

Outline for “Food insecurity in Wilmington, North Carolina”

- 1. Letter of Transmittal**
- 2. Title Page**
- 3. Executive Summary**
- 4. Introduction**
- 5. Discussion**
 - a. Defining Food insecurity and its Relevance to Wilmington**
 - b. Causes of Food insecurity in Wilmington**
 - i. Socioeconomic and Geographic Contributors**
 - ii. Transportation Barriers and National Findings Relevant to Wilmington**
 - c. Consequences of Food insecurity**
 - d. Local Initiatives Supporting Food Access**
 - e. Looking Forward**
- 6. Conclusion**
- 7. References**

Outline: The Environmental Impact of Everyday Lives in Pulaski

I. Letter of Transmittal

II. Title Page

III. Executive Summary

IV. Introduction

- A. The Community of Pulaski
- B. Environmental Awareness in Pulaski

V. Discussion

- A. Community Values Versus Lack of Awareness
- B. Overview of Recurring Harmful Daily Habits
- C. Consequences For Local Natural Systems and Sustainability

VI. Major Causes and Effects

- A. Unnecessary Energy Consumption in Pulaski
 - 1. Causes of Unnecessary Energy Consumption
 - a) Household Energy Use Patterns
 - b) Examples of Wasted Energy
 - 2. Effects: Climate Change
 - a) Greenhouse Gas Emissions from Residential Energy Use
 - b) Environmental Consequences of Fossil Fuel Dependence
- B. Waste Generation in Pulaski
 - 1. Cause of Waste Generation
 - a) Household Sources of Waste
 - b) Food Waste and Disposable Consumption
 - 2. Effects: Land, Water, and Ecosystem Pollution
 - a) Landfill Impacts
 - b) Plastic Pollution and Microplastics
 - c) Habitat Loss and Long-Term Environmental Harm
- C. Indoor Air Pollution in Pulaski
 - 3. Causes of Indoor Air Pollution
 - a) Definition of Indoor Air Pollution
 - b) Common Household Sources
 - 4. Effects: Carbon Emissions
 - a) Contribution to Outdoor Air Pollution
 - b) Role in Climate Change and Ecosystem Degradation

VII. Conclusion

- A. Summary of Everyday Environmental Impacts
- B. Individual Behavior and Community Outcomes

VIII. References

IX. Appendices

- A. Appendix A: Demographics for the City of Pulaski
- B. Appendix B: Environmental Awareness Survey Results

AI Chatbots and Mental Health Support in Rural Virginia

- A. Letter of Transmittal
- B. Title Page
- C. Executive Summary
- D. Introduction
- E. Discussion
 - a. The Rural Mental Health Access Gap
 - b. What Are AI Chatbots for Mental Health?
 - c. Evidence of Effectiveness
 - d. Limitations and Ethical Concerns
 - i. Response Accuracy
 - ii. Data Privacy
 - iii. Equity and Inclusivity
 - e. Rural Virginia Context: Infrastructure and Accessibility
 - f. Expert Perspectives and Future Potential
- F. Conclusion
- G. Works Cited
- H. Appendix: Glossary of Key Terms