work then explores how people’s experiences shape the way they interact with others.

Q: What methods do you typically use when conducting your research?

A: I use a lot of different methods in my research – typically whatever best answers the question. Wherever people are and the question at hand, I try to approach it for. A lot of the studies I originally wanted to do had 0 participants. When I began engaging youth in my research projects, [the projects] have been super successful. Trust is super important, and there is a lack of trust especially after the pandemic. [Researchers] think about research as something that [we] do, but when you’re working with minority individuals… Why would they want to participate? My perspective was definitely inspired by student activists, too.

Q: You define adolescence as the stage of life between ages 10-25. I think most people tend to consider adulthood beginning at 18, and adolescence ending far before the age of 25. How do you define adolescence, and what is the reason behind this age range?

A: This definition of adolescence, with this particular age range, is one that is thoroughly debated – some are even pushing to delay the end of adolescence until the age of 30. There are social conditions that influence the way we define adolescence. Normally the beginning is the onset of pubertal maturation. The end is botically debated because the ways in which we normally think of adulthood – like marriage, and starting a family – have been changed and pushed back. We are less religiously focused, and not as content with just receiving a bachelor’s degree; educational attainment is delayed. It’s an advantage because if we can view adolescence as a time of rapid growth, even though we are always growing – if we give the opportunity to people in their early 20s to acknowledge that they are still coming of age, it allows them to expand on their own learning or their own identity during this time. It’s disadvantageous to more people who want a cutoff age. We typically think of our 20s as ‘a time that you should know better’, and so this counters that.

Q: What sparked your interest in your field?

A: I was originally thinking that my future lay in medical school, but who wants to do that? [laughs] I ended up studying psycholgy, and I really liked studying adolescence. The age range was interesting to me – it has a really unique perspective. I ended up working with parents of children in juvenile probation within a county known for their high juvenile incarceration rates. Policies and laws did not match up with what the research was saying, which also did not match up with my own observations. Adolescence is a time of influence social development, and using isolation as a punishment can destroy someone’s emotional trajectory. I wanted to be more of an advocate. I wanted to facilitate real policy changes as a result of my work.

Q: So, looking back at our theme. What do “foundations” mean to you, both in and outside of the context of your research?

A: I tend to teach courses in developmental psychology’s infante, which I call “womb to tomb.” So, when I hear ‘foundations’, I first think of an embryo. I start to think about what might happen to organisms in utero that would lead them to develop certain characteristics. I then think about the context in which [that embryo] develops. Context always has to be a thing you think about. Context of development can impact how children respond to stress when they are out of uterus. This is not just about the beginning of the human body but also the context in which that [body] develops. I was originally thinking that my future was saying, which also did not match up with my own observations. Adolescence has a really unique perspective. I ended up studying psychology, and I really liked studying adolescence. The age range was interesting to me – it has a really unique perspective. I ended up working with parents of children in juvenile probation within a county known for their high juvenile incarceration rates. Policies and laws did not match up with what the research was saying, which also did not match up with my own observations. Adolescence is a time of influence social development, and using isolation as a punishment can destroy someone’s emotional trajectory. I wanted to be more of an advocate. I wanted to facilitate real policy changes as a result of my work.

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Florida Flora

This photo collection showcases the indigenous plant life found in Florida. With this series, Emic seeks to highlight the 'foundations' of our diverse ecosystem, highlighting the flora that have shaped the incredible wildlife of the state. We thank Galen Nightingale for his stunning photography that was used for this collection.

The primate of the issue is the western gorilla, also known as Gorilla gorilla. Gorilla is a genus of great apes comprising two species, one eastern and one western, both of which inhabit different ranges of habitats within sub-Saharan Africa. Gorillas are knuckle-walkers, and their size limits them to terrestrial locomotion. They are also highly intelligent and form strong social bonds. They live in polygamous troops led by one silverback, representing the adult males who lead and protect their groups, multiple females, and sometimes blackbacks (non-dominant males). Gorillas are truly the foundation of our family tree.
Issue 2

bloom

Winter 2024