

one 80

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Making Freedom Ring

In honour of Black History Month, One80 salutes one of the greatest heroes in African-American history, Dr. Martin Luther King, Jr. This influential and courageous man not only serves as an example for those of his own race, but also for people of all nations around the world.

IT'S AUGUST 1963, and a young black man of 34 walks up to a podium and surveys the ever growing crowd of 250,000 peaceful demonstrators. The crowd goes silent, and he starts his speech, "I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation...I have a dream today."

Dr. Martin Luther King, Jr. was born into a family of pastors on Jan. 15, 1929 in Atlanta, Georgia. He grew up knowing the hardships of his race having gone to a segregated high school and colleges, while earning many degrees and respect along the way.

When he was in his early 20's, King started to become actively involved in civil rights and in trying to 'free' black people from the invisible chains that held the African American back in a self proclaimed 'democratic' America.

In early December 1955, King led the first great modern African American non-violent demonstration. Thousands of African Americans boycotted the segregated bus system. The boycott lasted 381 days and ended with the Supreme Court ruling that the segregation on American buses was

unconstitutional. Following that day, coloured people and white people rode on the bus as equals. King emerged from this boycott as a national and international leader in the civil rights movement.

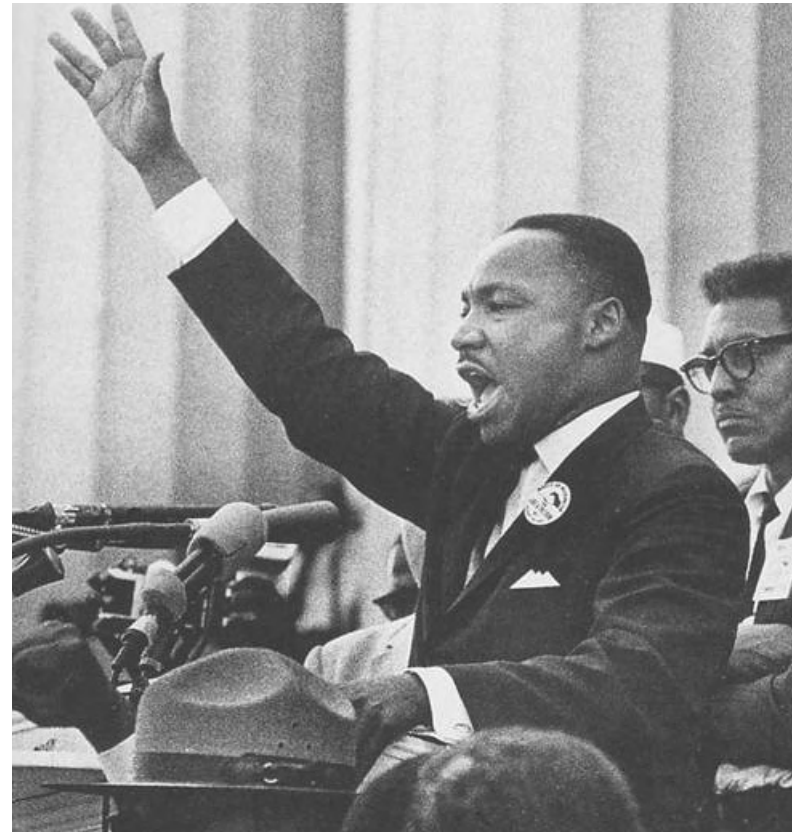
In the early 1950s, King met and married Coretta Scott, who passed away in late 2005. The couple had four children together.

During his lifetime, King received many awards and recognition; he was the youngest man ever to receive a Nobel Peace Prize at the age of only 35. After having been arrested 30 times, assaulted four times, having his house bombed, and being verbally and physically abused, King was assassinated in Memphis, Tennessee on Apr. 4, 1968. His legacy will remain in the hearts of Americans and the world for the rest of time.

The man had a dream: "...When we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when *all* of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual:

Free at last! Free at last! Thank God Almighty, we are free at last!"

Kayla Morrison is an intern at One80, and she plans to study journalism next year.



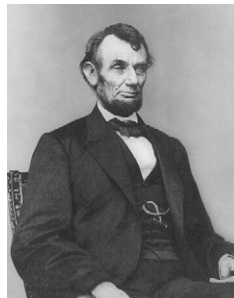
Did You Know?



Halle Berry was the first African American actress to win an Oscar for Best Actress. She won that in 2001 for her performance in *Monster's Ball*.



On Dec. 1, 1955, civil rights activist Rosa Parks (born Rosa Louise McCauley) refused to give up her seat on the bus to a white man and got arrested. This in turn led to the Montgomery Bus Boycott led by Martin Luther King, Jr., which culminated in the U.S. Supreme Court's ruling that racial segregation on public buses was unconstitutional.



On Jan. 1, 1863, the Emancipation Proclamation decreed by President Abraham Lincoln set all of the slaves free in rebel territory in U.S. Two years later, slavery was completely abolished.

The first African American Summer Olympic gold medalist was John Baxter "Doc" Taylor in 1908. He won a gold medal as a part of the 4 x 200 metre relay team.



After a 27-year imprisonment on charges of sabotage, Nelson Rolihlahla Mandela became the first president of South Africa to be elected in fully-representative democratic elections in 1994. He has become an international icon for freedom and equality after helping to successfully end apartheid in South Africa.



During the height of the Underground Railroad from 1810 to 1850, 30,000 slaves escaped to the 'promised land', Canada, via the system. The Underground Railroad was a series of routes created to get slaves out of America and to parts of free America or Canada. Over 100,000 slaves were smuggled out of plantations and given the chance to rebuild their lives.



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Hey... join us in welcoming the latest columnist to the pages of One80:

SEVERN CULLIS-SUZUKI

pursuing topics on social trends and issues... all from a youth angle!

Her monthly print column will commence in February and you can also find her online at www.oneeighty.ca

LETTERS TO THE EDITOR

Best wishes to all the students beginning their second semester! We'd like to thank all the schools, classrooms and community groups actively involved in One80 through reading and writing. This section highlights the best comments (good or bad) over the past month including suggestions you may have regarding One80.

"I look forward to the opportunities One80 can provide to allow my abilities to reach out to youth across the Greater Toronto Area."

- Steven, Vaughan

"Thank you One80! I received my George Exclusive prize pack and I'm listening to it all the time!... it's the first contest I've ever won. Thanks again, you have a great newspaper.

- Don, Brampton

"My guidance counsellor introduced me to One80 today and I'm so happy that there is an opportunity for youth to get involved in journalism. I've been interested in the field for so long, but haven't figured out how to get my foot in the door till now... This is a great outlet for teens!"

- Stephanie, Toronto

"Thank you for the great holiday seasons greeting! We appreciate all the efforts you put forth in our community to support youth literacy and media education. Our students are actively using One80 in the classroom for discussion and assignment ideas. You're doing a tremendous job, keep up the good work!"

- L. Burrows, Toronto

If you have a comment, suggestion, or response to a story published in One80, please e-mail us, we are always open to what you have to say! contacts@oneeighty.ca

CONTEST WINNERS: We'd like to congratulate the following contest winners in the Eva Avila Idol Prize Pack: H. Deol (Mississauga), S. McQuoid (Toronto) and L. Lee (Mississauga).

For more contests, visit us at www.oneeighty.ca!

All content is provided by volunteer freelance contributors between the ages of 16-24 years. One80 Youth Newspaper is committed to providing a quality medium covering all topics of interest to young people. We know our market because WE ARE our market!

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A World of High Fashion

She went from being a synchronized swimmer to a life of high fashion and higher salaries. Delve into the career of 17-year-old model Meredith Mason.



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Starving for Attention

At 16 years old, Karen Chung would have rather been dead than fat. She lived in a world of secret suffering shared by 27 per cent of young women aged 12 to 18 in Canada sick with an eating disorder.

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When Gambling Leads to a Bad Deal

Betting on an innocent game of poker or hockey can seem rather appealing, especially if the odds are in your favour. But if you can't quit, it can cost you a lot more than you bargained for.



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Making the Grade

For some students, graduating high school is no easy feat. The Alternative Cooperative Experiential program is helping make a difference in the lives of senior students who lack school credits and are at risk of dropping out.



AND MUCH, MUCH MORE!

check us out on-line for further features at

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ONE80 is distributed monthly across the GTA and is the premier youth news source for high school aged students. A for youth by youth publication, all contributors are youth volunteers between 16-24 years of age. ONE80 is available online and through pick-up racks in various locations across Toronto, Peel, Durham, Halton and York.

Sites include Ontario school board secondary schools, major mall sites, municipal facilities, HMV's and youth hot spots throughout the GTA... just to name a few.

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Ryan Malcolm Takes Flight



IT'S AN UNUSUALLY warm January afternoon as Ryan Malcolm sits in the meeting room of his music distribution company, Fontana North, in downtown Toronto. Slouching deep into the couch and sprawling his arms out, he exposes an armband tattoo on his right bicep. He slightly jerks to the side as the theme to *Mission Impossible* suddenly plays from his army jacket beside him, and he reaches into his pocket to retrieve his cellphone. "It's the bank. I'm not answering it," he chuckles.

Insert has-been joke here. Go ahead. Malcolm doesn't mind. He's heard all of them since his *Canadian Idol* win back in 2003.

"Some of them are actually funny, like, I should have thought of that," says Malcolm, who is now the frontman for his band Low Level Flight. "A critic once said on the radio, 'Where's Ryan Malcolm?', and another person replied, 'I think I saw him with a squeegee on Queen Street.'"

Malcolm has moved on from his *Idol* days and is now working on his debut album with his band. He recruited his friends, whom he met while playing at various gigs, and spent two years writing songs. It's not really a follow-up to his first album, *Home*, but rather "Chapter One" as he puts it. He is now signed under an independent label.

"This is the album that I first wanted to make, but I feel as though it would have been wasted because everyone would have just pegged it as an *Idol* album," he says. "The *Idol* thing sets you up to be a TV star, not an artist or musician."

Malcolm hasn't been keeping up with the *Idol* show since he beat out thousands of other Canucks belting out Motown hits and Elton John classics, although he'll occasionally tune in just so he has an idea of what's going on when journalists ask him what he thinks of the newest batch of contestants. "I'll be like, 'Oh yes, that guy with the gray hair,'" he muses, referring to *American Idol* winner Taylor Hicks.

Another question that Malcolm is always asked is if he has any advice for *Idol* hopefuls.

"If you can't sing, then I can't really give you any advice," he says. "Maybe if you can't sing you'll get on the 'Worst Of' show. If you want to know what not to do, just listen to the William Hung album."

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contest is limited to residents of southern Ontario.

JobLoft.com Helps Take Job Hunting to New Level

TURNING DOWN \$200,000 to start up his business was one of the most beneficial decisions Chris Nguyen could have made.

The 24-year-old CEO of online job hub JobLoft.com appeared on CBC's entrepreneurship reality television series *Dragons' Den* last fall along with his coworkers, Andy Lai, Lee Liu, and Sundeep Mokha, only to reject the offer presented to them.

The team pitched their idea on national television to five multimillionaire Canadian business moguls (known to viewers as the "dragons"). The four were eager to find investors for JobLoft.com, and they negotiated a deal with the dragons, who agreed to shell out \$200,000 in exchange for 50 per cent ownership of the company. "In the end, it wasn't about the money," said Nguyen. "It was more about the mentorship and guidance we were hoping would help us start up the company, but it wasn't there."

Nguyen conceptualized JobLoft.com in 2005 during his last year in the Information Technology Management (ITM) program at Ryerson University. After a trip to the mall, where he saw job-hungry students scouring every retailer looking for employment, he realized there had to be an easier way to find employment. "I started looking online at employment websites," said Nguyen, "and I couldn't find any that made it easy for both the job-seeker and employer, specifically for youth job-seekers."

What sets JobLoft.com apart from other online job services is the coupling of technology and distance sensitivity through the use of Google Maps, which allows a job-seeker to calculate the distance between his home and his future place of employment. "We've included text messaging services, online videos, added value profiles, and online applications to make applying for a job faster, easier, and more convenient for both the employer and employee," said Nguyen. "Technology makes the difference, and the use

of new technology puts us one step ahead of our competition."

Starting off at such a young age in such a short period of time hasn't always worked to Nguyen's advantage, considering he's a few decades younger than most of his clients. But his drive and enthusiasm for JobLoft.com has won over some of the biggest players in business, including Wal-Mart Canada, H&M, Harry Rosen, and Blockbuster. "You have to talk to human resources directors and demonstrate that you have a lot of passion for what you do, no matter how much experience you have in the field."

Nguyen reinforces the importance of a business plan, a useful skill he obtained in his first year of ITM. You always need a blueprint, because things will change and new ideas will come up, he said. He recommends putting in an hour of work every day on your plan, and it will pay off down the road. The plan should be organized and realistic, and should include market execution, growth anticipation, a budget, and an exit strategy.

Starting your own business isn't easy. Sacrifices are necessary to get your business going. "When I started up, I had to learn from the School of Hard Knocks," he said. "I had to find ways around having no line of credit, so I would use my own credit card to pay for business expenses."

Evidently, the blood, sweat, and tears Nguyen put into his business has paid off, as JobLoft.com has 5,000 to 10,000 hits a week. His next aspiration for the company is to develop nationally and work alongside his list of supreme clientele: IKEA, Hudson's Bay Company, Tim Horton's, and McDonald's.

Eventually, he hopes to see JobLoft.com branch off into the United States. "Once we hit the states and expand our business in Canada, we're going to be the 'go-to' place for employment opportunity." ■

Ashley Spegel is a third-year journalism student at Ryerson University



*Ryerson University graduate Chris Nguyen started his own company, JobLoft.com, an online job hub that garnered him and his coworkers recognition on entrepreneurship reality television series *Dragons' Den*. Photo Credit: Ashley Spegel*

Rocking to the Beat of Her Own Drum

FIVE YEARS OF writing and composing have been well worth it. Never give up is the philosophy that's keeping 27-year-old award-winning Toronto drummer Lorie Wolf on a journey to the top of her craft.

Wolf started playing drums at 17. "I started with my neighbour, a rock drummer," she said during a recent interview. "When I made enough money, I took [drum] lessons. I paid for

the drums to get started." Over time she became more involved with her performances and the music industry. "I played at school assemblies. At 19, I played during brunch at a restaurant."

In today's era, there are many options one can take when deciding on which music to compose and perform. Wolf chose jazz following the influence of her older brother, who listens to jazz.

"[I am] really geared towards being expressive," she said. "Jazz is really musical."

Wolf is in a band called Sisters of Sheynville, an all-female Toronto-based group playing a combination of Yiddish, swing, and jazz. She is also a member of The Lithuanian Empire, a funky klezmer band. Both bands are working on new albums slated to be released this month.

Having already accomplished more than 35 performances, Wolf is thriving through her passion. Her next performance will take place with the Sisters of Sheynville Mar. 1 at the Gladstone Hotel in Toronto. Her music often releases tender emotions from someone, whether or not you understand Yiddish. This demonstrates the raw feelings put into the performances.

Just as different music triggers diverse emotions, so does the venue. "I like venues where people come to listen to music, like the Rex," said Wolf. "I like people who come to party

or dance. I want to play for people who are interested in hearing [me], not as background music." Wolf has played at a number of venues across North America, including the Toronto Jazz Festival and the Lincoln Center in New York City.

Many young people aspire to become well-known and well-liked musicians, but this is a difficult task to take on. Wolf shares the following advice for those considering pursuing a career in music: "Listen to as much music as you can. Set up good practice schedules. If you want to be professional, study it and get the right teachers.

"Stay away from people who put you down and [from] drugs and alcohol. Act the way people expect you to be. Stay away from bad influences."

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A Taste of the Alternative



Here are some resources you can check out for more related info:

- Carol Off's new book, *Bitter Chocolate*
- www.globalexchange.org/fairtrade/cocoa
- www.lasiembra.com
- www.transfair.ca

I USED TO rock the vending machine in the Sedgewick building at the University of Victoria regularly. Twix bars were my fave, next were Mars bars. After dark they were the only food around, were convenient, and kept me awake. They supported my grad student lifestyle.

But one day last semester, we had a guest lecturer in a class for which I was a teaching assistant. The course introduced students to environmental issues through the lens of food: the connection between everyone in class and a web of social, economic, and health realities around the globe. David Mincey, owner and head chef at Camille's restaurant in Victoria, B.C., came to give us a lecture on the history of chocolate, ending with a chocolate tasting. Needless to say, the lecture hall was packed.

I knew chocolate was sexy, but I was not expecting the dramatic tale Mincey began to tell. The human obsession with chocolate began some 2,000 years ago with the use of cacao beans by the Maya and Aztec of Mesoamerica to make a royal cocoa drink used in religious ceremonies. The very seeds of the cacao plant were used as currency.

The Spanish, arriving in the 1500s, noticed this, and decided to grow money on trees, creating plantations of cacao in their colonies. Many of the first slaves forced from Africa were used for cocoa plantations. Back in Europe, they found that in combination with cane sugar (for which the industry was also about to explode), cocoa was delectable to Europeans. The Spanish held the secret until monks finally gave it away, and production spread across Europe.

Through a series of other twists and turns of history, chocolate was transformed by the Quakers (think Cadbury and Rowntree), who built chocolate towns, and also had a hand in the invention of medicare and maternity leave. The product came to America, where Hersheyville was founded in 1900. Today, one can't imagine North America without chocolate.

After an impressive speech, Mincey stepped aside, and Sushil Saini gave us the low-down on the current chocolate state. Today 14 million people are involved in the annual production of over six billion pounds of cocoa. Two-thirds of the world's cocoa comes from Western Africa, with almost half of the total coming from the Cote d'Ivoire. Caught up in today's global market, where price can rise or fall on a whim, the average grower earns a range of \$30 to \$110 (US) for the year.

The farmers are hooked on cash crops, and vulnerable to an indifferent global economy that has forced countries to deregulate and limit commodity boards, which protect farmers from the market. They have had to resort to terrible practices to remain viable. A 2002 report by the International Institute of Tropical Agriculture examined 1,500 farms on the Cote d'Ivoire, Ghana, Nigeria, and Cameroon. The report indicated findings of 284,000 children working

on hazardous tasks in grim conditions (using machetes, applying pesticides, insecticides), and 12,500 of those had no relatives in the area – an indicator of child slavery. It was also found that beatings, long hours, and tough tasks are common.

Mars and Hershey's make up 3/4 of the U.S. market; their size gives them power to purchase chocolate at a price far below value, perpetuating an unbalanced relationship. Think of Christmas, Easter, or Halloween, when we shower little tykes with chocolate. This same chocolate is harvested by little children like them, in harsh conditions, even slavery!

No one wants to hear bad things about chocolate. Just as the audience was about to groan collectively, the lecturers turned to the tasting. We discovered the taste of the alternative: equitable, delicious Fair Trade chocolate. Fair Trade is a growing movement seeking to pay a fair wage to producers, based on respect, equality, and fairness. In Canada, the Transfair logo indicates that the product has been certified in an extensive monitoring process by the Fairtrade Labelling Organizations International. We learned about Fair Trade companies such as Green and Black, the Fair Trade Chocolate Company, Vivani, and Ottawa-based Cocoa Camino.

The chocolate tasting was exquisite. As the cocoa mass dissolved on our tongues, Mincey asked us to taste the subtle fruit and chili flavours, and to imagine the sultry jungle where the chocolate was grown. Thank the chocolate gods! There is hope!

Flash forward almost a year, and I have a bar of Cocoa Camino dark chocolate in my desk. The satisfaction the chocolate gives means it lasts days longer than the 15 minutes of a Mars bar. It's better for me, I enjoy it more, have a more subtle palate... yes, I'm infinitely more sophisticated! But most of all, I know that my habit's not contributing to the enslavement of little kids. Chocolate exemplifies a necessary sea change in our food choices – turning to a healthier, more aware and more equitable option. Turns out it just tastes better, too. ■

From fishing for smelt on the seawall in Vancouver to hanging out in small communities all over British Columbia with her family, Severn Cullis-Suzuki, daughter of renowned scientist

and environmentalist David Suzuki, has been 'studying' ecology and society since she was small. She started speaking out about social justice and environmental issues when she was 11, and at 27, she continues to speak at schools, universities, and corporations about the importance of understanding our interconnections to a globalized world, and to recognize our responsibility in it. Severn is an Earth Charter Commissioner for the United Nations and an Action Canada fellow. She is currently working on a Master's project in ethnoecology with Kwakwaka'wakw Chief Adam Dick. She hopes her pursuit of traditional and scientific understanding will help her to promote a culture of diversity, sustainability, and joy.



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One of the "Elite"



AT A SOARING 5'11" frame, 17-year-old Meredith Mason entered her high school's library. Even with an elevated height and having graced the covers of magazines such as Italian *Vogue Beauty*, *LouLou*, and *Flare*, Mason didn't garner much attention from her peers. Instead, she seemed content for the quiet oasis at the library—away from the chaos of a typical fashion show.

This is the same high school that supermodel Estella Warren attended. Perhaps it's the same table Warren once studied at that Meredith sat at with me to discuss her modelling career. Both women were synchronized swimmers before inadvertently being introduced to a vocation of high fashion and higher salaries that other girls their age could only dream of.

A juxtaposition of shyness and confidence came through in Meredith's smile as she openly discussed modelling, Paris, and the resurrection of the skinny jeans.

I: How did you enter the modelling industry?

M: I used to be a synchronized swimmer, and I had a bad injury. My chiropractor used to be a model and sent me to her modelling agency, Elite, when I was 14.

I: Did anybody try to discourage you from modelling?

M: No. My parents were skeptical at first, but once they saw what the industry was like they were very supportive; everybody in general has been.

I: There is a stigma about the modelling world; controversies of anorexia and drug use. Were you skeptical about entering the industry at any point?

M: The industry isn't the way it used to be; lots of rumors go around. From my experience, I haven't seen any of those things. I've only had good experiences so far.

I: You're a mere 17 years of age, still in high school, and in 2006 *UK Vogue* named you as one of the three faces to watch on the fashion scene. How do your peers react to your success?

M: When I told my friends I was in *Vogue*, they were excited for me.

I: You are currently signed with Elite Model Management. What made you choose to sign with this firm, amongst others?

M: My chiropractor led me to Elite. One major factor was that they were supportive about my school; they understood that I didn't want to go into [modelling] full-time. [Elite] has great people and great vibe with a lot of support. I got along well with the members.

I: What lessons have you learned from the modelling industry thus far?

M: You learn how to be really independent. I have never travelled alone, but now I have learned to be responsible and handle my own finances.

I: I've often wondered what it's like backstage during a fashion show, the moments before a model walks out with her stern face and killer walk.

M: Backstage is chaos. People are running around changing, clothes are flying around everywhere and make up and hair people are trying to get everyone ready. And photographers try to take your picture.

I: Do you prefer to walk the runways or pose for the cameras?

M: I like them both for different reasons. I like the rush I get from the runway, and photo shoots could be really fun, so it's hard to choose.

I: Do you intend to do modelling for a long time?

M: I plan to do it after high school for a few years, and then go back to university.

I: What would be your dream cover?

M: Being in *Italian Vogue Beauty* was a dream for me. It would be any model's dream to be on the cover of American *Vogue*, but that never really happens anymore, because more celebrities appear on the cover.

I: Describe a typical day as Meredith Mason.

M: Wake up, throw stuff in bag, and work all day. If I'm not working that day, I'm running from casting call to casting. During fashion week, they give you a list of all the castings you must get to. It's an exhausting job. It's not about standing around looking pretty; there's a lot behind the scenes.

I: What has been your favourite city to visit while modelling?

M: New York and Paris. I got to live in Paris for a month and a half with my mom. It's a gorgeous city.

I: Would you ever consider becoming a model-actress or model-singer?

M: Honestly, I don't know, because it doesn't work out most of the time.

I: Who is your modelling idol?

M: Daria Werbowy, another Canadian who has done extremely well.

I: What is the meaning of fashion to you? Have you been more fashion conscious since you've entered the industry?

M: Not school-wise, but when I go to castings and modelling I think about what I'm wearing to make a good impression. When you're working with fashion conscious people, you have to be fashion conscious.

I: You're a native of Toronto. Are there any big Toronto based designers we should keep our eyes open for?

M: Pink Tartan. The items are all over department stores in the United States and are really popular. There's also Arthur Mendonça.

I: Do you think the 'skinny jean' is going to stick around for another season?

M: Trends come and go, and another trend will take over. By the new school year there will be another trend.

Ivana Markotic is a Grade 12 student at Silverthorn C.I.



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Addicted to Caffeine

DO YOU FEEL restless, irritable, or dehydrated? Maybe you suffer from lack of concentration or frequent headaches. If so, you may be one of the many teenagers suffering from a caffeine addiction.

Many teenagers are completely unaware of the damage they could be doing to their health when consuming a can of pop, an energy drink, or coffee rather than sticking with healthier choices such as juice or water. Taking into consideration that raging hormones are already present in teens, adding caffeine to the mix can lead to bad mood swings, sleeplessness, and an increase in urination.

Caffeine is in almost everything, not just coffees or obvious beverages, so one can be addicted to caffeine and be oblivious to it. Just 1 oz of espresso contains 100 milligrams of caffeine. Depending on the size, black or green tea contains 9 to 55 milligrams of caffeine. There is even caffeine in chocolate bars; dark chocolate contains 19 to 58 milligrams, while milk chocolate contains 7 milligrams.

"Caffeine is a stimulant; the average pop contains 36 to 46 milligrams of caffeine," explained dietician Martine Payne. "Unless the caffeine is added, it is not required by law to be included to the ingredients. Guarana and Yerba mate are examples of two herbs found in pops and energy drinks that do not need to be listed in the ingredients, yet

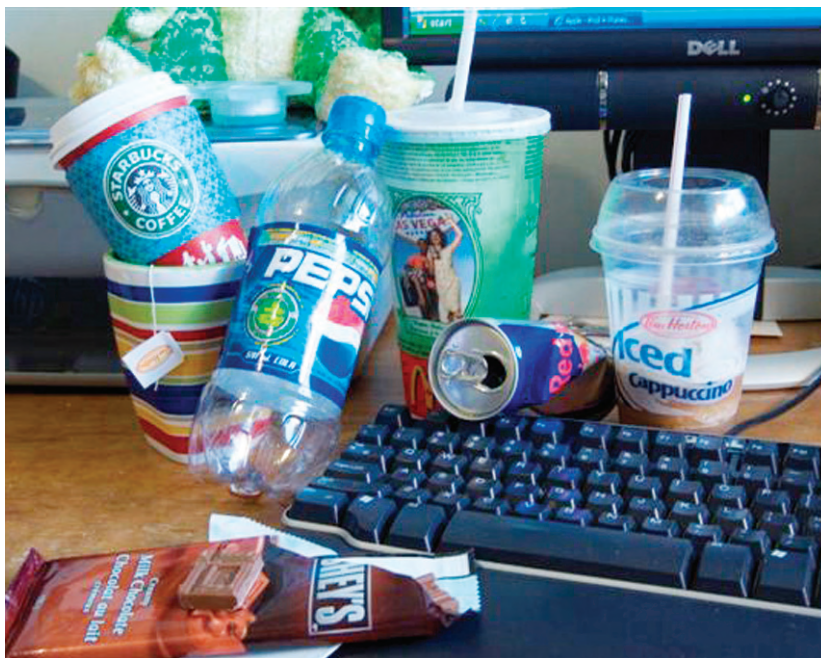


Photo Credit: Jennifer Jones

they have high caffeine content. A person should have no more than 2 milligrams of caffeine for every kilogram of their body weight, and even low levels of caffeine can affect a student's behaviour."

Caffeine is like a sugar high. It gives you a large amount of energy for a short period of time and then you reach a slump; it makes you feel tired and with less energy than you started out with.

For highly active teenagers, caffeine is not the way to go. Caffeine causes you to become diuretic, taking water out of the body, which leads to dehydration. Food cannot be replaced by caffeine for energy. An active teen should consume five to six meals per day and all teens should have healthy snacks regularly.

Although you cannot overdose in one sitting of caffeine, consistency of too much caffeine can lead to high blood pressure, faster heart rate, an increased breathing rate, and could eventually lead to insomnia. "Too much caffeine affects a person's calcium absorption, which counters with a good calcium intake," said Payne. "If you choose to drink coffee, make sure you are getting a good amount of calcium for your age and weight."

Some symptoms of caffeine withdrawal are really bad headaches, irritability, and agitation. The effectiveness of the symptoms varies by a person's intake and how individuals respond to caffeine. "To end a caffeine addiction, while avoiding withdrawal symptoms, a person needs to cut back gradually," said Payne. "You could get half caffeinated and half decaffeinated coffee, slowly decreasing the size of portions for each intake. Or, depending on how much caffeine you are dependent on, you can switch to tea."

To optimize energy, eat healthy; get adequate amounts of sleep, fresh air and exercise. Being conscious of the amount of caffeine you consume in a day will benefit your health and lifestyle. Just remember to think before you drink! ■

Emily Johnston is an 18-year-old resident of Newmarket

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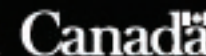
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Future Fittings



Auto Service Technician

SO YOU LOVE CARS. You're great with your hands, and *The Fast and the Furious* is your favorite movie. Sounds like you could be the next great auto service technician. Now all you have to do is get a job working as an apprentice, and you'll be on your way. Sounds simple, right? Wrong!

There is nothing simple or fast about the process of becoming an auto service technician. One thing required to get through it, according to Rob Forbes, is "patience, definitely a lot of patience." Forbes, a 22-year-old apprentice, has been chasing his dream of becoming an auto technician for the last seven years.

It was early on in high school that Forbes came to realize his career aspirations. "My mother's fiancé was an apprentice, and he had a big influence on my life," he said. For Forbes, that influence led to auto classes at Silver District High School, and a co-op program.

Looking back on his co-op experience at one of Stouffville's biggest auto shops, Forbes has only positive things to say: "I did stuff like E tests, brakes, oil changes, just the basics apprentice stuff... it was a good learning experience."

Forbes's first steps toward his future career almost coincided with the automotive repair industry's launch into a new direction. "Our industry has changed in the last 10 years," said General Manager and Co-owner of Europa Motors Alex Domosaru. "It's more complex. Before it was a hands-on job...now it's getting closer to an engineer position."

Domosaru explained how today's auto mechanics—now referred to as auto service technicians—are assisted by technologically advanced machinery and the most updated computer systems. "Lately, there is a lot of information regarding this career, but still we need more to make youth aware of the rewards," he urged.

Although the rewards of this career may be out there on some information highway, it is up to today's youth to filter through it all. "Educate yourself on the apprenticeship program," said Forbes. "I was hung out to dry a couple of times. I would work for a dealership, and I was told I would get an apprenticeship, but they didn't sign me up. I didn't know I could sign myself up."

Forbes is referring to The Ontario Apprenticeship Program, which is the program that apprentices of all trades register with. The program, which combines in-class training with on the job training, requires that all apprentices pass an exam for certification.

Although Forbes eventually signed himself up with the apprenticeship program, there are a number of services that can assist you with this process. COSTI Employment Services is one organization that provides direction and support to both employers and aspiring apprentices.

Domosaru himself, who is always on the lookout for new apprentices, often turns to COSTI's services for information and assistance. Of his search for new talent, Domosaru said, "I'm looking for the ability and the will to learn, because lately it's very

OCCUPATION: Auto Service Technician

JOB DESCRIPTION:

Inspects, diagnoses, repairs, and services automobiles

SALARY: \$25,000 - \$70,000

TRAINING PROGRAM:

Ontario Apprenticeship Program, duration three to five years

PREREQUISITES:

Grade 12 education or ministry approved equivalent

* Courses in English, mathematics, and physics are advised, as well as some level of industry work experience.

CONTACTS:

Ministry of Training, Colleges, and Universities

www.edu.gov.on.ca/eng/training/apprenticeship/Skills/training.html

COSTI Employment Services

www.costi.org

Europa Motors

www.europamotors.ca

demanding." Obviously, he saw what he was looking for when he hired Forbes as an apprentice. "The reason I hired him is... because of the way he approached me. It seemed like he

wanted to learn."

Unlike some of the apprentices Domosaru has come across lately, Forbes is not intimidated by the level of training required to succeed in this industry. On the contrary, he is open to every opportunity. Besides the in-class training he is receiving at Centennial College, he is training to become more specialized. "I also do BMW specific schooling, because those cars are so complicated electronically," he said.

Now in his third year of his apprenticeship, Forbes is busy at the Concord location of Europa Motors, diagnosing and servicing customers' cars. Meanwhile, he is looking ahead to a future that involves the management of his own dealership. When asked what his favorite part of the job is, he replied, "Test driving the cars after I've fixed them." So maybe there is a little bit of *The Fast and the Furious*. ■

Makda Ghebresslassie is currently a volunteer at Rogers Television, and she plans to study journalism next year. Makda's own 'Future Fittings' experiences have led her to the journalism path and inspired this column. In 2005 she won a national competition to co-host the last season of "Girlz TV", a teen magazine program on YTV. Through this monthly column Makda reveals the realities of various career options and spotlights proactive youth trying out their future careers. Forward any questions or comments to futurefittings@oneeighty.ca.

for more articles visit www.oneeighty.ca

I'd Rather Be Dead Than Fat



THEY HIDE THEIR butter in napkins and throw up in the shower. They carry pillows to prevent their spines from jarring against chairs and their tailbones from jabbing into the floor.

Karen Chung knew this world well; a world of secret suffering that makes 27 per cent of young women aged 12 to 18 in Canada sick, according to the National Eating Disorder Information Centre (NEDIC). At 16 years old, Chung would rather have been dead than fat. Her skeletal frame betrayed a manicured appearance and honour-roll grades. Her hair fell out, her skin went yellow, and her heartbeat dipped dangerously low. One day she found herself kneeling over a toilet bowl, vomiting up a feast she'd gorged on.

"Every day I woke up and thought, 'today is going to be different,'" said Chung during a recent interview. "And then it was not. No matter what preventative measures I made, it was a binge and purge cycle everyday. I [eventually] accepted it. I gave in, and knew that it was just going to be part of my daily routine, depending on what I ate." She would be in the washroom for over an hour.

Chung is better now, but she knows that better doesn't mean good. A graduate student of the University of Toronto's dentistry program, she remembers a time when she thought her eating disorder would kill her. "I started as an anorexic. Anorexia is dead easy, I just wouldn't eat. But when I got really sick, I started to lose control of myself around food. I would just eat everything. Then, I would throw up everything I ate. I couldn't stop. I honestly thought I wouldn't get out of it alive."

Chung said she still struggles today. "I think that I am slowly spiralling downward. I'm not very happy right now. I think it's my body. I want to lose weight. Maybe I'll feel better if I lose 10 pounds. I don't want to throw up, but it's the only way that I can lose the weight."

Out of all the young women who suffer from eating disorders, only five per cent are anorexic, said York University Professor and Clinical Psychologist Jennifer Mills. "Bulimia is a secretive disorder," added Mills, "and without significant weight loss, the bulimic is indistinguishable from the rest of the population. Anorexia is there for all to see."

"When I was anorexic, I wanted attention, I wanted people to notice," said Chung. "It wasn't like I was wearing baggy clothing." Her bulimia, however, was different. "I would do anything to hide it

from people. I would even throw up in the shower. It was a necessity to keep it secret."

Susan Osher, a registered and former dietician for the Hospital for Sick Children, Canada's main treatment centre for children with eating disorders, said that young women suffering from bulimia could be your best friend, your sister, or your mother. And no one knows the secret hell they experience unless they get caught.

Please turn to page 14

Ryan Malcolm Takes Flight

continued from page 5

Wearing slim black pants, a white leather belt, and an HKD skateboarding T-shirt, Malcolm would be almost unrecognizable behind his handlebar moustache if it weren't for his trademark thick-rimmed glasses and spikey, jet black hair. It may seem like another image change where the artist conjures a random nickname or develops an obsession with a foreign culture, but it's obvious that Malcolm is more himself now in his laid-back persona than the clean-cut *Tiger Beat* image from three years ago.

"What [*Idol*] shows is actually 40 per cent of the potential that contestants have, because they are restricted to certain songs," says Malcolm. "It's not like we were restricted to what we wore and how we acted, but it just feels like this is my turn to step up and show the country what I can do as opposed to what I could do with other people's songs."

It's not that Malcolm regrets *Idol*. On the contrary, he performed at large venues all over Canada, appeared on talk shows, and got a sense of direction over where he wanted to go with his music.

Malcolm describes his band's music as new rock mixed with the Killers, pop and opera with a bit of Il Divo. Well maybe not the last one, he deliberates. He credits his current musical tastes to the songwriters and band members that he toured with during his *Idol* days. Their "older" — in the most flattering sense, he laughs — musical tastes exposed him to some of the more old-school artists that provided the base for today's rock and pop music.

Shaun Noronha, one of Malcolm's bandmates during the *Idol* tour, is now the bassist for Low Level Flight. He, along with the other bandmates — guitarist Dave Carter, drummer Brandon Merenick, and guitarist/keyboardist James Rooke — are used to defending Malcolm's *Idol* notoriety.

"In terms of credibility, I don't really care," says Noronha. "If someone thinks the band is a certain way because the singer won *Canadian Idol*, then that's not the type of fan we want. We want someone who'll listen to the tunes and tell me that they don't like the songs rather than not liking the band just because the singer won *Idol*."

With the band's album hitting shelves in March, the members look forward to touring the country, and Malcolm is, once again, ready to face the critics. "I know I'm capable of what I'm doing, and I don't need anyone's approval or validation," he says. "You set yourself up for a backlash in this job. My motto is that if they care enough to review your album, then that's a compliment."

For more on Low Level Flight visit www.lowlevelflight.com ■

Karon Liu is a third-year journalism student at Ryerson University and one of the editors for the Arts & Entertainment section of Ryerson's independent campus newspaper, The Eyeopener.



One80

Celebrity Diary

FULL NAME: Ryan Michael Malcolm

WHO I AM: Haven't figured that out yet

BIRTH SIGN: Libra

IF I COULD HAVE A CANDY BAR NAMED AFTER ME IT WOULD BE CALLED... light and tasty?

IF I COULD BE A DISNEY CHARACTER I WOULD BE: I would be Mowgli from the *Jungle Book*, because I love singing monkeys and I already have a loin cloth.

READING/MOVIE GENRE: It depends on what kind of mood I'm in, comedy mostly.

AN ISSUE I FEEL STRONGLY ABOUT: World hunger.

IF I COULD TRAVEL TO ANOTHER TIME... I would go to this February so I could pick up the new copy of *One80*.

MY IDEA OF A GOOD DATE: Having a bottle of wine at home with my girlfriend and two cats.

FAVOURITE VACATION SPOT: San Andres Colombia

Teens Gambling Their Lives Away



MONEY HAS ALWAYS been a problem among teens, but what happens when all the money is lost at friendly poker game among friends? Winning gives a thrill unlike any other, but when gambling the highs are higher and lows are even lower.

Teen gambling is at an all-time high, with more youth engaging in betting money than ever before. Sarah Thomas, quality assurance officer at the YMCA Youth Gambling Program, said there are many ways to keep a teen safe while gambling. "[Staff] talk to them about how to be safe and what it means to be a problem gambler," said Thomas of the YMCA program.

The YMCA program is based on prevention awareness, and involves presentations held throughout the GTA about youth gambling and how teens who choose to gamble can do so safely. "Our approach is reducing the harm that comes with gambling," said Thomas.

A recent study done by McGill University Professor Jeffrey Derevensky indicated that more than 80 per cent of teens have engaged in some form of gambling for money, and of this, 30 per cent gamble on a weekly basis, which is a large increase from previous studies.

However, university student and regular gambler Paolo Go said he does not think gambling is any worse now than it used to be. "I see a lot of kids gamble, like small time gambling, but I don't really see it as a problem....most of them just seem to play for fun." Yet Go also realizes that this type of gambling can lead to larger issues.

According to Friends 4 Friends, a program created by the Responsible Gambling Council, teens have many misconceptions of gambling. Odds and luck do not play any part when it comes to betting; however, many gamblers are under the

impression that when they lose several times, they have more odds of winning the next round.

Thomas mentioned several possible signs a teen with a gambling problem might have such as "losing interest in other activities because all you're caring about is gambling." She added that this is probably the number one sign in identifying problem gamblers. Go agreed that the thrill of gambling can easily cause an addiction, which is often compared to substance abuse and drug addictions.

Another major way to identify a problem gambler is by the amount of money the person spends on gambling, as well as the inability to walk away after losing a bet. "That's when they might start to lie about their gambling, or they might start stealing to pay off their debts," said Thomas.

What the YMCA program tries to teach, however, is to walk away after losing a bet and deal with the losses, rather than create an endless downward spiral that many problem gamblers find themselves in, which, according to Thomas, is called "chasing your losses."

For safe gambling, Friends 4 Friends outlines tips to use. When placing a bet, only use "money that you can afford to lose." This will ensure that you do not put yourself into debt. Also, do not think of gambling as income. You will lose more than you will win, since "gambling establishments... are set up to take in more money than they pay out." Make sure to set limits for yourself, both with time and money, and do not go past these limits with no exceptions. Lastly, do not "gamble when you are depressed or upset" as it will cloud your decision making. ■

Rosemina Nazarali is in her third year of the Media Studies program at the University of Guelph-Humber.

If you or someone you know has a gambling problem, the following may help:

- YMCA teen gambling program www.ymcatoronto.org/gamblin
- Friends4Friends www.friends4friends.ca
- Ontario Problem Gambling Helpline (toll free and confidential) 1-888-230-3505

For a directory of problem gambling treatment organizations in Ontario visit www.opgh.on.ca/DART/owalive/opgh_dir_intro_newDB.intro_page_newDB



Teen 2 Teen

Dear Tolu,

I have trouble saving money. All my friends manage to save money to pay for school, to buy a car, or to invest in their future. No matter how hard I try to save, something comes up and I end up spending more money than expected. At the moment I have no savings, even though I made a lot of money over the summer holidays. What can I do to be a wise saver?

- *Confused in Newmarket*

Dear Confused in Newmarket,

I understand how frustrating it must be to try and save money, and not achieve this goal. Perhaps you can set up a savings account if you do not already have one, and then start to deposit a small amount of money, maybe \$10 or \$20 each month into the account. Many savings plans will give you interest on your account for keeping money in it, and may charge a high fee if you try to withdraw from the account; setting up an account with small and affordable deposits can encourage you to save more.

Dear Tolu,

My friend is a gossip queen. She is always talking about people and issues that do not concern her. Even though I show obvious signs that I am not interested in her gossip, it seems that gossiping is a habit for her. How could I help my friend stop gossiping about others? How can I be sure that she does not gossip about me?

- *Worried in Toronto*

Dear Worried in Toronto,

Some people gossip as a way to hide their insecurities. If insecurity is the main issue with your friend, you may want to talk to her about that problem, and help your friend find the resources necessary to overcome the issue. Let her know how the gossiping affects you. The signs that you show your friend may not be obvious enough. Talking to her should make her realize the affects of her actions. Her behavior may not change overnight, so continue to support your friend as best as you can by dismissing the gossip whenever it comes up in your conversations.

Tolu Quadri is a third-year student in the Early Childhood Education program at Ryerson University. She also pursues social work through part time studies. Over the past several years, Tolu has worked closely with children and families in various community and international settings, including community schools, women's shelters, and child care centres. Her international experience involves teaching ECE best practices curriculum and English overseas in Jamaica and China. Tolu currently works as a Conversational English Teacher, while pursuing her studies and her passion for writing.

NEED ADVICE? Whether you're concerned about relationships, school, health – anything you are facing – Tolu will do her best to respond to several questions in each print edition throughout the school year. Be sure to state the area you live in. We will NOT include your full name for reasons of confidentiality. Please respect that Tolu won't be able to respond to every single person. Give her a shout at teen2teen@oneighty.ca



The new aesthetic vol. 11

By Canice Leung, ONE|80 Columnist

'You' Journalist You

You're the person of the year!

Or so *Time Magazine* declared in their December issue. For better or for worse, 2006 was defined by collaborative user-generated content, wrote Lev Grossman, the Internet equivalent of playing nice in the schoolyard. Every time you wiki-fy something, you're sticking it to the man, altruistically "wrestling power from the few and helping one another."

The Web 2.0, as it's called, is the electronic version of walking into a pub—100 voices and ideas clamour at once, debating, joking, musing, and sharing ideas on level planes. Proponents are heralding the death of traditional top-down information distribution, since a computer allows anybody to hold the same power and accessibility as the *New York Times*.

It arrived in full force at the Vancouver courthouse this month. Among the 300-odd journalists covering the ongoing murder trial of Robert Pickton are two Orato.com reporters, setting Canadian precedence for what citizen journalists can do. Orato's founder, Paul Sullivan, invited two former prostitutes, Trisha Baptie and Pauline VanKoll, to report on the trial. He told CBC Radio that this type of journalism invites citizens to collect, disseminate, report, and analyze facts as they see it, "giving a voice [to] people normally not interested in public discourse to contribute."

As traditional media seems set to ride into the sunset, who will carry on the watchdogs and gatekeepers of the truth? In droves, people are turning away from newspapers and embracing Youtube, Wikipedia, and other Internet self-publishing forums as their source of entertainment, community and news.

My objections, I must admit, are selfish. As I round the bend on my third year in journalism school, an unsettling feeling comes over me—am I going to be out of a job soon? Scores of mainstream groups have signed on: the Yahoo-Reuters partnership, the BBC's "Your News", and MSNBC's personal essays. Most telling is Korea's "Oh My News", an open-source newsroom of professionals and citizens so popular that it competes with traditional news outlets.

Every insult has been slung a journalist's way: voyeurs, frauds, liars, fabricators, lazy, biased, and fabulists. Lines between entertainment and news have been blurred so heavily that just identifying what's *Fox News* and 21st Century Fox, for example, isn't worth the trouble anymore. Who can blame people for looking to other places for their news?

I admit that distracting news consumers with emotional pith is certainly easier than undertaking the

sorely needed restructuring of journalism in this global-minded age of information. And that's exactly the vicious circle we've gotten into.

Citizen journalism has the potential to expose social issues not covered by the press, but more often than not, it's abused as a political platform. Underlying social problems require more than tugged heartstrings, grainy cellphone photos, and editorializing—the solution starts with fact-based reportage, compromise, debate, and open dialogue between citizens, journalists, politicians, and policymakers.

After all, journalism's first obligation is to be truthful to its citizens. "In a new age, it is more important, not less, that this public discussion be built on the same principles as the rest of journalism—starting with truthfulness, facts, and verification," wrote Bill Kovach and Tom Rosenstiel in their book, *The Elements of Journalism*.

Matt Drudge of the *Drudge Report*, an online newsfeed, rightfully reserved his place in history by ousting the Lewinsky story in 1998, but as the middleman for U.S. political stories, he suffers the fate of every Willy S. Loman—trapped between a rock and a hard place.

While scores of journalists and government-types rely on Drudge as their source for political tidbits, some of the juiciest information can come from unidentified sources. In 1997 he falsely reported that a White House assistant beat his wife; in an interview following the retraction, he admitted his two sources were "operating from a political motivation," as though oblivious to the threat of manipulation. Many newsgroups have strict policies against using anonymous sources, lest they be similarly manipulated.

First-hand accounts like the ones of the former prostitutes turned citizen journalists are compelling, but to treat them as news is to give authority to a singular experience, and filtering the reactions of anyone who will read their piece—rather than inviting open scrutiny of the plain facts.

Ideas big and small should be allotted their 15 minutes of news fame (citizen journalism included). But as Phil Graham, former publisher and co-owner of the *Washington Post* said, journalism stands as the "first rough draft of history." Skimping on the foundation of unbiased opinion, the basis of news could radically redefine historical and social attitudes down the line.

Despite the saying, history isn't written by those within it, but by those who truthfully and thoroughly investigate all of it. ■

Canice Leung is a third-year journalism student at Ryerson University and a recurring columnist for One80.



Teaming Up To Get Kids Moving!

Corus Entertainment's *YTV* and *Boys and Girls Clubs of Canada* have joined forces to promote healthy, active living among kids and youth with a new Public Service Announcement airing across the country.

Featuring *YTV*'s Coach Callous, whose motto "Get your rear in gear!" has become a mantra on the network, the 60-second PSA shows young Canadians how they can keep physically active by visiting one of the hundreds of local Boys and Girls Clubs located across Canada.

You can also view the PSA online at www.bgccan.com.



Rocking to the Beat

continued from page 6

Wolf is also a certified teacher in Ontario and works with Learning Through the Arts, an organization that promotes arts-based education in the classroom. The program is incorporated within certain schools through commonly learned subjects such as history, math and science. Wolf has found that teaching has had a positive impact on herself both as a person and as a musician. "Learning how kids learn helps me understand myself," she said. "I know it only as well as I can teach it. Kids always ask the best questions."

Wolf has had a number of experiences within music education, and has studied at Humber College, the University of Toronto, and York University, as well as the Royal Conservatory of Music.

Wolf is an artist that continues to grow in her music and her teaching lessons. "I expect myself to keep growing in the future in quality. Hopefully my skills are strong enough for all situations."

Fans can expect more music from this budding artist, a unique example of what you can do if you put yourself where you want to be. ■

For more on Lorie Wolf visit www.loriewolf.com

Melissa Doyle is a Grade 12 student at St. Basil-the-Great College School.

I'd Rather Be Dead Than Fat

continued from page 11

"With bulimia, it is harder to tell," said Osher. "We usually only see the ones who get caught, the ones who are out of control."

Eating disorders are control disorders, said Mills, which become mechanisms that young women use to deal with the stresses in their lives. But there are also other factors. Mills explained that the reason for the startling number of females versus the miniscule number of males who suffer from eating disorders is the nature of the society we live in. According to the NEDIC, for every 20 women who struggle with anorexia, only one man does, and for every 10 women who are bulimic, one man is bulimic.

"Women suffer because eating disorders are gendered disorders," said Mills. "Girls are told to be skinny and pretty. Young boys are told to be masculine and big. They don't diet by far and large because they do not want to lose weight, they don't want to be skinny. In fact, it's the opposite."

The connection between the media and eating disorders in young women is almost obvious. Mills noted that her studies demonstrate that young women feel bad about themselves after being exposed to magazine ads for mere minutes. What the magazine tells them they should look like and what they actually look like is different. This has a negative impact that can reach dangerous proportions. "One of the reasons eating disorders are on the rise is because young women are internalizing the thin ideal," she said.

This insidious quest for the thin ideal replaces every other ambition. "Everything else took a backseat to being thinner: my family; my friends; and my school," said Chung. "It was all could think about."

One of the major problems with the Sick Kids treatment program, noted Osher, is that young women must put their life on hold to receive treatment. "They need to leave their schools for an average of four to six months to receive proper treatment," she said, "not to mention that since Sick Kids is the main centre for treating adolescents, many of the patients have to move, even if temporarily, to get better."

But as far as Mills is concerned, there really isn't any other option. "There is no place to go in Canada other than in Toronto. There are also not very many private practitioners that treat eating disorders, because they are very complex disorders. Also, family doctors get no training. Many may not know what to do for a patient who comes to them with help for an eating disorder."

Osher said that a deciding factor in sparing young women the uphill if not deadly battle with an eating disorder can be found in places that most people overlook. "Friends have a big impact. If their friends are worried about them, if they give them encouragement to get better, if they make themselves feel that their bodies are actually okay — which they are — this can be a motivator to stay healthy, or at least get help if they are struggling."

The main message to give those suffering in silence, agrees Mills, is that there is hope and they are not alone. ■

If you or someone you know is suffering from an eating disorder, the following may help:

- The National Eating Disorder Information Centre: www.nedic.ca
- The Hospital for Sick Children Eating Disorder Clinic: www.sickkids.ca/AdolescentMedicine
- Homewood Health Centre: www.homewood.org
- Sheena's Place: www.sheenasplace.org

Lisa-Marie B. Bahrey is a second-year Ryerson University journalism student

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Learning to ACE High School

SASHA HAWA SAYS she is not stupid, although she is currently sitting in a classroom known to the rest of her school as 'the stupid class'. It is called that because other students think of it as an easy class where 'unintelligent' students can do nothing and still be eligible to graduate high school.

Hawa reaches into her bag for a pen. Her classroom resembles the average classroom: a black chalk board and desks. The white-washed walls brighten up the room and make it easy for her two teachers to watch each student do his independent work.

"Scott, turn around," demands Hawa's teacher, Ms. Maria Locicero. All the students around him laugh. "You don't even have your binder open," she adds. Scott gives her a blank look. "But what did I do wrong?" he asks.

"You're not in uniform, and you're not doing anything. That's one demerit point for you," says Ms. Locicero.

"Miss is always giving me demerit points," says Scott in frustration, taking off his black hooded sweater. His friend looks at him and says, "What did you expect? This is ACE; you have to do work all the time."

Hawa is one of 20 students who represent the ACE program at St. Joseph Catholic Secondary School in Mississauga, Ont. ACE, better known as Alternative Cooperative Experiential, is a one-year program for senior students who lack credits and are at risk of dropping out of high school. In the program, students are given the opportunity to obtain 10 credits, provided they sign a contract

agreeing to keep perfect attendance (no lates/absences in one week), and pay attention to the demerit system, which discourages inappropriate behaviour.

Students in the ACE program obtain their credits through a project-based interdisciplinary curriculum, which offers each student six academic credits in-class. These credits include Grade 12 English, social science, religion, math, and career studies. There are no in-class lessons, and all class work is done independently. This means each student comes to class and works on his/hers own project. Outside of class, students gain credits in four-credit co-op placements.

"This is definitely not a program for undecided students," said Ms. Locicero.

The Ace program is structured for college-bound students, and all in-class assignments are hands-on, similar to many colleges. Most of the students in the program are either college bound or want to go straight into their job fields. Hawa falls into the former category; she plans to major in psychology and become a child youth worker.

Hawa said she was happy to be in the program, because without it she wouldn't have graduated on time. ACE works because it provides at-risk students a chance to achieve their high school diplomas. Students also learn strategies to prevent procrastination, poor attendance, and enhance problem-solving abilities. These strategies help them gain employability skills and

enhance their support networks.

But students are not the only ones who benefit from the program. The staff benefit as well. "A personal benefit for me is you get to see these kids in a different light," said Mr. Garry Robitaille, Hawa's second teacher. "Around the school they are seen as troublemakers, but we are with them all day and get to see their other sides."

The program was specifically created for the Dufferin-Peel Catholic District School Board. It was established by board member Jean Courtney between the years 2000 and 2003 as a way to improve student graduation rates. "So far, the program has shown great results," said Ms. Locicero. "Last year, out of the 20 students I had, 12 graduated and six have gone onto college."

There are variations of ACE in many schools. However, the name and the structure of ACE were created for St. Joseph students. Public schools have special programs for at-risk students. Some Catholic schools have a program called Alternative Education.

"The ACE program does not necessarily work in every school," said Ms. Locicero. "It is highly based on demographics. There may not be a need to have it in other schools. It is all based on clientele (the amount of students who need help), the school's daily schedule, and the principal." ■

Priscilla Boateng is a second-year Ryerson University journalism student

Helping Youth Cope in Times of Crisis

COUNSELLOR CHERYL-LYNN ROBERTS desperately wants to stay on the phone. If she hangs up, she'll lose her connection with the 17-year-old boy who's alone in a washroom threatening to kill himself. Roberts, hearing the boy's mother daring him to do it, pleads she can't be on the line while he's committing suicide and hangs up.

He calls back. "I want to say goodbye to someone who cares," he says. After talking for three hours, she and the boy call the hospital, and he gets help. At the end of the call, Roberts can only think, "God, I'm glad I'm here."

Roberts is a counsellor with Kids Help Phone, a free 24-hour confidential helpline for children. It's not used as an ongoing counselling service – although it can be – but is meant as a crisis line, a starting point for children to get help. In 2005, the service helped more than 2,500 kids a day, counselling them through the phone and Internet about such issues as abuse, bullying, peer pressure, sex, drugs, and divorce. In comparison, Distress Centres of Toronto, a 24-hour crisis line for adults, handles an average of 328 calls per day.

So why are all these kids calling Kids Help Phone? "Children have a tough time trusting, especially if they've tried with family and friends," said Roberts. If children are abused or bullied, she added, they have even more trouble trusting parents and friends.

Straight to the rescue are hundreds of free help lines based in hospitals, churches, and community centres. To keep callers comfortable, most help lines practice anonymity and confidentiality. Help lines come in two kinds: counselling or listening. Kids Help

Phone is one of the few youth help lines with paid professional counsellors. After using a counselling approach, they help refer callers to local centres for more treatment.

Kids Help Phone Regional Director of Ontario Lesley Sims said teenagers are dealing with tougher issues without the same community supports nowadays. And with more families getting divorced, she added, they're facing these issues at a younger age.

According to the 2005 Kids Help Phone report, almost half of all callers wanted help with relationships between their family and friends. Karen Letofsky, executive director of Distress Centres of Toronto, said people have trouble interacting with others. You can communicate in different ways through new technology, she explained, but the more stories you hear, the less attention you pay to what's being said. People become the background music to our own stressful and multitask-ridden lives. "You tell your friends you're having a bad day, and they'll start telling you about theirs. Your personal story gets lost."

To find those lost stories, in 1997 Michelle Philp, then the youth service coordinator for the East York Parks and Recreation, and a group of students from the region started Hearing Every Youth through Youth (HEYY), a youth-run helpline that takes the listening approach. Volunteers aged 15 to 19 help callers figure out their options without giving any specific advice. Each volunteer is professionally trained, and then tested and chosen by other youth.

"There are always adults to talk to," said Nikki Roberts, supervisor of the HEYY Outreach Program, "but maybe you're afraid of getting in trouble with your parents or being judged by your



friends, and aren't ready to talk face-to-face with a counsellor. HEYY volunteers can relate more."

Cheryl-Lynn Roberts knows it takes a lot of courage for kids to call a helpline. "If they're upset, we try to help them understand why they're feeling the way they are," she said. "We want kids to call."

You can reach Kids Help Phone at 1-800-668-6868 or talk with a counsellor online at www.kidshelpphone.ca. The HEYY helpline and online forum is available Monday to Friday from 6 to 9 p.m. at 416-423-4399 and <http://forum.heyy.net/>. ■

Christina Ku is a second-year Ryerson University journalism student



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