

TEENS *in* PRINT BOSTON

TEENS IN PRINT MARCH 2017™

HISTORY REPEATS ITSELF, BUT TEXTBOOKS DON'T HAVE TO

BY: ANILDA RODRIGUES // STAFF WRITER

We have all heard of "the most brilliant man" in American history: Thomas Jefferson. Perhaps because he was our president, wrote the Declaration of Independence, or because of his philosophical writings. There are also other names we don't hear very often, or ever at all. There are men and women, who just like Jefferson, made a significant contribution to literature, history and society. Despite their hard work, they are 'till this day, unacknowledged.

Our history and humanities curriculum gives certain individuals in U.S. history more recognition than others. Roberta Logan, a member of The Boston Teacher Residency Program, and a coach for WriteBoston, offers one reason: "American history has a history of being Eurocentric; most historians have been white Americans." This creates a message that the silenced and invisible are not as important.

CONTINUED ON PAGE 4

AFH
PHOTO //
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TEENS in PRINT

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Table of Contents

MEET THE STAFF // 3

WASSUP IN SCHOOL // 4-5

BSAC BUZZ // 6

FEATURES // 7-11

OPINIONS // 12-13

CULTURE CLUB // 14-15

MEMOIRS & POEMS // 16-18

SATIRE // 19

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content. We look forward to your submissions!

MEET THE STAFF



KELLY THAI

What is worth protesting? **Issues that involve injustice, inequality, and oppression.**

How would you describe yourself in one word? **Awkward.**

Which actor would play you, in the biopic of your life? **Arden Cho.**



SONNY MEI

What is worth protesting? **Anything involving a change in our society is worth protesting, to help and change the people around us.**

How would you describe yourself in one word? **Chill.**

Which actor would play you, in the biopic of your life? **Spongebob.**



KIANA MCLEAN

What is worth protesting? **Anything that you are passionate about opposing.**

How would you describe yourself in one word? **Dithering.**

Which actor would play you, in the biopic of your life? **I would play myself.**



BELKIS MONTAS

What is worth protesting? **Anything that can be changed.**

How would you describe yourself in one word? **Bubbly.**

Which actor would play you, in the biopic of your life? **Sandra Bullock.**



ANILDA RODRIGUES

What is worth protesting? **Peace & Love.**

How would you describe yourself in one word? **Affectionate.**

Which actor would play you, in the biopic of your life? **No one because I am unique.**



ASHLEY NGUYEN

What is worth protesting? **Anything is worth protesting, especially for better conditions and for a better outcome for the greater mass.**

How would you describe yourself in one word? **Caring.**

Which actor would play you, in the biopic of your life? **Olivia Munn.**



AISHA MOHAMED

What is worth protesting? **Human rights.**

How would you describe yourself in one word? **Energetic.**



IMANI CLARKE

What is worth protesting? **Women's rights and Black Lives Matter**

How would you describe yourself in one word? **Sarcastic.**

Which actor would play you, in the biopic of your life? **Willow Smith.**



ROSE KOUMBASSA

What is worth protesting? **Women's rights.**

How would you describe yourself in one word? **Lit.**

Which actor would play you, in the biopic of your life? **Gabrielle Union.**



CORNELIA ORIABURE

What is worth protesting? **Gender equality.**

How would you describe yourself in one word? **Determined.**

Which actor would play you, in the biopic of your life? **Kerry Washington.**



LYNN NGUYEN

What is worth protesting? **Basic human rights.**

How would you describe yourself in one word? **Exuberant.**

Which actor would play you, in the biopic of your life? **Fan BingBing.**



AL FOX

What is worth protesting? **Any issue that violates human rights.**

How would you describe yourself in one word? **Eccentric.**

Which actor would play you, in the biopic of your life? **Keegan-Michael Key.**



CLINTON NGUYEN

What is worth protesting? **Animal testing.**

How would you describe yourself in one word? **Tantalizing.**

Which actor would play you, in the biopic of your life? **Steven Yeun.**



DJIBRIL CONTE

What is worth protesting? **Segregation.**

How would you describe yourself in one word? **Annoying.**

Which actor would play you, in the biopic of your life? **There is no actor like me.**



ELEBETEL ASSEFA

What is worth protesting? **Everything that's not just and fair!**

How would you describe yourself in one word? **Lovable.**

Which actor would play you, in the biopic of your life? **Zoe Saldana.**



MASHA LEYFER

What is worth protesting? **Xenophobia.**

How would you describe yourself in one word? **Tired.**

Which actor would play you, in the biopic of your life? **Count Olaf.**



SEE THIS AROUND INSIDE THE NEWSPAPER?

This issue, we are excited to recognize the winning pieces from our first TiP Awards, celebrating powerful teen voices across three diverse genres of journalism: news, feature and opinion writing.

Many thanks to Frannie Moyer and staff at MullenLowe for awarding, sponsoring and presenting our first TiP Awards to our talented youth writers! In addition, many thanks to the Castle Group for helping edit student writing for this issue.

CONTINUED FROM PAGE 1

An example of such a person is Phillis Wheatley, the first published African-American female poet. Her works focus on her perception of slavery and how her anomalous life, learning Latin and Greek under her master's permission, led to her sophisticated writing skills. Instead of learning about women like her, or hearing an authentic perspective on slavery, we learn from the blunt writings of outdated textbooks that don't provide much insight.

Thomas Edison invented the lightbulb, but the light bulb cannot work without the filament. Lewis Latimer, an African-American inventor and draftsman, invented the filament. Despite being born right here in Massachusetts, serving in the United States Navy for the Union during the Civil War and inventing a toilet system for railroad cars, we still do not learn about him.

These individuals made significant contributions and deserve recognition. Students need to be exposed to a variety of meaningful and insightful works in all fields. While European history is important, learning the history of those often marginalized is equally as important. This is where we find cultural understanding of "outside" achievements that have gone unnoticed. Our student population is increasingly diverse. What

is being done to make sure we see ourselves reflected in history too?

Part of the problem is the over-reliance on textbooks in humanities classrooms. Darlene Franco, junior at the John D. O'Bryant High School, concludes, "textbook classes are easier because you are reading the material yourself," without being dependent on the teacher. But, easier is not always better.

Textbooks do not allow for intellectual conversations. They do not allow us to move beyond colorless and tedious facts and make meaning out of history.

Not all of history can be put in one curriculum, but if frequent updates were made, we could get a glimpse into diverse cultural histories. That leaves the question, who is responsible for ensuring curriculums are updated? Both teachers and the Director of Curriculum and Instruction should regularly update our curriculums to reflect the diverse knowledge students need to fully understand the world.

"Frequently, people say the victors get to tell the story and often that means they tell the story that reflects positively on their exploits... American history textbooks often support this assertion," said Logan. "Many historians who are Hispanic, African-American or Asian, as well as Euro-Americans, have focused on expanding what is included in American history scholarship and teaching, but the trickle down to high school classrooms has often depended on the interest of the teachers and the mandates of the schools in which they teach."

Lying by omission is when one fails to correct pre-existing misconceptions. That is what our history and humanities curriculums have been doing.

**...PEOPLE
SAY THE
VICTORS
GET TO
TELL THE
STORY...**

BALANCING SPORTS AND ACADEMICS

By: Cornelia Oriabure // Staff Writer

Your high school years are key in the physical, emotional and mental development of the human body. Participating in school sports is one way to ensure that you exercise. That said, there are pros and cons for students who participate in school sports. While research has shown numerous benefits to being part of a sports team, students may also struggle with keeping their grades up.

Research shows there are a lot of positive effects on students who play school sports. According to studies conducted by the University of Kansas, students who participate in sports tend to earn good grades -- good enough to apply to college. Some benefits include increased concentration levels, higher self-esteem, and the ability to improvise when things do not go as planned. Star athletes have the chance to earn scholarships from colleges who want them to play for them, which creates the opportunity for students to attend colleges they would not normally be able to afford.

Rhodeley Orisma, a junior on the football team at New Mission High School, said, "Playing football boosts my self-esteem and helps me stay focused in class." Orisma knows that he needs to maintain good grades to continue playing and potentially earn a scholarship to a football college.

Darius Odon, a junior at New Mission who

plays basketball, says being part of the basketball team makes him more social. "It helps me relate to students from other schools who also play basketball," he said.

New Mission girls' basketball coach Mitchell Hercule says students who participate in sports are more confident and outgoing. "You are the same person on the court or on the field as in the classroom." He feels that sports do not overshadow academics. In fact, he believes sports motivate students to get better grades.

But a drawback to participating in high school sports can be difficulty balancing studying and playing time. Students may have insufficient time to study for tests and may have to miss class or assignments in order to catch up. Orisma said, "After practice, I have to make sure all my school work is done to keep up with class and get good grades. Sometimes it can be stressful because there is a criteria that a sport-engaged student cannot get below a C." Exhaustion can also impact school performance, as students put sports above their academics.

Hercule also noted that sports can sometimes hurt a student's self-esteem.

"When they go for try outs and do not make it onto the team, they feel sad, thinking they cannot try again. It really affects them."



AFH
PHOTO
// ADAM
NGUYEN



THE GREAT CONCUSSION



By: Djibril Conte // Staff Writer

"Oooohhhhh and he's down with a hard tackle! Let's look at the replay. You can see their helmets collide during the tackle and they're both on the floor looking dazed. Looks like one of them may have a concussion."

A concussion, a brain injury caused by a blow to the head, "is very hard to spot actually. We like to call it the invisible injury," said Cliff Robbins, Education and Research Programs Manager of the Concussion Legacy Foundation, an organization committed to protecting athletes and families from concussions through research, policy and education.

As you might imagine with an injury that you cannot see, only one in six concussions is ever diagnosed, according to the Concussion Legacy Foundation.

Robbins explains, "When you knock your head around, [the brain] can kind of jiggle and change shape a little bit, and that can cause damage to the brain tissue, and when the damage is great enough, it changes the way that our brain functions."

During teenage years, the brain goes through a lot of development. "If you have a brain injury during those really important

years, the consequences may take years to become apparent," Robbins stated. In other words, if you get "trucked" freshmen year during a game, you may not know you suffered a concussion until senior year or even later in life.

According to the Boston Globe, a survey of 6,000 public school students in Massachusetts found that among high school athletes, 14 percent had experienced concussion-like symptoms such as memory problems, blurry vision, headaches, or vomiting after being hit in the head while playing sports. The survey also found that 50 percent of student athletes who experienced concussion like symptoms kept playing afterward.

While significant research about concussions has been released, many athletes do not fear the consequences. Tyler Medeiros, a sophomore on the football team at Cristo Rey Boston High School, said, "Yes, I would still play after an injury. I can come back stronger and improve the mistake I made to get that injury."

Medeiros knows there is always the possibility of sustaining an injury but says,

"I feel protected with my gear because the helmets must be very fitted, so that they stay on your head and don't turn on your face. My girdle and shoulder pads are heavily padded and strapped on."

Depending on the severity of the injury, students can miss weeks - maybe even months - of school in order to recover. This lost time can set them back in their academics as they struggle to either keep up or catch up. If left untreated, concussions can affect long-term memory, learning, motor control and speech.

While student athletes are told helmets are their best protection, some helmet manufacturers carry a warning label stating that helmets cannot fully protect you from brain injuries. "To avoid these risks, do not engage in the sport of football," reads the warning label on Shutt's Sports brand helmets. These warnings may already be having an impact. ESPN has reported a decline in participation in youth football.

"The medics rush to the field to check the players out. One of them is benched for the rest of the game until a doctor has a chance to fully diagnose him."

AFH PHOTO // MARY NGUYEN



WHO IS THE BOSTON STUDENT ADVISORY COUNCIL?

The Boston Student Advisory Council advocates for and protects the voices of students in the Boston Public School system, empowers the student body to express their opinions regarding educational policy changes, and ensures that students are included in decision and policy making which impacts their lives and educational experiences.

ROLE OF BSAC MEMBERS

- To represent their school at BSAC meetings and report back to their respective school.
- To keep their school informed about relevant citywide issues.
- To advise the school committee as part of its decision making process.
- To work on policies and projects that BSAC develops during the year.

ARE YOU REPRESENTED?

Every high school in BPS is required to have at least one student representative on the Boston Student Advisory Council. This is a volunteer opportunity and you don't need to be elected or chosen by someone at your school to become a member. You just need to come to the meetings and share your voice!

We are missing representatives from the following schools:

- | | | |
|-----------------------------|-----------------------------------|---|
| ➤ Another Course to College | ➤ Greater Egleston High School | ➤ McKinley Prep High School & South End Academy |
| ➤ Boston Arts Academy | ➤ Henderson Inclusion School 9-12 | ➤ Snowden International High School |
| ➤ Boston Green Academy | ➤ Josiah Quincy Upper | |
| ➤ Community Academy | ➤ Margarita Muniz Academy | |
| ➤ English High School | | |
| ➤ Fenway High School | | |

If you are interested in joining BSAC please contact Maria I. Ortiz at 617-635-9446 or by email at mortiz@bostonpublicschools.org or bsac@bostonpublicschools.org.

KNOW YOUR RIGHTS

By: Angel Wilder // BSAC Contributing Writer

School discipline tactics, such as suspensions and expulsions fuels the school-to-prison pipeline. According to the Dignity in Schools Campaign, a national coalition dedicated to dismantling the school-to-prison pipeline, "Every year, 3.3 million students in the United States are suspended from school, causing them to miss critical learning time, as well as opportunities to grow and succeed."

National data proves that students of color and students with disabilities are disproportionately suspended and more likely to be severely punished. This contributes to lower graduation rates.

In response to these issues, the Boston Student Advisory Council (BSAC) launched the Boston Student Rights app in 2015 to prevent unfair discipline. The app provides accurate, easily accessible information on student rights and responsibilities in Boston Public Schools - everything from cell phones and dress codes to discrimination policies. It even allows students to file reports when something goes wrong at school.

It makes clear that in most cases schools must try alternative discipline or restorative justice before a suspension. It also lists examples of alternative punishments

and restorative justice practices that can be used. There have been close to 10,000 visitors to the site since its launch and at least one student has used the app to successfully appeal an unfair suspension.

If you have an Android device you can download the app from Google Play. You can access it from other devices by going to www.bostonstudentrights.org. From there you can add it to your bookmarks or set it as your home page. BSAC is looking forward to more students finding out about the app and downloading it. The app is also available in Spanish and we are hoping to roll out additional languages. We are also planning to add additional information pertaining to LGBTQ and undocumented students.

In some high schools, the administration may not be aware of the current policies and make students suffer consequences they don't deserve to face. This app is one way to prevent this from happening throughout BPS.

**EVERY
YEAR, 3.3
MILLION
STUDENTS
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UNITED
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FROM
SCHOOL**

BOOMERS AND MILLENNIALS ARE A WORLD APART

By: Clinton Nguyen // Staff Writer

From trolleys to Ubers and breakfast to take out, countless commodities have been replaced in modern memory similar to the war that has preceded them. The priorities of the post-World War II population adapted over time in response to the changing face of America and technology. There is no question that as teens of the new millennium we have very different experiences and priorities than those of our post-World War II predecessors. In examining these differences, we can learn a great deal about our generation and theirs.

The act of a sit-down breakfast is a prime example. With the fast-paced teenage-millennial schedule, breakfast is a luxury very few high school students can afford. Upon waking up, our top priority is to get out the door and make it to whatever plans we have on time. We do not prioritize breakfast in this day and age the way our predecessors did.

"Breakfast is something only those who have their lives together can afford to enjoy," says Noelis Tovar, a junior at the John D. O'Bryant High School. "For the rest of us, we have to dash out the door in fear of being late for school."

The heightened use of technology has shifted teenagers' priorities. While this helps

make our lives faster and more convenient, we also stray away from former ways of doing things. For instance, many of us now commute by Uber for their fast, cheap, and convenient mode of transport. Not so long ago, Boston commuters' options were limited to trolleys and trains, confined with specific schedules.

Take out is another changing aspect of the millennial lifestyle. This could be attributed to more women entering the workforce who have less time available for cooking meals at home. Coupled with the rise of food delivery apps such as Grubhub and Eat24, teenagers find ordering take out more convenient.

"When I come home from school, my parents are typically not home so I just order take out so I don't take the risk and burn down the house. Plus, I desire the quick access to food that it gives me," says Natalie Tran, a junior from the O'Bryant.

For baby boomers, this was not the case. Take out was rare and going out for a meal or ordering from a restaurant was reserved for special occasions. "The only time we'd order take out was on my birthday," says Ms. Eacmen, a baby boomer teacher at the O'Bryant, "because on our birthdays we could order

whatever we wanted and we would love it."

It is interesting how something we see as a casual everyday convenience was once regarded as a meal reserved for special occasions.

All this goes to show the fine lines that sunder our two generations because of the way technology has changed the way we live. Even though the two generations have the tendency to prioritize different aspects of life, both generations have much to learn from one another.

AFH PHOTO //
VANESSA VO



HPREP GIVES STUDENTS A DOSE OF KNOWLEDGE

By: Aisha Mohamed // Staff Writer

His life was in danger. He was wheezing, panicking, and calling out for help. The students in the room tried to figure out what was wrong with him by checking his blood pressure, oxygen saturation, heart rate and temperature. Finally, the students came to a diagnosis -- the dummy patient was having an asthma attack. He was saved by an inhaler.

Checking symptoms and coming to a diagnosis is just one of the many things students learn through the Health Professions Recruitment and Exposure Program (HPREP) at Harvard Medical School.

HPREP is a program that gives high school students across greater Boston a hands on experience in science and medical related careers. According to their website, HPREP's mission is to recruit underserved and underrepresented high school students into science and medicine. They also aim to increase awareness of opportunities available in the health professions through mentorship, career panels, discussions, and research projects.

Through participating in HPREP, students are "gaining the mentorship and friendship of a graduate or medical student who they can go to for advice about college, careers, and many other things during and after the program," said Deepali Ravel, one of the three program co-directors.

Sessions are held every Saturday from

November through February, 9 a.m. to 4 p.m. During sessions, participants gain hands on experience in topics such as DNA isolations, viruses and vaccines, and genetics, just to name a few. During career fairs, students have "the chance to meet health and science professionals from a wide range of areas," said Ravel.

69 students from across greater Boston participated in the 2016-2017 programming year. More than 350 alumni have completed the HPREP program over the last eight years it has been running.

Due to strong interest in the program, the application process is competitive. However, that does not mean you need top grades to be accepted. It is all about whether you are really passionate about science and health careers and show "the motivation and ability to take full advantage of the curriculum and mentoring HPREP can offer," according to Ravel.

The online application window opens mid-September and closes at the beginning of October. Decisions are emailed at the end of October. It is highly encouraged to apply again the following year if you are not accepted the first time around.

Not only is HPREP a great opportunity, but it also enriches student knowledge on what they plan to do in the future. To learn more about the program and the application process, please visit hprep.wordpress.com.



AFH PHOTO

THE UNSUSPECTED VICTIM

By: Lynn Nguyen // Staff Writer

A fact of domestic violence that is often left undiscussed is that men can be the victims in abusive relationships. Much like women, men can experience both physical and mental abuse. This includes men in both straight and gay relationships.

Physical abuse can include a partner attacking them by hitting, slapping, or pushing. In the United States, about 1.5 million high school students experience physical abuse from a romantic partner annually according to a 2011 CDC nationwide survey. Of the 23% of females and 14% of males who have experienced rape, physical violence, or stalking by an intimate partner, they first encountered some form of partner violence between the ages of 11 and 17. According to the Department Of Justice, one out of every 10 rape victims is a man.

Men also encounter emotional abuse. The Administration for Children and Families characterize emotional abuse as any act including confinement, isolation, verbal assault, humiliation, intimidation, or any other treatment which may diminish the

sense of identity, dignity and self-worth. If your partner calls you names or makes you feel bad about yourself, that is emotional abuse.

One reason men do not discuss abuse could be the effects of toxic masculinity. Toxic masculinity is a social construct that portrays men as unemotional, violent and sexually aggressive. This supports the idea that real men could not be victims. Many men tend not to seek help due to the fear of being viewed as "weak."

Rashid Acker, a junior at the John D. O'Bryant High School, said that males are not likely to report to anyone if they were in an abusive relationship because it would damage the perception of their masculinity. He also said that boys are not likely to talk to their friends about their situation due to fear of ridicule. Toxic masculinity deters males from receiving the help they need and contributes to cases going unreported.

Sumeya Ali, also a junior at the O'Bryant, said, "Hyper masculinity says that men are supposed to be the 'alpha male' but that is not the case at all. We are all humans and capable of emotions, regardless of

our gender."

There is no one way to end the stigma. Brianna Moody, the Girl's Health Coordinator at the YWCA, said, "Understanding the reasons why some people might remain in abusive relationships and acknowledging that leaving is hard can help to combat the stigma. There are often systemic barriers that need to be addressed [like racism or sexism] before interpersonal changes can be made. It's never the victim's fault."

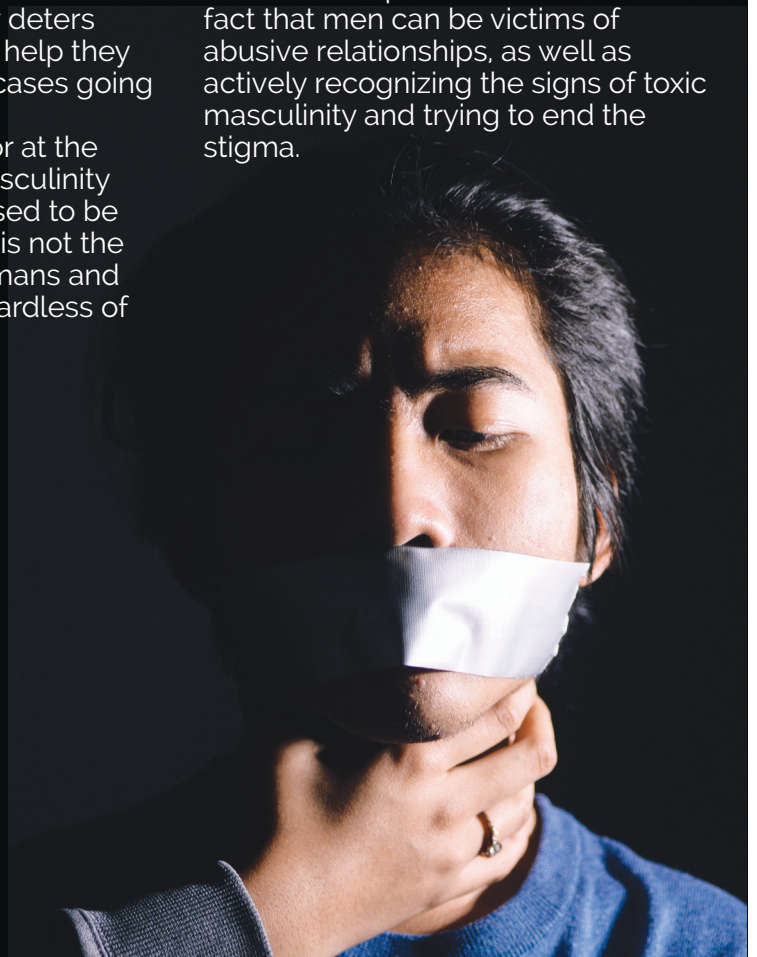
If you find yourself in a position where you are afraid of your partner, you should seek help. Websites like loveisrespect.org are designed to help people in unhealthy relationships. They have an online chat room and a number you can text or call if you have questions. They also have FAQ's about healthy and unhealthy relationships, and what to do if you ever find yourself in one. It is important to admit the fact that men can be victims of abusive relationships, as well as actively recognizing the signs of toxic masculinity and trying to end the stigma.

An informative documentary that highlights the problem of toxic masculinity is *The Mask You Live In*, which can be found on Netflix.

RESOURCES FOR TEENS EXPERIENCING INTIMATE PARTNER VIOLENCE:

- LoveIsRespect.org
- BreakTheCycle.org
- SafeLink – 1-877-785-2020 (toll free)
- National Domestic Violence Hotline – 1-800-799-SAFE (7233)
- National Sexual Assault Hotline – 1-800-656-HOPE (4673)

AFH PHOTO // VANESSA VO



THE RAPE BLAME GAME

By: Sonny Mei // Staff Writer

In Massachusetts, 4,418 adolescents and adults report being sexually assaulted each year. That is 12 people each day and one every two hours. This statistic, provided by the Boston Area Rape Crisis Center (BARCC), is alarming.

Tiffany Lam, a junior at Boston Latin Academy, defines rape as "when someone sexually assaults another person without any form of consent." It is often misinterpreted that most rapes happen outside of the home with a stranger. However, according to BARCC, 80 percent of all rape cases occur in the home between people who know one another.

Rape is a traumatic experience that forever alters the lives of its victims. BARCC is committed to giving survivors and their families the resources they need to reclaim their lives and begin healing. They raise awareness around the issues survivors face and aim to end sexual violence through social change.

In today's society, victims are often blamed for their rape. This is usually implied from the victim being questioned: What did they wear that night? Why didn't they fight back? When victims are asked questions like this, they may feel discouraged from reporting the crime.

For males, rape is seen as atypical. They often do not report their rape out of fear of being seen as weak. Society needs to stop judging victims and start thinking logically as to who the real perpetrator is.

In April 2013, Emma Sulkowicz accused classmate Paul Nungesser of rape at Columbia University. After Columbia found Nungesser not responsible, Sulkowicz committed to carrying a mattress on her back throughout her senior

year in protest of the decision. The student body turned against her once she started protesting. Someone even posted a cartoon of her naked in bed with a man. Sulkowicz was continuously accused of lying and blamed for causing the rape in the first place, while Nungesser was not held responsible.

"It is the offender's fault because they have no self-control. It is not always the case in which victims are dressed [in a way] that causes them to be raped," said Tyler Vantha, a junior at Boston Latin Academy.

Alcohol can play a major role in victim blaming. In January 2015, Brock Turner was found guilty of sexually assaulting an unconscious woman behind a dumpster at Stanford University. During the lawsuit, Turner claimed there had been consent, but this was not consensual because she was drunk and incoherent. Turner knew this and still continued. The case gained national attention and some people claimed it was the woman's fault because she should have been careful about drinking alcohol. While Turner was found guilty, the judge gave him an unusually lenient sentence of six months, of which he served only three due to good behavior.

We need to stop rape victimization. Patrick Donovan, Youth Clinical Outreach Coordinator at BARCC, says, "[Victims] did whatever they could to survive and their choices are the right way for them. There is no right way to help them, but BARCC will help on what they can do next, their rights and laws, or even to just listen to them."

As a society, we need to start understanding consent, and change our teaching from how to avoid rape, to teaching that rape is a crime. No one should ever experience this. We must commit to ending rape culture and shift our focus from the blame game to creating an environment where perpetrators are held accountable and victims are able to report crimes, free of social shaming and blaming.

The Boston Area Rape Crisis Center (BARCC) is committed to giving survivors and their families and friends the resources they need to reclaim their lives and begin healing, to raising awareness of the issues survivors face, and to ending sexual violence through healing and social change.

24-hour hotline: 800.841.8371

4,418

amount of adolescents and adults in Massachusetts who report being sexually assaulted each year

80%

amount of all rape cases occurring in the home between people who know one another

3

amount of months Brock Turner served of his already unusually lenient six month sentence

AFH PHOTO // ESTHER BOBO

WHO OWNS THE NEIGHBORHOOD? GENTRIFICATION IN CHINATOWN

By: Clinton Nguyen // Staff Writer

Amid the changing face of America, non-affluent areas of concentrated ethnic populations are caught in a net of gentrification; driven out of their homes while the affluent settle in with no issue.

Many neighborhoods in Boston are dramatically impacted by gentrification: a process in which an area - typically one where lower income minorities reside - becomes overpopulated by incoming wealthy, privileged people. The wealthier class settles into the new neighborhood because it is more affordable, has good housing stock, and is conveniently located. But, their presence and spending power bring expensive stores, increased rent and higher mortgages. For longtime residents of these neighborhoods, the once welcoming place they called home becomes too expensive to live in, and they are often forced to move out.

The neighborhood of Chinatown is an area currently affected. Chinatown is a great example of immigrants taking a piece of their heritage into a new nation. Yet, when the town they established for themselves is gentrified, it presents some striking questions.

The history of Chinatown is compelling, enriched by the hardships and heart of the immigrants that established it. Chu Huang, a former Youth Program Associate at the Boston Chinatown Neighborhood Center (BCNC), shares her knowledge regarding the rich history of the town.

"In the 1860's, Boston's Chinatown had already been established," says Huang. "The town had a history of a combat zone and red light districts for which people feared the area; a place only the Chinese resided as they had no choice." This included X-rated film stores, prostitution, and alleyways scattered with pitched tents serving as temporary homes of impoverished immigrants.

In the modern spotlight, Chinatown has refined its image. In contrast to the streets lined with family-owned businesses, Chinatown has been introduced to new chains owned by large corporations; the town is being stripped of its unique cultural heritage instilled by those who established it.

Kathy Lee, a junior at the John D. O'Bryant High School and active member in the Chinatown community, said, "I've been

to a workshop organized by BCNC and they talked about Chinatown's rent being extremely expensive these days. People are trying to find housing within the area but fail."

Not only is this an inconvenience, but it also increases sectionalism and isolates the already underprivileged minorities within the city. This can profoundly impact current immigrants settling into the area in hopes of entering a comfortable ethnic enclave.

"When we lose places like Chinatown, I feel that the tolerance, acceptance, and inclusion of people diminishes," says Huang. "This makes it tougher for immigrants to reach that 'American dream.'"

For neighborhoods like Chinatown, and many others across the city affected by gentrification, it is in our best interest to protect these places by maintaining their authentic flare and assuring affordable housing to its' residents. It may appear that gentrification is beneficial because of the clean, modern look it may bring along with new businesses. But, it is in our best interest to protect these places as they are towns created by the people, for the people and should remain that way.



AFH PHOTO // YVONNE YANYING CHEN

YOUTH HOMELESSNESS IN BOSTON ON THE RISE

By: Masha Leyfer // Staff Writer

Within the bustling city of Boston, the streets hide a gruesome truth. Homelessness has plagued Boston for decades, and the number of homeless individuals and families are still on the rise.

Boston's 2015 annual homeless census counted 7,663 homeless men, women, and children, with 139 unsheltered individuals. While there are fewer unsheltered individuals than the previous year, the total number of men, women and children without a stable home is rising.

"With extremely low rental vacancy rates for households looking to rent apartments and out-of-reach rental costs for units that are available, many Boston residents experience homelessness and housing insecurity. At the same time, Boston -- and Massachusetts as a whole -- have very complex and multi-layered responses to homelessness," says Kelley Turley, Director of Legislative Advocacy for the Massachusetts Coalition for the Homeless.

The census also found that the number of homeless families in Boston rose 25% between 2014 and 2015, and the number of

homeless youth is on the rise nationwide. The National Homeless Coalition notes that homeless youth are at a higher risk for mental health problems, substance abuse and sexual abuse. Between 20 to 40 percent of homeless youth are LGBTQ, who are even more likely than their counterparts to experience sexual abuse. It is more difficult for homeless youth to find shelter because adult shelters are often unsafe and there are fewer emergency beds for young people.

However, there are several organizations in Boston devoted exclusively to this issue. Bridge Over Troubled Water has been helping homeless youth and runaways since the 1960's. They provide counseling, in-house medical services, accessible education and other daily support.

In 2012, Harvard graduates opened Boston's first student-run overnight shelter for youth: Y2Y. Based in Harvard Square, the organization seeks to provide dignity, safety, and adaptability for young adults experiencing homelessness. Many of the shelter's volunteers are college students. "What unified

us was this simple belief that people our own age should not be sleeping right outside our dorms," reads a quote on their website.

"Young people are important players in the work to promote housing stability," says Turley. "[The Massachusetts Coalition for the Homeless] has been working with youth and young adults for the past six years to create a systemic statewide response to homelessness among unaccompanied youth (young people outside the custody and care of a parent or guardian). Young people with and without housing have come up to the State House with us to share their recommendations to lawmakers and to tell their personal stories."

Human compassion drives many of the organizations and individuals working with the homeless. Volunteers in homeless shelters and organizations are at the core of the movement to improve the Boston housing situation. Although homelessness may seem like a large, menacing, undefeatable issue, the solution begins with one person's decision to make a difference.

ANIMALS FIND ZOOTOPIA THROUGHOUT NEW ENGLAND WINTERS

By: Kelly Thai // Staff Writer

Rachel Gies has been a fan of the Franklin Park Zoo since she was young. "I like the zoo a lot because I enjoy seeing all the different kinds of animals in real life, not just in books and on television," said the junior at Boston Latin School. Like many New England children, Gies has often wondered what happens to animals during the winter.

Many zoos that experience frigid winters have policies in place to protect their animals from the extreme weather. John Piazza, Zoo New England Mammal Curator, is responsible for managing the mammal collection at both Franklin Park and Stone Zoo. Piazza says, "I work with our zookeepers on a daily basis to monitor our animals' behaviors and actions as a means of keeping them healthy, safe and comfortable. We are lucky to have a lot of resources to assist in accomplishing those goals."

At Franklin Park Zoo, lions have a special heated rock to keep them warm and African dogs can escape into heated caves. Piazza states, "Many of the species that hail from tropical regions have permanent indoor exhibits and are not affected during the winter months. The Tropical Forest at Franklin Park Zoo is a good example of this. This large indoor space, which is kept at 72 degrees year-round, is home to western lowland gorillas, ring-tailed lemurs, pygmy hippos, Baird's tapirs, free-flight birds and many other species." Piazza adds that tropical animals are more vulnerable to the cold. "We take great care to ensure these species have adequate heat, light and sometimes adjustments to seasonal dietary needs," he said.

Joanne Leu, a junior at John D. O'Bryant, always assumed the animals were brought inside once all the visitors were gone. She also concluded that their fur would keep them warm. Leu is correct, some animals require less attention than other. "North American porcupines and reindeer -- all of which are well-adapted to winter weather -- usually only require a minimal amount of heat be provided in their shelter," said Piazza.

Both the Franklin Park and Stone Zoo are accredited by Association of Zoos and Aquariums. This means they "undergo a rigorous six-month long review, as well as an on-site inspection by a team of experts who examine the animal collection; veterinary care; exhibits and physical facilities; safety; security; finances; staffing and involvement in education, conservation and research," said Piazza.

While the winter months are long, animals are kept physically and mentally occupied. An enrichment committee is responsible for understanding how animals act in their natural environments so they can recreate it. "Whether an animal likes to stalk and chase its prey, burrow underground to hide, or forage for food, its behavior is taken into consideration when creating enrichment."

Through observation and research, zookeepers have thoughtfully created environments where different species can survive year round in environments that most closely resemble their natural habitats. The next time you find yourself visiting the animals at the Franklin Park Zoo, know they are well taken care of all year round.



AFH PHOTO // TRISTIN HEAP

GLOBAL RESPONSIBILITY IN TIMES OF NEED

By: Sabrina Kalam // Staff Writer



History often repeats itself. Natural disasters, war and social turbulence occur every day, from Syria to Massachusetts. In times of need, the United States should help foreign countries in difficult situations by donating resources to help ease the difficulty and help the population get back on their feet.

According to CNN, during the 2010 earthquake in Haiti, estimates of 220,000 to 316,000 people died, 300,000 people were injured, 1.5 million people were displaced and almost 4,000 schools were damaged. Most people were badly affected in this situation. During that earthquake, most schools were damaged and now many kids don't have the chance to get an education. This situation is going to affect the country in the long term because if children don't get the right amount of food, sleep or education it will harm the well being of that generation. For the people who are having the most difficult time, the U.S. government should provide aid so they can get better.

CNN reported that over \$13 billion in aid was allocated by international agencies to Haiti for 2010 - 2020, according to the United Nations. The U.S. allocated \$4 billion, and deployed civilian and military personnel to carry out activities ranging from search and rescue operations, restoring air and seaports, providing life saving health and medical services, and helping meet the basic food, water, and shelter needs of the Haitian people. This is a great example of countries coming together in times of need.

With the current refugee crisis in Syria, last year the U.S. admitted just over 12,000 Syrian refugees, according to the Pew Research Center. Meanwhile, Canada took in 26,000 individuals from Syria in just three months last year, reports the Guardian. As the refugee crisis continues to grow in 2017, what should the role of the United States be?

Alyssa Hughes, history teacher at Boston International High School, thinks, "In general, we should, as citizens of the United States,

think of ourselves as a part of a national community to help each other in crisis in the global community." She thinks that we as "global citizens are responsible for people around the world." However, Hughes also talks about how all country leaders should cooperate with one another, not just the U.S., in providing aid, because a country should not be dependent on others.

Boston International High School English teacher Catherine Finkenstaedt said the responsibility of America should not be just financial support, but also "medicine, schools, food and housing. The U.S. should not help right way after the disaster, but think about the long term."

We as citizens need to encourage our government to take action and assist other countries when they are in need by rebuilding their economy and improving their quality of life after a crisis. It is in everyone's best interest if we all help each other out.

AFH PHOTO // YVONNE YANYING CHEN

NO ALTERNATIVE FACTS: THE OBAMA AND CLINTON EFFECT

By: Elebetel Assefa // Staff Writer

Barack H. Obama was the first African-American president of the United States of America. Hillary Clinton was the first major female party nominee for president.

Their achievements are unalterable truths in the short history of the United States, and their successes represent the empowerment of two marginalized groups that have been oppressed for much of the nation's history. In times of heightened tension, it is crucial to highlight unprecedented accomplishments so that we continue the momentum of progress.

Matthew A. Kazlauskas, an Advanced Placement U.S. history teacher at the John D. O'Bryant High School, comments, "The history of African-Americans and of women in the U.S. are incredibly important. Both have played vital roles in shaping this country. They didn't always make up the major narrative. They obviously weren't always in government which tended to dominate traditional narratives."

The oppression of African-Americans and women as a whole in our nation's history is not debatable, and it continues to this day. African-American men are disproportionately

incarcerated, and women of all nations continue to struggle with equal pay for equal work.

The worldwide Women's March on Washington in January occurred in response to Donald Trump's presidency after a series of hateful, sexist rhetoric during his campaign. In recent years, numerous protests have transpired after an alarming amount of video evidence showing what appears to be excessive force by police officers against unarmed minorities. These social responses are evidence of ongoing struggles among marginalized groups.

Agnes Ugoji, a junior at the O'Bryant who attended the Women's March in Boston, said, "Women need to continuously prove themselves in male-dominated jobs. They have to prove they are worthy of their positions and people undermine their education because they are women. Gender shouldn't be a barrier in professional work."

The unfair disadvantages of women and African-Americans in our modern society is what makes the achievements of Obama and Clinton stand out further. They defied stereotypes and misconceptions that society

holds.

Dahlia Elamin, also a junior at the O'Bryant, says, "Hillary Clinton's run for presidency set an influence -- not just for women, but for everyone -- that women are capable." Clinton set new, higher standards for women and became a positive model to young girls all over the world.

Elamin elaborated, "Another African-American president also seems possible because of Obama's positive public image. Other people could do what they might have once thought was impossible because of the stereotypes and misconceptions Obama challenged as an African-American president."

Obama and Clinton broke barriers and carved paths for others to follow. Their stories bring hope for improvement into reality. As a generation raised under Obama's game-changing presidency that is now witnessing a dramatically different political atmosphere, it is our responsibility to continue the legacy of Obama, Clinton and all those who will follow in their pursuit of change and progress.

CULTURAL THEFT IS NOT OKAY

By: Ashley Nguyen // Staff Writer

Controversy around cultural appropriation is taking place across American society and surfaces many questions: What is cultural appropriation? Why is it significant, and what message does it leave behind?

At the core of cultural appropriation is the idea that it is appropriate for one group of people with social power to take on elements -- cultural, religious, or historical -- of another group with less social power. It is particularly demeaning for that 'dominant' group to take factors of that marginalized culture. Especially when the supposed superior group oppressed them for centuries.

It seems that everywhere in the media, culture is being used as a form of entertainment, rather than being used to learn from and educate. This controversial issue is fueled by celebrities who often wear clothes, hairstyles, or recreate dances that are not their own. To many, these celebrities are stealing from a culture they may have little knowledge about. On multiple occasions, the Kardashians have worn culturally African-American hairstyles as their own. Their fans praise them for 'acknowledging' the culture, when in reality they are only wearing these styles as a fashion statement.

Cultural appropriation is especially degrading because those 'borrowing' the culture may be praised for it, while those of that culture are shamed for it. Notably, when a black woman wears African or black hairstyles in a public setting, they are deemed as unprofessional or less beautiful. When white individuals wear these same exact hairstyles, they are often praised for it, to the point where it becomes normalized in society. During a Marc Jacobs' fashion show in 2016, his models were styled in faux dreadlocks. This sparked criticism from the black community, citing claims that African-Americans are discriminated against for wearing the same style. In the same year, a federal appeals court decision maintained that it is legal for employers to ban dreadlocks at work, even legally firing employees who do not comply. This speaks volumes about the society we live in today, where credit is not given where it is due.

When a black girl has to struggle for acceptance wearing the same styles that a white girl would be praised for, the message sent to them is that their beauty is not enough, and will never be enough; that their beauty will never truly be accepted as their own in a white society; that their culture is not good enough until it is in the hands of white individuals. Simply put, cultural appropriation is hypocritical and represents our society's lack of respect for underrepresented minority groups.

AFH PHOTO // LOURDES PETITJEAN



AFH PHOTO // ASHLEY SANCHEZ

By: Belkis Montas // Staff Writer

Today, we tell young girls they can achieve anything they set their mind to. That their gender doesn't define their success. But, what if a young girl aspires to be a professional basketball or baseball player? Then, she faces obstacles that others do not. People may doubt her abilities just because she is a girl, telling her it is better to play softball. What if there was a young boy whose passion was not baseball, but softball? Would he be considered less of a man?

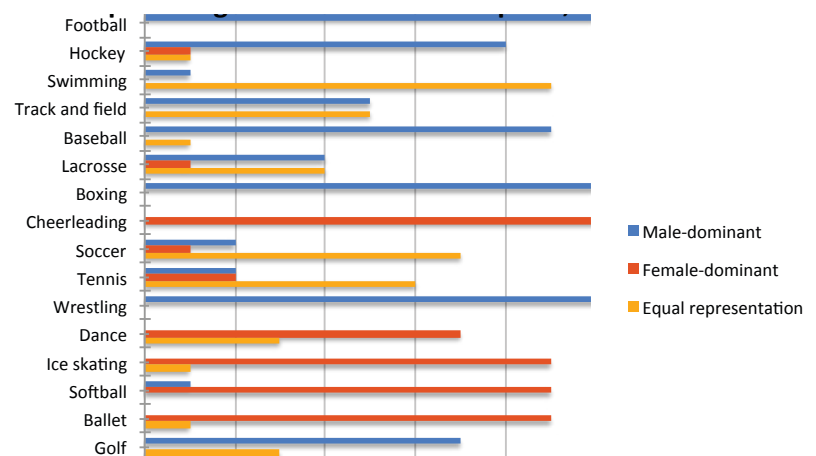
Even if a man and a woman play the same sport, they are not perceived or treated equally. Women are still well underpaid compared to their male counterparts. According to a 2016 article from Think Progress, five players on the women's national soccer team claimed they were unfairly paid four times less than players on the men's team. Due to the differing payment structures for the men's and women's national team, "winning women's player makes just 38 percent of a winning men's player."

Even when women break these gender norms, they still face additional challenges such as hateful or sexist comments. Women such as Serena Williams have been told their bodies no longer look feminine or lady like. The idea that women are fragile and vulnerable -- even as a professional athlete -- is still engraved in people's brains.

While all sports in the U.S. are open to both males and females, many people still consider certain sports to be gender specific. Why do we consistently encourage girls to become doctors, engineers, future presidents of the United States, yet revert to traditional misogynistic views when it comes to sports?

Teens in Print conducted a survey of students from the John D. O'Bryant High School and found that even today, society perceives certain sports to be dominated by a certain gender. In any sport, you and your peers are a team. You work, sweat and cry together, no matter the gender.

PERCEPTION OF GENDER DOMINANCE BY SPORT



Source: TiP survey of 10 high school students at O'Bryant High School

SPRING INTO FASHION

By: Cornelia Oriabure // Staff Writer

Spring is finally coming! The best way to prepare for the new season is by shopping for affordable, stylish new clothes that are comfortable to wear to school and create a fun weekend look. Here are a few rules to consider when hitting the mall for spring fashion finds.

1. DRESS IN BRIGHT COLORS AND PATTERNS.

After a dreary winter, colors give off a cheerful look. This trend radiates happiness, representing spring's renewal and rebirth. Just like the warming weather revitalizes plants and trees and adds color to drab outdoors, dress for the season by adding color and life back into your wardrobe.

2. AIM FOR LIGHTER FABRICS.

They are easier to wear during spring weather and very comfortable, unlike winter clothing which requires heavy layers to avoid the cold.

3. LIGHT, FLOWY LAYERS ARE YOUR FRIEND.

Thin sweaters, cardigans and light jackets paired with leggings is always a go-to look. In spring, New England is characterized by quick changing

temperatures, so it is always nice to be prepared because you never know what is coming. It's easy to cool off or warm up by either adding or removing some layers.

4. DON'T BE AFRAID TO SHOW A LITTLE MORE SKIN.

For the most part, spring weather should be warming up. Skirts, T-shirts and V-necks will not only keep you cool, but they are super comfortable to wear as you enjoy nature. Remember, if you get chilly, add a thin layer on top.

5. JEWELRY IS AN ACCESSORY THAT IS VERY IMPORTANT WHEN IT COMES TO FASHION.

It can make us feel beautiful, bringing out our beauty and uniqueness. For spring, simple jewelry is essential, like necklaces, earrings and wristwatches depending on where you are planning to go. Whether it is school or a party, it is very fashionable to wear jewelry!

6. SPRING IS OFTEN THE RAINIEST, WETTEST SEASON OF THE YEAR.

Cute rain gear is essential. Rainboots, raincoats and an umbrella will go a long way. Believe me, no one likes their outfit to get ruined by the rain!

TIP PROVIDED PHOTOS



THE YOUTUBERS YOU HAVE TO WATCH

By: Taina Joseph // Staff Writer

CARSON LUEDERS

Carson Lueders is a singer, songwriter and guitarist. The 15-year-old artist currently has close to 600,000 subscribers on his YouTube channel. He is wonderful! What I like the most is how he sings and dances. Carson is very intelligent. He always makes sure his music sounds great for everyone to enjoy. I encourage everyone who is interested in music to follow him on YouTube because he is one of the best.

JACOB SARTORIUS

Jacob is 14-years-old. He was born in Oklahoma and now lives in Virginia. He is a cool artist, singer and songwriter. What I like the most is the way he tells his story. For example, when he writes his songs they are always cool songs that I never thought I would listen to in my life. I encourage everyone to listen to his songs, he is awesome. You have to try to listen to one like all my friends do. Jacob is super popular on YouTube with more than two million subscribers to his channel. Follow him because he is the best.

JORDYN JONES

Jordyn is a multi-talented performer. She is a dancer, singer, actress and model. She's 16-years-old. She was born in Kalamazoo, Michigan and now lives in California. She is a beautiful young girl. I like when she dances while she sings. She is unbelievable. The way she dances and sings makes people focus on her. I encourage everyone to follow her because she's the best.

YAMATO II IS FOR SUSHI LOVERS

By: Kiana Mclean // Staff Writer

Yamato II is somewhat of a hidden gem in the city of Boston. It is a Japanese style restaurant most popularly known for their delicious and beautifully presented sushi. Despite being located in one of the most popular and easily accessible shopping and tourist districts in the city, it relatively does not experience overwhelming or uncomfortable amounts of traffic. However, that does not mean it is not a good place to eat.

Whenever my friends and I visit, we order multiple large platters from their diverse sushi bar. My friends describe the sushi served here as absolutely lovely. The moment the eel or shrimp hits your mouth, your taste buds explode. They're the perfect combination of soft and crunchy deliciousness.

However, I do not eat fish, so I order off of their non-sushi menu. They have great fried rice options -- my favorites are the vegetable and chicken rice dishes because the seasoned flavors blend together wonderfully -- that do a good job of filling you up.

Although one time I ordered the chicken katsu it came out cold, when served hot, the heavenly crispiness of the chicken, paired with the tangy barbecue sauce they give you as a side,

mix beautifully in your mouth.

If you are a student, this is a great option to have a good meal without worrying about how to get there or the cost. Yamato II offers an all you can eat option for just about \$20 individually! The only way they make you pay more is if you do not finish everything you ordered, so make sure your eyes aren't bigger than your stomach.

Yamato II is a really nice place to go to as couple (I

somehow always

get seated next to a couple on a date) or just in groups of friends or family. Being in groups makes splitting the bill easier, and you will have more people to help you finish all the food they serve.

The atmosphere is very nice as well. It gives you the formality of a sit-down restaurant while still feeling comfortable enough to dress and speak casually. There are televisions that set a relaxed mood and a good selection of music flows through the restaurant.

FOOD:



ACCESSIBILITY:



ATMOSPHERIC EXPERIENCE:



OVERALL:



545 BOYLSTON ST,
BOSTON, MA 02116

(857) 250-4473

YAMATO02116.COM

DIRECTIONS:

Get off at Back Bay if taking the orange line. Copley if taking the green line.



NATURAL HAIR MOVEMENT GROWS SELF-ACCEPTANCE

By: Rose Koumbassa // Staff Writer

In American society, African-American girls have been led to believe that straight, fine hair is "exceptional." This idea plays a significant role in the way many young black girls feel about their hair. They have grown up seeing straight, fine hair in their favorite TV shows and magazines. Not having hair as seen on TV can lead black girls to feel insecure.

Recently natural hair, often referred to as "nappy hair," has gained momentum as a movement across the country to help young women embrace their hair. Before pro-natural hair awareness spread, many teenage girls were fighting battles when it came to loving their natural hair.

The "Good Hair Study" conducted by the Perception Institute surveyed over 4,000 participants and found that black women suffer more hair-related anxiety than white women. It also found that a majority of people, regardless of race and gender, hold some bias toward women of color based on their hair. Many women experience this, like how some companies do not allow their employees to wear natural hair or dreadlocks.

However, the "Good Hair Study" concluded that millennials of all races are more accepting to natural, textured hair.

In 2014, the Boston Globe reported that sales of hair relaxer dropped from \$206 million in 2008 to \$152 million in 2013. The demand for a wider selection of natural hair products has also been on the rise.

While mainstream media and pop culture still show a preference toward straight hair, black women with natural hair have slowly been making their way onto television shows. Actresses Tracee Ellis Ross, Yara Shahidi and Marsai Martin have frequently appeared on their hit show *Black-ish* embracing their natural hair.

"MAKING THE TRANSITION FROM RELAXED HAIR TO NATURAL HAIR WASN'T ALWAYS EASY. IT WAS VERY TEMPTING TO USE PERM ON MY HAIR AGAIN ESPECIALLY WHEN I SAW HOW EASY IT WAS FOR MY OTHER FRIENDS TO DETANGLE THEIR SOFT, FINE HAIR. THOUGH MY TRANSITION WAS FULL OF UPS AND DOWNS AND INSECURITIES, IT MADE ME REALIZE HOW BEAUTIFUL THE DIVERSITY OF HAIR IS. I'VE ALLOWED MY HAIR TO BE A PART OF MY GROWTH AS AN INDIVIDUAL. MY HAIR HAS MADE ME LEARN SO MUCH ABOUT MYSELF IN THE PAST YEAR. I'M SO GLAD I MADE THE DECISION TO KEEP MY NATURAL HAIR."

-- SAMANTHA ROGER, 17, JUNIOR AT MILTON ACADEMY

NETFLIX AND SPILL

By: Imani Clarke // Staff Writer

April break is quickly approaching. Teachers give a lot of assignments during break so you might be catching up on school work. Some of you may be going on vacation, or enjoying a staycation. Whenever you find some time to relax, nothing is better than Netflix. I know you probably have people recommending shows and movies to you on the daily. But, I've learned that everyone has different taste when it comes to such things. So, let's not think of this as a recommendation, but rather my personal suggestions.

MOVIES

THE MODEL: This foreign movie is about a young aspiring model from Denmark who moved to Paris to further her modeling career. While in Paris, she begins a toxic relationship with a well known and respected photographer. This is a movie that seems to be targeted toward teens and young adults. I suggest this movie, especially if you like foreign films because it has a good storyline and it keeps you guessing about what's going to happen next. Honestly, I have a huge fascination with foreign movies, particularly those based in Europe. I highly suggest this movie if you don't mind reading subtitles.

CAN'T BUY ME LOVE: You have to bear with me on this one because this movie came out in 1987. I know it's pretty old, but it's actually really good. It does have cliches of your typical high school movie with jocks, nerds and mean girls. But it also has many good qualities. It's about a boy who pays his "dream girl" \$1,000 to pretend to date him so that his status elevates from "geek to chic." Before you look the other way when it comes to this movie, I want to tell my *Grey's Anatomy* fans that a young Patrick Dempsey, aka Dr. Derek "McDreamy," is in this movie and he is definitely a sight to see.

NANCY DREW: I was pleased to see Netflix add one of my favorite movies! *Nancy Drew* is based off a book series I read in elementary school. Although Netflix says the movie is recommended for 7-year-olds, I beg to differ because I am 16 and enjoyed the movie just as much, if not more, than a 7-year-old. The movie is about a teenage detective. When she and her father move to California for a few months, she decides to solve a very old and famous murder that even the police couldn't solve. I'm absolutely obsessed with mystery/cop shows and movies. If you're a *Law and Order* or *Criminal Minds* fan, you will enjoy this film.

TV SHOWS

THE 100: Recently, a friend of mine recommended *The 100*. I love watching new shows and I finish them so fast that I am constantly on the hunt for the next. I was a little skeptical at first because I didn't know if I would like it or not. Reluctantly, I began watching and was immediately hooked on the first episode. *The 100* is about a nuclear armageddon that destroys civilization on earth. The only survivors are those on the 12 international space stations in orbit at the time. The stations begin to lose oxygen slowly so they decide to send 100 juveniles to earth to see if it is safe to live there. If you have an interest in dystopian futures like I do, then this show is for you.

CHEWING GUM: This British sitcom follows a young woman named Tracy, navigating her way through adulthood and trying to get out of the shadow of her strictly religious household. She battles with the pressure of losing her virginity and becoming her own person, different from what her mother and sister want her to be. The show is really entertaining because it puts a comedic spin on the different obstacles people face while growing up. This is most definitely a show for teenagers and young adults. I don't necessarily watch a lot of sitcoms, but this one really caught my attention. Along with being hilarious, it follows the trials and tribulations of a young woman trying to find herself.

I hope these suggestions help broaden your horizon when it comes to scrolling through Netflix. If you do decide to watch any of these movies or shows, let me know and I would love to hear if you loved or hated them.

"GROWING UP, BEING THE ONLY AFRICAN-AMERICAN GIRL IN AN ALL IRISH-AMERICAN HOUSEHOLD, MY MOTHER AND GRANDMOTHER HAD A HARD TIME TAKING CARE OF MY HAIR BECAUSE IT IS COMPLETELY DIFFERENT FROM THEIR HAIR. ONE DAY WHEN I WAS SIX, MY MOTHER BOOKED AN APPOINTMENT FOR ME AT A LOCAL HAIR SALON. DUE TO THE FACT THAT I WAS SO YOUNG AND NOT AWARE OF WHAT WAS GOING ON, I LEFT THE SALON THAT DAY VERY CONFUSED WITH THE RESULT OF MY HAIR. IT WAS NOW BONE STRAIGHT AND VERY THIN. THIS WAS THE DAY I TRANSITIONED FROM A FULL HEAD OF NATURAL HAIR TO THIN AND FINE RELAXED HAIR. THIS EVENT WAS THE REASON FOR THE BREAKAGE AND DRYNESS OF MY HAIR. NOW THAT I AM OLDER I AM ABLE TO MAKE MY OWN DECISION OF GOING NATURAL."

-- JAYDA BROWN, 15, DORCHESTER

DECEIVED: BEING MUSLIM IN AMERICA

By: Mohammed Sattar // Contributing Writer

It was my last day in Jordan. I spent my time saying goodbye to friends and playing around. "You're going to America?" my friend questioned with sarcasm, so I ignored him.

As night came, our house was empty. All of our belongings were packed into six suitcases by the door, two backpacks on top.

On the bus to the airport, I could hear my mom sob and couldn't tell if it was from satisfaction or sorrow. I could see the tremendous smile on my father's face though. He was so happy we were leaving Jordan to go to America.

After flying over the Atlantic Ocean for hours, we landed in a place everyone called heaven back home: The United States of America. I quickly realized why; it was a hundred times better looking than my country, with clean, even streets and amazing views. It was a beautiful day and the smell was something I'd never known. I looked at my mother and had never seen her this relieved. I could see my father happily standing with my brother, both smiling.

We moved into our house in Boston. "They're lying right? All this for us?" my mother wondered. She was as happy as a person who just won the jackpot. It felt as big as a football field to us. My mother sounded like she wanted to break into tears.

"Life just got better," I thought to myself.

Now, it was 2012. When we got a TV, my sister and I spent hours watching cartoons. I began to see the words "Muslims" and "terrorists" together a lot. I was nervous. My dad's friend came over and told us that Americans were saying that Muslims are terrorists and are being blamed for a 'Twin Tower attack.' This was the first I'd heard of it and didn't know what it was, but it seemed tragic.

Fast forward two years. My mom was sitting by the TV one day.

"MOHAMMED!" she yelled. I thought something had happened to her.

"What does it say?" she asked.

"ISIS is taking hostages and bombing European countries," I said, shaking.

"Oh God," my mom replied, scared. We spent the whole day by the TV watching the world burn and Muslims being blamed for it. At that moment, I thought of what my grandma had said before we left Jordan: "Be careful, stay out of trouble."

It was 2016. After four years in America, we'd seen ISIS cause more problems and got used to being blamed. We worried about hate crimes, but knew there were organizations that supported Muslims in America that we could seek help from.

During election time, Donald Trump talked about ISIS and deporting immigrants. Even though we were legal immigrants, we were scared. The fear of four years ago came back.

Trump was actively encouraging hate against Muslims.

Was he mad because of ISIS? Was he anti-Muslim? Are we going to be victims of hate crimes?

When he was elected president on November 8, 2016, I was in disbelief. Was this really the country that we wanted to come to so badly? Was this really the country that my mom cried out of happiness to come to? We all felt depressed, we all felt fear in our hearts. That night, even the good food, maqluba, which my mom had made tasted horrible.

"Back to Jordan?" My dad asked sarcastically. "The embarrassment," my mom replied.

Even though we had food on the table, she was staring down at the floor, as if the world was too heavy for her shoulders.

At this moment, I knew I had no choice but to stay out of trouble to survive. I remember saying, "this is heaven," when we got to America but looking back now, it's not. It's a place where small minded, uneducated and racist people live. In order to make my mom happy and proud, I should never get in trouble.

It is 2017. We are more scared now than ever.

"God will be on our side," my mom told me. To this day, we are afraid. We have an untold future ahead of us.

WHAT AMERICA MEANS TO ME

By: Youssoufou Aboubakar // Contributing Writer

When people hear the United States of America, they usually think about freedom. However, I feel like "freedom" in the U.S. is overstated. Americans may have more rights than people in other countries, but do we really have as much as some say?

I thought America symbolized a country of rights, freedom and opportunities. I thought America was a country like no other; a powerful country, full of wonderful people who came from many different countries around the world. I thought of myself as an American even though last year, when I first arrived, I didn't even know how to ask, "how are you?"

Something happened to make me change my thinking about America. It was last year at JFK airport in New York, the first time I stepped foot on U.S. territory. I felt very joyous because I thought I was free! My uncle picked me up from the airport since I came by myself because my father could not come with me.

Before we got out of the airport, I saw something that wasn't fair: a man tried to pull off the hijab of a Muslim woman in front of me. I stood there in shock. He was yelling at her like she was inferior, "Pull off that thing, you are free here, in a free country, so why keep covering yourself?"

He kept talking, "If you want to do that go back to your f---king country!" The woman started to cry. She was terrorized and responded with more tears. Crying, she exclaimed, "Leave me alone! I've done nothing to you!"

After I observed this horrible scene, I was completely devastated because this man attacked an innocent woman. Never shall I forget the face of this woman, never shall I forget the fact that I saw an injustice and did nothing.

My uncle, who was with me while that horrific situation happened, didn't feel good either. He told me, "Abou, you thought everything was positive in the United States, right? I have spent eight years in this country and see those situations every day!" This surprised me.

He continued, "Anyway, now you can see with your own eyes! This is a part of the reality of the United States." When he was done talking I just shook my head. Can you imagine the feeling of seeing an injustice in front of you, and you did nothing? It's painful, it makes your heart cold, in fear of yourself.

Even though America has a lot of faults, it can positively impact the life of many people, as it did my own. Without America, I could not have learned English, learned to be more mature, or met new people

like my ESL teacher, Miss Assiraj, who always pushes me forward.

America has really impacted my education and my life in a good way. There is so much I can accomplish today. I talk without stress or fear. I can make a speech in public.

Now that I'm a part of the United States, my responsibility is to stand up against injustice.

NOW THAT I'M PART OF THE UNITED STATES, MY RESPONSIBILITY IS TO STAND UP AGAINST INJUSTICE

MY PROTECTOR

By: Anonymous // Contributing Writer

Never shall I forget the moment my mother stood up for our family during the war in the Democratic Republic of Congo. It happened in 2003 when I was five-years-old.

The war was between two tribes: Hema, our tribe, and Lendu. My mom told me that before the war, most people in our tribe were cattle keepers and Lendu were farmers. The Lendu tribe complained that our cows were destroying their plantations. We were rich and we had everything, and they were telling us, "Please don't let your cows destroy our plantation." The Hema people disregarded the Lendu people. But then, they started to steal our cows. Next, they started to kill people at night from other states.

We thought it would not happen in our state, but one night the Lendu attacked us. When they were almost at our home my mom, dad and brothers heard the neighbors screaming. My parents and brother ran outside and saw the house of our neighbor burning and people sobbing because people were burning in their houses.

After seeing all of these things my mom said, "I can't leave my daughter here."

She returned to the house and called me, "My daughter, wake up! We are going to die!" she screamed.

"What? Mom? What happened?" I responded, still sleeping.

"Wake up," she said. I was frightened and woke up quickly in my bed.

When I looked at her, I saw the tears on her face and I also started to cry.

"Stop crying, my daughter" she said. "Let's go."

She took my hand and we ran.

"Where are we going, Mom?" I asked her.

"We are going to hide in the forest until morning and we are going to search for your dad and brothers, I don't know where they are my daughter," my mom said.

"Are the animals going to eat us Mom?" I asked.

"Don't worry my daughter, God will protect us. We will not see any animals here," she said.

Very early in the morning we saw my dad and brothers who were also searching for us. I was overjoyed and hugged them and my mom, too. We thanked God for saving us all because many people lost their family, but we were still alive, even though they took all of our resources.

After one week, we moved to Uganda and started new lives as refugees. That changed my life by having new friends, learning new languages and working hard. Still, living in a new country made my life difficult.

Remember, God never leaves His believers, and He protected us in that situation. Mom, I want to tell you: you are strongest woman and I want to thank you for the wonderful job you did for me. Let God keep you forever and ever, Mom.

**MANY
PEOPLE
LOST
THEIR
FAMILY,
BUT WE
WERE
STILL
ALIVE**

DEAR OLD SELF

By: Dorothy Jeune // Contributing Writer

Dear Old Self,
You were so interesting, full of passion and sentiment.
You were straightforward and sincere,
Soon became everyone's listening ear who raised every atmosphere then disappeared

Dear Old Self,
You were stronger and happier, but held on so firmly to your barrier,
You were selfless and worthy, made every thought useful, but what drained you?

Dear Old Self,
The most courageous and irresistible person I know,
Very assertive and full of warmth, so free of yourself but couldn't cope with the complexities of life.

Dear Old Self,
I miss the times when you were obsessed with yourself, you were likeable even though you were impolite, but now you're someone else.

Dear Old Self,
Why were you so reckless? Nothing bothered you, nothing moved you and now you're so blue.

You were so absurd, yet still admired by others, but I wonder, are you still tired?

Dear Old Self,
I miss your soothing voice with that dauntless tone, you had manners and beaten every obstacle instead of leaving it alone. Now with your mind full-blown, you're silent, you are cold as ice but still choose to live in a fool's paradise.

Dear Old Self,
You are gone with scars left behind your smile,
But I figured you lost yourself trying to find myself. A better you for me.

Dear Old Self,
I want you back.



AFH PHOTO // AIJANAH SANFORD

HARD WORK AND DEDICATION

By: Rishka Pizarro-Reid // Contributing Writer

When growing up
You're shown the basics of life
You learn how to walk
How to talk

As you get older, you get to choose the path
you'd like to go on
Sometimes things become rocky, or
sometimes you don't know where you belong
But later on you go through something, and
you see who you really are because of hardship

While being part of an organization like
BSAC, BYOP & YOUNG
It can sometimes help you figure out where
you belong
For a year I've been in love with the work
The sweat, the tears, the dedication,

Flat out being a leader

The job of a leader isn't always to stay strong
But to always know that feelings matter
The youth united, arms locked in power
We yell and chant as our voices become
heard
Every issue we fight against, becomes our
strength

The life of a leader is no longer to just lead
the people, or guide them,
Or take control of power that people can
corrupt
It's about making sure we are all connected
To work as a community, to show the POWER
of when we all come together

THE BI GIRL'S BURDEN

By: Assaita Providence // Contributing Writer

Take up the bi girl's burden
Send forth the best you've got
Go tell your daughters all them lies
And make them feel like they've been bought
To wait in heavy harness
All cold and alone
Lock them up in heavy chains
And hear them while they groan

Take up the bi girl's burden
Your lies may still abide
Feed them with your hateful words
And rob them of their pride
And when they're broken and battered
And can no longer weep
You take your knife and cut them dry
And watch their tears run deep

Take up the bi girl's burden
Watch her grow up strong and weak
Because her mom was blamed for none
And her dad had let her walk free
She took up the fight against humanity
And she did not suffer from insanity
Their words were thrown from left and right
And not once did she lose what is in sight

Take up the bi girl's burden
Watch how she leaps and grows
And flies away from those who know
And make her feel less grown
There are those who have hurt and betrayed her
And made her feel less tall
So wherever she looks
She never has anyone to call

Take up the bi girl's burden
And make yourself feel shame
Because you have tried to break her pride
And yet you feel the same
You have watched her cry and weep
But like a bird she'll rise
From those whose hatred runs deep

Take up the bi girl's burden
Because her show is not over yet
Even when you've treated her like trash
She's still a force you've never met
Take her word for she has said
Her story will be heard once again

Take up the bi girl's burden
Because she sings with fearful trill
She has scared you with her prowess
She has scared you with her will
And when you least expect it
She will scare you with her wit



AFH PHOTO // VANESSA VO



By: Fania Joseph // Contributing Writer

Someone can always change you
The way you think

Know yourself, know your worth
Never let your guard down

I, as a young lady, don't just give out
respect
People have to earn it

I see a lot of men getting valued more
than all of these ladies!
Or wait, should I say
If I don't love myself then who's gonna

love me?

I just want to be the best I can be
But the devil keeps testing me

I'll never give up though, just gotta
determine what to be
Yeah, the devil is testing me

Number one rule BE YOURSELF
Number two, LOVE who you've BECOME
You'll never know when you're the
chosen one

AFH PHOTO //
AIJANAH SANFORD

A HEARTFELT SURPRISE

By: Victor Tejada // Contributing Writer

Never shall I forget the moment when the doctors in Santo Domingo told me I needed a complicated operation on my heart as soon as possible. They ran some tests and found something very dangerous in my heart. My grandmother started crying, so I started crying, too. I thought I could die or something terrible would happen to me. But, I was more worried about my grandmother because she looked so upset, I thought something could happen to her, too.

My grandmother was sad because she thought I was going to suffer and she could not do anything about it. She felt like a bystander who didn't know how to help me. She came close to me, sobbing, and said, "Oh my nieto, everything will be okay. I swear God will help us. Don't worry, I'm here with you."

"I am so scared about this, what if something bad happens during the operation," I said.

"I told you that everything will be okay. Don't worry and cree en dios, that He will help

us," my grandmother said.

"Did you have an operation like this before?" I asked her.

"No," she answered. "But I believe in God, and the doctor says everything will be okay."

The doctor told us that the operation would be in five days and that we could go back home. I moved in with my grandmother so that she could give me homeopathic medicine from her mother, and also pray to God every day and every night. She made me an unpleasant medication that was thick, brown and smelled disgusting.

I saw how my grandmother cares about me and does her best just to help me. The day after we prayed to God, my grandmother looked at me and said, "I love you so much, you are everything in my life."

Finally the day of the operation came. I was nervous. Some of my family was there, but just my grandmother and my mom were in the hospital room with me. They tried to calm me down. My grandmother held my hands very tightly.

The doctor came to give me the last test. A few minutes later the he came back and said a miracle had happened.

"You, Victor Tejada, don't need an operation," the doctor said.

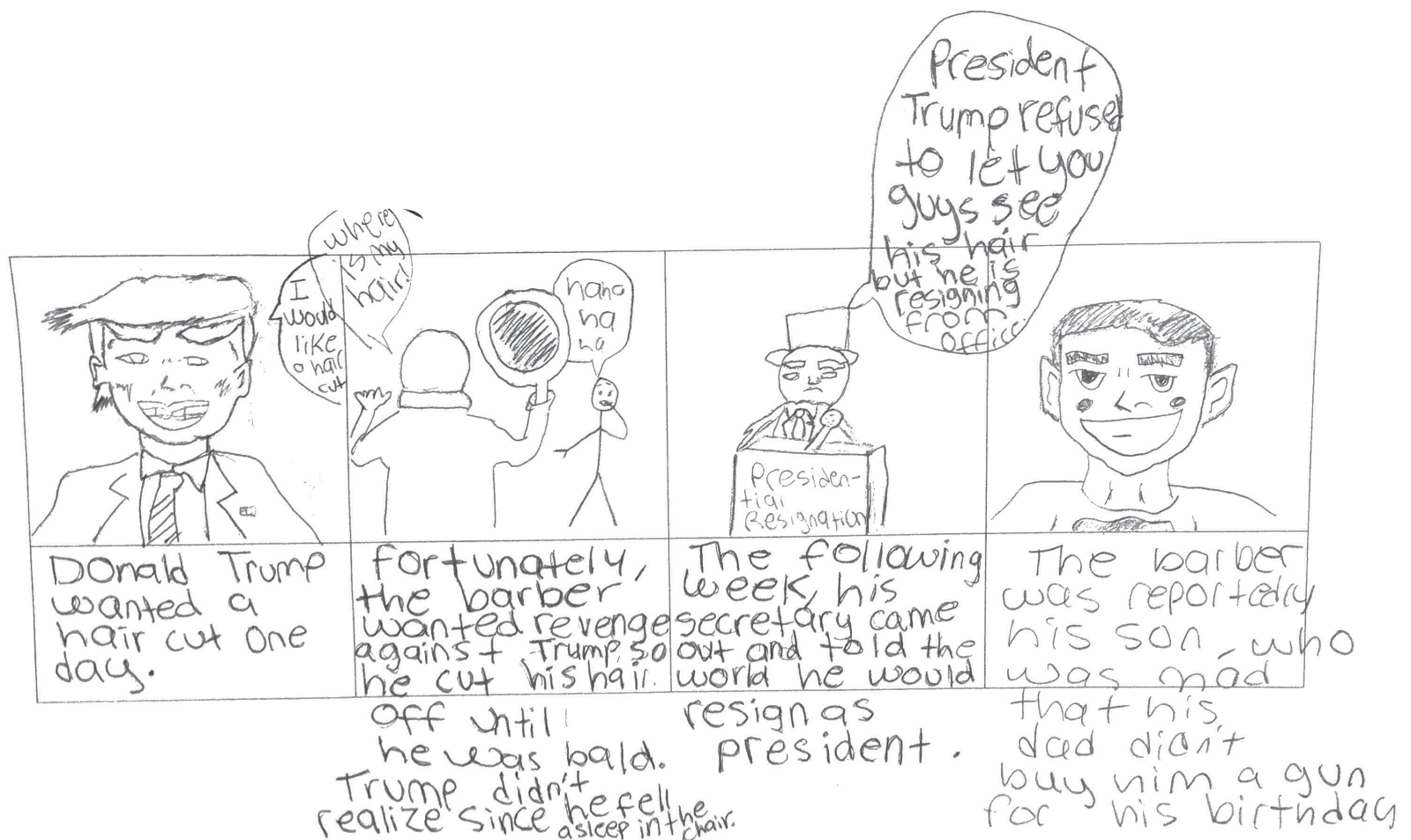
"But how did this happen, doctor? We don't understand," my mom said.

"I know, I'm surprised too, because the problem you had in your heart disappeared. It is a miracle," the doctor said.

My grandmother and I were in shock. We didn't say anything. I looked at her and she looked at me. We still said nothing. I gave her a hug and said, "I love you. Thank God for giving me this beautiful family that I love."

It was like this that my grandmother saved me.

From this moment, I learned that the people who love you are the only ones you need to be happy in your life, and also health. There are many people and children in the world that do not have family, so I need to say thank God for my family and for the people who love me.



WALSERSON BOBO // CONTRIBUTING ARTIST

CLIMATE CHANGE IN 2865

By: Kareem Troncoso-Guerrero // Contributing Writer

The year is 2865. Climate change is terrorizing the world. The words "polar bear" and "penguin" are foreign to the ears of citizens.

Mayor Smith was sitting on her couch at home one day when she heard people screaming. As mayor, Smith was naturally concerned. She wanted to know what was going on. It turned out that someone had burned to a crisp.

Later that day, Mayor Smith held a press conference where she revealed, "The world is ending!"

The people of Australia were flabbergasted. They didn't understand that global warming was so bad, even though they were sick of not being able to go outside without sunscreen, an umbrella or any type of protection from the heat.

But it was more than that, people were dying, passing out from heat strokes and dehydration.

Major Smith spent only a few short hours trying to decide on a solution that would make everyone happy. During the press conference the next day, she unveiled her plan to gift each family in Australia a fan and an air conditioner. She also promised to dump at least 1,000 pounds of ice into the ocean a day.

The people of Australia were content with this answer and lived happily ever after. For the next two years, at least.

THE WORLD WITHOUT MEN

By: Jourbienthia Paul // Contributing Writer

We women are the ones who have to keep the house in top shape for our lovely visitors, which are men who make a mess, talk about sports, and treat us like trash. So, we women need to come together and get rid of them. All of them.

Then, men wouldn't cause us any problems. Not only will our paychecks be better (because there is nothing for us to compare it to) but our houses will stay in tip-top shape.

Also, the phrase "man up" would no longer exist. I don't think I've ever met someone who takes the saying "man up" seriously. In fact, I've never met someone who would automatically link "man up" to actual men because, let's be real, men are the most unreliable creatures out there. Their egos are basically a target practice that we women hit every time.

The phrase "man up" is supposed to represent the idea of men getting over things. That is because they are forgetful. In fact, they're completely useless.

I guess the only problem will be reproduction. But, it's not like we women can't figure it out.



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