

Commented [MJ1]: To create the header on the title page (which will be different than the following pages) here are the directions:

1. Hit ENTER until you have at least two blank pages showing on the screen.
2. Insert **Page Number**
3. Choose **Top of Page Plain Number Three**
4. Click **Design** in the blue ribbon and put an X in the box marked **Different First Page**
5. Now go back to the header on the first page and do steps 2 and 3 again.
6. Put your cursor in front of page number 1 and type **Running head:** the main title of your paper in ALL CAPS and space it all the way over to the left-hand side of the paper.

When Ancient Waves Swept our Shores:

Commented [MJ2]: Halfway down the double-spaced page, center and enter the main title followed by a colon.

Life near the Cascadia Subduction Zone

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Jeanne Morigeau

Commented [MJ4]: Author of the paper

Capital High School

Commented [MJ5]: Institution where the paper will be turned in

As we learned during the devastating 2011 Japanese earthquake and its resulting tsunami, the world exists in a delicate balance. Even though something may happen on distant shores, it will influence regions thousands of miles away. Closer to home, United States citizens, especially the west coast residents are familiar with the San Andreas Fault line. It has been responsible for earthquakes discussed in history books hundreds and thousands of years later (Schulz, 2015). However, one could argue that we need to be more concerned about the Cascadia Subduction Zone which scientists fear may be “storing strain energy” (Heaton & Hartzell, 1987).

The Pacific Rim is a region of the countries that border the Pacific Ocean (Pacific Rim, 2015). Sometimes the countries are known as the Ring of Fire because of the enormous amount of “volcanoes and sites of seismic activity” (National Geographic Society, 2012). Relatively speaking, the Cascadia Subduction Zone is new to scientists and this has generated a lot of interest in creating a seismic and geologic timeline in order to predict the next event that may prove to be catastrophic to residents in the Pacific Northwest (Schulz, 2015).

By studying geologic formations and interpreting them to identify periods of major change, scientists began to see commonalities in the rough estimates of cataclysmic events (Heaton & Hartzell, 1987). In her *New York Times* article, Schulz outlines how these rough estimates compared with the oral histories of Pacific Northwest indigenous people (2015). By layering the two timelines, (geographic and oral) scientists have been able to determine that huge earthquakes, occurring in the Cascadia Subduction Zone, triggered tsunamis that wiped out entire populations of people living in low coastal areas (Monastersky, 1992). “According to tribal history, ‘they sank at once, were all drowned; not one survived’” (Schulz, 2015). These occurrences seem to happen on an average of every 243 years and we are in year...

Commented [MJ6]: In the second page header, click in front of the 2 and enter the main title in ALL CAPS and space it over to the left-hand side. This is what the header should look like for the rest of the pages of your paper.

Commented [MJ7]: In-text citations, for direct quotes or paraphrases, use the author’s last name, a comma, and the date of the article.

Commented [MJ8]: This is direct quote by more than one author. Use both their last names. The in-text citation is placed before the ending punctuation.

References

- Heaton, T. H., & Hartzell, S. H. (1987). Earthquake hazards on the Cascadia subduction zone. *Science*, 236, 162+. Retrieved from http://link.galegroup.com/apps/doc/A4785732/SCIC?u=mtlib_2_1037&xid=36792739
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- Schulz, K. (2015) The really big one: An earthquake will destroy a sizeable portion of the coastal Northwest. *The New York Times*. Retrieved from <http://www.newyorker.com/magazine/2015/07/20/the-really-big-one>

Commented [MJ9]: Title your reference page just like this

Commented [MJ10]: Citations are organized in alphabetical order and are formatted using hanging indents.