**Process of Writing an Essay**

Many students immediately panic when they are faced with the task of writing an essay. While they may have many ideas when they discuss a topic, picking up pen and paper seems to dry up all ideas. Some students aren't even sure what an essay is. Basically, an essay is an organized way to express an opinion and prove that it's valid. This can take a variety of forms, but the standard format starts with an introduction, has a body, and ends with a conclusion. There are a few simple steps to writing an essay.

First, students must generate ideas. They have to think about what they know about atopic and what they want to write. Students do this in different ways. Some students do brainstorming. That is, they sit with a piece of paper and write words and try to relate them to other words. Some students just make a list of ideas. Other students find they need to do some prewriting because they think better when they are writing out their ideas. Some students just sit and think and get the ideas sorted out in their minds. One way is not better than another way. Everyone is different, so everyone writes in a different way. For example, my friend Susan likes to do prewriting. She sets her timer for 15 minutes and then she writes everything she can think of about the topic for that time. When the buzzer goes off, she stops and looks at what she has written. She underlines the ideas that she thinks are good. This works very well for her, but it doesn't work well for me at all because I hate to do prewriting. I just sit and think about what I want to write until an idea comes to me. The important thing is not the method but the results. Sometimes, students think that the ideas have to be perfect from the beginning, but this isn't true. Sometimes they might find that their ideas need revision or that some can be eliminated. That's ok. Once they have generated ideas, they have starting point so they can begin to write, and that is what is important.

Next, students need to organize their ideas. They need to make sure that they have a statement of opinion, and then they need to put their supporting ideas into some kind of order. That is, they need to decide what will come first and so forth. For example, if students are writing about history, most of the time they will organize their ideas chronologically because that’s the way that people usually think about history--from past to present, But, it's not always that simple. John wrote a paper about the problems adoptive children have. He made a list of four problems, but then he had to decide which problem was the most serious and which the least. Then, he had to make another decision. Should he put the biggest problem first or last? Sometimes a writer wants to build up to something big, and other times a writer wants to hit the reader right away with something important. John decided to put his biggest problem last. Students need to look carefully at their ideas and think about what will make the strongest paper--and the most interesting paper.

Last, students need to write. This seems easy enough, but many students delay this part of the paper until the last minute. When I say write, I mean write the first draft because, whenever possible, it's good to save time to write, look at it and make corrections, and then write it again. Students need to give themselves time--especially in the beginning--to learn from their writing. If they wait until an hour before class, the paper becomes a burden instead of an opportunity to learn and share ideas. Sally, for example, had a 1000 word essay due at11:00 in her English 101 class. She waited until 9:00 PM the night before to begin. By then, she was so nervous about getting the paper finished on time that she couldn't think of anything to write about. She kept thinking about the F she was going to get and what it would do to her grade point average. Students should just start writing and not expect a perfect product the first time, but even an imperfect paper is better than no paper.

In conclusion, writing an essay is really not so difficult. Students simply need to have a plan for writing. First, they need to find a way to generate ideas, and then they need to organize these ideas in some way that makes sense to them. Lastly, but most importantly, the students have to sit down and pick up their pencils and begin to write. The more students practice writing, the easier it will become because it's really only thinking and sharing ideas—something they do all of the time.

A PROCESS OF DIGESTION

    The digestive process is important in maintaining the lives of living organisms and in providing them with needed energy. Groups of organs, such as the mouth, esophagus, stomach, and intestines, work together to perform this complex task. Digestion is theprocess of breaking down food from large molecules into small ones to makeit easier for absorption. The three major steps involved in the digestive process are ingestion, digestion, and absorption.

   Ingestion, which occurs in the mouth, is the first step of the digestive process. After food enters the mouth, the teeth chew it. Saliva, which is produced by the salivary glands, plays a major role in breaking down the food into smaller pieces. These small pieces travel to the stomach through the esophagus.

   In the stomach, the second step of the digestive process begins. When the chewed food reaches the bottom of the esophagus, a valve lets the food enter the stomach. Contraction of the stomach wall mixes the food. Acidic gastric juices, which are secreted by the gastric glands in the stomach, help in mixing the food and in turning it into a partial liquid so it will have the ability to move into the small intestine. In the small intestine, enzymes are secreted, and digestion is completed.

   The last step in the digestive process is absorption. Absorption takes place in the small intestine. The wall of the small intestine is lined with small, finger like projections called villi. Small molecules of food are absorbed by the huge number of villi. Some of these absorbed molecules enter the bloodstream to be distributed throughout the whole body.

   In conclusion, the digestive process involves three major steps: ingestion, digestion, and absorption. Ingestion, which occurs in the mouth, helps to increase the surface are of the food particles and prepares them for digestion. In the stomach, digestion begins, and it continues until it reaches the small intestine, where absorption takes place. The digestive process maintains organisms' lives by providing them with energy needed for different functions.

**Easy Steps to Catch River Crabs**

**by Mary Zeigler**

As a lifelong crabber (that is, one who catches crabs, not a chronic complainer), I can tell you that anyone who has patience and a great love for the river is qualified to join the ranks of crabbers. However, if you want your first crabbing experience to be a successful one, you must come prepared. There are some steps which must be taken in order for the success to happen.

First, you need a boat, but not just any boat. I recommend a 15-foot-long fiberglass boat complete with a 25-horsepower motor, extra gas in a steel can, two 13-foot-long wooden oars, two steel anchors, and enough cushions for the entire party. You will also need scoops, crab lines, a sturdy crate, and bait. Each crab line, made from heavy-duty string, is attached to a weight, and around each weight is tied the bait--a slimy, smelly, and utterly grotesque chicken neck.

Now, once the tide is low, you are ready to begin crabbing. Drop your lines overboard, but not before you have tied them securely to the boat rail. Because crabs are sensitive to sudden movements, the lines must be slowly lifted until the chicken necks are visible just below the surface of the water. If you spy a crab nibbling the bait, snatch him up with a quick sweep of your scoop.

The crab will be furious, snapping its claws and bubbling at the mouth. Drop the crab into the wooden crate before it has a chance to get revenge. You should leave the crabs brooding in the crate as you make your way home.

Back in your kitchen, you will boil the crabs in a large pot until they turn a healthy shade of orange. Just remember to keep the crab pot covered. Finally, spread newspapers over the kitchen table, deposit the boiled crabs on the newspaper and enjoy the most delicious meal of your life. With the right amount of patience and correct methods, one can easily become a crabber.