College Of The Redwoods Guide To MLA Style

Revised and updated 3/1/2010

This guide shows you how to format your paper with the correct margins, headers, and footers, in-text citations, and works cited list. However, the *MLA Handbook for Writers of Research Papers,* 7th ed., is the final authority. This guide does not cover the word processing program commands used to achieve the formatting. It does not cover outlining, organization or structure, grammar, or writing help.

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Insert a header with your last name and the page number placed 1/2" from the top of the page, in the upper right hand corner. Use Arabic (1, 2, 3, etc.) numerals. This header must appear on all pages of your paper.

Your name, Instructor, Course, and the date should be placed in the upper left hand corner on the first page of your paper. Match the date format as shown.

Sally Studious

Sullivan

English 1A

25 February 2002

CENTER THE TITLE of your paper on the line following the date.

Hormonal Horrors and Women's Health:

Another Argument for a Meat-Free Diet

DOUBLE SPACE ALL TEXT. Do not add any extra line spacing.

In his book *Fast Food Nation: The Dark Side of the All-American Meal,* Eric Schlosser explores the intense

focus of advertising directed toward children, with gimmicks, Pokemon and Ronald McDonald, and the marketing of

ever-larger quantities of food items to children, i.e., Supersize and Big Gulp. This emphasis of ever increasing

quantities of high fat and sugary foods has resulted in juvenile obesity, early on-set diabetes, and premature puberty

in young girls (Akers, *Vegetarian* 390). Not only is this intense form of advertising and marketing of high fat foods

adversely affecting young girls, the effects are also being carried into adulthood and are becoming quite detrimental

to women. These detrimental effects have caused vast concern among health professionals due to the huge drop in

the age of young women starting menstruation and developing breasts. According to a website created by The People

for the Ethical Treatment of Animals, "One reason may be that animals are routinely given growth-hormones,

antibiotics, and even pesticides, which remain in their flesh and are passed on to meat-eaters" ("Vegetarianism").

Eating meat has a negative effect on young girls and women of all ages for a variety of reasons. It is widely

recognized that adopting a vegetarian or highly plant-based diet is one of the healthiest and most beneficial choices a

woman can make in regards to her health.

In light of the connection between hormones in meat and the negative effects on young women Gary Null,

author of *The Vegetarian Handbook: Eating Right for Total Health* writes, "Hormones and tranquilizers are often

used to fatten livestock and keep them calm, respectively. In people, however, these drugs can be quite harmful"

(161). The hormone diethylstilbestron or DES has been known to cause vaginal cancer and gynecological

abnormalities in women, and because of these effects, DES was entirely banned in 1972. Recently one FDA official

insisted, "DES has been used for over 20 years as a growth promotant in animals without any indication of danger to

INDENT the first line of each paragraph one-half inch.

Use ONE INCH margins at top, bottom, and sides of all pages of your paper.

A dotted line is used in this guide to indicate one inch margins. You do not need a dotted line on your paper.

An 8 point font is used in this example. Use a font size of 10 or 12 point.

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USE IN-TEXT CITATIONS when you quote, paraphrase, or use an idea from any outside source of information. In-text citation style is also called "parenthetical documentation," because the reference is placed in parentheses. Look for the names and numbers in parentheses in the sample text above for examples.