

JCCC MLA DOCUMENTATION HANDOUT

This Modern Language Association Style handout created for the Johnson County Community College Writing Center is intended to simplify the documentation process by providing an easy reference for students and faculty. We have attempted to include most references; however, we know other sources may be used. **A word of caution here:** be sure that the source is viable, authentic, accurate, and reliable; go to original sources when possible; go to print sources when unsure of publishing information. Refer to the guidelines in the most recent MLA manual: the *MLA Handbook for Writers of Research Papers of Research Papers*, 7th edition. Handbooks, rhetorics, and other web sites may have their own version of MLA documentation. We have used as our source the *MLA Handbook*, ©2009. This reference is located in the Billington Library (JCCC), the Writing Center, and online at www.jccc.edu/writingcenter. The web site maintained by the Modern Language Association (www.mla.org) is an up-to-date site of the changing technology and the sources that require documentation.

The use of online sources has changed the way we conduct research. Online databases are the norm in most libraries, and innumerable World Wide Web sources are accessed by most researchers. Staying knowledgeable about these resources and their authenticity, and the format for documenting them, is challenging. For this reason, this handout is a work in progress.

Table of Contents

Works Cited (premise and practice)	1
Using Source Material	
Parenthetical Citation.....	2
Quotations	2
Use of Ellipses	2
Paraphrase	4
Citing Indirect Sources	4
Plagiarism	4
Works Cited Examples	
Traditional Hard Copy Sources.....	5
Electronic Sources	9
Sample Student Paper	12

Works Cited

The *Works Cited* page is a list of only those sources actually referred to in your paper. This differs from a *Works Consulted* list, which includes all the sources you may have read before writing your paper. Ask your teacher if he or she requires a Works Cited page, a Works Consulted list, or both.

In general, for all sources, regardless of format, list all information available in the following order: author(s), title of article/chapter, publication information (title of publication, date of publication, and so on), page number, and medium of publication.

Alphabetize the Works Cited page according to the citation's first important word (whether it is an author's last name or a title of a work).

Disregard words such as a, an, and the in alphabetizing. Also, to alphabetize Arabic numbers, order them as if they were in lettered form. For example, “20 Happy Days” should be alphabetized as though it were “Twenty Happy Days.” However, it should still be written on the Works Cited page as “20 Happy Days.”

Capitalizing words in titles and proper nouns still applies when using MLA style. Even if a source has creatively worded the title and used all lower case letters, the researcher should apply the rules when referring to that title. For more detailed information, refer to *MLA Handbook*, 3.6.1, 86-87.

MLA Handbook for Writers of Research Papers, 7th edition, now requires using *italics* whenever possible. If unable to italicize on an electronic source, use a single underline before and after the information instead. i.e. _Prairie Earth_ or _Rolling Stone_. Refer to section 3.3 of the MLA handbook for further information on italicization rules.

For format, see the sample Works Cited page at the end of this handout.

Using Source Materials

Parenthetical Citations

The source of all quotations, paraphrases, and summaries must be acknowledged. The source of information (or in text citation—author’s last name and page number(s))--is given in parentheses following the information cited in the paper.

Example: In fact, the best teachers seek “to unsettle the minds of the young and inflame their intellect” (Hutchens 161).

If the author's name is used in the body of the paper as a lead-in to information or a quotation, do not repeat the author's name in the parenthetical citation. Cite the page number(s) only.

Example: Robert Maynard Hutchens once said, "My idea of education is to unsettle the minds of the young and inflame their intellect" (161).

If the author’s name is not available, use the first *significant* word of the title of the book (italicized) or article (in quotations).

Example: Baby boomers, acknowledged as the first video generation, have become increasingly sedentary over the past twenty years (“Growing” 24).

Quotations

When using source material that you want to quote exactly, place all the words you are using from the original source inside a set of quotation marks. Be sure to note that the period belongs to you, not the author of the original words. Follow the quotation with parentheses containing the author’s last name and the page number then a period. The sentence you have constructed should have your words, the quoted author’s words (in quotation marks), and the parenthetical citation followed by your punctuation, a period. All sentences contain one period, only. Put the author’s name and all necessary publication information on the *Works Cited* page at the end of the paper.

Example: “Intentional plagiarizers cheat themselves” (Harris 17).

Work Cited page: Harris, Robert N. *Using Sources Effectively*. Los Angeles: Pycszak, 2002. Print.

Use of Ellipses

When “omitting material from the original sentence or sentences leaves a quotation that appears to be a sentence or a series of sentences, you must use ellipsis points” (MLA 97). Ellipses signify that original phrasing has been truncated. The ellipsis should not in any way misrepresent the meaning of the original text. Ellipses can be used to indicate words that have been left out

- at the end of quoted material that does not require a parenthetical citation,
- at the end of quoted material that does require a parenthetical citation,
- and in the middle of quoted material.

Ellipsis at the end of quoted material without parenthetical citation

When three ellipsis points are at the end of the sentence, you must also account for the period with a fourth point. If the ellipsis is at the end of a sentence with no parenthetical citation, the final or end period is placed first, then a space followed by the three spaced periods (the ellipsis) and then the closed quotation marks:

“An ellipsis (three spaced periods) alerts the reader that the writer has left out words. . . .”

Original text:

In the movie *As Good As It Gets*, Nicholson’s character wins the affections of Carol (played by Helen Hunt) by saying, “You make me want to be a better man.” Carol replies, “That may be the best compliment I have ever had.” “Then,” retorts Nicholson brusquely, “I’ve really overshot here because I was aiming at just enough to keep you from walking out.”

Example with ellipsis at the end of the sentence:

In the movie *As Good As It Gets*, Nicholson’s character wins the affections of Carol (played by Helen Hunt) by saying, “You make me want to be a better man.” Carol replies, “That may be the best compliment I have ever had.” “Then,” retorts Nicholson brusquely, “I’ve really overshot here. . . .”

Ellipsis at the end of quoted material with parenthetical citation

When the sentence ends with ellipsis and a parenthetical citation, place a space before the three spaced periods and place the final period after the parenthesis:

“An ellipsis (three spaced periods) alerts the reader that the writer has left out words . . .” (Mohr).

Original text:

In the movie *As Good As It Gets*, the character played by Jack Nicholson suffers from obsessive-compulsive behavior as seen in the way he avoids cracks in the pavement and locks and relocks his apartment door five times.

Example:

Sometimes movies promote stereotypical attitudes about mental disorders by portraying disorders such as obsessive compulsion in outlandish ways like “[i]n the movie *As Good As It Gets* . . .” (Mohr).

Ellipsis in the middle of quoted material

If the ellipsis is in the middle of quoted material, place a space before the three spaced ellipsis periods and after the last:

“An ellipsis . . . alerts the reader that the writer has left out words from the original text.”

Example:

Sometimes movies promote stereotypical attitudes about mental disorders such as the obsessive-compulsive behavior in *As Good As It Gets* when “ Jack Nicholson . . . avoids cracks in the pavement and locks and relocks his apartment door five times” (Mohr).

Using brackets around ellipses

The Modern Language Association (*MLA* 7th ed.) style for documenting with ellipsis points notes that some instructors may require the writer to place square brackets around the three spaced periods to show that the ellipsis is the writer's ellipsis and not part of the original material. If brackets are used, the following three rules apply.

- When the ellipsis is in the middle of the sentence, a space must be placed before the first bracket and after the last bracket if brackets are used:

Sometimes movies promote stereotypical attitudes about mental disorders such as the obsessive-compulsive behavior in *As Good As It Gets* when “ Jack Nicholson [. . .] avoids cracks in the pavement and locks and relocks his apartment door five times” (Mohr).
- If the ellipsis falls at the end of the sentence, a space comes before the first bracket and a period comes immediately after the last bracket:

In the movie *As Good As It Gets*, Nicholson's character wins the affections of Carol (played by Helen Hunt) by saying, “You make me want to be a better man.” Carol replies, “That may be the best compliment I have ever had.” “Then,” retorts Nicholson brusquely, “I've really overshoot here [. . .].”
- If the ellipsis is at the end of the quotation, the closing quotation marks come immediately after the last bracket followed usually by the parenthetical citation and then the final period:

Sometimes movies promote stereotypical attitudes about mental disorders by portraying disorders such as obsessive compulsion in outlandish ways like “[i]n the movie *As Good As It Gets* [. . .]” (Mohr).

Citing Indirect Sources

Whenever possible, original sources should be used. However, sometimes you will find reference to a source that cannot be accessed, and then you will need to use the secondary or indirect source. Make sure you use the abbreviated phrase “qtd. in” (which stands for “quoted in”) in your parenthetical citation when you quote or paraphrase a quotation that the indirect source has taken from the original source. However, in the Works Cited you would document the indirect source.

Example:

An old Chinese proverb advises, “Tell me and I forget. Show me and I remember. Involve me and I understand” (qtd. in Hedengren 7: 81)*.

*(see page#6 for explanation of colon use in multivolume works)

Paraphrase

When you use someone else's ideas, it is extremely important to paraphrase and cite those ideas. You paraphrase ideas by putting them completely into your own words and by creating new sentence structures.

Original idea:

"When you write your research paper, remember that you must document everything that you borrow--not only direct quotes and paraphrases but also information and ideas" (*MLA* 55).

Correctly paraphrased version:

The correctly paraphrased version uses new language and new sentence structure:

A good piece of academic writing tells the reader where all words, facts, concepts, and theories come from, and it is written in original prose (*MLA* 55).

Plagiarized paraphrase:

When writing your research paper, don't forget to acknowledge all sources, including information and ideas (*MLA 55*).

Note the use of identical sentence structure and words:

When writing your research paper, don't forget to document all sources, including information and ideas, and use new sentence structures (*MLA 55*).

Avoiding Plagiarism

As you acquire a college education, you will learn to engage in research and original thinking. You will also learn to express your thinking in correct, graceful prose. Use the ideas and words of other writers only in order to explain and develop your own original ideas.

Plagiarism is the use of someone else's words or ideas without giving credit to the original writer or speaker. Use either quotations or paraphrases, correctly cited, to develop and support your ideas. **You can attain further information about paraphrasing and plagiarizing from the Writing Center.**

Examples of Works Cited

The following are samples of traditional media, or hard copy sources, for in-text citations with examples of how they would appear in a works cited page. Examples of Electronic Publications are covered on page 9 of this handout. For each sample source, you will see how it should appear on a Works Cited page and then as it should appear as a parenthetical citation within the text of a paper.

- Please DO NOT mistakenly include the parenthetical citation on your Works Cited page.
- Visit or call the Writing Center (LIB 308) for assistance with any source not listed on this sheet.
- Remember: "In general, omit titles, affiliations, and degrees that precede or follow names" (*MLA 149*).

Templates

Book

Author's Last Name, Author's First Name. *Title of Book*. Editors or editions. Publishing location: Name of publisher, Year of publication.
Medium of publication.

Periodical or Scholarly Journal

Author's Last Name, Author's First Name. "Title of Article." *Title of Periodical*. Volume number. Issue number (Date of publication): page numbers. Medium of publication.

Examples

A Book by a Single Author-- 5.5.2

Pollan, Michael. *The Omnivore's Dilemma*. New York: Penguin Books, 2006. Print.

parenthetical citation: (Pollan 98)

An Anonymous Book--5.5.9

Life with Ali. New York: Houghton, 2005. Print.

parenthetical citation: (*Life* 98)

Note: When parenthetically citing a work listed by title, use the full title (if brief) or a shortened version that begins with the word by which the work is alphabetized on the Works Cited page. See *MLA 6.4.4*, page 223.

A Book with Two Authors--5.5.4

Weidenborner, Stephen, and Domenick Caruso. *Writing Research Papers*. New York: St. Martin's, 1986. Print.

parenthetical citation: (Weidenborner and Caruso 23)

A Book with Three Or More Authors--5.5.4

Kendall, Melissa, et al. *The Amber Wars and the Development of Europe*. New York: Shirlington, 1984. Print.

parenthetical citation: (Kendall et al. 53)

A Work in an Anthology--5.5.6

Viramontes, Helena Maria. "Snapshots." *Writing in the Disciplines*. Ed. Mary Lynch Kennedy, William J. Kennedy, and Hadley M. Smith. 3rd ed. Upper Saddle River, NJ: Prentice Hall, 1996. 403-09. Print.

parenthetical citation: (Viramontes 407)

A Multivolume Work 6.4.3

Hedengren, Paul. *Essays VII*. Tepran Corporation. 2008. Print.

parenthetical citation: (Hedengren 7:81)

A Work Reprinted from an Earlier Publication--5.5.6

Goldschneider, Francis K., and Linda J. Waite. "Alternative Family Futures." *New Families, No Families? Demographic Change and the Transformation of the American Family*. Los Angeles: U of California P, 1991. 200-205. Rpt. in *Writing in the Disciplines: A Reader for Writers*. Ed. Mary Lynch Kennedy, William J. Kennedy, and Hadley M. Smith. 3rd ed. Upper Saddle River, NJ: Prentice Hall, 1996. 352-58. Print.

parenthetical citation: (Goldschneider and Waite 352)

An Article in a Reference Book--5.5.7

"India." *The Encyclopedia Americana*. 2008 ed. Print.

parenthetical citation: ("India" 83)

Notes: The word in quotations is the word you looked up.

Supply all publication information for less well-known reference works. Volume and page numbers may be omitted for articles arranged alphabetically in a reference book.

A Reference Book with an Author:

Diaz, Luis. *The Encyclopedia of Interior Design*. New York: Facts on File, 2009.

parenthetical citation: (Diaz)

A Reference Book with Signed Entries and an Editor:

Kim, Haniel. "Warrior Maiden." *Writers of Korean Fiction for Children*. Ed. Daphne Day. New York: Greenwood, 2009. Print.

parenthetical citation: (Kim 103)

Reference to a Holy Book--3.6.5

The New Jerusalem Bible. Susan Jones, gen. ed. New York: Doubleday, 2008. Print.

parenthetical citation: (*The New Jerusalem Bible* Gen. 1:2-6)

The Holy Bible. King James Version. 2007. Print.

parenthetical citation: (*The Holy Bible* Rev. 1: 1-4)

The Koran. Sura al Isra. Print.

parenthetical citation: (*The Koran* Sura 17: 23-29)

An Edition —5.5.13

(An edition is a work prepared for publication by someone other than the author.)

Book with an Author and an Editor

Crane, Stephen. *The Red Badge of Courage: An Episode of the American Civil War*. 1895. Ed. Fredson Bowers. Charlottesville: UP of Virginia, 1975. Print.

parenthetical citation: (Crane 50)

An Article in a Magazine—5.4.6

Lamb, David. "Children of the Dust." *Smithsonian*. June 2009: 28-37. Print.

parenthetical citation: (Lamb 30)

An Article in a Newspaper—5.4.5

Rodriguez, Meredith. "Scholar is Beating the Odds." *Kansas City Star*. 22 June 2009, local sec: A4. Print.

parenthetical citation: (Rodriguez A4)

An Article in a Scholarly Journal (with volume number)—5.4.2

Spear, Karen. "Building Cognitive Skills in Basic Writers." *Teaching English in the Two-Year College* 9 (1983): 91-98. Print.

parenthetical citation: (Spear 93)

An Article in a Journal (with volume and number or issue)—5.4.3

Gillette, Mary Ann, and Carol Videon. "Seeking Quality on the Internet: A Case Study of Composition Students' Works Cited." *Teaching English in the Two-Year College* 26.2 (1998): 189-94. Print.

parenthetical citation: (Gillette and Videon 192)

(If a journal has continuous paging, the month and the issue number are not necessary, only the volume number.)

A Review (Rev)—5.4.7

Socha, Thomas J. Rev. of *Learning the Rules: The Anatomy of Children's Relationships*, by B. J. Bigelow, G. Tesson, and J. H. Lewke. *Communication Education* 47 (1998): 91-92. Print.

parenthetical citation: (Socha 91-92)

An Anonymous Article—5.4.9

"New Discoveries at Herculaneum." *Ancient History*, Sept. 2006: 53-67. Print.

parenthetical citation: ("New" 59)

A Brochure, Pamphlet, or Press Release—5.5.19

National Park Service. *Visitor Guide. On American Soil: Oklahoma City National Memorial*, 2008. Print.

parenthetical citation: (*Visitor*)

"Everything You Always Wanted to Know about the Comma But Were Afraid to Ask." Johnson County Community College Writing Center. Overland Park, KS. Print.

parenthetical citation: ("Everything" 6)

An Advertisement 5.7.10

RosettaStone. Advertisement. *Smithsonian*, Mar. 2008:17. Print.

parenthetical citation: (RosettaStone 17)

An Introduction, Preface, Foreword, or Afterword--5.5.8

Holloway, John. Introduction. *Little Dorrit*. By Charles Dickens. Ed. John Holloway. Harmondsworth, Eng.: Penguin, 1967. 13-29. Print.

parenthetical citation: (Holloway 22)

A Map, Chart, or Graph Separately Issued--5.7.8

Roads in France. Map. Paris: National Tourism Information Agency, 2001. Print.

parenthetical citation: (*Roads*)

Note: When the date, publisher or place of publication, or pagination is missing from publication information, use the following: n.d. - no date, n.p. - no publisher or place of publication, n. pag. - no pagination (see p. 179 in MLA handbook).

An Interview--5.7.7

Patel, Anuja. Personal interview. 9 Apr. 2009.

parenthetical citation if name is not in text: (Patel)

Mbanefo, Dubaku. Director of Personnel. Telephone interview. 9 Apr. 2009.

parenthetical citation if name is not in text: (Mbanefo)

Baez, Joan. Interview by Ray Suarez. *Talk Salsa*. Natl. Public Radio. WBUR, Boston. 22 Oct. 2006. Radio.

parenthetical citation: (Baez)

A Lecture, a Speech, an Address, or a Reading--5.7.11

Byrne, Kathryn. "Efficacy, Gesture, and Transference: The Tutorial's Impact on Student Writing." Conference on College Composition and Communication. Hilton Hotel, New Orleans. 14 Mar. 2008. Presentation.

parenthetical citation: (Byrne)

A Television or Radio Program--5.7.1

"The Bathroom Fight." *Everybody Loves Raymond*. CBS, 12 Apr. 2005. Television.

parenthetical citation: ("Bathroom")

A Sound Recording--5.7.2

Marley, Bob. "No Woman No Cry." Rec. 1974. *Legend: The Best of Bob Marley*. Island, 2002. CD.

parenthetical citation: (Marley)

Gerroll, Daniel, narr. *Embracing the Wide Sky*. By Daniel Tammet. ARS, 2008. Audiocassette.

parenthetical citation: (Gerroll)

A Performance--5.7.4

The Piano Lesson. By August Wilson. Dir. Lloyd Richards. Walter Kerr Theater, New York. 20 Oct. 2004. Performance.

parenthetical citation if not in text: (*Piano*)

A Film or Video--5.7.3

Gladiator. Dir. Ridley Scott. Perf. Russell Crowe, Joaquin Phoenix, Connie Nielsen, Oliver Reed, and Richard Harris. Dream Works, 2000. Film.

parenthetical citation: (*Gladiator*)

A Work of Visual Art--5.7.6

Sargent, John Singer. *Mrs. Cecil Wade*. N.d. Oil on canvas. Nelson-Atkins Museum of Art, Kansas City, MO.

parenthetical citation **if name is not in text**: (Sargent)

Note: If your source does not have a pages (e.g., TV, speeches, interviews, and lectures), you may introduce the quotation or paraphrase with the speaker's name and omit the in-text citation. Include the source in the Works Cited page.

ELECTRONIC PUBLICATIONS (Library Databases, Web, CD-ROM, E-mail)

MLA Page Rule: If you know the page number (page numbers are given with some electronic sources, usually journals or magazines), use it in the parenthetical citation. If you are referring generally to the source or if page numbers do not appear on individual pages, use N. pag.

LIBRARY DATABASES

JCCC's Billington library offers access to a variety of electronic databases. Our library subscribes to information service companies that collect materials and arrange them into specialized bibliographic databases. Some of these companies are Thomson Gale, ProQuest, and LexisNexis. Several of these information service companies, such as LexisNexis Academic and JSTOR, offer databases that are general. Other databases, such as Business & Company Resource Center and ABI Inform, are more discipline specific. JCCC students can access library databases from home, but your student ID number is required.

The following citation information can be found in the MLA Handbook, section 5.6.4. Always begin a citation of an electronic database source with the publication information:

- Name of the author (if given)
- Title of article or chapter (enclosed in quotation marks)
- Title of periodical (italicized)
- Volume number (for scholarly journals only; not for popular periodicals)
- Date: day, month, year (enclosed in parentheses if there is a volume number)
- Page numbers (if given; if not, use N. pag.)
- Database or web site (italicized)*
- Medium of publication (Web)*
- Date accessed (day, month, year).*

*Database entries are written the same as the print form, then title of database or web site is added, medium of publication is added, and date accessed is put at the end. Refer to "Basic Citation Information" beginning on page four of this handout to correctly write your entries.

Templates and Examples

Please note correct punctuation of entry.

**Last name, First name. "Title of Article." *Title of Journal* Volume number (date): page numbers. Database. Web.
Day Month Year accessed.**

Glass, Loren. "Nobody's Renown: Plagiarism and Publicity in the Career of Jack London." *American Literature* 71.3 (1999): 529-49. *JSTOR*. Web. 22 May 2008.

parenthetical citation: (Glass 540)

Macintyre, Ben. "A Man on the Moon? It Was All Thanks to H.G. Wells." *The Times (London)* (2008): 23. *LexisNexis Academic*. Web. 6 Aug 2009.

parenthetical citation: (Macintyre 23)

Ota, K. Alan. "Beyond the V-Chip: New Proposals for Restraining Media Violence." *CQWeekly* (1999): 1146. *CQWeekly*. Web. 6 Aug 2009.

parenthetical citation: (Ota 1146)

WEB SOURCES

Nonperiodical Publication-- 5.6.2 (Most sources on the Web are nonperiodical.)*

Citation information--

- Name of the author, compiler, director, editor, narrator, performer, or translator of the work
- Title of work (italicized if the work is independent; in roman type and quotation marks if the work is part of a larger work)
- Title of the overall Web site (italicized)
- Version or edition used
- Publisher or sponsor of the site; if not available, use n.p.
- Date of publication (day, month, and year, as available); if nothing is available, use n.d.
- Medium of publication (Web)
- Date of access (day, month, and year). (MLA 184-85).

Examples: Please note correct punctuation in entry. **

Last name, First name. *Title of work*. *Web site*. Version or edition if given. Publisher, Date. Web. day month year.

Lawrence, Star. "Do Food Expiration Dates Really Matter?" *WebMDHealth*. N.p. 15 Aug. 2005. Web. 10 May 2008.

parenthetical citation: (Lawrence)

***(For A Work on the Web Cited with Print Publication Data, follow print formula for the source, but instead of ending with Print, add-- 1. Title of database or Web site (italicized); 2. Medium of publication consulted (Web); 3. Date of access (day, month, year). (MLA 187)**

Example:

Bown, Jennifer M. "Going Solo: The Experience of Learning Russian in a Non-traditional Environment." Diss. Ohio State U, 2004. *OhioLINK*. Web. 15 May 2008.

****For more examples, see 5.6.2 in MLA, 7th edition.**

Publication on CD-ROM or DVD-ROM--5.7.17

a. A Nonperiodical Publication:

- Author's name (if given). If only an editor, a compiler, or a translator is identified, cite that person's name, followed by the appropriate abbreviation (ed., comp., trans.)
- Title of publication (italicized)
- Name of the editor compiler, or translator (if relevant)
- Edition, release, or version (if relevant)
- Place of publication
- Name of the publisher
- Date of publication
- Medium of publication consulted
- Supplementary information
- Cite what is available. (MLA 208).

Example

Please note correct punctuation in entry.

Fadel, Akram. *People of Faith*. Ed. Amber Dal. Ver. 2. New York: American UP, 2008. CD-ROM.

b. Material from a Periodically Published Database on CD-ROM or DVD-ROM (journals, magazines, newspapers)

- Author's name (if given)
 - Publication information for the printed source or printed analogue (including title and date of print publication)
 - Medium of publication consulted
 - Title of the database (italicized)
 - Name of the vendor
 - Publication date of the database
- Cite what is available. (MLA 209-10)

Example (Please note correct punctuation in entry):

Chen, Ying. "Hidden Dynasties." *Ethnic Issues*. 25 Aug. 2001. CD-ROM. *Newsmaker*. Microware. 2007.

E-Mail Message--5.7.13

Example:

Jonas, Charles. "Re: Carpentry." Message to Forrest M. Macey. 28 May 2001. E-mail.

Remember--many more examples and formats are presented in *MLA Handbook for Writers of Research Papers*. Call or visit the Writing Center for additional help.

A Student Paper follows—

Emery 1

Gloria Emery

Professor Byrne

English 122

24 Jan. 2009

The Baby Boom Generation's Quest for Fitness

Baby boomers are the post-World War II children, born between the prolific years 1946-1964, who now include approximately 75 million people in the United States ("Growing" 23). This noted generation is known as the most educated and the wealthiest in the history of our country. And, because they are so numerous, wealthy, and educated, baby boomers have "affected every aspect of national life" (Rosellini and Wells 60). More specifically, baby boomers have had a tremendous influence on the music, television and movie industries (*Baby* 27). However, baby boomers themselves have been greatly affected by the media and have been, consequently, called the "Media Generation" (Jones 117) and the "first video generation" ("Growing" 24). In spite of this, baby boomers have also been called, according to *News and World Report*, a group of people "which lacks identity and so creates one by reviving, repeating or just ripping off the past" (Levine). However, one area in which baby boomers have been shown to excel is that of health and nutrition. As one baby boomer puts it, "Baby boomers may be pushing 50, but most of us are still thinking 30. We are more health conscious than earlier generations, probably will live longer, and will be more active in our senior years" (Carson-Cleary).

Since the end of rationing of goods at the end of World War II, the United States has enjoyed unparalleled abundance and growth (Jones 397). This abundance of food coupled with a highly industrialized work force has increased the general poor health of the average working family member. Over the period of 1955 to 1976, as caloric intake increased, weight increases grew by twelve to percent per

person (Jones 53). In addition, general levels of fitness have fallen as families have become more sedentary. Jones further notes that today's media distracts from healthy activities:

Americans came to rely on the television as an ever-increasing fixture of their daily entertainment and information. Unlike the radio of the past, the television demands that you watch it, bound to a sedentary position in front of the set itself. These television entertainment times reduced the number of hours families were involved in physical activities contributing to their general unfitness. (58)

Health journals first noted this trend in 1967, at which time the baby boomers began a health and fitness trend that is still ongoing today (Tappan). Research by the Sporting Goods Manufacturers Association indicates that these older citizens are changing the way Americans stay fit (Johnson).

Health magazine encourages not only a healthy diet, but also a variety of activities for those in the above fifty-year-old age classification ("Healthy"). Yoga, treadmills, and elliptical trainers are all a result of the baby boomer's desire to become fit and healthy (Rosellini and Wells 61). Also, "endurance exercises in which the volume of breathing is increased and the heart is forced to beat faster," aerobics can provide physical benefits for the adult ("Fitness").

If anyone doubts the impact of the boomer generation, he/she needs only to search the world wide web to see dozens of websites devoted totally to aiding these aging individuals. From the National Association of Baby Boomers to Boomers International (<http://boomersint.org/>) to Baby Boom Memories (<http://www.galaxymall.com/books/babyboommemories>), it is clear to see that this generation continues to impact the health and fitness community.

Works Cited

- Baby Boomers and the Entertainment Industry*. Washington: Statistical Services, 2006. Print.
- Carson-Cleary, Abby. "Fit Baby Boomers Pushing 50, Feeling More Like 30." *Modesto Bee*. 23 July 2003: G2. *LexisNexis Academic*. Web. 17 Nov. 2003.
- "Fitness." *The Concise Columbia Electronic Encyclopedia* 3rd ed., 2005. CD-ROM. *ERIC*. Infonautic Corporation. Jan. 2007.
- "Growing Pains at 40." *Time* 19 May 2008: 22-41. Print.
- "Healthy Lifestyle Choices Through the Ages." *Health*. 17 Nov. 2007. Print.
- Johnson, Trinity. "Tracking Fitness: From Fashion Fad to Health Trend." *The Futurist* (2006): 8. *Academic One File*. Web. 11 Nov. 2008.
- Jones, Savannah R. *Great Expectations: America and the Baby Boom Generation*. New York: Coward, 1980. Print.
- Levine, Evan. "An Age of Remakes and Revivals." *U.S. News and World Report* 24 Nov. 2006: 75, 78. *Academic One File*. Web. 1 Aug. 2008.
- Rosellini, Shamus, and Aubrey Wells. "When a Generation Turns 40." *U.S. News and World Report* 10 Mar. 2005: 60-63. Print.
- Tappan, Nevin. Personal Interview. 7 Mar. 2008.

This sample paper prepared by the Writing Center at Johnson County Community College.

Grammar Hotline: 913-469-4413

E-Mail Hotline: wcenter@jccc.edu

HOURS OF OPERATION	
<u>Fall and Spring Semester</u> Monday-Thursday: 8:00-8:00 Friday: 8:00-2:00 Saturday: 9:00-3:00 Sunday: 12:00-4:00	<u>Summer Semester</u> Monday-Thursday: 8:00-8:00 Closed between semesters and during breaks.
The JCCC Writing Center promotes the college's mission of lifelong learning and service to the community by providing an environment for nurturing independent writing; valuing progress, not perfection; emphasizing process, not product.	

This handout prepared by the Writing Center at Johnson County Community College.

Grammar Hotline: 913-469-4413

E-Mail Hotline: wcenter@jccc.edu (checked weekday mornings only)

<http://www.jccc.net/home/depts/1504>