

TeenSpeak

Today for the Leaders of Tomorrow

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An Inside Look At The NFL

Hear from Jets Backup Quarterback Chad Pennington and Giants Linebacker Dhani Jones, while *TeenSpeak* offers its own analysis of the upcoming season.

Cheating In School

Some of your friends do it.
You may do it.
What's wrong with it?

Performance Enhancers

Creatine and steroids
are gaining in popularity
without need to risk.

The Plan To Invade Iraq

Opinion columnists Peter Blaustein & Tarek Hammam take a close look at Saddam Hussein, the politics in D.C., and the dishonest news out of Iraq.

The High Stakes Of SATs

A discussion
of the effectiveness and fairness
of a test that determines your future.

TeenSpeak

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TeenSpeak's mission is to enable teens to develop skills in journalism while inspiring them to become the 'leaders of tomorrow.' Growing up in a world of instant information, much of which is negative, provocative, and sensational, causes despair and hopelessness to permeate amongst young people. We feel that, through interviews with people who set an example by their leadership in all walks of life, we can present a healthy perspective on the world and positively influence youth to take an interest in the challenges that confront our country and our world. Additionally, *TeenSpeak Today for the Leaders of Tomorrow* offers young people an opportunity to have their voices heard in the form of editorials and opinion pieces.

The Institute for Young Journalists is the tax-exempt non-profit organization that publishes *TeenSpeak Today for the Leaders of Tomorrow*. Debra Mamorsky, who serves as its Editor in Chief, founded this quarterly in 1999. *TeenSpeak Today for the Leaders of Tomorrow* serves an important mission that is supported by the generosity of people who are willing to invest in the future. All contributions to *TeenSpeak* are tax deductible.

If you would like to learn more about how you can contribute, please contact: Debra Mamorsky at Teenspk@optonline.net or Peter Wilhelm, Fundraising/Marketing Manager (801) 463-1312. Donations can also be sent to TeenSpeak, PMB #165, 15 East Putnam Avenue, Greenwich, Connecticut 06830. Please be sure to include your name and address so that we can thank you.

My Turn

The sheer importance of being the first, the best, the most, the highest, the optimum has given rise to a scary cultural teenage contagion. Being the best that you can be is no longer enough. Resume building for college seems to have replaced purpose and passion, leaving teens anxiously collecting band-aid extra-curricular activities and in so doing, losing sight of their inner heartbeat.

Anxious about their future and desperate to discover what it will take to cause them to stand out, teens hope to mold themselves into a success story at any cost. Sometimes the costs can be high. Businesses recognizing this apparent "need" are ready and waiting to profit - even at the cost of cheating the customer with high falutin promises of a quick fix. The stakes are high. The pressure is intense. Unfortunately, any possible short-term gains are soon overshadowed by long-term problems.

As a mom, I am very concerned about this new, highly competitive and potentially very unhealthy environment. Unfortunately, the role models we should be emulating are just not grabbing the headlines. Instead, we are witnessing multi-million dollar cheaters who have created their financial successes dishonestly on the backs of an unknowing workforce — in sports, ball players pumping up with steroids.

It's not wrong to expect the best of ourselves and to want to work hard to achieve our goals. But something is very wrong when 122 students at the University of Virginia are caught plagiarizing in their Physics class. And, in addition to pointing the condemning fingers at them, we must also examine the value system that seems to turn a blind eye to the loopholes that enable people to ultimately end up cheating themselves. Character, backbone and potential seem sadly disregarded - ex-

changed for the importance of being A-Numero-Uno on paper.

Perhaps nothing shows this more than the dreaded SATs. The increased pressure to do well on these standardized tests sends shivers through all who take them. Teens know that the realm of college choices is inescapably intertwined to a magic number that will garner them recognition on the table for consideration as opposed to a circular file (the trash). Yet, what do these numbers actually prove? Do they tell the story of a student who is driven, hard working and has the potential to succeed in the right environment?

More than ever before, today's teen needs to market him/herself to prove their salability on a college campus, a sports team or anywhere else for that matter. Those that can afford it have a vast assortment of services and goods that promise to muscle them up from their heads down to their to-be-buff-bods. Some of these methods are an obvious assault on good common sense and can be damaging to mental as well as physical health. For example the overwhelming importance of achieving the competitive edge in sports today has caused teens to contemplate taking performance enhancement substances, such as Creatine, so that they can run faster, be stronger and get picked to play more than their peers.

But, as Avery Faigenbaum, Associate Professor at the University of Massachusetts in Science, Exercise and Physiology points out, there have not been ANY studies of the affects of Creatine on still-growing teens, and, what's more (aside from the possible side affects to the liver that have been demonstrated to occur in some adults) Creatine will only enhance performance 3-5% for a very short period of time.

On the other hand, if teens properly evaluate their diet, are well hy-

drated (no caffeinated drinks), well slept and are involved in strength, aerobic and flexibility training that is suited to their sport, Faigenbaum contends their performance on the field can be enhanced by at least 50% and as much as 75%.

Working hard to achieve desired goals makes sense. Overnight delivery of success rarely works. I am worried that teens, disappointed with inadequate results from such things as Creatine might resort to taking stronger substances, even illegal substances, such as anabolic steroids, cheating their bodies of health just to stand out.

Peer pressure, self-imposed pressure, parental pressure, a rational that everyone's doing it, [cheating], and inadequate preparation for desired goals can create a painful path. I realize the pressures are high but I also know that most students want to do what is honorable. In our interview with singer/songwriter Howie Day who has worked very, very hard to develop his music and is now happily singing under the Epic label - "Each experience has been a step that reaffirms the journey. My career will have a limited run, but being an artist just keeps going on." Devoted to his passion, Day understands what makes life worth the experiences HE chooses.

More than anything, I hope teens will recognize this crazy obsession of hyper-achievement and not take part. The perverse perception that the "A's" on paper have it — is just not true. Teens need to decide what is truly important to THEM and go after it. Cheating for success just doesn't happen when there is pride in one's work and a passion to achieve one's goals. No one has to prove anything to anybody but oneself. With that in mind, the greatest happiness and rewards in life can be reaped.

Debra Mamorsky
Editor In Chief

Highlights



Hometown violence and hatred might have turned these teens into killers rather than peacemakers. At Seeds of Peace camp, young people from nations in conflict learn that no one wants to be the victim of terrorism **Page 4**

Scary kidnappings grabbed the headlines this summer. Who are these teenage predators? What do they want? How can you protect yourself? **Page 9**



Crystal Fonseca graduated in 2000 from the University of Rhode Island with \$22,408 in debts from four and a half years in college. For an increasing number of students, like Crystal, college debt is an overwhelming challenge. **Page 7**

Military training in the ROTC at Yale University is a smart choice for students. A four-year scholarship worth \$120,000, a guaranteed career, health benefits, and the ability to serve our country has enabled these teens to live out their dreams. **Page 13**



Jack Johnson has traded the waves of the surf for the airwaves, and his mellow tunes are a hit with teens from coast to coast. Since G-Love and Special Sauce launched his song, "Rodeo Clowns" on their "Philadelphonic" album, this artist continues to make waves his way. **Page 18**

For musician Howie Day, every experience reaffirms the journey. His passion and persistence have carved out a spotlight with college students who like his edgy versatile style. Recently signed by Epic Records, this teen talks about how he made it! **Page 19**



Authors Peter Blaustein (left) and Tarek Hammam (right) with former United States Attorney General Ramsey Clark (1967-1969 under President Lyndon Johnson).

Coverage Of Iraq Dishonest While U.S. Attack Imminent

By Peter Blaustein and Tarek Hammam

Since September 11th the Bush administration has attributed any military action to the "War on Terror." The highly publicized plan to invade Iraq is a prime example, though it has little or nothing to do with the sort of terrorism embodied by Osama bin Laden. Reporting crews from CNN, CNBC, and FOX have already been dispatched to Baghdad to begin flooding us with the first, but hardly insightful, reports on Iraq, Saddam Hussein, and his quest for weapons of mass destruction (WMD). These reports are eerily reminiscent of those that ac-

companied the build-up to the Gulf War: they are reductive, shallow, intellectually dishonest, and supplemented by comically ominous headlines.

What is most interesting in the picture presented by the media is the lack of criticism of an eventual attack. In a country as diverse as this, there is apparently no dissident to speak of. There is no political "dove" raising concern for the Iraqi people who are surely going to bear the brunt of a three-sided attack. Instead it is a *fait accompli*, the "next logical step to the war on terror," as Bush stated. The media duly

Continued on page 16

This issue of *TeenSpeak* is dedicated to the memory of my dear friend JoAnn Mecca who passed away fighting a very long and valiant battle against cancer. From the moment I met JoAnn many years ago (as my son and daughter's teacher) she quickly became a close friend, loving advisor, and avid listener – guiding me in making hard decisions, serving as an example as a nurturing teacher and mother. I've learned from JoAnn that it's not what happens to any of us in life that really matters. What matters is how we handle the obstacles that come our way. Thrown way more than her fair share, JoAnn was absent of self pity, full of love, and always with her trademark sense of humor. I have been in awe of her ability to persevere with hope in the face of her life's many challenges. She has touched the lives of all who knew her with her gigantic heart. Her amazing insights into the essence of every child she ever taught has paved the way for each of their successful futures as leaders of tomorrow. JoAnn, I emulate you and you will be forever in my heart. – Debra

Camp Dispels Ancient Hatreds

By Caribeth Klemundt

For nearly 2000 teenagers whose lives have been ripped apart by terror, violence and hate, attending the Seeds of Peace overnight camp has changed their lives forever. With all the conflict and unrest in the world today, this three week long summer camp in Otisfield, Maine, offers these teens a brief reprieve. For three weeks, the turmoil at home disappears and teenage life becomes, well, normal.

"In less than three weeks I met and became friends with so many amazing people – Afghans, Egyptians, Indians, Jordanians, Moroccans, Pakistanis and Palestinians," said 16-year-old camper Lauren Tabak. "We didn't look at each other according to what our religion was, but as seeds in making the effort to make a difference." She confesses that it's not always easy and tempers flare and arguments erupt. "We sometimes laughed, sometimes we cried and yelled at one another. It was hard, but as soon as our co-existence meeting ended, we all left the room as if nothing had happened. No matter how tense the meeting was we still remained friends."

Founded in 1993 by the late John Wallach, the former Editor of Hearst, Seeds of Peace first brought Israeli, Palestinian and American teens together. There are daily activities planned including political discussions, called "coexistence sessions." Wallach had spent years covering the Middle East as an award-winning international journalist. He believed that the future of the war-plagued region would best be insured by bringing young people together from this region, helping them to become understanding leaders for the next generation. In time, Seeds of Peace branched out to include other Middle Eastern countries, such as Egypt, Jordan, Yemen, Morocco



Camp Counselor Jethro Berkman leads Seeds of Peace campers through the camp gates after the official flag-raising ceremony starts the 2002 International Seeds of Peace Camp session.

and Qatar and has also expanded to include delegations from the Balkans, Cyprus, Greece and Turkey, India, Pakistan and Afghanistan.

There are two separate three-week sessions each summer. Teens that apply are then selected by their governments to participate in the camp.

Many of these teens elect to go to Seeds of Peace despite the criticism of friends and family members who consider them traitors for wanting to compromise with others from enemy nations.

They come because they want to learn to live together. And while it is a challenge (recognizing they might be killing each other at

home), they welcome the opportunity to work things out together while having fun at camp.

In the coexistence groups, campers listen to their peers recount horrifying tales of torture and violence endured by their friends and family. Suddenly it becomes much more difficult to blindly hate. As one camper says, "We are no longer blind." The idea of putting a gun to the head of another person who has passions, dreams and fears becomes unthinkable.

Respect for one another occurs when the hated ones become human. "Now my enemy is no more an 'enemy,'" said Saba, a 15 year old from Pakistan.

Feeling accepted and respected for being a practicing Muslim who covers herself, Saba went on to say, "For me, he is just a person from the other side of the border whose grandparents had some misconceptions with my grandparents, but we are friends."

Returning home for many of these campers this year will be amazingly difficult.

"I have learned that, yes, my enemy has a face," said Saba. "He has cravings, he wants to live in peace just as I want to. He wants to progress just as I want to and he really doesn't want to be the victim of terrorism, just as I don't want to."

Being a peacemaker in a hostile world, often without government support is death defying. "Being at camp was like living in a dream world," said Lauren. "Back home in Israel everything is still the same – just getting worse by the day. Camp was the easy part, now that we are all back home, it's up to us to carry on the peace."

While the challenge of working towards peace is a great one, seeds all over the world draw strength from the prospects of a better future once their generation comes into power.

Seeds of Peace: A Personal View

By Caribeth Klemundt

My experience in Seeds of Peace has helped prepare me to defend peace when it may not be so popular or so simple to attain. Shortly after the horrific terrorist acts on Sept. 11, I received countless emails, letters and phone calls from Turkey, Greece, Cyprus, Kosovo, Israel, the Palestinian Authority, Jordan, Egypt and Tunisia. Just as I had crowded my friends' inboxes with messages of love and concern when there was violence in their regions, they had done the same for me.

Because I had gone to Seeds of Peace, I had friends all over the world and my perspective extended way beyond our American borders.

I am a Jewish American and because of my experience, I have become close friends with many Arab Americans.

The humanizing of other people in the world is the core purpose of Seeds of Peace. Jacob Jabbour, an Arab American said, "I learned what every human needs, what's necessary to live," as a result of his experience at Seeds of Peace this



Youths from diverse backgrounds, often enemies in their homelands, work together in the friendly competition of a game of tug of war.

summer.

Saba will never forget her summer at Seeds of Peace. "Everything I went through during the

three weeks was like a beautiful dream and I hope to make this dream come true for every person in the world."

When we all attain this optimism, tolerance and the desire to understand one another, the future will be that much brighter.



Madhumita Venkataramanan of India, Hilla Meller of Israel, and Sapna Rasoul of Afghanistan share a moment of friendship.



Miriam Bazeed of Egypt face-paints Orly Bogler of Israel during a "sports day" at the Seeds of Peace Camp.

Growing Movement Challenges SATs

By Ben Silverman

Nothing signifies the college application process more than the letters: "SAT." And as fall approaches, more than 1.3 million high school seniors in the U.S. (and others abroad) will anxiously await their time to take the test.

But with all of the classes, books and private tutoring available to help students perform well on the test — cramming vocabulary, learning mathematical tricks and developing "strategies" for confronting the test — little is mentioned about what aspects of a student the SAT is intended to assess.

Most people would be surprised to learn that SAT actually stands for nothing. "It's the brand name of the test," said Gaston Caperton, President of the College Board, the organization that administers the SAT. Though at different points in the past the SAT has stood for "Standard Achievement Test" and "Standard Aptitude Test" — today it is neither. It is simply trademarked the SAT, a test that is meant to be an indicator of a student's performance in her or his first year of college. And the degree to which it measures a student's ability or aptitude is hotly debated.

A growing number of grass roots organizations are beginning to challenge the test with a variety of different arguments: that it's biased against women, the poor and people of color; that it doesn't adequately assess a student's achievements, aptitude and potential. A few people have even suggested that the SAT tests nothing more than a student's ability to deal with the SAT.

Bill Wetzel, a sophomore at NYU, and progenitor of "Students Against Testing," is fighting to eliminate "all high stakes exams," those that determine a student's future in a single test. With over 25 local volunteers all across the country, Wetzel believes, "Students should be evaluated for college the same way an

applicant is evaluated for a job. You can't just look at one test result and let that determine everything."

Mr. Wetzel admits that the United States places less emphasis on exams than many other countries around the world. In Japan, China, France, Turkey and most of Europe a student's entire life is determined by similar high stakes tests. The comparison of the impact of the SAT to these other countries is not even close to being that significant. "But not being like China and Japan is not good enough," Mr. Wetzel says. "I don't want to see the US system go in that direction."

The SAT is inarguably extremely significant, though. It has been reported that some colleges maintain minimum test scores. That is, if a student fails to achieve a certain score, her/his application may be automatically dismissed.

Another concern about the SAT is that it unfairly discriminates against girls. Whereas girls, on average, receive better grades than boys in high school and college, they tend to score lower on the SAT. According to statistics published by Fair Test, an organization that is devoted to creating awareness of the limitations of standardized testing, the differential between girls and boys is more than 30 points on the math section.

"Women don't think of themselves as mathematicians," said Caperton. They typically don't think of math as a career. They're more apt to take the liberal arts than they are math.... If you have taken more math you're more likely to do better on the SAT. The differential is very, very small and colleges know this trend, so they adjust."

Yet, boys also outperform girls on the English section. Christina Perez, University Testing Reform Advocate for Fair Test explains that, "it is common knowledge among test-makers that gender differences can be manipulated.... For the first several years that the SAT was offered,

males scored higher than females on math but females achieved higher scores on the verbal section. ETS policy-makers determined that the Verbal test needed to be 'balanced' more in favor of males and added questions pertaining to politics, business and sports to the Verbal portion. Since that time, on average, males have outscored females on both the Math and the Verbal sections."

While taking the necessary time and double-checking to insure perfection are desirable traits in school and in life, they can work against people on the SAT. Brian Marhonic, a private SAT tutor, contends the SAT favors aggression, which tends to work in a boy's favor. "Girls tend to think about the questions more," he said. "They take their time and that takes a toll."

Then there is the time factor, which can negatively impact everyone. "Many students simply cannot display their skills within the time limits," said Wetzel. "It puts pressure on people, and that too can have a negative impact on their performance." As a result, there has been a rush on behalf of some students to get diagnosed with a disability in order to take advantage of the extra time that is afforded to kids who actually have learning difficulties and are entitled to the extra time.

But, as tests go, the SAT is not a

bad test contends Marhonic. It's what is needed for one aspect of the admissions process. "They are easier than people realize," he said. "There's an aura around the test that it's really difficult. Students are sometimes negatively affected by their fear of the test."

While geometry and algebra tend to encompass much of the Math section, SAT-takers will soon be writing essays in lieu of finding complicated analogies on the Verbal section. The essay is meant to measure a student's ability to write a coherent piece of writing in a standard essay format. To critics, like Bill Wetzel, this adjustment promotes "a very superficial cookie cutter way of writing according to the College Board's guidelines...when, in fact, there's no single correct way to write a paper." Maybe so. But, Marhonic indicates that students already see an essay on the SAT II, so this is nothing totally new. In writing essays, Marhonic suggests that students provide examples. "You don't want to make your essay short," he said. "You can write a brilliant one paragraph and not get a 12. Vocabulary helps — but make sure that you can correctly spell the words that you want to use."

SATs are not about to go away even as some schools rethink their relative importance to any student's ability. "Life is about dealing with stress," said Caperton and certainly every test students take has consequences — whether it's just a grade, or it impacts major decisions.

How should one properly prepare for the SATs?

"The things that make a person do the best on the test start in Kindergarten," said Caperton. "The better teachers they've had the harder they've studied, the more math problems they've done, the better they're going to do on the SAT. Biases show up in every test that is given. It is simply a reflection of an unequal education system."



Gaspar Caperton
SAT board chief



Bill Wetzel
NYU Sophomore

Rising College Tuitions Defy Solution

By Dana Schuster

Each and every year, more seniors decide to pursue a higher education. And yes, this is a good thing, but that doesn't mean that the road to knowledge is an easy one to come by. Especially not when tuition is increasing at an alarming rate as compared to the individual's economic status.

Take the case of Crystal Fonesca. While enrolled at the University of Rhode Island she worked 40 hours a week. She received local scholarships and Pell Grants but was still over \$22,000 in debt after a 4.5-year college run. But Crystal has no hard feelings. She knew what she was getting into when she applied to college.

As Patrick Callan, President National Center for Public Policy and Higher Education says, "If you want to have a good job and middle class life you're going to find a way to pay for it no matter what." Crystal's family of four's \$35,000 a year income landed her in an awkward position. Her family earned too much to get any substantial financial aid, but not enough to contribute to her college expenses. So Crystal took out some loans and worked hard to earn herself \$16,000 a year income (40 percent of which went toward college tuition). She paid the price (and is still paying the price) of a higher education.

But let's take a step back to a time long, long ago, when tuition was not the pressing issue it is nowadays. A time when college was associated mainly with studies, not overwhelming jobs and haunting college loans. Callan notes that the exorbitant increases

in tuition have been cemented into the economic pattern for the past 25 years. "The biggest tuition increases seem to occur in the hardest economic times," Callan says. "Government budgets get short, tax money falls, and they cut higher education in times of recession."

The government has tried to ease the problem by increasing the amount of financial aid given to college-bound students by about 13 percent, but despite the supplementary aid, the cost of college has risen quicker than even the government can control, and hence, colleges have turned to tuition to fill the gap.

Despite the shocking tuition prices, an increasing number of seniors are still going onto college. Perhaps it's due to society's insistence that success can only come from a college education, or maybe it's the simple fact that the more schooling you have, the more

Whatever the case, students are finding themselves in a bind. Either they're borrowing more money or working part-time or full-time jobs to pay off their loans. Especially in the latter case, Callan notes that there comes a point where you make a trade off. It's hard to have enough time and energy to focus on academics when

years when personal income declined the most, tuition is increasing the most," laments Callan. "It's really a horrible public policy." And that's exactly why over the last ten years, the financial aid applicants have outrun the money.

One would think that with the increased number of people going to college, the gap between low, middle and high-income students going to college would be closed.

But, Callan says, "If you tell me

you are working to support your academic goals. Studies have shown that if you work throughout your college career, the chance of you graduating within the normal time slot decreases, and the chance of dropping out increases. This might have been the reason why Crystal stayed at the University of Rhode Island for 4.5 years — a 40 hour a week job is a lot to balance with school, social life, friends and family.

your income, I can calculate your odds of going to college. If you're in the top 20 percent academically and financially, your chances of not going to college are 1 in 20. If you're in the top 20 academically and bottom 20 financially, your chances of not going to college are 1 in 4."

The increase in the number of high school students going to college shows the changing mentality of our nation's youth, a mentality that is changing for the better. Because young adults want to learn, they want to excel and pursue the best possible future they're able to, but with a hefty price tag which leaves some paying back their loans for years after college graduation.

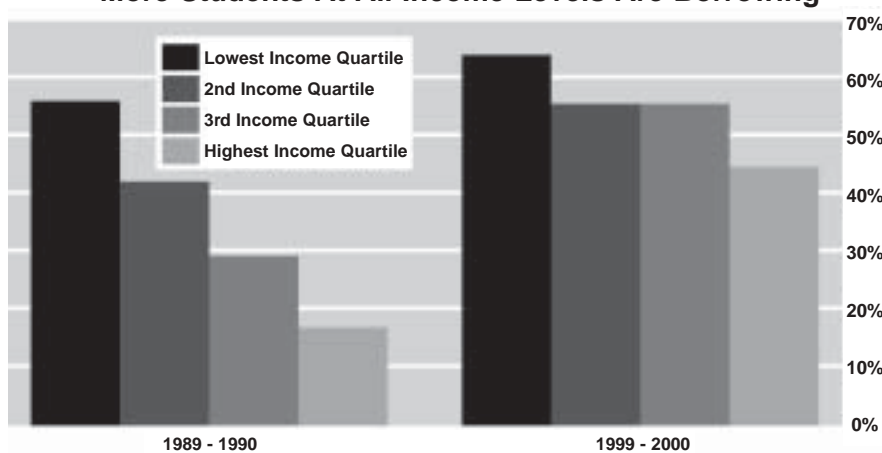
Higher education all boils down to money — either you have it to spend, or you "learn" how to earn it to pay off loans like an expert. Sure it would seem sensible for the nation to mold with the individual — raising tuition only when it can be afforded and keeping it at a reasonable plateau otherwise. Nonetheless, the government has been unable to solve the problem. Until it does, Callan recommends prospective college students start planning sooner than later. "The sooner you get started on it the better."

'The biggest tuition increases seem to occur in the hardest economic times.'

– Patrick Callan

National Center for Public Policy and Higher Education

More Students At All Income Levels Are Borrowing



Percentage of 4th- and 5th-year seniors at public four-year institutions who had ever borrowed, 1989 vs. 1999. Source: National Center for Education Statistics.

money you make. "Without some education or training you don't even get considered for the kind of jobs that most people want," said Callan. "This explains why every year graduating classes owe more and more money."

ward low income groups, the colleges still want prestige so they can rank and put it in their catalogue."

And in the midst of the current recession, students are feeling the weight of tuition even more. "In

Study Says 74 Percent Admit To Cheating

By Rachel Stockman

A senior at Greenwich High School in Greenwich, Conn., worked hard to prepare for her Spanish test last May. But she was not memorizing vocabulary or studying grammar. She was searching her closet for the perfect skirt.

"All I do is write all of the answers under my skirt and when I'm taking the test, I hike it up a little so I can read the answers off my legs," she said. She doesn't feel bad about cheating because, she says, "Everybody does it." She has also employed other forms of cheating that include using a water bottle, her wrists, a garbage can, a graphing calculator and clear binders as tools to write answers before a test is administered. She confessed that she has an easy time cheating in AP Physics because the teacher gives the same tests year after year so students only need to retrieve a copy of the test from the a student who took the test the year before.

This senior is just one of the many students nationwide who cheat in some way or another at their high school and apparently get away with it. A national survey conducted by Rutgers' Management Education Center found that of 4,500 high school students, 74 percent admitted to engaging in serious forms of cheating. Half of the students who admitted to cheating said that they had plagiarized off of the Internet.

Ralph Mayo, Housemaster of Clark at Greenwich High, cites pressure to gain acceptance at competitive colleges, the temptation that technology offers (even if the information is inaccurate), over-scheduling of activities (causing students to use time that would be devoted to school work) and parental pressures as major reasons why students cheat. He said, "Students get booked up with activities that are meant to resume build, which causes them to take an easy route on some of their assignments."

Greenwich High uses a three-chance system for cheating violators. The school's "Integrity Policy Procedures" include losing credit for an assignment for a first offense, loss of credit, a letter home to the

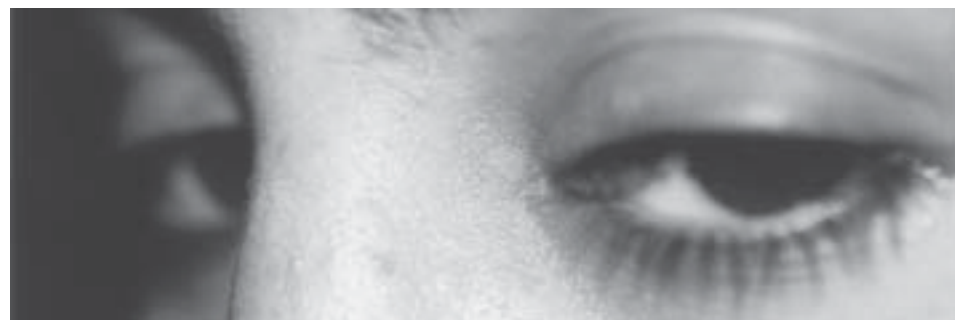


Photo: Emily Bierman

parents and a meeting with the teacher for a second offense, and suspension for the third. "Although," Mayo said, "repeat offenders are rare."

Brunswick School, also in Greenwich, Conn., uses a different system to punish cheaters. Students have developed an honor system where students are required to turn themselves or others in when an academic violation has occurred. The violators are then brought before a council of their peers who then determine whether they are guilty of the offense.

In June, two members of the junior class were found guilty of cheating and suspended. The students had inputted formulas that were to have been memorized, into their TI-83 calculators during a calculus final examination. Brunswick students felt remorseful and recognized this costly mistake, but not without mentioning that the especially high pressures of competition among students eager to get accepted into select colleges had contributed to the wrongdoing.

Unlike its sister school, Greenwich Academy, Brunswick is not required to write the pledge, "I have neither given nor received help on this examination" on their exams. To be sure, students here, like elsewhere have cheated. Yet some students commented that guilt might actually play a role in preventing

students from cheating, as they must sign the pledge on all of their examinations.

Patsy Howard, Headmistress of Greenwich Academy, where an honor system was implemented in

1992, is a big believer in the Honor Code and the Pledge. She said that by violating this code and pledge, students are not only cheating but they are also lying. Howard believes that severe punishment is necessary for students who violate the Honor Code. "You want the Code to act as a deterrent," said Howard.

But, she also understands the Honor Code's weakness. Under the jurisdiction of most honor systems, students are required to turn in their peers if they witness a misdemeanor of any sort. "The problem is no one wants to turn in their friends, especially at an all-girl's school," said Howard.

Asked if Greenwich High School would be better off with an Honor Code, senior Liz Saddock said, "I don't honestly think it would change anything." Saddock said that many students get away with cheating because teachers are oblivious to it. She even recalls a student who stole a science test right from a teacher's desk. Saddock believes an honor code wouldn't work because, "There are just so many ways to cheat and students won't turn in their friends."

At the next level, many high school students will be faced with an honor system, which colleges and universities have found to be more effective. A Management De-

partment study at Rutgers University recently examined the number of students who were found cheating in colleges where honor codes were in place. Reviewing data involving 12,000 students between 1990 and 2000, the study found 47 percent of students at non-honor code schools admitted to cheating, while the corresponding rate at approximately 100 schools with honor codes was less than 25 percent. Concluding that as more and more college campuses are implementing honor systems, cheating has not been eradicated.

The University of Virginia established an honor system in 1840. According to Dean of Admissions John A. Blackburn, as students become more talented cheaters, the means of cheating detection has also become more sophisticated. In April, 2001, the school's Honor Committee reviewed charges of 122 cases referred by a university physics professor. Of the 122 cases, 23 students left school before their trials, admitting to guilt in plagiarism. Physics Professor Louis A. Bloomfield was the detective who unearthed the cheaters in his class, developing a computer program that electronically examines term papers for plagiarism.

Blackburn attributes the influx in cheating not only to greater access to technology and use of Internet sites, but also to the sorry example some business and political leaders are setting for students everywhere. "This is a runaway train. We need to get it under control," he said.

Commenting on the plagiarism charges which received nationwide press last year, Blackburn said that there is a growing sense that taking information verbatim from a website is not the same thing as rewording something from a paper volume in the library.

Once charged, students tried the 122 students. The only sanction for

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The Missing Link To Newsworthy Stories

By Jenna Mamorsky

Not many people have ever heard of Bianca Lebron, a 10 year old who disappeared last November in front of her school in Bridgeport, Conn. Yet there probably isn't anyone who hasn't heard the story of 13-year-old Elizabeth Smart who was abducted from her bedroom while she was sleeping in June or 5-year-old Samantha Runion who was snatched while she was playing in front of her home. Why did one kidnapping get national coverage, while the other generated virtually no publicity at all? Unfortunately, it's a double standard that occurs all the time in today's media. While the few kidnappings that get reported in the news may lead the public to believe that it isn't a problem, the grim reality is abductions occur on a regular basis.

"Things that we fear generate our interest in news," said Roy Peter Clark of the Poynter Institute for Media Studies. In the case of Elizabeth Smart's disappearance, the circumstance was a parent's worst nightmare. "The circumstances of how she was taken from her bedroom while she was asleep was jarring," said Michael Bass, Senior Executive Producer of CBS Morning. "It sent shudders of fear to people everywhere." The Elizabeth Smart case became widely covered because it made people question how safe they actually were in their own homes.

While the fear factor seems to be

the dominant link to what is newsworthy, providing the public with information about the very few most horrible abductions, the reality is there has been



a significant increase in the number of kidnappings over the past 10 years, according to Robert D. Williams, a Youth Officer for Greenwich (Conn.) Police Department's Criminal Investigations Division. Tens of thousands of teenagers are reported missing each year. Quoting the National Crime Information Center, Williams points out that last year, 840,279 people were reported missing; 750,000, or 85 percent were under 18 years of age; 500,000 of those were runaways, 245,000 were family abductions (a child was taken by a member of the family), and another 5,000 were

non-family abductions.

"Twelve- to sixteen-year-old kids are the most likely victims of kidnapers," said Williams. "They are old enough to be out on their own, going to the movies, the mall or a concert unattended, but because they are too

the Internet." "The Internet," Williams said, "has become the gateway to people who would otherwise be concerned about exposing their sexual urges in public. In their homes they have privacy and they think they can't get caught." Williams said that kids innocently go into chat rooms and develop relationships there, often with people who lie about their lives in order to be appealing to the person they are talking to. By the time these "cyber pals" arrange to meet their victims, it is too late.

The frightening reality is that it doesn't seem to matter if a kidnapping is front-page news or not because victims of child predators rarely survive.

Most victims are killed within the first three hours. Learning about anyone who is kidnapped is very scary because for that split second, you realize that it could happen to you.

Officer Williams said that there are always ways for you to protect yourself. Teens can help themselves stay safe by being aware of their surroundings at all times. If you are at a movie, be aware of the marked exits.

If you are at a mall, look around and see if you see the same people just standing there. If so, move to a better area in the mall or near a police officer. And, of course, don't talk to strangers – even over the Internet.

young to read the tell tale signs, they open a window of opportunity for kidnapers."

Williams said that there isn't a typical profile for a kidnapper, although today's kidnapper is not interested in ransom money. More often than not, kidnappers are apt to be sexual predators. A prospective kidnapper can be any age, of any ethnic background and hold any kind of job.

One of the slickest methods of finding a willing victim is through

the honor system upholds our community of trust," said Blackburn. He also said that there is a greater emphasis on teaching ethics in the classroom. "We **all** need to be responsible for our actions," Blackburn added.

Cheating, unchecked can be dangerous and can perhaps pave the way for the Enrons and the World Com executives of the world. But,

eventually society will catch up with them.

And while Headmistress Patsy Howard cites former President Bill Clinton as "A good president, but an immoral man," she believes that she and others are making a difference in establishing the foundation for honest behavior before it gets out of hand.

Cheating –

Continued from page 8

convicted students: expulsion, which goes on their permanent record.

"We don't think that this Internet cheating business is as much of a scandal as the media has made it out to be," said Blackburn. "I hap-

pen to think what happened proves our honor system works." Additionally, Blackburn said, a school-administered survey found the percentage of students who admitted to violating the honor code at UVA was between three and four percent which is way below the national average of 74 percent of students who have admitted to academic dishonesty. "We feel that

Performance Enhancers Gain In Popularity

By Kenroy Ellis

A startling number of teens today are sampling a wide assortment of performance enhancement supplements and, in rare cases, illegal drugs, like anabolic steroids in order to have a competitive edge over their peers. They want to become stronger, faster and more powerful like the adult athletes they look up to as their role models. They want the six-pack abs, the muscular chest, the well-defined legs, the sexy biceps, and they want it now.

Recently, a high school football player who was taking a performance enhancing supplement to bulk up received quite a scare. "My heart was beating so fast my body began trembling and I broke out in a cold sweat," he said. "I'll never take that again."

Health food stores, gyms, and fitness magazines have laid claim to a growing audience of teens who are very interested in how to transform the weak into the strong. One of the most popular of these body building substances is Creatine. Creatine is actually a kind of protein that exists in our food, primarily in fish and meat. Creatine can also be pur-

chased as a white powdery substance, which, according to Avery Faigenbaum, a Ph.D. Associate Professor in Science, Exercise and Physiology at the University of Massachusetts, Boston, "has been found to improve strength and power in adults. It helps our body generate energy in the short term in events that last less than 30 seconds."

Creatine may help football players and hockey players, but it's probably not going to help marathon runners.

Chuck Ringel, owner of the Greenwich (Conn.) Healthmart sells Creatine to teens 16 years of age and older who find it to be a helpful

adjunct for weightlifting and bodybuilding. "Professional athletes and bodybuilders have taken the powdered form of Creatine for years to create muscle mass and reduce fat," said Ringel.

"Unfortunately, because of all of the publicity and advertising that creatine has gotten, some teens, upon hearing about its benefits, look to it as a substitute for hard work and smart nutrition."

Studies on the effectiveness of Creatine have been conducted on adults. "In some of these studies it works," said Faigenbaum, "and sometimes it doesn't. [But], we have to remember that children and teens are not miniature adults. Just because a study says it works on adults does not mean that

it works on teenagers." Faigenbaum also stated that a typical research study lasts about eight weeks. Therefore, the effects on a 16 year old taking Creatine for two years remains unknown.

This worries health care professionals, such as pediatricians, family doctors and physical therapists who, in most cases, are quick to advise their patients not to take it until their bodies are fully developed.

While taking Creatine will probably not kill you, Professor Faigenbaum pointed out that in some adults, Creatine increased the likelihood of kidney problems. Faigenbaum worries, too that certain athletes, after trying Creatine may move on to stronger supplements, such as Ma Juang and illegal drugs, like anabolic steroids.

In *TeenSpeak's* interview with Professor Faigenbaum, he not only warns about the dangers of quick fix supplements but he also describes how teens can achieve enhanced performance on the field without taking anything but some sound advice.



STRENGTH & POWER FOR YOUNG ATHLETES

By Avery Faigenbaum, Ed.D., and Wayne Westcott, Ph.D.

Steroids Are No Substitute For Hard Work

By Kenroy Ellis

To achieve a physical goal, we must keep in mind that a "quick fix" solution will only create future health problems. Young athletes are not the only ones at risk.

OPINION

There are young men who want to look appealing to the opposite sex and young ladies who want to lose that extra pound quickly. Taking bodybuilding substances and dietary supplements is not the way to go because, as an adolescent, your

body is not developed enough to take a product that is specifically designed for adults.

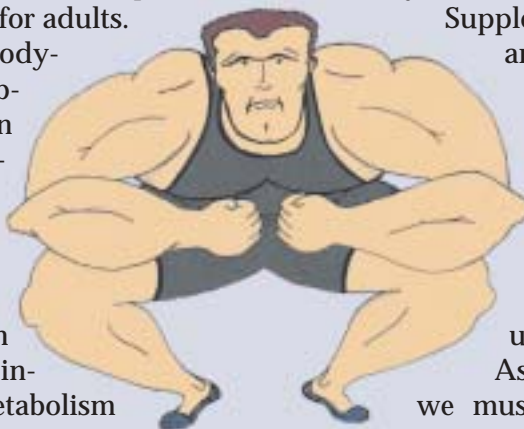
Plus, these bodybuilding substances can have some serious long-term effects. Fat burning supplements contain things that increase your metabolism and your heart rate. This can be very dangerous and can,

in rare cases, cause death or disability.

Supplements are legal and you can find them on the shelves of any health food store. But long-term consequences are unknown.

As young athletes, we must find healthier alternatives to achieve our physical wants and desires. A diet

consisting of whole grain foods, five fresh fruits and vegetables per day, eight glasses of water a day, eight-nine hours of sleep, low fat or skim milk will do more for you than any supplement. Having a balanced diet, along with a good workout plan, will help you achieve your goals. If you work out hard one day, rest the next because your body needs to rest and recover. So, please do not let these substances bring you a long list of future health problems. Do the safe and healthy thing and practice a healthier lifestyle.



ART: AARON DUFFY

An Interview With Dr. Avery Faigenbaum

What is creatine and how safe is it?

Faigenbaum:

Creatine is actually a kind of protein. While it's a legal substance, it is important to keep



Avery Faigenbaum

in mind that Creatine is a naturally occurring substance that exists in our food – primarily in fish and meat. On the other hand, Creatine can be bought in the stores as a white powdery substance that has been found to improve strength and power in adults.

What does it actually do to the body?

Faigenbaum: It helps our body generate energy in the short term — in events that last less than 30 seconds. So, Creatine is not going to help a marathon runner and it probably is not going to help a one-mile runner. But Creatine in adult athletes may help a football player or it may help a hockey player.

Is it safe?

Faigenbaum: That's a loaded question. There haven't been any studies on children or on teenagers. Some studies have been done on adults. In some of these studies it works, and in others, it doesn't. But we have to remember that children and teens are not miniature adults. Just because a study says it works on adults does not mean that it works on teenagers. Many health professionals are concerned about the long-term affects of Creatine on children or teens. You need to remember that a typical research study lasts about 8 weeks. Just because Creatine has been shown to be safe in 8 weeks does not mean that a 16 year old who takes Creatine for 2 years in high school will necessarily be safe. In my opinion, I do not recommend Creatine for children and teens. I believe that

there are many other things that a young athlete can do to improve performance.

How long has creatine been around in its powdery form?

Faigenbaum: The research studies that have looked at Creatine came out about 10 years ago. It made a splash in scientific literature because some studies involving adult athletes demonstrated that it improved power, the ability to generate force in 20 or 30 seconds. It's one of the few substances that are out there that has actually been scientifically studied. But you must



keep in mind that only in some cases has it been found to work in adults.

Why do you think young people are so enticed to use creatine and other performance enhancement supplements and drugs?

Faigenbaum: Many young athletes, like adult athletes want to be stronger, they want to be faster, they want to be more powerful – and they want to do it right now. Young athletes believe that performance enhancement supplements, like

Creatine give them a competitive edge. And in many cases teenagers who take substances like Creatine do so because they believe it will improve their appearance. It's really a quick fix solution and we need to take a look at some of the long-term implications.

What impact do professional athletes have on teens taking these and other types of supplements/drugs?

Faigenbaum: We know many major league baseball players have used these kinds of substances, and many have used anabolic steroids.

from a public health standpoint, I think that the best message is to look at healthier alternatives.

What does creatine actually do to the body?

Faigenbaum: Again, the studies have not been done on children and adolescents. One can only speculate. There is the potential for kidney problems with the use of Creatine that has been reported in the literature. On another note, children and teens are still growing and maturing and I am not sure that we want to put something in their bodies that may in the long term have some kind of harmful affect. To put a list together of long term effects of Creatine is not possible yet. But when you talk to health care professionals – pediatricians, family doctors, physical therapists who understand the growth and development of teens, many are very concerned. On the other hand if you talk to high school coaches who may not understand the physiology of growth and development they may say that Creatine is safe and effective. We are not sure what the affects are, but the risk is still there. We are well aware of the affects of anabolic steroids, which have been studied for over 50 years and the affects are cancer, heart disease, etc.

Some kids have tried all kinds of things – some, which increase their heartbeat.

Faigenbaum: There are some drugs out on the market, one being Ma Juang or ephedra which, we are very concerned about because they have been implicated as the cause of death or disability in at least two dozen healthy athletes over a two year period. Ma Juang is sometimes sold separately and sometimes it is just a part of the list of ingredients. This is one nutritional supplement that is very dangerous. It has received a lot of bad press lately. A lot

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Interview –

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of teenage girls are taking fat burner supplements. There are shelves of these in the health food stores. These supplements increase your metabolism and your heart rate, too, and we are concerned about these products because of the potential for death or disability.

Should young athletes take supplements of any kind to enhance their ability or physical appearance?

Faigenbaum:

We need to get back to food. We are society that loves a quick fix. We are getting away from whole grain foods, fruits and vegetables because supplement companies tell us that we can be more energetic or we will get faster if we take this supplement. We need to get back to fundamental fitness. When I am working with an athlete and the athlete asks, 'Should I take Creatine,' I have a lot of questions for that athlete. First, I want to know what he eats for breakfast, lunch and dinner. Then I want to know what he had for a pre-work-out meal and a post-work-out meal. Then I want to know that he drank at least eight glasses of water. Then I

want to know if he had eight to nine hours of sleep that night. What I just mentioned will do more to enhance that athlete's performance than anything he

could take in a store. Even with Creatine monohydrate, performance can only improve three to five percent. If you stink as a football player and you take Creatine, you are still going to stink. To

improve performance, you need a good coach; a good training program, a well balanced diet and you need to value the importance of recovery. Many of the athletes in our country train too hard, they train all the time every day. Creatine is not going to make you the best football player, the best soccer player, the best basketball player. That's a myth.

Eight glasses of water a day is a lot. Why is that so important?

Faigenbaum: The average teenager in our high school is drinking 20-24 ounces of soda every day. That's a lot of soda. If they are drinking coke

with caffeine in it (caffeine is a diuretic) they are going to loose water. Where does that water come from? That water comes from muscles. **What teens have to realize is that muscle is 75 percent water. If they start drinking all of this coffee, tea, coke, they are going to show up for practice at 3:00 p.m. totally dehydrated. If they are dehydrated, their strength goes down at least 5 percent.** If strength goes down at least 5 percent, and if the average teenager sleeps only 6-7 hours a night, strength and reaction time will go down dramatically. I could look at the life-style of any teenager and change it to improve performance by 10-20 percent. That's far more than you would ever get from any nutritional supplement.

But most teenagers can't get 9 hours of sleep.

Faigenbaum: Sleep deprivation is a problem. Researchers tell us that teens need 8-9 hours of sleep a night. I don't know too many teens that get 9 hours a night. European athletes that I have spoken with say it's not uncommon take naps. I know you can't take naps in school – but athletes at our Olympic training center will take a break in the morning have lunch and then have a nap and train hard in the afternoon.

Should we be training for a sport every day?

Faigenbaum: There's nothing wrong in athletes training hard. But what we miss in this

country is the importance of rest and recovery. If you train hard today that should mean you go light tomorrow. You can't train hard all the time. Athletes and coaches need to better value the importance of rest and recovery because that's how our bodies get stronger. In Europe they value the importance of rest and recovery. I firmly believe that during the week athletes should have a chance to have time off for

growth. Hard training everyday can lead to injuries.



'If you stink as a football player and you take Creatine, you are still going to stink . . . Creatine is not going to make you the best football player, the best soccer player, the best basketball player. That's a myth.'

– Dr. Avery Faigenbaum

Military Training Is ‘A Smart Choice’

By Ryan Sherwin

While Yale University might not appear to be the best place to pursue both an intellectual education and training in the ROTC (Reserved Officer Training Corps) cadets like Matt Collins, class of '03 remark that it's not only possible, it's a smart choice. Since Sept. 11th the idea that military intelligence is an oxymoron is changing. And, for Matt and nine others like him at Yale, it's the wisest decision they could ever make. A four-year scholarship worth \$120,000 (not including room and board and books) results in a guaranteed career, health benefits and other perks that include a desire to serve our country.

Collins, who dreams of becoming an air force pilot, knows that not everyone who trains in the ROTC will actually see military action. He's all right with that, though, as is Kristin Lucy, a 20-year-old psychology major. Aaisha Tracy remarks that while her parents are "peaceniks," and at first didn't understand why she would commit to the ROTC, now respect that her interest in law will find a needed application in the service. All three are committed to serving their country. "We, in America take a lot for granted," said Lucy who joined the ROTC in her sophomore year at Yale. "For me, this is a perfect opportunity to give something back."

Any connection between intellectuals and the military was severed at Yale and many other colleges and universities across the U.S during the Vietnam War. Yet, since 9/11, anti-war sentiment has eased and these cadets report that there is a new respect for the military on campus and on the streets of New Haven. "People smile at us when we are in uniform – and give us a thumbs up on the street and on campus," said Collins.

Contrary to popular belief, these cadets dress like "normal" college

kids six days a week, live in regular college dorms, and take classes with their peers at Yale. Aside from Thursdays, ROTC cadets are free to hang out with their friends, have dinner with a professor, and stay up until all hours of the night finishing their papers.

On Thursdays, they miss their classes at Yale and make the trip to UCONN, Storrs where they join 43 other students from colleges across the states of Connecticut and Rhode Island also enrolled in the ROTC. "That's the only bad part," said Aaisha. "It can be tough, but most professors respect your military commitment and work it out so that you can make up the work."

At UCONN, they have basic training and also receive specialized training. "It's a lot of fun," said Lucy. It takes about three hours in total driving time to and from Storrs, "But it is required," said Collins, "and we enjoy our time up there."

The commitment of these cadets has attracted the attention of Yale alumni who are interested in breathing new life into ROTC at Yale. Private donors have long felt that today's world challenges us to recruit intelligent and intellectual leaders into the ROTC — people who have leadership skills from which our country and our world

will benefit. They hope to raise the profile of ROTC at Yale by stimulating a productive dialogue about the various needs of the military and they intend to bring prominent speakers to the school to discuss what has been a more or less taboo subject at Yale for several decades.

Yale graduate and top cadet in the nation Robbie Berschinski applauds this interest and action. Robbie hopes to use his training in the military to one day become Secretary of State. As a high school senior, the commitment to the military seemed like "a heck of a lot more time." But Berschinski said, "College went by with a blink of an eye. Now, the four years of active duty really don't seem that long ago." He admitted, "I'm enjoying what I'm doing and can't wait to get further into the process."

Berschinski is getting to see all sides of the military. Trained as an Air Force ROTC, he is learning that military action has changed a lot even since The Gulf War. "Nobody wants to see their country's pilots in body bags," he said. "The U.S. accepts few casualties and does not want their pilots to die." As such, he said that there is a greater reliance on such things as unmanned aerial vehicles that are "manned" by a guy on the ground with a joy stick.



Robbie Berschinski, Top Cadet

Berschinski hopes that he will be able to travel after he finishes his military service. He hopes to be able to live in Europe, Germany, Italy and England. He would like to become an intelligence officer, and admits that without his college degree, that goal might not have been as readily attained.

Living out his dream, thanks to the ROTC program, Berschinski said, "It's great. I can't thank them enough."



Matt Collins



Kristin Lucy



Aaisha Tracy

Pennington Optimistic About Jets' Prospects

By Jordan Mamorsky

When the Jets take the field this season, many believe that they have a good chance to win the AFC East and go to the Super Bowl. "I think our chances are very good," said backup quarterback Chad Pennington. "Obviously we have to stay healthy and we have to go out every Sunday and compete and play as hard as we can." And if Pro Bowl quarterback Vinny Testaverde gets injured, then it will be up to Pennington to lead his team to victory.

Without any significant NFL action under his belt, Pennington is nonetheless up to the challenge and remains fearless. "You have got to remember that the reason you are playing this game is because you love it and you love being around your teammates," he said. "You slowly learn when you



Chad Pennington on the field.

can push the envelope and try to make an extraordinary play and when you just have to get down as fast as possible and save yourself from a big hit. These guys are faster, smarter and they hit harder."

Every NFL fan loves to see long touchdown passes. We hold our breath as defenders, in stride with wide receivers, miss the ball, because the quarterback has displayed pinpoint accuracy, and the ball is caught by the outstretched hands of the receiver. These passes are often hard to come by. Couch potato football "players" are quick to say, "I could have done that," and yet it's a lot harder than it looks. Pennington concurs that the quarterback is an underestimated position in the NFL. "I think that people think that the only thing that the quarterback does is drop back and find an open receiver. But there are a lot of things that go into being a quarterback that don't have to do with physical abilities but have to do with mental abilities. The quality of leadership and being able to bring ten other guys in your huddle together to be able to work together and compete as a team is the biggest quality you have to have."

Despite losing to the Raiders in the first round of the playoffs last year, Pennington believes that the Jets can go far into the postseason this year. "I think we are a playoff team," he says. "We established that last year." While his visible contributions may be sparse, the team appreciates his winning team player attitude. The transition from being a star in college to being a backup in the NFL was difficult for Pennington. "As an athlete you are always competitive and you



Chad Pennington

want to compete on the field," he says. "So it was a big transition for me because I couldn't contribute on the field."

Yet, this star from Marshall is apt to be able to showcase his poise and toughness as a quarterback in good time. Under the tutelage of veteran Pro Bowl quarterback Vinny Testaverde, Pennington will be well schooled when it is his turn.

When that time comes, the spotlight will be on him and he will be under the heavy scrutiny that comes from playing in New York before the New York press. "It definitely is a challenge because the press in New York is much tougher than anywhere else," he said. "But at the same time, the pressure that I put on myself doesn't even compare."

Jones Is Poised To Erupt Into NFL Stardom

By Jordan Mamorsky

Most players would shake in their Nikes after learning that they are to be the starting outside linebacker following in the footsteps of Lawrence Taylor and Jessie Armstead of the New York Giants. Not Dhani Jones. A special teams wizard with a thirst for excellence, Dhani is ready to erupt into NFL stardom.

Like Armstead, Jones was a late round pick who was skipped over by many teams. "I think a lot of times late-round picks get overlooked," said Jones. "But you have to think to yourself that those are the guys that really have to step up and play just as hard as a free agent might have to." Like Armstead,

I will be okay," he said.

Spending his college years at Michigan, Jones was a centerpiece of a feared Wolverine defense. After Michigan, Jones expected to be an early round pick in the NFL draft, but slipped to the sixth round.

The Giants were surprised to see him on the board so late and immediately picked him to improve their flaccid special team unit.

Despite losing his rookie season to injury and missing the Giants' Super Bowl run in 2000, Jones was able to rededicate himself to the game.

"It was a time to learn and take a step back and see how special the game was," Jones said. "I learned

'I think a lot of times late-round picks get overlooked. But you have to think to yourself that those are the guys that really have to step up and play just as hard as a free agent . . . '

– Dhani Jones

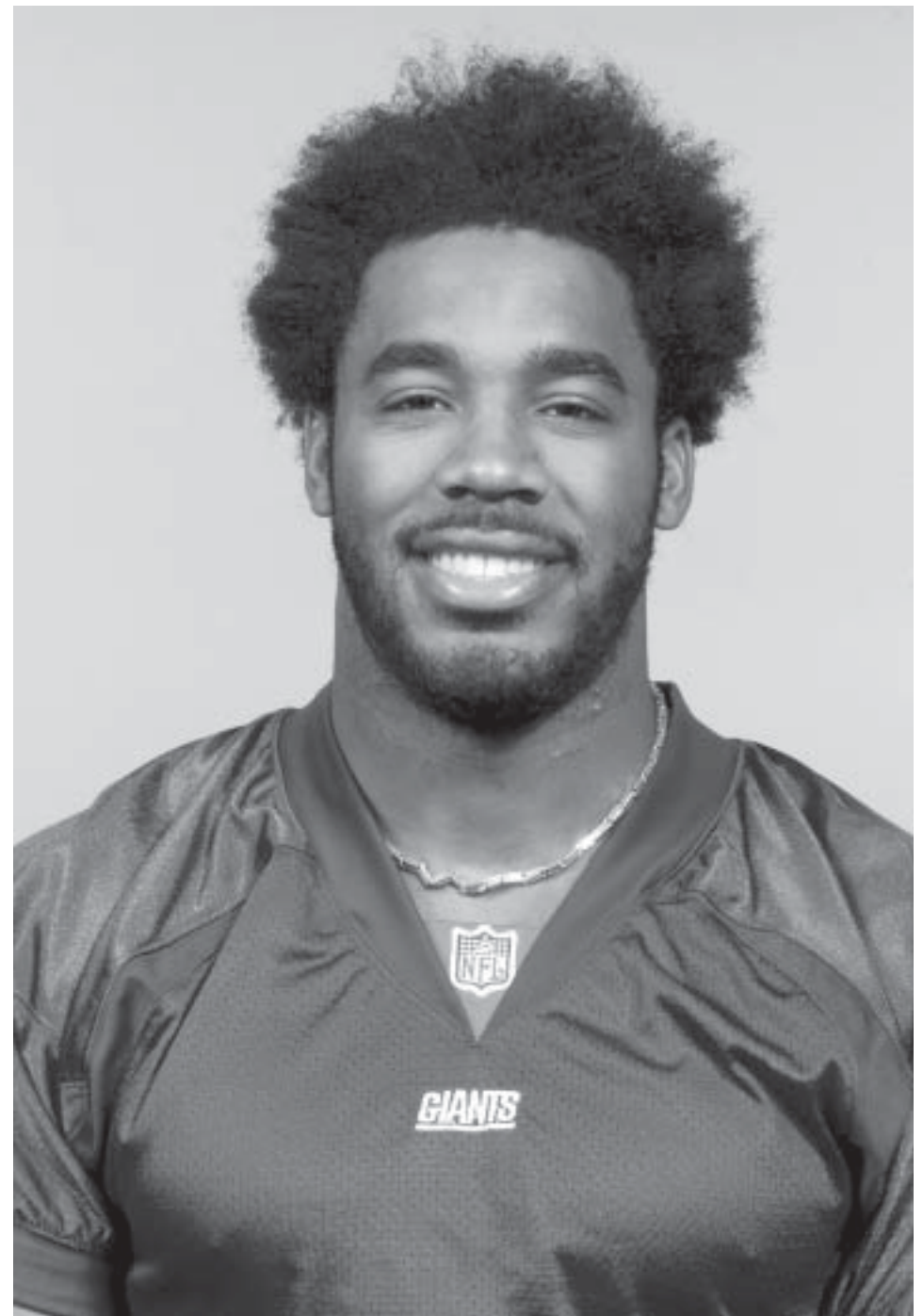
Jones was determined to make a name for himself on the special teams unit, eventually becoming a fixture at the outside linebacker position.

While many see Jones as a budding superstar, he remains humble, setting short-term goals for himself.

"My first goal is to make the team. My second goal is to keep my job. My third goal is to produce this year. My fourth goal is to stay on the team. My fifth goal is to maintain my position. My sixth goal is to be a tenacious individual that always gets to the football and makes plays. If I can stay within those goals and that thinking, then

how special the time is that I have to play and I think I was able to reflect and confirm in my mind that this is what I wanted to do." He went on to erase any questions about his injury during the 2001 season, demonstrating how indispensable he is on special teams and making plays that resembled a previous special teams star: Jessie Armstead.

Jones is no ordinary NFL football player. Besides being on the verge of hoped-for greatness, Jones is a musician – he plays the washboard base in the 42nd Street subway station and he also plays the saxophone, he's an artist creating "mixed media inclusive of wood-



Dhani Jones

working, photography and oil painting," he is a motivational speaker and he involves himself in philanthropic activities. "I try to keep myself occupied doing things for the community as well as doing things for myself," he said.

In all, Dhani Jones is the perfect role model for teens aspiring to be NFL superstars or just great human

beings. He is humble, but confident and he gives back to the community. He is making his own tracks on the field and is destined for a leadership role on the team. Soon, however, he may have to relinquish the ordinary guy persona in the subway when hordes of Giants fans come storming in for his autograph.

Dishonest News

Continued from page 3

adopted this stance without a question, making this a matter of when and how, not why.

The argument put forth by the Bush Administration is that a “regime change” would make the world safer. And the US, which emphatically claims to be the protector of “freedom and democracy” around the world, is going to insure that we meet our mission. Most Americans believe this even though we energetically supported Saddam Hussein while he gassed the Iranians in the Iran-Iraq war and gassed and systematically killed over 100,000

Northern Iraqi Kurds in 1988. That’s over thirty World Trade Centers collapsing.

Indeed, who is this man we’re desperately trying to dethrone? Saddam Hussein loves *The Godfather*. He is especially fascinated by Don Corleone, whose respect for family is exceeded only by his passion for power. Similarly, both come from dirt-poor peasant villages; both cemented their authority by violence; and for both, family is central, the key to power. But unlike Don, Saddam is not a private man. Enormous portraits of Saddam Hussein, black-haired and mustachioed, full of power and a strange serenity, stare down all over Baghdad.

In the land where the Sumerians invented writing, discourse has been suppressed and degraded to a single ubiquitous image. Hussein is surrounded by cronies who, fearing

their immediate execution, refuse to give him any information that might disturb his peace of mind and reinforce his grandiose and maniacal personality. Indeed, he has practically silenced the opposition after years of bloody feuding between factions by instituting a regime of terror.

He still relishes his one-time job as interrogator and torturer for the Baath party in the Qasr-al-Nihayyah, or “Palace of End.” An Iraqi arrested and accused of plotting against the Baath has told of his

‘Despite the fact the Hussein is different from bin Laden, the more the West does to portray him as a “bin Laden type” the more the west fosters the chance of their worst fear coming to pass—an attack that utilizes biological weapons. We contend that this could become a self-fulfilling prophecy which might occur if Hussein becomes desperate.’

own torture at the palace by Saddam himself. “My arms and legs were bound by rope. I was hung on the rope to a hook on the ceiling and I was repeatedly beaten with rubber hoses filled with stones.” He survived, but others were not so lucky. “In the cellars of al-Nihayyah Palace,” according to historian Hanna Batatu, “were found all sorts of loathsome instruments of torture, including electric wires with pincers, pointed iron stakes on which prisoners were made to sit, and a machine which still bore traces of chopped-off fingers.”

Copious media coverage of his regime of repression abounded in anticipation of a pending attack, though it was absent a mention in the ten years preceding the Gulf War of 1991 when he was a recipient of US military and financial aid. We are not arguing that removing him would certainly help the Iraqi

people, though, we believe that finding a successor-regime that will support US policies (oil and Israel) is what has been difficult and the main reason why we didn’t topple Hussein in the Gulf War.

Hussein’s actual threats to the U.S. come from three sources: oil, US geo-political interests, and weapons of mass destruction. In 2001, US companies imported nearly 3.5 billion barrels of crude oil, with nearly 30% coming from Arab OPEC members (mostly from Saudi Arabia). With this level of

fact that they are somewhat accepted and certainly understood in the Middle East, giving Hussein a pseudo-constituency. While many other Arabs echo his frustrations, they themselves usually have ineffectual leaders who cozy up with the West as much as possible (Mubarak in Egypt, Abdullah in Jordan, and the House of Saud are all US supported). Hussein, though detested for his brutality, in some sense, has become the voice of the angry part of the Arab world. By letting him continue to rant, the US risks letting his voice affect the masses in other Middle Eastern countries, turning them against their own governments.

Hussein’s most viable threat to the US, however, comes not from oil or geopolitical interests but from

biological weapons. We are much more concerned about this aspect than his being a freedom-hater and undemocratic. Hussein believes only a nuclear weapon will be able to further his grand goal of Arab unity. If he gains nuclear capabilities, his power to coerce the rest of the world increases even more.

Despite the fact the Hussein is different from bin Laden, the more the West does to portray him as a “bin Laden type” the more the west fosters the chance of their worst fear coming to pass—an attack that utilizes biological weapons. We contend that this could become a self-fulfilling prophecy which might occur if Hussein becomes desperate. So if the US attacks Iraq, let’s be clear what the reasons really are: it wouldn’t be for freedom and democracy, but rather to protect vital oil interests and regional hegemony.

Whether or not these claims are well founded is secondary to the

Giants May Defy Expectations; Jets' Future Bright

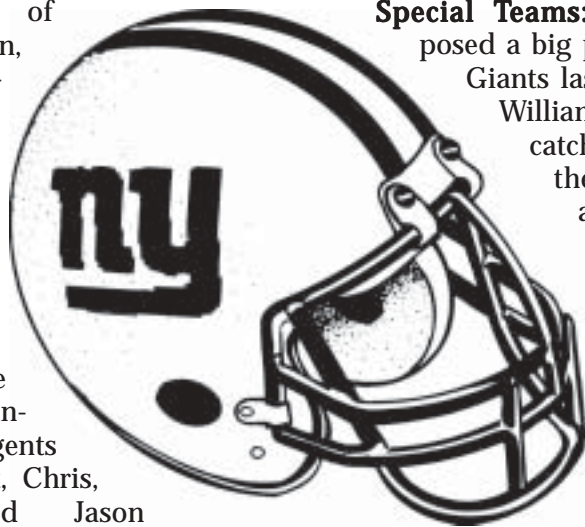
As the season-opener approaches here is **TeenSpeak's** sports reporters' analysis of the Jets and Giants, along with some postseason picks.

By **Jordan Mamorsky**
and **Ryan Sherwin**

GIANTS OFFENSE

Strengths: The Giants traded up to get Jeremy Shockey with the 14th pick to revitalize their offense. There are high expectations for Shockey with some pundits saying that he could be the next Mark Bavaro. The Giants have one of the fastest receiving corps in the NFL. The new additions of Tim Carter, and Daryl Jones will add some speed to the already solid core of receivers. Tiki Barber is a quick tailback who ignites big plays. To throw teams off, the Giants have former Heisman Trophy winner Ron Dayne, a bruising in-your-face type of runner. At quarterback, Kerry Collins is back for his third year and should have a good enough grasp on the offense to have a breakout year.

Weaknesses: With the exodus of Lomas Brown, Glenn Parker, and Ron Stone the Giants have giant holes to fill on the offensive line. The Giants have penciled in untested free agents Rich Seubert, Chris Bober, and Jason Whittle. Moving Luke Pettigout over to left tackle, a position he hasn't played with the Giants, may pose some problems. If the offensive line doesn't hold up against big defenses, Kerry Collins will have problems. With the departure of fullback Greg Comella, the Giants will look to unheralded players such as Adam Wright and Charles Stackhouse to block proficiently.



GIANTS DEFENSE

Strengths: Michael Strahan, Kenny Holmes, Keith Hamilton and Cornelius Griffin make up one of the best lines in the league. Look for Kenny Holmes and Cornelius Griffin to have breakout years. Shaun Williams and Mike Barrow are two of the best at their respective positions in the NFL. In the secondary, Will Allen and Will Peterson will mature into solid, dependable starters after having had good rookie seasons.

Weaknesses: The loss of Jessie Armstead to the Redskins and Samuel Garnes to the rival Jets are huge blows to the defense. Garnes and Armstead were tremendous leaders on the field. Omar Stoutmire and Dhani Jones will have to fill their shoes to the best of their ability. Jason Sehorn's full strength is questionable after having knee surgery in the off season for the second straight year. Additionally, mighty John Fox, the Giants' Defensive Coordinator jumped ship to the Carolina Panthers. Johnnie Lynn will try to live up to his legacy.

Special Teams: Special teams posed a big problem for the Giants last year. Rodney Williams had trouble catching snaps and the Giants kick and punt coverage was horrendous. The new special teams coach Bruce Reed will look to re-energize the unit.

Outlook: The Giants' lackluster offseason, and locker room turmoil could spell trouble although pre-season games tell a different story. The offensive line is a major question mark along with the fullback, strong safety, and outside linebacker positions. Furthermore the Giants will not be helped by their schedule with games against the 49ers, Rams, Colts and tough

eastern division rivals. Although most experts might predict a losing record, the Giants always seem to win when expectations seem their dimmest.

Prediction: 8-8

JETS OFFENSE

Strengths: Curtis Martin is one of the best running backs in the NFL. A predictable 1,500 yards a year rusher, this halfback is expected to turn in another Pro Bowl year. Jason Fabini, J.P. Machado, Kevin Mawae, Randy Thomas, and Kareem McKenzie should help to open up the holes for him. Richie Anderson and Anthony Becht are both solid at fullback and tight end. The Jets boast three reliable receivers in Laveranues Coles and Santana Moss, both of whom have tremendous speed. Once again the Jets can rely on the sure-handed efforts of Wayne Chrebet.

Weaknesses: The Jets don't want Vinny Testaverde to throw that much because he can be erratic. On top of that Testaverde had a pre-season injury to his thumb, which could pose a problem during the regular season. The receiving core is small, and will have trouble against taller cornerbacks. Look for the Jets to run the ball more.

JETS DEFENSE

Strengths: Where do we start? The Jets were active in the free agent market during the offseason, picking up Sam Coward, Donnie Abraham, Sam Garnes, Aaron Beasley, and safety Damien Robinson. These additions have given the Jets one of the top defensive units in the league. The secondary may not have much work to do as John Abraham and Shaun Ellis are growing into excellent pass rushers. Look for this unit to dominate throughout the year.

Weaknesses: Not many to speak of. The Jets' defensive tackles may be the weakest links of this strong unit. The linebackers, although solid, are gaining years and may have lost a step. The backups are untried. If a starter goes down they will have big gaps to fill.

Special Teams: The Jets had a good year last year with their special teams. The addition of Matt Turk and Chad Morton will make them even stronger this year.

Santana Moss will bring the Jets' faithful to their feet with his lightening speed. Overall this unit is solid.

Outlook: The chances of an AFC championship game for this team looks bright. The sky could be the limit for this squad. The offense is reliable and the defense will be nothing short of spectacular. The only question mark is Testaverde. If he can stay healthy, put up big numbers and keep his interceptions down, the Jets could find themselves in the Super Bowl.

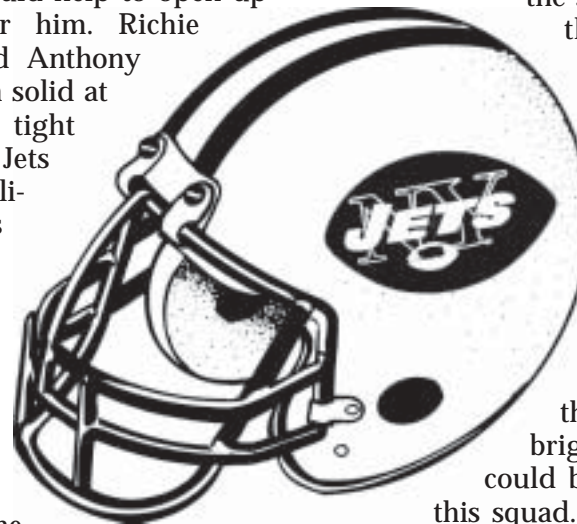
Prediction: 11-5

POSTSEASON PROGNOSTICATIONS

NFC Wildcard: 49ers Vs. Cowboys, Saints Vs. Rams, NFC Divisional: Packers Vs. Saints, Eagles Vs. 49ers, **NFC Championship:** Eagles Vs. Saints, AFC Wildcard: Raiders Vs. Browns, Dolphins Vs. Broncos, AFC Divisional: Colts Vs. Broncos, Jets Vs. Oakland, **AFC Championship:** Jets Vs. Colts.

Super Bowl: Colts Vs. Saints.

Prediction: Colts, 24-17



Jack Johnson –

Music For A Sunny Day On The Front Porch

By Evan Speiser

Jack Johnson never thought he'd trade the roar of the pounding surf for the roar of an appreciative crowd, yet, he certainly finds himself poised on the verge of music stardom. He has played before thousands at Summer Stage in New York City's Central Park. He has toured with Ben Harper. He has gotten a lot of radio play in California. And people only want to hear more.

The success is almost overwhelming to the Hawaiian who grew up dreaming of becoming a professional surfer. "Never in my wildest dreams did I think music would be my life," said Johnson. Despite his success, Johnson still isn't convinced that music is his life. "I don't feel like I have to consider myself a musician now," he says, adding, "I don't need to believe that if people don't buy my next record, my life is going to go to crap."

Perhaps it is because Johnson does not seek the approval of the music industry or of fans. His goal isn't to go platinum – or to be played on the biggest radio stations. Johnson, who began playing the guitar "just for fun" when he was 15 years old says he does not want to lose that sense of fun. "I have to be able to play my songs on the front porch or on a sunny day," he said. "It's always got to work when there are a couple of kids who want to dance around on the beach."

And, just for fun is what launched Johnson's music career. He began playing in small bands with his friends; never thinking anything would come of it. His ambition was to become a successful producer of surfing films. Oddly enough, this is what led him into the music industry. While working on a surf film, Jack met G-Love and Special Sauce's lead singer, Garret. Johnson had used some of the groups' music in a few of his films and was a big fan of the band.

Upon learning that Johnson was also a musician, Garret invited him back to the recording studio to fool around. It was then and there that Johnson's career as a musician was launched. His song, "Rodeo Clowns," was written and produced that day. Featured on G-Love's CD, "Philadelphonic," it was also the first single to be played on the radio. Jack Johnson was no longer a surfer who happened to play music.

Johnson's music has a unique sound that is both soothing and upbeat. He sings with a voice that slightly resembles Sublime's Bradley Nowell and he plays the acoustic guitar.

"Inaudible Melodies" sets the tone of the album, "Brush Fire Fairytales," as it seems to ask the forever-hectic world to just sit back and relax a bit. Johnson encourages originality in his song "Posters" that mocks those who wished they acted or looked like famous people on posters. He sings, "Well I'm an energetic, hypothetic version of another person, check out my outsides, there ain't nothing in here. Well, I'm a superficial, systematic, music-television addict, check out my outsides, there ain't nothing in here – here comes another one, just like the other one..."

Originality appears to be key to the wave of popularity Johnson is enjoying. It is also what enables him to write and play music his way. Concerned about losing his



Jack Johnson

'I have to be able to play my songs on the front porch or on a sunny day. It's always got to work when there are a couple of kids who want to dance around on the beach.'

– Jack Johnson

voice in the music industry, Johnson won't have a label telling us that we need to go out and do this, this, and

couple of his friends so he can maintain control. "When we go out, it's kind of in our best interest to do it however we want to do it. We

this."

With "Jack! Jack! We Love You!" shouted from Central Park or from a Hawaiian beach, Johnson plans to continue to share his voice. "At times it's all weird for me," he says. "I'll turn on the radio and hear myself - or I'll walk out and see people who want me to sign stuff. It's all really weird." With a new recording expected in August and "more mellow tunes" on the way, Johnson has decided to ride the airwaves for a while. "If people dig my next record, that's great. If they don't, they don't. I will just start making surf films again."

Howie Day –

Every Experience Reaffirms The Journey

By Jessie Desvarieux

Singer/songwriter Howie Day was born determined. At the age of 15, Day says, “I wrote down on a piece of paper that I was going to be a musician.” While he can no longer find the paper for proof, he remarks, “I did everything I could; shows, interviews. I figured that I needed to be in as many places as I could all the time and eventually I would meet somebody and something would happen.”

And, happen it has. This 21 year-old from Bangor, Maine is beginning to make a name for himself in the music industry. Having just signed with Epic Records, Day has been touring across the country in the Jeep World Outside Festival with many big name artists, such as Sheryl Crow and Train. Day’s success, however, wasn’t created overnight. Most of his adolescence was focused around his musical career: writing, recording, and releasing his debut album, “Australia,” and then touring and self-promoting his work enough to sell 30,000 copies.

Being everywhere and doing as much as possible has been Day’s work ethic. He began by playing in his father’s restaurant and thereafter toured college campuses and clubs around the country. He developed a solid fan base with college students who were attracted to his edgy, melodic and versatile sound. His riveting performances as a ‘one man band’ distinguish his personal style. He uses live loop sampling through which he creates the sound of a complete band with just one voice, one mixer and one guitar on which he often taps out the beat. He is known for his poetic lyrics and free verse style. “I want to sound kind of cool, kind of fresh,” says Day, “but at the same time I want to tell a story. I don’t like telling stories up front. I like making metaphorical art.”

Day’s fresh style caught the attention of many record labels. He chose Epic with whom he has re-released Australia because “I think that they will let me do my thing musically. They [Epic] will provide a lot of different tools that will enable me to make the best of my music.”

Day’s hard work has paid off in his newfound popularity and success as a musician. “Every step along the way was a reminder that it was actually happening,” he said. “It’s a little surreal. It’s happened at a lot of different levels – whether it was the first time I opened for a bigger band or the first time I had ever been on national television. Each experience has been a step that reaffirms the journey.”



Howie Day

Photo: Josh Rothsein

And what a journey it has been. Yet, Day does not see this as anything close to remarkable. “It doesn’t matter if you come from Bangor Maine because you can be from anywhere. Anybody that wants to do it can do it. It’s not rocket science. You have to love it and indulge yourself in it at all times. Just be obsessed with it. That’s what I did.”

Day’s obsessive nature and philosophy about self-sufficiency will help him in maintaining his unique style and finding his own personal ‘Nirvana,’ which he describes as “developing as an artist and writing songs that I’m excited about. It’s about getting better and better forever. The career will have a limited run, but being an artist just keeps going on.”

Art As An Expression Of Ideas

By Aaron Duffy

When a man from the Paleolithic era wanted to express himself, he did it by painting his ideas on the wall of a cave or by carving a representative sculpture. We call this art. It is one of the most reassured modes of expression and it was just as effective for the cave man as it is for any modern day artist including 15-year-old Mika Geudelekian.



Mika Geudelekian

A self-confessed “natural business man” who has set his sights on attending Texas University, Mika’s big plan is to have an art gallery where he can show his paintings and his ceramics. He is well on his way. His artwork is already attracting persistent buyers who have discovered the intended inner meaning behind his images.

Mika yearns to speak his mind and let others hear his ideas but he feels that the adult world will not listen. “No one will really respect or listen to a teen,” he said. And yet his most recent painting that deals with the issue of racism has spawned a lot of discussion from his peers and from grown-ups who are eager to learn more about him and see his work.

Mika, who is of Armenian descent delights in the fact that “All of my friends are different races.” Yet, after 9/11, a lot of things changed for Mika and his family. “Now people are a lot more racist towards Middle Eastern people – like me even,” he said. “When I go to the airport, they search me twice as much as everyone else and it makes me feel really uncomfortable. I just wanted to talk about that and even try to explain to myself and everyone else that racism shouldn’t exist.”

Although Mika found it difficult to express his ideas about racism verbally, he found great success in expressing his feelings about racism through his art. When the Churchill School in New York City held an art show that showcased the work of its art students, Mika was able to share his thoughts with the public. Almost five hundred people came to the show. “Originally, Mika didn’t think that people would like his work,” said Hourie, Mika’s mom. “He felt that they might not understand it, or respect it.”

With a smile of obvious pride, Hourie said that many people approached her during the show and remarked how incredible his work was. “We even had an offer on the piece he showed,” she said. “But of course we couldn’t sell it – because that was



Mika

the whole idea of the show. Nevertheless, one person has kept calling asking if we would just name our price.”

Fortunately for this reporter, Mika did not sell the painting and I was able to see it for myself. The colors, details and forms of the painting are all very simplified so that “the viewer is not distracted from the point of the painting,” Mika explained. It depicts small figures with little distinguishing details except for their colors. Their arms are crossed and the atmosphere around them is dark and gloomy. The viewer gets a clear message of the unfairness and dark nature of racism.

Already an art critic, Mika said, “If it catches my eye and makes me interested, I think it is a great piece of art because it has made me think. If I see a perfect painting of you and it doesn’t make me think, it is not a good piece of art. It has no meaning behind it and I don’t like it very much.”

Acknowledging that art of all kinds can help get you through tough times, Mika is well on his way to carving out a spot for himself in the art world.

“It helps you think – It gives you questions and answers,” he said. With a family that is “very helpful to me in every way,” and a teacher who thinks “I am amazing at math and business,” it is quite likely that we will come to see more of Mika Geudelekian’s work in a gallery – or perhaps a museum in the future.