

September 1999

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# NEW EXPRESSION

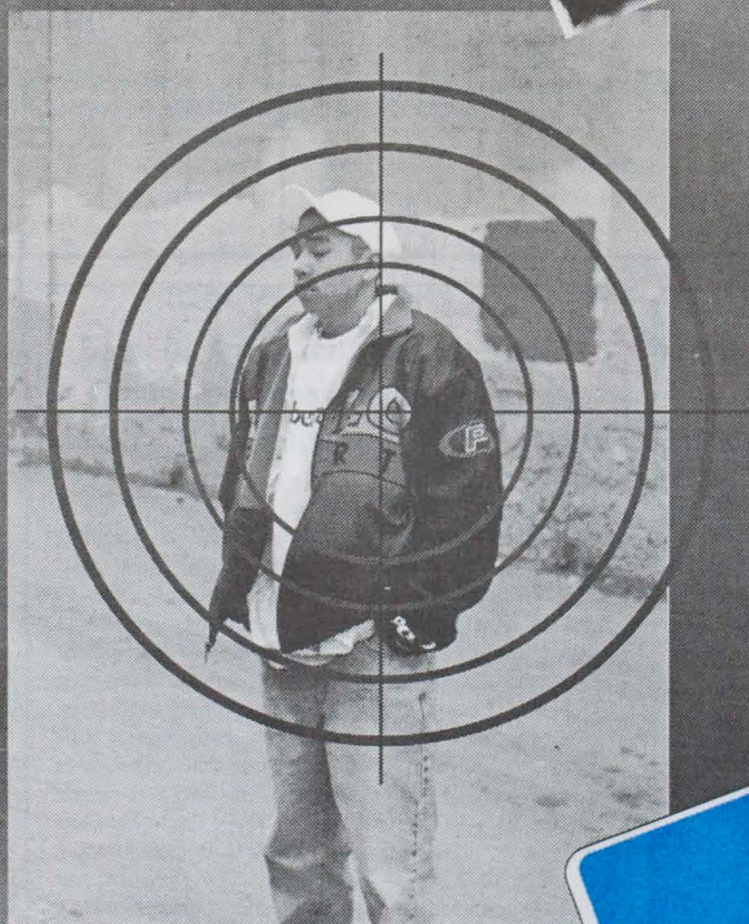
BY, FOR AND ABOUT CHICAGO YOUTH  
SEPTEMBER 1999 • VOLUME 22 • ISSUE 9

## School Violence:

Can we take the  
lead in stopping it?



Story on and  
commentary  
on page 4



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Back to School Supplement

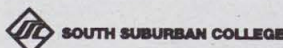


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# Eating is more than a feeling

by Denise Hicks  
Kenwood Academy



Be careful what you consume. It could be consuming you! Photo by Mohammed Eid

Teens often encounter times when it is difficult for them to concentrate. The sluggish and weak feelings often occur because of something they ate.

Heavy foods, such as hamburgers and french fries, are difficult to digest which causes a person to feel weak or tired. Many popular products with teens, like caffeine and sugar, can make teens hyper and edgy. Because of the availability and affordability of these products, teens find consuming

these products more convenient. Often they are unaware they are contributing to an unhealthy diet.

"The consumption of fatty foods can cause a lack of concentration, and products such as coffee and soda can cause a person to feel anxious. Eating healthy foods is a good idea in order to function throughout the day," says Linda Ojeda, author of the book "Safe Dieting for Teens."

There is also the problem of teens that are always on the move, with a busy schedule, and never take out the time in order to eat a full and healthy breakfast,

lunch or dinner. They instead look to unhealthy snacks or coffee to replace these important meals, which also makes it difficult to perform properly throughout the day.

"My favorite snack is Funyuns (potato chips), and rarely do I get into eating any breakfast," says Ardis Hartfield, a 16-year-old student at Kenwood Academy.

While there are many unhealthy foods, there are still many healthy alternatives that are now available and affordable. These healthy snacks provide teens with the energy that many teens are looking for and still give are even good tasting. Among these products include energy bars, veggie burgers, yogurt, and even low-sodium crackers and baked potato chips.

Teens who make the switch to these products will find themselves, joining the growing number of teens, who health experts say are more conscious of weight and diet issues than in the past.

However, there is still a problem with consistency in getting the message to teens. Many health food stores are at a distance from high schools, while junk food is available on almost every block.

With true persistence and armed with the right facts, teens should be able to eat better and save themselves the health problems that catch up with people in adult years.

## The grades are in on public transportation in Chicago

by Charles Scott  
Southside College Prep.

This summer **NE** surveyed more than 200 teens from the Chicago area to get their views on public transportation in Chicago.

More than 75 percent of Chicago-land teens surveyed use public transportation to get to and from school. The grades are in. Teens gave the Metra train system an A, Pace got a B+, but the Chicago Transit Authority (CTA) failed the test with a big F.

The public transportation survey showed that 75 percent of teens surveyed ride the CTA, 20 percent ride Pace and 5 percent use Metra.

Nearly 95 percent of CTA teen riders surveyed are dissatisfied with the job CTA is doing. However, CTA officials failed to return several phone calls on the results.

Pace and Metra riders are satisfied with the service they are receiving. According to the transportation surveyed, 85 percent of PACE riders and 99 percent of Metra riders are satisfied with the service they are getting.

"Pace is doing a great job of providing on-time transportation, with clean facilities, good, friendly service, and also their fare is less than the CTA," says

Jameca Benjamin, a junior at Morgan Park.

Then, there are the Metra supporters, like Kelly McGuire, a sophomore at Richards who says "Metra is doing the best job."

McGuire is a regular Pace rider who only has used Metra on a few occasions. Her only complaint with Metra is that the prices are "sky high." Recently, Metra, Pace and CTA worked out agreements where teens can buy passes with unlimited rides on PACE and Metra, and use the same passes for limited rides on the CTA.

In 1976, the newly formed RTA unified what had been a variety of different fare structures for Chicago-area buses. A standard fare of 50 cents, 10 cents for a transfer, was adopted for CTA and nearly all of the suburban bus routes. But the RTA funding crisis of the early 1980s resulted in increases of the basic adult fare to 90 cents, 10 cent for a transfer by 1981. Today, CTA adult fares is \$1.50 and 30 cents for a transfer, and it is half of this for a reduced fare for students with high school IDs. According to citizens group, **Citizens Take Action** Chicago's bus fares are the highest in the country.

One of the biggest controversies with the CTA and Pace right now is their decision to elimi-

nate the use of CTA tokens, this past June, and replace them with transit cards. Many teens surveyed think the cards are easier to use. Yet 95 percent of teens surveyed in the survey said eliminating the tokens and replacing them with transit cards was a bad idea.

Kristle Brodnax, a sophomore at Calumet says, "CTA's and Pace decision to eliminate the CTA tokens was really a bad idea because it is very confusing."

Brandy Middleton, a junior at Curie, shares Brodnax's beliefs. "Transit cards are ok, but I would prefer tokens because sometimes you can mix up your cards, and forget which cards have value and which don't."

Courtney Jackson thinks the idea was a little illogical.

"I think its okay, but the 20 transit card pack is stupid. Why buy 20 if you could buy one and constantly put money on just one?" Jackson asks.

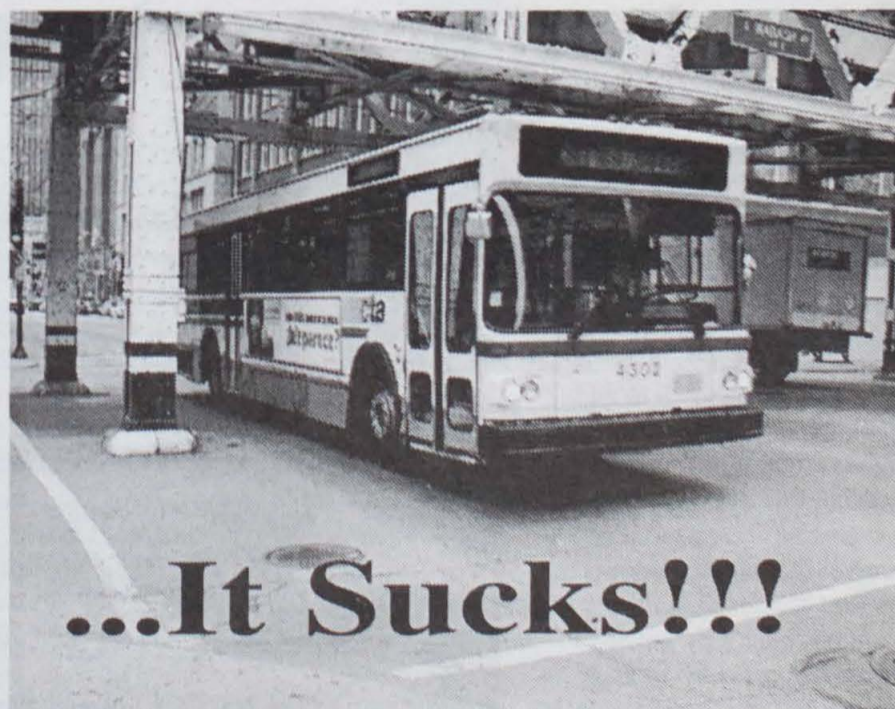
Beate Jones, a senior at

Whitney Young says, "I feel it was the worst decision ever. Tokens were much more convenient. I can't get why the CTA and Pace would want to retire the tokens."

tioned buses and cleaner buses, and bring back the tokens.

Alecia Robinson, a senior at Thornton says, "If I could change anything I would get rid of the crazy acting people on the bus."

Chanae Reese, a junior at Whitney Young says she would



## ...It Sucks!!!

Many Chicago teens are disgusted with the CTA, according to a recent NE survey. Photo by Tracie Batts

In the survey, teens were asked what would they change, if anything, about the CTA. The top responses were (1) provide faster service, (2) add new bus drivers and (3) lower prices. Other suggested changes included bigger buses, more air-condi-

make the CTA free.

"I would make it free, always on time, and fast," Reese says. "CTA might get you where you need to go. But more than likely you won't get to your destination on time."

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# Teens need to take the lead in stopping school violence

by Heidi Ochab  
St. Ignatius College Prep

In the wake of the deaths at Columbine High School in Littleton, Colo., many teens are wondering what they can do to stop the violence.

The Littleton shooting was the latest in a string of shootings that took place across the nation over the past two years. The shootings were not in the typical big city areas, but small, rural areas including Jonesboro, Arkansas; West Paducah, Kentucky and Pearl, Mississippi. All the cases involved alienated young people with easy access to guns and no self-control.

To deal with the wide spread outbreak of violence among teens, many new strategies have been implemented to get a grip on the violence. Among the new and improved safety measures are increased school staff serving as hall monitors and more security guards. Nationally, schools are making appeals for parent monitors and teachers' aides to help with enforcing school disciplines and dress codes. There are also more counseling and conflict resolution programs for students.

In Chicago, all public high schools now have metal detectors and unannounced security searches of lockers and other school property. In addition, the CPS has initiated citywide community forums on violence and has produced a Safe Passage brochure gives students tips on managing anger and avoiding violence.

The new focus on teen violence is an extension of the Safe Schools program that was implemented in 1996 to address truancy problems among Chicago high school students.

David Boone, assistant principal of Hyde Park, says the program works. "So far, Hyde Park has had 10 return. Most of the school's students are aware of the safe schools programs." Students removed from their original schools have returned to them after this program.

Bill Hayes, dean at Curie High School, says the school doesn't believe in giving teens a lot of chances.

"An individual kid can cause a lot of trouble with his repetitious bad behavior. We avoid chaos by getting them out of here immediately."

President Bill Clinton unveiled a new school safety program in June that will monitor schools by way of satellites. The

National Education Association (NEA), along with Echo Star Communications and Future View, will launch this program through 1,000 satellites. These satellites will be donated by Echo Star.

"School safety programming generated by the partnership will assist educators, parents, law enforcement agencies, and other community members in identifying potentially violent behavior in students," according to the NEA web site.

New dress codes are also coming into effect for those schools that do not already have a uniform code. Many high schools in Chicago have had a uniform code for the past couple of years.

Counseling programs also may be coming. Many students complain they have no adults to turn to when problems arise because the teaching and counseling staffs are overloaded.

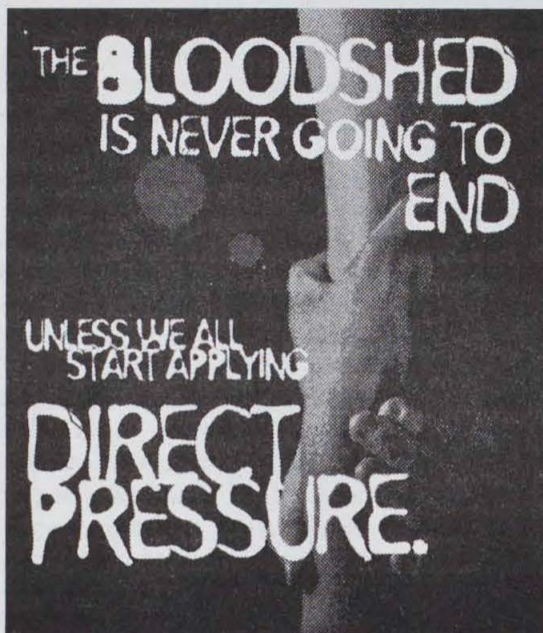
"The average high school counselor has between 350-400 students to advise," according to Urban Education Web. "In order to effectively counsel the students in the school—whether academically or behaviorally—and to ensure that students have access to their assigned counselor on a regular basis, counselors should be assigned no more than 125-150 students per school year."

U.S. Secretary of Education Richard Riley addressed the school violence issue during a recent speech at a national forum on teen violence. Riley has been involved in setting up local summits on violence and offers the following suggestions.

In U.S. public K-12 schools, 3,930 students were expelled for bringing a firearm to school in school year 1997-98, according to the U.S. Department of Education reported today. The number is down 31 percent from the previous year's reported figure of 5,724.

The new findings are a result of the Gun-Free Schools Act - School Year 1997-98: Final Report 1999.

"The Gun-Free Schools Act aims to tighten up school safety by making sure that students understand that there are serious consequences if they bring a gun to school," said U.S. Secretary of Education Richard W. Riley in a press release. "We cannot compromise the safety of the millions of students who do obey the rules — by allowing those who don't to remain in the same classrooms."



## Stop teen access to weapons

by Patrice Dantzer  
Thornridge

A major issue that Chicago, as well as the rest of the world, really needs to focus on is how more teens are purchasing weapons.

Statistics from the U.S. Department of Justice

show that between 1976 and 1997, the number of people killed by handguns rose from 7,000 to just over 14,000—a 100 percent increase in the number of handgun victims. On the other hand, knives and blunt objects pretty much stayed the same during that period.

In the Chicago public high schools, there has been one reported shooting during school hours over the last two years. This shooting was gang-related and the 14-year-old victim did die. Surveys by government and violence advocates note there has been a decline in school shooting deaths, despite what has happened in rural high schools in the last

two years. However, they admit that teens have more access to guns now, than ever.

During a recent NE survey more than of the teens surveyed said they carry or know someone who carries a weapon to school. According to the survey, of all the weapons, the easiest ones to get were guns. In fact, 22 teens said they possess or know people who carry guns on a daily basis, while another nine said they carried knives because they are easy to hide.

The teens surveyed said that most of their peers carry weapons because they are afraid of someone and need protection. Others surveyed believe that weapons are these teens' way of being cool.

The teens were also asked what side of the city they feel safest on. A majority of the teens said their own neighborhoods, and a few said that they do not go out at night because nowhere is 100 percent safe. When asked which gender and what ethnic background they feel safest with, everyone felt safest with their



own: females with female, males with males, blacks with blacks, and so on.

It has become much easier for teens across America to purchase or obtain a gun. Most guns are bought on the street. This does not say much for this country. The laws need to be harder and much harsher than they are to slow the recurrence of gun violence.

Teens surveyed also expressed that a person should be 21 before purchasing a gun because with age comes responsibility. Teens are not mature enough to handle the responsibility of owning a gun, therefore the staff here believes that the laws should be harsher.

The recommendation to teens that own or carry a weapon is this: Get rid of it. There are other ways to protect yourself. It is easy to take a life but instead of destroying it lets restore it. Try talking your problems out before it gets to that and if that does not work go to someone who can help without taking sides.

Those of you who own weapons need to take a look at the results of your actions. We are killing each other for no reason. Guns are just a way to cut someone else's time short before he or she has the chance to live. Think of yourself as that person's parent and think of what they have to go through because of you wanting to "protect" yourself.

# Parents Just Don't Understand!!

## ...Because of Oprah

by Heidi Ochab  
St. Ignatius College Prep

A big problem today with parents, especially mothers, is Oprah. She dominates and changes the way parents think about their offspring.

It's important that parents know what's going on in their children's lives, but not to the extent that Oprah drives some parents to.

Because of Oprah's shows, parents become worried and for the most part, without any reason. They see something on a show, with a girl the same age as their daughter, and they become worried.

Could our daughter be the same as this girl? Could our daughter be anorexic?

Could our son be in a gang? These questions run through their minds but most of the time they have nothing to worry about.

Some parents resort to going through their son or daughter's room searching—searching for

what? What do they think they will find? Some even decide to read their children's diaries. What exactly are they looking for?

What does that do to one of the most important things, trust? If they're caught going through their son or daughter's room or reading their diary, what do parents think—we'll pretend it didn't happen? I don't think so.

What's the effect on their children? They don't think they can trust their parents any longer. Why do you think many teens don't confide in their parents or go to them for advice? The

trust they had has been broken.

Do parents really believe it's easier to go through, from top to bottom, their teen's room or find their diary and read it? Wouldn't it be easier to just talk to their teens? Is this really how society is changing families?

There's nothing wrong with wanting to know what's going on with teenagers. Parents should just talk to their children about whatever is concerning them. Parents should just respect teens' privacy.

If they're caught going through their son or daughter's room or reading their diary...the trust they had has been broken.



## ...Why curfews suck

by Akram Salman  
Gage Park

I get into many arguments with my parents. Most of them are over something stupid and others are because of school, boys or house problems. We have worked some of them out, and the others we still argue about.

When I was in eighth grade, the day before graduation pictures were to be taken, my best friend, Jasmine, and I finished school, and we went straight to a place where all teens liked to hang out after school. We were supposed to be back by 2 p.m. Instead, we didn't get back home until 9:15 p.m.

While we were at that place, our friends invited us to a soccer game. We immediately agreed to go, forgetting to call our mothers. While we were at the game we cheered and played. It was 7:10 p.m. when the first game finished. We wanted to go home because we realized that it was late. However, they convinced us enough to stay for the second game.

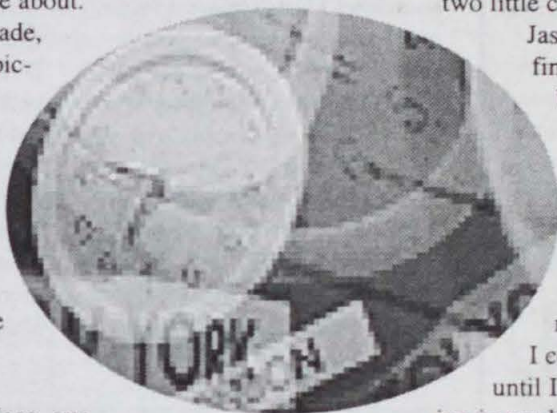
Then the time was 8:45 p.m. Jasmine and I knew that we really had to go home. We were looking for some of our friends to take us home. Two of them turned us down because they said

that they wanted to stay. Time was flying. We finally found someone to take us home. By that time, it was 9:15 p.m. We got out of the car and she left. When we knocked on the door, my mother said that she wouldn't even let us in. She said she wouldn't let us in, until Jasmine's father came back from work, and he finishes at 11 p.m. So we got into the car because the car door was open, and we stayed like two little cats.

Jasmine's father finally came, and he began yelling at us so loud that I thought my head was going to explode. He took Jasmine home and my mother still kicked me out. She said that I couldn't come back in until I got the worst beating in my life.

So I did. I cried so badly. That was the first time I ever felt that my mom was really mad at me. The next day was the re-take for graduation pictures. I couldn't go to school because I was still hurting from pain. I learned my lesson, but until this day I still believe that I should be able to stay out and take good care of myself without telling my mom.

To this day, my mom and I argue every day about that situation. She still thinks that I should stop everything and tell her where I am.



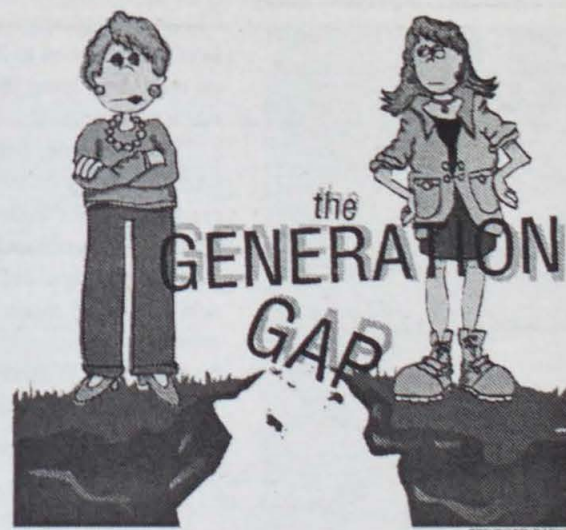
## ...Our image

By Justin Carr  
Hales Franciscan

I get kind of frustrated when my parents and grandparents are always buying me undesirable clothing.

It's not the worst thing in the world, but it is kind of a troubling matter. I'm not ashamed because I thank God I have clothes, but this matter needs some minor adjustments. I mean, I at least want to make an effort to change my parents' views on this subject.

I get kind of agitated about this because they do not want me to ever pick out anything to wear. They are really out of touch. When I bring this to my parents' attention, I generally get, 'You don't appreciate us. We pick out nice stuff. You get too much, that's the problem,' and 'Nobody ever gave me nothing.' They may be right in some situations, and I might even get spoiled some-



times. The bottom line is we would just appreciate it if they could go with them, or if they would acknowledge our advice.

## ...Our point of view

by Jeanette Mosley  
Morgan Park

When I was younger my mom and I got along very well. Except for an occasional little argument here or there, we were really good friends. But when I got in high school all this changed.

She thinks that I'm being rebellious just because I

don't agree with everything she says and I don't go with her everywhere any more. I try to explain to her that I'm not trying to be rebellious. I just simply have my own opinion about certain things and some times I just want to stay home. She thinks that I think I'm grown and that I know everything.

Recently when I woke up, my mother told me that she and my sister were about to go to Ford City. Now, she didn't even bother to ask me if I wanted to go. She



just immediately said they were leaving. I asked her why she didn't invite me, and she gave the typical parent reaction, 'Well, you never want to go anywhere else with us, so I figured you didn't want to go today. I was so mad. So I was like, forget it. And then she told me I was being rebellious again.'

I know it won't be easy for her to accept the fact that I'm growing up, but she shouldn't tell me I'm being something I know I'm not. The simple reason for this is that parents just don't understand.

by Yasmin Eid  
Urban Youth

## Blabbering dad doesn't understand either

What really irritates me the most in my family is when my Dad starts to talk multiple hours and lecturing about stupid stuff.

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### PRESENCE

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Everything that I do, he always has something to say about it.

Let's say I'm watching TV, and there are two or three dishes in the sink from him after I have done a whole sink full of dishes. He starts talking trash for me stop watching TV and tells me to go do the dishes. He always says that I'm always watching TV and not doing anything in the house like chores and cooking.

Usually I do chores and cook when he is at work, and by the time he comes home, I have already finished what I was supposed to do for that day. He thinks that I don't do anything

all day. When I tell him that I did everything while he was working, he doesn't even believe it and starts blabbering like he was home the whole day investigating me.

Sometimes when I need to take a shower or even just go to the bathroom just to wash my hands, when I get out, he accuses me of being in the bathroom for three or more hours, hogging all for to

myself. Now, he definitely hogs the bathroom for stupid things for no particular reasons at all, which makes someone really use it on him or herself.

People usually say that some parents talk to their kids like that to teach them a lesson. Well, for a fact, all teens need time to do things, especially females, but to my Dad, it



only is. To prove that, once I took a shower, did my hair, and put on make-up all in 25 minutes, and he started taking about the "three hours in the bathroom."

My brother went in the bathroom right after me and took half an hour. Guess what he was doing: He was fixing his hair straight with gel, hair spray, and a hair dryer. Now, for a boy to even do that is such a laugh, when the girl is supposed to be the one taking up all of the time. So, anyway, my Dad didn't say anything about him being in the bathroom more than I was.

All this talking and criticizing had allowed me to realize that he really doesn't care about me, and really hates me for no particular

### CTA

continued from page 3

According to the survey, 80 percent of CTA riders say their bus is always late, while only 10 percent of Pace riders say their bus is always late. Also in the survey, 60 percent of those that believe that Metra was the most consistent in being on time.

Students also have a problem with some of the drivers of the CTA.

Rory Jobst, a senior at Chicago Academy for the Arts, says drivers tend to look down on teens and lump them into one negative category.

"For example, I'm annoyed, like a majority of teens, by drivers who ask for your high school ID card. I'm obviously a student. And when did going to school cost so much?" Jobst asks.

Stephanie Wilson has a similar problem with bus drivers

along one particular route.

"Some of the 8A (Halsted) drivers are stuck up and have bad attitudes," Wilson says.

In the **NE** transportation survey a lot teens complained that the CTA buses are too old and break down quite frequently. However, according to the CTA website, most of the buses currently in service are only five years old.

To keep up with the demand of nice-looking buses, Pace replaced nearly one-third of its buses with new models.

But teens are still complaining, because the newer models cramp seating space.

Security on the CTA and even Metra trains is a problem concerning teens. Many teens have complained about purses and chains being snatched and other robberies. Additionally, there have been several reports by females rides about "flashers" on the El-train in particular.

According to Chicago Police Department statistics, robberies on CTA trains increased 4.5 percent in 1997 over 1996, and thefts increased 1.6 percent. These statistics were the most recent, according to the CTA website.

However, crime and safety issues aren't limited to the CTA. This past summer a Metra conductor was shot and killed on the Blue Island tracks at 121<sup>st</sup> and Halsted, marking the first time a Metra murder had occurred on the Metra train.

Surveyed teens are also upset about the recent cuts in service. While Pace and Metra have expanded their services to accommodate teen riders, CTA has downsized many routes.

In fact, CTA has cut 57 rail and bus routes over the last three years. Among the routes effected include: 1, 8, 43, 48, 49A, 51, 53A, 59, 75, 95 East, 95 West, 100, 106, 126, and the 108.

CTA poor relationship with

teen riders might not be the entirely the bus company's fault. Time and time again, CTA has blamed the state for not providing enough transportation dollars to maintain satisfactory service.

### Is CTA effectively serving the needs of teens?

*E-mail us your thoughts and we'll publish your comments.*

**NEW EXPRESSION**  
600 S. Michigan Ave.  
Chicago, Illinois  
60605-1996  
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## Illustrators Wanted!

Take a good look at this newspaper. See something missing?

**Illustrations by teens!**

**NEW EXPRESSION**, Chicago's only newspaper produced by, for and about Chicago teens needs talented artists to do illustrations for **NE**.

Artists will be paid for published illustrations and will work with an experienced art/graphic designer who will help refine your work.

If you are interested and qualified, please contact Billy Montgomery at (312) 922-7150 as soon as possible!

# Rebuild the park and the fans will come

by Charles Scott Jr.  
Southside College Prep

In the late 1980s Chicago White Sox owner Jerry Reinsdorf threaten to move his White Sox team to St Petersburg, Florida if his team wasn't given a new stadium. So to keep our Chicago Whitesox from moving to Florida, the Illinois Legislative call a meeting, and guess what Reinsdorf got his new stadium. At that time Comiskey Park was one of the oldest stadium in baseball. New Comiskey Park was the first new Chicago sports stadium since the Chicago Stadium, which opened in 1929.

When New Comiskey Park open it's doors in 1991, the city had high hopes for the stadium, but the city didn't know how things would go wrong. At the time Comiskey opened in 1991, the White Sox were the youngest team in baseball, and were destined to be the team of the 90's.

The White Sox first year at Comiskey set a Chicago baseball record with more than drawing over 2.6 million fans. But that's as high as they been, as Comiskey Park's attendance has

steadily declined since 1991.

Things have gotten really sad in 99, as the Sox now have the second worst attendance in baseball, second only to the lowly Montreal Expos. The White Sox are on pace to draw 1.2 million better, fans this season, which might be a Chicago record low in attendance. Even though the Cubs are one of the worst teams in baseball, they have more than tripled the White Sox attendance.

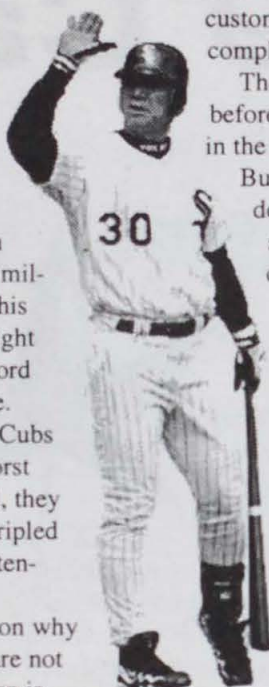
The main reason why White Sox fans are not coming to the barn is because they don't like the park. Things were all right when New Comiskey Park first open its doors in 1991. But since 1991 things have gone from bad to worse. Most White Sox fans hated Comiskey Park's upper deck to begin with, but ignored it because the team was winning in the early 90s, but as soon as

the goings got tough the paying customers started to complain. And I am one of those paying customers that have started to complain.

The upper deck was all right before, because I had never set in the upper deck at Comiskey.

But I'm cheap, and the upper deck seats are the cheapest sits in the house, so of course I began buying all upper deck sits because I thought a seat was a seat, but oh boy was I wrong. I along with many other new Comiskey Park visitors have our stories to tell of our nightmare in Comiskey's upper deck. I remember the last time I set in Comiskey's upper deck, which happened to have been less than a month ago. Man was I hungry, but I was so afraid that I would fall from Comiskey's upperdeck that I literally did not move the whole game.

I have talked to many of Comiskey Park's visitors over the past couple of years, and they have some kind of upper deck tales to tell. Children are



scared to sit in Comiskey's upper deck, and so are the parents. A majority of the Comiskey Park upper deck visitors I have talked to over the years say, "they will never come to Comiskey Park again." And who could blame them?

Earlier this year I read a *Chicago Sun-Times* article called "It You Rebuild It They Will Come." And there has been

some talk about the White Sox rebuilding Comiskey Park. If the White Sox rebuild Comiskey the fans will come. No matter if the "kids can play" or not, the fans will not come to an unfriendly ballpark, and Comiskey Park may be the most fan-unfriendly ballpark in the majors today. The White Sox future is bright, but you can't say the same about their boring park. Listening Reinsdorf: **IF YOU REBUILD IT THEY WILL COME.**

## Divorce hits home: Personal Narrative

By CJ (real name withheld)  
15-years-old

I have come to the conclusion that my father, to put it lightly, has some problems, and my mother has been dealing with them. The statistics of today's society would classify my father as a "deadbeat dad." However, I do not have any regrets over my relationship with my father because I try to get along with him even if he is confusing and disrespectful to my mom and stepfather.

In life we all deal with difficulties. Mine center around my father's refusal to pay child support because of his bitterness and distrust.

This has had an effect on my life and my brother's life in many ways. He made a bitter habit of referring to my parents with negative comments. After taking it to the limit, my mother stopped him from seeing us.

This drama continues to this day. He still complains and says that my mother is not raising us

right and toys with our emotions to make my brother and me think God is punishing our mother

To make it worse, he attempted and still tries to manipulate everyone around him by bringing up the past and negatively discussing my mother and

made my father think he did not want to be around him. It took him a while to forgive him. My brother says that whenever dad says crazy things I should just ignore or don't hang around him. My brother and I have come to the conclusion that we really don't want to be around our father he won't change.

Anyway, my mom divorced him in '95; I think. She remarried in '96. My brother and I are developing a new relationship with our stepfather. I would have to say my stepdad is more supportive and a provider for the family.

Finally, while this is a negative experience in my life, I think it will have a positive outcome. This ordeal in my life has

taught me that, if I were to get married, I would only do it one time. These relationships require patience, even if you are sure you love this person. I plan to have a perfect family in the future.

grandmother to everyone else around.

So he would snap or let his anger out on us on a regular basis. There was a time he got physical with my brother with a tree branch, when my brother



## GUILD COMPLEX

### WOMEN WRITERS SERIES V

Body Language: Words and Movement with Patricia Monaghan and Terry Crews  
Wed, Sept 1, 7:30pm, \$7, \$5 students and seniors, no open mic

### POETS ACROSS THE GENERATIONS IV

with Piri Thomas and Luis Rodriguez  
Wed, Sept 8, 7:30pm, \$5, \$3 students and seniors

### AROUND THE COYOTE

Guild Complex LIVE at the Algren Fountain  
(On Milwaukee and Ashland in Wicker Park)  
Featuring Eduardo Arocho, Denise LaGrassa, Mia Lahoz, Sherrille Lamb, Gregory Cullen Wagner, and Avery R. Young, Music by Stone Sat, Sept 11, 2-5pm, Free. For more information on the Around the Coyote Festival, please call 773.342.6777 or visit the website at: [www.aroundthecoyote.org](http://www.aroundthecoyote.org)



Piri Thomas

### YOUNG CHICAGO AUTHORS

'Return of the Geezers'  
Tues, Sept 14, 6:30pm Open Mic, 7:30pm Featured Reading, Free  
Co-Hosts, Bob Boone and Mario, Emcee Narcis Crump



### BREATHE-EMERGING POETS AND MUSICIANS

Open Mic and Jam Session. (Every Second Tuesday)  
Featuring performances related to education/miseducation  
Tues, Sept 14, 9:30pm, \$5, \$3 Open Mic/Jam Participants

### POETS MONICA KENDRICK AND SIMONE MUENCH

Wed, Sept 15, 7:30pm, \$5, \$3 Open Mic

### CARIBBEAN VOICES

Poets Orlando Ricardo Menes, '99 National Slam Champ Roger Bonair-Agard  
Tues, Sept 21, 7:30pm, \$5, \$3 Open Mic

### LABOR AND ARTS FESTIVAL '99

"Killing Me (Not So) Softly" Poets Respond to the Social Crisis  
Featuring Carlos Cortez with Maureen Connolly and Nina Corwin  
Wed, Sept 22, 7:30pm, \$5, \$3 Open Mic

### YOUNG CHICAGO AUTHORS

Featuring J.M. Morea  
Tues, Sept 28, 6:30pm Open Mic, 7:30pm Featured Reading, Free

### TEN PAK - VII

Guild Complex's 10th Anniversary Celebration

with poetry and prose by Michael McColly; Joe Roarty; Mylesha Sargis; English as a Second Language Students-Northeastern; Performance by Latino Experimental Theater; Music by All Natural; Visual Art by Sue Ying  
Wed, Sept 29, 7:30pm, \$5



all natural

POETRY ■ BOOKS ■ WORKSHOPS



at the Guild Complex/Chopin Theater,  
1543 W. Division. Call 773-296-1268 x26,  
e-mail [guildcomplex@earthlink.net](mailto:guildcomplex@earthlink.net)  
or see web site <http://nupress.nwu.edu/guild>  
for additional events and information.  
Admission at door.

Know of an event coming up at your school  
or in your neighborhood? Send it to us.

**NE** Calendar

600 S. Michigan Ave.  
Chicago, Illinois 60605-1996

Deadline: The first Tuesday of the month

# September 1999 Calendar

## Dora La Couture

Cotillion

1 Day  
Alterations

Flower Girl  
Dresses

Full Figure  
Women  
All Sizes

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773-374-8863

### The Taste of Polonia

**September 4-6**

*Copernicus Cultural Center*  
5216 W. Lawrence Ave.

A four-day festival  
held Labor Day  
Weekend featuring  
Polish food, and nonstop  
polka music.  
For more information,  
call 847-777-8895.

### School Yard Jam

**September 10-12**

*Belmont at Greenview*

A three-day festival with a variety  
of bands and different food vendors.  
For more information, call  
773-665-4682

### Celtic Festival

**September 18-19**

*Grant Park*

A two-day festival with Irish folk  
and dance

For more information, call  
312-744-3315

### Taste of Melrose Park September 3rd

*Melrose Park Sports and  
Fitness Center*

5pm to midnight

18<sup>th</sup> annual event (all food  
items are \$1, children attraction,  
and entertainment)

Remy Bumpo Productions Presents  
Athol Fugard's *The Road To Mecca*  
**September 9-Oct 18**

*Victory Gardens Theatre-2*  
2257 N. Lincoln Avenue  
for more information, call  
773-871-3000

## **NE** Essay Contest

### September Question:

“How are you preparing for Y2K?”

Please present your arguments clearly and concisely.

Your essay must be 300-400 words.

The first, second and third place essays will be reprinted in the October edition of **NE**,  
and the winners will receive \$75, \$50 and \$25, respectively.  
Also, the teacher of the student with the first place entry wins \$25.

Rules: Must be under 20-years-old to win.

All entries must be TYPED and submitted with a TYPED  
cover sheet that includes your:

- 1) Full name; 2) Home address with the city, state and zip code; 3) Home Phone  
Number; 4) Age; 5) Full name of your teacher,  
if he/she assigned you the essay contest.

Failure to comply with any of the rules will automatically disqualify your entry.

Send to: **NE** Essays, 600 S. Michigan Ave., Chicago, Illinois 60605

Fax: (312) 922-7150 E-mail: newexpress@aol.com

Deadline: September 7, 1999

No Exceptions!

## Get Free CDs and video games!

If you review music CDs and  
video games for

**NE**, you not only get published,  
but you keep the products  
as well.

It all starts by joining our staff  
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Columbia College  
(Wabash campus)

623 S. Wabash Avenue  
Room 207

Call Billy Montgomery at (312)  
922-7150 to confirm your  
attendance.

# BACK TO SCHOOL ISSUE

## Back to School Fashions, New designers and New clothes!

by Nika Hines  
Maria



For many teens, deciding what to wear to school can be as difficult as choosing the right answer on a multiple-choice exam. Teens have many choices when deciding what to wear to school. Designers like Tommy Hilfiger, Nautica, Polo, and Guess have captured the teen for years. In addition, new designers like FUBU, (for us by us), Maurice Malone, Ecko Unlimited, Avirex, Mecca, and Pnb Nation. Are just a few of the designers hitting the scene with a boom!

How do companies such as FUBU find out what designs of clothing fit the teen market? Lisa Lenoir, fashion columnist for the *Sun-Times*, says Companies marketing to teens examine teen lifestyles to decide how to reach the teen market.

"Companies look at life, music, friends and what activities they do to determine what combinations to put together for teen style standards," Lenoir said

On average, teens spend \$350 on back-to-school clothing, Lauren Hall, 14, a Maria High School student, said, "I spend \$350 on clothing because it's worth it even though I wear uniform to school."

According to recent survey on teen back-to-school fashions, many teens seem to prefer wearing FUBU and Nike to school. Eddie Bauer topped the chart for the best bookbag to carry to school. Only a few teens surveyed wear uniforms to school. Most teens surveyed purchase jeans; gym shoes and shirts to wear to school and many teens don't buy their backpacks, hats or jewelry because mom and dad but the important things teens just buy the show off things.

The places teens get their gear varies. Among the most popular spots are The Lark, Footlocker, Carson Pirie Scott, Old Navy and Eddie Bauer.

Demicka Wilburn, 15, says she wears a uniform to school, "but I still feel that I have to shop at these stores to gear up when I'm out of uniform."

Even the Internet is making a special appeal to teens. Nappy, a new on-line clothing line out on the scene, is selling clothes for about \$60 for a pair of cargo pants and about \$55 for a short-sleeve plaid shirt. A long-sleeve tee-shirt runs about \$30. A credit card is needed to process the order.

Another new web brand is MoPhat. This company is selling their MoPhat.Com T-shirt for about \$22. Likewise, Mecca's straight-leg pants run about \$60. DADA, another new designer, is selling a colorful fleece jacket for about \$90.

Now the real question is how well do the prices fit the large teen budgets of today?

Richard Reynolds, 16, says, "I spend all the money I need to on clothing because I feel I have to be geared up in today's society."

Other teens such Kymia Randall, 15, feel they don't have to spend that much money to look good.

"If I spend all my hard earned money on clothes, how am I gonna but the important things I need."



For alot of us,  
back to school  
means new  
clothes and this  
year, the  
designers are-  
happy to oblige



# Time Management

by Nika Hines  
Maria

**H**ow do teen-agers manage their time between school, extracurricular activities and jobs?

Many teen-agers have time management problems. Either they can't go to work because of extracurricular activities or vice-versa. Time management expert, Eileen Roth suggests that teens use a calendar that has their everyday activities planned out.

"Write your extracurricular activities

in pencil on the calendar, then write your homework in pen. That way you'll know what you have to do and when you have time to do it," Roth said.

Sometimes it's hard for teens to get their life and activities together. Dominique Pierce, 15, says teens have to learn to balance.

"I manage my time by knowing my limit to what I can do and

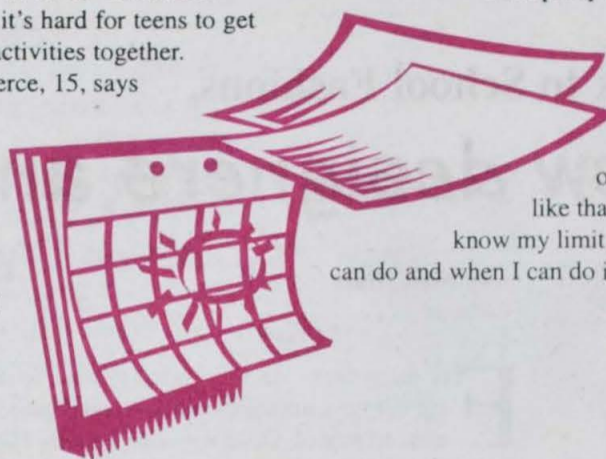
when I can do it."

On the other hand Shanta Williams 15, says she manages time in her head.

"I am pretty good at managing my time without using a calendar or anything

like that, I just

know my limit to what I can do and when I can do it."



## Need Help Preparing for the SATs or ACTs?

by Heidi Ochab  
St. Ignatius College Prep

**T**he Scholastic Assessment Test (SAT) and the American College Testing Assessment (ACT) tests are the keys to getting into college. Courses are even offered to raise scores, but do they really work? Before you spend your money be sure to check them out.

In Chicago, some test programs involve private tutors, and others have classes with about 20 students. There will be some upcoming classes held by PREP USA at the Harold Washington Library Center on Sept. 18 and 25, Oct. 23 and 30, Nov. 13 and 20, and Dec. 4-5.

Classes will also be held at the University of Illinois-Brookings Library on the same

dates.

These classes claim to "help you get the score you need on the SAT test," but where is the proof? Is it enough that their instructors "have at least two years college experience, and undergo recurrent training by PREP USA?"

There is also private tutoring such as Coach College Private Tutoring. This service tutors students from the grades 5 through 12 on math enrichment. The service says that, after this tutoring, there is an average of 185 points of SAT improvement and an average 30 percent improvement for the ACT. For more information, call (312) 590-7040.

Another private, but in-home, tutoring program "called Score! Prep. "It's for improvement on the SAT, PSAT and ACT

tests specifically. Tutors go through a testing program that makes sure all tutors score in the top 95 percentile in the subject they will be tutoring. They then are checked for great communication skills. Once they are screened, they take a 30-minute test consisting of the hardest SAT questions.

If they meet the qualifications there, they go on to a 3-hour group interview with other tutors-

to-be, teaching problems and role-playing. They then are taught for about three hours on handling situations and verbal or math training. After training with the admissions supervisor, they "teach back," in which they teach the supervisor and then go over any problems. They then start tutoring when the supervisor and tutor feel ready to start.

James Kim, academic manager, says, "We had a nuclear physics professor come in, but he couldn't teach."

The full course costs \$695, including 15 hours of tutoring, 9 hours of SAT or ACT diagnostic testing, and verbal and math manuals. Other courses can go as low as \$245. These prices are lower than most SAT/ACT courses, and you also get the tutor's 100 percent undivided attention. In addition, SCORE! Prep's students increase their scores on an average of 140 points, the service says. For more information call 1-800-PREP-182, ext. 182 or visit them at [www.scoreprep.com](http://www.scoreprep.com).

There are other ways of studying for the SATs and ACTs. You can buy the books that are widely used, such as *SAT I Preparation*, *SAT Math Flash*, *SAT Word Flash*, *Peterson's ACT Success 2000* and others. All these books contain either SAT or ACT tests and strategies. The only problem with these is that you must develop your skills for the exams on your own.

There also are web sites for SAT and ACT preparations. If you're looking for an SAT digital trainer, visit <http://www.powerprep.com/prepsoft.htm>. For an ACT digital trainer, visit <http://www.powerprep.com/actsoft.htm>.

In the end, if you want all the help you can get, try a private tutor. If you think courses would be better for you, try that. And if price is a problem, there are always books that can help.



appropriate title for this passage would be  
Thucydides and Hipparchus, Geologists  
Greek Achievements: A Loss for Science  
Fragmentary Greek Kaleidoscope  
Geology in Ancient Greece  
The Grecian Fascination with Geology  
The author views the achievements of Thucydides with  
professional detachment  
slight skepticism  
respect and qualified admiration  
amusement and deep interest  
condescension

It can be inferred from the passage that the astronomer Hipparchus was not  
scientific in his approach  
particularly flexible or intuitive  
pioneering in his approach  
published in his time  
critical of other scientific studies

According to the passage, Greek geological information was

- I. almost all lost
- II. of little value for today's scientists
- III. surprisingly accurate and often grand in scope
- IV. acquired after much thought and calculation
- V. carefully dated and logically explained

- (A) I, III, and V  
(B) II and IV  
(C) III and V  
(D) I and IV

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# Senior Schedule

Compiled by Heidi Ochab  
St. Ignatius College Prep

## September:

- Register for SAT I or ACT test in October.
- As you begin to send in applications, make sure you have copies of your own.
- Check your senior classes if they meet graduation requirements.
- Prepare first drafts for personal essays.
- Reduce school choices down to six or seven.
- Visit your guidance counselor.
- Continue to visit colleges, especially top choices.
- Ask teachers for recommendations if you haven't already done so.
- Research on scholarships.

## October:

- Continue to work on personal essay.
- Review your transcript with counselor for accuracy.
- Prepare for the SAT or ACT if you are going to take it again.
- Fill out and begin mailing applications to colleges.
- Talk to your counselor about the SAT or ACT.
- Submit financial aid profile to College Scholarship Service.
- Register for the December or January SAT I or SAT II if necessary.

## November:

- Take the SAT or ACT if you still need to.
- Double-check paperwork to send to colleges.
- If necessary, ask teachers to fill out recommendation forms from the colleges.
- 'Early Decision' candidates must send in applications now.
- If required, request first quarter grades be sent in from your guidance office.
- Take the SAT Language Test with Listening (French, German, Japanese, Spanish, and English proficiency) if your colleges require it.
- Write any required essays.

## December:

- Take the SAT or ACT if you still need to.
- Check application deadlines. Counselors usually want at least three weeks to process applications.
- Mail all applications or turn them in to your high school.
- Schedule college interviews.

## January:

- Attend financial aid meetings if your school has them.
- See you guidance office for any scholarship information.
- Stay in touch with your counselor to make sure applications go out on time.
- Fill out mid-year grade report requests.
- Begin filling out FAFSA (Free Application for Federal Student Aid) and forms required by your school choice.
- File federal financial aid forms and apply for state financial aid.
- Last chance to take the College Board test for many colleges.

## February:

- Have your mid-year grades sent to colleges.
- Listen for any scholarship announcements.
- Confirm that all of your application materials, including recommendations, have been sent off to your list of schools.

## March:

- Register for any A.P. (Advanced Placement) tests you'd like to take.
- Watch for your Financial Aid Form Acknowledgement and the SAR.

## April:

- Check your mailbox every day for acceptance letters.
- Review college acceptances, compare financial aid offers.

- Decide which school to attend, send in your deposit, and notify other colleges of your decision.

## May:

- Make sure your counselor knows of your decision and financial aid and scholarships you receive.
- Finalize your arrangements for a summer job, if necessary.

## June:

- Notify the guidance office of your final decision and request that your year-end grades be sent to the school of your choice.

## New Student Fall Registration Begins the Week of September 20, 1999



Columbia extends to you the educational opportunity to become the very best you can be...to discover your special talents, to find your own voice, and to realize your full potential. While you're here, you'll experience personalized educational programs, small class sizes, a faculty of working professionals, and extensive intern/co-op opportunities. You'll find Columbia's unique curriculum combines the practical with the professional, and offers you an outstanding variety of majors, concentrations, and programs.



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### Early Childhood Education

English

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### Illustration

Interactive Multimedia

### Interior Design

Interpreter Training

### Jazz

Journalism

### Liberal Education Studies

Magazine Writing/Editing

### Marketing

Marketing Communication

### Music

Music Business

### Musical Theater

Photography

### Poetry

Professional Writing

### Product Design

Public Relations

### Radio/Sound

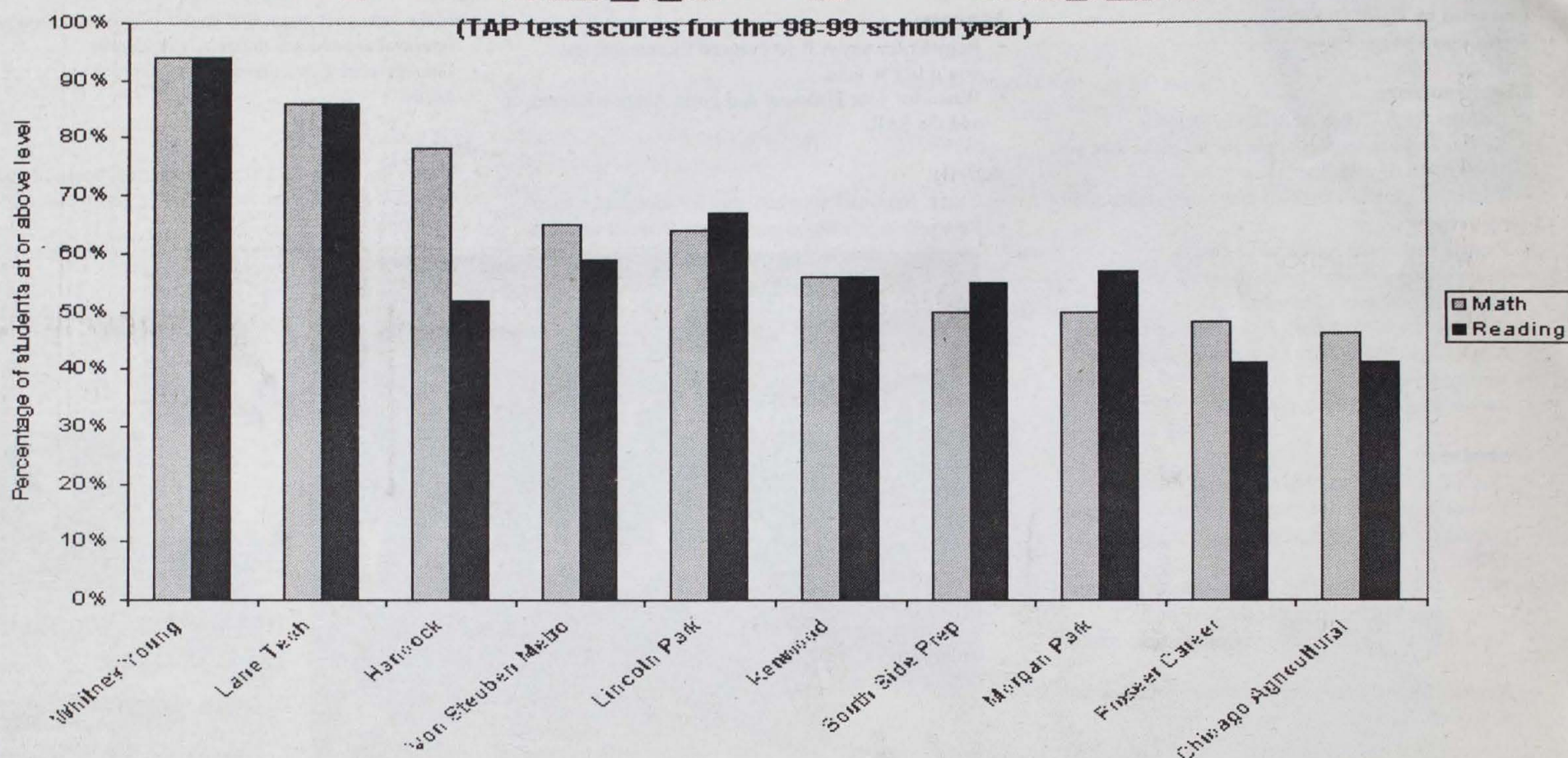
Science/Mathematics

### Television

Theater



# Top Ten Best High Schools



Graph by Jeanette and Jennifer Mosely

## Teens!!!! Join **NEW EXPRESSION**

Get Paid!  
Get Published!

Have your views reach 120,000 of your peers!

Attend our September  
All-City Staff Meeting  
September 9, 1999  
at 5:00 P.M.

**NE** is located in the Wabash Campus of Columbia College, 623 S.  
Wabash Avenue  
Room 207

Call Editorial Advisor Billy Montgomery at  
(312) 922-7150 to hold your seat!

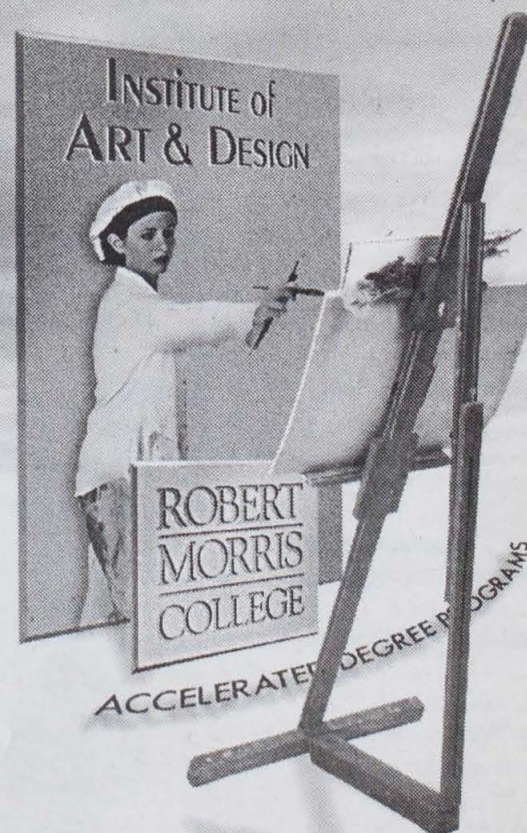
## Advertisers

Reach 120,000 teens with your message  
For full information about **NEW EXPRESSION** rates and special  
sections, call 773-955-9500

### Upcoming Special Sections

October: College/Career  
November: Personal Finance  
December: Holiday Gift Guide

## THE ART of SUCCESS



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for those qualified

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Chicago Campus  
(800) 225-1520

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All graduates enjoy lifetime placement  
assistance (in 1998, 9 out of 10 grads successfully  
entered the workforce). Program availability varies by campus.  
**Now offering credit for Prior Learning.**

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# Calendar

## Chicago Jazz Festival September 2-5

Grant Park

For more information, call  
312-744-3315

## Teen Expressions

(a teen writing workshop)

September 13 & 27

4:00-6:00pm

Woodson Regional  
Library (Humanities  
Department)

9525 S. Halsted Street  
Teens will produce a  
booklet of poetry,  
essays, oral histories,  
short stories, and  
articles.

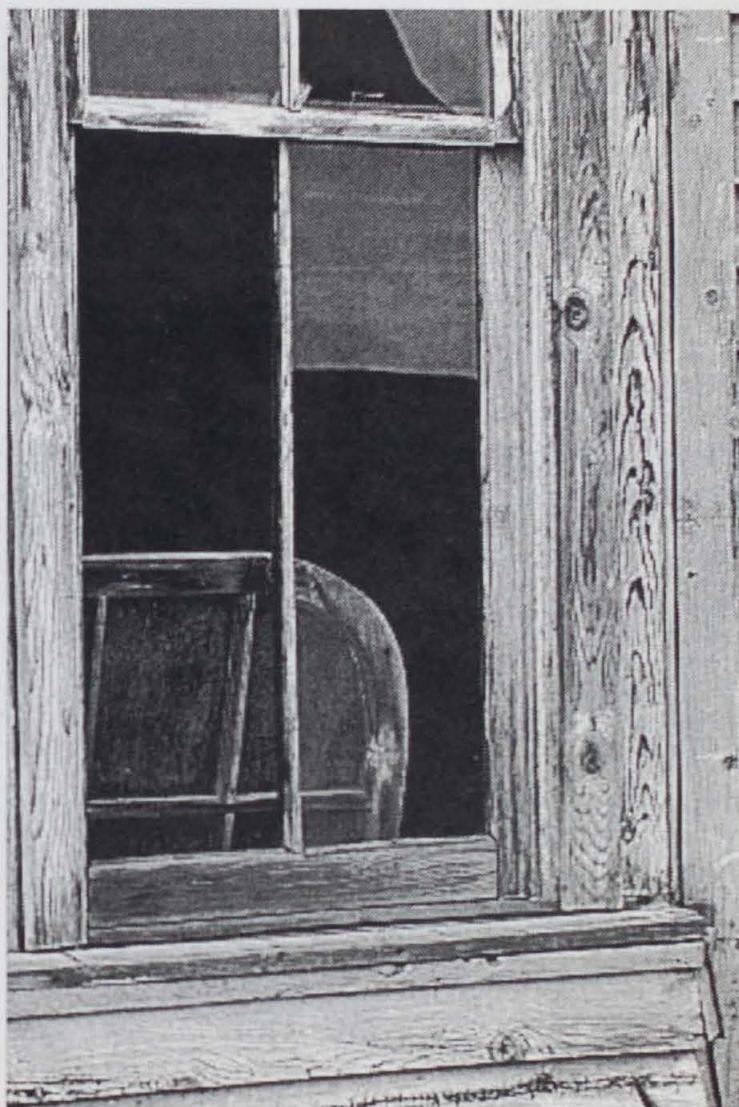
For more information,  
call 312-747-6921.

## World Music Festival September 21-30

Grant Park

A nine-day festival with a wide  
variety of music

For more information, call  
312-744-3315.



## Attention Poets!

Roses are Red  
Violets are blue  
If you've got poetic skills,  
then **NE** is looking for you.



**NE** Poetry Editor  
Marcus Johnson

The poetry section of **NE** is under construction and we need you  
to help build it.

Send your poems to:

**NEW EXPRESSION** Poetry  
600 S. Michigan Avenue  
Chicago, Illinois 60605

Attention: Marcus Johnson, Poetry Editor

Rules:

Only submit your work.  
Submit only TYPED entries.

Poems will not be returned and all poems submitted will be  
considered for future editions of

**NEW EXPRESSION.**

## Year Round School?

What does the future hold for Chicago Public School Students?

Read what Gery Chico has to say about these and other  
issues in the October edition of **NEW EXPRESSION.**



Gery Chico, president  
of the Chicago School  
Reform Board  
Photo by Tracie Batts

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how you can become a staffer of Chicago's only news-  
paper, by, for and about Chicago teens.

# Music's hotties and naughties

by Patrice Dantzler  
Thornridge

**M**usic is a big part of the lives of teens everywhere. Teens are the fans and decide who will make it to the top and who will be a flop. Teens make all the differ-

ence in who will succeed in the music business.

In an anonymous, random survey of teens over the summer, most said R&B, hip-hop and rap are their favorites, while gospel is next on their list of musical choices.

Three young artists were at

the top of the list as the best or people's favorite: Ginuwine, Master P, and Lauryn Hill.

These three were also at the top of the list of artists who will have the biggest success in the new millennium. Other favorites mentioned were DMX, N'Sync, Kirk Franklin, Fred Hammond, and Monica.

The teens were also asked why some of these artists remain at the top of the charts. The common answer was because they understand that the fans make or break them, so if they want to remain on top they have to keep making records that the fans will like.

To artists with talent, if you



Rising teen singing group, Destiny's Child, is a favorite among teens NE file photo.



Monica is still Ms. Thang when it comes to her fans. NE file photo

plan to further yourself in this business, listen to your fans. According to the survey, teens said the key elements to a song are the lyrics. Other teens said they can move to the beat of

the song and the background, and the most important, the content of the song. Most said that some of the songs of today are too graphic and need to tone down.

**Know an artist who's hot or one who's not?  
Tell us about them!**

Send us a letter to editor and we'll reprint them in the next edition of **NE New Expression**, 600 S. Michigan Ave., Chicago, IL 60605.

## Teen Hang Outs

# Teens love to hang out

by Charles Scott Jr.  
Southside College Prep.

**D**uring a recent **NE** survey on teen recreation in which nearly 100 teens were surveyed, 34 percent of the respondents said malls are their favorite hang out. There was a distant tie for second between watching movies and hanging out at friend's house meaning each only received 8 percent of the vote.

Other popular teen hangouts are: Hollywood Park, school and club parties, bowling alleys, downtown, skating rinks, beaches, Navy Pier, swimming pools and restaurants. Even Discovery Zone made the list.

There are many reasons why teens chose to hang out. Many, like Ariana Sabzar, a sophomore at Notre Dame, hang out to relieve stress and to have fun.

Irma Rochel, a junior at John Hancock, loves hanging out at the mall, movies, and the park, says, "Well, I like having fun. The places where I hang out are great places to meet new people."

**NE** also asked teens to name the coolest places to hang out in Chicago. Answers included everything from North River Side to the lakefront. "I think the coolest place to hangout in Chicago is North River Side Mall. "Kristine Pedraza, a sophomore at Notre Dame High School says. Rochelle also likes the mall, but added that "Navy Pier and the Sears Tower" are also her favorites.

Consuelo Steel, a sophomore at Calumet, says "The mall is a natural draw whether you have money or not. I hang out there to have fun." She adds that the coolest place to hang out in Chicago is Six Flags Great America. Six Flags isn't even in Chicago.

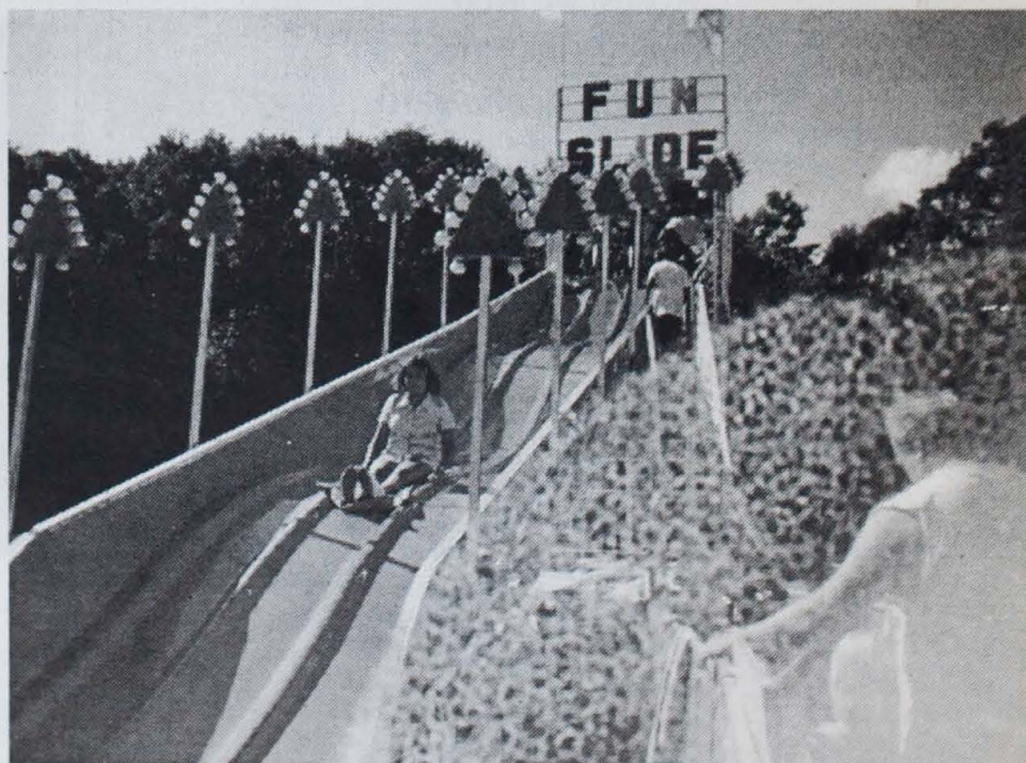
Jasson Pera, a senior at Visions, says, "The coolest place to hang out is where your friends are and where you feel comfortable." Dennis Thomas, a freshman at Providence St. Mel. says, "I hang out at the mall three days a week. I hang out there because of the girls. They cling me to the mall."

Another popular teen spot, Disney Quest Chicago located, at the corner of Ohio and Rush, is an interactive virtual theme park, which is open 365 days of year. Disney Quest has a food court which includes the Wired Wonderful Caf , which sells pizza, sandwiches, cheesecake and much more, and is located on the 4<sup>th</sup> and 5<sup>th</sup> floors of Disney Quest.

Disney Quest can get quite expensive. So if you don't want to spend a lot of money, Disney Quest may not be right for you. "Play for play" admission is \$16, and the unlimited pass is \$32. Most teens have stereotypes Disney Quest as been a place for little kids, but in reality it's geared more toward teens.

With today's technology, teens don't even need to leave home to hang out. As long as you've got a computer or your own an e-mail address you can

hang out without having to leave your own home. [On the Internet there are millions of sites where teens can hang out.] Many of these sites are called teen communities. These facilities are teen friendly and cater to youth. There are also the pen pal sites that enable teens to talk to teens not only from all over the country, but also all over the world.



**Where do you hang out?**

If we missed some spots where you like to kick it, please feel free to let us know.

**NE New Expression**, 600 S. Michigan, Ave.,  
Chicago, IL 60605-1996

# Taking care of your hair

by Tecara Nunn  
Thornridge

The amount of money put into the maintenance of hair is constantly growing, as is the time put into it. According to Kline & Co., a New Jersey based business consulting firm, the hair care industry, including retail shops and salons, will top \$2 billion by the year 2000.

Maintaining the natural beauty of hair can be hard. Often teens find their hair is damaged but can't put their fingers on the cause.

Hair can be damaged from a lot of things—such as curling irons, blow dryers and curls.

Ultra violet (U.V) rays from the sun, lights, and tanning beds, also causes damage.

Chemicals such as: coloring, perms, relaxers, swimming pool chemicals, and sometimes air pollution also can damage hair.

Since your hair is made up of protein, a poor diet lacking protein and essential fatty acids can even be the cause of damaged hair.

Even though there are so many causes for damage of the hair there are also many ways to prevent it: use thermal protector, usually found in conditioners—use a conditioner with U.V. protectors built in—use a low or no ammonia hair color when coloring hair—Air oxidize perms instead of using the neutralizers provided—Never brush wet hair; use a wide toothed comb—Eat protein rich foods such as chicken, fish, and nuts.

Hair can become dry easily as the weather changes. In the winter months there is more need for hair to have moisture



than in the summer months, so, use a leave-in conditioner to replenish and protect hair.

The changes in weather can also affect the level of mois-

ture in the scalp; it is best to keep scalp moisturized.

An obvious for this problem is to apply less heat to hair. When blow drying use a cooler setting. Using acidifiers can close the cuticle down and lock in moisture. Color, perms and relaxers can rob the hair of humec-

ture in the scalp; it is best to keep scalp moisturized. A brush is harsher than a wide-tooth comb, and by hair being in its weakest state it has a tendency quickly. When detangling hair, start from the end and work your way up. Also, never rub hair dry with a towel. This can cause splitting.

Hairstylist Shauntel Robinson, says, "At night,

**Even though there are so many causes for damage of the hair there are also many ways to prevent it...**

tants, which retain moisture. Using a low-ammonia or low-peroxide color will help here. Again, it is also helpful to eat a well-balanced diet.

The breaking of hair may require that hair be cut in order for it to be even for a style. Using a brush to detangle hair

wrap hair in silk scarves or caps instead of cotton, which can cause breakage." If you do not wrap hair at night sleep on a silk or satin pillow."

In caring for your hair it, is always wise to use a product that will give you the results that you want.

## Hair or Bare:

# How do you prefer your legs?

by Tecara Nunn  
Thornridge

There are many elements to appearance, from the outfit you are wearing right down to the hair on your legs.

It seems that removing hair from females' legs has become a serious issue for teens and manufacturers. There are now personalized products designed just for females and shaving: personal shaving cream, razors, shavers and lotion.

Waxing is another way to remove hair from the legs.

"Waxing is the most popular alternative to shaving says," said Steffie Nelson, a reporter for "Village-Fitness and Beauty" magazine. Only a waxing salon specialist can do waxing.

Now there are cold wax strips available in pharmacies but many have found them to be useless. "I have found that they are about as effective as scotch tape," Nelson says. A variety of waxes can be used including, soy-based wax, azulene cream wax, aloe-vera wax and homemade paraffin solution. In most salons, waxing costs about \$40-\$50.

"The process of waxing is said to be a little painful depending on the salon, but lasts longer than shaving," says Heidie Goshay, 19.

In leg waxing the wax is kept in a heater so it can retain its liquid form. It is then applied to an area on the leg. The majority of the time it is applied with a wooden spatula. Next, a cloth or a

strip of rolled cotton is placed over the wax. It is then allowed to cool and then the strip is removed quickly. Some find this part to be painful.

After the cloth is removed a moisturizer is applied. It takes about 6-8 weeks for the hair to grow completely back. But this is also determined by the person's hair growth rate.



Many females would rather hop in the shower and shave than take the time to make an appointment, spend that much money and go through that much pain.

Because of the advancement of technology, removing leg hair can also be done by laser. Because of the cost of this method, hardly any teens are able to partake in this procedure. When

you receive laser treatment, your skin will first be cleansed and the unwanted hair trimmed from that area. The cleansing opens the hair follicles so that the light-absorbing lotion can be massaged deeply into the skin. Next, the area is scanned with the Yag, Alexandrite, or Ruby laser, depending on amount of hair. The lotion

that was massaged into your skin absorbs the laser's energy, disabling the hair's capacity to grow. After that the area is cleansed and a deep moisturizer is applied to nourish the skin.

This method involves no pain besides the one that will be left in your pocket book. An average person will need to return for this treatment three to five times a year. Hair grows in cycles and the speed of the cycle can fluctuate for each person. The person's age, ethnicity, weight, medication and hormones can influence the speed of the cycle in each person.

After receiving the number of treatments required for that person, the process of growing hair should be stopped completely, according to hair removal specialist Dr. Tina Alster.

There are many methods that can be used for removing hair on the legs. When it comes to determining the method you will take, there are three important factors: time, money and the amount of pain that can be endured.

It seems that removing hair from females' legs has become a serious issue for teens and manufacturers.

# Teens love to smoke

By Charles Scott  
South Side College Prep

Overall smoking rates among high school students rose by nearly a third between 1991 and 1998, according to a report released in April by



the Centers for Disease Control and Prevention in Atlanta, Georgia. Most teenagers already know the risk, yet 3,000 new teens become smokers each day. And according to the

American Lung Association the majority of smokers (9 out of 10) start smoking long before the age of 18.

In July, **NEW EXPRESSION** surveyed 60 teens from over 35 different Chicago-land high schools on smoking patterns. Twenty percent of the teens surveyed admitted they are currently smokers. And another 20 percent admitted to abusing drugs. Eighty-two percent of the teens surveyed have friends that smoke. And 65 percent of the teens surveyed have parents

who smoke. And that is where the problem apparently begins. Cigarette companies and the media were tied as the second most prominent influences upon teens smoking.

Elana Jones, a freshman at Jones, says, "I think the teens who smoke should take the blame. They have to be responsible for their actions."

Angela Watts, a junior at Lindblom disagrees.

"I blame the parents and media, but I also blame the government because they regulate cigarette companies."

Byron Kelly, a junior at Homewood-Flossmoor in south suburban Homewood, says teens smoke just to be "cool."

"I think that some teens just want to be like their friends. Teens with low self-esteem easily yield to peer pressure. I blame the teens for not being able to stand up to pressure," Kelly says.

National studies reveal that teens with a healthy self-esteem are less likely to smoke or abuse drugs and other substances.

These same studies also show if a teen has a friend that smokes, the young person has a 13 times higher chance of ending up a smoker. The younger a teen begins smoking, the greater the chance that he or she will become a heavy smoker as an adult.

Of the high school seniors who smoke 1 to 5 cigarettes per day, 70 percent will be smoking 5 years later, and half of all teenagers who smoke began by the age of 14 according to recent surveys. But why? Most teens start smoking because of peer pressure, but they are unable to stop because of the addiction of nicotine. 98 percent of teens surveyed in the study admitted smoking is addiction. Addiction is when a drug controls behavior

to an extent considered detrimental to the individual or society.

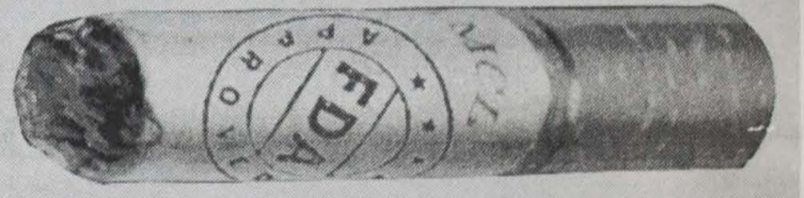
Seventy-five percent of teens surveyed in the study think smoking is dangerous, whether it's cigarettes or illegal drugs. All of the teens surveyed in the study think smoking causes cancer.

In July, the U.S. Senate rejected a bill designed to reduce teen smoking. President Clinton, who had been fighting for the legislation, described the bill as "a vote against families and children."

For the last three years the president has worked hard to reduce teen smoking. One of his goals was to raise the price of cigarettes.

Danica Lass, a freshman at Jones says teens who smoke are really wasting their lives. that teens smoke.

"Teens could doing something better," she says.



## NEW EXPRESSION NEWSMAGAZINE TEENS & BIRTH CONTROL

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Photo: Courtesy Eyewire

## Pagers out, cell phones in

by Tecara Nunn  
Thornridge

There was a time when, walking down the street, if you were to look at the waist of a teenager, you would see a pager: now it's not uncommon to see a cellphone.

Angelo Rainey, 18, believes that cellular phones are no longer a luxury but a necessity for teens.

"I use a cell-phone because everywhere I go there isn't always a phone and I need to stay in contact with people," Rainey says.

Although some say teenagers have phones because they're hip and cool. Cell phone manufacturers say most teens buy or use cellphones for safety purposes.

For example, a teen just received a driver's license and now has the ability to drive his own or his parents' car. The teenager is driving along and the tire blows out. He or she pulls the car over safely, but is now stranded. The teen can walk and find help, sit there and

wait for someone to pull over and help them, or if the person has a cellphone he or she is only a dial tone away from help.

Cellphones are also a good way to keep in contact with someone. With a cellphone there is a greater chance of the two parties involved staying in touch.

A lot of times people feel that cellphones are too expensive to have. But there are many affordable rates and packages that are mainly designed for the comfort for teens, according to most cellular phone manufacturers.

Ameritech's Pick Up and Go plan is designed for teenagers who are now driving and leaving for college. In this package, you take a purchased phone from any company - not necessarily Ameritech - then go to an Ameritech store and get it activated, then buy a 30-, 60- or 120-minute cell card. The minutes on the card determine the total cost. A 50-minute card would mean your total cost would be \$65 because there is

an activation charge of \$35 and the 50-minute card cost \$30. With this program there is no monthly bill. When you run out of minutes, you can just pay for more - ideal for teenagers who are working part time but don't need the hassle of a monthly bill.

Another company, Nextel, has two phones that Nextel says are ideal for teens. The 1390 is lightweight, easy to handle, has a vibrator mode and caller ID and costs \$149. After purchasing the phone teens can then purchase their minutes. Two hundred minutes costs \$40 per month, 600 minutes costs \$59 per month and 1200 minutes cost \$179 per month.

Cellular One offers a plan that is reasonable for teens working or for parents buying for teens. Cellular One offers phones for \$25 to \$30. You can get 100 minutes for \$21.95, 125 minutes for \$32 or 1000 minutes for \$155.

Of the three mentioned, the best plan for teens that have a job or not would be the



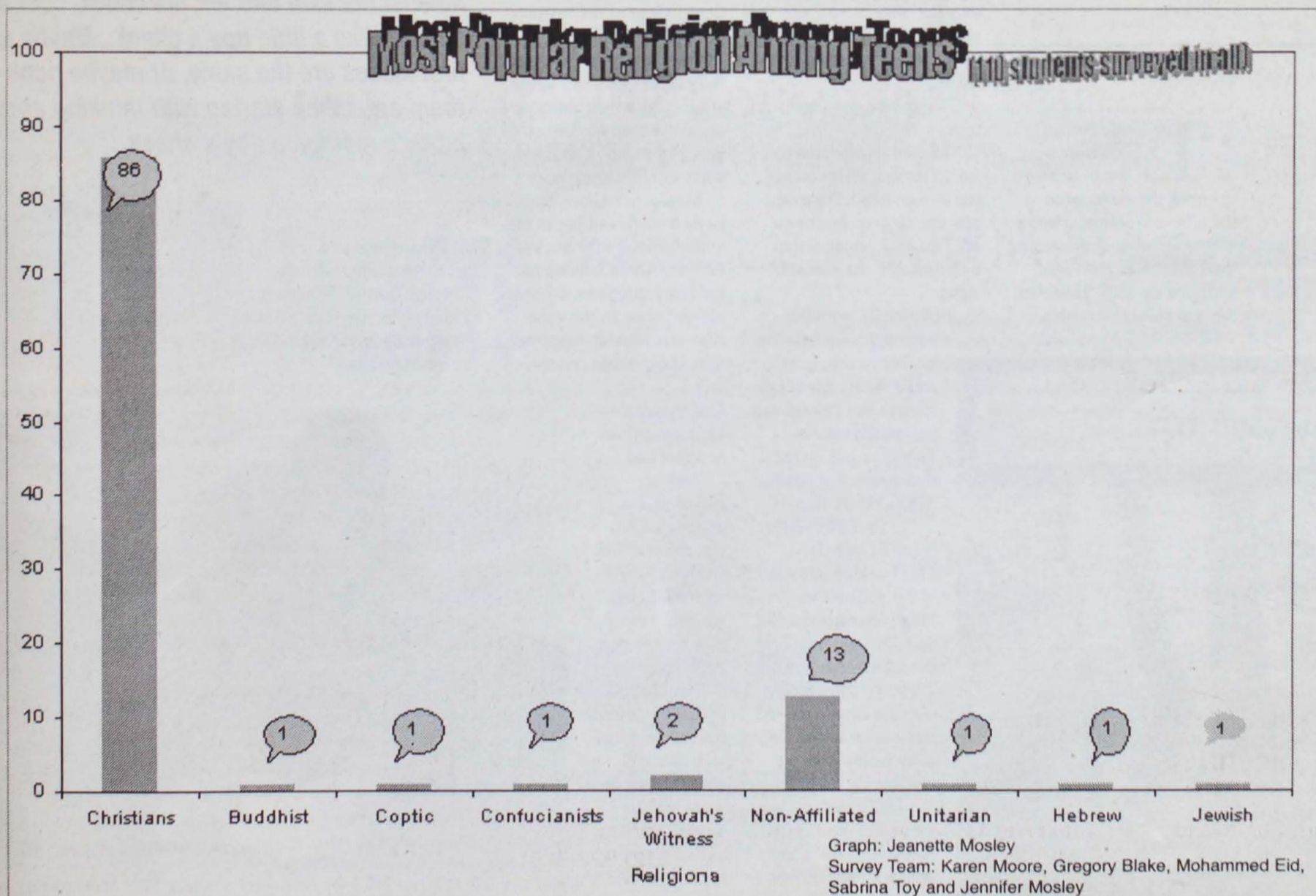
Pagers are waning in popularity and cell phones are now becoming more prevalent due to affordable call packages. Photo by Akram Salman

Ameritech Pick Up and Go package, according to Twana Watkins, who is 17-years-old.

"It's the best plan for me and

my budget," Watkins says.

"You can buy a phone from anywhere, cutting a lot of cost and then pay \$65."



# How to kill acne

by Chance Tyler  
Hyde Park

**Y**ou are a teen with skin problems and have used every product from Noxzema to Black Opal. But nothing seems to work. Then, find out about the products and then determine which is best for you.

Janet Crawford, a dermatologist from Cook County Hospital, says acne is a very common medical skin disorder. Teens seem to accept it, but it's very

controllable. People seem to think it's caused by diets, and eating too much junk food. Dermatologist studies shown it's caused by a bacterium called Propionibacterium Acne.

"There are so many skin care products. You should use at least one twice a day. When choosing your cleanser you should pick a non-comedogenic cleanser, which prevents acne from forming," Crawford says.

She recommends Oil of Olay and Neutrogena for good results when it comes to cleaning your face. If your skin continues to still act up, you should try astringent, but remember this dries your skin out. There are also special prescriptions that a dermatologist can give you that can help you with your acne.

Tetracycline, Erythromycin and Clindamycin. These medications will give you a stronger effect.

There are also nurse practitioners registered with advanced degrees that can help you.

"With regular use of an effective cleanser like a foaming wash, teens can remain active and social without making changes to their daily activities," says Dr. Charles Zugerman, associate professor of clinical dermatology at Northwestern University Medical School.

Here are some tips dermatologists suggest on dealing with acne.

**Break the cycle**-harsh acne treatment can irritate skin big time! Then your sensitive pores get inflamed which can lead to

dryness, discomfort even more breakouts. But it doesn't have to be that way. There are products that can help you break the breakout cycle.

**Clean**-All the time! Use an oil-free medicated cleanser that's got special skin soothers. Rinse off well, and gently pat with a clean cloth. Scrubbing won't help. **Hands off**-Touching your skin spreads

excess oil and bacteria that can cause breakouts. Hair can spread oil to your skin too, so pull it back. So keep your hands to yourself (and away from

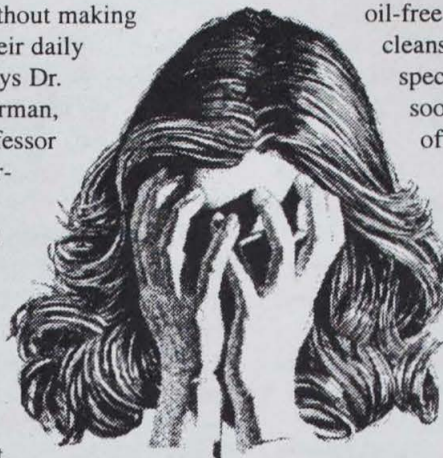
yourself).

**Be healthy**-Why should your skin be in better shape than the rest of you! Get plenty of sleep, regular exercise, follow a proper diet, and don't smoke.

**Don't pick. Popping. Squeezing or Poking. PLEASE!**-It's tempting, but picking and popping really does make it worse; they cause inflammation and irritation which can leave skin infected or even scarred.

**Sun Won't Help**-Getting a sun tan may be tempting, but it won't clear up your skin. And in time sunburns can lead to even bigger skin problems, such as premature aging and increased risk of skin cancer.

**Less Is More**-Piling on too many harsh products can cause irritation and redness, and in the long run, can lead to even more breakouts.



## NE Bookshelf

# "Little Jordan," a slice of teen life

## "Little Jordan"

**Author:** Marly Youmans  
**Publisher:** Avon Books,  
\$6.99  
105 PG.

**Reviewed by** Tracie Batts  
Thornridge

**"L**ittle Jordan" describes a small, rural town, by the same name as the title, and features people who share mini-stories about their own lives and loves surround the city. However, the real plot centers on a

river that trails to a mystery of finding a ghost and a missing child.

Meg, a 13-year-old girl, tells the story of how she grew up one summer through relationships with family and friends.

Times were good and times were bad for Meg, but she learned how to live up to situations that effect many teens in general. For example, one chapter describes her first kiss, which is an unforgettable one for most teens.

Additionally, with the help of advice from her mother, grandparents, and a family friend, she learned that "blood was thicker than water." This is an old saying that means that family comes before friends.

"Little Jordan River" is full of surprises! This book allows you to put yourself in Meg's shoes and wrestle with your reactions to various situations.

Her relationship with her family moved me to want to discuss more issues with my own family.

I really enjoyed how the author wrote in a poetic way, using great imagery. While there

are no pictures or illustrations, other than the cover, the book really comes to life through rich and colorful descriptions of the mythical town of Little Jordan.

The characters were also fully described and I never got lost with their introductions. The emotional book kept my attention wondering what would happen next.

Meg, a risk taking teen, finds herself walking in the valley, through the trees thinking about nothing and suddenly discovers a 3-year-old girl lying in the water who was missing from the time she climbed out the crib.

Understandably, Meg was afraid and shocked.

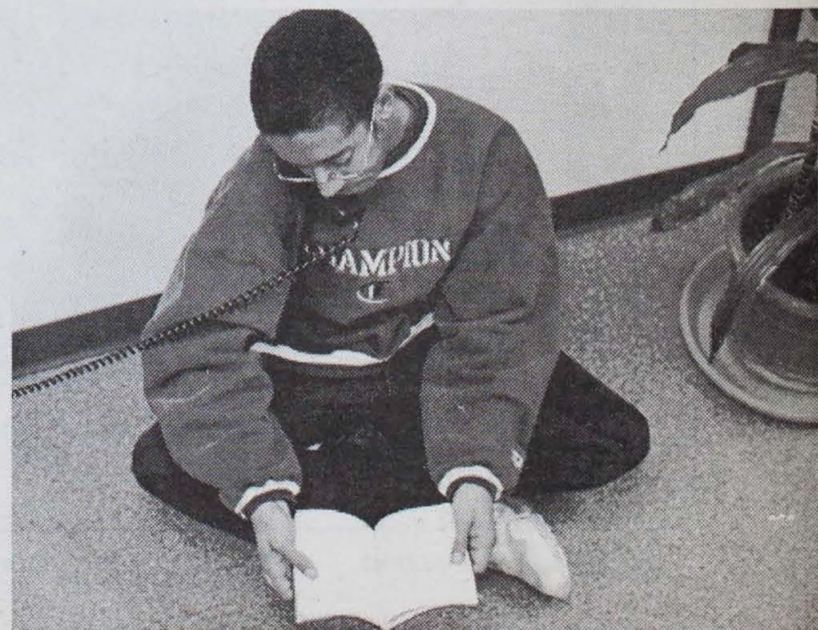
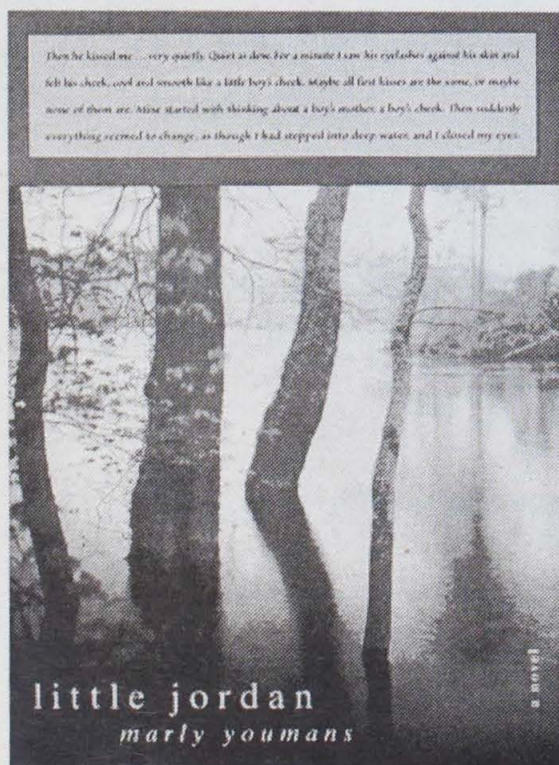
Without revealing the entire plot, I'll just mention that she moves in with her grandparents, to help care for her sick grandfather.

This book is definitely geared toward the teens audience and should make for great reading for anyone, from the casual reader to the read-aholic.

*"Then he kissed me...very quietly. Quiet as dew. For a minute I saw his eyelashes against his skin and felt his cheek, cool and smooth like a little boy's cheek. Maybe all first kisses are the same, or maybe none of them are. Mine started with thinking about a boy's mother, a boy's cheek..."*

--excerpt from Little Jordan

Other suggested readings from this author include: "Ploughshares," "Southern Humanities Review," "Black Warrior Review," and "The Little Magazine."



Would you like to be an NE book reviewer? Contact Billy Montgomery or Jeanette Mosley at 312-922-7150.

## Sports

Too young to be drafted

# Are teens too young for the NBA?

by Justin Carr  
Hales Fransican

Ever since Minnesota Timberwolves, Kevin Garnett; Los Angeles, Lakers Kobe; Bryant and Dallas Mavericks, Leon Smith leaped from high school to the pros, many people have asked how young is too young for the professional sports.

Garnett started the trend in 1996 after leading Chicago's Farragut Admirals to a city title. Then, a string of high school stars decided to bypass college, including LA superstar Kobe Bryant. This year, Leon Smith, another Chicago player was drafted after leading King to a city title.

NBA commissioner David Stern has proposed establishing a minimum age, perhaps

20, for playing at the professional level. However, such a restriction would have to be agreed upon by the players, according to Mitchell Butler, a player representative for the Cleveland Cavaliers.

"Everyone's ears are perked up, and you see genuine concern for these young men, many of them whose lives are being ruined," said Butler in the *Daily Southtown* newspaper following this July's meeting with union officials on the issue.

He added, "Their friends and coaches are telling them they'll be superstars, but in most cases the chances of that actually happening are slim to none."

The league and the union are expected to open negotiations on the matter in the near

future, which will also take into account why players with college experience get paid more than high school draftees with similar or superior talent.

Jim Flynn, the associate executive director of Illinois High School Association (IHSA), says while some high school athletes may possess physical talent, but many aren't ready for the mental challenges.

"Let's face it, it is a job, but I don't think the 17 and 18-



years-olds are mentally ready for this level," Flynn says.

He added, "In other sports, like baseball, out of high

school they would go to the minor leagues. They train with their friends and people in their peer group. But the NBA is a major jump."

Teens, like Robert Boyd, said young athletes should be prepared in "adult classes" before making such a major move.

"I don't believe aren't ready for the influences and exposure, the women, nor the money," Boyd says.

Another teen, Marcus Smith, also gave his opinion on the topic.

"Well, I think it's all right I think you should go to college, so you can develop your skills in college and education," Smith says.

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# Suburban vs. Urban: Who Has the Better Equipment?

by Patrice Dantzer  
Thornridge

One of longest battles between the Chicago and its suburbs centers around who has the better sports teams. Now, there is a battle over whether or not the suburbs have better equipment than that of the urban teams.

Chicago Public School students argue that the suburban schools are getting the better equipment and that is how they are getting their edge over some of the better urban athletic teams.

The suburban schools are receiving the "good treatment" because they

tend to have higher budgets. Each school has a budget that's controlled by the school board of that district. The budget is created they decide how much money will be spent on certain department, like sports.

The amount of money in municipal budgets generally comes from the property taxes, which are based upon the values of the homes in an area. Some suburbs have higher

property values than others, meaning higher taxes. The higher the taxes, the more money put into their school's programs. That explains the perception of better equipment.

Unfortunately it is not that easy. Teens do not what to hear all that

economic mumbo-jumbo.

When LaToya Jones, a former track participant at Morgan Park, was asked her opinion of the athletic equipment says the equipment doesn't make the athlete.

"The equipment is not all that, but many people don't understand that the equipment is not what makes the team, the talent is what makes the team," Jones says.

The purpose of equipment is to protect the major organs of the body. Bad equipment has resulted in major damage to the body. Some key injuries that all athletes should concern themselves with are spinal injuries, head trauma and broken limbs.

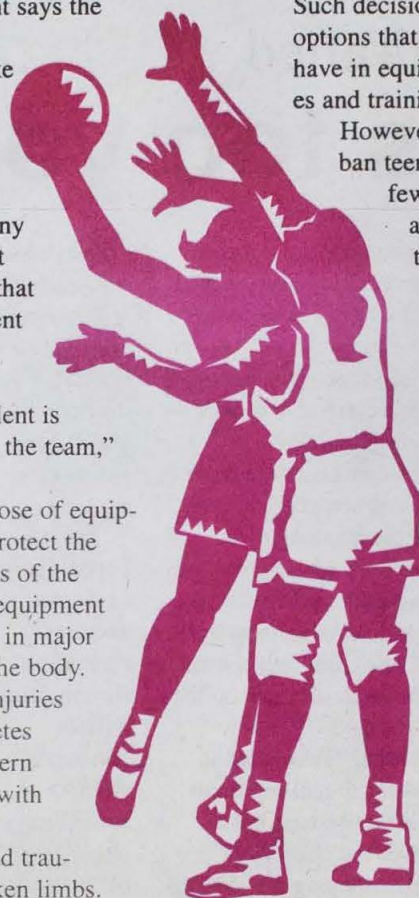
Many financially

strapped inner-city Chicago teams don't pour money into their sports programs because of the need on the academic side. Such decisions lessen the options that sports teams have in equipment purchases and training practices.

However, some suburban teens think the fewer options actually give the city teams a mental advantage over them.

Kenneth Davis, a member of the south suburban Thornridge Cross Country track team says, "Lessor equipment and facilities have made them tougher than us because they feel like they are the underdog, which is a good mental edge sometimes."

"The equipment is not all that, but many people don't understand that the equipment is not what makes the team, the talent is what makes the team,"



## Going for athletic scholarships

by Denise Hicks  
Kenwood

While many teen athletes have the talent, not all will be able to get a full four-year athletic college scholarship.

Many talented high school athletes find it difficult to obtain a college scholarship because of the limited availability, and in some cases, their own failure to meet the academic standards established by the NCAA and other collegiate associations. Additionally, many high schools leave it up to the student to obtain a scholarship on their own instead of equipping them with the steps they need to take to qualify and obtain a scholarship.

"The advice I give to students is to work with their counselor to create a four-year plan and indicate their interests in college to prepare for these scholarships," says Cathy Orban, an athletic director of Western Illinois University in Macomb.

The availability for scholarships has also become an issue for athletes who don't play in the major sports of basketball, baseball and football. Money plays a major role among colleges and university athletic budgets. Sports, like cross-country for example, don't bring in much revenue for the college or university, so they are overlooked when it comes to financially support the programs.

However, the amount of scholarships are increasing

among less popular sports.

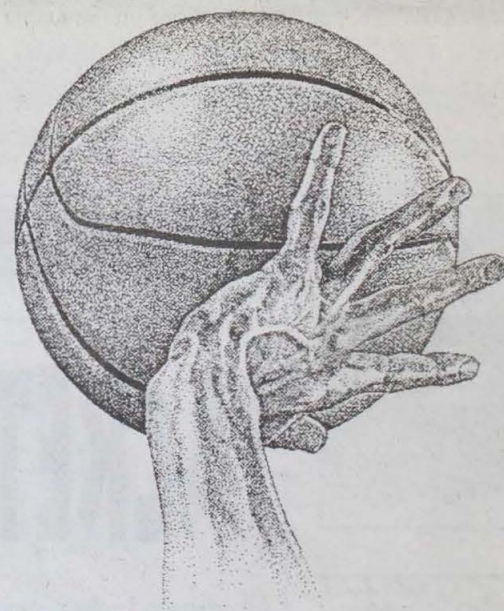
"I feel that the amount of scholarships have definitely changed over the last five years," says NCAA director Jane Jankowfki.

Recruiters also suggest teens read books, like "College Athletic Scholarships, A Guide for High School Athletes." This book suggests that students develop a step by step game plan to win a sports scholarship.

Other points stressed in the book include:

Hundreds of small and private colleges across the country do not have the financial resources to go out and recruit athletes for their programs, so it would benefit teen athletes to find them.

College recruiting has changed dramatically in the last



ten years. It takes more than just talent to get a scholarship now.

Only 1 in 10 athletes receiving recruiting mail from colleges will actually be offered a full scholarship.

Another publication, "Athletic Scholarships: A Complete Guide," gives high school students insight on how scholarship decisions are made and scholarship contacts from state to state.

**NEW EXPRESSION**

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At Columbia College Chicago  
600 S. Michigan Avenue  
Chicago, IL. 60605-1996  
(312) 922-7150

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