

# The What's Happening To My Body

Ernest Lee Thomas

*role as Roger "Raj" Thomas on the 1970s ABC sitcom What's Happening!! and its 1980s syndicated sequel, What's Happening Now!!, and for his recurring role*

Ernest Lee Thomas (born March 26, 1949) is an American actor. He is best known for his role as Roger "Raj" Thomas on the 1970s ABC sitcom What's Happening!! and its 1980s syndicated sequel, What's Happening Now!!, and for his recurring role as Mr. Omar on Everybody Hates Chris.

## Puberty

*COM" Archived from the original on 2012-10-04. Retrieved 2012-01-07. Madaras L, Madaras A (2007-06-08). What's Happening to My Body? Book for Boys: Revised*

Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction. It is initiated by hormonal signals from the brain to the gonads: the ovaries in a female, the testicles in a male. In response to the signals, the gonads produce hormones that stimulate libido and the growth, function, and transformation of the brain, bones, muscle, blood, skin, hair, breasts, and sex organs. Physical growth—height and weight—accelerates in the first half of puberty and is completed when an adult body has been developed. Before puberty, the external sex organs, known as primary sexual characteristics, are sex characteristics that distinguish males and females. Puberty leads to sexual dimorphism through the development of the secondary sex characteristics, which further distinguish the sexes.

On average, females begin puberty at age 10½ and complete puberty at ages 15–17; males begin at ages 11½–12 and complete puberty at ages 16–17. The major landmark of puberty for females is menarche, the onset of menstruation, which occurs on average around age 12½. For males, first ejaculation, spermatarche, occurs on average at age 13. In the 21st century, the average age at which children, especially females, reach specific markers of puberty is lower compared to the 19th century, when it was 15 for females and 17 for males (with age at first periods for females and voice-breaks for males being used as examples). This can be due to any number of factors, including improved nutrition resulting in rapid body growth, increased weight and fat deposition, or exposure to endocrine disruptors such as xenoestrogens, which can at times be due to food consumption or other environmental factors. However, more modern archeological research suggests that the rate of puberty as it occurs now is comparable to other time periods. Growth spurts began at around 10-12, but markers of later stages of puberty such as menarche had delays that correlated with severe environmental conditions such as poverty, poor nutrition, and air pollution. Puberty that starts earlier than usual is known as precocious puberty, and puberty which starts later than usual is known as delayed puberty.

Notable among the morphologic changes in size, shape, composition, and functioning of the pubertal body, is the development of secondary sex characteristics, the "filling in" of the child's body; from girl to woman, from boy to man. Derived from the Latin *puberatum* (age of maturity), the word puberty describes the physical changes to sexual maturation, not the psychosocial and cultural maturation denoted by the term adolescent development in Western culture, wherein adolescence is the period of mental transition from childhood to adulthood, which overlaps much of the body's period of puberty.

## Bra

*Airport Checkpoints" The Washington Post. p. 2. Retrieved 24 April 2009. Madaras, Lynda (2007). The "what's happening to my body?" book for girls (Third ed*

A bra, short for brassiere or brassière (US: , UK: ), is a type of form-fitting underwear that is primarily used to support and cover a woman's breasts. A typical bra consists of a chest band that wraps around the torso, supporting two breast cups that are held in place by shoulder straps. A bra usually fastens in the back, using a hook and eye fastener, although bras are available in a large range of styles and sizes, including front-fastening and backless designs. Some bras are designed for specific functions, such as nursing bras to facilitate breastfeeding or sports bras to minimize discomfort during exercise.

Although women in ancient Greece and Rome wore garments to support their breasts, the first modern bra is attributed to 19-year-old Mary Phelps Jacob, who created the garment in 1913 by using two handkerchiefs and some ribbon. After patenting her design in 1914, she briefly manufactured bras at a two-woman factory in Boston, before selling her patent to the Warner Brothers Corset Company, which began mass-producing the garment. The bra gained widespread adoption during the first half of the twentieth century, when it largely replaced the corset. The majority of Western women today wear bras, with a minority choosing to go braless. Bra manufacturing and retailing are key components of the multibillion-dollar global lingerie industry.

### Underwire bra

*when compared to both soft bras and sport and maternity (12% between 2003 & 2005) Madaras, Lynda (2007). The "what's happening to my body?" book for girls*

An underwire bra (also under wire bra, under-wire bra, or underwired bra) is a brassiere that utilizes a thin, semi-circular strip of rigid material fitted inside the brassiere fabric to help lift, separate, shape, and support a woman's breasts. The wire may be made of metal, plastic, or resin. It is sewn into the bra fabric and under each cup, from the center gore to under the wearer's armpit. Many different brassiere designs incorporate an underwire, including shelf bras, demi bras, nursing bras, and bras built into other articles of clothing, such as tank tops, dresses and swimsuits.

The concept of an underwire can be traced to an 1893 patent that describes a breast supporting device using a rigid plate under the breasts for stability. The modern underwire bra was designed in the 1930s, and gained widespread popularity by the 1950s. As of 2005, underwire bras were the largest and fastest growing segment of the bra market. A bra without an underwire is a softcup bra.

Underwire bras are occasionally linked to health conditions including breast pain, mastitis, and metal allergies. Women wearing an underwire bra have in a few rare instances been subjected to extra scrutiny when their bra set off metal detectors at security checkpoints in airports or prisons. There have been a few recorded incidents where the underwire deflected a bullet or other weapon that struck the woman's chest.

### Erection

*stimulation Priapism Sexual function Lynda Madaras (8 June 2007). What's Happening to My Body? Book for Boys: Revised Edition. Newmarket Press. p. 119.*

An erection (clinically: penile erection or penile tumescence) is a physiological phenomenon in which the penis becomes firm, engorged, and enlarged. Penile erection is the result of a complex interaction of psychological, neural, vascular, and endocrine factors, and is often associated with sexual arousal, sexual attraction or libido, although erections can also be spontaneous. The shape, angle, and direction of an erection vary considerably between humans.

Physiologically, an erection is required for a male to effect penetration or sexual intercourse and is triggered by the parasympathetic division of the autonomic nervous system, causing the levels of nitric oxide (a vasodilator) to rise in the trabecular arteries and smooth muscle of the penis. The arteries dilate causing the corpora cavernosa of the penis (and to a lesser extent the corpus spongiosum) to fill with blood; simultaneously the ischiocavernosus and bulbospongiosus muscles compress the veins of the corpora

cavernosa restricting the egress and circulation of this blood. Erection subsides when parasympathetic activity reduces to baseline.

As an autonomic nervous system response, an erection may result from a variety of stimuli, including sexual stimulation and sexual arousal, and is therefore not entirely under conscious control. Erections during sleep or upon waking up are known as nocturnal penile tumescence (NPT), also known as "morning wood". Absence of nocturnal erection is commonly used to distinguish between physical and psychological causes of erectile dysfunction and impotence.

The state of a penis which is partly, but not fully, erect is sometimes known as semi-erection (clinically: partial tumescence); a penis which is not erect is typically referred to as being flaccid, or soft.

Cleavage (breasts)

*to build a better bra for Jane Russell in The Outlaw. Madaras, Lynda (2007). The "what's happening to my body?" book for girls (Third ed.). Newmarket Press*

Cleavage is the narrow depression or hollow between the breasts of a woman. The superior portion of cleavage may be accentuated by clothing such as a low-cut neckline that exposes the division, and often the term is used to describe the low neckline itself, instead of the term décolletage. Joseph Breen, head of the U.S. film industry's Production Code Administration, coined the term in its current meaning when evaluating the 1943 film *The Outlaw*, starring Jane Russell. The term was explained in *Time* magazine on August 5, 1946. It is most commonly used in the parlance of Western female fashion to refer to necklines that reveal or emphasize décolletage (display of the upper breast area).

The visible display of cleavage can provide erotic pleasure for those who are sexually attracted to women, though this does not occur in all cultures. Explanations for this effect have included evolutionary psychology and dissociation from breastfeeding. Since at least the 15th century, women in the Western world have used their cleavage to flirt, attract, make political statements (such as in the Topfreedom movement), and assert power. In several parts of the world, the advent of Christianity and Islam saw a sharp decline in the amount of cleavage which was considered socially acceptable. In many cultures today, cleavage exposure is considered unwelcome or is banned legally. In some areas like European beaches and among many indigenous populations across the world, cleavage exposure is acceptable; conversely, even in the Western world it is often discouraged in daywear or in public spaces. In some cases, exposed cleavage can be a target for unwanted voyeuristic photography or sexual harassment.

Cleavage-revealing clothes started becoming popular in the Christian West as it came out of the Early Middle Ages and enjoyed significant prevalence during Mid-Tang-era China, Elizabethan-era England, and France over many centuries, particularly after the French Revolution. But in Victorian-era England and during the flapper period of Western fashion, it was suppressed. Cleavage came vigorously back to Western fashion in the 1950s, particularly through Hollywood celebrities and lingerie brands. The consequent fascination with cleavage was most prominent in the U.S., and countries heavily influenced by the U.S. With the advent of push-up and underwired bras that replaced corsets of the past, the cleavage fascination was propelled by these lingerie manufacturers. By the early 2020s, dramatization of cleavage started to lose popularity along with the big lingerie brands. At the same time cleavage was sometimes replaced with other types of presentation of clothed breasts, like sideboobs and underboobs.

Many women enhance their cleavage through the use of things like brassières, falsies and corsetry, as well as surgical breast augmentation using saline or silicone implants and hormone therapy. Workouts, yoga, skin care, makeup, jewelry, tattoos and piercings are also used to embellish the cleavage. Male cleavage (also called heavage), accentuated by low necklines or unbuttoned shirts, is a film trend in Hollywood and Bollywood. Some men also groom their chests.

Happening

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Lynda Madaras

*including two (What's Happening to my Body? Book for Girls: A Growing-Up Guide for Parents & Daughters, and What's Happening to my Body? Book for Boys:*

Lynda Madaras (born 1947) is an educator and author. She has written a number of books on puberty including two (What's Happening to my Body? Book for Girls: A Growing-Up Guide for Parents & Daughters, and What's Happening to my Body? Book for Boys: A Growing-Up Guide for Parents & Sons) that are on the American Library Association's list of 100 Most Frequently Challenged Books 1990-2000. Her books have won numerous awards, including recognition as an American Library Association Best Books for Young Adults. Her other titles include My Body, My Self for Girls, My Body, My Self for Boys, Ready, Set, Grow!, On Your Mark, Get Set, Grow!, Womancare, Child's Play, and The Alphabet Connection.

List of most commonly challenged books in the United States

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This list of the most commonly challenged books in the United States refers to books sought to be removed or otherwise restricted from public access, typically from a library or a school curriculum. This list is primarily based on U.S. data gathered by the American Library Association's Office for Intellectual Freedom (OIF), which gathers data from media reports, and from reports from librarians and teachers.

As of 2020, the top ten reasons books were challenged and banned included sexual content (92.5% percent of books on the list); offensive language (61.5%); unsuited to age group (49%); religious viewpoint (26%); LGBTQIA+ content (23.5%); violence (19%); racism (16.5%); drugs, alcohol, and smoking (12.5%); "anti-family" content (7%); and political viewpoint (6.5%).

Theodore Wilson

*The Golden Girls, and What's Happening Now. In 1986, he had a role as Jim-Jam on another short-lived series, The Redd Foxx Show. Wilson continued to work*

Theodore Roosevelt Wilson (December 10, 1943 – July 21, 1991) was an American stage, film, and television actor. He is best known for his recurring roles as Earl the Postman on the ABC sitcom That's My Mama, and Sweet Daddy Williams on the CBS sitcom Good Times and Phil Wheeler on the NBC sitcom Sanford Arms (1977). Throughout his television and film career, Wilson was credited interchangeably with either Theodore (36) or Teddy (50) as his given name.

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