

AFFIRMATIVE ACTION

THE ACCEPTED AND REJECTED

By: Rose Koumbassa // Staff Writer

You finally got your college acceptance letter together with a brochure of the school showcasing their diverse student body. You automatically feel a connection and can imagine yourself on campus. However, students who were rejected may be wondering if it occurred because of affirmative action. As colleges and universities across the United States struggle with issues of diversity, affirmative action was introduced.

Through an executive order from President John F. Kennedy, affirmative action began as an assurance that federal contractors hire

people regardless of race, creed, color or national origin. Over the years, the concept of affirmative action was expanded to include equal employment and educational opportunities.

Some people would describe affirmative action as an act that helps erase the invisible social barrier caused by years of misfortune and inequality faced by minorities in the United States. For decades, society has disputed whether or not affirmative action actually works in favor of minorities, or increases racial injustice.

CONTINUED ON PAGE 4



TEENS *in* PRINT

Volume XIII, No. 60

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Teens in Print reserves the right to edit for length and
content. We look forward to your submissions!

MEET THE STAFF

SABRINA KALAM

What cartoon character represents you?
Shizuka from Doraemon
 Do pineapples belong on pizza?
No. They don't.



CORNELIA ORIABURE

What cartoon character represents you?
Moana.
 What has been your favorite article you wrote this school year?
My poem "My Freedom Is Restricted"



KELLY THAI

Do pineapples belong on pizza?
Pineapples definitely belong on pizza! It's delicious and adds extra sweetness to it.
 What has been your favorite article you wrote this school year?
The one I wrote on the gender pay gap.



LYNN NGUYEN

What cartoon character represents you?
Remy from Ratatouille.
 What has been your favorite article you wrote this school year?
My music review featured in this issue.



BELKIS MONTAS

What cartoon character represents you?
Bob from Bob's Burgers.
 What has been your favorite article you wrote this school year?
Gender roles in sports.



AISHA MOHAMED

What cartoon character represents you? **Jake from Adventure Time.**
 What has been your favorite article you wrote this school year?
The medical program HPREP.



KIANA MCLEAN

What cartoon character represents you?
I'm a mixture of Panda from We Bare Bears and Bubbles from The Powerpuff girls
 Do pineapples belong on pizza?
NEVER!



SONNY MEI

Do pineapples belong on pizza?
Sure. I'm not here to judge your appetites.
 What has been your favorite article you wrote this school year?
Toxic masculinity.



AL FOX

What cartoon character represents you?
Rick from Rick and Morty.
 What has been your favorite article you wrote this school year?
My piece on creationism vs. evolution.



ELEBETEL ASSEFA

What cartoon character represents you?
Jerry from Tom and Jerry.
 Do pineapples belong on pizza?
No.



IMANI CLARKE

Do pineapples belong on pizza?
N. O. With a capital NO.
 What has been your favorite article you wrote this school year?
My Netflix recommendations.



ROSE KOUMBASSA

What cartoon character represents you?
Huey from The Boondocks.
 What has been your favorite article you wrote this school year?
My article on natural hair.



ANILDA RODRIGUES

What cartoon character represents you?
Dory from Finding Dory.
 Do pineapples belong on pizza?
Nope!



DJIBRIL CONTE

Do pineapples belong on pizza?
I think it tastes fine honestly.
 What has been your favorite article you wrote this school year?
My piece on concussions because it teaches the reader something.



CLINTON NGUYEN

What cartoon character represents you?
Courage The Cowardly Dog
 Do pineapples belong on pizza?
Yes.
 What has been your favorite article you wrote this school year?
Gentrification in Chinatown.



SEE THIS AROUND INSIDE THE NEWSPAPER?

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

Many thanks to the Castle Group for selecting the winners!

CONTINUED FROM PAGE 1

Statistically, minorities in the U.S are prone to crimes in their communities, low standardized test scores and being most likely incarcerated. A long history of systemic segregation, discrimination and inequality pushed minorities into ghettos and underfunded schools, contributing to today's reality.

This pattern can have a huge effect on minority children, making it harder for them to get jobs and be accepted into colleges, due to years of oppression. Therefore, affirmative action works to make sure they aren't discriminated against and are given the same opportunity as others.

17-year-old Alicia Brown, a senior at Boston Arts Academy, didn't know much about affirmative action until her English teacher made her watch a video about it.

"Imagine being in critical condition and you need surgery. Who would you rather have the operation performed by?" asked Brown. "Someone who got accepted into Harvard Medical School because of their merits and

academic strengths?

Or, someone who got accepted because of their race?"

Gladys Soto, a junior at Day and Evening Academy, is on the other side of the spectrum. "I think affirmative action is very important

and necessary. When we look back at the history and the struggles that minorities in our country have faced, the last thing the government can do to help is provide us some overcompensation," said Soto.

Christopher Wright is the Dean of Admission and Enrollment Management at MassArt. He said that questions about affirmative action are "tough", and it all depends on how it's used. "Using affirmative action to check off a box to say you're a diverse institution might not be the best use of the law," he said.

When conducting outreach to potential students, Wright and his team make sure their outreach is diverse by visiting urban schools and local nonprofits so that at the end of the day, they have enough qualified candidates to create a melting pot.

Wright believes that being fair and equal to all is most important. "Our job is to get people from all different types of backgrounds to consider our institution, and from there, only set those students up for success by admitting the ones that are qualified."

Michael Kauffmann, an English teacher at Cristo Rey Boston believes that when it comes to college admissions and hiring for jobs, it is both fair and beneficial to consider a variety of factors, including - but not limited to - race.

"I believe the ultimate goal is to have a truly representative society, where the teachers, policeman, lawyers, CEOs, and politicians look like the people whom they serve," said Kauffman. "If we ever have that world, maybe we won't need affirmative action, but just one glance at Congress will show anyone that we're not there yet."



**'I BELIEVE THE
ULTIMATE
GOAL IS TO
HAVE A TRULY
REPRESENTATIVE
SOCIETY.'**



By: Aisha Mohamed // Staff Writer

High school seniors across America have two things on their minds: SAT scores and grade point averages. Both numbers are used by colleges to show a student's academic development. Though important, SAT scores should not make or break your college acceptance.

According to the Princeton Review - a college admission services company offering test preparation services, tutoring, admissions resources, online courses and books - the SAT is an entrance exam used by most colleges and universities to help them make admission decisions. It is a way for colleges and universities to compare all students who apply.

This can be a concern for students who have done well all four years of high school, maintained a high GPA, but don't perform well on the SAT. In most states, taking the SATs is a requirement for high school graduation. Admission requirements from colleges and universities vary, but most do require SAT scores.

The Princeton Review website reports that the SAT was redesigned in March 2016 to make it more closely align with high school coursework. The test is scored on a 400-1600 point scale, with an average student score of 1038.

When it comes to the value of SATs in college admissions, "it really depends on the institution. Some schools place more value on an exam, while others may place more value on academic performance," says Christopher Wright, Dean of Admission and Enrollment Management at MassArt.

SATs should not be viewed as a direct connection to future success. It is the hard work and the academic achievements one makes that should be the main consideration.

The thought of preparing for a four to five hour test with no syllabus to study from is nerve-wrecking. Not to mention the underlying pressure a student is in when taking the actual test.

The question is: are SATs really worth determining your college acceptance and future? A student's competency and eligibility to apply to college shouldn't rely on their SAT score, but rather their skill and achievements in four years of high school. There is a misconception about how well SATs evaluate a student's general knowledge.

"I see a future where there will be more schools shifting towards test-optional admissions, but there will always be colleges that use this tool in their evaluation of students," stated Wright.

High school juniors are currently preparing for their upcoming SATs in May and June. Nelly Oriabure, a junior at New Mission High School, says, "I find the math parts super difficult and even though there is no failing or passing, I still feel like I have the chance to fail. I feel like it would be best not only for the students, but colleges as well, to judge students based on their progress, rather than a four hour exam."

AFH PHOTO // ADAM NGUYEN

STUDY REVEALS TEENS STRUGGLE WITH FAKE NEWS

By: Micaela Simeone // Contributing Writer

For many millennials, it is impossible to imagine a day without turning on a phone or computer, accessing Twitter or Google News, and watching as floods of highlights appear on their screens. While many teens today consider themselves to be technologically advanced—skilled navigators in the sea of Internet content—this is often not the case.

The digital media environment intensifies the presence of false information and enables poor critical judgement. A recent Stanford University study reveals harsh findings involving the ability of teens to determine fact from fiction. The implications of online “unreality” are numerous, and we should be demanding that the top tech users today focus more energy on how to become educated information consumers.

The incomprehensibly large and varied domain of online information should be a progression in the pursuit of knowledge, truth and an all-around beneficial tool for youth. But, it is not that simple. The November 2016 Stanford study shows what researchers found when students from around the country were presented with online news and asked to critically evaluate it. The results are not only disturbing, but offer a clear glimpse into the unrealities the Internet perpetuates.

The researchers “designed, piloted, and validated fifteen assessments, five each at middle school, high school, and college levels.” In one assessment, high school students were presented with a post from photo sharing website Imgur that included “a picture of daisies along with the claim that the flowers had ‘nuclear birth defects’ from Japan’s Fukushima Daiichi nuclear disaster.”

Results found that these students focused on the photograph and “relied on it to evaluate the trustworthiness of the post.” They did not note important details including the source of the photo. “Less than twenty percent of students questioned the source of the post or the source of the photo.”

College students were presented with a tweet from MoveOn.org, the liberal advocacy organization, that claimed the NRA is out of touch with gun owners and their own members. The tweet also indicated “Public Policy Polling conducted the poll.”

Results showed that only a few students noted that the poll was conducted by a professional polling firm and that this adds to its credibility. Also, “less than a third of students” thought that the clear political partisanship of the publisher -- an open supporter of gun control measures -- may have influenced the tweet. Overall, the students showed a shocking inability to assess information. The results suggest a growing need for incorporating civic online reasoning courses into school curricula.

Future generations of media consumers will know the internet as their only source of information. Without an understanding of the dynamics of the Internet or the acquisition of debunking methods, future generations will become more tolerant of misinformation and more hostile to facts than ever before. New efforts must be geared toward fostering an awareness of the importance of distinguishing fact from fiction, in order to see millennials and all Internet users become educated, tech-savvy truth-seekers.



AFH PHOTO // TRISTIN HEAP

GUIDANCE COUNSELORS: THE UNOFFICIAL THERAPISTS

By: Aisha Mohamed // Staff Writer

When we think of guidance counselors, we often think of people we often think of people whose job is just to make our schedules. But do we ever think beyond the surface, or about their real role in our school systems?

Guidance counselors have a more prominent position than meets the eye. Consider them the glue that keeps the school together. Students don't realize that guidance counselors are also there to lend a listening ear and help students with troubling issues that may affect their academic performance.

According to the Boston Public Schools website, guidance counselors help students to understand their aptitudes, capabilities, and limitations in making personal decisions, educational plans and occupational choices. “It's a multidimensional, multifaceted job” says

Valduvino Goncalves, guidance counselor at New Mission High School. “I am the main go-to for various issues, not only for the students, but for the staff as well.”

Guidance counselors do more than put your schedule together and help you find useful things to do during the summer. “I see my role as a guidance counselor as someone who connects students to educational opportunities,” Goncalves says.

Guidance counselors are unofficial therapists that help students with diverse issues. Although they are not classroom teachers, guidance counselors are still educators. Little do we know, but they are a key element in every school. It is not only challenging, but fascinating. Imagine having to take care of not just the students, but the school as whole. This

may sound like a lot of pressure, but it also gives us the idea of how important they are to school systems.

Goncalves describes his job as stressful, but also very rewarding -- especially around graduation time when students start receiving their college acceptances. “I see the fruits of my labor,” says Goncalves, “and more importantly, the fruits of my students’ labor.”

What is a relationship between a guidance counselor and student supposed to be like? According to Goncalves, it's all about trust. A student's ability to trust their guidance counselor, and vice versa, can really benefit students' growth throughout their years in high school.

**‘CONSIDER
THEM THE
GLUE THAT
KEEPS THE
SCHOOL
TOGETHER...’**

BCLA STUDENTS VOICE THEIR CONCERNS

Students at Boston Community Leadership Academy were assigned to write about school issues they feel strongly about. After meeting with the staff to become well-informed on the issues, they wrote letters to their new headmaster sharing their thoughts.

Being a student at BCLA can be stressful at times. When I get stressed, I get headaches. Then, I become angry and don't want to be around anyone. It is difficult for me to focus on my classwork and my teachers don't understand that I just need a break, and then I'll be able to refocus. Since I'm not allowed to leave the classroom, I get an attitude and end up in trouble.

This could all be avoided if I had time alone to relax and clear my mind for ten minutes in a space such as a meditation room. Unfortunately, there isn't a place at this school to do so. I've only attended three schools in my whole life: ABCD Head Start, the Franklin D Roosevelt, and BCLA. At the Roosevelt, we didn't necessarily have a meditation room, but there was a place for students to gather themselves when they are in a bad mood. Teachers were open to allowing students to put their head down to calm down.

Sadly, the teachers at BCLA are the complete opposite. Teachers never want students to put their heads down, even when they are upset. The problem at BCLA is that there is no place for students to take a mental break. When my peers are angry or annoyed, I notice they become negative and lack motivation to do anything.

The best solution is to add a room in the school where students can go to de-stress. Teachers can send students to this room instead of taking disciplinary action. When teachers notice their students are acting out, they can send them to the meditation room until they are calm. If matters become worse, then they can then determine what should be done with the student.

In order to make this a reality for 2017-18 school year, we need to have a teacher willing to be in charge of the meditation room. In the room, there will be pillows, calming music. It will be quiet and smell like lavender. When a student is using the room, teachers can send a call to the teacher in charge to be there for the requested time.

This will bring a positive impact to the BCLA community because it will give a more caring setting to the school. This will not only allow students to know and feel like the teachers actually care, but it will also help students on a deeper level.

Briannah Hunt

We are in school for seven hours, then go to work or play a sport, and end the day with a huge amount of homework. How can you ever find time for all that?

I recently moved from Europe to Boston for a better education. I am reaching out to you to address an issue of dissatisfaction among the students who care about their GPA. Many students, like me, would benefit from X-block being a study block.

Junior year is stressful, as you may remember from your own experience. Sleepless nights, constant worrying about your GPA, college tours, SAT's -- it is all very overwhelming.

Here at BCLA, we have X-block everyday rotating throughout the year. Many students are in a need of a study block and we don't have it. The use of X-block is clearly not working out as well as intended, so this is a good alternative because students will be able to finish their homework in the presence of the teacher who assigned it and will be able to ask questions.

Every day I go to work at Sportsmen's Tennis Center and tutor little kids. After my job, I have a two hour tennis practice that drains my energy. I get home at 8 p.m. and I still have four hours of homework to do. Having X-block as a study block would benefit students like me because they would get to finish most of their homework and have their questions answered by teachers. Then, when students go home later they know they have less homework, which will enable them to go to sleep earlier and be more refreshed in the morning. That would lead to fewer late students and an increase in grades. Wouldn't it be wonderful to see the number of failures drop and the numbers of honor rolls go through the roof?

If you give some students a study block, I know other kids will want it, too. That is why you should put boundaries. If a student wants a study block, their GPA must be decent so that teachers can see they actually care about their grades.

I look forward to speaking to you about this and making BCLA's X-block more productive for students.

Ilda Ascic

"A solution to the lack of school spirit could be getting feedback from all students by giving out surveys to get input, so that all can be a part of planning events and feel as though they are part of the healthy, positive community."

Seja Hussein

As a student of Boston Community Leadership Academy, I feel our school experience is monotonous and we don't have enough regular extra-curricular events to look forward to or inspire us. We come to school to get an education, but it can start to feel like it's a punishment because we just stay in school and aren't able to do a lot of extracurriculars. We get accustomed to the same classes and doing the same work. In middle school, we had a lot of field trips and different types of events. For example, we had a trip to New York and to the Museum of Science.

For the past two years, I have heard students saying that our school struggles and that they want to transfer. It's sad that many of my peers don't want to come to this school because there aren't extracurricular opportunities. I wish I could take a French class. We don't have ROTC, or a home economics class. Not having these opportunities leaves students feeling unfulfilled.

If students had more extracurricular opportunities, fewer students would complain about coming to BCLA and more would feel better about their school experience. Since this would cost a lot of money, we could fundraise by having students sell different types of items or maybe by making a GoFundMe page. If that doesn't work, we could partner with different organizations that could provide extracurricular experiences for students. We could also try to get a program called City Year, an education-focused organization founded in 1988 dedicated to helping students and schools succeed.

Additionally, we could have teachers run quarterly X block sessions in an area of expertise. For example, some staff know how to do yoga, knit, cook, or speak a foreign language. If teachers don't feel like they have an area of expertise, they could have games or movies available. Staff would have to choose an area they want to share with students. If money is an issue, we could fundraise so teachers could have money to buy supplies.

Finally, if this doesn't work, we could have free monthly activities. We could watch a movie in the auditorium, we could have a pie contest, or maybe we could plan free field trips. We don't need our school to be depressing or boring, so let's try different things and something might actually work.

Elsie Pontes

"With four academic classes every day, having a study period will help many students because we will use that one hour to do our homework, and if we have any questions our teacher is right there to help us and guide us. The idea of study hall will improve grades for all students."

Luisa Depina

Last year as freshman, what attracted me most about going to high school was the rotating schedule. I was motivated and excited to go to school knowing I was going to have a different teacher each morning, and I was more focused and active in class than ever before.

Now, BCLA no longer has a rotating schedule. It is just a solid schedule with the only thing rotating being X-block. It was hard to adjust to. I began to get bored going to the same classes every day at the same time. I lost motivation to stay on task and to be interactive with my classmates.

Sometimes, I don't feel the need to even go to class on time. This year, knowing the schedule is solid, students are failing their first class because of how late they are to school. They will receive no credit and have to go to hearings at the end of the term.

The best way to address this problem is to bring back our rotating schedule. Sit down with all the teachers and make a rotating schedule that works with all the teachers' schedules. I understand this solution may feel like a lot of work, but it would make a drastic change in attendance, as well as make school more tolerable. Another solution is to have a survey for students to give their opinion on options for their schedule.

Thank you so much for taking the time to read my letter. I hope you enjoy my thoughts on making this school better. I feel you have the power to change this if you really want to, and I hope you do. I look forward to talking more deeply about this.

Evelyn Vazquez

"Every day after school I have to leave right away because I have to take care of my brothers, but if I stayed after school I'd have to choose between what work I need more help with. Having a study hall where we could see the teachers we need would eliminate this problem."

Jean Carlos Ramirez



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

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.

MORE COUNSELORS IN BPS, NOT COPS

By: Lakendra Ross Williams //
BSAC Contributing Writer

The Boston Student Advisory Council is working on various campaigns to improve the lives of Boston public school students. One of the campaigns tackles the school-to-prison pipeline. BSAC is working hard to transform the BPS discipline tactics and dismantle the school-to-prison pipeline.

BSAC is advocating for more counselors in each high school, not cops. Since there are currently more cops than counselors, some students feel like they are in prison and not in school getting their education.

The school that I attend, Boston Day and Evening Academy, has one cop but several counselors. So, if a student is having a bad day, they can ask to go to student support and talk with their counselor about their personal life, rather than holding it in and acting up which could lead them into handcuffs.

Ironically, school cops do not make students feel safe, especially when a student is being searched, or if the school has metal detectors at the entrance.

In the fall of 2016, BSAC conducted the Listening Project. We went to different train stations and asked students, "Do you feel safe in school with cops there?", "Do you have any counselors?" and "What's the craziest thing you got suspended for?"

We received some crazy answers, especially about suspensions. One student said they were suspended for throwing a pencil out the window!

I care about this issue because I know students feel uncomfortable as soon as they walk into school and have to go through metal detectors or get searched. I know a lot of students who feel like they are in prison because the school system treats them as if they are prisoners, when they are just kids who want an education.



Boston
Student
Rights

KNOW YOUR RIGHTS!

Designed in a mobile friendly format to make information about the BPS Code of Conduct accessible for students. Now available in English and Spanish. Students can find links and resources or file a grievance from the app.

Boston Student Rights App
www.bostonstudentrights.org



THE FACTS ON CLIMATE CHANGE

By: Angel Wilder // BSAC Contributing Writer

What does the climate mean to you as a teen? Are you aware that the climate is changing?

Climate change is not a positive change, but a type of change that could cause Boston to be under water in 50 years. In the article "Climate change could be even worse for Boston than previously thought", authored by David Abel and published by The Boston Globe, Abel states, "In the worst-case scenario, sea levels could rise more than 10 feet by the end of the century — nearly twice what was previously predicted — plunging about 30 percent of Boston under water. Temperatures in 2070 could exceed 90 degrees for 90 days a year..."

That is unsafe. The planet needs to be better taken care of so we humans can have a chance to enjoy it while we grow old. In order for us to know what to do to help save the earth, we need to be educated with the facts of climate change. Although schools are not required to educate you about climate change, you will walk these streets better educated after reading this article.

Climate change did not emerge as a political issue until the 1990s. Since then, pollution has only gotten worse. Pollution has had a significant impact on the ozone layer. According to National Geographic, "the ozone layer is one layer of the stratosphere, the second layer of the Earth's atmosphere." Most importantly "the ozone layer is getting thinner. Chemicals called chlorofluorocarbons (CFCs) are a reason we have a thinning ozone layer. A chlorofluorocarbon (CFC) is a molecule that contains the elements carbon, chlorine, and fluorine. CFCs are everywhere, mostly in refrigerants and plastic products."

We as human beings can help control climate change in our world. But, we can only make an impact if we care. If we care about the negative changes that are going on in our world and the air we breathe, we can turn the negative changes that are happening to humans, animals, and the globe into positive changes. This is important because the amount of carbon that's put in the air affects everyone and everything in this world.

For example, in many low income communities, the asthma level is so high, in part, because the amount of waste and level of pollution that's released. There are more waste locations in low income communities than any other community, such as suburban communities. But remember we are the future. We can make a drastic change in this world but it takes faith, time, love, and patience.

AFH PHOTO

REDUCING THE STIGMA OF STDs AMONG TEENS

By: Imani Clarke // Staff Writer

When people contract a sexually transmitted disease, society tends to look at them differently. I do not believe this is fair. Let's talk about the stigma that leads people to treat someone with an STD differently. There are many ways people with STDs get mistreated, including being talked about by their peers or excluded from groups.

First, I want to tell you what inspired me to write about this topic in the first place. A couple of months ago, I came across an article regarding *Beauty and the Beast*, the 1991 animated movie. You may be thinking, "What in the world does this have to do with anything?"

The article, "The original *Beauty and the Beast* cartoon was a metaphor for AIDS," talked about Howard Ashman, a lyricist for the movie who found out he had AIDS. The article argues that the Beast signifies a "curse" -- similar to Ashman finding out he

had AIDS -- and so he locks himself away in shame. Belle signifies a cure, a chance that maybe, just maybe, the "curse" will be lifted.

I hope I didn't completely ruin your childhood, but this perspective is vital because it shows how being misjudged and mistreated can really hurt someone. In this case, the Beast closes himself off from society because he feels ashamed of who he has become. The people in his town are no better. They make it seem like he's not someone worthy of their understanding, and so they set out to make his life miserable.

Despite being a cartoon, this is a remarkably accurate portrayal of what happens to people when they disclose their STD status to those around them. Being treated poorly can make many people afraid to seek help. To get more insight, I interviewed Suzanne Spersert, a Health Education Instructional Coach for Boston Public Schools.

Q. WHY DO PEOPLE GET MISJUDGED FOR HAVING AN STD?

I think this happens because of the way society talks about STDs. People say you "catch" one and use terms like "dirty" when that is not the case at all, and not how we should be talking about it. Since most STDs have no symptoms, it is difficult to know who has one unless they disclose that information. More than 50 percent of all sexually active people will contract Human Papilloma Virus (HPV) at some point during their lives -- most won't know it. One in two Americans will have contracted a sexually transmitted infection by the time they reach the age of 25. Given these statistics, I believe there's a lot of misunderstanding about how common STDs are and how they are passed on from an infected partner. I also see this talked about in classrooms as typically being assigned to females, when males can be the ones passing on the infection. That needs to be acknowledged as shared responsibility and not one sided.

Q. WHAT IS THE MOST COMMON STD AMONG YOUNG ADULTS?

Chlamydia is still the number one most common STD impacting Boston Public School students. I would call your attention to this fact: In 2014, there were 3,628 chlamydia cases in Boston and 60% of these cases were in 15-24 year olds. With more awareness and more testing, we can help to drive down those numbers in Boston, ultimately making a healthier, safer community for all.

Q. WHAT CAN BE DONE TO HELP PEOPLE FEEL COMFORTABLE WHEN SPEAKING TO OTHERS ABOUT THEIR PERSONAL EXPERIENCES?

This sometimes takes role play or practicing what to say with a trusted adult. I recommend that each student has at least one to two trusted adults in his or her community that they can confide in. These adults can also help students get connected to testing and care.

Q. WHAT ARE THE MEDICAL OPTIONS FOR PEOPLE WHO HAVE CONTRACTED AN STD?

Treatment can include antibiotics given either orally or by injection or antiviral drugs, depending on which STD they are being treated for. Post-exposure prophylaxis (or PEP) is a way to prevent HIV infection after a possible recent exposure. PrEP stands for Pre-Exposure Prophylaxis and is a way for people who don't have HIV, but who are at very high risk of getting it, to prevent HIV infection by taking a pill every day. The pill contains two medicines that are also used to treat HIV.

Q. ARE ANY STDs CURABLE? IF SO, WHICH ONES AND WHY?

My first response to this question is please, please, please advocate for comprehensive sexual health education in your and every BPS school. This is a simple question that gets covered in depth in both the middle school and high school sexual health education curriculum. There are two types of STDs - bacterial and viral. Bacterial STDs can be cured with antibiotics. Viral ones can be managed but not cured. From a behavior change perspective, students should know the risks associated with unprotected sexual activity (vaginal, oral and anal) and be able to access testing if they have engaged in any unprotected sexual act and believe they might have an STI/STD. Students should feel empowered to be able to get tested and also communicate their status with a partner. Accessing community resources and having solid interpersonal skills are key to becoming an adult!

I think that people who have a negative view on people with an STD are just uninformed and there are many ways you can educate yourself. Most schools offer health classes that teach students about these topics. It can also be as easy as using trusted online sources like Scarleteen.com or the Planned Parenthood website. Whatever you decide, I hope it helps keep you educated on STDs. This is not something to be ashamed of because it can happen to anyone and there are many ways and options to seek help and to prevent it from happening again, or even at all.

THE BEAUTY IN YOURSELF

By: Cornelia Omeike Oriabure // Staff Writer

This is a piece of creative fiction.

The sun rose in the morning as I awoke, realizing I had to face another day of torture about the shape of my body. What would I do? I want to go unnoticed. These thoughts ran through my head as I wished I could look like the model on the cover of Vogue magazine.

While in high school, my classmates would laugh at me and say mean things about the way I looked. Although I partly agreed that I was overweight with stretch marks on the back of my legs and stomach, I always wondered if

I would ever get their approval. I wasn't always this way. I used to be skinny just like them.

Every time I went to school, the first person I saw was the same bully who laughed at my body. "What happened to you?" Diana asked. "You look so fat. I guess all the boys don't run after you like before. Hmm, such a shame," she said. "Just so you know, you can't sit

with us at lunch." She didn't hang out with girls that didn't look like her.

My heart broke. Diana used to be my friend in middle school. We did everything together. I felt so ashamed of my body.

I used to be so insecure of my body that even when I was invited to pool parties, I didn't go because my stomach would look so big in a bathing suit and people would stare. As each day passed, I felt the judgement from everyone around me in the school hallways, during lunch, and even at home from my family.

Before I knew it, I began to sink into a depression. I began to starve myself. Food felt like the devil's bait. I believed not eating would

'LOOKING BACK, I WOULD HAVE TOLD MY OLD SELF NOT TO LISTEN TO DIANA, THE GIRL WHO JUDGED ME BASED ON LOOKS...'



AFH ART // LEIDNIECE PEREIRA

make me skinnier. I would eat and throw up in the bathroom. I didn't want anyone to know of my struggle because I wanted that size zero dress to fit, because I wanted to look like an Instagram model.

Most of the time, I would go to a private place and cry. When I was done, I would put on a happy face. Gradually, my grades began to drop because I didn't pay attention in class. I was a stranger to myself.

Looking back, I would have told my old self not to listen to Diana, the girl who judged me based on looks. I would have told myself to love my body the way it was, it was perfect and still is. I did not need to change myself, the world needs to change. I should have been confident, happy and stood up to those who made me hate myself. We are all beautiful and no one should make us feel different. Our flaws are what make us unique.

Q&A WITH BRIANNA MOODY

Body shaming has become a normal part of American culture. While we all have become used to it, it still highly affects the victims. They say when you judge a girl by her appearance, it doesn't define her, it defines you. As a society, we should stop labeling girls bodies.

Brianna Moody works as the Girls' Health Coordinator at the YWCA in Boston. Here is what she has to say about this rising issue.

Q: WHAT IS BODY SHAMING?

A. Body shaming can mean a lot. It can mean causing harm to others or yourself. It is the discrimination [on the basis of] body weight, texture of hair, and also physical abilities.

Q. WHAT ARE THE EFFECTS ON THOSE WHO ARE BODY SHAMED?

A. People who are body shamed are oppressed. They go into depression. They could have eating disorders such as anorexia and bulimia. They sometimes harm themselves and most of the time feel discouraged. They sometimes go through job discrimination where a certain job criteria for a girl or a boy is to not be too fat or too skinny.

Q. WHAT ARE EXAMPLES OF BODY SHAMING?

A. There are so many examples of body shaming such as one commenting on the food someone is eating because of the way they look. This could hurt the person. Another

example is stores changing the size of their clothes or restricting the sizes which they sell.

Q. WHAT WAYS CAN WE CHANGE SOCIETY'S VIEWS ON BODY SHAMING?

A. I would say, people should stop judging people on the way they look. Policies in the workplace restricting the way people look like should be stopped. The media should sample people of all sizes and not just one variety of models with the same standards of beauty. It should be more diverse, all sizes should be accepted. The telling of stories and experience should be shared.



LETTUCE LEARN ABOUT VEGETARIANISM

By: Anilda Rodrigues // Staff Writer

Choosing to become a vegetarian is not as easy as choosing which outfit to wear. The journey is not simple, nor is it the living hell many think it is.

According to the Vegetarian Times Magazine, about 7.3 million Americans are vegetarians and approximately one million are vegan. Among vegetarians, there are lacto vegetarians who eat dairy but not eggs. Lacto-Ovo vegetarians eat dairy and eggs. Pescatarians add seafood to their diet, while vegans eat plant-based foods only.

I became a pescatarian more than two years ago. My motivation was wanting to lead a healthier lifestyle and wanting to discipline myself. Like many people, I doubted I would last as a pescatarian. I thought I would end up disappointing myself by beginning this new lifestyle but quitting shortly after. However, that was not the case. There is a common misconception that becoming a vegetarian is hard. People are either afraid of trying something new and challenging, or simply convince themselves they can not live without meat.

Kiara Batista, 16, from the John D. O'Bryant High School, who has been a lacto vegetarian for three years, says it is easy. "After the first couple of months, you get used to it," she said. Her motives for

becoming vegetarian were that she wanted to "live a healthier life, and stop eating animals that get treated badly."

Because of consumers' high demand for meat, animals are often raised in cramped spaces and barely get to breathe fresh air or spend time with their newborns. From the time they are born to the time they are inhumane slaughtered, they often do not step foot outside their cages.

While some people choose vegetarianism for moral reasons, there are also environmental benefits to a vegetarian diet. "Rainforests are being cut down to raise cattle for beef and cattle themselves produce methane, which contributes to global warming," says Kimberly Fitzgerald, a member of Share Our Strength, a non-profit organization focused on teaching families and young children how to cook and shop healthy on a budget.

Living as a vegetarian also brings health benefits. Livestrong, an online health and fitness source, reported that compared to non-vegetarians, vegetarians tend to have lower blood pressure and cholesterol levels, reduced rates of death from heart disease, decreased incidences of hypertension, stroke, Type-2 diabetes, and certain cancers. This corrects the frequently repeated

myth that vegetarians do not intake enough nutrients and proteins.

After 18 years of being a vegetarian, Fitzgerald cannot remember what her body felt like after eating meat. "I have been told that people feel heavy and weighed down," she says. "I find that it is much harder as a vegetarian to feel weighed down by your food. I usually feel pretty light after a meal and full of energy."

Despite how a vegetarian lifestyle brings optimal results for humans and animals, not many Americans live this way. Unfortunately, our government's decision to support big factory farms has made it hard for small farmers to compete in the marketplace.

According to the Washington Post, between 1995 and 2010, roughly \$200 billion was spent to subsidize U.S. commodity crops, including animal-feed crops, while farmers who grew fruits and vegetables received no regular direct subsidies.

Perhaps part of the reason only a limited number of people are vegetarian or vegan is that local farmers markets are not supported in the way factory farms are. After all, one of the misconceptions many people have is that a plant-based diet is expensive -- especially when compared to processed meats and foods.

Being a vegetarian goes beyond living a healthy lifestyle. It is an approach that teaches you discipline and gives you authority over your health choices. I misjudged myself in thinking that a vegetarian lifestyle was too difficult and not worth my time. After years of being a dedicated vegetarian, I am certain I will continue my lifestyle for as long as I choose.

TIPS FOR HEALTHY EATING ON A BUDGET:

- Know what you are eating. Read the nutrition facts panel and the ingredients.

- Avoid soda and sugary drinks.

- Buy foods with low sodium, low saturated fat, and avoid trans fat altogether.

- Purchase foods made with whole grains to keep you fuller longer.

- Avoid foods that are overly processed.

- Before going shopping, make a list of all the ingredients you will need. Try to stick to the list when you go to the store; this will prevent impulse

buys and help you stay on budget.

- Look at the unit price while shopping at your grocery store to see what the best value is.



AFH PHOTO // TRISTIN HEAP

ASK ELIE: HOW TO LOSE FRIENDS

(IF I WAS RICH, I'D CONTACT A THERAPIST.)

By: Elebetel Assefa // Staff Writer

We all have friends who sometimes annoy us. Every friendship can be annoying - it's natural. But sometimes, it's more than that. Here are the signs you may be in a friendship that has run its course.

First of all, it feels one sided. You feel uncomfortable having conversations with the other person and only do it out of necessity or politeness. The conversation isn't genuine and you feel out of place, wishing they would leave you alone, or that you can disappear into the wall. Everything feels fake and you end up trying too hard to make the conversation last or not be awkward.

I have found that these "friends" seem totally lost as to my discomfort. The hints pass by them like the oxygen they're inhaling. In my case, I tried to be a genuine friend and make it work. I tried to take interest in their hobbies, likes, and concerns as any good friend would. Or at least tolerate them.

But as others have said before me: "we fell out of touch with each other," "our interests didn't align anymore," "we grew apart," "it wasn't them it was me," or "we simply didn't fit into each other's lives anymore." It's life. True friends don't feel uncomfortable in front of each other. And life is too short for shallow or one sided friendships. So I cut these friendship short with the best interest of everyone in mind.

The following are the steps I took to end unnecessary friendships. These aren't proven theories, just one girl's successful attempt at cutting off a friendship that had run its course. Read on if you're at a place in your life where a certain individual has no space in it and you are in



AFH PHOTO // VANESSA VO

need of direction.

APPROACH 1: THE PAINFUL TRUTH

Just tell them the truth. If you disclose to "the friend" how you truly feel, most of the time, it will end your struggle and bring you swift results. However, this can come with significant downfalls. The potential for drama, and other people getting involved and escalating the issue, is real. This approach can also make you look like a heartless and cold-blooded person.

APPROACH 2: HAVE-A-HEART

Let's be honest, the painful truth is only plausible for certain people. Those of us who possess an actual heart take the high road. That was my approach. Like most changes, it took

time, and there are two things you can do.

Social Media Cut Off: Social media is where we do most of our socializing nowadays, so losing your Snapchat streaks or not viewing their story is a great way to create distance. Do not like their Instagram pictures or tweets. Maybe even delete some of your mutual friends. Eventually, you will not know what has been happening in the other person's life, creating less of chance for full blown conversations on things you have in common or can each relate to.

Distance Thyself In Reality: Although you might try to avoid the "friend" as much as possible, if you go to school together you cannot avoid them fully. This means you need to change the way you interact with them -- how you speak to them and your body language, words and tone. When in a conversation, make sure to be as brief and vague as possible with your responses. Look bored, busy, or tired. This will keep them at arm's length.

Sometimes though, they might put be resistant and push back on your methods. They might hold on to the friendship tightly and wonder why you're not hanging out as much. In this case, you have to be able to address their concerns to their face about not hanging out as much.

I used all these approaches in my journey and managed to slowly end the friendship without too much drama or hurt feelings. It did not happen overnight, so patience is key. You can't rush it if you want optimum results with no hint of drama or feud.

I wish you good luck!

TRUE OR FALSE: AN AD GAME

By: Kelly Thai // Staff Writer

Due to advancements in technology, the way people spread and receive information has changed. Before modern times, it was through word of mouth, newspapers, or radios. Today, people post pictures, captions or hashtags of their new product or business and it can go viral in minutes. This may seem effective and appealing, but there is a catch. The problem with the efficiency of technology is that false information can spread quickly.

Advertisements are an eye-catching and effective way of spreading information in seconds. Today, ads have moved beyond television and into our tablets, laptops and phones. Because social media is powerful and addictive, most people see hundreds of ads and banners on web pages every day. Companies and businesses know the majority of young people go on social media constantly and they use this intel to spread product awareness.

Bright, colorful slogans and images are

used to lure our attention for a few seconds. We're exposed to so many advertisements and brands every day that we can't always tell apart the ones that are sending false or accurate information.

On the Federal Trade Commission website, a government agency that protects consumers, it states that they "look especially closely at advertising claims that can affect consumers' health or their pocketbooks - claims about food, over-the-counter drugs, dietary supplements, alcohol, and tobacco and on conduct related to high-tech products and the Internet."

But how well is the FTC able to protect us from false advertising? There are millions of commercials and advertisements surrounding beauty. We see beautiful, young models trying makeup and hair products, and this persuades us to buy the product to look as beautiful as the models. There is pressure all over the world by society, for both men and women, to look beautiful all the time. It can lead people to believe makeup will solve their problems.

Jo Swinson, a British member of parliament, wrote an article featured on CNN titled "False beauty in advertising and the pressure to look 'good.'" In it, she discussed her decision to bring Lancome ads for foundation makeup featuring Julia Roberts to the attention of the Advertising

Standards Authority, which banned them for being misleading. Brands that falsely advertise should reflect on how they present their products, food, or business and how it impacts consumers.

However, not all companies falsely advertise. To be truthful to their customers, both business owners and ad agencies properly test the product before putting together commercials. Matt Duerr, an account supervisor at MullenLowe, works with upcoming businesses and meets with clients every day who need assistance in promoting their business or brand. Duerr says that when he works with businesses, he and his co-workers make sure their client is able to substantiate the claim they will make in the commercial. "We have always made sure that a product is properly tested before we move into production," he says. MullenLowe and businesses collaborate together throughout the entire process to assure customers will be happy with the finished product.

A way to know whether an advertisement is true or false is to educate ourselves on how businesses and companies attract consumers. In a time where avoiding advertisements is impossible, honesty by brands is more important now than ever.

CELEBRITIES ARE JUST LIKE YOU AND ME

By: Sabrina Kalam // Staff Writer

Society is excited about celebrities. If a celebrity is wearing a dress, people will buy it because "a celebrity wore it," even if it doesn't look good on them. People will go to concerts even if they don't have the money and need to borrow it from others. This is mostly teenagers but sometimes adults too.

Now, people are mostly talking about Kim Kardashian, an American actress, businesswoman and model. She is the star of the reality show "Keeping up with the Kardashians" which gets filmed in California. The family has two other shows called "Kourtney and Kim Take New York" and "Kourtney and Khloe."

Catherine Finkenstaedt, an English teacher at Boston International High School, said, "to me, Kim Kardashian seems to be a bit of a materialistic person. At the same time, she must be pretty intelligent to be as famous as she is."

When asked if she believes that celebrities tell the truth, she responded, "I think that just like everyone, celebrities probably don't always tell the truth especially because they are always in the spotlight. When they do something wrong, they probably feel

I THINK THAT MANY CELEBRITIES SHARE IDEAS & PICTURES THAT PRESENT AN IMAGE OF WHAT THEY WANT TO BE PERCEIVED AS.

more of a need to hide it or adjust the truth so that their fans will continue to like and respect them."

When asked about her taste in celebrities, Alyssa Hughes, a history teacher at Boston International High School said, "I am a fan of some comedians, musicians, actors and other artists. I like them because I enjoy their work, not necessarily because they are famous. Two comedians I like to listen to right now are Hari Kondabolu and W. Kamau Bell. They are not super famous, but I love their work."

She also said "I think it can take courage to pursue art professionally and I admire that about artists." When asked about Kim Kardashian she stated, "I find Kim Kardashian and her fame to be fascinating! I've watched her show a few times because I was curious about why it is so popular. I think she is popular because her lifestyle is what many people want--she is wealthy, but on her show she shares so much about her life that people believe she is relatable. She's 'just like us.' But she's so not! "

Another frequently discussed celebrity is Beyonce, who started her career through a singing and dance competition as a child. Hughes is a big fan of Beyonce. "I love the art she creates, especially her last two albums. Recently, she has spoken out and performed in support of the #BlackLivesMatter movement - using her voice to amplify the message of the movement. Brava! I think that many celebrities share ideas, pictures, etc. that present an image of what they want to be perceived as."

Finkenstaedt adds, "she is trying to make her music relevant to the issue that many people face today."

From this, we can learn that people have different ways to express their feelings and we should try to listen to their perspectives and respect them.

5

STEPS TO YOUR FIRST PAYCHECK

By: Belkis Montas // Staff Writer

The dilemma most kids face today is that they can't get a job without work experience, and they can't get work experience without a job. Maybe, if they are like me and an immigrant to the United States, they were delayed in their ability to even get a work permit.

To have a job in United States, you first need to have a social security number. Since I was not born here, I had to apply for citizenship in order to get a social. This process alone can take years to finish and there are fees that one has to pay. This is especially difficult if you are unable to have a job first. This can discourage teenagers like me who, when they finally get their work permit, come to the conclusion there is no work to be found.

Companies often want someone with prior experience so they tend to hire fewer teens. From an employer's point of view, this makes sense. Why hire some clumsy, temperamental teenager who you'd have to train for days, when you can get someone who already knows what they're doing.

Most kids don't want jobs because they believe the payoff is not worth the time. After all, \$10 an hour on the weekends won't help you save up for college, and standing for hours on end ringing up bags of groceries for a couple extra dollars in your pocket doesn't seem like a good use of time. That's why finding a job that won't bore you to death, but will also give you a decent paycheck, is difficult.

Here are the common steps I encountered while on the job hunt.

STEP 1: FINDING A JOB THAT SUITS YOU

I started my job hunt by looking at bigger stores. I imagined myself like internet sensation Alex from Target, but something about Belkis from Walmart didn't really sound right. Then I thought about fast food restaurants. After all, Chipotle could always use an extra hand. But, smelling like tortillas after my shift is not something I was looking forward to. I later turned to retail stores like H&M, Urban Outfitters, Dicks Sporting Goods and TJ-Maxx with the main incentive of employee discounts.

STEP 2: FILL OUT NUMEROUS APPLICATIONS

You can go to stores directly and ask the manager for an application, but most are done online. I started to apply to DSW, but realized that I could not answer questions regarding previous job references, so I decided not to finish the application. It is overwhelming feeling like I somehow got the short end of the stick and not being able to do anything about it. I am a proud immigrant but I wish it didn't hold me back in my job search. I realized that if I kept getting discouraged I would never finish any application. I am already at the bottom so I may as well go up.

STEP 3: FIND REFERENCES

References are recommendations from people who have seen you do good work and are willing to talk about it. Reach out to any previous community service programs you have been a part of, and kindly ask if they would write you a reference letter. Teachers and coaches also work. My math teacher, who is also my math club leader, was my reference. I felt that he has seen me work hard, lead my group, and bring people together to problem solve effectively.

STEP 4: CREATE AND UPLOAD A RESUME

This is challenging mainly because I didn't see how me taking two advanced placement classes and being a member of the math club could possibly coincide with being a shoe saleswoman. Nonetheless, I was committed to being honest in my application process.

STEP 5: HIT SUBMIT!

Waiting for a phone call or an email can be nerve wracking to some. I don't know if I will get accepted, but the fear of being rejected no longer holds me back. The application process taught me that there is nothing wrong with putting yourself out there, and there's also nothing wrong with trying something new.



THINK, SLEEP, TALK TRACK

By: Djibril Conte // Staff Writer

A long, long time ago, in a place far, far away, Nike shoes weren't around to help track star Koroibos win the first Olympic track race. According to Greek history, in 776 BC, Koroibos, a cook from the city of Elis, won the first 600-foot race. Track is told to be the first and only Olympic game in the first 13 Olympic festivals. Marathons were also much longer than they are now, some being over 100 miles long! According to the Boston Globe, it wasn't until 1921 that the International Association of Athletic Federations officially reduced the marathon to an official 26.2 miles.

Let's see what some Cristo Rey High School track running teens have to say about their lives as athletes.

WHAT MOTIVATED YOU TO RUN TRACK?

Ralph Lambert: I like running. It gets my legs ready for soccer.

Samuel Kabeya: I like sports.

Stencia Bastien: I can run fast.

WHAT DO YOU DO TO BECOME FASTER?

Lambert: Training, squats, and jogging.

Bastien: Running for buses, running in gym class, racing friends.

WHAT IS THE HARDEST THING ABOUT BEING ON THE TRACK TEAM?

Lambert: I get nervous during track meets because I've slipped once during a race.

Kabeya: The feeling of competition is intense.

Bastien: Controlling my breathing as I run.

HOW HAS TRACK AFFECTED YOU PHYSICALLY?

Lambert: I lost weight and gained it in muscle, so I weigh the same.

Kabeya: I'm trying to stay fit.

Bastien: I'm a fit person, I have a fast metabolism.

WHAT IS THE MOST EFFICIENT FORM TO RUN IN?

Lambert: With your hands straight, run like you're elbowing. Start low to the ground and slowly pick yourself up, straight back.

Kabeya: Leg exercises help you run more efficiently.

Bastien: Knees high with lots of adrenaline.

AFH PHOTO // ALJANAH SANFORD

PSYCH HACKS TO GET WHAT YOU WANT

By: Clinton Nguyen // Staff Writer

You've tried it all. Asking people directly for what you want. Giving subtle hints. But, you still haven't gotten the results you're looking for. With the help of these small psychological tricks, you will be able to pull the strings like a master puppeteer. In the two scenarios below, you will see the act of subtle manipulation through successive approximations, which are small steps one can implement into a social situation to reach an ultimate goal.

SCENARIO #1

Francine, a mother of two and a psychology professor, prepares dinner. In the background, her children play disruptively with legos, causing nettlesome clinking sounds as the thin plastic bricks fall onto the wooden floor.

When the food is ready, she announces for her kids to come eat. They mumble a pesky remark and continue to play. Being opposed to physical discipline, Francine has an idea.

She calls her sons to put away their toys, a small, simple task.

She then tells them to put away the box in the closet. After they do, she suggests they take all the unwanted items in the closet and bring them to the curb. As they are already in the closet, they agree, resulting in a cleaner closet and a happier mom.

With that mess resolved comes the real issue: vegetables. "Hamilton and Harvard, would you like to have three stalks of asparagus or five?" They choose three, versus the usual none.

ANALYSIS:

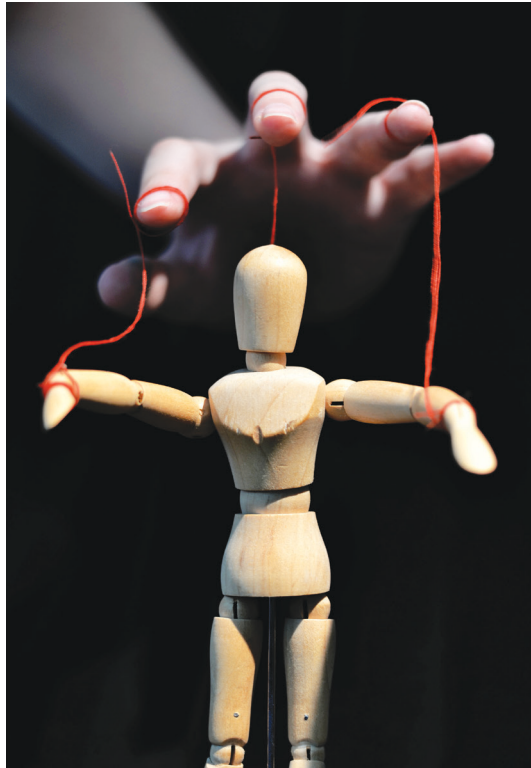
All the actions Francine has performed may not strike you as unpeccable. Yet, when analyzed, psychologists can see the intended acts of subtle manipulation she executed to make her day a bit better. With the goal of having her kids complete their prolonged chore of cleaning their closet, she made this happen by using the "foot-in-door" technique.

This is the strategy of compliance in which a small task is completed, leading to a larger one. In this case, it was the simple task of putting away their toys that resulted in the larger task of cleaning the closet.

Getting them to eat their vegetables was done with the tactic of "illusion of choice," which confines them to eating vegetables while maintaining that open choice and illusion of free will.

SCENARIO #2

Aaron, a psychology student, walks into the seating room before his interview for an



AFH PHOTO

internship at Tufts University. Shaken with anxiety, he recalls his last psychology class and begins to chew gum.

He suddenly realizes he forgot to print his résumé, which prompts him to rush to the nearby printer. To his dismay, there is a line, but he quickly gets to the front by incorporating the magic word "because" into his request to cut the line.

After printing, he goes back to the waiting room. The door swings open and reveals the interviewer extending his hand. Aaron shakes his hand with a firm grip, bright smile, and direct eye contact. Sitting down, he notices that the interviewer's plaque reads "Johnson." Aaron states the name out loud before asking about his day. He flashes a smile before proceeding to subtly follow the interviewer's

move, such as folding his hands together. Aaron lands the internship.

ANALYSIS:

Aaron, a psych 101 student, incorporated some hacks into the situation. This included ways to palliate social anxiety and make yourself more appealing. That is why Aaron chewed on a piece of gum to alleviate his anxiousness.

Ellen Gillander, a PsyD student from the Massachusetts School of Professional Studies, states the science behind this simple yet effective trick. "Studies have shown the act of chewing gum reduces cortisol levels. Cortisol is commonly referred to as the stress hormone."

The use of the term 'because' is from a 1977 Harvard 'copy machine' study. The term, no matter how ridiculous the excuse given after, short circuits people's brains to make them view your favor as important, leading you to get what you want.

Aaron also made sure to make direct eye contact. This displays comfort more than inconsistent eye contact. Saying a person's name aloud and smiling has a similar effect. Smiling is also a way to trick your brain into making yourself happier, and when you radiate happiness it becomes contagious to surrounding people.

Subtly following a person's actions is another way to make them subconsciously like you. For example, when Johnson placed his hands on the table, a few seconds later Aaron would do the same. This establishes repertoire and builds rapport to set a sense of trust between them.

Gillander gives insight on how this tactic is based on the science of mirror neurons. "Studies have shown that every person has what are termed mirror neurons; neurons in the brain that are activated by witnessing someone else perform an action."

Now you are equipped with tricks of manipulation. Use them wisely!

3 TIPS FROM A STRUGGLING WRITER

By: Kiana McLean // Staff Writer

As someone who has dreamed of becoming a writer since I was young -- like, six-years- old young -- I've come across different blogs, videos and books offering writing tips. Like many others with similar creative outlets, I have struggled with being insecure about my writing. To help combat this, I did research and dug up some useful tips.

Some ran the risk of making my writing worse, while others helped me see a vast improvement in my writing almost instantly. The latter are the tips I want to share.

TIP 1: WRITE WHENEVER YOU CAN!

Oh my God! I'll be the first to admit that this is one of the most generic tips any writer could tell you, but it does not matter, because it works wonderfully! Prior to putting this into practice, I had issues with forgetting story ideas. I also had problems expressing many of my feelings verbally to others. Having the ability to write about them whenever possible led me to be able to let out my emotions and break down mental barriers that have stopped me from writing more stories in the past. Translation: this is a heck of a cure for writer's block.



LACK OF SEX ED LEADS TO SPREAD OF MISINFORMATION

By: Al Fox // Staff Writer

The spread of false information regarding biology and sexual health is causing women's rights violations worldwide. The most common misconception involves virginity and the role of the hymen - the thin tissue that stretches across part of the vaginal opening.

Some falsely believe that an intact hymen is proof of an individual's virginity and that if broken, that person is no longer a virgin. However, a hymen can be stretched through vaginal sex, or remain intact. It can also be broken for reasons unrelated to sexual activity. This misconception harms women across the world and causes shame, rejection from career opportunities, and in some cases, even death.

In some countries, if a groom finds his bride's hymen did not break or "bleed" during intercourse, she is deemed not a virgin, and therefore outcast or can face death.

To this day, women are subjected to virginity testing in Indonesia when seeking military careers. In 2015, HumanRightsWatch.org called for an end to virginity testing of female military recruits and the fiancées of military officers in the Indonesian armed forces.

In October of 2016, the Huffington Post reported that in Eastern South Africa, in the KwaZulu-Natal province, the uThukela district awarded "maiden bursary" - or scholarships - to unmarried, young women who preserved their virginity with proof of an intact hymen. Gender and human rights activists fought to repeal these scholarships, but cultural leaders are fighting back saying that virginity testing is an integral part of their culture.

These examples of women being mistreated because of

false information are unfair and unreasonable. They are human rights violations of women, as it damages their access to opportunities and minimizes their physical autonomy.

Attitudes towards virginity in the United States have begun to evolve. However, there are still people who believe the myth of the hymen. High school students across Boston have different views on the truths and myths on whether an intact hymen is linked to virginity.

Rayven Frierson, a junior at John D. O'Bryant, believes there would be a "popping" inside of a female's reproductive organs when the hymen is being broken.

Daxel Santiago, also a junior at O'Bryant, said, "if you're stretched out, then you're not a virgin." He quickly refuted his own claim by saying, "but you can lose it by playing sports."

He ultimately agreed that there should be a lesson on this topic in health or biology to fix this misunderstanding.

Stephen Fiascone J., M.D., a physician at Brigham and Women's Hospital, offered further insight. He said a hymen can rupture through sports or use of tampons. Some girls are born with hymenal tissue that covers the entire opening, crosses in the middle of the vaginal opening, or may have little to no hymenal tissue.

A solution to stop the spread of false information is to have a robust and thorough sexual education course. Teens should be prepared to face the world with accurate and reliable information that encompasses reality. Not only would this help prevent ignorance in the U.S., but potentially set an example for science and women's rights around the world.

OPEN LETTER TO DONALD TRUMP

By: Audrey Martin // Contributing Writer

Dear Donald Trump,

You are president now. Congratulations. You won a race that not many can say they did, and that is quite the accomplishment. That said, I want to express a few concerns I have with several decisions you have made since taking office.

Mr. Trump, you signed an executive order that suspends admission of all Syrian refugees from entering this country and severely limits that of other refugees by implementing a process of 'extreme vetting.' You have taken steps toward banning all people seeking freedom from their terror-stricken countries from entering America. You state this is necessary because of the danger refugees pose. I'd like to remind you that there have been zero fatal terror attacks in the U.S. by immigrants from Iran, Iraq, Syria, Sudan, Libya, Yemen and Somalia since before 9/11. I'd also like to remind you that nearly 500,000 people have died from gun violence since that date, and yet you oppose sensible gun laws.

You have also instituted cuts of federal funds to international organizations that support Planned Parenthood. Mr. Trump, I hope you are aware that Planned Parenthood does much more than provide safe and accessible abortions, seeing as I am aware that you do not approve of such acts. Planned Parenthood provides nearly five million people worldwide with birth control, life saving healthcare and sex education for women and men who otherwise might not receive it. Opposing such an important foundation, although it may not personally effect you, could mean that thousands of women would lose their right to safe and often vital care.

Additionally, I would like to address your stance on marriage equality. You have stated that you are a "traditional guy." Mr. Trump, how can you justify denying the rights of another human to love whom they want to love by stating your personal feelings towards the matter?

You have also chosen as a partner Mike Pence, an adamant opponent of LGBTQ rights. I have no doubt that you are of adequate intelligence, so I ask why you would bring someone so filled with misguided hate as your running mate? I would like to hear your reasons why, and I'm sure the roughly 10 million Americans who identify as gay or lesbian -- whom you have vowed to protect and defend the rights of when you claimed to be "president for all Americans" -- would like to know as well.

I want to make one final plea, Mr. Trump. You are president for the next four years. I ask on behalf of immigrants, refugees, people of color, people who identify as LGBTQ, and women: please work for all of us. America thrives on diversity, equality, and equal opportunity. I fear that your administration will prevent that from continuing. Prove me wrong, Mr. Trump. Prove that you can be a conservative who still respects and upholds the fundamental rights of all people. For the country, for the people, and for me.

Thank you,
Audrey Martin

TIP 2: SEE NO EVIL, HEAR NO EVIL, SPEAK NO EVIL

Something can't really be evil if it eventually could be used to write a killer story, right? Ironically, this tip means to be SUPER nosy. It doesn't have to be in an obvious or annoying way, just be extra observant of the world around you. Next time you're on the bus, listen to the conversations of the people around you. Take in their mannerisms and stories. Hey, if you're confident enough, start up a friendly conversation with someone.

Try to watch the sunset every night. Think about those little changes in your best friends behaviour when they're upset. Find a different route to walk home one day. Subjecting yourself to new experiences, as

well as acknowledging the small changes in everyday events, can open your eyes to a new perspective. All the new details can bring more life into your writing.

This is what lets you express more through your words and helps you notice the difference between "her hair had purple highlights that looked pretty when it moved." And, "her hair was a winter sunset, the lilac and indigo hues fighting for dominance with every turn of her head."

TIP 3: READ AS MUCH AS YOU WRITE

I have found nearly all of my inspiration to write through reading. Read whatever you enjoy, as well as things you feel could fit into your writing style in the future. For people

who have creative outlets, originality and uniqueness derive from collections of stolen ideas. The broader your literary palette, the more inspiration you'll be able to draw from and put into your own style.

Don't get me wrong, I'm not telling you to copy and paste the entire Harry Potter series into a word document and say it's yours because you love it so much. But, it could be useful to reference things like J.K. Rowling's writing style or methods and use them to help mold your own individual style.

I hope these tips have inspired you to become more interested in writing and that they will help the future writers of our generation to flourish and grow like the beautiful literary flowers they are.

DEFENDING TRANS RIGHTS IN AND OUT OF BATHROOMS

By: Sonny Mei // Staff Writer

Despite becoming more common in the public eye, transgender people still frequently face oppression and discrimination.

Transgender is an umbrella term for individuals who identify as a gender they were not born as. For example, a transwoman is an individual who was born male and now identifies as female. Not all transgender individuals go through sex reassignment surgery. The transitioning process may be different for some people.

A trans person's right to use the bathroom in which they feel most comfortable is a hot debate recently. Some argue they should use the bathroom of the gender they were born as. Others maintain that a trans person has the right to choose which bathroom to use.

Some fear that a trans person would use their privilege to harass women and children in bathrooms. This is unreasonable. After years of discrimination, who would want to face continuous backlash from transphobia?

"Trans people should certainly have a right to choose their bathroom. It is a human necessity and whichever gender they find fit, they should use it," said Lina Huang, a junior at Boston Latin School.

In 2016 North Carolina passed House Bill 2 which required individuals in government buildings to only use the bathroom of the sex listed on their birth certificate. The bill also said that individual cities and counties couldn't pass their own laws to protect the rights of LGBTQ people.

On March 30, North Carolina partially reversed House Bill 2 after national backlash and replaced it with House Bill 142. This bill allows people to use bathrooms of their preference in government buildings. However, the new bill prevents local governments from making any laws to protect LGBTQ people until 2020. Can the LGBTQIA community wait four years for their rights to be gained?

TIPS TO BECOMING AN ALLY FOR TRANSGENDER PEOPLE

- Don't assume someone is transgender just by looking.
- Don't make assumptions about a transgender person's sexual orientation.
- If you don't know what pronouns to use, listen first and then ask.
- Understand the difference between "coming out" as lesbian, bisexual, or gay and "coming out" as transgender.
- Never ask "What's Your Real Name?"
- Never ask "What do your genitals look like?"
- Don't assume someone is transgender because they are an ally.

RESOURCES

More helpful tips can be found at GLAAD's website
www.glaad.org/transgender/allies

BAGLY is a youth-led, adult-supported social support organization committed to social justice, and creating, sustaining and advocating for programs, policies, and services for the LGBTQIA youth community.

For more information about their programs and events, please visit their website at www.bagly.org

Executive Director of the Boston Alliance of Gay Lesbian Bisexual & Transgender Youth, Grace Sterling Stowell, who identifies as a trans woman, says, "When laws are passed that discriminate a certain group of people, I think that it's wrong... and it's concerning that states have laws that hurt us."

On March 30th, a 'Free Speech Bus' arrived at Boston City Hall which read "Boys are boys ... and always will be. Girls are girls ... and always will be... You can't change sex. Respect all." Their idea of 'respect' is ironic, as this message encourages transphobia. Is it alright to use freedom of speech to discriminate and oppress?

Junior at the John D. O'Bryant High School, Jonathan Duque says, "To make such a claim without acknowledging another person's perspective is just ignorant and wrong. Certain issues will not always be either black or white; sometimes there is a mix of gray, and this has to be accounted for."

Stowell believe it is important that we all step up and become allies. "Whether it be trans or people of color, or gay, lesbian, and bi people, or immigrants or Muslims. We should all step up as allies to protect each other and we will be stronger together," she said.

We need to educate ourselves and become aware of the conditions in the trans community. There are resources on the web or through local organizations. In order to respect groups of people that are mistreated due to their beliefs, we must stop discriminating against their non-binary identity. We should respect them for who they are, not shunning them from society. As someone who does not identify as trans, I will never experience the repressive treatment they receive. Though, I will continue to be an ally, giving them the help and support they deserve.

AFH PHOTO
// GILFORD
MURPHY

KEEP YOUR PEPSI. THE WORLD NEEDS ACTION!

By: Elebetel Assefa // Staff Writer

The world is ending and it's not aliens with orange skin and exotic hair that are destroying it -- although slightly responsible. It is us. Soon enough, planet Earth will be decimated by the huge, orange, glowing sphere of hot gas it circles if we don't take action against climate change.

It is understandable that with Instagram, the Kardashians, and Pepsi commercials, we have other things to worry about than the inevitable doom we're heading towards. However, climate change is already impacting our world in countless ways. Polar bears are losing their habitats and dying. Imagine, the beautiful ruler of the ice caps, being the next thing Kendall Jenner hands a Pepsi to.

Young people play a critical role in preventing this tragedy according to Dr. David Nurenberg, assistant professor in the Graduate School of Education at Lesley University and a teacher with G.L.O.B.E Consortium, which educates teens about global warming, green technology, and how young people can get involved.

Dr. Nurenberg stated that climate change is already impacting lives around the world in the

form of shifting weather patterns, changes in the populations and behavior of local species, and rising sea levels. "Even if we were to somehow halt human-caused global warming tomorrow, these effects would still persist and increase in magnitude for decades into the future. This is the future in which teens will become adults, try and raise families, and it looks to be a future in which all of those things will be harder for them than it was for my generation."

The neglect of the environment today will impact tomorrow's world. 2016 was the hottest year on record. The warming of the planet caused destruction through habitat loss, extreme hurricanes and severe heat waves all around the world. We have to start making the changes needed to curb these tragedies now, before the things we take for granted become inaccessible, out of reach, and there will be no going back.

Some adults, and even more teens, believe that young people can't do much to help. It can often seem that this generation's voices are not important and opinions are useless. Most of us have already given up on taking part in change because we feel powerless. But that is completely false.

Dr. Nurenberg explained that the idea of teenagers not having a voice is a "carefully constructed myth designed to keep teens quiet, inactive and cynical consumers."

Teenagers have been changing the world for a long time. Take William Kamkwamba, a Malawian boy who built a windmill to power his home at age 14. Taylor Wilson, also at age 14,

built a nuclear fusion reactor, which he believes can be a solution to our future energy needs. Kamkwamba and Wilson are prime examples of teenagers who didn't wait to become "someone important" before they took action, and we need to join them.

Anthony Zeng is a sophomore at the John D. O'Bryant High School and a member of the Alliance For Climate Education (ACE). He and dozens of other teenagers fight climate change by advocating to their local legislative members and empowering other teens to join the battle. They recently petitioned for 100% renewable energy in schools and spoke with Boston City Councilor Matt O'Malley. They plan and organize events like teach-ins and rallies. Zeng and other ACE members contribute time, action and youth voices in the climate change movement. They are models for students who falsely believe their voices don't matter.

Dr. Nurenberg suggested other ways teens can take action today. "Teens can organize carbon reduction programs, recycling and reuse efforts. They can campaign for political candidates (even if they can't vote) and they can organize boycotts or other shifts in their and others' buying patterns. Teens today have more access and facility with social media than any other generation, so they can use it to spread and magnify the effects of the work they do."

Teenagers are capable of creating positive change. They bring in new perspectives, ideas, and a much needed spirit. As a result, their contributions are vital in helping polar bears survive -- without Kendall Jenner's help.

STOP ASSOCIATING TERRORISM WITH ISLAM

By: Maysoon Khan // Contributing Writer

Terrorism: an act of violence toward a generally large population that causes terror.

Terrorism as seen by your average American: an act of violence towards a generally large population that causes terror, committed by Muslims.

I am a 17-year-old female American who has been the subject of hate, discrimination, and hostility since the seventh grade because of my religion. Four years ago I decided to wear a scarf on my head as a symbol of modesty and self-expression. What it rendered was being called "Taliban" on the streets of Boston, and "ISIS" in school; being spit on by passing cars on the 9/11 anniversary and not being allowed to walk home from school due to my parents being concerned about my safety.

The words "terrorism" and "terrorist" should not be associated with a certain group or religion. How many times have you heard the term "Islamic terrorism" on major news stations? If it is not outright "Islamic terrorism," it is "terrorism committed by a Muslim."

Not only is the term misused, but it also puts mosques and the Muslim-Americans in immense danger. No longer can I feel safe going to my local mosque for fear of someone storming in to commit a hate crime.

How could one term be given so much power that it is turning religious sanctuaries into places of danger, and bringing hate and hostility toward a generally normal, peaceful group of people?

President Donald Trump made radical

statements against Latinos, women, and the disabled during his presidential campaign. The most radical, however, were his public statements against Muslims. Trump stated "it would just be good management" when a reporter asked if his administration would create a database of Muslims. He was outrageously supported in these remarks, and early in his presidency he instilled a ban on immigration from many Muslim-majority countries. His statements and actions have fueled the increasing hostility against Muslims in America.

You cannot use the term "terrorist" interchangeably with "Muslim" -- a religion of 1.6 billion people worldwide. Because of the faults of a tiny percentage of the Muslim population, the rest of the 1.6 billion are being blamed and terrorized.

One may argue that the majority of terrorist attacks in the United States are committed by Muslims. However, many victims of terrorism are Muslims, with a majority of terrorist attacks occurring in Muslim-majority countries. This only emphasizes how the term Islamic terrorism is wrong.

Again, the problem lies with the word "terrorism." If we go by the true definition, then the Sandy Hook shooting is a terrorist attack. However, news stations stated the shooter was mentally ill, and did not use the term terrorism to describe it. Similarly, a mass shooter at a Planned Parenthood clinic in Texas, who claimed anti-abortion views and called himself a "warrior

for the babies," is a terrorist and committed a terrorist attack. However, these atrocities are not labeled as such.

Media largely covers attacks committed by Muslims very differently, presenting them as representative of an entire religion. This leads many people to believe that all terrorist attacks are committed by Muslims when this is simply not true. This, as a result, is the reason such horrendous acts of hate are being committed against Muslims such as myself.

It has come to a point where I must wear a hat to conceal my hijab on public transportation.

It has come to a point where Muslim-American citizens are being attacked and seen as 'aliens' by their fellow American neighbors.

The word terrorism is enabling these crimes to be committed.

The word terrorism is the bullet in the gun that is being used against fellow Muslim-Americans in present day America.

We, as Americans, must stop labeling attacks with a set formula created by media: Muslim equals 'terrorist' and other equals 'not a terrorist'.

We, as Americans, must learn from our mistakes and not stoop to a whole new level of bigotry.

One word should not be given the complete and unhinged power to destroy members of a religion followed by 1.6 billion people.

One word should not enable others to hate and aim to drive all American-Muslims out of this country.

'90S TRENDS ARE COMING BACK FOR MORE

By: Imani Clarke // Staff Writer

Throughout the years, fashion has continuously evolved and revamped styles from previous eras. The fashion industry changes every season and certain items are either "in style" or "out of style." If you wait long enough, what's out of style one year, is almost sure to come back down the road. In recent years, this generation has begun to bring back trends that were popular in the 1990s such as crop tops, chokers, and bomber jackets.

CHOKERS

I know what you may be thinking, and no, chokers do not actually choke you -- it's just a name people! Chokers are accent jewelry pieces that first made their mark in '90s fashion. Many celebrities, such as Drew Barrymore made the trend popular. The original version of the choker had a tattoo appearance that has also reappeared in style. Many celebrities today, such as Rihanna, have given chokers a major comeback. Whether you go into Forever 21 or H&M, you will find many different styles and types of chokers in the jewelry section including velvet, chains and leather.

CROP TOP

Crops tops are essentially a half shirt that cuts off just above your naval. This trend first became popular in the '90s and was mainly worn in casual settings. Whether you were running an errand or going to the beach, wearing a crop top was the go-to fashion ensemble that many young women wore on the daily. Nowadays, crop tops have returned not only in casual fashion, but also in sophisticated settings. These tiny shirts are now worn by celebrities, such as the iconic critically acclaimed actress Lupita Nyong'o, at award shows and red carpet events.

BOMBER JACKETS

When I tell you that bomber jackets are the bomb.com I'm not just saying it to be funny. Seriously, people who are into fashion should be thankful for what the '90s has blessed us with. Bomber jackets, a jacket that falls right on your waist and has zippers on the arms, come in all different colors and designs. Originally created for military pilots, they emerged as a popular trend in the '90s and are thankfully now making a much appreciated comeback. As a lover of jackets, bomber jackets in particular, I can say that you can wear these for any occasion. You can dress them up if you're going to a fancy event, or dress them down if you're just going to hang out with friends.

AFH PHOTO // VANESSA VO



SEOUL SOULONGTANG: KOREAN FOOD FOR FAMILY AND FRIENDS

By: Lynn Nguyen // Staff Writer

The cool air from the air conditioner greeted me as I walked through the door. The inviting smell of roast beef, savory garlic, and fermented cabbage made my stomach rumble as my friends and I took our seats.

One side of the restaurant consisted of traditional Korean style seating; short tables where you have to sit on the floor, with your legs folded and shoes off. The opposite side was western with modern tables and chairs.

On the table were two jars of water to be poured and shared among friends and family. This is common in Korean restaurants and a tradition in Korean culture. The atmosphere was inviting, too. They were playing Korean pop in the background and the tables were

full of friends and families.

The menu had an array of grilled pork and beef, mixed rice with assorted vegetables, and piping hot oxtail soups. I chose the grilled pork belly (\$16.95) which is served with a side of rice, lettuce, and bean paste. After we placed our orders, the

waitress came over and gave us banchan - side dishes. Banchan included kimchi, which is fermented cabbage, tofu, radish, and other spicy dishes.

The food came relatively fast, with the bibimbap coming out first. Bibimbap is a dish of rice, vegetables, beef or chicken, and a sunny side up egg. It is meant to be mixed around so that every bite contains all the ingredients.

The fresh and aromatic smell of sliced cucumber and sesame oil wafted in the air. There were two options, dolsot bibimbap (\$12.95) which comes out on a hot stone or plain bibimbap (\$11.95) which is served cold. The normal bibimbap was refreshing. I recommend eating it on a hot day.

The pork belly did not have a lot of flavor but when dipped into the bean paste, it was savory and salty. The beef (\$15.95) however, stole the show. It was nice and charred on the outside and had a sweet and savory flavor. It reminded me of corn suong, a Vietnamese pork chop and rice dish.

Overall, I would rate the restaurant a 7.5/10. The menu was limited, but the food was good. The price was alright (Korean restaurants are pretty expensive), but the service was not the best as the waiters did not pay much attention to us.

VISIT

1245
Commonwealth
Ave, Allston, MA
02134.
Sunday -
Wednesday
11AM - 10:30PM
Thursday -
Saturday 11AM
- 11PM

AFH PHOTO //
TRISTIN HEAP



SUMMER TIME RHYMES

By: Lynn Nguyen // Staff Writer

The summer is the perfect time to chill out, go to the beach, or just take long destinationless strolls or car rides. Sunsets and cool drinks pair amazingly with great music. Here is a list of song recommendations that will change your life:

1. Calvin Harris - Slide (ft. Frank Ocean and Migos)

Initially, I listened to this song because Frank Ocean was on it (and he is my God) but I should not have been that foolish because Calvin Harris makes amazing songs. The instrumentals, the vocals, everything screams summer! From the piano intro to the rap, it is a musical journey. The song itself is catchy. It'll be stuck in your head for days. Calvin Harris knows how to make hits.

2. Drake - Passionfruit

From Drake's new album *More Life*, *Passionfruit* is a song that will bring you straight into your feelings. This song is a sweet jam to listen to. However, the intro of a man addressing a crowd is a bit weird and I would recommend skipping it. This is the type of

song you can listen to during long drives or lounging on your bed with the sunset seeping through your curtains.

3. Drake - Get It Together

This is a slow song compared to Drake's usual style. But, this song is amazing! Jorja Smith's voice is soft and rhythmic. Like all Drake songs, this is also hard to get out of your head. This song is perfect for an R&B playlist, to dance around in your room, or for lip synching.

4. Sza - Love Galore (ft. Travis Scott)

Sza is sensational! Simply a goddess. Love galore is such a bop. From the great instruments, beats, her vocals, and Travis Scott's rap, this song is the definition of exhilaration and is perfect for the summer -- a time for no consequences.

5. Kali Uchis - Know What I Want

This song is ideal for days at the beach or adventures to the lake. With tropical vibes, this is a great song to jam out to.

6. Shakira - Chantaje

Even if you don't speak Spanish, this song is very danceable. From Shakira's iconic voice to Maluma's sultry verse -- this song will be stuck in your head for days.

7. Daniel Caesar - Get You (ft. Kali Uchis)

This is an R&B song that can be paired flawlessly with late night car rides. Daniel Caesar's passionate voice is perfect and the slow beat of this song is honestly addictive. From the catchy bass to Kali Uchis' verse, this song is great for just chilling.

8. Crush - Castaway

This song has a beachy vibe that can complement the feeling of the sun on your skin. The electronic instrumentals really mimic the feeling of swimming in cool rhythmic waves.

9. Steve Lacy - Dark Red

Unlike other songs, this song does not have strong beats, but rather a subtle drum beat and a great bass line. This is a chill and groovy song -- perfect for a euphoric road trip.

10. Heize - And I Uly (ft. Dean)

This song starts off with a '90s drum beat, but immediately jumps into modern pop. This is a Korean pop song that has eastern and western influences. Although the lyrics are in Korean, there is a bridge in English. This song is easy to get addicted to.



TIP PHOTO // AISHA MOHAMED

HUSTLE, HIT, AND NEVER QUIT

By: Aisha Mohamed // Staff Writer

Student athlete stereotypes, such as, "students who excel at sports, never do well academically," is a common misconception. This belief about student athletes is continuously debunked at The BASE.

The thudding of baseballs caught in leather gloves echoes through the hallways as students practice baseball drills and math drills, hitting practice and writing exercises. The BASE, a Boston-based non-profit organization, provides academic and athletic support to middle and high school aged students. They support student athletes with year-round baseball and academic training, access to college fairs and showcases, professional visits, and academic scholarships through partnerships with several colleges and universities throughout the country. The program isn't exclusively for athletes. Some students don't play sports at all and join strictly for the academic support.

"We don't have rules here, we have expectations," said Elena Mendez, the Academic and Educational Coordinator for The BASE. All participants at The BASE have to "earn their spot" meaning they need to be serious, driven, active participants in the program. "Students are expected to show up to their practice or academic tutoring to prove their dedication and take full advantage of the opportunities provided to them," said Mendez. She expects all student participants to be leaders among their peers, whether they're in middle school or high school.

Jesus Moscat, 17, has been attending The BASE for one year. "Ever since I stepped foot in here, I felt a big sense of family and everyone really embraces you with open arms," he said.

Moscat also stated that since receiving academic help, he has been getting his homework done more efficiently. "I don't really procrastinate much anymore and they put an emphasis on getting work done."

The BASE is a free program open to students in and around Greater Boston with a majority of students coming from Boston public schools. They have a generous number of dedicated students participating regularly. "We have about a couple hundred students throughout the year, and every day, we have an average of 50-60 youth coming in and out," stated Mendez.

If you are a Boston teen interested in learning more about The BASE, visit their website at www.thebase.org. Or, pay them a visit at 11 Walnut Park in Roxbury.



TEENS IN PRINT MEETS THE BASE

Over the course of 8 weeks, Teens in Print and The BASE collaborated to bring youth journalism to even more Boston teens. Here are the voices of the student athletes at the BASE.

RESPECTING LGBT STUDENT RIGHTS

By: Jennifer Rosa

It is not okay for a student to feel uncomfortable going to school because of discrimination. It is the 21st century! You can be whoever you want to be. So why not give students the benefit of choosing the restroom they would like to use?

Identify your gender or sexuality however you want to and let's drop these labels that we give people. If everyone is entitled to their own liberty, why is everyone still arguing over who can use which bathroom? Why not just have gender neutral bathrooms? Why are people discriminated against based on their gender? Ask yourself these questions and sooner or later you will realize how inhumane the world can be.

According to a York College study, 28% of gay and lesbian students drop out of high school due to discomfort relating to verbal or physical abuse. Furthermore, over 30% of reported teen suicides each year are committed by LGBT students. Something clearly has to be done.

The Social Science Research Network says, "After winning the right to same-sex marriage in June of 2015, the LGBT community is once again battling in court for its rights, this time for the right of transgender people to use bathrooms and locker rooms that match their gender identity."

According to a letter from Superintendent Tommy Chang, published on the Boston Public School website, "One of the most important missions we have as a district is to create safe and welcoming learning environments where all students, including transgender and gender-nonconforming students, are respected and can flourish."

But despite these claims from the school district that they protect students as a whole, in reality BPS should have the trust from the students to discuss these matters together. Moreover, not all parents are as accepting. Too often kids who come out to their parents are rejected, abused or thrown out of their home. We need to be more accepting both at the school level and as a country.

THE NEW AND IMPROVED 2K17

By: Dante Christie

There is a famous basketball video game: the NBA 2k series. Each year since 1999 a new 2k game is released. The newest is 2k17. Each one is a little different from the other.

For example, the shot meter, which measures how good a player's shot is, is different. In 2k17, it gets smaller when certain players move further from the hoop. This means, it is harder to make the shot for certain players. For some players who are far range shooters, the shot meter stays the same.

In 2k17, it has a whole new basketball game with new dunks. You get to do way more with your player, such as different designs of dunks. You could also go online on My Park and customize your own players.

There's whole new players and new park features. You can take a picture of your face and it is more accurate than 2k16.

When it comes to quality, 2k17 doesn't glitch as much as 2k16 or 2k15 because the new game is better. It has updated software and the graphics look super realistic.

Play it as a tournament with your friends or try to master the game alone. It's a fun way to spend your summer days.

REMEMBERING SELENA

20 YEARS LATER

By: Donato Christie

On April 16, 1971, a star was born in Texas. Her parents named her Selena. Also referred to as the Mexican Madonna, Selena was known for her popular music and stylish outfits. Because this past April is the 20th anniversary of Selena's tragic death, her life and music is receiving a great deal of attention.

Selena started performing at the age of 10 with a strong and bold voice. She was the lead singer in her family's band. The group started out playing at weddings and clubs in Texas. She grew up speaking English but her father taught her to sing in Spanish so she could resonate with the Spanish-speaking community. At first, she learned the lyrics phonetically, but soon she became semi-fluent in Spanish.

Selena gained popularity when she began focusing on Tejano music. She became even more widely known at the Tejano Music Awards after winning "Female Vocalist of the Year" and "Female Entertainer of the Year" in 1986 and 1987, respectively.

Her 1990 album *Ven Conmigo* was the first Tejano record to achieve Gold status, which means it sold more than 500,000 copies.

Her recordings continued to have strong releases. She won a Grammy for "Best Mexican-American Album" in 1994 for her album *Live*. In 1993, she and her band played in numerous places such as New York, Puerto Rico, California and Argentina. Her 1994 album, *Amor Prohibido*, also went Gold.

Tragically, on March 31st, 1995, Selena was shot and killed by the head of her fan club, Yolanda Saldivar. Saldivar killed her because she had been forging Selena's signature and stealing from her. Afraid of being caught, she told Selena to meet her at a motel and then shot her. Selena was rushed to the hospital, where she was pronounced dead.

Twenty years after her life was taken too soon, fans continue to love Selena. While people may know about her music, many don't know that Selena was a trendsetter. She started popular trends like matte lipstick, crop tops, short skirts, and long acrylic nails. In late 2016, MAC cosmetic released a limited edition Selena line to honor the late superstar. The makeup line sold out almost instantly across the nation. This goes to show the power her name and legacy still carries.

TWENTY YEARS AFTER HER LIFE WAS TAKEN TOO SOON, FANS CONTINUE TO LOVE SELENA

IN MEMORY OF A FRIEND

By: Anderson Nova

My name is Anderson Nova and I am 14-years-old. April 21, 2017 was a very, very hard day for me because I lost someone very important in my life.

I was playing 2k17 on PlayStation 4 when I got a phone call from an unknown number. The person on the other end of the line was hysterically crying and saying, "Sorry for your loss."

I asked "Wait... What?" They repeated, "Sorry for your loss."

I said, "Wait. Whatchu you mean?"

The person on the phone then told me, "They shot your friend, Yanuel, at Ruggles." The feeling that went threw my body was scary. I couldn't talk or breath. I couldn't believe what I was just told. I tried calling Yanuel thinking it was a joke, but his phone just rang and went to voicemail.

This all felt like a dream because I knew him since I was young and I would never think this would happen. After this tragic death happened, I was able to put a lot of things to the side to focus on the main purpose of my life, which is school, and baseball. I was also able to meet one of Yanuel's good friends and now we talk a lot and make sure we are keeping our heads up and focusing on the bright side.

Now, when people talk about Yanuel I ask them not to, because I get very emotional. I want myself and others to remember him as a good person that passed away too young.

I COULDN'T TALK OR BREATHE. I COULDN'T BELIEVE WHAT I WAS JUST TOLD.

THE DRESS CODE IS AN IDEA WHOSE TIME HAS PASSED

By: Isangely Almonte

In the past, society stereotyped women because they were seen as inferior to men. In modern day, people stereotype women based on what they wear.

Sadly, I believe this is never going to end because I experience it every day in school. Schools have rules that have to be followed and a dress code is one such rule. Boys and girls are expected to follow their school's dress code. Girls can't wear anything provocative and boys can't wear... well I don't know, because to be honest, you will never see a boy get reprimanded for violating the dress code. The rules are not applied evenly.

Women have been on a long journey for gender equality. We still can't leave our houses without being cautious of how we will be judged based on society's judgement of our clothing. We can't escape it. It's all over social media, and even our own parents can make us aware of what we can or cannot wear.

Social media platforms may delete an account or picture based on it being provocative or containing nudity. Don't get me wrong, I understand that sometimes there is a line you cannot cross, but social media's view on what is provocative is subjective and ridiculous.

Why is there dress code anyway? When you think about it, it seems to be based on making girls change their behavior and appearance so that boys feel comfortable. We can't magically construct our bodies to make them "appropriate." Try comparing two girls, one with a curvier figure, who are both wearing the same outfit. Unsurprisingly, the curvier girl would get dress code checked first.

I've been dress code checked several times and I felt uncomfortable having both a male and female teacher dress code me. It's a sexualized kind of discomfort that has no place in the school building. The way we dress is the way we express ourselves and maybe, you might not know this, but women feel great joy when they walk out of their house freely, wearing something beautiful, ready to show the world who they are -- and accept the compliments. Maybe instead of dress coding us, schools should teach boys that we aren't sexual objects.

I BELIEVE...

Inspired by the international organization 'This I Believe,' students at Madison Park High School wrote about their personal journeys describing the core values that guide their everyday lives.

I BELIEVE THAT ANYTHING CAN HAPPEN

By: Dieumene Sainval // Contributing Writer

I believe that anything can happen at any time. I say this because of the tragedy that took place in Haiti on January 12, 2010.

During the time of the earthquake, I lived in Port-au-Prince with my mom, sister and brother. We lived in a brick house which meant our chances of not surviving the earthquake were really high. Me and my family were eating corn meal with bean and sauce poule when all of a sudden the house started shaking. I got really scared and started running toward the front of the house and that's when everyone else started running. My mom realized the bricks were going to fall in the direction I was running in, so she grabbed me and headed toward the back of the house so we could make our way through our neighbor's yard to get to the soccer field where everyone else was.

Some people thought it was over and decided to go back to their home but there was an aftershock and the

**ALL OF THE
SUDDEN
THE HOUSE
STARTED
SHAKING**

people who went back inside their home did not make it out alive. While I was at the field, it didn't seem like people cared about anything. To them the earthquake was over and there was no chance of it happening again. I even heard someone saying to his family that it was over, let's go home, it will be okay. To this day, I never heard about them. I don't know if they made it alive or not.

We had to sleep on the soccer field for days. Some people were able to go back inside their homes and get blankets and things like that, but not everybody was able to do that because their homes did not survive, so we had to share blankets and anything else that everyone did not have access to.

I still think anything can happen at any time not only because of the earthquake, but because of things that have been happening to me as I'm getting older.

I BELIEVE IN ADVENTURES

By: Nayelis Matos // Contributing Writer

I believe that every person deserves an adventure in their life. When I was in Puerto Rico, I always looked up at the sky and wondered about the culture of other countries. I wondered how they speak. I wondered if the weather was the same as in Puerto Rico, if the food tasted the same. I was curious about how snow looked and if it was as cold as ice. I wondered how it would be to speak another language, and to understand people when they spoke to me. I wondered if the beaches are the same as in Puerto Rico, or if they were clearer.

I know every place has something special about it. I wondered if people from other countries were nice like people from my country. I knew if I went to another country I would lose my friends and everything I had there, even my family.

When I was 11 years old, I went to New York,

Rhode Island, Connecticut and some other places. I have some good memories from these places that I will never forget, like that time I went to Manhattan to see where the Twin Towers were. Memories are important and traveling around the world is important, too.

Some people believe that not everybody deserves an adventure in their life. I disagree with those people because most of the time they think other countries are the same as theirs. What they don't realize is that they are different, with different food and different cultures.

China and Puerto Rico are different, for example. In Puerto Rico, people speak Spanish and in China people speak Chinese. In Puerto Rico they have their New Year on January 1. Meanwhile, China's New Year is on February 16. It's amazing how people think it's all the same.

If you travel then you'll see they are completely different.

You can also have an adventure in your own country, but it is not the same as traveling to a new country and learning something new. Even though there are benefits and risks in traveling, I still believe that every person should try because it's good for your mind and life. Your mind could start seeing things differently and you could see how great the world really is. I have a big imagination because of all the places I have traveled to. It has helped my curiosity and confusion about other places.

Traveling makes me happy because I get to see things I don't normally see and experience new things. I suggest people take a big step and enjoy traveling because not everybody is going to tell you about other places. Sometimes, you have to find out yourself.



AFH ART // GENIYA RAMIREZ

I BELIEVE IN THE FUTURE

By: Yessica Perez // Contributing Writer

When I was in El Salvador, I was one of the millions of immigrants that left their country because of violence and maras (gangs) in order to come for a better future.

My grandmother, my two older sisters and I were part of the thousands of people that were threatened by the maras and afraid to go out. It happened when I was twelve years old. I was in sixth grade and I had to leave school in the middle of the year. Some people had already told us that where they lived, people were killed because they did not pay the bribes that the mareros asked for. My grandma told the police officers about that, and when she went to deposit the "fake money" where the mareros had told her, she went with the police officers. I was in my other grandma's house with my sisters. I was afraid that something bad would happen, but the mareros did not go to the place. Then, after two days we left the state.

After two months my mom and father decided that me and my sisters would come to the United States. At first, I was happy because I had not seen them for 10 years. They had come earlier, my father when I was in my mom's belly and my mother when I was two years old. At the same time, I was upset because I did not get to say goodbye to my friends and other family

members.

My mom told my older sister to come to the United States first. My grandma asked her friends if they knew a "coyote" and one of them said yes. After two days, my sister put two pairs of clothes and two pairs of shoes in her backpack, and the owners of the house where we were living threw a party for her. After my sister left, my mom told us to come to the United States.

In a few days, my other sister and I started to pack our clothes. In the evening, we had left the country and were in Guatemala with two coyotes, one man and one older woman. At first I was scared, but they gave us food and we went to parties with them like normal.

In Guatemala, the *coyotes* owned a house in the country. We were there three days, and after the days passed I was feeling different -- I was feeling trust. Then we left. We were in the *frontera*, Rio Bravo between Mexico and Guatemala. We passed through the Rio Bravo in *llanta*, we had to stand up. Then we were in Oaxaca, Mexico. We waited for a bus, to go

to another bus station. We waited three hours for the bus to approach, and then we passed through Chihuahua, Monterey and other states in Mexico. Then we were in Tijuana. After some days we passed *la frontera* between Mexico and the United States, but the migra got us and left us in a shelter with immigrants of different countries. It was in San Diego, California.

In the shelter, the food was not good, the ham for lunch was frozen. Sometimes they did not give us food, just twice or once a day. And it was so cold, we did not even know if it was day or night. In the evenings, the police officers put on a movie for the children, *Yogi Bear*.

After three days my mom bought plane tickets. A police officer took us to the airport and helped us because we did not speak English. We arrived in Boston, Massachusetts at 6:45 a.m. My mom, aunts, and uncle were waiting for us at the airport, and my cousin that lives in Washington D.C. came to Boston to see us.

I think that everyone deserves a chance in this country because this country is the American Dream of Hispanic people.

**SOMETIMES,
THEY DID
NOT GIVE US
FOOD, JUST
ONCE OR
TWICE A DAY**

AMERICAN DREAM

By: Assaita Providence // Contributing Writer

To live the American dream means to live in the family house that you own
Debt free

That you paid with the money that your white ancestors swept from my black ancestors hands

It means to be able to walk out of the classroom and come right back in
No questions asked

Because the color of your skin is perceived as superior to mine

It means to be able to speed while driving and get pulled over by a cop and get a free lesson on how to tie a tie

It means that I, as a black woman, get paid way less than the average white woman, who gets paid way less than the average white man

If I can bully a disabled kid and get life, best believe that the next white person will become president

If I can stand in front of a store and get shot, best believe that the next white person will be called a renowned business owner

If I can sit in a car with my kid and die, best believe that the next white person will get off with a warning

If I can fix my broken down car and get body slammed, best believe that the next white person will get the number to the tow company that has been in the family for years

If I laugh out loud I am a hooligan

If I wear my color proudly I am crazy for wanting to be associated with my culture and embracing my culture because only God knows why anyone would want to be associated with "that group"

If I witness a crime I am part of it

If I keep quiet I am obstructing justice and not protecting my family from those that don't like me

That can't stand me

That hate the fact that #blacklivesmatter is a movement and #whitelivesmatter isn't

To live the American dream means to participate in the death of an innocent 12 year old boy and come out 60 years later and say you lied only because you don't expect repercussions because your fellow white folks will take pity

To live the American dream means that you get first dibs on a position not because of your qualifications but because of the justification that if you are five shades lighter than me you can demand the world and receive it.



AFH PHOTO // ESTHER BOBO

BEING BLACK IN AMERICA

By: Reginald Todd Reed, Jr. // Contributing Writer

I'm placed in a coffin before birth,
being black in America.
I'm given scraps while starving,
and told I don't deserve to be full.
I'm stripped of basic human needs,
and while cold and kingdomless,
I'm told that I'm not human,
therefore, my conditions are just.
I'm hated while emanating love,
I'm kicked while reaching for a hug,
I'm attacked while upholding peace
I'm mocked while silent,
and I'm mocked when I speak.
Being black in America.



AFH ART // MELEEZA PIRES

MY FREEDOM IS RESTRICTED AN IMMIGRANT'S TALE

By: Cornelia Omeike Oriabure // Staff Writer



AFH ART // JANELIN PINEYRO

I feel restricted to express myself
I feel detained and scared
As the waves beat against the shores
I am imprisoned and I feel injustice

I ask myself these questions
Am I really going to be free?
This land of ...
What will my future be like?
On the shores of America

My life is based on the justice system
She weighs and measures
But resides in the hands of hardened men
Who care about their personal economy
Afraid that we come with plagues

Plagues are we, in the eyes of many, Men are afraid
Of rotten mangoes infecting
The fresh seeds on the tree
Perhaps they might be right
Perhaps they might be wrong
But are we really rotten mangoes?

Or are we just ready for the harvest
So that we can reap what we sow,
Immigrants are we, not plagues,
Who devour the fruits but rather
Harvest the fruits for the purpose
Of achieving the American Dream.

SUMMER in the CITY

WGBH and the Boston Public Library present **Summer in the City** – a wide array of exciting programs in Boston’s 25 libraries across the city.

As part of this initiative, and in partnership with the Boston Public Schools, they are launching **Summer Reading Together!**

Summer Reading Together engages students in their rising grade to **share the experience of reading and talking about the same book** over the summer and at the beginning of the school year. Boston school communities are welcome to opt into this one book/one grade summer reading program.

These books are **for students to keep**, and add to their libraries and are available at the following Boston Public Library Branches: **Dudley, East Boston, Grove Hall, Hyde Park and Mattapan.**

The goal of this initiative is to prevent summer reading loss, encourage pleasure reading, and foster a culture of readers.

Assignment

This summer, read your text for about 20 minutes per session. As you read, consider the following:

- What is the author’s message?
- Did the author explain things clearly?
- Is the language in the text inviting?
- How does this writing compare to that in other texts?

Remember to highlight, underline, or write in the margins of the text. Share with someone in your home what you found interesting or confusing, and discuss why. In September, bring your book to school. Be prepared to share your thoughts about the text you read this summer!

Featured Books

This summer, all rising 9th graders will read:

*Does My Head
Look Big in This?*
by Randa Abdel-Fattah

All rising 10th graders
will read:

*The Absolutely
True Diary of a
Part-Time Indian*
by Sherman Alexie

All rising 11th graders
will read:

American Born Chinese
by Gene Luen Yang

All rising 12th graders
will read:

The Little Prince by
Antoine de Saint-Exupéry



WriteBoston is eager to announce our upcoming youth conference

LOOKING BACK & LOOKING FORWARD: writing to defend democracy

BOSTON TEENS, UNITE!

This student-led forum will center on sharing your voice on topics of *immigration, hate crimes + journalism in a time of 'fake news.'*

Join us in workshops, open discussions + writing as a tool of empowerment. Youth writing & reflections will be published in the December 2017 issue of *Teens in Print*.

September 30, 2017

Bruce C. Bolling Building, Roxbury

Are you a high school teacher or youth development professional working with Boston teens? To receive updates on how to register your youth, contact carla.gualdron@boston.gov

Many thanks to conference sponsor
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