

American Teen

 The World is Yours

CULINARY CAREERS YOU'LL *love*

LONG DISTANCE RELATIONSHIPS: *How to Deal*

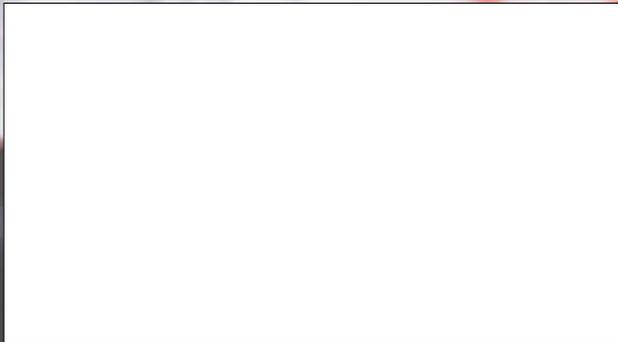
KicksBySammy:
Must-have accessories

HOT HAIR TRENDS

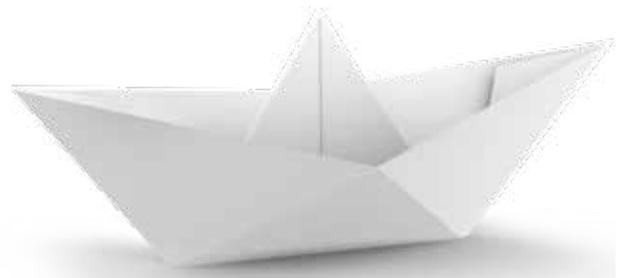
Q+A WITH NETFLIX'S ISABELLA GOMEZ

Jessie Paegge

Actress, Activist, Digital Influencer



Letter from the Editor



Hello!

Happy Fall! It's starting to get chilly out there, but here at American Teen, the heat is ON.

This issue is full of fun, and I know you will love it. Quick reminder--we are no longer called *LaTeen*. *American Teen* still embodies the spirit of *LaTeen*, the previous name of this publication, but we wanted to branch out and grow, just like YOU. Under our new name we're still bringing you cool, creative, and honest content. (We just felt like a name change was needed to thrive!) Our cover model this time around is YouTube Superstar Jessie Paege--I loved how honest she was in our interview with her. Talking with Jessie makes you feel like you're conversing with an old friend; she's very relatable. High school is not an easy ride, and Jessie's here to help you through it. (And so are we!) We also meet NYC designer Samantha Handler, founder of KicksBySammy. Her must-have personalized accessories are so whimsy and colorful; she's an incredible role model for aspiring entrepreneurs. We also check out Bozeman, Montana--which is such a hip, gorgeous city--explore culinary careers, schmooze with Greenleaf actor Zachary S. Williams, navigate dating long distance, and more.

Thanks for your endless support, enter our Jessie Paege giveaway, and check out our brand new Web site: americanteenmag.com. Continue to be awesome, confident, and most importantly, kind.

See you in the Springtime. Happy Holidays!

All my love,

Rachel

P.S. Whenever you're feeling depressed or suicidal, please know you are NEVER alone. Call 1-800-273-8255, open 24 hours, for help, or pass this number on to a friend in need.

American
teen

(Formerly **LaTeen**)

Publisher: Ayal Korczak

Chief Editor: Rachel Sokol

Creative Design: Gergana Illieva

Web Design: Sparks Ranch

For all inquiries email:

ayal@lateen.com

or call 720-841-1140

Cover Photo: Spenser Sunn

Internals: courtesy Hot Topic



LaTeen was founded in 2005 by a middle school teacher and group of students with the goal of creating a multi-cultural youth variety magazine that would encourage teens to enjoy reading.

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Jessie PAEGE

Behind the 'screens'

Social media superstar Jessie Paege is a YouTube personality, actress, author, musician, and entrepreneur. She's a staunch advocate for mental health awareness and LGBTQ+ equality, and since 2014 Jessie has garnered over 2.9 million followers across her social channels. She truly connects with her audience because she's so transparent and forthcoming about her life and passions. Many kids, teens, and adults feel connected to her. Jessie's online channel (*YouTube: jessiepaege*) features a variety of content, including comedic sketches, music videos (she plays guitar!), and frank discussions about anxiety and confidence. She recently announced via her YouTube channel that she is bisexual, wrote two empowerment books, launched a fashion collection at superstore Hot Topic, and co-starred in the AT&T Hello Lab series *Guilty Party*.

We caught up with the media role model for an exclusive interview. Jessie discussed her recent projects, her life advice for teens, and why social media should be used wisely.

What were you like as a child and in high school?

I grew up in northern New Jersey, very close to New York City. Every birthday I'd see a Broadway show, which was fun. As a child, I was incredibly shy, very submissive and very easygoing. I had a classroom aide; my school believed I needed one because of social anxiety and distraction. As a child, I relied on some very strong personalities to kind of outweigh my very shy, co-dependent personality. If I didn't have a friend in my class, I was (emotionally) doomed. I took acting classes as a kid as a means to overcome the shyness and anxieties. Because I had such outgoing friends, I

Photo: Courtesy: Hot Topic



Jessie's modeling shirts from her Hot Topic line.



was thrown into the theater group. They were kind of eccentric and weird but also very outgoing, which was what I needed. I wouldn't audition by myself for anything; I was super nervous. I remember the one time I finally had the courage to audition by myself for a show. I had a cute singing voice growing up, and played Gabriella in *High School Musical*—I don't know how I did it! It definitely was during a very hard part in my life. But that was one of the first moments when I realized "Oh, I actually can do this."

Who, or what, inspired you to create an interactive social media channel?

I'd been a YouTube consumer for a long time and wished to have the confidence YouTubers have. I thought it wasn't a possibility for me. But one day, I went to a YouTuber meetup and seeing the sense of community made me want to try my hand at being a YouTuber. I was incredibly lonely and insecure at the time and my voice felt stifled in my personal life.

What have you learned about yourself as a YouTube personality?

How important it is to use your voice in a meaningful way—and you don't have to talk about everything. Find the topics that really mean a lot to you and people will realize it means a lot to you, and they'll identify with that. For example, not everyone has to talk about mental health in their channels, so it leaves more space for people that do, like me. I think that everyone can 'help out' when online, even if it's making a funny video. Imagine a kid watches that and laughs and they haven't laughed all day because they don't have a great school life or even home life.

What do you love most about doing what you do, online?

It's so incredibly liberating to challenge yourself and then see the results. Because I think everyone deserves to live freely and authentically, I realized how much better I felt as I started to almost free myself of the constraints held by my social anxiety.

What advice do you have for a teenager battling depression and/or anxiety?

I definitely believe that talking to someone is so incredibly important. Holding it in isn't fair to you, and you don't have to live this way. That's something that I wish I had realized. I thought that constantly living with (my own) anxious thoughts was just OK; I was just supposed to tolerate that. But no, you don't have to—you deserve better. If you're feeling a certain way every single day that coincides with depression or anxiety then you deserve to get help.

What advice do you have for teens who are honestly addicted to social media?

When you're scrolling through social media and it's doing nothing good for you, you're not seeing your friends happy and it's not bringing you happiness, remember: You don't have to be on it! We go on social media in our free time, so we deserve for it to feel like a 'break', for it to feel like catching up with friends. If it's mentally exhausting to scroll through your Instagram feed, maybe go through and reassess who you're following, or take a break. It's super easy to go through a whole day and just listen to YouTube videos and stories and to trick yourself into thinking you've had interaction. YouTube videos are there for you, but psychologically you also need people in your life to be there for you. Internet friends are incredible; FaceTime them. But everyone needs a break and you want to take a social media break even when you feel the slightest urge to be off of your phone. If you wait too long to exit social media, it can almost cause a breakdown. That's never good. I've been through that.



You change your hair color often.

What does it represent for you?

Color is very representative of a lot of things in my life. If you watch my first videos, they're just very plain and boring and as I started to explore my identity and live more authentically I discovered I love color. I'm not one of those teenagers who relates to those social posts about how your whole closet is filled with black clothes. First, I put little pink strands my hair, and then did a full head of pink because my mom had breast cancer and it was during Breast Cancer Awareness Month. Further in my YouTube career I was moving to LA by myself and I decided I was going to do the things that scared me, so I went for blue hair. Blue was just a fun, different color I'd always wanted to try and I was just ready for a change. My colored hair is cool, but it doesn't define me. I'm still Jessie Paege with colored hair, or without it. I was starting to trick myself into believing I'm only Jessie Paege with colored hair and I didn't want to feel dependent on that. The past 10 years of my life have been all about independence, self-gratitude, and knowing my own worth. At the moment, I'm back to blonde to convince myself of all that—and also because my hair was getting super damaged!

What advice do you have for someone who would love to be a YouTube personality?

Your success on YouTube is not amounted by your numbers at all. If you're creating content that you love—that's success in itself. Success doesn't have to even reach an audience. Obviously, authenticity is everything—and not going into it thinking it'll be a job!

Tell us about the audition process for *Guilty Party*—and tell us about the series.

It's a show where essentially the storyline changes every season. The first season I played Charlie. The second season I'm playing a character named Margot, who is in a coma, and I had to do a lot of action shots which was really cool and different for me. Margot is less like me compared to Season 1's Charlie, who was so similar to me. Margot is a lot more outgoing and kind of rambunctious but Charlie is a very shy, submissive girl that really reminded me of myself in high school. As for the audition, I received a script for a very meaningful and very sad monologue. I recorded it last minute; at my parent's house in Florida. I was memorizing lines while swimming! It was super cool to get the part and I was so incredibly happy and grateful. You can find Season 1 and 2 of *Guilty Party* on YouTube.

What is the best compliment you've ever received from a fan?

I like when fans says things like, "My mom loves you." It brings me happiness. I love getting a parent approval!

What charity work is important to you?

I've donated to quite a few LGBT charities; one of my favorites being the Trevor Project. And I also got to work with a nonprofit called HRC (Human Rights Campaign) and I went to their dinner and Joe Biden

spoke; it was incredibly inspiring and it was really cool to make a video encouraging people to vote, especially for equality candidates.

Tell us about your T-shirt and pin line at Hot Topic inspired by your social media posts.

Like I told *The Hollywood Reporter* this summer, growing up, I really struggled with my individuality. Hot Topic was where I felt I could fully express myself. They carried so many shirts with sayings, and bands, that I loved. The store brought community into my life during a time when I didn't necessarily have it. So I associate Hot Topic with finding my identity. To have a line there is so incredibly cool. It's priceless.

How can one rise above bullying in any form?

It's really hard, but you have to spread love when other people send you hate. You have to stick up for others and see the best in people. And if someone is hurting you, you don't have to let that happen and you should get help. You should talk to someone. Bullying is not something to just keep in.

What do you enjoy doing in your downtime?

Well, I don't have a lot of downtime. A friend of mine literally said to me the other day, "You are the most hardworking person I know." It meant a lot to me. But I like doing things that your traditional 19-year-old does not! I play guitar, chill at home, watch Disney movies. I'm very, very low-key.



WIN IT!

Jessie wrote two empowering, interactive books for teens: *Hey, It's OK to be You* and *Think Beyond Pink*. Five lucky American Teen readers can win copies of these books. Just send an email to: jessiebookcontest89@gmail.com with your full name, age, and state. Winners will be selected at random on to January 5, 2019 via an online name generator. Good Luck!

Zachary S. Williams

Doing it all,
with pride

You probably recognize Florida native Zachary from TV. He recently played troubled teen William—opposite media superstar Oprah Winfrey—in OWN’s popular series *Greenleaf*, and stars as Zane in Nickelodeon’s *I am Frankie*. Zachary is also a classically-trained pianist, saxophonist, appeared in many commercials, theatrical productions, and co-hosts a local Tampa TV show “Rays Rookies.” We spoke with this standout star about his creative projects, musical gift, and what’s next for him.

TELL US ABOUT I AM FRANKIE.

It’s about a teenage girl, Frankie Gaines, played by Alex Hook, who is secretly an Android. With a government agency out to capture her in order to form an evil Android army, Frankie is put in high school to essentially “hide in plain sight.” This show depicts what it’s like to be different and what it’s like to experience other individuals who accept you and individuals who don’t accept you. Through the tribulations of the series, the message that it sends encourages the audience to accept and respect one another. This is a message that can be sent universally through ALL mediums and that is what sets *I Am Frankie* apart from other series on Nickelodeon.

WHAT ATTRACTED YOU TO THE ROLE OF ZANE—AND WHAT WAS

THE AUDITION PROCESS LIKE?

Zane is provocative, proactive, determined, creative, and genuinely a very kind person. All of which are reasons why I aspire to live a little like Zane each day. The audition process was very quick. I submitted a self-tape and then I was in LA for the producer session and the week after that I left for Miami, FL to begin production!

WHY SHOULD TEENS SHOULD

CHECK OUT GREENLEAF?

Greenleaf is about a family that owns a megachurch and the drama that occurs behind closed doors. In season one, I played William, who was a troubled teen that sought comfort through playing piano. He and Mavis McCready (played by Oprah Winfrey) had a very close relationship. He worked and played piano in her bar.

DID YOU ALWAYS WANT TO BE AN ACTOR?

Yes and no. When I was young I wanted to become a bus driver or even a pilot. However, I knew that I loved acting and wanted to continue to do it for the rest of my life.

WHAT’S YOUR FAVE SONG TO PLAY ON THE PIANO, AND WHERE

DID THE EARLY INTEREST IN PIANO STEM FROM?

My favorite song to play on the piano is *Solfeggietto*. My dad plays piano and guitar and I was put in piano lessons when I was four so I’m sure my interested came from watching my dad.

TELL US SOMETHING

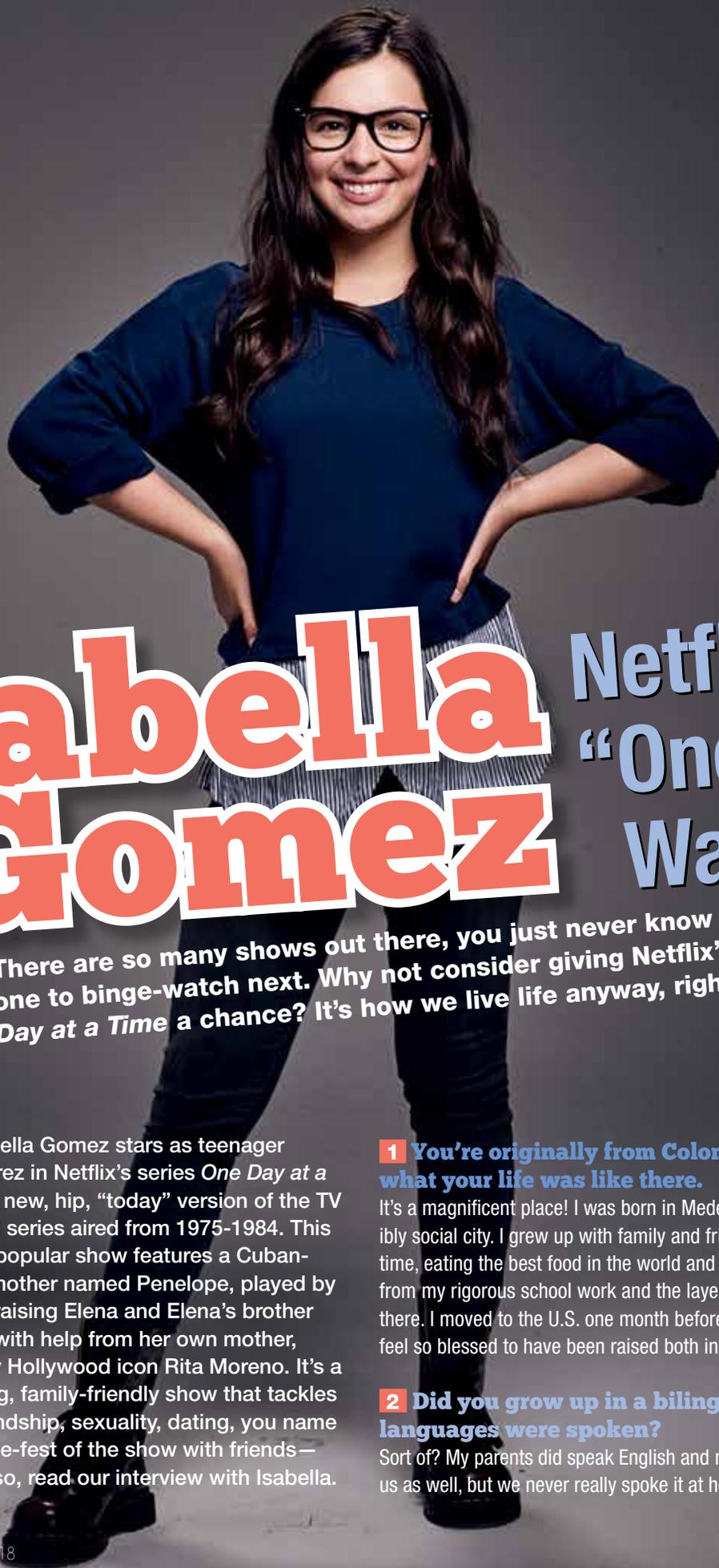
INTERESTING ABOUT THE SAXOPHONE.

When I was in elementary school, the middle school band came to recruit 5th graders to join band next school year. They brought a couple of different instruments for us to try out and the Alto Saxophone was the only instrument I could make a sound on! I thought that was pretty amazing so I joined Band.

DO YOU HAVE ANY PLANS TO ATTEND COLLEGE?

Yes! I planned on majoring in Acting or Musical Theatre. Once I booked *I Am Frankie*, it was difficult to find a school that would accommodate three months of filming if we were to get renewed for a third season. So, I decided to take a gap year! In 2019 I do plan on going to college.

Follow him on
instagram:
zacharyswilliams



Isabella Gomez

Netflix's
"One to
Watch"

There are so many shows out there, you just never know which one to binge-watch next. Why not consider giving Netflix's *One Day at a Time* a chance? It's how we live life anyway, right?

Actress Isabella Gomez stars as teenager Elena Alvarez in Netflix's series *One Day at a Time*. It's a new, hip, "today" version of the TV classic; the original series aired from 1975-1984. This reimagining of the popular show features a Cuban-American military mother named Penelope, played by Justina Machado, raising Elena and Elena's brother Alex (Marcel Ruiz) with help from her own mother, Lydia, portrayed by Hollywood icon Rita Moreno. It's a great, heartwarming, family-friendly show that tackles issues such as friendship, sexuality, dating, you name it. Engage in a binge-fest of the show with friends—but before you do so, read our interview with Isabella.

1 You're originally from Colombia. Tell us what your life was like there.

It's a magnificent place! I was born in Medellín, which is an incredibly social city. I grew up with family and friends around me all the time, eating the best food in the world and learning a ton, both from my rigorous school work and the layered humans that live there. I moved to the U.S. one month before my 10th birthday and I feel so blessed to have been raised both in Colombia and here.

2 Did you grow up in a bilingual home? What languages were spoken?

Sort of? My parents did speak English and my school taught all of us as well, but we never really spoke it at home until we moved

Photo credit: Tommy Garcia/Netflix; cast: courtesy Netflix

to the U.S. When I had just moved here I was so focused on learning English that I stopped speaking Spanish and was starting to lack fluency. So even now, my parents and I mostly speak Spanish in order to help me retain the language.

3 Did you always want to be an actress?

For as long as I can remember, yes! I also wanted to be a psychologist and a lawyer focusing on criminal justice.

4 How do you juggle schoolwork with your acting career?

It's never been easy, but because I deeply value both major aspects of my life, I make it possible. Especially in the past 4 years, working late into the early hours of the morning—or on the road to and from work—has been my experience coping with my responsibilities as a simultaneous student and actor. My favorite subject is English because I have a strong love for reading, writing, and analyzing literature.

5 What attracted you to *One Day at a Time*?

Well, originally what attracted me was that it was a job. Anyone in this industry knows that, especially when you're starting to get credits, all you want is to work. However, I really lucked out and could tell from the beginning that it was a very special project. I loved that this Latinx family was being represented accurately, positively and as deep, interesting humans. I loved that it was a sitcom, but it had scenes that felt like a punch to the heart. I loved that Elena wasn't your typical TV teenage girl and that she was smarter and more cultured than me at that point in my life, because I knew she'd help me grow. Overall, I was attracted to "One Day..." because it felt like it was going to be a show that made people feel 'seen' and appreciated, and I think it lived up to that.

6 For those who have never seen it--why should you binge?

Well first of all, it's a super quick binge. About 6.5 hours per season! In those hours we'll take you through a rollercoaster of emotions, from hysterically laughing to ugly crying, all while giving you at least one character or situation that you personally identify with.

7 Did you know about the original series from the 70s?

Once I was in the auditioning process I became aware of the original series and watched a few clips to familiarize myself with the tone. I didn't know about it before, though!

8 What's next for you, career-wise?

Who knows! That's what's so exciting about this industry, you never know what's coming. I just wrapped production on Season 3 of "One Day..." so I'm just now getting back into



auditioning and from there it's a waiting game. I am recording an animated character for a Disney show, but that's all I can say right now!

9 What advice do you have for kids and teens interested in an acting career?

PREPARE, PREPARE, PREPARE. Opportunities can be few, so make sure that you are ready for when they present themselves. Be in acting classes, improv, watch all sorts of TV and films, listen to podcasts with other industry professionals, and so on. Do everything in your power to be the best, most educated and capable version of yourself that you can be so when that big audition comes in they have no choice but to book you.

10 Any plans to attend college?

It's definitely something I want to do in my lifetime, but I don't have any plans for it in the near future. I find that I'm a little crazy when it comes to academics and if I'm not able to give them all of my effort and attention it can make me feel inadequate or like a failure, so I would love to go at a time where I can safely take some time off and focus on my education.

11 What charities/causes are near and dear to your heart?

I'm passionate about so many different things that it has been tough choosing a single charity or cause to pour myself into. Obviously, the LGBTQ community has become very near and dear to my heart and I'd love to involve myself further, as well as animal rights and the environment.

12 Will the show be back for a 3rd season?

We just wrapped production on Season 3 a few weeks ago. It will be out on Netflix in early 2019 and we're keeping our fingers crossed for a fourth!

Addicted to your phone?

Here's what you can do about it

By Christina Bradshaw

Social media and smartphones are fun, but sometimes we find ourselves so absorbed in our technology that we're not paying attention to what's around us. We talked to Dr. Ofir Turel, a professor of Information Systems and Decision Sciences at California State University, about why we become hooked to our devices, the science behind addictive behaviors, and how you can curb your mobile phone—and social media—addiction.



Q: First of all, can we actually become addicted to our smartphones and social media?

Yes, and no. From the brain's perspective, it doesn't matter where you get a reward from. What makes you feel happy, excited, or enjoy something, whether it is a behavior or a substance, it can have a similar effect. The easiest way to think about it is like food, especially fatty, sugary food. When we eat the cake, the brain releases dopamine, a neurotransmitter in the rewards center of the brain. So, we eventually desire cake every time we see something that reminds us of cake or we see someone else eating a cake, pass a bakery, or you smell a cake. The same thing happens with social media and other addictive applications like video games. People feel good when surfing social media; when they find new information. So, they crave the use of social media. With teenagers, they're sitting bored in class, and the only thing they can think about is: When is the next time I'm going to check social media?

Q: Can anyone get addicted to social media?

Not all of us become addicted to social media. It takes another component. There is a self-control system in the brain, or inhibition system. Some of us have better self-control abilities, and others have weaker self-control abilities.

Q: What is it about smartphones, and particularly social media, that gets us hooked?

Social media provides a special type of reward that is called 'variable rewards'. This is the worst reward that plays with our brain. This is the reward you get in casinos. When you play a roulette or any game at the casino, you don't know if you're going to win or lose. There is variability in the schedule of the rewards. In social media, it's exactly the same thing. You don't know what you're going to see in the feed. You don't know how many likes you're going to get.



Q: At what point does it cross over from a habit to an addiction?

The crossover is when the habit becomes harmful, and you keep on doing it despite the negative consequences. For example, if you're checking while social media while driving. Of course, it has negative consequences.

Q: What do we lose by being on our phones all the time, and what can we gain from a break?

If you spend five hours a day on social media, you have less time for homework and it's very distracting if every 30 seconds you get a text on a group chat. Increased academic performance is a consequence of taking control over one's behavior. (Basically, if you take control of your bad behaviors, you'll be more focused and your academic performance will increase/improve.)

There are also social benefits and self-image benefits (to taking a break). No one is going to post their worst picture on social media, only when they're going to parties, and having fun and looking good. This creates an impression that everyone's life is better. And we see at the national level, an increase of social media use is a part of an increase in depressive symptoms; in reduced self-worth. There are also negative effects on an ability to socialize face-to-face.

Q: What advice do you have for cutting down?

Think of social media and technology as food. I don't think a total disconnect is reasonable. But too much of it is not good. Otherwise the technologies will take over our lives!

TIPS FOR CUTTING YOUR SCREEN TIME:

- **TURN OFF PUSH NOTIFICATIONS.** "It doesn't create any distractions when I work," Turel said.
- **UNINSTALL SOCIAL MEDIA APPS FROM YOUR PHONE.** Check your accounts only through your browser, so you have to sign in and consciously think about what you're doing. "That helps you control your behavior," Turel said.
- **DOWNLOAD APPS TO HELP WITH SELF CONTROL.** The app Flipd literally locks you out of your phone when you need to focus. Use it when you're in class, studying or sleeping.
- **PUT YOUR PHONE AWAY WHEN YOU STUDY.** "Put it in another room," Turel says.

● **USE AN APP THAT TRACKS YOUR SCREEN TIME.** It might be a wake-up call. People realize in a week they spent a couple hours on this, and they realize that's a waste of time, he said. Apps like Moment and Breakfree can help you track your phone usage. Challenge yourself to decrease your screen time a little bit each day.

\$25

Grease™
is the word T-shirt



Grease is the Candy!

By Rachel Sokol



Too Pure to be
pink Fountain
Soda Cup

\$25

It's the 40th anniversary of the classic movie *Grease*, based on the Broadway musical of the same name. With its catchy songs, awesome 50s costumes (Gotta love those Pink Ladies' jackets and long poodle skirts!), and stellar cast including John Travolta and Olivia Newton-John, it's hard to not smile and hum along to this one-of-a-kind film. (Did you know there's even a *Grease 2* movie?!) In honor of the movie, which hit theatres in 1978, Dylan's Candy Bar launched an exclusive line of must-have Grease-themed candies and accessories. Check out what's cool and yummy at Rydell High...we mean...Dylan's Candy Bar—while singing to yourself, “you’re one that you want—oooh ooh ooh!” (Sorry, couldn’t resist.)

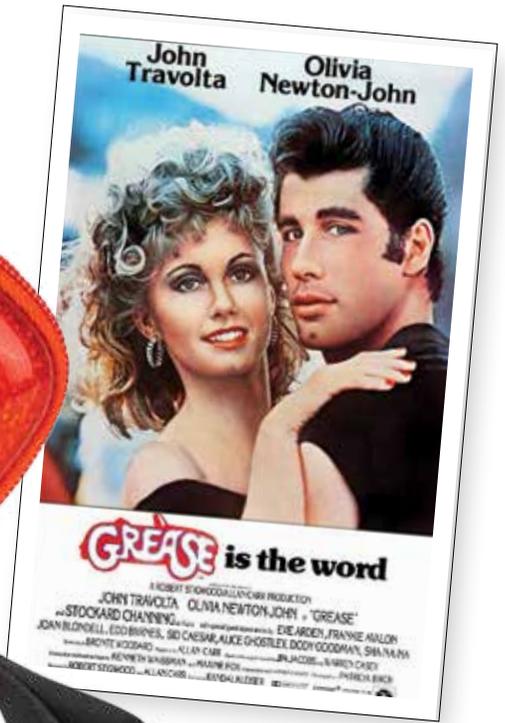
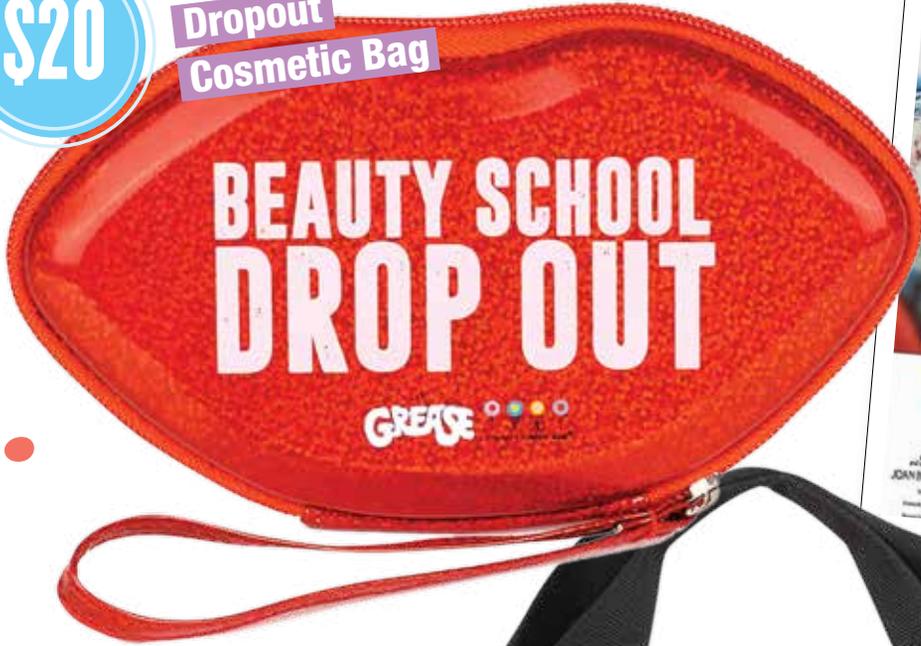


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Designer, Artist,
New Yorker:
Samantha Handler

COLLEGE
SWAG
BEYOND
THE
BOOKSTORE

Meet Designer Samantha Handler

By Christina Bradshaw

New Yorker Samantha (Sammy) Handler always loved hand-drawn artwork. Sketching on paper wasn't enough, so she decided to launch her own custom design company, *KicksBySammy*, inspired by her love of drawing. For about five years, Handler's been designing super colorful, unique, custom sneakers, blankets, pillowcases, and more, that you won't find at your campus Barnes & Noble. (She designs for babies, too!)

We chatted with Sammy about her Instagram-worthy work, how she launched her business, and the charity that's near and dear to her heart.

How did *KicksBySammy* get started?

In 2013, my senior year of high school, I found a pair of old Keds in my closet and I wanted to create some tailgate spiritwear so I ended up decorating them with University of Maryland logos and different things that I enjoyed about school. I posted those on Instagram and it built up from there. Friends and family started contacting me for a pair shoes. Once

These Ohio State University Converse are a Sammy original. School spirit is always in style.



those got around town, people nationwide started reaching out to me for custom shoes. That's why I made myself, my business, KicksBySammy. The shoes are fully customized, and hand drawn. Each pair is completely unique and one-of-a-kind. In my senior year of college, I started also designing blankets, pillows, pillow cases, towels... all those accessory products.

What are your best-selling products for college students?

The fuzzy blankets and towel wraps have been very popular for the dorms. It's something unique, and colorful and fun.

How can customers best take care of their KicksBySammy shoes?

I wouldn't recommend throwing them in the washing machine. It'll fade the color. I spray them so they're water-resistant. You can wear them in the rain and in the grass, but handle them with as much care as possible. They're a piece of artwork.

Can you explain your production process when an order is placed?

For shoes: people send in requests. If my waitlist isn't long, they're added to it. They ship me shoes, and I usually have a 1 to 2 month turn-around time. Clients give me ideas, or a list of things they want included. Then, I just get creative from there! For online orders: each order is custom to order. If it involves personalization (name, etc...) then I hand-draw the added elements and the order immediately goes in! My warehouse does production and shipping; orders take about 2 weeks. All the designs on our site are hand-drawn by me.

Tell us about the charitable part of your business.

Ten percent of my proceeds go to the The Lustgarten Foundation for pancreatic cancer. My grandma died of pancreatic cancer about 15 years ago, so it's a really important cause to my family and me, personally. It's important to give back, especially when I'm doing something I love to do.



You know you need some whimsical KicksBySammy school products.

Hey, Vans fans: Here are Sammy-designed DUKE kicks.



What did you study at The University of Maryland?

I was a psychology and business major. I took art classes on the side. I was always creative but never really thought about it as a future. All of college I was decorating my shoes and once senior year came around, and I started actually thinking about what I wanted to do with my life, I thought: "I need to see if I can make this business expand." So, I created a business plan. Senior year kind of sparked my courage; it wasn't my plan throughout college. I've just always been passionate about it as a side hobby.

What advice do you have for teens who are interested in art or entrepreneurship?

Something that's really helped me is networking. Even before I knew I wanted to do this, my whole time at college, I spoke to people in different industries. I always sought out mentors and people

in the creative industry to help brainstorm ideas and listening to their personal advice as entrepreneurs about their strengths and weaknesses and what they find works and doesn't. In general, it's a lot of hard work. I have no boss telling me I have to work. You have to be very internally motivated as an entrepreneur.

What have you learned about yourself as a businesswoman?

I learned I am more self-driven than I ever thought. I work hard, am willing to learn, am open to advice, and have ambition! I have also learned that as a businesswoman it is okay to make mistakes and fail. My most important learning

Sammy designs awesome, super colorful blankets for teens...and yes, even babies!



experiences have been from my mistakes. I am able to grow from them, learn what to do better next time and, push myself harder.

Who is your career role model, and why?

I don't have a specific figure in mind, but I look up to so many powerful, successful, creative, entrepreneurial girl bosses! My art role models and inspirations are pop-artists like Andy Warhol, Olivier Rizzo, Keith Haring, Roy Lichtenstein. These artists have inspired me with their bright, fun style.

What can we expect to see from your line in the future?

I want to continue to push my creative boundaries! I envision a bunch of possibilities. I would love to expand my product line for my baby, camp, college collection, but also collaborate more with corporate companies for promotional products, client gifting, event artwork, and so forth.

Would you ever consider moving into the retail space, for example, selling your art/designs/accessories at Bed, Bath, and Beyond?

Some products I am selling in small boutiques and clothing stores! Currently, I only sell some exclusive products to stores because I want to build my online platform.

**TO
PLACE
AN ORDER,
OR LEARN MORE
ABOUT THIS ARTIST,
VISIT: KICKSBYSAMMY.
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CAREERS in COOKING

CHEF

Are you a 'foodie' who tastes a little bit of everything? Are you the chef of your family? Do you like watching cooking shows? Well, perhaps you have a future career in the food industry. Most people know that chefs make a good living and get to spend their day around food, but you may be surprised to discover that there are many other careers that involve food. Not only is cooking an art, but you feel warm and fuzzy knowing that customers loved eating the special meal you cooked for them. Explore these culinary career paths today...

Chefs usually go to cooking school after high school or college. The certification they receive is often called a Degree in Culinary Arts and it takes about 2 years to complete. The actual job involves creating and cooking a menu full of various dishes and appetizers that match the restaurant's style. For example, an Italian restaurant chef would put things like lasagna and spaghetti on their menu. The chef is also surrounded by other staff in the kitchen who help them out with everything from preparing the sauces, to serving the food. Another no less important task of a chef is to order the supplies and ingredients that will be needed to prepare

the dishes listed on the menu. To do this well it requires a deep understanding of the restaurant business. You have to know exactly how many dishes you plan on selling each night as well as the shelf life of what you are ordering. If you order too much fish, for example, and don't sell it all before it goes bad, you will lose money. If, on the other hand, you run out of fish because you didn't order enough, then you may have customers upset about not being able to order what they want. You always have to try to order the perfect amount.

Average Salary:
\$57,000-\$87,000 per year

Pros

- Challenge of menu creation
- Arriving at work around 12 noon
- High-energy environment
- Can find job anywhere

Cons

- High-stress shifts
- Insults of unsatisfied diners
- Putting on weight from too much testing of food
- Different working hours from the rest of the family
- Often work on weekends and holidays
- Strict hygienic behavior including wearing those silly chef hats and hairnets
(But, of course, cleanliness is important)

RESTAURANT MANAGER

So, they're in charge of all activities involving the eating establishment. They make sure that every diner is happy and satisfied. Oftentimes, several different dishes will be ordered at the same time and that needs tight coordination between the kitchen and the service staff. Managers also deal with customer complaints quite a bit so this job requires good people skills and patience. Finally, and most importantly, the manager is responsible to the owners of the restaurant to make sure the business is profitable. Restaurants can be huge enterprises and making sure money is being made takes a complex set of skills. Managers will use everything from people skills when training new wait staff, to math and organizational skills in their accounting and bookkeeping.



Average Salary:

\$38,000-\$56,000 per year

Pros

- Lots of responsibility
- Room for upward mobility
- Less stressful than being a chef
- Can find job anywhere there are restaurants

Cons

- Often have long shifts
- Working weekends
- Have to fire people
- Deal with health officials during surprise inspections

FOOD SCIENTIST

A food engineer or food scientist works high up the food industry ladder. They research what chemicals can be used to create food products that are healthy and safe. A good example of this would be the sugar substitute Splenda that was created by food scientists and has been quite popular with consumers. Working in labs for big food companies like McDonald's, Kraft, and Ben & Jerry's, food engineers also have to improve all their current and future food products. For example, how do you keep the buns fresher at a burger restaurant? Or what is going to be the next ice cream flavor everyone is going to want?

Average Salary:

\$50,000-\$76,000 per year

Pros

- Challenging work, high responsibilities
- Regular hours
- Satisfaction from creating or improving a product
- Get to play with beakers at work
- Many jobs at big companies and government institutions

Cons

- Can be stuffy working in the lab all day
- If you do experiments on yourself you may start to feel like a lab mouse
- Stress of being aware that if you mess up, it can turn into a huge problem

FOOD AND BEVERAGE DIRECTOR (F&B)

The F&B Director is the 'top boss' in the food world. He or she usually works in a hotel and manages all of the properties' dining facilities. These facilities include all the restaurants and cafes on-site, as well as large dining halls for big conferences and weddings. While the job is usually run out of an office somewhere in the hotel, a lot of time is spent out of the office working with folks in all the different food service outlets. The job responsibilities include everything from hiring all the chefs and selecting all the menus of the restaurants you supervise, to choosing their interior décor and layout. This job requires immense organization and management skills. Some hotels have 15+ restaurants and several hundred employees, so the F&B director must really know what's going on in all places at all times to keep things running smoothly.

Average Salary:

\$66,000-\$80,000 per year

Pros

- In charge of lots of people
- Room for upward mobility
- Provides opportunity for thinking big
- Transferable skills from place to place

Cons

- Working odd hours and weekends
- Heavy pressure from high management
- Holidays often spent at work
- Constantly training new staff

What's in a Mane?

Hair Style Tips From a Pro

WHETHER YOU'RE RUSHING TO CLASS, A TRACK MEET OR COLLEGE INTERVIEWS, YOU STILL WANT TO LOOK LIKE YOU JUST STEPPED OUT OF THE SALON, RIGHT? WE TALKED TO A PRO TO GET HER BEST TIPS FOR FABULOUS DIY HAIR THAT LASTS.

MariLynne Cosmillo is Director of Education at Cherry Blow Dry Bar, one of the fastest-growing blow dry bar chains, with 18 operating salons and 60 more set to open soon. (So, she knows a thing or two about beautiful hair!)

FIRST, YOU NEED THE RIGHT TOOLS IN YOUR ARSENAL:

BLOW DRYERS

There's a wide range of dryers out there. How do you get the most bang for your buck?

For Cosmillo, there are three must-haves: power, ease of use and warranty.

“*When investing in a blow dryer, make sure its power is at least 1800W and it comes with a concentrator nozzle for a smoother blowout. Professional dryers will also come with a warranty.*”

She recommends looking for a medium to short body in the dryer, meaning the length from the back of the engine to where the air comes out shouldn't be too long, which she says can make it more challenging to get through your styling.

And when you start styling, warns Cosmillo, take your time—don't rush!

Create shape to your hair by using a round brush (the bigger the barrel, the straighter

your hair) and work in sections to ensure each piece is fully dry before moving onto the next one.

Try:

BabylissPro Nano Titanium Portofino dryer or any kind of Elchim dryer.

Straighteners

The kind of straightener you get, says Cosmillo, depends a lot on your hair type.

“*If you have curly or unruly hair, you should use a one-pass iron, which has silicone strips on the plate to gently pull even the shortest hairs taut, making strands smooth with just one pass.*”

For straight or wavy hair, Cosmillo suggests a ceramic iron, which will allow you to work quickly in bigger sections and add shine to the overall finish.

Try:

Biologic OnePass Straightening Iron or the BabylissPro Porcelain Ceramic Straightening Iron

Dry Shampoo and Hairspray

Cosmillo is a fan of both products to hold your style and keep your hair looking great.

When it comes to dry shampoo, Cosmillo can't live without it.

“*No one likes oily-looking hair, and unless you plan to wash and style your hair everyday (which isn't healthy!), use a dry shampoo to make your hair look fresh each day you don't shampoo.*”

Some aerosols, she says, also have texturizing agents to add volume and body back into your style. Simply apply your favorite, massage it in, and use a wide-tooth comb through your ends to get a quick re-style.

Try:

Powders like Blowpro Faux Dry are the most absorbent, but some prefer the ease of an aerosol (such as IGK First Class). Choose which version is right for you.

Cosmillo says a good hairspray can get you through your day, though it's not for everyone.

“*The level of hold you need is based on the style you're trying to achieve and your hair spray preference. Both fine and heavy hair need help holding shape that isn't natural to its texture, like curls or waves, and you should use a medium hold.*”

FYI: If you're not a hairspray fan, try a brushable hold like the classic Elnett brand, or Blowpro Blowout Spray for a soft finish with less hold factor.



MAKING IT LAST

For now, your hair looks great, but how do you make it last? If you've straightened your hair, Cosmillo says protect it. "Moisture will cause hair to frizz and pop back into its natural pattern. Make sure you're using a terry-lined shower cap anytime you wash your face or shower, and make sure it's covering all of those little baby-hairs around your hairline."

And ask your stylist how to touch up and maintain your style. "Based on the look, says Cosmillo, "they can give you sleeping tips and products to refresh your look."

For example, wavy styles can be coiled back loosely into a low bun for sleeping. For straight hair, pull it back into a high bun.

Use sprays for keeping frizz at bay. "And don't forget to use a shower cap and dry shampoo!" says Cosmillo.

IN A RUSH?

"My favorite no-time style is the perfect messy-pony. All that's needed is a beach spray or a similar texturizing spray, a cute elastic, and hairspray."

First, spray hair all over with the texturizing spray, focusing on your roots and where the pony will sit – this will help hold your elastic in place all day. Next, pull your hair back, keeping your sides tight while leaving the top a bit looser for volume. Secure with your favorite spiral or fabric tie. If you have fine hair, add the look of more texture by sweeping the short hairs out around your face. Use your fingertips to push them back again, and spray into place with strong hold hair spray. Chic in less than five minutes!

COLLEGE TOURS AND INTERVIEWS

What is the easiest way to get a sophisticated look for college tours and interviews? Avoid textured styles, like beachy looks. They can appear messy for your big day. Instead, create soft waves with a medium-sized curling iron.

"Curl each side of your head away from the face, and be sure to get the tips of each section into the iron for smooth ends. Using a drop of shine serum, run your fingers through the lengths to break up curls and finish with a light hair spray."

Go the Distance

Exploring Long Distance Relationships

Starting college can be very overwhelming. It's such an exciting yet scary transition. I'm currently a college freshman whose decided to stay in my relationship from high school.

My boyfriend went to a school in-state, back home, so when I visit, I get to see him every time. Ever since I left for college a few months ago, I've noticed that long distance relationships don't have to be like the ones (negatively) portrayed on TV and in movies. It's not for everyone, but maintaining a long distance relationship doesn't have to be hard work.

Going into this experience, many people told me that long distance is hard work. I met Ryan 11 months ago, and despite never having pictured myself doing long distance before, when we reached the end of the summer, I couldn't imagine not at least giving it a shot.

Cousins and older friends who stayed with their high school sweethearts in college warned me that I would need to put in lots of work to make it possible, but as of now, I haven't ever looked at this relationship as a chore or something I need to 'tend' to. I'm excited to talk to him, and he's an extra support system during this tricky life and academic transition.

Here's some stuff I've learned about long distance relationships:

Spontaneous Facetimes Are the Way to Go

Everyone I talked to about long distance had one similar complaint: missing scheduled video calls. Ryan and I talked about this and decided that a scheduled time wouldn't work well for either of us, so we settled on just sending a text when we felt like talking and seeing if the other was available. Going in, I thought it would be way more difficult to find common times, but we've talked almost every other day since I've been here, and when we do it, it has never felt like an obligation.

Surprises are always fun

I love nothing more than waking up to a morning meme from Ryan. Spontaneous love texts and 'little things' to let your partner know you're thinking of them will light up anyone's day. The communication aspect of an LDR is key, but again, shouldn't feel like a chore. Big surprises every now and then are very exciting as well. I'm working on a care package to send out there filled with Ryan's favorite candy, a letter, and lots of little goodies.



Avoid daydreaming too much about the future

The hardest part of a long distance relationship is to not get wrapped up in the future, as this type of relationship is quite the commitment to another person. I went home to visit about halfway through the semester last weekend, and got a bit scared and wrapped up in thinking about the future when in reality, all anyone has is right now. Of course, I do see a future with Ryan, but I try to only fantasize about it and not begin planning my whole life out, because it can get very overwhelming. After talking to several happily married people about their paths to meeting and uniting, I have come to the realization that there is no one right path to meeting “the one.” (My parents, for example, met in their 30s.) All I can do is take things as they come.

It's OK to NOT do long-distance

Long distance isn't for everyone, or every couple, and that's totally alright. If you want to take a crack at it to test the waters, go for it! But if you want to wrap things up before you leave, that's also totally valid. A close girlfriend of mine decided that long distance wasn't something that would work for her as she began college. The break-up has been hard, but she's grateful that she ended the romantic part of their relationship because now she has more time to focus on her already busy schedule. There are lots of approaches to morphing the 'relationship' into a friendship before school begins—I prefer not to say “breaking up” because in the case of leaving for school, it's an external force acting on your relationship. Some couples I know shifted this at the beginning of the summer so they could get used to just being friends. Some gave it a couple of weeks before school, and some waited until they got on the plane to say it was over. All approaches have merit, and it's all about what is best for each couple.

Overall, I am loving our decision to try long distance. If you're unsure about if it's right for you, talk to someone who has tried long distance! Support is all around, but the biggest supporter in a long distance relationship should be your partner.

Hola!
Nice to meet you:
SDSU: San Diego State University

Imagine going to college and living on the beach in California, with all your friends, near the beautiful blue ocean. It's sunny every day and the education is top grade. San Diego State University, the fifth largest university in California, has a lot to offer its 34,000 students. Located only nine miles from the Pacific Ocean beaches in beautiful San Diego, culturally-rich SDSU promotes academic excellence and leadership.

Campus life

There's plenty of entertainment right on campus, such as concerts and sporting events. Surviving without a car is no problem. Buses make it easy to get around town to shopping, jobs, the beach, and the nearby Mexican border. You even get a discounted bus pass with your tuition. Because the border

with Mexico is so close, the city has the perfect mix of American and Mexican cultures. Within a few miles of the college, you have tasty authentic taquerías, great amusement parks like Sea World, and—did we mention?—beautiful beaches. If you don't have a computer, the school has several computer labs that are open often so you can get your work done. There is also a huge recreation center with a pool, a workout room, and a fine basketball court. It is said sometimes that people don't just go to the gym to work out—athletes from all over campus make the gym *the place* to be after class.

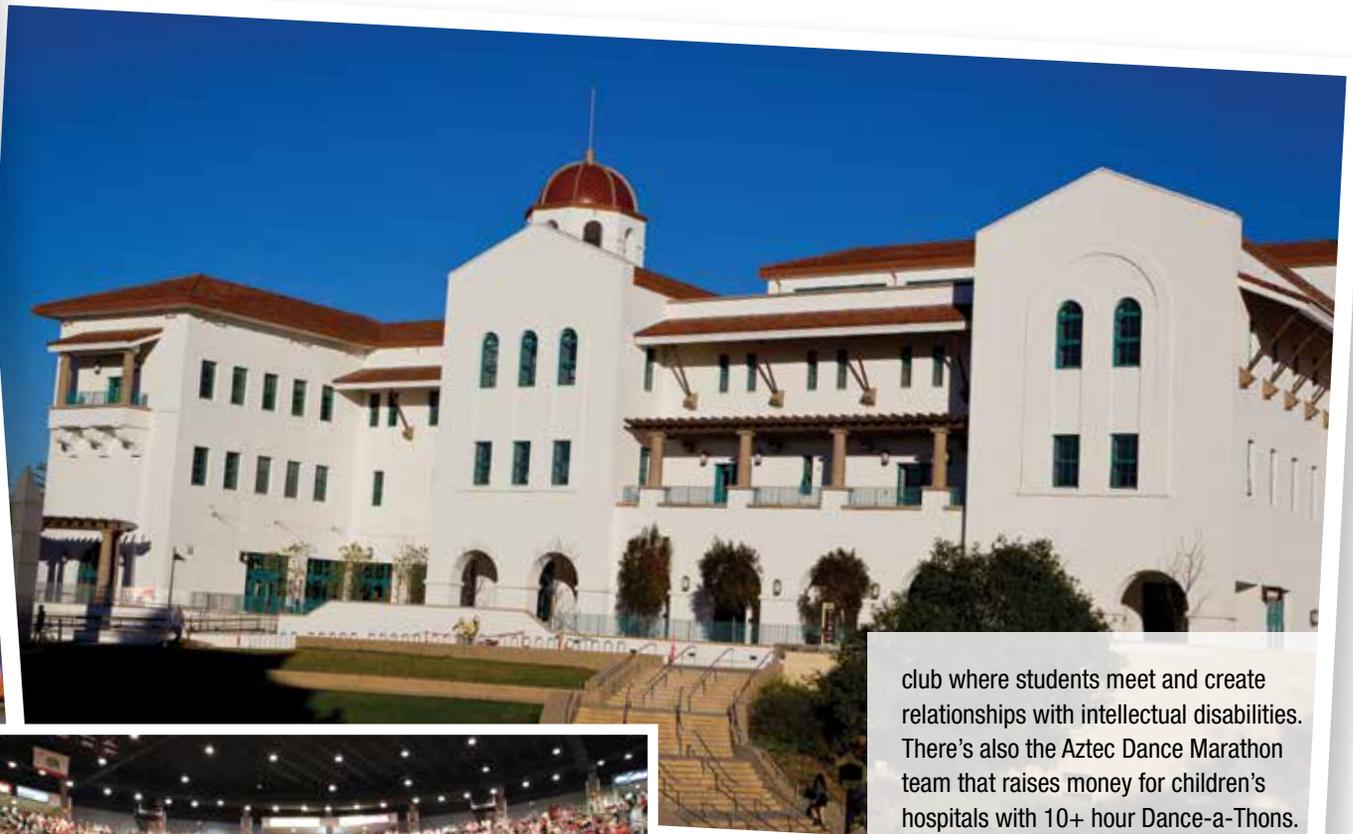
What to study?

One of the best things about college is you get to choose what you study. SDSU offers 81 different subjects you can zero in on called "majors." Some areas of study include business, computer science,

dance, journalism, politics, nursing, and even hospitality and tourism. (What's hospitality? That's when you learn to be the boss of a big Las Vegas hotel in charge of thousands of employees, and keeping a casino running 24 hours a day!) When deciding on your major, always contemplate what interests you most, because you'd probably enjoy studying it further and eventually working a job in that field.

What's fun to do?

For cheap recreation, students head to the beach. In addition to world-class surf and scuba diving, the beach also has a super chill boardwalk and all sorts of eclectic stores and restaurants. At the Mission Bay Aquatic Center, just a short drive or bus ride from campus, students can take lessons to learn how to windsurf, kayak, wakeboard, sail, surf, and much more. Mexico, a mere 25 minutes away, also provides loads of



club where students meet and create relationships with intellectual disabilities. There's also the Aztec Dance Marathon team that raises money for children's hospitals with 10+ hour Dance-a-Thons.

Athletics

The list of sports is long at SDSU: football, baseball, basketball, swimming, track, and much more. For you soccer players out there, the college has both men's and women's Division I teams known as the Aztecs. Students who want to play sports but are looking for a little less of a commitment can explore dozens of school league sports called 'intramurals' that are not very competitive and are more for students that just want to get in shape and have fun playing sports with their friends. The Aztec Recreation Center and new state-of-the-art Aquaplex (with 3 heated outdoor pools) give students even more options to stay healthy and keep fit.

Photo credits:
Jeff Ernst,
Nicole Borunda,
Paul Lang



adventures such as camping on the water in the Baja Peninsula or deep sea fishing in the Pacific. San Diego also has professional sports teams like the Chargers and the Padres, excellent food, and a cool downtown scene called 'Gastown' that has warehouse-style restaurants and hip coffee shops.

Who's there?

One of every five students is non-white, and students come from all 50 U.S. states and 82 foreign countries. Freshman Jazmin Soltero says the school feels "extremely" diverse and that she enjoys meeting numerous types of people, including students with all kinds of abilities and from various socioeconomic backgrounds. In 2006, SDSU was ninth in the nation for awarding college degrees to Latinos and African-Americans.

Get involved!

There are over 300 clubs and organizations at SDSU, including clubs for sports, academics, Greek life, film, dance, and religion. Many students at SDSU come from low income backgrounds and to help these students succeed the University created the SDSU's Educational Opportunity Program—one the largest educational assistance programs in California. It offers assistance to low-income and educationally disadvantaged students by providing tutoring, test-preparation, advising, and financial assistance in the form of grants.

Pay it forward

For those who want to be involved in community activities while attending SDSU, consider joining the college's Best Buddies

With its strong academic background, fantastic location, and diverse student population, SDSU has the whole package! If this school sounds interesting, prospective students can take a closer look at sdsu.edu or apply online at admissions.sdsu.edu



**OUTSTANDING
TEEN:**

Andrea Staehelin

Interviewed by Katya Lien

Moving forward, in most issues of American Teen, we will feature an outstanding youngster who selflessly gives back to their community, or advocates for change, and is deserving of praise and acknowledgement.

Read on to learn about our Fall 2018 Outstanding Teen, Andrea, a college student who donates her time and energy by helping the people of Haiti, while advocating for community service in her own hometown.

Tell me a bit about yourself.

I was born and raised in Boulder, Colorado, and currently am a sophomore at the University of Colorado at Boulder, majoring in business and minoring in education. I'm a Capricorn, so naturally a workaholic, and I spend my days running around from school to work to the clubs I'm in. Painting and pottery have always been something I've been interested in since I was young and I love the outdoors. Traveling is also so important to me as my family lives all around the globe!

Can you give me a quick run-down of some of the community service projects you've participated in?

One is The Friends of Haiti, Inc. (TFOHI) I helped raise over \$20,000 for this cause while in high school. TFOHI helps the people of Haiti who are poor and most at risk. We support schools in Haiti by donating

school supplies, and by offering tuition assistance for some students, specifically for the school for Nurses and Doctors. Haiti is in need of professional medical people to assist in providing quality healthcare and we can think of no better area to find these professionals than in the country of Haiti itself! Therefore, we have sought to create a means to help encourage the people of Haiti to not only gain much needed education, but also for these educated Haitians to then give something back to their own country.

Why do you feel that philanthropy-giving back-is so important?

"Giving back" is kind of a two-sided term. We constantly think about giving back as "us helping them"; that sort of experience. But the way I like to see it is that we're helping each other. Sure, the way in which we each benefit is going to be different, but when I give back to my community, I'm also getting the benefit because I've been able to grow from this opportunity, I've met new people that I can add to my network, I've perhaps learned a new skill or something that I didn't know before, and maybe I've even gained a new perspective on something. I'm a strong believer that we need to create the world we want to live in.

THE WORLD I WANT TO LIVE IN IS WHERE PEOPLE DO GOOD THINGS WHEN NO ONE IS WATCHING BECAUSE IT'S JUST THE RIGHT THING TO DO, where we help one another in hopes that one day we will get that same help reciprocated back to us. That's why giving back is important.

What was your first community service project and what prompted you to do it?

in high school I became part of my Red Cross. We went around to local elementary schools and taught kids about disaster awareness. This was right after the Boulder Flood, so there was a sense of awareness in terms of disaster preparedness. We basically followed the Red Cross program and got to come up with some games and creative ways to talk about what 'disaster preparedness' meant in different places. Then at the schools we would meet up with kids during their PE classes and do our hour long presentation. It was really hands-on, and kids loved it. The

reason we did this was like I said, the Boulder Flood had just happened and there were a lot of people in my community who were left with nothing. I felt like there was a need to educate people on how to prepare for things like this, and we did just that.

Has your source of inspiration for serving the community changed since that first project?

Absolutely. I used to think that volunteering and serving the community was an “us helping them” sort of thing. And it wasn’t until I read an article by Naomi Remen called Helping, Fixing, Serving that I realized that we aren’t really helping anyone or trying to fix anyone. We’re serving one another and that’s really how it should be. When I go into a community service event I always remind myself that we’re all humans and sometimes we need a little more help. This is absolutely prevalent when I volunteer at the shelter for the homeless— just because someone is staying there doesn’t mean that they need to be fixed or that they’re any less of a person than I am. In fact, I feel lucky that I can serve adults in my community who might need a hand up.

What is JUMP?

The Junior Unity Mentoring Program (JUMP) is an organization I started in high school that would work with bilingual/low-income students in Boulder Valley elementary and middle schools. We would meet between one and three times a week and have 30 minutes for homework/tutor time and 30 minutes to get to know the high school mentors. Students would be paired with a handful of high school mentors to look up to and get the support they need.

What was your favorite community service project?

Starting JUMP, which really was a huge learning experience for me. The whole purpose was that I realized that many students in Boulder Valley schools who didn’t have an English-speaking parent at home might struggle a bit more in school, or low-income students often had parents who were never home and might not get the support and mentorship they need. I thought that connecting these students with various high school students throughout Boulder Valley School District (BVSD) would be great because it’s a student-to-student connection and more of a partnership than a “teacher” position. I did this for 3 years and when I graduated was able to pass the program off to another high school student to continue.

What is the biggest lesson you’ve learned in all of your experience with community service?

Be really aware of where you’re volunteering, and why. Choose where you volunteer carefully and make sure that your personal values coincide with the organization or service you’re doing.

What was your favorite community service moment?

When I was in Mexico a few years ago I gave a presentation to a rural community about the importance of education, but more specifically, education for women and the benefits it had. A moment that really stuck me was after my presentation I had a family come up to me and thank me for my time, and that what I said about education and poverty really struck with them.

How would your life and values be different if you never got yourself involved in giving back to the community?

I think that if I hadn’t gotten into giving back to the community I wouldn’t be who I am today. I certainly wouldn’t be doing as well in school and I think I’d be a lot more self-centered. Like I said earlier, giving back to the community, while we are serving a particular group... I find the personal benefit to be immense and a true learning opportunity for everyone involved. Through giving back to the community, I’ve learned to look at the ‘bigger picture’ and see the world through different ‘lenses.’

What advice do you have for teens who want to be more socially involved with their community, but don’t know where to start?

As cliché as it may sound, just start somewhere. We all know the saying that we alone can change the world for one person— truthfully, we alone can change the world for one minute. Do good, because it’s the right thing to do. Look into your school to find school service clubs, if your school has none reach out to your local Rotary Club and start an Interact Club (a service-based club designed for middle and high schools), reach out to your local Red Cross or community center. There are thousands of opportunities at your fingertips, it’s just a matter of reaching out. We alone as individuals certainly cannot move a mountain alone, but we as individuals can make little changes and “push pebbles”, and at the end of the day, if enough people push enough pebbles, a mountain can move. Change doesn’t happen alone, in fact, we live in a world where change and activism is so rich and I’m so excited to see the change this next generation can start to make. Create the world you want to live in.

The Friends of
Haiti, Inc. (TFOHI)
I helped raise over
\$20,000
for this cause

Book Excerpt: The Fifth Sense

Book one in a series, this newly-released, independently published novel for teens, features a headstrong heroine named Apple Peterson, who lives in a world quite different from the one American Teen readers know well. Online reviewers called this novel, “illuminating” and “captivating.” If you enjoy sci-fi, fantasy, and mystique, you will love this story. Here’s an excerpt from the author:

The sound of shuffling fills the silence of the hall as my dad makes his way over to Mango. I can hear him fiddle with the bandages, then mutter under his breath. The unbinding part of the ceremony is taking too long. He is supposed to uncover Mango’s eyes, but he was never the one who did it at home. It was always Grandma who carefully unwrapped the old, sweat-stained, stinky bandages and then rewrapped Mango’s eyes with fresh, clean cotton. Or sometimes I did it. Occasionally Peach. All those days for the past six years, he never did it once. And now they expect him to do it.

I feel Grandma push past me. From the audience, a few people make subtle clicks to try to figure out what is going on up on the stage. Though I don’t know what a click would do in such a crowded place. I am not the best at reading the echoes, I admit, but even the best would not be able to determine much more than, Yes, there are a lot of people in here.

Grandma has pushed past me, and I hear my dad murmuring. She is undoing the bandages, but she cannot speak so maybe, just

maybe, no one will realize that Dad is not doing it.

“And now,” the Regional Vice President continues, after a pause of too many minutes, “I pronounce you, Mango Peterson, daughter of Raccoon Peterson and Patricia Peterson, may she rest in peace . . .”

The Regional Vice President pauses long enough to allow the audience to respond, “May she rest in peace.”

“**I DECLARE YOU . . . UNBOUND! MAY YOUR EYES BE SMOOTH AND BEAUTIFUL.**”

One by one our family—Dad, Grandma, Peach, and me—run our hands over the smooth eyelids of Mango’s face. As my hand runs over her tiny little eyelids, I say, “May you always be smooth and beautiful.”

Then the chorus starts. About half the room, those who have voices so well trained, so clear, so beautiful that they are permitted to sing in a public function such as this, break into the Song of Our Unbinding. I am not allowed to sing, of course, but Peach is. Peach’s voice stands out because she sings most of the solo parts. But I can pick out her

voice even when she sings along with everyone else. She was singing at birth, or so they say. She won her first competition at four. From then on, her natural talent was fed by endless lessons, performances, throat massages, and special care, so now she is one of the best. I’ve never heard better. All those official soloists and “Best Singer Friends of Our Best Friend” are good, I agree, but not really better than Peach. And yet she is eighteen and still here with us, singing at family events and school assemblies. She didn’t even make the third round of Selection.

They all sing together at first, then break into six different melodic parts that dance and go up and down and around each other, as if they were children running around a schoolyard, playing tag. The melodies occasionally approach each other, threaten to resolve into a unified chord, but then at that last moment before resolution, dart away again, into a new flurry of suspended tension. The voices sing an old song from the early days after the revolution.

Our hearts are still with you,
Oh country that I love.
My voice will still sing for you,

Oh country that I love.
Should they crush our fields
and steal our rice,
My stomach will still wait for you,
Oh country that I love.
And if they take all our land,
my heart will still know
That only one place,
One people,
And one family belong here,
Oh country that I love.

I, along with the others who are not allowed to sing, just sway gently back and forth, as if the voices and the music and the melodies are a wind that carries me to and fro. With its complex rising crescendos and gentle, simple cascades off the high notes, the song should feel like being out in a nice park with the warmth of the sun, singing birds, and a sweet, natural smell in the air. I pretend to be uplifted, but I feel flat and bored. I am more excited about the feast that comes afterward.

The song finishes and Peach and I line up next to Dad and Grandma. One by one, all the people in the room, all hundred or so, walk past us. They shake my dad's hand and put their hands on our faces, occasionally muttering words of congratulations. But mostly they run their hands over the eyelids of Mango and say "Smooth is beautiful" again and again and again.

I hope it works for her. I hope her eyes stay shut and she never faces the disease that results from letting them drift open and encounter that strange, confusing jumble of the imaginary eye-world. I hope she has a nice, simple life in which everyone loves her and does not question her loyalty. I hope it works for her.

Because it never worked for me.



Author Erik Nickerson is a passionate fan of all things science, science fiction, or strange. Since his childhood, he has been obsessed with alternative worlds, unusual viewpoints, and possibilities undreamed of, and he explores these themes in his work. When not teaching or writing, he enjoys being outside in the wilderness. Sign up for Erik's VIP mailing list at pencilspaceship.com. Purchase *The Fifth Sense* book on amazon.com.

BOZEMAN, MONTANA: First-Timer's Guide

This summer, I went to go visit my best friend in Bozeman, Montana. I'd never been to Montana before and when I imagined Montana, I think of fields. Lots of fields full of lots of grass. And when I stepped off of the airplane and took my first steps outside of the Bozeman airport, I saw lots of fields full of lots of grass. But by the time my friend picked me up and drove me into town, it was like another world. Bozeman, a city in the heart of the towering Rocky Mountain Range, is a small and trendy city of about 50,000 people, unsuspectingly, in the middle of the Montana wilderness!

Bozeman is home to Montana State University (that's where my best friend goes) with about 13,000 undergraduate students studying anything from Business, to Agriculture.

Montana State University also has one of the best Architecture programs in the nation, which might explain why there are so many beautiful modern homes in Bozeman with exposed concrete, funky angles, and giant windows spanning from roof to floor. And the city happens to be in a valley that's literally surrounded by giant mountains. Really, I'm not kidding when I say 'surrounded.' You can turn your head in any direction from basically anywhere in the city and find beautiful and rugged landscape. That explains why most of the students at Montana State University spend their weekends skiing, hiking, rock climbing and taking in the view. I'm not the biggest skier, and I visited in the summer where, for obvious reasons: there's no snow. But that definitely didn't stop us from visiting the Bridger Bowl Ski Area, which is only a half hour drive from the Montana State University campus, for reasons other than skiing. We followed a little goat trail (but didn't see any goats) and hiked all the way up to the top of Bridger Bowl. The ski lift seemed so high above us, and that's because there can be tens of feet of snow that pile up on the ski runs there in the winter. It makes sense why Montana is known for skiing!

When I wasn't spending time hiking on my trip, we headed to Downtown Bozeman, which is a little paradise in its own right. I was surprised by how many cute and Instagrammable coffee shops and restaurants there were on basically every corner! I was blown away and totally surprised by everything that Bozeman was and wasn't, and part of me wished I considered Montana State University when applying to school. Regardless, I'm sure I'll be back soon for more good food.

One amazing
Montana hike

The School

Winter Break is great. But don't go too crazy. Safety first! Whether you're flying to visit a friend in New Jersey or backpacking through Europe, here's some important travel advice to remember when you're miles away from home:

- **Email or text an itinerary to your parents, and a sibling or best friend.**

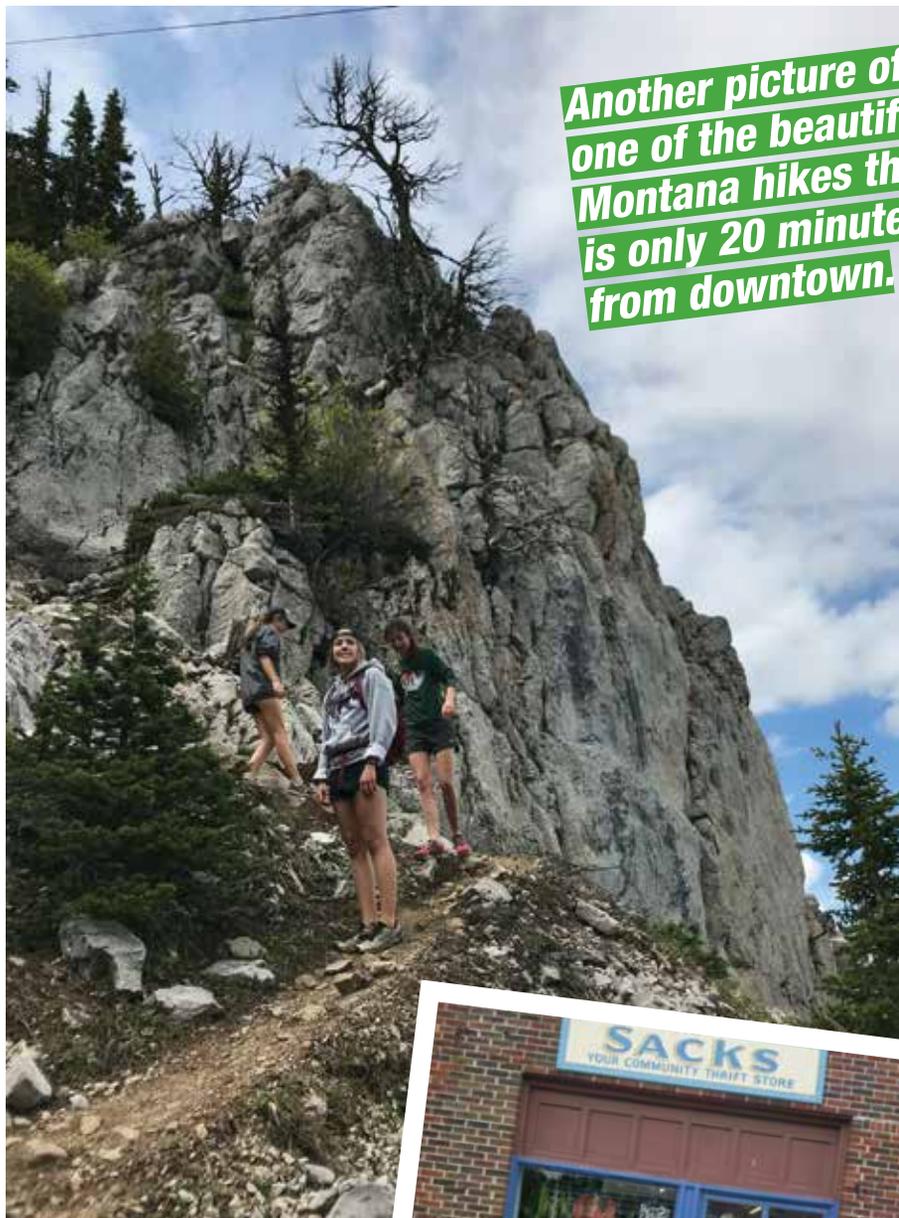
Outline your entire trip for them, and if plans change—for example, on a rainy day you opt to just go see a movie in Times Square than visit Yankee Stadium—text your folks and let them know. It shows maturity, and keeps them from worrying about your whereabouts.

- **Avoid traveling alone.** We know, we know...easier said than done. Try not to walk around anywhere at night alone, especially if you don't know the area. If you're taking a taxi, stay alert, sit in the back seat, pay attention to your surroundings, and try to avoid talking on the phone so you can stay focused if anything seems awkward or uncomfortable. Trust your gut. Sitting in an uber or cab is a great time to text mom and let her know where you're going.

- **Indicate a health issue.**

You never know when a health emergency will arise. Know the name of the closest hospital or health clinic and where it is. Make sure your health insurance card is in your wallet or pocket, in case you get sick and need emergency care somewhere. If you need medical attention—for example, you're a diabetic or suffer from seizures—wear a medical ID bracelet indicating you need a certain medicine, or just place a list of the medications you take—with the name of your doctor back home—in your pocket or wallet when traveling in case of a health emergency.

- **Do not consume alcohol.** Unless you are of legal age in the country you're visiting, don't drink alcohol, and even if you are of legal age, be careful. No one likes a sloppy drunk, not to mention, you don't want to lose control of your mind and your body. Reminder, 'cuz it never hurts to say it again: The legal drinking age in the U.S. is 21. Yes, 21. If you drink in the U.S., and you're not 21, you're breaking the law. Period. - *AT staff*



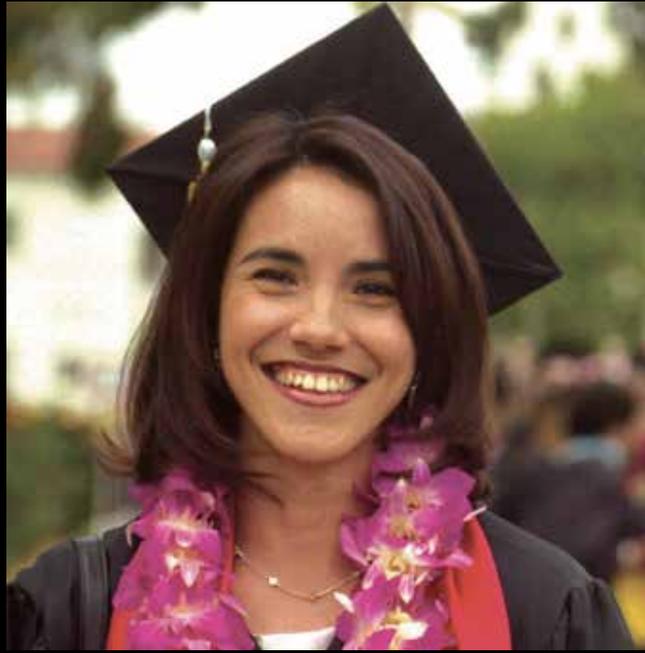
Another picture of one of the beautiful Montana hikes that is only 20 minutes from downtown.



Sacks of Bozeman is an awesome, popular thrift store.

WHEN IN BOZEMAN, HERE ARE SOME PLACES TO CHECK OUT THAT MY FRIEND AND I LOVED:

Sweet Peaks Ice Cream has pine & chocolate flavored ice cream. Taco Montes has a sign on the wall warning you to never ask to order "a regular taco." Sacks of Bozeman is a thrift store where I found a pair of red corduroy overalls. Cactus Records is a cute, funky record shop with new and old CDs and Vinyl records from Beyonce to Jimi Hendrix.



Mission Accomplished.

San Diego State University is proud to serve the needs of San Diego's richly diverse community, and proud to rank among the top 25 universities nationwide for ethnic and racial diversity. While enrollment numbers can be impressive, graduation rates are what really matter. According to *Hispanic Outlook in Higher Education*, SDSU is ninth in the country for bachelor's degrees awarded to Hispanics and in the top 25 in the country for master's degrees awarded to Hispanics. We embrace the charge to enrich lives and help shape the future. And we measure success one graduate at a time.



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