

“The Cultural and Negative Effects of Chewing Betel Nut”

Roshae Manglona

EN202-01

Dr. Kimberly Bunts Anderson

February 15, 2018

Betel nut, formerly known as areca nut is a main component in a mix islanders refer to as "chew". Other components used in the chew is a'fuk (Lime), populu (Leaf), and chupa' (Cigarette), the ingredients are put together and then chewed. Betel nut chewing in the CNMI is a substance that many local people use. According to John Borja "University of Guam Cancer Research Center's Betel Nut Intervention Trial said the most recent report on prevalence of betel nut chewing on Guam is 12 percent. The percentage is higher on Saipan at 24 percent of its population of more than 48,000 people, she added" (Borja, 2017, pg1). The Legislature learned that recent research has occurred that the Areca nut (Betel Nut) is a habit-forming substance that is consumed in different parts of the world by people of all age groups (Betel Nut Control Act of 2015, 2016, pg 1). How does this cultural habit affect the health of an individual, especially those who have been chewing all their lives? In the CNMI, betel nut is known to be an addiction and a habit. Many local say that chewing betel nut is part of their chamorro culture. However, chewing betel nut poses a serious health risk and has been linked to cancer.

Betel nut chewing is known to be an addictive substance. Chewing betel nut it makes a person feel relaxed and calm. It can be a social thing because when you gather with your friends and family they bring their chew and then get tempted to chew. In recent times, the prices for betel nut and the other components popularly used, has gone up dramatically and yet, many people still continue to purchase it. In a Pacific Daily News article, "Anthony Valentine, 33, has been chewing betel nut regularly for 18 years and is on the verge of quitting. Valentine acknowledges chewing as an addiction he doesn't want anymore. He didn't make a habit of chewing until he was 15, when his friend let him try it. Valentine described the sensation of chewing betel nut: "From what I experience, the beginning is like panicking and spinning on a

tire at the same time, but later when you get used to it, it produces body heat and it's like jumping in a hot tub. It relaxes your muscles and helps calm me down when I'm overloaded with work and school." Betel nut essentially helped him kick the habit of smoking cigarettes, which he began doing at a younger age. Yet he still uses tobacco and some lime powder when he chews, as often as four to six times a day" (Borja, 2017, pg 1 & 2). Addiction of chewing betel nut became more addictive when adding other stuff to the mixture. "Paulino said, she is unsure when additional substances were added to betel nut, though she said it was a result of people wanting a stronger effect" (Borja, 2017, pg 3). Since, betel nut chewing is a cultural habit with addictive components, it becomes a challenge to quit, therefore causing many who tried have failed.

In the CNMI, so many locals say that chewing betel is part of their culture. "Betel nut is a carcinogenic palm nut chewed mainly in South Asia and the Western and Southern Pacific Islands. It is a habitual practice that is considered by many to be an integral part of their culture" (Cabrera, 2006, pg 1). Guampedia reports that studies conducted on the teeth of ancient Chamorros showed that they chewed betel nut, and they chewed constantly back then (Borja, 2017, pg3). The study has found that people chew because it is a tradition, a part of social culture, and gives them a good sensational feeling (Borja, 2017, pg 3). Betelnut chewing is a very old tradition. Locals interviewed by this writer say that it is a social habit and part of their cultural identity. They say that betel nut chewing is the main feature for their social gathering or companionship that lifts up their spirit like alcohol (Sakaziro, 2017, pg 1). Chewing betel nut is an age-old tradition that goes back from generations to generations.

Chewing betel puts a person at risk of their health. The latest study shows that many people began chewing at the young age of 11 (Agpoon-Cabang, 2014, pg 1). The data showed that 32.6 percent of household individuals surveyed chewed on betel nut with tobacco at the age of 11 to 15 while 36.2 percent chewed by the age 16 to 20 (Agpoon-Cabang, 2014, pg 1). The usage of betel nut is an important part of the culture and social practice, but its constant use can lead to many health problems (Arceo, 2017, pg 3). Chewing betel has been known to lead to oral cancer. “All have confirmed that there is sufficient evidence that Betel Nut, with or without tobacco, can cause cancer most especially oral cancer. The evidence illustrated betel nut chewers as having increased risk of developing a range of serious diseases, including cancers of the mouth and esophagus” (Betel Nut Control Act of 2015, 2016, pg 1). Chewing betel nut is an unhealthy habit which leads to a person having many complications on mouth.

Betel nut chewing in the CNMI is a common thing that most locals do. It is a substance that many people find addictive and it is a risky habit. It is hard on people to stop chewing betel nut. Chewing betel nut goes way back to ancestral times and still people follow their tradition and continue to chew. It is a risky habit for the health of the people because chewing causes so much oral problems such as oral cancer. People find it hard for them to stop chewing because it is part of their culture and they like the feeling of chewing.

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The Disadvantages and Advantages of Chewing Betel in the CNMI

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EN202-01

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Compare and Contrast Essay

March 30, 2018



## The Disadvantages and Advantages of Chewing Betel in the CNMI

The mix of the chewing betel contains betel nut, lime, pepper leaf, and optional cigarette. Chewing betel nut is a cultural thing in the CNMI. Some people may think that chewing betel nut is an addiction and it is hard to quit the habit. Others might be aware that there are also side effects of chewing betel nut that cause oral cancer. People in the CNMI hear the side effects of chewing betel nut but choose to ignore it. If people still continue to ignore it, it puts their life at risk. According to Cunningham chewing goes back to the chamorro ancestral time and custom continues till this day (Cunningham, 1992, Page 1) . Chewing betel is carcinogenic to people it may have a cultural thing to people in the CNMI but it also can be an addiction, and can health problems.

Chewing betel nut is part of the chamorro custom in the CNMI and it's been here for many years. According to Cunningham, Puga' (Betel Nut) is found in the tropical Southeast Asian area (Cunningham, 1992, Page 6). When ancient chamorro's chew betel nut it resulted as a habit (Cunningham, 1992, Page 46). Cabrera stated in the article that "Betel nut is a carcinogenic palm nut chewed mainly in South Asia and the Western and Southern Pacific Islands. It is a habitual practice that is considered by many to be an integral part of their culture" (Cabrera, 2006, Page 1). Guampedia reports that studies conducted on the teeth of ancient Chamorros showed that they chewed betel nut, and they chewed constantly back then (Borja, 2017, Page 3). The study found that people chew because it is a tradition, a part of social culture, and gives them a good sensational feeling (Borja, 2017, page 3). Betelnut chewing is a very old tradition. Locals residents interviewed by Sakaziro 2017 claimed that it is a social habit and part of their

cultural identity. They say that betel nut chewing is the main feature for their social gathering or companionship that lifts up their spirit like alcohol (Sakaziro, 2017, Page 1).

Many people think chewing betel is not an addiction but sometimes a person cannot go with chewing betel for one day. In a Pacific Daily News article, “Anthony Valentine, 33, has been chewing betel nut regularly for 18 years and is on the verge of quitting. Valentine acknowledges chewing as an addiction he doesn't want anymore. He didn't make a habit of chewing until he was 15, when his friend let him try it. Valentine described the sensation of chewing betel nut: “From what I experience, the beginning is like panicking and spinning on a tire at the same time, but later when you get used to it, it produces body heat and it's like jumping in a hot tub. It relaxes your muscles and helps calm me down when I'm overloaded with work and school.” Betel nut essentially helped him kick the habit of smoking cigarettes, which he began doing at a younger age. Yet he still uses tobacco and some lime powder when he chews, as often as four to six times a day” (Borja, 2017, Page 1 & 2). According to Caruana, “Research on the stimulation caused by the popular custom of chewing betel nuts shows the nut's psychoactive chemicals affect the same brain regions as nicotine. According to lead author Roger Lee Papke, a pharmacologist at the University of Florida in the United States, this means betel nut addiction could be treated with existing drug” (Caruana, C. 2015, Page 1). In recent times, the prices for betel nut and the other components popularly used, has gone up dramatically and yet, many people still continue to purchase it. Chewing betel puts a person at risk of their health. According to Iverson, “just as cigarettes are addictive, so is the betel nut, making it difficult to break the habit once hooked” (Iverson, 2017, Page 3).

The latest study shows that many people began chewing at the young age of 11 (Agpoon-Cabang, 2014, pg 1). The data showed that 32.6 percent of household individuals surveyed chewed on betel nut with tobacco at the age of 11 to 15 while 36.2 percent chewed by the age 16 to 20 (Agpoon-Cabang, 2014, Page 1). The usage of betel nut is an important part of the culture and social practice, but it is constantly used can lead to many health problems (Arceo, 2017, Page 3). The University of Florida state that Chewing the betel quid -- a mixture of arecanut, spices and slaked lime wrapped in betel vine leaves -- has been a cultural tradition in those regions for centuries (University of Florida, 2015, Page 1).

Chewing betel has been known to lead to oral cancer. “All have confirmed that there is sufficient evidence that Betel Nut, with or without tobacco, can cause cancer most especially oral cancer. The evidence illustrated betel nut chewers as having increased risk of developing a range of serious diseases, including cancers of the mouth and esophagus” (Betel Nut Control Act of 2015, 2016, Page 1). “Cancer registrar Joanne Ogo reported that oral cancer is the third leading type of cancer in the CNMI” (Perez, 2016, Page 1). “Amid the controversy surrounding betel nut chewing, a registered dental hygienist has warned the CNMI community against continuing the cultural practice, saying it can cause health problems from gum disease to oral cancer”(Saipan Tribune,1999, Page 1). “A 1997 survey of some 900 students on the island showed that 36 percent chew betel nuts with tobacco one or more times during the day. Forty-nine percent tried to chew betel nut before the age of 13”(Saipan Tribune, 1999, Page 1). So many young children, teens, adults chew without know the side effects of chewing betel nut. It is very difficult for a person to stop chewing they feel like it is part of their culture or a social thing. People continue to chew betel nut because they enjoy the feeling they get from it. Some people still chew betel

nut even though they have sore mouth. It is very difficult for a person to quit the habit and addiction of chewing betel nut. It is very important that to help people to quit chewing betel. Because people help them it can help the younger generation to not pick up on the habit of chewing. The side effects that come with chewing betel nut is not good thing for people to continue to do.

Chewing betel dates back chamorro ancestors and people today continue to chew. Some people think that chewing is not an addiction or habit. But people do not realise it is a addiction and habit that they can not stop chewing betel nut. Studies have shown that chewing betel nut causes oral cancer. Some people are against chewing betel even if it is part of the chamorro culture. It maybe part of the culture but people are just worried about your health and how easily your life can be taken in an instant. When researching for my topic essay I amazed with the information I found and that I was able to use it in my research. Finding primary and secondary sources help me build the my foundation of my essay. Chewing betel nut is an addiction, habit and health risk for many people who continue to chew betel nut.

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“Chewing Betel Nut In The CNMI”

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Process Essay

April 19, 2018

This methodology helps answer Manglona's research question regarding chewing betel nut in the CNMI. In the CNMI there are many people that chew betel and find hard for them to stop. The chewing dates back to the chamorros ancestral cultural beliefs; they started chewing with betel nut, lime, and pepper leaf. As it was passed down from generations to generations the mix was changing; now its betel nut, lime, pepper leaf, and cigarette. The process of gathering information on chewing betel nut in the CNMI is by coming with questions and creating a survey. Then Manglona sent out interview questions for experts to answer on the study of chewing betel nut. To understand the knowledge of betel nut chewing in the CNMI, Manglona used this research method: Setting up a survey, and sending emails to experts, and collecting the data.

First, Manglona came up with a bunch of questions, both qualitative and quantitative research questions, to start the process of setting up the survey. Then, Manglona was able to narrow down her questions down to specific ones that she will be using in her research essay. Manglona had created two different types of survey because of the fact that some people do not chew. Once Manglona got her questions together, she used google forms to setup the question for her survey. When everything was done Manglona posted two different types of survey which was people who chew it included seventeen questions and people who do not chew it included eleven questions in the word document that her instructor set up and her classmates was able to give her feedback. Once Manglona began making changes to the surveys, then again the surveys got sent out to all community member regardless of them being students in high school, or college, teachers, or parents. The census would help in making the survey a success and it will be helping a lot on her research essay.

Secondly, Manglona created three letters and came up with some questions to be able to sent out to experts. Manglona only got two emails back and the other respondent did not reply and she gave them all a week for their responses. Manglona found two experts on Guam who did studies on chewing betel nut and she was able to also find their information. Manglona sent one letter out to one of the expert explaining how she is doing a research project on chewing betel nut in the CNMI. Explaining that she was curious as to how many people in CNMI and including Guam chew. And why is it that they are addicted to the substance. Manglona explained that she read on the studies on people who chewed betel nut and how it harms a person. Then as an expert in her field on chewing betel nut if she could answer nine questions that Manglona created for her. For the other person Manglona sent out the email also explaining on how she is doing a research on chewing betel nut. Manglona describe that she read in the article Guam International Film Festival that she helps spread awareness of oral cancer. And curious to be able to know why people continue to chew even though they know the side effects that is going to happen to them. As researcher on the topic on chewing betel nut Manglona created five question for her to answer. Manglona used a semi structured interview questions when conducting key informant interview with the experts. Manglona gave both experts a week to response and answer her questions.

Lastly, the results on the survey that Manglona sent out and the emails that she sent to the experts. For the survey on people who chew Manglona was able to get twenty seven responses back. The other survey on people who do not chew, Manglona was able to get back sixteen response back (See Appendix A). Manglona was able to read all the responses and it amazed her on the reponses. For the email to the experts Manglona gave them a week for their responses. For

both experts Manglona was able to get a feedback within the week. Both experts were able to answer all of Manglona questions that she gave them (See Appendix B). There responses would surely help me in my research essay. The survey and the letter to experts were both a success that Manglona can able to put in the research essay.

Chewing betel in the CNMI can be a good and bad thing for a person. As Manglona created the survey she was able to come up with great question that both chewers and non chewers were able to answer. Manglona was able to get enough feedback from both surveys. For the letters to experts Manglona was able to find two experts in Guam. Manglona sent to different types of letter to help better understand why people chew and how does it affect the CNMI. Manglona was able to get feedback from both experts. For both the survey and letters to expert Manglona got great responses back from them.

Appendix A:

Questions for people who chew:

This is for question 1 for survey number 1:

This is for question 2 for survey number 1:

This is for question 3 for survey number 1:

This is for question 6 for survey number 1:

Questions for people who do not chew:

This is the result for questions 1 for survey number 2:

This is for question five for survey number 2:

This is for question seven for survey number 2:

This is for question eight for survey number 2:



## Appendix B: Letters to experts and responses

Dear Sarah Filush,

Hello, my name is Roshae Manglona. I am currently a student at Northern Marianas College. I am doing a research project on chewing betel nut in the CNMI. I'm writing this letter to request an interview with you on the topic of chewing betel nut. I read in the article Guam International Film Festival that you are helping spread awareness of oral cancer and it is caused by chewing betel nut. I want to be able to know why people continue to chew even though they know the side effect that is going to happen to them. As you did research on this topic, your comments in response to a few questions would be greatly appreciated. If you want a copy of my research essay feel free to email me. Thank you.

Do people chew because it is part of their culture?

Do you think that some people will not stop chewing because it is part of their culture?

Do people chew because they are addicted to it?

At what do you think people started chewing betel nut?

If you help spread awareness to the people that chew, why does that person or anyone continue to chew betel nut with the fact that they know the side effects of chewing?

Thank you very much for your time

## **Response:**

### **Betelnut Questionnaire – Sarah Filush Camacho**

#### **Do people chew because it is part of their culture?**

Based on the interviews I conducted, all chewers stated chewing was a part of their culture.

#### **Do you think that some people will not stop chewing because it is part of their culture?**

I don't believe the reason they **wouldn't stop** chewing would be because of culture. The betelnut itself is addictive, which makes chewing difficult to quit.

#### **Do people chew because they are addicted to it?**

The betelnut itself contains an addictive ingredient called arecoline. This ingredient in combination with other addictive ingredients such as tobacco and/or alcohol make chewing the nut more addictive.

#### **At what do you think people started chewing betel nut?**

Based on studies performed at the University of Guam, research finds that children as young as 8 years old are introduced to chewing betelnut.

#### **If you help spread awareness to the people that chew, why does that person or anyone continue to chew betel nut with the fact that they know the side effects of chewing?**

Like any addictive substance, it's difficult to quit unhealthy and detrimental habits despite knowing the side effects. Just as it is difficult other addictive habits such as smoking, drinking alcohol, large consumptions of sugary and fatty foods, caffeine, etc. However, because betelnut repercussions are more rapid, severe, and less discriminating, the urgency of quitting is more critical. I believe there needs to be more awareness on the emotional, physical, and financial effects it has on not only the individual but the family more importantly. The Commonwealth Cancer Association is working diligently on this mission which I believe will save many lives.

Dear Paulino Yvette,

Hello, my name is Roshae Manglona. I am currently a student at Northern Marianas College. I am doing a research project on chewing betel nut in the CNMI. I'm writing this letter to request an interview with you on the topic of chewing betel nut. I am curious as to how many people in CNMI and including Guam chew. And why is it that they are addicted to the substance. I read that you did studies on people who chewed betel nut and how it harms a person. As an expert in your field, your comments in response to a few questions would be greatly appreciated. If you want a copy of my research essay, feel free to email me. Thank you.

1. Why is chewing betel nut an addiction?
2. How does this cultural habit affect the health of an individual, especially those who chew have been chewing betel all their lives?
3. In your studies how many people find it hard to stop chewing betel nut?
4. For people who chew how many people have been diagnosed with mouth cancer due to chewing betel nut?
5. If a person started chewing at a young age would they have a long-term effect?
6. If a person brushes their teeth constantly and still chew would they have any problems?
7. What substance in chew make hard for them to stop chewing?
8. Do people chew because they are being pressured by other people chewing betel nut?
9. As an expert how long would a person withstand not chewing for a whole week?

**Response:**

Dear Roshae,

Thank you for your patience. My response follows.

1. Chewing of areca nut is often accompanied with the use of tobacco. Nicotine is an addictive chemical found in tobacco. Studies on the addictive property of the areca nut are ongoing.
2. The health effects of areca nut includes cancer (see IARC Monograph Volume 85 - <http://monographs.iarc.fr/ENG/Monographs/vol85/>) and many other chronic conditions. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4080659/>
3. This study is still ongoing, so we are unable to report the results.
4. Our previous studies looked particularly at chewing and the risk of oral precancerous conditions. In general, chewers that chew with tobacco were more likely to have oral precancerous conditions than those who chewed betel nut without tobacco. <https://www.ncbi.nlm.nih.gov/pubmed/25495475>
5. Absolutely, especially with the addition of tobacco.
6. Yes, especially with the addition of tobacco.
7. Tobacco makes it hard for chewers who add tobacco. The addictive property of the areca nut (without tobacco) is still under investigation.
8. This has been reported by some chewers in our qualitative studies. <https://www.ncbi.nlm.nih.gov/pubmed/25678943>
9. Although I don't have the number you're seeking, I can say it's tough for some people to stay away for even 3 days. However, it is very possible, as seen in our current study. We won't be able to release the results until we have completed the study. We are

struggling with recruitment. We could certainly use some help recruiting into the Saipan BENIT Study.





“The Cultural and Negative Effects of Chewing Betel Nut”

Roshae Manglona

EN202-01

Dr. Kimberly Bunts Anderson

February 13, 2018

Is betel nut chewing an addiction or is it a part of the chamorro culture? “Islanders often chew not only the *pugua* itself, but betel *quid*, which is a combination of betel leaf or *pupulu*, areca nut, slaked lime, and sometimes tobacco” (Arceo). According to Borja “University of Guam Cancer Research Center’s Betel Nut Intervention Trial said the most recent report on prevalence of betel nut chewing on Guam is 12 percent. The percentage is higher on Saipan at 24 percent of its population of more than 48,000 people, she added” (Borja). “The Legislature finds that recent studies have shown that Areca nut (Betel Nut) is an addictive substance that is consumed in many parts of the world by people of all age groups” (Betel Nut Control Act of 2015). How does this cultural habit affect the health of an individual, especially those who have been chewing all their lives? In the CNMI, betel nut is known to be an addiction and a habit. Many local say that chewing betel nut is part of their chamorro culture. However, chewing betel nut poses a serious health risk and has been linked to cancer.

Betel nut chewing is known to be an addictive substance. Chewing betel nut it makes a person feel relaxed and calm. It can be a social thing because when you gather with your friends and family they bring their chew and then get tempted to chew. In recent times, the prices for betel nut and the other components popularly used, has gone up dramatically and yet, many people still continue to purchase it. In a Pacific Daily News article, “Anthony Valentine, 33, has been chewing betel nut regularly for 18 years and is on the verge of quitting. Valentine acknowledges chewing as an addiction he doesn't want anymore. He didn't make a habit of chewing until he was 15, when his friend let him try it. Valentine described the sensation of chewing betel nut: “From what I experience, the beginning is like panicking and spinning on a tire at the same time, but later when you get used to it, it produces body heat and it's like



jumping in a hot tub. It relaxes your muscles and helps calm me down when I'm overloaded with work and school." Betel nut essentially helped him kick the habit of smoking cigarettes, which he began doing at a younger age. Yet he still uses tobacco and some lime powder when he chews, as often as four to six times a day" said Borja. Addiction of chewing betel nut became more addictive when adding other stuff to the mixture (Borja). "Paulino said, she is unsure when additional substances were added to betel nut, though she said it was a result of people wanting a stronger effect" said Borja. Since, betel nut chewing is a cultural habit with addictive components, it becomes a challenge to quit, therefore causing many who tried have failed.

In the CNMI, so many locals say that chewing betel is part of their culture. "Betel nut is a carcinogenic palm nut chewed mainly in South Asia and the Western and Southern Pacific Islands. It is a habitual practice that is considered by many to be an integral part of their culture" said \_\_\_\_\_ Cabrera. Guampedia reports that studies conducted on the teeth of ancient Chamorros showed that they chewed betel nut, and they chewed constantly back then said Borja. The study has found that people chew because it is a tradition, a part of social culture, and gives them a good sensational feeling added Borja. "Betelnut chewing is an age-old tradition. Islanders interviewed by this writer says it is a social habit and part of their cultural identification. They say it is also a main feature of their social gatherings or fellowships that lifts up their spirit like alcohol" said \_\_\_\_\_ Sakaziro. Chewing betel nut is an age-old tradition that goes back from generations to generations.

Chewing betel puts a person at risk of their health. The recent research show that most people started chewing betel nut at the young age of 11 (Agpoon-Cabang). The data showed that 32.6 percent of household individuals surveyed chewed on betel nut with tobacco at the age of

11 to 15 while 36.2 percent chewed by the age 16 to 20 (Agpoon-Cabang). The usage of betel nut is an important part of the culture and social practice, but it is constantly used can lead to many health problems (Arceo). Chewing betel has been known to lead to oral cancer. “All have confirmed that there is sufficient evidence that Betel Nut, with or without tobacco, can cause cancer most especially oral cancer. The evidence illustrated betel nut chewers as having increased risk of developing a range of serious diseases, including cancers of the mouth and esophagus” (Betel Nut Control Act of 2015). Chewing betel nut is a unhealthy habit which leads to a person having many complications on mouth.

Betel nut chewing in the CNMI is a common thing that most local do. It is a substance that many people find addicting and it is a risky habit. It is hard on people to stop chewing betel nut. Chewing betel nut goes way back to ancestral times and still people follow their tradition and continue to chew. It is a risky habit for the health of the people because chewing causes so much oral problems such as oral cancer. People find it hard for them to stop chewing because it is part of their culture and they like feeling of chewing.

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Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading # \_\_1\_\_

\_\_\_\_\_EN202\_\_\_\_\_ Course EN COURSE

NAME\_\_Roshae Manglona\_\_Section \_\_\_\_01\_\_\_\_

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

**1st Literary:**

1. Author's Name: John I Borja
2. Author's Credentials (Press Release):Published 4:36 p.m. ChT Oct. 29, 2017
3. Publisher [or title of organization]: Guam PDN(Pacific Daily News)
4. Heading of Section [title of reading]:Betel nut study looks into ways to help chewers quit the habit
5. Year Written: 2017
6. Pages: 3pg
7. Website URL:  
<http://www.guampdn.com/story/news/2017/10/29/betel-nut-study-looks-into-ways-help-chewers-quit-habit/547724001/>

## 2nd Literary:

1. Author's Name: F. T. Cabrera, R. Schneeweiss
2. Author's Credentials (Press Release): 2006, February 04
3. Publisher [or title of organization]:
4. Heading of Section [title of reading]: 519 INVESTIGATING THE ASSOCIATION OF TOBACCO WITH BETEL NUT CHEWING ON SAIPAN, COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS.
5. Year Written: 2006
6. Pages: 1pg
7. Website URL: <http://jim.bmj.com/content/54/1/S168.7>

<b>Main Ideas/Points</b>	<b>Important Quotations</b>	<b>Supporting Details</b>	<b>Relevance to Your Assignment</b>
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<p><b>1st Literary:</b> Addiction to chewing betel nut.</p>	<p>“Paulino said, she in unsure when additional substances were added to betel nut, though she said it was a result of people wanting a stronger effect” (Borja, 2017, pg 3)</p>	<p>Addiction</p> <p>Wanting a more in the chew.</p> <p>It is a habit that a person can't stop doing.</p>	<p>This research is relevant to my topic because it helps better understand my paper.</p>
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<p><b>Main Ideas/Points</b></p>	<p><b>Important Quotations</b></p>	<p><b>Supporting Details</b></p>	<p><b>Relevance to Your Assignment</b></p>
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<p><b>2nd Literary:</b> Cultural effect of chewing betel nut.</p>	<p>“Betel nut is a carcinogenic palm nut chewed mainly in South Asia and the Western and Southern Pacific Islands. It is a habitual practice that is considered by many to be an integral part of their culture” (Cabrera, 2006, pg 1).</p>	<p>- Chewing betel has a cultural effect.  - They chew because it has been passed down from generations to generations.</p>	<p>This research is relevant to my topic because it helps better understand my paper. And to help built a good paper.</p>
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In this article, is it possible that any of the authors might have a bias about the subject matter? No\_\_\_ provide examples if needed.

Is the article timely or a bit outdated ? Both article is presented in a timely matter.

Was it published in a reputable source? Yes both article.

It is not an academic source. They both are academic.

Other important information : Nope





Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading #   3  

Course EN COURSE NAME   EN202   Section   

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Press Release:Candice Arceo
2. Author's Credentials (Press Release):Bachelor of Science in Biology
3. Publisher [or title of organization]:Guampedia
4. Heading of Section [title of reading]: *Passion for Pugua*
5. Year Written: 2017
6. Pages:
7. Website URL: <http://www.guampedia.com/passion-for-pugua/>

<b>Main Ideas/Points</b>	<b>Important Quotations</b>	<b>Supporting Details</b>	<b>Relevance to Your Assignment</b>
<ul style="list-style-type: none"><li>• Chewing betel nut is part of the culture but</li></ul>	<ul style="list-style-type: none"><li>• The usage of betel nut is an</li></ul>	<ul style="list-style-type: none"><li>• Constantly chewing can</li></ul>	<ul style="list-style-type: none"><li>• This research would help a lot on my</li></ul>

can be a health risk.	important part of the culture and social practice, but it is constantly used can lead to many health problems	be a leading cause for oral cancer. <ul style="list-style-type: none"> <li>• Chewing betel is part of the chamorro culture.</li> </ul>	paper. So that I could help people understand the the pros and cons of chewing betel nut.

In this article, is it possible that any of the authors might have a bias about the subject matter? No\_\_\_ provide examples if needed.

Is the article timely or a bit outdated ?No

Was it published in a reputable source? Yes

It is not an academic source. Secondary Source

Other important information :





Roshae Manglona

04/05/2018

Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading # \_\_5 and 6\_\_

Course EN COURSE NAME \_\_\_\_\_EN202\_\_\_\_\_Section \_01\_

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Claudia Caruana
2. Author's Credentials (Press Release):12/11/15
3. Publisher [or title of organization]:Sci Dev Net
4. Heading of Section [title of reading]: *Treatment Hope For Betel Nut Addiction*
5. Year Written:2015 6. Pages: 2
7. Website  
URL:<https://www.scidev.net/global/medicine/news/treatment-betel-nut-addicts-drugs.html>

1. Author's Name:Kelly Iverson
2. Author's Credentials (Press Release):July 05 2017
3. Publisher [or title of organization]:The Culture Trip



4. Heading of Section [title of reading]: Why People in Asia Are Addicted to Chewing the Deadly Betel Nut

5. Year Written: 2017 6. Pages:5

7. Website

URL: <https://theculturetrip.com/asia/articles/why-people-in-asia-are-addicted-to-chewing-the-deadly-betel-nut/>

<b>Main Ideas/Points</b>	<b>Important Quotations</b>	<b>Supporting Details</b>	<b>Relevance to Your Assignment</b>
<ul style="list-style-type: none"><li>• Chewing betel can be addicting to many even though they don't know it.</li></ul>	<ul style="list-style-type: none"><li>• “Research on the stimulation caused by the popular custom of chewing betel nuts shows the nut’s psychoactive chemicals affect the same brain regions as nicotine. According to lead author Roger Lee Papke, a pharmacologist at the University of Florida in the United States, this means betel nut addiction could be treated with existing drug”</li></ul>	<ul style="list-style-type: none"><li>• Addiction</li><li>• It is a habit that goes on for a very long time</li><li>• People chew because other people are doing it.</li></ul>	<ul style="list-style-type: none"><li>• This is relevant to my topic because it talks about chewing betel being an addiction.</li></ul>

<b>Main Ideas/Points</b>	<b>Important Quotations</b>	<b>Supporting Details</b>	<b>Relevance to Your Assignment</b>
<p>-Chewing betel nut can be hard to quit.</p>	<p>“just as cigarettes are addictive, so is the betel nut, making it difficult to break the habit once hooked”</p>	<p>-habit - Hard to quit</p>	<p>-Chewing betel nut can be a very hard habit to quit no matter how many times you try hard to quit it you just can't.</p>

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In this article, is it possible that any of the authors might have a bias about the subject matter? No \_\_\_ provide examples if needed.

-Yes

Is the article timely or a bit outdated ?

-Timely

Was it published in a reputable source?

-Yes it was

It is not an academic source.

-Academic

Other important information :



