TEENS IN PRINT BOSTON

BOSTON TEENS IN PRINT SEPTEMBER 2007

# Wired on energy drinks

## Liquid lift or let down?

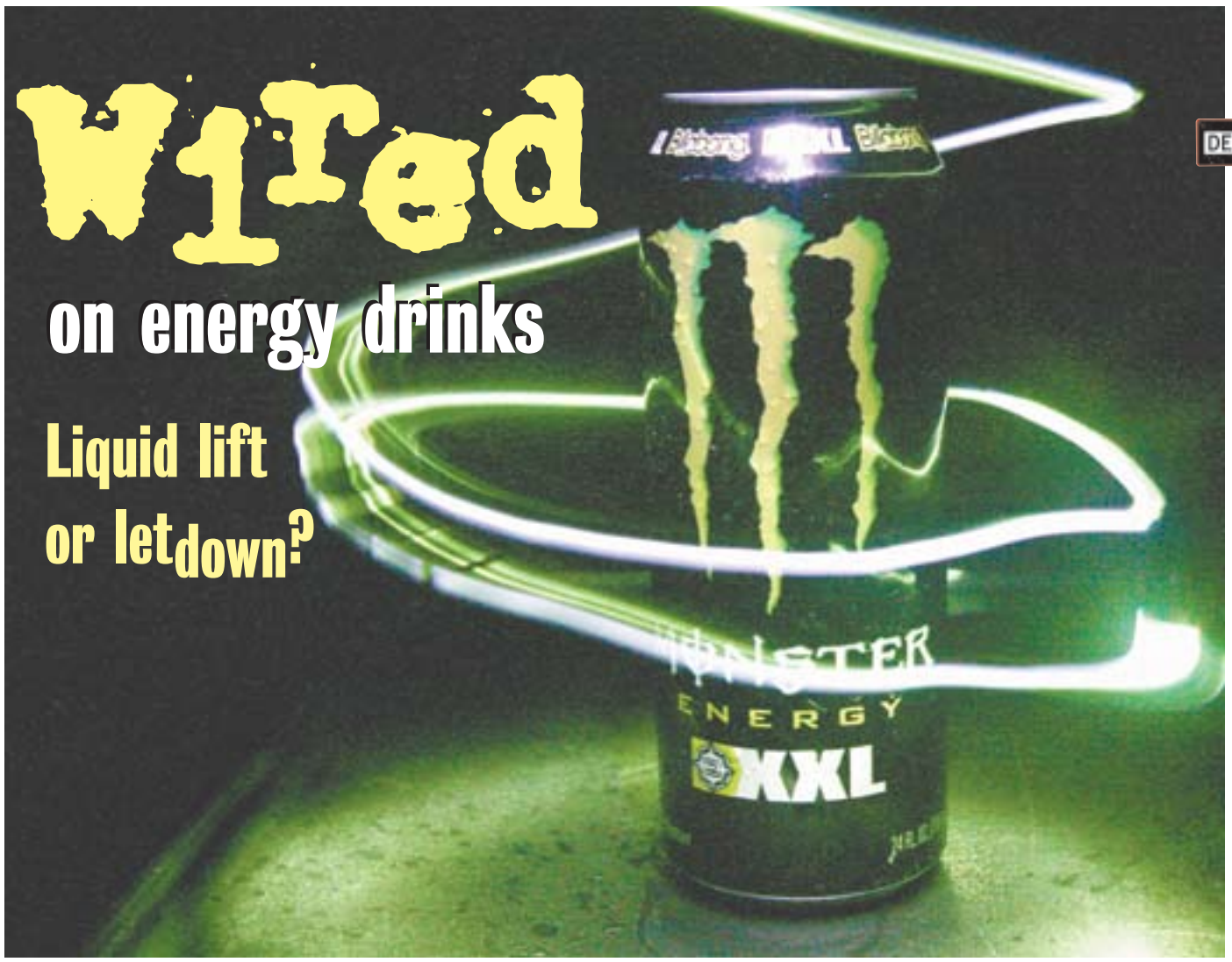


Photo by: Cassandre Pimental

By Alex Nguyen // T.i.P. Staff Writer

You stayed up all night working on a paper and you're running late the next morning. As you dart past the refrigerator, you reach in and the sexy-looking can on the top shelf catches your eye. Its label guarantees to "give you wings" and help you "unleash the beast." After guzzling down the liquid lift, you feel great, despite the medicinal aftertaste, but later you come dangerously close to collapsing right on the spot. This is the everyday picture of teenagers who rely on energy drinks to boost energy.

According to researchers at Brown University, energy drinks are diuretics. Dictionary.com states that a diuretic is a substance or drug that tends to increase the discharge of urine. This means that after drinking an energy drink, people end up with less fluid in their bodies than they started out with. This can be especially dangerous if the drinks are consumed while exercising—or on hot days–because the loss of that much fluid can cause a person to feel lightheaded or even to pass out. According to the Brown researchers, energy drinks have negative impacts on the body that include dehydration, dizziness, loss of sleep, mood swings, and irregular/rapid heartbeats.

The symptoms seem to depend on the person. "I get a little twitchy sometimes but I like the taste so I don't mind," says Nini Pang, 16. But according to writer Low Jeremy, in an article on Ezinearticles.com, energy drinks with high carbohydrate levels such as Monster "make it more difficult for the body to absorb essential vitamins, resulting in acute mental or physical suffering and gastro-intestinal problems."

While there are some risks to consuming energy drinks, there are some benefits as well. Some energy drinks can give you a huge kick (such as Wired X-505 Energy Supplement, Chaser 5-Hour Energy Drink, and the Cocaine Energy

[ENERGY DRINKS, PAGE 5]

DETOUR

# Crumbling the 'Oreo' stereotype

By Paige Carruthers
T.i.P. Staff Writer

Imagine: You're in a world where you get teased and bullied for excelling in school. As much as you try—not handing in homework or studying for tests—and keeping your hand down even when the answer is obvious, you still pull off decent grades, acing every test, to your dismay. The reason you dread these grades is the kids at school call you 'sell out' because you're supposedly not acting like someone of your race should. While for some readers this scenario is unlikely, many talented black students conform academically to fit in with their peers and avoid name-calling and alienation from their friends.

For many years, racial slurs such as "Oreo," "Uncle Tom," and "Aunt Jemima" have been used ignorantly to label African-Americans who act white or, in the case of "Uncle Tom" and "Aunt Jemima," cater to white people. As a term, "Oreo" refers to African-Americans who dress a certain way, talk with an

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# From The Editor:

Don't hit that snooze button! School's back in session. Coming back with more edge and drive, T.i.P. is your number one back-to-school spot for the latest news. I hope everyone enjoyed their summers, hitting the beach or cooling off in the pool.

While some of us were taking it easy, the summer TiPsters have been hard at work. Ever wonder what it would be like to work for a city or community newspaper? Five teens write about their experiences at summer internships working at newspapers.

For those of us who have been chugging down energy drinks for the extra kick, check out "Liquid lift or letdown" on the cover to see what effect energy drinks really have on us. Check out our article on organic food inside. T.i.P. is on the come up!

We have also been working on our graphics and layouts to make T.i.P. even better than before. Make sure to visit our website at BostonTip.com to read all the extra articles that aren't in the paper, and more. Have a great school year!

*Carla Gualdron // T.i.P. Senior Staff Writer*

# To Our Readers:

This issue of Teens in Print marks the newspaper's fourth year of publication, and we think you will find this year's issues will be better than ever! We have welcomed new and enthusiastic staff members, and you can look forward to fresh new teen perspectives on the topics that most interest you. We are also pleased to announce that Teens in Print can be found in more places and read by even more Boston teens. Readers can now enjoy expanded Teens in Print content online. Along with a PDF of this issue, you will find additional articles and content updated regularly on the website. In addition to being available in all Boston public high schools and libraries, this issue is the first to be delivered to even more teen and community centers throughout the city.

We hope you will look forward to the new and exciting things happening at Teens in Print this year.

*Leah P. Bailey* — The Boston Globe Foundation

*Betty Southwick* — WriteBoston

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# T.i.P. STAFF

# MEET THE T

**SARAH BLANCHETTE**
**Year in school:** Junior
**Fun fact:** This summer I went to Colorado for a week.
**Story in this issue:** Horoscopes and more!

**JENNIFER SÁNCHEZ**
**Year in school:** Junior
**Fun fact:** I am in love with food.
**Story in this issue:** Yo, Mo!

**AZRA VILLON**
**Year in school:** Sophomore
**Fun fact:** I went to Canada for the Jazz Festival this summer.
**Story in this issue:** Media and overprotective parents

**SHANETTA HOLDER**
**Year in school:** Sophomore
**Fun fact:** My favorite song is "Beautiful Lady" by Gyptian.
**Story in this issue:** Holiday in Barbados

**WILLIE ROGERS**
**Year in school:** Freshman
**Fun fact:** I have four sisters and two brothers.
**Story in this issue:** Carnival in Brazil

**RICHARD YU**
**Year in school:** Sophomore
**Fun fact:** I want to be a comedian.
**Story in this issue:** Interview with Dave McLaughlin

**WENXIANG GU**
**Year in school:** Senior
**Fun fact:** I play the saxophone and piano.
**Story in this issue:** Does it help to be bilingual in the job market?

**HAFSA YASIN**
**Year in school:** Sophomore
**Fun fact:** My favorite song is "Hey There Delilah" by Plain White T's.
**Story in this issue:** Surviving cancer

**ARLENE SANCHEZ**
**Year in school:** Junior
**Fun fact:** I love to sing.
**Story in this issue:**
Interview, my future boss!

**ANGELIQUE BRUTUS**
**Year in school:** Sophomore
**Fun fact:** I am a huge Pretty Ricky fan.
**Story in this issue:** Recognizing emotional abuse

**PAIGE CARRUTHERS**
**Year in school:** Freshman
**Fun fact:** I have an aunt who is only five years old.
**Story in this issue:** Crumbling the "Oreo" stereotype

**AKSHAT PANDEY**
**Year in school:** Sophomore
**Fun fact:** I like getting new CDs.
**Story in this issue:** Is MCAS holding students back?

**BEVERLY NGUYEN**
**Year in school:** Freshman
**Fun fact:** Candy is my favorite food.
**Story in this issue:** Redecorating a room

**MIRLINDA SEJDIU**
**Year in school:** Senior
**Fun fact:** I worked at Logan Airport this summer.
**Story in this issue:** Problems with organic food

**CIARA MARTINEZ**
**Year in school:** Sophomore
**Fun fact:** I love to take bubble baths.
**Story in this issue:** Jada interview

**NATALYN YU**
**Year in school:** Freshman
**Fun fact:** My favorite food is sushi.
**Story in this issue:** Avoiding peer pressure

**OLIVE TANG**
**Year in school:** Freshman
**Fun fact:** I have one younger brother.
**Story in this issue:** Presidential campaign

**JESSICA EDOUARD**
**Year in school:** Junior
**Fun fact:** I like to sing.
**Story in this issue:** Teens and community centers

**ALEX NGUYEN**
**Year in school:** Sophomore
**Fun fact:** I play football and my favorite song is "The Alarm" by Vanna.
**Story in this issue:** Energy drinks

WANT TO SEE YOUR NAME IN PRINT?

Write for T.i.P Boston Teens in Print

# WANT TO BE FAMOUS?

## Submission Guidelines

**SEND** your essays, letters, articles, commentaries, poems, stories, pen and ink drawings, cartoons, and photos.

**E-MAIL** submissions to:
christine.hayes.jcs@cityofboston.gov

Send them as MS Word attachments–NOT in the e-mail message.

Give your name. We don't print anything anonymously.

**FORMAT** your writing:

- Double spaced Times New Roman, 12 point font.

- In the upper left corner, print your name, T.i.P. Writer, and a title or headline.

Whatever you submit has to be YOUR OWN CREATION. We only print original work. Please write "this is my own creation" next to your name.

You will not get your work back;
KEEP A COPY for yourself.

*T.i.P. reserves the right to EDIT your work for length, content, or appropriateness.*

# T.i.P Mission Statement

Boston Teens in Print (T.i.P.) unites Boston teens to create an outlet to inform, communicate, and provide positive change through written expression.

## CALL FOR SUBMISSIONS

Write for T.i.P! That's "Teens in Print." We need 100 percent, certified organic, teen-produced content. Send us your words for people to peep. We want your opinions, news stories, shout-outs, announcements, reviews, poems, drawings, photos, and cartoons.

Next issue: December 2007
Send submissions by mail to:
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Boston, MA 02205

E-mail submissions to:
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Call us:
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T.i.P.
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▲ Artwork by: Artists for Humanity

# Forget finding Nemo; Go find YOU!

By Natalyn Yu // T.i.P. Staff Writer

As she shuffles down the chaotic halls of school, dressed in new designer clothes that had cost her seven weeks of bagging groceries at a local supermarket, she longingly stares at a group of teens surrounded by their admirers. She had aimed to be in that group this year. "So why aren't they talking to me? I've got the clothes," she mumbles to herself. She has spent the entire night pouring over Seventeen magazine's August issue, the one that promised "698 Ways to Look Pretty." With heavy bags under her eyes, she felt like a rat as the cigarettes in her bag smacked against her thigh every time she walked. "Maybe these babies will work," she says, referring to the cigarettes. "Now they're going to love me!"

The problem most teens face today is insecurity and feeling out of place in the social scene. Because of this, not only do teens waste their money on clothes and things that are "in" and not necessarily needed, but they're also taking drugs. According to the Centers for Disease Control and Prevention, in 2004, 40 percent of high school students had tried marijuana, the most common illegally used drug, and 22 percent of teens were currently using it. Studies also showed that 75 percent of all high school students had consumed alcohol, while 10 percent had smoked cigarettes more than 20 days a month, according to webmd.com.

If you know a friend who suffers from drug abuse, talk and listen to them. Most importantly, speak to a responsible adult. Of course you can give advice, but drugs are a serious issue. If you want to help, you will probably need an adult. Anyone who forces you to take drugs is not your friend. Real friends respect and look out for each other.

Being yourself is the biggest anti-drug. So what if you don't look like Heidi Klum or Gisele Bündchen? Most teens don't. In the words of one local teen, "Don't agree with everything someone says. Their ideas, thoughts, and opinions aren't being stuffed down your throat for you to duplicate, so being yourself isn't hard," says Brittany Vo, 14. Being different is what makes you beautiful, she says.

Stereotypical images of what a teen should be like make it hard for many adolescents to be an individual. Even though we learned the Golden Rule in kindergarten, many of us seemed to have forgotten about it. People assume things about others based on their appearance. For instance, a commonly used stereotype is blondes are dumb, which is not true at all. "It feels as if people expect much more from me because I am Asian. One time, someone asked me if I thought the math test was hard, and I said 'yeah.' Then they were like 'then you're not a true Asian,'" says Ann Nguyen, 14.

Look at the person sitting next to you. Everyone has their unique features, and life is too short to try being someone you aren't. Whenever you feel like you have to blend in with the crowd by wearing clothes you don't like, changing your tastes, or doing things that are wrong just so a person will like you, here's a tip. As you're about to leave that front door for school, run back inside to the closest mirror, wink, and say, "HEY, HOT STUFF!"

# Recognizing emotional abuse

## Warning signs spell danger

By Angelique Brutus // T.i.P. Staff Writer

Imagine you are at home with your mother, who is busy cleaning, cooking, doing laundry, and finishing household chores. Your father comes home, eats, leaves a mess, showers, and then dirties the bathroom your mom just cleaned. He says nothing to her, or to you, turns on the television, and plops on the couch. You stand there watching. What is your mother thinking? Feeling? Do you think your mother is worried, "maybe it's me, not him?" You know your mom feels sad and worthless, like nothing she does is right, and no matter how hard she tries, nothing she does really matters.

According to the National Exchange Club Foundation–a volunteer organization working to prevent emotional and sexual abuse–the type of emotional abuse you are seeing is ignoring another person. Adults who have not had their emotional needs met as children often do the same as adults to people with whom they have relationships. "They may not show attachment" to the partner or give affection...they may show no interest… or even recognize" the person is there, according to the group. Agabus Lartey, 49, and pastor of Family Life Fellowship in Hyde Park, says, "Unhealthy relationships are when, in the relationship, people are taken for granted, and there is a self centeredness within the relationship. The personality is of one unwilling to give all it takes to make the relationship healthy." According to the National Exchange Club Foundation's website (nationalexchangeclub.com), other types of emotional abuse are rejection, which involves rejecting another person's thoughts and ideas; terrorizing, which occurs when a person singles out one person and picks on them; and corruption, when a person tries to get another person to use drugs, or witness or participate in criminal activities "such as stealing, assault, prostitution, or gambling." Emotional abuse is any action that deprives someone of self-confidence with the goal of creating dependency.

On the other hand, according to the Iowa Coalition Against Violence, healthy relationships include "respect, sharing, and trust." It is important for partners to take responsibility when dealing with almost any issue, say local teenagers. Kerline Orelien, 16, of Dorchester, says "A healthy relationship is less arguments, being able to express feelings. There should always be trust, hanging out but having space at the same time." Cody Singletary, 16, of Dorchester, says, "A healthy relationship is love, respect, and trust." Your partner must respect you, your emotions, your body, and your mind. If your partner hurts you, he or she must take accountability, which leads to the next point. Accountability means your partner should not blame you for everything or make you feel down. If a partner makes a mistake, he or she should take the blame.

If you want to be sure your relationship is healthy and not abusive, you should be able to answer yes to these questions, according to the Iowa Coalition Against Violence.

- Does she or he have a good temper?
- Does she or he listen to what you have to say?
- Does she or he like to do other things besides spend time with you?
- Is there anything you like about your partner?
- Is he or she happy you have other friends?
- Does he or she ask you how your day went?

Don't hate yourself for being in an unhealthy relationship. No matter what, fight it, and try to get out of this situation. Whether it is mental, physical, or emotional, abusive relationships are not good. And help is available. To all reading, let your red flag go up, recognize the signs, and get help! For more information: Call the National Domestic Violence Hotline at 1-800-799-7233.

▲ Photo by: Mary Nguyen

[ENERGY DRINKS, PAGE 1]

Drink—yes that's the name), but they also cause you to pay the price by having to suffer a repulsive aftertaste. Some known benefits of energy drinks are that they can boost energy, raise alertness, improve concentration, speed up metabolism, increase stamina, and enhance nutrition. Recent studies have also shown that caffeine, combined with exercise, can help prevent skin cancer. The Cocaine Energy Drink even boasts on its website that the drink "reduces cholesterol in the blood....helps prevent hardening of the arteries....may protect nerve fibers from excess glucose damage....has a natural calming effect.....and may be used in the treatment of anxiety, depression, and obsessive-compulsive disorder without the side effects of prescription medications."

Parents and doctors are concerned that energy drinks contain too much caffeine. They may be right. "There's an American subculture out there that loves the idea of being wired," said James D. Lane, professor of medical psychology at Duke University, "but caffeine produces real psychological and physiological dependence." According to Emedicine.com, the average consumption of caffeine in the US is 210-238 milligrams a day. Caffeine levels can be a concern for adults and teens because they range from a can of Red Bull with 80 milligrams of caffeine to a can of Wired X-505 with up to 505 milligrams, according to energy-drink-ratings.blogspot.com.

While there are risks in consuming energy drinks, there are benefits. Some people know this and weigh the benefits with the risks. "I occasionally drink them but only when I need a pick-me-up," says Lam. Although many doctors say energy drinks have bad effects, what they don't tell you is they're safe when consumed in moderation. But keep in mind that it wouldn't hurt to occasionally have a bag of trail mix or cereal instead, both inexpensive and healthier.

▲ Photo by: Chris Rogers

# 'SUP AT SCHOOL?

## MCAS may affect dropout rates

BY AKSHAT PANDEY // T.I.P. STAFF WRITER

Every year in early spring, middle and high school students across the state emit the same groans of boredom and fatigue. Bundles of answer booklets and standardized tests can be seen outside cafeterias and libraries as one recurring acronym engulfs young minds: MCAS.

Beginning with the class of 2003, the Massachusetts Comprehensive Assessment System became an official graduation requirement in all public schools, including those in Boston. Since that year, dropout rates in the city have been on the rise.

According to the "High School Dropouts 2005-06" report, written by the Massachusetts Department of Education, from 2002-2003, and from 2005-2006, the BPS dropout rate rose from 7.7 percent to 9.9 percent, a sizeable increase. The numbers are worse when you look at the projected four-year, dropout rate. Although these numbers are more prone to fluctuate, they do indicate the class of 2009 will have a dropout rate over four years of 34.8 percent, according to the report.

If the predictions are correct, and rates continue rising, what's stopping the dropout numbers from reaching 40 or even 50 percent?

Nothing, according to Kathy Kihanya, a director of GED, or General Educational Development, who says, "Kids are too impatient. They don't want to spend time on their learning. MCAS just isn't favorable for all learners."

This impatience, along with boredom and a lack of encouraging results, may keep teens from doing what's best. I think students who have to repeat a grade just because of MCAS tests aren't motivated enough to continue school.

◀ Photo by: Chris Rogers

Besides the tests, some students blame the structure of the schools. Some teachers agree. "[Boston Public Schools] need to have smaller classes, and teachers need to give more attention to students, and actually take the time to know them as people," says Kihanya of the GED staff.

But teachers all over the city, faced with MCAS graduation requirements, have begun to teach specifically to the test instead of giving students the individual attention they need. This means a lot of the information a student may need to know may be dropped to make room for teaching test-taking techniques. In fact, according to the opinions stated in the Resolution on High School Diplomas in Northampton, as adopted by the Northampton School Committee in 2003, MCAS not only promotes the teaching of test taking techniques, but also limits creative teaching, and devalues subjects that are popular with students but may not be on the tests, such as music, art, media, or law.

For students who have no option but to learn from creative teaching, such as students who take English as a second language or are enrolled in a special education program, MCAS is a burden that is too much to bear. Statistics from MAC (Massachusetts Advocates for Children) show that race and disability are becoming key factors in determining who receives passing grades in class, even when they have passed the MCAS. While only 13 percent of all white seniors failed in 2005, 31 percent of blacks, 28 percent of Latinos, and 58 percent of special education students were failing MCAS, which could keep them from graduating, the MAC report said.

"All of the kids attending the GED program I direct are either black or Latino," says Kihanya. "This is a greater problem than just MCAS. Alternative programs should be offered to those without any educational resources."

The truth is, whether a student is black, white, Latino, or Asian, teens everywhere struggle with MCAS and in other classes, in part because of the test itself. Anne Wheelock, a writer who has researched dropout rates and standardized tests for two years said, "What we're seeing is we have a lower graduation rate than we used to before MCAS, and a higher dropout rate than we had prior to MCAS – a wider attainment gap."

## Fighting for a new high school in Mattapan

BY JENNIFER SÁNCHEZ // T.I.P. STAFF WRITER

This year, "back to school" could mean planning a new high school on 20 acres of land in Mattapan, in the space once occupied by a state hospital along Morton Street. This piece of land is the right size for a new high school but the city and state may have other plans. Building a school is expensive while selling the land for development could bring in money.

When it comes to the history of Boston high schools, there was at one time a Hyde Park High, a Dorchester High, and a West Roxbury High, but there has never been a public high school in Mattapan. BPS high school students from Mattapan, in fact, must travel far to reach their schools, waking up earlier than students who live in other neighborhoods. Now there is agreement among many in Mattapan that building a new high school is essential to the community, and this piece of land is the only parcel big enough.

Ten members of the Boston City Council, in a recent letter addressed to Governor Patrick, requested that land to build the new high school be reserved at this site. Also cited in the letter was Mayor Menino's Blue Ribbon Commission report issued in 1996 acknowledging the need to build at least two more new high schools in Boston to prevent overcrowding. Pushing to make this a reality, residents and education activists joined together to rally for the proposed high school on July 17. In support of building a new high school in Mattapan, Richard Stutman, president of the Boston Teachers Union, says, "The school, if built, would add an educational anchor to the community, an anchor that could be a terrific community resource and a sense of pride."

On the other hand, Mayor Menino, in a story in The Dorchester Reporter, asked, "Where is funding coming from? Is this the right place for a new school? The land is on a cliff. It's not conducive to a high school." He added that there were several alternative schools already being built in the city, which would address the need to enlarge facilities for up to 1,200 students.

Nearly 3,000 Mattapan residents signed a petition in 2004 arguing that the Boston City Council work toward building a new high school in their neighborhood. But many Mattapan residents, like Ciara Martinez, 16, are unaware of the proposed school. Many teens may be unaware of this effort due to a lack of media coverage. "Mattapan is never the center of attention unless it's about a shooting or the negative things," says Charles Rezil, 17, also of Mattapan. Rezil believes a new high school in Mattapan, "will affect the community in a positive way by putting a sense of pride among students [wanting to] represent their [community]." In agreement, Martinez thinks "it's good because then almost every community in the city would have its own high school like Dorchester and Hyde Park."

The July rally showed Mattapan residents agree, and City Councilor Charles Yancey is determined that a state-of-the-art education center is the best use of the space. But he is up against a lack of money and, as Boston has witnessed, a trend toward smaller schools.

BSAC BOZZ

# Boston Student Advisory Council

By Damien Leach // T.i.P. and BSAC Writer

If you are tired of school making you feel challenged to stay focused and learn, join the Boston Student Advisory Council (BSAC). BSAC works on school policies and issues that affect students, teachers, and administrators to help make our schools better.

**This year, our issues include:**
• Military opt-out.
• Student Rights and Responsibility Campaign
• Lobbying for dual enrollment and funding in the Massachusetts Budget

Last year, we received more than 1,400 military opt-out cards from BPS students who did not want their information secretly given to government officials. This year we will share more information about how the military is advertising in order to pull students into taking risks. This has been a major issue because students aren't aware of the opt-out forms that keep their information from being shared with the military. If you missed filling out an opt-out card, please contact BSAC so we can pull your name out of the military's grip.

In addition, we will be distributing and posting up Student Rights Cards in all BPS Schools that state the rights of students including the tardiness policy, where students cannot be locked out of school—or from an education–simply for being late, as well as the cellphone policy, where a student has the right to use their phones before and after school. These rights are explained in the Student Handbook you are given each school year. Other projects BSAC will be working on include physical education requirements, more nutritional lunches, and improved treatment of students at metal detectors.

## KNOW YOUR RIGHTS; TAKE RESPONSIBILITY!

There are several important policies affecting BPS students about which they should be better informed. BSAC created a series of documents, which describe each policy and outlines students' rights and responsibilities in connection with it. Some of the policies highlighted below are included in the "BPS Guide to Families & Students." Others are in the Superintendent's Circulars, or guidelines and regulations about policy implementation that the superintendent gives to schools and departments. You can find it on the Boston Public School website boston.k12.ma.us.

## MILITARY RECRUITMENT

Under the federal No Child Left Behind Act, public school districts must release the names, addresses, and telephone numbers of secondary school (high school) students to US military and higher education recruiters. The student or parent has the right to request in writing that this information NOT be released. (SOURCE: 2006–2007 Guide to the Boston Public Schools for Families and Students, Pg. 36)

It is important for students and families to realize they have the right to OPT-OUT of military recruitment if they do not want their information released. Unless you submit a written request, schools will automatically release your name and contact information to military recruiters. You only need to opt-out once, but you must submit the request by September 30 for it to take effect that school year. Students enrolled in ROTC cannot opt-out of military recruitment.

## BSAC Says...

BPS has a responsibility to make sure students and parents know about their right to opt-out. The schools could take further steps to ensure that students receive full, balanced information about military service.

## Your Rights

You should receive a copy of the "Guide to the Boston Public Schools for Families and Students" at the beginning of the school year. It is available in seven languages besides English.

**Your Responsibilities and Instructions for Opting-Out**
• If you choose to opt-out, fill out the form in the Parent & Student Agreement section of the "Guide to the Boston Public Schools for Families and Students" (Pg. 36). You can also download the guide at http://boston.k12.ma.us/info/guide.asp.
• You OR your parent/guardian may sign the form. Return the signed form to your school by the date indicated.
• Make sure friends know that they need to opt-out. Tell them how to fill out their forms.
• Help lobby the schools to provide better information and support of students around post-secondary school options.
• Report any recruitment practices you think are illegal or unethical. When you speak up, you are helping everyone else!

**We recommend**
• If you are considering military service, research your options thoroughly. Ask for both sides of the story.
• Be careful of recuiter's gimmicks. Listen carefully and ask questions if you don't understand.
• Talk to your parents and your guidance counselor about ALL of your post-secondary school options.

## PUNCTUALITY POLICY

As of September 2006, BPS students who arrive late to school MUST be admitted to the building. Locking-out tardy students is no longer permitted in any school.

The BPS policy on punctuality reads:

All students are expected to report to school on time every day. It is the policy of the Boston School Committee (approved May 24, 2006) that tardy students should be permitted into the school building and not excluded. Headmasters and Principals are directed to (a) review their current school tardy policies, in conjunction with School Site Councils, (b) develop reasonable, non-exclusionary practices to deal with student tardiness and positive incentives to encourage punctuality, and (c) closely monitor compliance with these policies.* Note: Excessive tardies may be counted as an unexcused absence.

** SOURCE: Superintendent's Circular #T&L-18, 2006–2007, September 1, 2006*

## BSAC Says...

The new tardiness policy is about respect for students and their educations. BPS administration saw it was wrong to punish tardy students by keeping them out of school. Schools need to continue to develop positive incentives that will make them want to come to school, for instance, improving school culture and emphasizing help for tardy students rather than punishment. Students need to show how important education is to them by showing up on time.

**Your Rights**
• You have the right to enter the school building if you arrive late.

**Your Responsibilities**
• Get to school on time. Students worked hard for the new policy. We won this right. We need your help make it work. Show you take your education seriously by showing up on time. Once you're inside the building, go right to class. Don't make yourself late by hanging out in the halls.
You must attend school for at least a half-day to be marked "present." Check with your headmaster to find out by what time you must arrive in order to be counted present.
• Don't let it go if your rights aren't respected. Say something!

## TAKE ACTION

If this isn't happening in your school, here is what you can do.

Take the following steps in order. Move on to the next step only if your actions do not solve the problem. If you are not comfortable talking to the person indicated, talk to someone you trust (e.g., another teacher, administrator, or family member).
• If you are contacted by the military after opting-out...
• Contact your school's headmaster, or ask your parent or guardian to contact the headmaster.

**If you are locked out...**
• Contact your school's headmaster.
• Have your parent or guardian contact the headmaster.
• Contact and/or have your parent or guardian contact your school's Triad Operational Leader.
• Contact and/or have your parent or guardian contact the Superintendent's Ombudsperson at 617-635-6995.

Produced by BSAC and sponsored by the Office of High School Renewal in collaboration with the Office of the Superintendent and the BPS School Committee.

## ON THE WEB

Know your rights as a BPS student. Read all of the BSAC Student Rights Cards at bostonTiP.com.

# Journalists in training

▲ Photo by: WriteBoston

Knapp interns (left to right) Michael Smith, Liana Donahue, Neelabh Bharti, Jackie McNeil, and Carla Gualdron.

## Knapp intern helps break news

By Carla Gualdron // T.i.P. Senior Writer

Most teenagers look for summer jobs just to have some extra cash. Then there are others, like myself, who have summer jobs because they actually want to gain experience. The Caroline Knapp internship program, which is administered by WriteBoston, gives high school juniors the opportunity to work at one of three newspapers in the city. The internship program was started in memory of Caroline Knapp, who was a journalist and author here in Boston before she died. This summer I was fortunate enough to intern at the Boston Herald, an internship that any aspiring journalist would kill for.

The sound of people furiously typing away, telephones ringing off the hook, and reporters being informed of breaking news is just a typical day in the newsroom. In between all the frenzy I found very friendly and quirky people. Hands down, Tenley Woodman, who works in the features department, is the funniest person on staff. Her obsession with London has led her to perfect a British accent that I find hilarious. There is never a dull moment with her.

People usually think that being an intern really means being the "coffee person," but I had the opportunity to do some hands-on work. During my very first week, I was sent out to interview people about the Harry Potter frenzy. I was also given a fashion assignment: what high school interns are wearing on the job. My fashion story made the center spread the following week. I decided to write an article on the Roxbury Film Festival because I believed it deserved media attention. During my eight weeks at the Herald, I learned a great deal about the life of a journalist and had some good laughs and office friendships along the way.

For any high school junior who has an interest in journalism I would strongly recommend applying for the Caroline Knapp internship. Not only will you gain experience in the field of journalism, but it's also an experience that would look great on a college application.

## She chose work over winding down

By Liana Donahue // T.i.P. Writer

Relaxing on the beach, without a care in the world, this summer was scheduled to be my time to wind down. Going into my hectic senior year I figured, who wants to spend the summer working in an office all day, or learning about journalism? I felt this way especially since this is the last summer before I will be forced to face the reality that is college, and a life of greater independence. My original summer plan was to be lazy, and that was that. But, curiosity steered me away from that goal. When I heard at school about the Caroline Knapp internship and the opportunity to have a paid position at The Boston Globe, I decided to give it a shot. For seven weeks I could be part of the media, right in the heart of each story and national issue. It sounded a lot more exciting than the simple summer I had envisioned.

My first day at the Globe was full of uncertainties. Would I fit in with the other interns? Would I hate being in a busy newsroom all day? The first steps I took into the office were a pleasant surprise. Everyone was focused on their writing, trying to make sure tomorrow's paper would be as good, or better, than the last. Eagerly I embraced my first task, becoming a member of the City Desk in the center of the editor's area of the Globe. Working as a team, we monitor hundreds of phone calls each day, making sure each caller is directed to the correct department, reporter, or area of interest. Answering calls all day seemed like a boring job, until the famous "Irishman" called in. He has the thickest accent in the world, and is almost legendary in the department for prank calling and laughing hysterically for no apparent reason. Major doses of the Irishman and other semi-insane callers every few hours assured me that my position on the City Desk would be entertaining.

After my first week monitoring calls, my fellow intern, Neel, and I received an exciting assignment: to research the hottest and coolest places in Boston temperature-wise. It was a short piece for the Globe's Sidekick section, but it was still a good moment to officially call ourselves Globe Correspondents–a brief second of feeling like real reporters.

Our tasks in the following weeks were to shadow reporters and help out in the photography department. Working at the Globe was such a great experience. Each day I saw what happened when breaking stories hit the newsroom, and then again when the clock signaled 5 p.m., and all the journalists' faces changed at crunch time. It was an amazing experience, one that I knew would end too soon. Words can't describe how grateful I am for not being a lazy teenager this summer. Next summer I hope you decide to not be one either. Think about applying for a Caroline Knapp internship too.

# On the team at the JP Gazette

By Michael Smith // T.i.P. Writer

Picture a laid-back job where the co-workers are all comedians and everybody is so trustworthy they can be MIA for two days straight but you wouldn't have to worry about a shortage of quality workers. Then picture a community that has a lot of respect for the job site and shows support to their employer and fellow workers. Finished? Now call it the Jamaica Plain Gazette.

This summer my stay at the Jamaica Plain Gazette has shown me the office side of journalism and how a community newspaper operates. I sometimes wonder if the people working at larger companies can thoroughly enjoy their work surroundings as much as people who work for smaller companies. The editorial meetings at the Gazette are calm and straightforward with much laughter among staff along the way. The supportive feeling in the air is so thick you can accidentally walk into it and end up unconscious if you're not careful.

I had four pieces published in the Gazette this summer. The staff really welcomes my input and gives me the same chances as any other staff writer. I've always been opportunistic, so any chance that arises I take advantage of. The chance for me to write so freely in a newspaper has increased the quality of my summer and makes me look forward to waking up in the morning.

The Gazette does have its quiet moments. Sometimes, when the phones are quiet, the only sounds are coming from the air conditioner, the tapping of keys, the creaks of chairs, and the sounds of insects buzzing in your ears, or around the computer screen. Since the Gazette building is surrounded by trees, wood, and dirt, the daily dose of flying critters near the office is probably more than your average community newspaper.

My stay at the Jamaica Plain Gazette this summer was pretty amazing and taught me much about how journalism works. At some point, I plan to pursue writing and journalism further because of my experience here.

# Summer opens her career door

By Jackie McNeil / /T.i.P. Writer

This summer has been an amazing journey for me! Here I am, a 17-year-old high school senior writing articles for a city newspaper. I never thought that this day would come so soon. But here it is and here I am. Within the first week of working at the Boston Herald, I was able to write an article and have it published in the paper. At the same time, I was able to meet and talk to Troy Brown, a football player with the New England Patriots.

Working at the Herald has been really fun and everyone I met on the staff was extremely nice and friendly. They are very helpful and are able to answer any questions that the other intern or I may have. I have to say that my favorite part of working at the newspaper is opening the mail. In the mail there are so many things: books, magazines, make-up, and other promotional items, and so many more things that I only wish would come in the mail at home for me.

I'm extremely grateful to the people at WriteBoston who chose me to be able to experience this once-in-a-lifetime opportunity, and I know that this is only the doorway to what I know will be my future after high school.

◀ Photo by: WriteBoston

Knapp interns

# The hot and cold of it

By Neelabh Bharti // T.i.P. Senior Writer

An array of cubicles and desks under overhanging lights is what greets a visitor to The Boston Globe newsroom. There are a great number of people typing rapidly, talking on the phone, or both. Toward the end of the newsroom is the area known as the City Desk, where we, the Knapp interns, sat every day. Our space consisted of four desks put together, surrounded on all sides by editors. This created a very professional and journalistic environment for the internship. This was just as important a part of the experience as the chance to write for a big city newspaper.

Sitting at the center of all the editors, I saw them correspond with each other, talk to reporters, make decisions, and everything else they did over the course of a work day. Being in the midst of this helped me absorb a lot about journalism and how it really works. Essentially, it gave me the chance to look at what it would be like to have a career in journalism and work at a newspaper.

Also sitting with us were two student co-ops, college journalism majors using the internship to gain graduation credits. They told us about what pursuing an education in journalism consisted of.

One morning, I had to write notes on a story that a reporter was covering. The reporter was at the site of a ferry collision, and needed the details to be recorded. I was helping take down the news that was going to be in the paper the next day, which was an unexpected opportunity.

Another opportunity that both Liana and I had was to write for the Sidekick section of the Globe. Our assignment was to find the hottest and coldest places in Boston, and we visited roughly 30 places with our Radio Shack point-and-click thermometer, taking down temperatures. The subsequent article came out in the August 1 edition of the newspaper.

More opportunities are on the horizon for us at this point. Soon we're going to go out with some of the photographers and get a taste of photojournalism. We're also going to continue corresponding with the Sidekick editors. The Caroline Knapp internship is absolutely instrumental in terms of knowing what a professional career in journalism is like and deciding if it's the right choice. I highly recommend that whoever is interested should apply.

# You are what you eat

## Where does your food come from?

By Mirlinda Sejdiu // T.i.P. Staff Writer

People from all over the world eat different foods and use many ingredients that make food taste good. Understanding how the food and ingredients get to us and how healthy the food is can help us all live healthier lives. Especially for young people, eating well now can help prevent diseases such as diabetes, heart disease, cholesterol-related diseases, and obesity that can show up while you're growing or when you get older.

People who live in rural areas have a chance to plant their own vegetables, fruits, grains, and herbs, and take care of the crops in the way they want. Planting your own food and caring for it as it grows can help ensure healthy eating, but is also fun and pleasant to work in nature.

"I like working on the farm and my favorite job is picking garlic from the ground," said Thomas Modste, 15, of Mattapan, who worked on Brookwood Farm this summer. But it is not as common for other urban residents to have this experience, unless, like Modste, they work on a farm or belong to a community garden.

Usually, residents in urban areas have to buy food from grocery stores, where it is harder to tell what is healthy and what isn't. This food has traveled a long path before we can taste it on our plate. The big farms that sell to grocery stores have planted seeds in the ground, protected the crop against anything that can damage plant life, and harvested it. Sometimes this process is done naturally, other times it is not.

The food that urban residents usually have available is determined by what stores can sell. Remember, it is the world of business, where making money is the goal. And sometimes different types of chemicals or pesticides are used in the food available at the store. Growers can make the plants grow faster and bigger with chemical injections and keep the appearance appealing

▲ Photo by: Jane Carper

to the customers' eyes, which doesn't mean the food is healthy.

However, there are ways to make sure you are eating healthy when shopping at urban grocery stores. "Eating organic food is much better and healthier…those who don't [eat organic food] should cut down the food they are eating," said Kemuael Whitmore, 16, of Mattapan, who also worked on Brookwood Farm.

There are many reasons why people should eat organic food. Most important, it allows you to know that your food was grown in a healthy way, just as if you were watching over it in a rural farm yourself, because the only thing that plants really need to grow is water, light, nutrients, and warmth. Too much of our non-organic food source has pesticides added to that. According to whyorganic.com, "Over 440 pesticides can be routinely used in non-organic farming and residues are often present in non-organic food."

Marion Owen, co-author of "Chicken Soup for the Gardener's Soul," recently shared information from a Philadelphia Inquirer article on her website. She wrote that "by reading PLU code, you can tell if the fruit was genetically modified, organically grown or produced with chemicals fertilizers," according to plantea.com.

Eating unhealthy food can contribute to many diseases, including obesity. This is a growing problem in the United States. A recent Boston Metro article cited a study estimating that "75 percent of Americans will be overweight by 2015, with 41 percent obese." And in Boston, the problem is already serious. According to reports from the Boston Public Health Department, 48 percent of Boston residents are overweight or obese. Further, it's not just a problem with adults. Children can struggle with obesity at a young age, and it is the parents' job to work hard to buy healthy food and to advise their kids on what they should eat.

Considering all the issues surrounding healthy eating and lifestyles, it can get overwhelming. So, shouldn't the government be helping out? Does the government do anything to encourage healthy lifestyles? The answer is yes. The Boston BestBites program is a campaign to encourage restaurants to add or highlight healthy, lighter menu options. The program has been endorsed by the American Heart Association of Massachusetts.

Knowing where your food comes from and what's healthy to eat, and what's not, should be of serious concern to people. We can continue buying the food in stores that is cheap and not healthy, or strive for fresh healthy food that is sometimes a little bit more expensive.

## BOSTON BESTBITES

Mayor Thomas M. Menino and the Boston Public Health Commission have joined the initiative to add to the city's strategy in fighting obesity in residents. Boston BestBites is a campaign to encourage restaurants, such as those listed below, to add or highlight healthy, lighter menu options. For more information on Boston's programs to fight obesity, or for a full listing of BestBites' restaurants, check out bphc.org.

Cafe 1010
1010 Massachusetts Ave
Boston
617-427-0727

Centre Street Cafe
669A Centre Street
Jamaica Plain
617-524-9217

Chef Lee's
554 Columbia Road
Dorchester
617-436-6634

Haley House Bakery Cafe
12 Dade Street
Dudley Square
617-445-0900

Merengue Restaurant
156-160 Blue Hill Ave.
Roxbury
617-445-5403

◀ Photo by: Mary Nguyen

# Cancer survivor tells her story

By Hafsa Yasin // T.i.P. Staff Writer

Melissa Teicher, 24, has already faced death. In fact, she faced death five years ago when she discovered she had non-invasive cervical cancer as a 19-year-old sophomore in college. Lucky for her, the cancer could be removed, but the disease affected Teicher emotionally and she became depressed. "I wouldn't eat, I wouldn't shower, I just didn't care," she said looking back on this difficult period. She had trouble attending her classes, she recalled, but she had helpful friends who gave her a reason to get out of bed and drove her to psychological counseling.

Although Teicher didn't need radiation therapy, she had to go through medical tests and procedures, and had most of her cervix removed surgically. "The hardest part was the psychological impact. I didn't need radiation, so I didn't go through what invasive cancer patients go through, but it was still tough for me to think about having part of my reproductive system removed [even though it does grow back] at such an early age."

◀ Photo by: Darren Hicks

## DO YOU KNOW?

- HPV affects both men and women.
- About 20 million people in the US are infected. Many people aren't even aware they have it.
- HPV diagnosis often leads to emotional stress, with much shame.
- If the cancer is not treated early, there's a chance to lose the ability to have your own biological children.
- Most HPV infections don't cause symptoms and go away on their own, but they can cause cervical cancer.
- In the US, about 10,000 women get cervical cancer every year, and 10 women die from it every day.

Teicher's cancer was caused by a virus called human papillomavirus (HPV). According to the Centers for Disease Control and Prevention, it's a virus that usually spreads by sexual contact. There are about 40 types of HPV. The types of HPV that cause genital warts are called low-risk types. The types of HPV that cause cell changes that lead to cervical and certain other cancers are called high-risk types.

Teicher said sometimes friends and family think treating cancer is easy to deal with when chemotherapy is not required. She said she often had to explain why the surgery was so hard for her. "It was hard to make them understand that I was losing something that was part of my reproductive system. I always wanted to have children and I didn't know if I'd be able to."

Having cancer leaves you with stresses. You don't want to do anything fun because you have a lot on your mind, like not knowing if you're able to have children or will the cancer come back. According to Teicher, a way for a struggling teenager with cancer is to "build a support system, it's easy to let your emotions run wild and having supportive friends around helped ground me."

However, there is good news! A vaccine called Gardasil helps prevent the virus before it leads to cancer. Getting the three required doses can also prevent genital warts. You should talk with your doctor for more information.

# Wayne Rock: BEHIND THE SCENES OF CRIME

BY ARLENE SANCHEZ // T.I.P. STAFF WRITER

If you're a closet crime scene investigator, like me, you probably already know quite a bit about the science of forensics. You most likely sit in front of your TV and watch shows like "Law and Order" and "CSI" all night long, but isn't it time you get off that couch and make those dreams a reality? To become a crime scene investigator takes a great deal of dedication. To enter this exciting world of science and mystery there are certain steps you need to take. Read our interview with Detective Wayne Rock of the Boston Police Department Homicide Unit to discover great tips to help you on your journey to become a crime scene investigator and part of an exclusive and essential world.

▲ Photo by: Sydney Mahoney

My Future Boss is a regular T.i.P. feature. Look for our convos with people who work in the jobs we want to have someday.

**T.i.P.:** What courses would you recommend for a student to take to become a crime scene investigator, or CSI?

**Detective Wayne Rock:** There are two types of investigators. One would be the detective who investigates; the other would be the scientific investigator, who works in conjunction with the detective (unlike TV, where both are done by the same person). Detectives need a strong criminal justice/psychology, or human services background. The scientific investigator (crime lab technician) needs a strong science/chemistry background. I have been a detective for 17 years and was a homicide investigator for 10 years.

**T.i.P.:** Can you describe what it means to be a CSI?

**Detective Rock:** Being able to assist families of victims, and victims of crime, to assist in making the community safer.

**T.i.P.:** What colleges or universities have good programs for high school students who want to get a head start in their careers?

**Detective Rock:** Northeastern University, Curry College, John Jay College (New York), and University of New Haven (Connecticut).

**T.i.P.:** What steps does it take to achieve the position of a CSI? What would it take to become a lead investigator?

**Detective Rock:** It takes experience and passing a promotional exam to become a lead investigator as a detective. As a scientific CSI, experience and additional training and education are needed.

**T.i.P.:** What strengths, skills, or knowledge does a CSI need to be successful?

**Detective Rock:** Communication and analytical skills for both detectives and crime scene (lab) specialists.

**T.i.P.:** How does the real job as a CSI compare to what we see on TV?

**Detective Rock:** TV gives a very unrealistic view of how crimes are solved and the amount of work that goes into solving crimes. I think it does a disservice to the public because people believe what they see on TV is reality.

**T.i.P.:** What advice would you give to someone who wants to become a CSI?

**Detective Rock:** Keep a clean record, and get great marks in school. They will make a difference in the person's background check. Learn to communicate with all types of people and work on writing skills.

** And as a final "TiP" from me…the best advice is to stay in school and to allow yourself to shine not only in school, but in your future. Crime scene work is a demanding job and it takes preparation to be successful. So plan now not only for, the job you are looking for but also for a well-rounded education that will allow you to expand your possibilities.–A.S.*

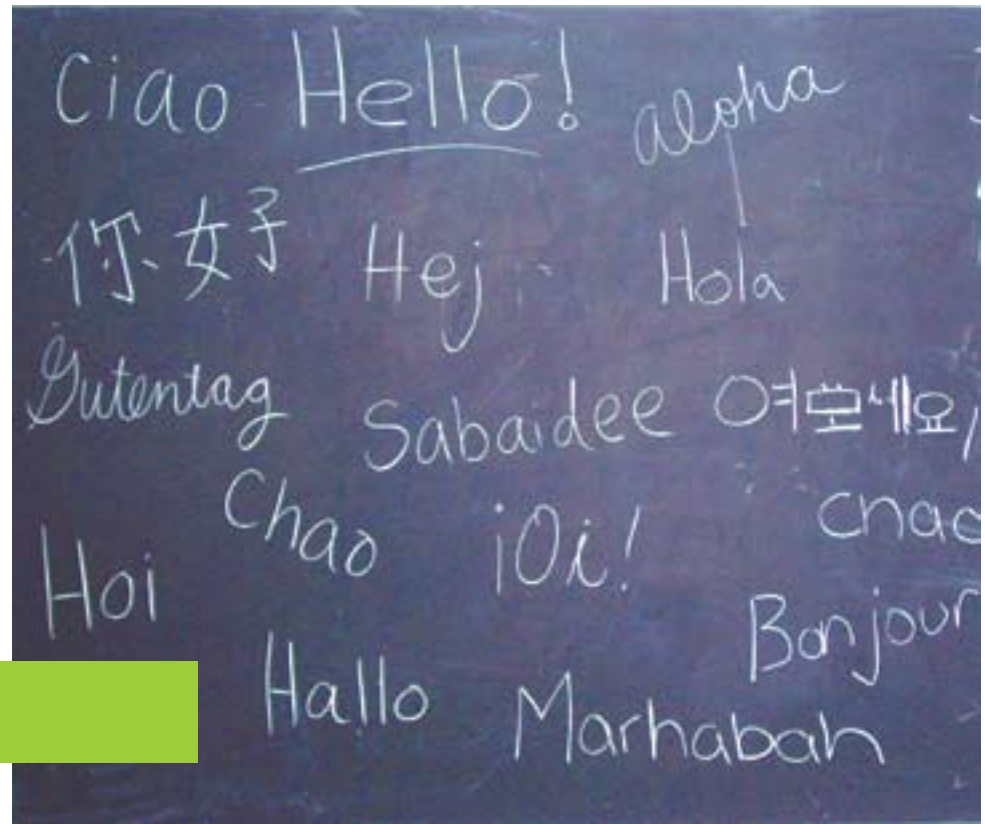
# SAY 'HI' IN MANY LANGUAGES

By Wenxiang Gu // T.i.P. Staff Writer

Bonjour, Ni Hao, Hola, that's the sound of French, Chinese, and Spanish. Knowledge of these languages is increasingly important in today's world. For instance, you may travel in a country where people speak another language and need to find your hotel. Or you may compete for a job promotion, for a position with a subsidiary in Paris. If you spoke some French do you think that would help you land the job? With globalization growing, it is easy for us to meet someone who does not speak English. Do you think English is the only useful language in the world? Not for me!

In politics, officials not only face problems inside their countries, they also face issues with other countries. In business, company owners don't want to do business only inside their country, but want to maximize profits by doing business overseas. In fact, being a language expert can help us not only in our personal lives but in our jobs. Don't believe it? Go to Monster.com and type the keyword "bilingual," and you will find more than 5,000 results. Speaking another language seems to say bilingual people can find almost any job they want because of the skill.

"If you speak more than one language, it will be a huge advantage when you are interviewing for a job," says Siri Karm Singh Khalsa, president of the Boston Language Institute. He says learning a new language is important in work and life. Economic power is very important, and companies need supplies from many countries, so they need people who are fluent in different languages to help them get their business done. To live in the modern world, to understand other people's cultures, learning a new language is the best way. "If we know more about Iraq's culture, maybe the Iraq War would not be happening," says Khalsa.




▲ Photo by: Chris Rogers

According to Nichole Bahnam, headmaster of Boston Community Leadership Academy, being multilingual can also help teens develop leadership skills, communicate with more people, and have greater ability to negotiate. Khalsa believes the best time to learn a new language is from Grade 1. Letting children have the early experience of getting in touch with different languages when they are young will help them be good language learners when they are older.

Even students agree. "The US is an immigration country, and learning a new language can help you both outside and inside the country," says Loren Rrapushi, a BCLA senior. Like everyone else, immigrants who don't speak English need health, bank, and other services. Companies are looking for people who can help deliver those services.

In many foreign countries, students are offered various languages to study from an early age, and English is often a requirement. That means when they get older, they often know how to speak at least three languages. Yet in the US, it seems the study of world languages is not a big deal in many school systems. Students in many schools don't have many language choices, sometimes having to select between only two languages, Spanish or French. And many describe language classes as one of the easiest classes to get an A.

Bahnam says foreign language is not a top priority of the Boston schools because many students still need to work on their first language, English. However, students themselves need to realize "America can no longer exist as the most powerful country in the world if we are only able to read and write in English," Bahnam says.

How does someone choose a language to study? Bahnam says if a student were to ask her that question, she would ask them to consider Chinese, Spanish, and Arabic because "these languages have the most spoken populations in the world" and the countries where these languages are spoken have great potential for jobs.

If you are interested in learning a foreign language that your high school does not offer, the Boston Language Institute accepts high school students in their classes, and they offer over 140 different languages! They are conveniently located in Kenmore Square at 648 Beacon Street. You can visit their website at bostonlanguage.co, or give them a call at 617-262-3500.

## CHECK OUT THE WEB

*Why study another language? Read T.i.P. Staff Writer Olive Tang's article on why you should learn French at bostonTiP.com.*

WRITEBOSTON

would like to welcome Boston Public High School students back to school.

Have a Great Year!

WriteBoston is proud to provide the writing instruction, management and guidance to writers of Boston's Teens in Print. WriteBoston is a citywide initiative that seeks to align schools, families, and communities to dramatically improve writing competency among Boston high school students.

Questions?

**Contact:**
Betty Southwick, Director
617.541.2604
Betty.Southwick.jcs@cityofboston.gov

WRITEBOSTON **617-541-2604** *or visit* **www.writeboston.org**

# Boston Community Centers

## Stay out of trouble, do something fun

By Jessica Edouard // T.i.P. Staff Writer

Every day when I walk into work at the Hyde Park Community Center, I see a wide-open auditorium with three or four teens standing around. The only sound I hear is a lonely basketball bouncing in the gym and  a pick-up game among teen boys. If these boys are not in the gym, you can often find them standing around the corner smoking, fighting, or just hanging out. It is not a surprise if a policeman's car passes by, and they all walk away trying not to look suspicious. The problem is that there aren't enough teens using these centers and too many teens are getting in trouble on the streets.

Why is it that most teens don't take advantage of their local community centers? Instead of hanging around the corner, why not join a program and have fun doing something that won't cost you much and that will keep you away from trouble?

Community centers in Boston have, for many years, provided opportunities for young people such as recreational programs, swim leagues, GED preparation, and sports, but teens don't use them enough. A lot of teens don't even know these buildings exist until searching for a job or trying to do community service hours for school. Teens may go to community centers more during winter than summer, perhaps because of a lack of air conditioning on hot days. Other teens have their excuses: they stay home or say they are going away on vacation.

Chidozie Ibeabuchi, 17, who's been living in Hyde Park for 16 years, said, "I always knew Hyde Park Community Center was here, and I used to come here all the time, but I just don't like trooping from my house to come here." Trina Wilkerson, a youth worker at Hyde Park Community Center, adds another reason teens stay away. "Some teens don't go to community centers because they think that's where they're going to get caught for doing something they did along the line."

All teens need a positive way to fill up their spare time. There are approximately 20 to 25 hours per week that teens are out of school while most parents are at work, and in the summer and during vacations, these hours increase. Statistics from afterschoolalliance.org show that teens who use community centers stay out of trouble at much higher rates than teens who have nowhere to go.

Boston police officer Michael Rideout has been with the law for 20 years and worked with Hyde Park District Station for 12 years. According to Rideout, most teens don't go to the community centers because they don't like structure and rules. "Teens don't like to be controlled," he explained. Despite this, he thinks "all teens have a goal but they need help achieving it."  He believes that all teens need is someone to reach out to them, to stay on their backs, and help them. They can get this kind of help at community centers, but it does mean following rules, he says. No matter what, there will always be rebels who do not want to do what the rules say, according to Rideout. "Getting kids to go to community centers is not a very easy thing to do. Over a period of time people get tired of forcing them to go."

Sherline Heriveaux, 15, has lived in Roslindale for five years; not once has she set foot in the Roslindale Community Center. She knows about it, but what she doesn't know is that it offers various opportunities for teens and that you don't necessarily have to have a specific activity you want to do there to go. Still, Heriveaux says she doesn't know anyone else who goes. She said, "I like to be in a place where I know at least one person there, and I don't think I know anybody who goes there."

Boston's community centers have so much to offer, but they have to do more outreach to teens. T.i.P. suggests they go into different schools around the city and persuade teens to visit.  More advertising on the bus, train, and in public places, as well as more interesting programs, is also needed to engage teens. For example, talent shows bring large crowds to the community centers because teens love dancing, singing, and performing. There should be more shows of this type planned. Community centers should also be open later in the evening, but again teens have to follow the rules in order for this to happen.

Photo by: Shawn McLaughlin

Photo by: Boston Red Sox

T.i.P. staff member Ryan Ward throws out the first pitch at a recent Red Sox game.

## FOOLPROOF IDEAS

- Teens would be more likely to stay out of trouble if they had somewhere to go in their free time. T.i.P. recommends checking out your local community center.
- Once you get there, chill. Be nice. Follow the rules about language and behavior. A little structure won't hurt you.
- If the community centers want more teens to show up for their programs, you have to let us know when and where. Talk to us!

–T.i.P. Editor

# Race to the White House

## Is anyone watching?

By Olive Tang // T.i.P. Staff Writer

EVERY FOUR YEARS, the opportunity to choose the next leader, or president, of the United States is presented to voters. As with all the elections before this one, young, first-time voters will most likely make a difference in the outcome. But what if many of the teens eligible to vote are like 15-year-old Chris Nguyen of Boston?

"I don't know anything about politics," Nguyen freely admits.

Could Nguyen's ignorance be the fault of the media? Or is the news not easily accessed by teens? More important, what can be done to get teens informed? Many believe candidates must reach out to websites that attract teens, such as MySpace, Facebook, and Xanga.

According to Bill Tancer, a trusted general manager and researcher at hitwise (weblogs.hitwise.com), MySpace.com has soared into first place as the most visited social networking site. According to mashable.com, a social networking news site, the number of Facebook users has been soaring ever since it was founded and has hit 30 million active users. Mashable.com says Xanga.com comes in third with 27 million active accounts, making it third behind MySpace and Facebook. Regardless of which site gets more viewers, the number of teens visiting these sites is large and worth a candidate's effort to get exposure.

The 2008 presidential election is approaching. Since teens are attracted to these networking sites, it would benefit teens and the candidates who want their votes if they posted on these sites. For example, if the candidates of the 2008 Presidential election were to have a MySpace or Facebook page that is well maintained, teens would not only learn about the issues that matter in the nation, but they would also get to know the country's leaders better than they do now. And while candidates gain support from young voters, why not see what teens are thinking and post polls as well as news boards for teens to voice thoughts on the election? Do teens think this will work? T.i.P. asked Boston teens where they currently get their news and what they think politicians who are in the news should do to reach their age group.

"I get most of my news from Channel 7," says Melissa Bennett, 13. "If you put [news] on TV or MySpace, some teens are bound to see it." Sarah Orofri, 18, agrees. When asked what would be an effective way to get news to teens, she said, "Blurbs on sites such as Facebook and MySpace." Denise Nguyen, 16, believes "the most effective way is through a weekly teen newspaper." Guess that is why T.i.P. is in print and why this may help make teens better informed!

Perhaps, in the near future, teens will be able to easily access the news and get involved with politcal media at a younger age. The groundwork is in the websites—Myspace, Facebook, and Xanga. All the candidates need to do is stake their claims on this new turf.

# A chance to make a difference

By Sarah Blanchette // T.i.P. Staff Writer

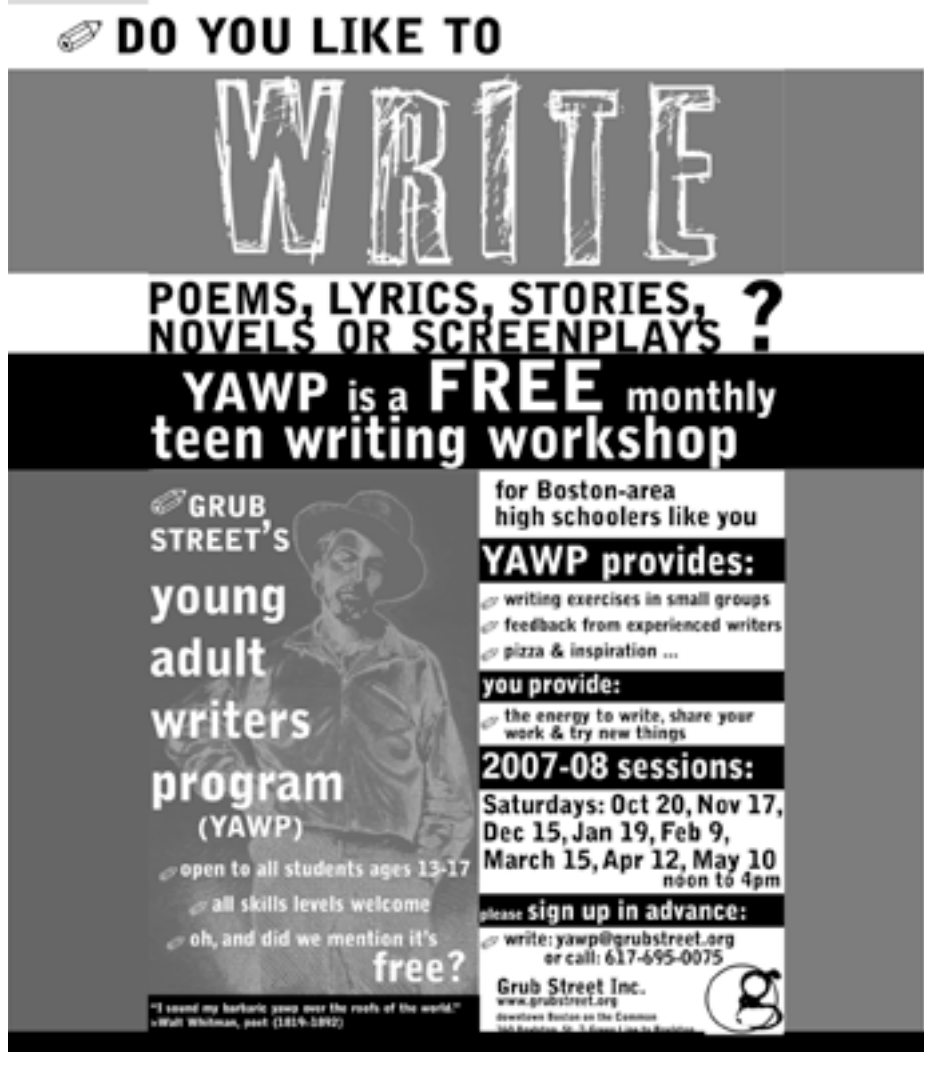
IT MAY HAVE BEEN a rainy day outside, but inside The Boston Globe on July 9, there was reason to celebrate. The Globe Foundation was announcing a grant of $130,000 targeted to end youth violence. Opportunity for Unity was distributed among four youth organizations--St. Peter's Teen Center, Project: Think Different, Social Capital Inc. Dorchester, and the Center for Teen Empowerment. These four organizations were responsible for employing young adults ages 18-21 with jobs that will positively change their violent communities.

The community mainly targeted is the Bowdoin-Geneva area of Dorchester. With increasing violence in the neighborhoods, especially among young people, the Globe Foundation provided the grant with the hope it would not only keep 24 young adults off the streets and out of trouble, but also change the lives of people around them. To find the perfect candidates, the youth organizations posted fliers all around the Bowdoin-Geneva area. More than 350 people applied. All who applied were first put through a group interview before being interviewed personally. This process must have worked, according to Marisa Coleman of Social Capital Inc. of Dorchester, because "the leaders have been really amazing this summer."

You may be wondering why the Globe gave these coveted jobs to young adults, ages 18-21. The answer is simple. Teenagers from 14-17 years of age have many opportunities for summer jobs through programs such as the Boston Youth Fund or Private Industry Council (PIC). However, once a teen turns 18 these summer job opportunities lessen and teens are thrown out into the real world and forced to find a job on their own. "This age group is the unrepresented youth. They don't have the same resources as younger teens. We just want to see young people making a difference," says Coleman.

For work, these youth did everything from promoting websites to planting a community garden. At SCI Dorchester, for example, they are working on promoting Connect the Dot, a website aimed at stopping violence and bringing communities together. They have shown people all around their communities how to connect. At Project: Think Different, youth performed a multi-part job, including completing individual media projects. Some teens chose to write poetry or songs, which will be added to video images. Look for these videos on projecthinkdifferent.org. The youth also worked on career development for the last two weeks of the program. "This gives young people opportunities, resources, and references," says Miguel Colon, of Project: Think Different. "They are becoming leaders themselves."

Although the changes will not be immediate, Colon believes these young adults will positively change their communities. "You see them already bringing friends to our events," he says. "It's promising."



# Spectacle Island is a hot spot

By Ciara Martinez // T.i.P. Staff Writer

So what if Spectacle Island was recently transformed into a publicly accessible landfill park after serving Boston as a dump for nearly a century? That's the news from bostonislands.org, but we say you should go there anyway because the island is a phenomenal place to visit. It's easy to get to if you take the MBTA Blue Line to the Aquarium stop. Once you are above the station, walk toward the waterfront. The dock where you get the Spectacle Island ferry is located on the north side of the Long Wharf Marriott. From there, board the boat to the island.

◀ Photo by: Artists for Humanity

Boston view from Spectacle Island

## TOP 10 REASONS WHY YOU SHOULD GO TO SPECTACLE ISLAND:

1. To view a building completely powered by the sun
2. To see the transformation from a place where people dumped their garbage, to a clean island
3. To check out the loo, which has cool toilets (Take a quick trip to the bathroom to see what I mean.)
4. To hear nature around you
5. Because it's only a 15 minute boat ride from Boston
6. Because you can swim in the ocean (for real!) and walk 5 miles of paths
7. Because lots of people go there for romantic dates (You should too!)
8. Because not a lot of people know about Spectacle Island, so you'll have plenty of privacy
9. Because the island is made up of two parts shaped like a pair of eye glasses (That's why it is called Spectacle)
10. Because there's enough room to play Frisbee with a zillion people. (OK, we're exaggerating but friends can have fun here!)

# Getting teens to the Greenway

By Jennifer Sánchez // T.i.P. Staff Writer

As a peer leader at the WriteBoston Summer Journalism Institute, I was given the opportunity to be an intern at the Rose Fitzgerald Kennedy Greenway Conservancy. My position there was as their Teen Outreach Coordinator. My job description was to tell teens about what the Greenway is and to bring teens from different backgrounds and neighborhoods to the Greenway Family Festa Picnic. Hosted in July, the picnic was held as the first outdoor event in anticipation of the opening of three new Greenway parks in Chinatown, the North End, and the Wharf District.

The Greenway Conservancy is a green park system built where the highway once passed before it was rebuilt underground during the Big Dig. The Conservancy hopes the parks will bring together diverse people and cultures to enjoy the public parks and access along the entire Greenway. This vision cannot become a reality without the help of all Boston neighborhoods and people passing on the word about the Greenway to friends and family.

I was responsible for talking to teen programs and organizations and encouraging them to attend the event. To help me do this I created an Excel spreadsheet with a list of all the teen organizations I would be calling about the event. I wanted teens to come and have fun and to look forward to future events at the parks. To involve teens in the line-up of entertainment, we invited teen painters from Artists for Humanity and teen dancers from the Hyde Park Task Force's Ritmo En Acción, or, Rhythm In Action.

Aside from connecting with teens and helping staff the event, I was given a VIP look at the development of the Greenway. There is more to the Greenway story than just adding some public parks to Boston's downtown. There are people behind the project who care about bringing communities together and who want to make the world a better place.

As the Teen Outreach Coordinator, I thought it was so cool to voice my opinions and have them valued and trusted. The Conservancy wanted a teen–not an adult–in this role. As the first teen intern there, I opened a door for future teens to have similar experiences, and, in the future, there will be more teen opportunities once the parks open. The Conservancy will work with teens to identify the types of programs they would like to see developed in the parks. "It is very important to us that the teens feel welcome and safe in the parks," said Alexandra Lee, project manager for Public Programs at the Conservancy.

◀ Photo by: Jonathan Akeredolu

Aerial view of the Rose Kennedy Greenway

The Conservancy will have a teen program, Green and Grow, where high school students, (17-18) who are eligible will work for pay in the parks with a few hours of academic programming as well. There will also be several teen intern positions during the summer of 2008. So get involved with the Greenway, either as a visitor, or as a teen employee.

# Travel ideas Celebrate the Barbadian way

By Shanetta Holder // T.i.P. Staff Writer

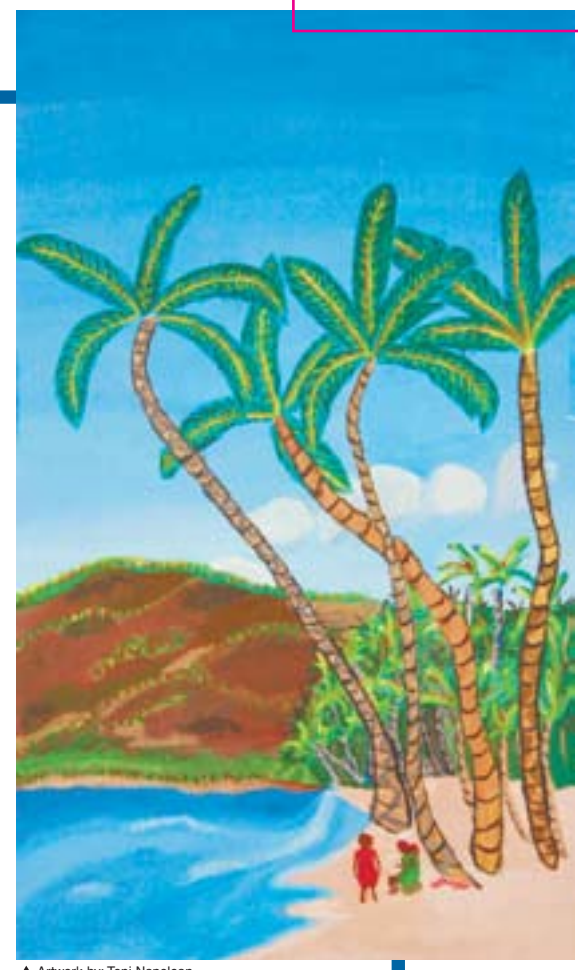
Jumping up and down to the beat of the loud music, you will see many others along the sidewalks watching. The air is hot, but you're full of energy anyway. You follow the big bands down the road, waving royal blue, yellow, and black Bajan flags in the air. The camera is snapping and clicking, taking pictures of the costumes that are being worn.

You're asking yourself questions, thinking: Is it a festival, a parade, or some kind of reunion? Or is everybody just going wild and crazy for no reason? No, it's none of these; it's a festival called Crop Over, a time of celebration on the island/nation of Barbados, a time to settle back and have some fun. Crop Over is a tradition in Barbados. Many other countries, like Trinidad, Puerto Rico, and Jamaica, hold festivals like this one. The five-week summer festival is the most popular and colorful festival in Barbados, according to barbados.org. It happens at the end of the sugar season when there is always a huge celebration to mark the culmination of another successful sugar cane harvest, which is how it gots its name, the Crop Over festival.

The festival begins with the ceremonial delivery of the Last Canes and the crowning of the king and queen of the festival. The king and queen are the most productive male and female cane cutters of the season, according to barbados.org. During the festival, you will find many mouth-watering local dishes and drinks to enjoy, according to funbarbados.com, such as pudding and souse, rice and peas, stews and roast pork, as well as coconut water, malt, and my favorite drink, which is called "plus."

According to barbados.org, music is one of the main features of the festival. All over the island, there are calypso and steel pan music competitions and live concerts. You can also hear Tuk bands. Tuk is a fusion of British military and African rhythms played by a band of hilariously dressed minstrels with a kettle drum, bass drum, and penny whistle. Folk concerts, art, and photographic exhibitions highlighting Barbadian history and culture are also popular.

It may seem that this festival just takes place in Barbados, but it doesn't. In Boston, where I live, I also celebrate Crop Over. It's a great time to hang with friends and community. Standing on the side of the street down Blue Hill Avenue, I enjoy watching the parades dancing down the road. The curry chicken, beef rotis, fish cakes, and the puddings are as great as they are in Barbados. Loud music plays so fiercely you can hear it from miles away. I stand in amazement and watch the great costumes being displayed, in all the colors and excitement, and it is a.lmost as great as being in Barbados.



▲ Artwork by: Toni Napolean

# Brazil lights up for Carnival

By Willie Rogers // T.i.P. Staff Writer

Every February, Brazil holds an exciting carnival in the streets of Rio de Janeiro. Carnival is a big event in Brazil, and people from around the world come to see the celebrations that are performed. Natives from Brazil perform dances on floats that light up the Brazilian streets, as dancers dressed in expensive costumes show off the beauty of a woman's body. The costumes cost a lot of money. Some people wear beaded clothes that are mostly white or costumes with big wings that are made of feathers. One time when I was very young, I saw a man with flowers on top of his head. Some of the African natives dance capoeira, an African dance like martial arts. In Brazil, it's never too hot or too cold. When you dance the heat really gets to you, but at the same time the ocean breeze cools you off.

About 20 people in my family, including my cousins, mother, and aunt, celebrate Carnival. "Nao otro carnival late stop nos porque," my brother Carlito, 17, says in Portuguese, the language most spoken in Brazil. In English, this translates to "no other carnival can stop us." My sister Amanda, 17, says dancing to samba music is popular at Carnival "because we are Brazilian, we are proud of how far we have come to be successful."

Even though I'm Italian-Brazilian and Mexican, I keep close to my Brazilian roots because it makes me proud of who I am. Seeing Carnival as a child made me even more proud to be Brazilian. During Carnival, my mom is at her happiest. I remember her making rice with chicken and beans, but I only ate the rice and beans because I don't like chicken. My uncle Alessandro acts eccentric during Carnival, like when he talked on the phone for four hours with nobody on the other end.

"When I was a *pouco nena* (little girl) in Rio de Janeiro, I always looked forward to participating in Carnival but couldn't because *mi mae* (my mother) told me I was too young," says my grandmother Maria, 39, acting like her ditzy self. "So I watched it with *mi perro* (my dog) until I turned 18 and I worked making costumes for Carnival."

When Grandma Marie finally participated in Carnival, my mom, uncles, and cousins were so excited we rushed outside dressed simply in white shirts and shorts. Close to night it started to get loud and the smell of food and alcohol filled the air. As we watched the big float go by, with women dressed like angels, my grandpa Mario kept repeating, "*seu voce meu novia* (without my girlfriend,)" because he couldn't find my grandma on the float. Finally, near midnight we saw her and cheered her on. I will always remember the smile on my grandpa's face.

## GO TO THE WEB

Love vacationing but hate the traveling? Read TiPs on how to survive the long trip there and back by Aadhar Mahajan, T.i.P. Staff Writer, at bostonTiP.com

▲ Photo by: Shawn McLaughlin

# Horoscopes

By Sarah Blanchette // T.i.P. Staff Writer

## ARIES (March 21-April 19)

**Strengths:** Active, daring, spirited
**Weaknesses:** Hasty, impulsive
**Celebs with Your Sign:** Reese Witherspoon, Sarah Jessica Parker
**Lllovin:** You may be tempted to jump into a relationship, but be patient. There are more fish in the sea.
**Friends:** An upcoming weekend may seem like the perfect time to jump in the car or to go somewhere exciting on the T with your pals. It is!

## TAURUS (April 20-May 20)

**Strengths:** Patient, imaginative, authentic
**Weaknesses:** Stubborn, defiant
**Celebs with Your Sign:** George Clooney, Rene Zellweger
**Riches:** You've had your eye on an expensive gadget all summer. You may not be used to it, but try splurging.
**Family:** In mid-September a sibling or relative will have a crucial decision to make. Stay by their side.

## GEMINI (May 21-June 20)

**Strengths:** Curious, open-minded, multitalented
**Weaknesses:** Capricious, impatient
**Celebs with Your Sign:** Angelina Jolie, Nicole Kidman
**Friends:** The new year brings opportunities to meet new people. Be careful around someone you meet near the 20th. They may not be as nice as they seem.
**Riches:** If you had a job during summer you may be tempted to quit at the beginning of the school year. Hold off! You will need the money!

## CANCER (June 21-July 22)

**Strengths:** Generous, perceptive, caring
**Weaknesses:** Cranky, tempered, grumpy,
**Celebs with Your Sign:** Tom Cruise, 50 Cent
**Family:** This year, your parents may be bugging you more than usual about school. Try listening to them; they may be onto something.
**Lllovin:** If you find yourself single in September, enjoy! Have fun with friends. By October you'll be spending time with a new, special someone.

## LEO (July 23-August 22)

**Strengths:** Responsible, reliable, devoted
**Weaknesses:** Arrogant, crabby, self-indulged
**Celebs with Your Sign:** Madonna, Ben Affleck
**Friends:** At the beginning of September, you may run into an old pal. You'll have much to catch up on, just don't forget your other friends.
**Riches:** This season, you may not be able to indulge yourself as much as usual. You keep finding yourself low on money. Try setting up a budget.

## VIRGO (August 23-September 21)

**Strengths:** Supportive, compassionate, conscientious
**Weaknesses:** Unorganized, critical, picky
**Celebs with Your Sign:** Cameron Diaz, Bill Murray
**Family:** You may be taking out the stress of a new year on people closest to you: your family. The worst part is you don't even notice it. Try giving them a kind word instead of being so snappy.
**Lllovin:** Put your picky nature to rest around the 10th and go out with someone who isn't "your type." You may not find true love, but you will have a couple of laughs.

### IT'S YOUR BIRTHDAY, VIRGO!

**{ August 23-September 21 }**

**More about Virgo:**

You are the sixth sign in the Zodiac. You are down to earth and practical. However, your downfall may be your perfectionism. As a Virgo, you tend to be a careful person; however, you do not like to be pushed around. You are a good friend who is always there to give advice or offer a listening ear.

**Best Friendship Matches:** Taurus, Capricorn

**Best Love Match:** Pisces

## LIBRA (September 22-October 22)

**Strengths:** Appealing, smart, sensitive
**Weaknesses:** Scheming, hopeless, coy
**Celebs with Your Sign:** Gwyneth Paltrow, Naomi Watts
**Lllovin:** An irresistible crush may be making a lot of small talk with you. Proceed with caution. They may not be flirting like you think they are, but trying to be polite.
**Riches:** You may find yourself trying to come up with a get rich quick scheme. Stick to a regular job. You'll make more and avoid trouble.

## SCORPIO (October 23-November 21)

**Strengths:** Intense, playful, lovely
**Weaknesses:** Jealous, possessing
**Celebs with Your Sign:** Owen Wilson, P. Diddy
**Lllovin:** Your possessive nature will show its true colors when you get serious with someone around the 15th. You may think you are being cautious with your heart, but you are smothering them. Let them breathe and you will have a much better relationship.
**Friends:** You have the urge to do something exciting with your buddies this month, but all of your friends are too focused on school. Encourage them to take some time off from their studies and it will be well worth it!

## SAGITTARIUS (November 22-December 21)

**Strengths:** Fervent, stimulating, charming
**Weaknesses:** Quarrelsome, irresponsible at times
**Celebs with Your Sign:** Brad Pitt, Britney Spears
**Riches:** You've made mistakes with money over the summer. Don't continue to punish yourself. It may take time, but you will save again.
**Friends:** You'll feel betrayed when your friends gang up on you over a fight. The best thing to do is lay low.

## CAPRICORN (December 22-January 19)

**Strengths:** Meticulous, diligent, achiever
**Weaknesses:** Fatalistic, egotistical, inflexible
**Celebs with Your Sign:** Jim Carey, Orlando Bloom
**Family:** Your family will want you to spend more time with them around the 7th. However you are too busy with your friends. Try to compromise so you can spend equal time with both parties.
**Lllovin:** Make sure you look good this month! You are going to meet someone amazing.

## AQUARIUS (January 20-February 18)

**Strengths:** Rational, coherent, consistent
**Weaknesses:** Offensive, self-centered, immodest
**Celebs with Your Sign:** Oprah Winfrey, Jennifer Aniston
**Friends:** You may get off on the wrong foot with someone new in your circle of friends. They may mistake your confidence for cockiness. Prove them wrong and you will become closer than you ever imagined.
**Riches:** You may want to flaunt the money you m ade over the summer by buying something really extravagant. However, before you make the purchase think about if this is something that you really need.

## PISCES (February 19-March 20)

**Strengths:** Vigorous, daring, bold
**Weaknesses:** Impractical, dreamy
**Celebs with Your Sign:** Drew Barrymore, Queen Latifah
**Family:** Don't be caught off guard when your parents squash a dream of yours. They are just trying to protect you from getting hurt. Don't listen to them though; you'll be happier if you follow your dream.
**Lllovin:** Your boldness may scare off a timid admirer. But don't worry; they will work up the guts to ask you out in October. You may be opposites, but you'll have a lot of chemistry.

# Immersed in the arts

By Arlene Sanchez // T.i.P. Staff Writer

Imagine this. Remaining pieces of a burnt-down home, of all sizes and shapes. They are big, small, and chipped. The pieces come together to create the scene as a moment in time, hanging, by strands of string, from a flat ceiling. And they sit there. Still.

When you think of art, you think of beauty and elegance. But what comes to mind when you picture contemporary art? Contemporary art ranges from beautifully drawn art on a canvas, to left over pieces from a home that burned down. Usually the art exhibited in a museum such as the Boston Institute of Contemporary Art (ICA) is art that was created from the 1940s to the present. Museum designers use this mix to catch the eye of different audiences.

"People are surprised when they discover … that the art that is being created is exciting and diverse. They are fascinated that they can connect with what they see the artists are saying today," said Emma Fernandez, the ICA's education and interpretation specialist.

Does this kind of art appeal to you? Have you wondered how it would feel to be surrounded by striking art but have no clue what any of it means? Well, I've been there, done that. But being in a foreign environment often causes feelings of excitement. It's like you want to know what's around you but you just can't get a hold of it.

In this way, looking at contemporary art is kind of like being a teenager. At this age we are in between two worlds, childhood and adulthood, and there are things we may not yet understand. Like how your parents somehow lose interest in where you're going, or whom you talk to on the phone, or what clothes you decide to wear. When you think about it, these are the situations that affect us and make us realize we are growing up.

I often reflected on this connection during my internship at the ICA. I was surrounded by people who have lived, loved, and laughed with art. It was funny to know that even the people who work at the ICA still have the same problem I do understanding the twists and turns of the art on exhibit. "I enjoyed being really challenged about my preconceived notion of what art could be and how it could keep being bent," says Rosanna Flouty, ICA Teen Programs manager.

Although my time spent at the ICA was at first unconvincing and scary, I came to realize that the journey of this new experience had not only taught me new things about contemporary art, but it also taught me about myself.

▲ Photo by: Shawn McLaughlin

# Fall media classes for teens

Compiled by: Arlene Sanchez

**Flash Animation Workshop for Teens**
Nine week class beginning Tuesday, October 16, 4 p.m.– 6 p.m.
Check out the work in the ICA's permanent collection, including video installations and artwork by Joshua Davis, Cornelia Parker, Julian Opie, and Paul Chan. Then create your own flash animation in the ICA's digital studio. For information, contact Rosanna Flouty at rflouty@icaboston.org.

**Learn Adobe PhotoShop and Illustrator to Design Yourself Digital!**
Nine week class beginning Wednesday, October 17, 4 p.m. – 6 p.m.
Design yourself on digital, using Adobe Illustrator and Adobe PhotoShop. Immerse yourself in Design Life Now with work created by the hottest designers, artists, architects, engineers, and new media artists. After you've explored the fashion and hairstyles featured in the show, you will learn to create a digital icon of yourself to navigate in a virtual world. You will be invited to present to friends and family members on Wednesday, December 12, at 5 p.m. For information, contact Rosanna Flouty at rflouty@icaboston.org.
Price per session: $170, $150 members; scholarships available for Boston Public School students. The required lab fee for all digital media studio classes is $30. Open to ages 14 – 18; no experience necessary. To register: icaboston.org/teens/programs

**Fast Forward Teen Video Program**
2 classes, Thursdays and Fridays, beginning October 11; 4 p.m. – 6:30 p.m.
Fast Forward is an accelerated filmmaking, video, and new media art program offered free of charge to qualified high school students. Participants meet weekly, creating independent video and new media work for critique, presentation, and distribution. At the end of the school year, all work created by participating teens will be screened in the ICA's state-of-the-art Barbara Lee Family Foundation Theater. Open to ages 14–18. All video, sound and computer equipment will be provided. Required lab fee for all digital media studio classes: $30.
For more information, Contact Joe Douillette, Fast Forward program director, at jdouillette@icaboston.org or call 617-478-3133.

## JOIN THE TEEN ARTS COUNCIL!

We are looking for five new members to join the ICA's Teen Arts Council! Now in its third year, the Teen Arts Council meets Thursdays from 4 p.m.-6 p.m. to dream, design, plan, and turn out artist talks, teen nights, and more. Applications are rolling, and preference is given to those sent in by October 31. Download an application and get full details at icaboston.org/programs/teens.

**Check it out- Teen Night** is November 16, 6 p.m.-9 p.m. Come see what the ICA is all about! The ICA is located at 100 Northern Avenue on Boston's Waterfront. For more information, call: 617-478-3100.

# your poetry WRITE

## May I trust you?

*By Bunmi Olutedo // T.i.P. Writer*

Oh friend,
May I acquire from you today
The truthfulness of our love
It's only the truth I want you to say
Oh my friend!
If the heavens of peace
Turn their back on me
Can I trust you?
Will you remain loyal
If Lucifer comes with his sword
With determination to shed my blood
If my soul and I cried
Oh my friend,
Will you stay by my side?
May I trust you like angels trust
The God of the heavens
Oh friend,
I'm longing to know this
So my heart and soul
Can finally be at peace
Oh friend,
May I trust you?

## Deep Inside

*By Henrick Grace Saint Dic // T.i.P. Writer*

We would be here and there.
Looking for what? You parents asking.
We would be among bunches of friends.
Doing what? You parents wondering.
We would be chatting.
What are they conversing about?
You parents would be probing.
We would be erring in our abyssal space.
Our characteristics such as behaviors
would be quite aberrations.
All you optimistic parents would be doing is
waiting for "miracles," changes from the nature.
Know this "Parents" the needs are just
as sweet, as simple, as strong as the simplest matter could be.
Deep inside, it just some "understanding"…

## Writing is my PASSION!

*By Tacy Fenton // T.i.P. Writer*

*Writing is my passion*

*it's the soul to my satisfaction*

*eases my pain*

*leaves my mind without shame*

*expresses my thoughts*

*showing me faults*

*I learn from them*

*those are my anthems*

*to reality*

*flawlessly*

## Genocide In My Mama's House

*By Misgana Sirmollo // T.i.P. Writer*

Mammy is crying, crying, crying, and never stops
Daddy is struggling, struggling to survive his sons
My brothers suffer from strife
My sisters struggle to save a life
No food, no water in my mama's house
Damn, Ma! I never thought you'd struggle from genocide
Genocide is destroying my people: Africans
Mama, believe me everything will be fine
Don't worry; I got your back, 'cause you are mine
I will cry with you as long as you cry
I will die with you the day you die
But I don't want that to happen Mama
Laugh with me please, laugh Mama
Genocide is destroying my people: Africans
I will stand up with the people of truth
Who know that a little food can save you
Please don't die; I want you to stay alive
Stay with me, Mama, stay strong
I belong there with my people, and I belong with you
Give me a chance to make your life better, and it won't take long
Genocide is destroying my people: Africans
Why, Ma! Why have you left me so quickly?
Damn! It hurts seeing your bones on your body
Mama, don't cry, 'cause it is painful seeing you cry
I will never give up on you so I am praying
Forgive me I forgot you but it won't happen again
Genocide is destroying my people: Africans
I will be there to struggle by your side
I promise to bring happiness and joy to soften your pain
Genocide is destroying my people: Africans

# BRAIN STUFF

## Waiting Patiently

*By Joana Faugas // T.i.P. Writer*

I have been waiting for long thinking that things are going to change,
But in reality I don't want to accept the way things really are.
I have been hoping that tomorrow will be better,
But it never comes the way I really want it to come.
I've always had faith that god will answer to my prayers one day,
But as time pass by it seems like he never heard me.
I have been waiting, I have hope and specially have faith, but it's always the same, things never change.
Why does it always have to be like that?

## Untitled

*By Priscilla Lorenzo // T.i.P. Writer*

If only you cried the
Tears I cried.
Beared the pain I beared
And loved what I loved.

If only you were
There to go through
What I did…
Maybe you'll feel the same.

## My angel

*By Ranner Faugas // T.i.P. Writer*

You're the star of my life, you shine so bright, and before I met
You, my life was dark, now you shine it, with love from your heart.

You're in every breath I take, and every move I make.
Since the day I saw you,

I couldn't say a word without thinking about you,
You've been in my mind since the day I met you.
When I first saw you, I was enamored by your beauty,
Allured by your angelic smile,
and the only thing I had in my mind was that you're the prettiest girl
I've ever laid my eyes on.

You're not just my brightening star,
But also my angel

## Utopia

*By Shawnna Thomas // T.i.P. Writer*

Dum Spiro Spero
I dream about a world where I can wake up every morning,
I can turn on the news without hearing someone got shot
I don't have to call all my peeps and see if they're okay
'Cuz I'm scared that a bullet got someone from the block
As long as I breathe,
I can hope, I can dream

Claude Os, Aperi Oculos
Tired of slick politicians, promising change
Saying we should be thankful for what we got
And once they're elected, everything is the same
And our neighborhoods are left all alone to rot
Close your mouth, open your eyes,
'Cuz the people of the community are tired of your lies

Damnant Quod Non Intellegunt
"It's those crazy teenagers, ruining our lives"
"Showing up for school with guns and knives"
And the kids who are trying, who have goals, good jobs and fame
Drown in the background cuz "We're all the same"
They condemn what they don't understand,
Treat teens like separate equals,
Not like one evil, hopeless man

Errare humanum est
Let's be honest, we all make mistakes
But we should be willing to listen when people want to make things okay
'Cuz part of the evil tearing us apart
Is the darkness that lives in an unforgiving heart
To err is human, we all know it's true
So why not forgive someone who has probably forgiven you

Ex nihilo nihil fit
Everyone has to do their part, we've got to put in some work
To make sure our communities aren't where monsters and obstacles lurk
Where an innocent child never has to lack
'Cuz life got hard and her mother's on crack
Nothing from nothing, the statement is true
Maybe there is something to stop this that everyone can do

Alea iacta est
My utopia isn't a world where you work for nothing
Where machines and robots do the dishes and take out the trash
Nor is it glitz and glam, just peace and being who I am
Where poeple aren't and those different aren't bashed
Well, The die has been cast,
It's up to everyone to make our communties last!

*Translation from Latin:*

*Dum Spiro Spero – Whilst I breathe, I hope*

*Claude Os, Aperi Oculos – Close your mouth and open your eyes*

*Damnant Quod Non Intellegunt – They Condemn What they do not understand*

*Errare humanum est – To Err is human*

*Ex nihilo nihil fit – Nothing comes from nothing*

*Alea iacta est – The die is cast*

# A place of your own

By Beverly Nguyen // T.i.P. Staff Writer

Are you ready to give your room a makeover? Redecorating can mean painting walls, getting a new floor, adding posters, or rearranging furniture. "Redecorating every once in a while is good because it makes you feel better about everything," says 13-year-old Claudia Kenneally. "It always feels like you're starting anew, which is good because it clears your mind and helps you think better."

Redecorating your bedroom isn't just for girls; it can be fun for guys. According to homedecoratingcoach.com, guys may feel the need to do something with their rooms as they mature. For starters, they will want their rooms to be more masculine.

Redecorating takes work, but it doesn't have to be stressful. Some may find it easier if they design a blueprint of the room before starting. If you create a blueprint, don't forget to think about the space in your room. Others may want to decide what to do while they decorate. "I kind of think as I work, but I actually have a vision of what I want my room to look like in my head," says Tiffany Fonseca, 14.

"I would rather work by myself because all the time the other person would mess up the project for me," says Michael Chen, 14. If you prefer working alone, you are able to be independent and do things the way you want. On the other hand, when you work with someone, you'll have someone to share ideas with and have fun.

Even though you wish to decide everything for yourself, keep in mind your parents are in charge. You may want to do something they don't, so consult with them first. "I wish I could do it myself, but if I did, and [my parents] didn't like it, they would make me do it all over again, so it's better having them there in the first place," says Vivian Nguyen, 14.

Start with the big items, such as walls and furniture. Make sure your walls are a color you can live with. If you are not able to use paint, there are always posters, pictures, and pieces of art. If you think your furniture is junk, think twice. According to Sherrie Le Masurier, an interior decorator and freelance writer, all it needs is paint or a touch of decoration to make you furniture look new.

Many teens have their own rooms, a place to be themselves. "I would like my room to be very me and unique," says Dorothy Tran, 12.

▲ Photo by: Chris Rogers

## DECORATE BY PERSONALITY

By Beverly Nguyen // T.i.P. Staff Writer

**IF YOU'RE SPORTY, DECORATE WITH:**

- Pictures of athletes
- Awards or trophies
- Sports accessories and clothes
- Medals on the walls
- Pictures of your favorite teams

**IF YOU'RE FLIRTY, DECORATE WITH:**

- Walls painted pink or purple
- White or pink bedding sheets
- Vanity table to put make-up and accessories
- Fluffy rugs for your floor
- Old lampshades with beads and fabric
- Glitter on your furniture

**IF YOU'RE A NATURE LOVER:**

- Use twigs/branches and make picture frames
- Bring plants into your room
- Use green rugs
- Paint small rocks and put them in one corner
- Turn pinecones and acorns into decorative hangings or curtains
- Glue glow-in-the-dark stars to your ceiling

**IF YOU'RE FUN AND OUTGOING:**

- Paint each wall a different color
- Make a 3D collage of memories
- Use funky patterns for bedding
- Hang beaded curtains on your door
- Add pictures of friends and family

# Too much parental love?

By Azra Villon // T.i.P. Staff Writer

From the moment a child is born, he learns to walk, talk, and grow into a responsible adult. But when it comes to parents, sometimes they can't let go. Some people call it "smothering love" or overprotectiveness. Either way, they're parents. But sometimes too much is too much! As a teen with an overprotective parent, I know I can't even walk to a corner store a few blocks away in the middle of the day without them being concerned. Do parents not trust their children? Or is it that the world is dangerous and parents are afraid for their children's safety?

"A 14-year-old boy has just drowned while swimming with friends in a community pool and no one was aware until half an hour after his death," said the TV news reporter. I changed the channel before my mother was aware of the news. Then another story of another teenager drowning appeared. My mother noticed and started talking about how I shouldn't go to pools anymore. "At whatever time of day she still tends to call my cellphone about 10 times when I'm at the pool," says 14-year-old Francois Villon, who also has an overprotective parent.

News about teens is one of the main reasons parents don't allow their children freedom. Have you noticed when you watch TV there seems to be less good news than bad? According to the Center for Media Literacy, this is because the news is often presented to catch the viewer's attention. It's not that parents don't trust their children. It's because the news often portrays the world as more dangerous than it is.

While media may contribute to a parent's overprotective nature, the effects of children feeling trapped is more harmful than you think. Scholarly articles in Psychology Today have concluded that if parents overprotect children, they could unintentionally teach them to grow up to be worried adults who don't know how to make decisions or think for themselves, as well as suffer from lower confidence and self-esteem.

What is the best way for teens to deal with overprotective parents? According to TeensHealth.com, keeping the lines of communication open, and disagreeing without showing disrespect, are important. Also, "in many families the arguing will lessen as parents get more comfortable with the idea that their teen has a right to certain opinions and an identity that may be different from theirs," according to the website.

For parents, media literacy can help. According to Jane Tallim, an educational specialist quoted on Media Awareness Network, "Media literacy is the ability to sift through and analyze messages that inform, entertain, and sell to us every day." This means parents (and teens) should remember that every commercial you see, from TV to billboards, to computer ads, and music videos, all have a purpose, and should be looked at with a critical eye.

▲ Photo by: Matiqua Liles

# Boston's Dave McLaughlin: writer of stage and screen

By Richard Yu // T.i.P. Staff Writer

You sit there for hours trying to pen your play. You stare at the page of messy handwriting, and crumple it. You throw it at the already full waste basket. What should you do? Check out Boston's Dave McLaughlin. McLaughlin is an accomplished screenwriter and playwright. He wrote the 1998 film "Southie" and produced, wrote, and directed the film "On Broadway," which starred his pals Will Arnet, Lance Greene, and Robert Wahlberg. He also wrote the play "Back to Before," which debuted in Boston, starring Lance Greene and Robert Wahlberg. T.i.P. talked with McLaughlin about his work.

▲ Photo by: Debra Henry

**T.i.P.: Where do you get your ideas? What experiences inspire you to write?**

**McLaughlin:** Some things, big or small, just seem to stay in your head. Those tend to be the beginnings of ideas that need to be explored in writing.

**T.i.P.: Were you a playwright before you became a screenwriter?**

**McLaughlin:** I aspired to be a playwright before I became a screenwriter. But my first produced work was as a screenwriter.

**T.i.P.: What inspired you to write for film?**

**McLaughlin:** Someone offered me a job. Not a job that paid, but a job that seemed to have a reasonable chance of coming to fruition and actually being made into a film. And it did. That was the movie "Southie."

**T.i.P.: How does writing for stage differ for writing for film?**

**McLaughlin:** Stage is more dialogue-driven. Film is more picture driven. Pictures tell a thousand words, so you don't need as many words in film. Also, film tends to carry an expectation of realism. That is, people watch a movie expecting it to look like the world around them. They tend to want to believe on some level that they are looking through some kind of magical window into the lives of these characters on the screen. In theater, there is greater flexibility to create non-naturalistic performances. That is, in theater, the sound of the ocean can be coupled with a shift in lighting and a line or two of dialogue and a snippet of music to create a sense that we are on a boat....

**T.i.P.: What tips do you have for aspiring playwrights/screenwriters?**

**McLaughlin:** First, your job is not to write a great first draft. Your job is to write a lousy first draft, then to improve it in small increments through a series of revisions. Nobody writes a great first draft. So just take that pressure off of yourself. Write out the bones of the piece and then step away from it and go play baseball. Come back to it a while later and just read it a few times. You'll begin to get other ideas of how to tighten it up, and what parts are repetitive, and also what parts are really worth saving. After you go through a few of these rewrites, organize a group of friends. They don't have to be actors, but if they are that's fine too. Then assign them each a couple of characters and read it all the way through. If you can get access to a video camera, record it. Have them read the characters aloud and have somebody read the stage directions; you don't read anything. Just sit back and listen and try to pay attention to how the play/screenplay is or is not holding your own attention. That's the best way to spot the flaws and to improve on them.

**T.i.P.: What do you enjoy most about writing plays and scripts?**

**McLaughlin:** The sense of possibility. The sense that I am starting something that is going to grow and expand and give a sense of purpose and excitement and fulfillment to actors and designers and other production personnel, and also to audiences....

**T.i.P.: Have you ever been frustrated when you can't seem to write a play? How do you deal with it?**

**McLaughlin:** I get less frustrated now because I have learned to trust the process. The best thing to do—like in any area of life—is just keep showing up. Just keep sitting down every day and putting words on the page. And take breaks and do something different. Ride a bike, walk the dog, whatever....

**T.i.P.: Future plans?**

**McLaughlin:** To make more movies and write more plays. I'm hoping to shoot another film this fall, but it's not finalized. I'm working on another new script at the moment also. I'm still pretty busy going to film festivals with my most recent film, which is called "On Broadway." You can check out onbroadwaythemovie.com to get a sense of what that film is about.

CHECK OUT THE WEB

bostonTiP.com has reviews for your review! Cerica Horton writes about the medical thriller "Complications" by Atul Gawande and Stuart Spina sings the praises of the young musicians from the Greenwood Music Camp who performed at the Hatch Shell this summer

THE JUKEBOX

## MUSIC UPDATE: Jada

Ciara Martinez // T.i.P. Staff Writer

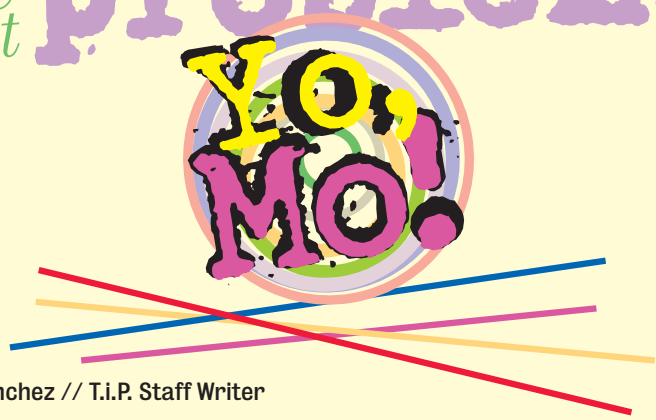
One of Boston's popular music groups is making it big. If you haven't heard about Jada (Jacyn Tremblay, Lauren O'Keefe, April Forrest, and Elle Wine) here is the 411. The girls sing, dance, write their music, and love doing live performances. Their hard work is paying off, and the girls are living their dreams.

According to Tremblay (the oldest Jada member), one of the group's most exciting moments was when they received a letter at her birthday bash (from Ric and Laura Poulin) saying they were officially signed to Universal Motown Records. The room was filled with joy. Poulin said that when Tremblay read the paper, she began to cry, as did Wine and Forrest. O'Keefe didn't know what the crying was about. She stood, walked across the room, grabbed the paper, and was happy to find out they were finally signed.

Now the group is working with amazing producers like, the Clutch, Wyclef Jean, Kenneth "Babyface" Edmonds, and Jonathan "J.R." Rotem. This summer Jada plans to finish their album, set to be released later this year. The girls are also doing the Simon Mall D-Tour. So far, they have performed at three shows. One concert was in New Hampshire with the Plain White T's, and another was held in Georgia with Bobby Valentino. Their last show was in California in Laguna Hills with Brooke Hogan.

The girls are crazy busy, but by the look and the sound of their voices, I could tell they were super-excited. They are amazed at how life is going for them and what is still to come. To stay updated, log on to jadamusic.com, or Myspace (myspace.com/bostonsjadamusic). Yes, they check their pages.

# You've got problems?




By Jennifer Sánchez // T.i.P. Staff Writer

Yo Mo,

I recently found out that I'm two months pregnant by my boyfriend of a year and a half. I am still unsure if I'm going to keep the baby. However, that is not my biggest problem. I don't know how to come out and tell my boyfriend. While I know how my parents will react, with him, I'm less sure. Although I know he loves me, I'm afraid that telling him will drive him away. What should I do, or how should I say it, because whether I keep the baby or not, I need his support.

Afraid of Losing

Dear Afraid of Losing,

It seems to me the only thing stopping you from telling your boyfriend that you are pregnant is your fear of losing him. If he really loves you like you say he does, he will support you no matter what decision you make. But the first thing is to try and relax and then think of a way to come out and tell him. You may, in fact, be surprised at his reaction after having a mature conversation. Make sure you both discuss all possible options before making a final decision. Remember: the worst thing would be him finding out in a hurtful or indirect way or him finding out too late. Keep in mind being strong is the best way to get through this because you are not alone.

- Mo

Send your "Yo, Mo" letters to:
PO Box 55819, Boston, MA 02205
Or call in your queries to: 617-929-8374

[CRUMBLING THE OREO, PAGE 1]

extensive vocabulary, date someone white, or excel in school. These derogatory slang terms have not only discouraged many black people from reaching their full potential, but have also limited the essence of being black to a cliched and negative stereotype of 'dumb and ghetto.' Ultimately, this limits black students academically.

Terms like these equate being articulate and smart to being white, and because of this, many African-Americans, afraid of being seen as "betraying their roots" or being deemed a "sellout," don't strive to excel in school. This mindset, along with factors such as low income and lack of parental academic support, heavily contributes to the wide academic difference between African-Americans and Hispanics and whites and Asians, also known as the achievement gap, according to the NGA Center Clearinghouse (nga.org).

The achievement gap has been a major issue for ages, never getting the attention it deserves. For years, researchers believed the true root of the achievement gap was economic, however they realized this couldn't be entirely responsible since many Asians who live at or below the poverty line are achieving grades just as high or higher than whites of the middle class or higher. In "A Good School, Bad-Grade Mystery," Washington Post staff writer Michael A. Fletcher says researchers now pinpoint the root of the achievement gap to life at home and parental support, or lack thereof.

In a 1997 survey by researcher Clifton Casteel, when asked who they were trying to please with their grades, many whites said parents, while black students said their teachers. In another survey, by Ronald E. Ferguson, a public policy lecturer at the John F Kennedy School of Government, when asked about the lowest grade they could bring home without upsetting their parents, whites generally named a higher grade than blacks.

While life at home is a significant factor in the achievement gap, the most prevalent one is the self-destructive anti-intellectual culture of many black youth. In Matthew Lynch's article, "Anti-Intellectualism: A Cultural Virus," he says, "Fear of being a sellout is the reason some talented black students assimilate to dominate anti-intellectual majority."

While this issue seems insurmountable, it is possible to close the achievement gap if we work together. It's not just the school system that needs to change with better quality teachers, it's the parents. Support from parents is vital; that study partner, that person you're afraid to bring a bad grade to. The responsibility falls on the African-American community, which needs to celebrate achievement, rather than shun it. No one should feel ashamed or be punished for striving for excellence. And that's how the cookie crumbles.

write on.

Media Matters

**Writing Conference for High School Teachers and Students**
November 7, 2007
Registration begins at 7:30 a.m.
UMass Boston Campus Center
www.umb.edu/mediamatters

Educators! Bring your students (up to 3) to the third annual Media Matters, a FREE writing conference for high school teachers and students.

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