

The Round Table

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Stamford High School

Spring/Summer Edition 2014

Fear is Useless: How the Youth is Changing the World One Hour at a Time

By: Mike Nunziante, Staff Writer

"The only way to change the world is to confront your fears, to take that first step. You can be the ignition that sparks a fire that changes the world."

-Jim Ziolkowski, Founder, President, and CEO of buildOn

Rarely has history told the story of a war without any losers. However, the non-profit organization buildOn is making a strong—and, so far, successful—effort to change this paradigm.

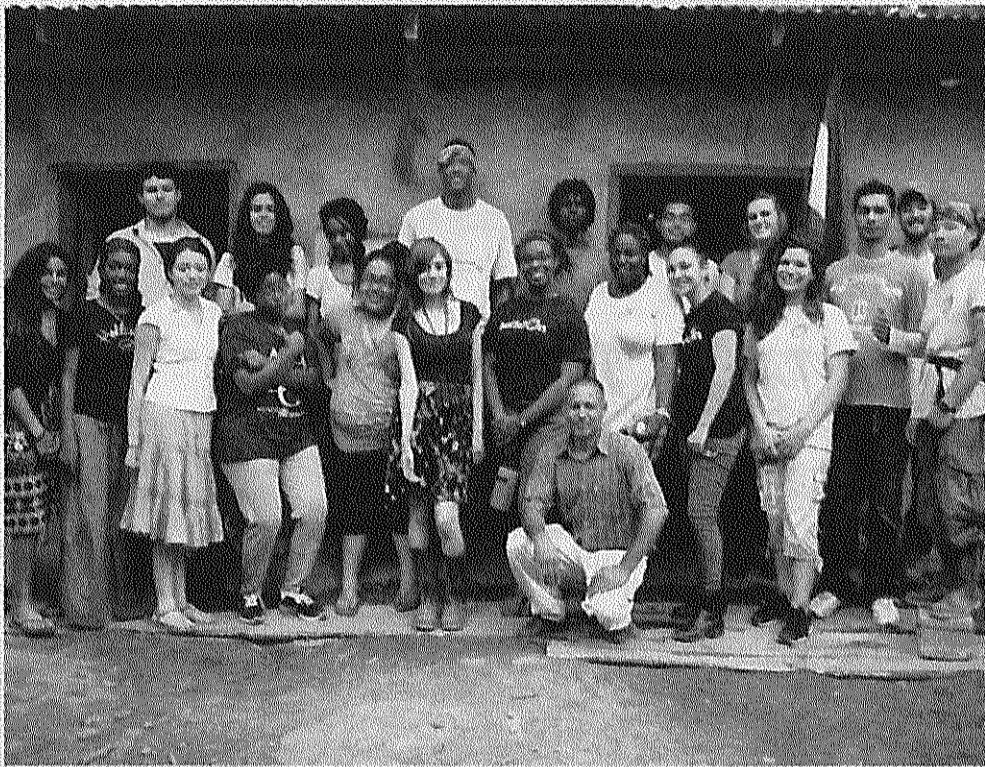
Utilizing service and education as their weapons of choice, buildOn volunteers aim to break the cycle of poverty, illiteracy, and low expectations present in so many nations around the world.

BuildOn was inspired by the determination of Jim Ziolkowski, a former GE employee who quit his inevitably lucrative corporate career to pursue, alongside his brother Mark, a dream that seemed a long shot.

Jim's passion for the redemption and transformation of America's inner cities and the world's most destitute countries was fostered by his extensive travels to some



buildOn founder Jim Ziolkowski poses with volunteers (in order from left) Joe Yukel, Kathy Villeda, and Mike Nunziante at a book discussion at Stamford High.



Courtesy of Olivia Bullock, Stamford High volunteers Mileny Torres (fourth from right) and Olivia Bullock (fifth from right) posing with their trek team in Nicaragua.

of the most poverty-stricken regions in the world. Appalled but enlightened after witnessing firsthand the shocking reality that many poor families must face in countries like Nepal, India, and Thailand, Jim became more sensitive to the economic disparity rooted in America.

"I was completely overwhelmed by the injustice of extreme poverty," Jim recalls on MSNBC's Morning Joe regarding his experiences backpacking in Nepal, where he witnessed a group of natives celebrating the construction of a school in their village. "However, I saw the natives' determination, courage, and hope centered around education. I saw that same courage and hope in American inner cities and wanted to act on it, especially with our youth."

The program started as a vision for a nonprofit (initially called Building with Books) that offered after school programs for high school students in America's most impoverished inner cities. The goal was to get the students engaged in active community service so that they could be "distributors of goodwill instead of only recipients," as noted in Jim's best-selling novel Walk in Their Shoes. It seemed, around 20 years

ago, a far-fetched plan.

However, since its startup in 1991, the organization has placed its confidence in the youth's willingness to dedicate themselves toward making a positive difference in their communities and combating poverty on a local, national, and even global scale. "Kids realize their true value when they engage in service," said Jim in a recent book discussion at Stamford High School. He is passionate that community service fosters in young people their capacity to dream and be idealistic. "I believe all young people want to make a difference," agrees Missy Shields, Vice President of U.S. Programs for buildOn. "It's just about giving them the opportunity."

This confidence has clearly paid off, as the organization now spans coast-to-coast with programs in high schools from Stamford to the California Bay Area, and engages about 5,000 high school students monthly.

Olivia and Mileny with their trek team upon completion of the digging of their latrine in Nicaragua. Olivia and Mileny with their trek team upon completion of the digging of their latrine in Nicaragua.

BuildOn also orchestrates several "Trek for Knowledge" annually, in which a team of buildOn high school volunteers (accompanied by two trek coordinators and several translators) travel to an impoverished village in one of seven developing countries, to live amongst and work alongside the natives to construct a school. Among these nations are Haiti, Mali, Nicaragua, and the most recent addition, Burkina Faso.

Juniors Mileny Torres and Olivia Bullock recall their experiences on their trek to Nicaragua: "We were ecstatic and anxious at the same time," Bullock said regarding their preparation for the trip, "but overall we came away with a new sympathy for the impoverished." Mileny agreed, and added that the trip made her "want to be a more helpful person." Olivia found that she had developed "a profound appreciation for [her own] education."

Senior Kathy Villeda expressed similar feelings regarding her recollections from her trip to Senegal. "My world completely changed," she reported. "My host family prioritized togetherness, and the village prioritized education. They taught me the importance of understanding what is truly necessary."

Kathy, when asked if she would recommend for other students to apply to go on trek, without hesitation replied, "Oh my gosh, yes."

BuildOn has helped to construct over 630 schools in these seven countries, with 85,000 children, parents, and grandparents attending these schools globally.

For those who want to get involved in local service and better their own communities before considering doing so overseas, buildOn welcomes students of all ages, backgrounds, and walks of life to join together in local park clean-ups, food and clothing drives, mentoring programs, and many other service opportunities.

"BuildOn is a great way to make friends, explore your interests, and gain social skills while surrounded by like-minded kids," comments Rohanna Wagener, Program Coordinator in Stamford. High school students have demonstrated their growing interest in helping others, collectively contributing over 1.2 million hours of community service through buildOn. Junior Ivan Lee is one of these contributors: "The people you meet through buildOn

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FIFA sponsors; it gives you the history and ranks of all the teams.

The amount of soccer fanatics is incredible around the world, former Black Knight soccer player, Ron Andre, shares with us that "the World Cup is the most exciting thing for a soccer player, or a soccer fan. It's an amazing event, everyone comes together, we put all worries and troubles aside to enjoy the beautiful game." Many soccer players, even if they do not belong to any official team here in Stamford, play in the fields of Cummings Beach. One of them being Joel Mendoza, 26, a soccer player in his native Honduras now plays every day at Cummings Beach, he says, "I will miss work, ask for them to give me vacation or something but I will not miss a game. I am rooting for Spain, they have to keep the cup. My friends and I have barbecues on big days and no one gets us up the couch, I can't wait."

FIFA- World Cup 2014

By: Wendy Marrquin, Staff Writer

The moment soccer fanatics have been waiting for since South Africa 2010 has finally come; with only one week until the opening match on June 12th, people are beginning to be more and more excited about the World Cup. Brazil and Croatia will play the first match on the opening day.

Since the World Cup will take place in Brazil, the ball that will be used on the final match was named Brazuca after a survey that one million Brazilians participated in back in 2012 to choose the best name for the ball that was designed by Adidas. Brazuca means Brazilian or an informal term used by Brazilians to describe national pride in the Brazilian way of life. It was introduced to the public in 2012 by the Brazilians.



FIFA WORLD CUP
BRASIL

Soccer is one of the oldest sports of all time. For those who are fanatics and for FIFA itself; soccer or futbol is not just about kicking the ball and scoring, it is "much more than just a game. Its universal appeal means it has a unique power and reach which must be managed carefully. We believe that we have a duty to society that

goes beyond football: to improve the lives of young people and their surrounding communities, to reduce the negative impact of our activities and to make the most we can of the positives." the FIFA webpage, which is the site where you will find all the information for the upcoming matches and the players, not just the World Cup but all the events

Summer Road Trips

By: Brianna Fazio, Staff Writer

Here's a compiled list of some awesome road trips and destinations near and far you might want to check out this summer.



1. Ocean City, Maryland - Take a trip to Maryland to hang by the shore. Ocean City, Maryland is filled with shops on the boardwalk and a beautiful beach right by. It's a great place to go with friends and family!

2. Myrtle Beach, South Carolina - Myrtle Beach is a long trip but totally worth it. Nestled along the beautiful coast of



the Atlantic Ocean, it is a fun filled place packed with family attractions and endless amount of restaurants.

3. Lake George, New York - Lake George is filled with beautiful mountains and lakes. It's a cute town with loads of events, dining, recreation, shopping and more!

4. Cape Cod, Massachusetts - Cape Cod is the most famous beach region in all of New England. Go to Cape Cod to see the spectacular sea views for yourself. If you enjoy sailing, fishing and swimming, Cape Cod is the place for you!

5. Newport, Rhode Island - Another spot known for a lot of sailing is Newport! Come to Newport to enjoy the salty waters. Newport has tons of shops and restaurants to please your taste.

6. Lake Champlain, Vermont - Vermont is so beautiful and Lake Champlain is my favorite of all. You could never get tired of the beautiful scenery. Biking, swimming, boating, loafing, dining and picnicking are all fun summer activities to do at Lake Champlain.

7. San Francisco, California - If willing to travel far, visit the Golden Gate Bridge! San Fran is nothing but a good time. Get a taste of good old San Francisco and its steep roads along with its fabulous boutiques and trendy bistros.

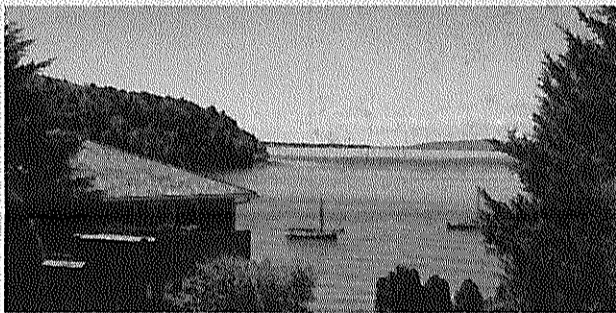
8. Orlando, Florida - A trip to Disney World could never



be a bad idea. Take a road trip to Orlando and stop at Disney World or just simply enjoy the beaches and accommodations it has to offer. The palm trees and sea breeze; what more could you ask for!

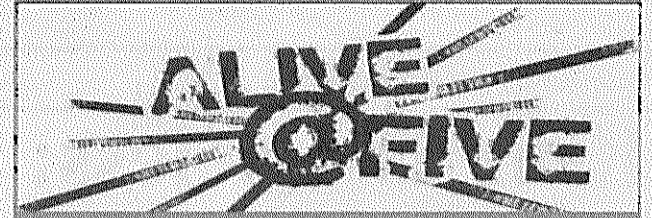
9. Grand Canyon, Arizona - If you are one who doesn't mind the heat, Grand Canyon, Arizona is just for you. Go explore the magnificent Grand Canyon. It is a powerful and inspiring landscape. You won't believe your eyes.

10. New Orleans, Louisiana - New Orleans is one of the worlds' most fascinating cities. It is full of festivals throughout the year and is a great place to go to and have tons of fun. New Orleans knows how to party!



Alive @ Five and Jazz Up July Lineup for Summer 2014!

By: Brian Roman, Staff Writer



Need some nightlife ideas this summer in Stamford that are cheap, easy, fun, and entertaining? Every summer Stamford puts on a concert series, Alive@Five, in Columbus Park downtown. The long awaited line up was released last month. The line up for this summer is...

July 10 - KC & The Sunshine Band

July 17 - Barenaked Ladies

July 24 - Under the Sun Tour Feat. Blues Traveler, Smash Mouth, and Sugar Ray (All which have played the venue before but never together)

July 31 - Ed Kowalczyk

August 7 - To Be Announced

August 14 - The Beach Boys (Closing out the concert series, just like in 2010)

Along with Alive@Five, Stamford also presents a jazz line which takes play on Wednesdays. Coming this year is...

July 9 - The Bacon Brothers (Kevin Bacon's group)

July 16 - B.B. King

July 23 - Delbert McClinton

July 30 - Boz Scaggs

Past artists for these events include Average White Band, Hootie & the Blowfish, Boyz II Men, Uncle Kracker, Five for Fighting, The B-52's, Matisyahu, Hot Chelle Rae, New York Yankee legend Bernie Williams, and many more.

The Effects of Caffeine

By: Larissa Martins and Cheryl Nielsen, Staff Writers

Do you consume caffeine to make you more alert and awake? While these can be benefits of caffeine, it is also important to recognize that there are some drawbacks.

Caffeine can also be used for people with asthma, gallbladder diseases, low blood pressure, shortness of breath in newborns, and it also can help people with attention deficit-hyperactivity disorder which is commonly known as ADHD. Drinking some caffeine can also help people for weight loss and type 2 diabetes. Caffeine is possibly safe for pregnant and or breast-feeding women in daily amounts of 200mg. (1-2 cups of coffee). However, consuming too much caffeine while being pregnant can increase your chance of having a miscarriage and other problems.

If someone has osteoporosis, another name for weak bones, caffeine is something they should consume appropriately. The caffeine can help increase the amount of calcium that is flushed out in the urine. But the caffeine consumed should only be less than 300mg per days, which is ap-

proximately 2-3 cups of coffee. Caffeine can also help increase your memory, according to Japanese researchers. A new study at Johns Hopkins University showed that 200mg caffeine pill helps to boost the memory. Also according to this study (<http://www.ncbi.nlm.nih.gov/pubmed/23819683>) people who consume caffeine have a lower risk of suicide.



Even though coffee can have some long term effects that are helpful to our bodies, it can also have some negative effects. Too much coffee consumption can have negative effects on our digestive system and stress levels. "Caffeine is a drug" says Steven Meredith, a researcher in behavioral pharmacology at the Johns Hopkins School of Medicine. "While low to moderate doses are generally safe, caffeine is addictive and users can become dependent on it and find it difficult to quit or even cut back," he says. Quitting cold turkey can actually trigger pounding headaches, mental fuzziness and fatigue for a couple of days, which is similar to how quitting other drugs can affect the body in physical ways. This year, caffeine dependence has actually been named as a new mental disorder.

Everyone can react to coffee differently given that our bodies are all different, but if you don't know how coffee affects you, it's best to limit coffee consumption to 1-3 cups of coffee per day.

The Round Table

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The views expressed in The Round Table are those of the writers and do not necessarily represent views of the school, its students or staff. All unsigned editorials are opinions of the editorial board.

The Round Table welcomes letters from its readers. Letters must be original and signed. All are subject to editing. Anonymous letters are not published, but names may be withheld upon request.

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SHS Students Experience Life-changing Trip

By: Rebecca Rakowitz, Staff Writer

Early morning on Thursday, April, 24th a lone bus started its journey from Rhode Island, through New England, to its final stop on the line: Stamford, Connecticut. Once in Stamford, it picked up Stamford High's very own junior Rachel Steinmetz and senior Keren Rubin, to embark on the journey of a lifetime.

Steinmetz and Rubin joined 22 other Jewish teens from the New England Region, and 11,000 Jews from all over the world, for the March of the Living 2014. This two week trip split the time between Poland and Israel and had the purpose of teaching the next generation of Jews about the Holocaust and where they've come from.

In preparation of the trip, Steinmetz and Rubin took a Holocaust class through Kulanu, a Jewish teen education program, at the Jewish Community Center. Here they learned about the Holocaust and what kinds of things they would be seeing on the trip.

While this class went well, the organization of this trip was not all smooth sailing. A requirement of the trip is to go with a Holocaust survivor from your region. That's easier said than done (and that's not even very easily said). The first problem was that not many Holocaust survivors are alive anymore. The second issue was that this trip takes place during three special holidays: Yom HaShoah, Yom HaZikaron, and Yom HaAtzmaut: Holocaust Remembrance Day, Israeli Memorial Day, and Israeli Independence Day respectively. Many of the survivors wanted to be able to celebrate these days with their families.

Luckily, 84-year-old Holocaust survivor Siegmund "Siggy" Listwa, of Connecticut, agreed to go on the March of the Living trip for the second time, and so he, along with 24 New England teens, 18 chaperones, and a Rabbi, took off from JFK and landed in Krakow, Poland.

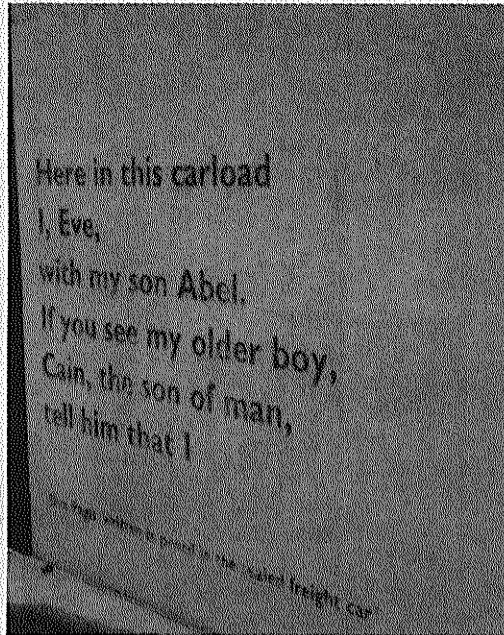
A typical day in Poland started at six or seven. Everyone would wake up, pray, and eat. They then took an hour or so ride to a concentration camp or a Holocaust memorial site. Then came lunch. After that they would visit another camp or museum. They would sometimes get free time after that, have dinner, and then it was bedtime at 11 or 12. Whenever they had time they were expected to write in journals and reflect on their day. Steinmetz says it was "hard" and "different" writing her thoughts on paper. This was a long and emotionally draining day.

During their trip they visited about five death and concentration camps: Auschwitz, Birkenau, Majdanek, Belzec, and Treblinka. At death camps people would walk right off of freight cars to their deaths, while at concentration camps people worked for the Nazis before eventually being killed. Two of the hardest places to visit, according to Steinmetz, were Majdanek and Auschwitz. At Majdanek there were many tears amongst the teens as they saw the giant ash pit of some of the 11,000 people killed during the Majdanek Harvest Fest. Harvest Fest consisted of Nazis playing music, digging holes, putting people in those holes, and then shooting. The weird thing about Majdanek, Steinmetz said, was that it was in a big city, surrounded by giant buildings - "how could nobody say anything?"

At Auschwitz, Steinmetz felt like she had to leave. It gave her the chills seeing the piles of shoes, hair, brushes, prosthetics and more, that were from the persecuted. There was also a point when they went into a gas chamber. In there, a survivor was telling her story. Many people on the trip stood in there listening to the story, and Steinmetz says it

was "very scary to be stuck in there." It got claustrophobic fast, and seeing nail claw marks and stains from the gas beads on the wall did not help matters.

Rubin also had a hard time at Auschwitz.



This unfinished poem, originally written on the wall of a freight car, moved Keren Rubin to tears. (Photo courtesy of Rachel Steinmetz)

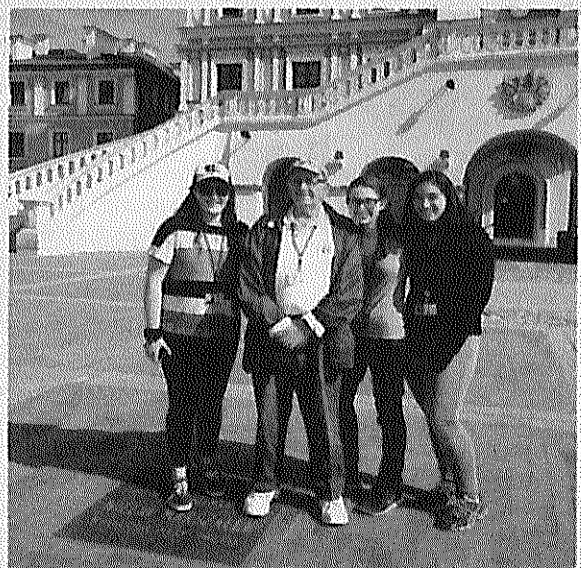
Her mother's whole side of the family, except for her grandfather, died there. She says that "it was weird to think when I went



The entrance sign at Auschwitz says "Arbeit macht frei" which translates to "Work makes you free." (Photo courtesy of Rachel Steinmetz)

into the gas chamber that I could've been walking in their footsteps."

The hardest to handle by far, though, for Rubin, was Belzec. She describes the entrance to this death camp as a never ending tunnel. She says "you can't see where you are going until you reach the end." She felt as though the walls were closing in on her



Poland. From left to right, Rubin, Listwa, Steinmetz, and Westhill's Jenna Plotzky. (Photo courtesy of Rachel Steinmetz)

and said that the eeriest part was when you made it through the tunnel and entered the camp you saw smoke rising from industrial buildings nearby. The smoke's resemblance to that of smoke rising from a gas chamber made the experience unnerving to say the least. There was also a poem (see picture) that was there that sent her over the edge

and had her crying on the ground.

Then, on Yom HaShoah, the trip stayed true to its name: everyone on the March of the Living Trip embarked on a giant march. They started in Auschwitz and marched for about three kilometers (forty-five minutes) to Birkenau. This march showed the participants what it was like for people in the Holocaust who were forced on death marches. Death marches were usually done when a concentration camp had to be evacuated during the war. Prisoners were forced to march long distances to other camps in terrible conditions. Some died of the bitter cold, or the lack of food, water, or rest. Some were shot if they couldn't keep up, and some were just shot for fun. Siggy himself marched for 100 days during the Holocaust. The march also symbolizes the unity of the Jewish people, and shows that "Hitler failed - the Jewish people are still alive."

The last five days of the trip were then spent in Israel. It was a "weird transition" for Steinmetz, and since she had been there before, for a class trip in middle school, it didn't have the effect on her that it did on most people. Rubin loved it though, and says that her favorite part was "waking up on the bus, looking to the left, and seeing Jerusalem for the first time."

They went to all the "basic tourist sites," like the Dead Sea, Mount Masada, Yehuda Street (Israel's Times Square) and the Western Wall. They also visited Connecticut's sister city of Afula (each state in the U.S. has a "sister city" in Israel). While they stayed in hotels in Poland and for the majority of the nights in Israel, they also spent two nights on a Kibbutz. A Kibbutz is like a communal farm, though they may specialize in non-agricultural goods, that is based on a system of joint-ownership of property and goods.

While in Israel they also participated in a second march on Yom HaAtzmaut. It took about thirty minutes and went Safra Square to the Western Wall. After the march the 11,000 Jews were reunited for a giant concert in which Rachel Steinmetz was a proud crowd surfer.

Overall the two said that they enjoyed Israel more. It was a happier and less emotionally draining trip. They both agreed that Poland was hard, especially because the two were in agreement that the chaperones sort of "forced you to be sad." On the rides before and after every camp and memorial site they were told to be silent, which was hard because they wanted to bond with their trip mates, and because the experience was overwhelming enough as it is. Having to be silent and left alone with your thoughts about the Holocaust for two hour rides could send even the most stable of people over the edge.

To anyone on the fence about attending the March of the Living, though, both Steinmetz and Rubin say to "definitely do it." It was "so much fun." They agreed that most people decide not to take the trip because they are worried about missing school, and while that was hard, and they are still catching up, they say that missing school is totally worth it. This year was a special case where people on the trip missed two weeks of school instead of one. The March of the Living happens once every two years and usually one of the weeks is during April break, that way kids only have to miss one week of school. That wasn't the case this year, though, because the three holidays that the trip takes place during didn't fall on April break.

Not only is this trip fun and meaningful, but it has a major impact on all of its participants. Rubin says that now she tries to forget petty issues because "everything seems so small" in comparison to what she's seen. She also finds going to temple to be

more emotional. She appreciates it more and sees it differently. Steinmetz says nothing sunk in until she got back to CT. Once she was home, though, she felt the need to call other people on the trip, as they were having a hard transition home too. She says it's hard to come back because "no one really understands what we've been through and seen. They ask 'how was your trip' and I'll just reply like 'good' because it's so hard to explain. Like, what do you want me to say?"

What's the Right Tablet For You?

By: Marc Marengo, Staff Writer

The tablet market has expanded immensely since Apple released the iPad in April of 2010. Now tablets are made by almost every computer or cell phone manufacturer: Samsung, Apple, Google, Windows, and more. Tablets vary in sizes from 7 inches to almost 13, price \$100 to \$800, and range widely in the amount of storage and power they contain. With all of these choices, it can be difficult knowing which one is right for you.

The best quality tablets are made by Samsung, Apple, Google and Windows. They can be little more expensive, but are still worth it in my opinion. There are many tablets in the \$95 to \$100 range that can be an uncommon name that are suitable some people; however, they might not be the most reliable if you're a relatively heavy user. The tablet I would recommend would be the obvious Apple iPad. There are a couple options if you decide to go with the iPad. First there is the 9.7 inch iPad Air; if you are willing to pay at least \$500 for 16 gigabytes of storage. The quality and simplicity make it a great choice for many users. The 7.87 inch iPad mini is great smaller version that is made to be taken on the go. There are two models of the mini, the iPad mini with retina display and the standard iPad minis have some differences. The retina display model starts at around \$350 and just standard starts at around \$280. The retina display model is well worth the almost \$100, and the display is upgraded with the pixel density and a faster processor, which creates a faster and smoother performance.

The Samsung tablets are another fantastic option. Samsung has a lot of options to choose from. They all vary in memory, power, price, etc. The general sizes are 7, 8.4, 10.1, 12.2 inches, so they can be fit for pretty much anyone. The bigger the screen, the higher the price. The 12.2 galaxy tab pro starts at \$550 at 32 GB of storage. A cool feature with the Samsung tablets is that they all have expandable storage. For example if you use 16 gigs of music you can pop in a micro SD card and expand up to 64 GBs of storage. Another great feature of the Samsung tablets are that they can on-screen multitask like if you want to watch a movie while researching something you can, or do any combination of things.

Choosing a tablet can be tricky; it's important to know what the best is and what's right for the price. With the 3 options in operating systems IOS 7, Windows 8, and Android Kit Kat 4.4, it can be tough to know which is best. My recommendation would be to get a tablet with the same OS as your phone or computer. If you have an iPhone I'd say go with the iPad, and if you have an android go with a Samsung. This makes it easier for the average user to quickly set up and get used to your tablet. The Samsung and Apple tablets are my personal top choices, but Windows or Google nexus tablets or any major company manufacturers are still great options. Just do your research before you buy!

Summer Fitness: Top Ways to Get Fit This Summer

By: Rosalinda Patino, Staff Writer

Motivation

Summer's here! And if you're not motivated by those two words alone, then your first step to becoming fit is to find your motivation. Every person is different. The need to be healthy might be one person's motivation while the thought of how you would look in a bathing suit might be another. Quite honestly, there are many reasons that come to mind when I think of myself; healthy, strong, hot. Whatever your motivation might be, find an image of it, and print it out! Print photographs of toned up bodies, print healthy, delicious foods. Anything that has to do with why you're getting fit, print it. Now with all those print outs, tack them up next to your bed where you'll see it when you first wake up, tack them up by your mirror so you can take notice of any difference, your fridge, all around! By this time, you'll not only motivate yourself, but everyone around you.

Eat Right

"Eating right..." easier said than done, right? Haha. Well once you have all this motivation built up, it shouldn't be too hard. It might hurt, but it's definitely necessary to cut out all those delicious, but gross, fattening meals. The trick is never to eat less, but more. So when you drop the chicken leg, pick up a cup of non-fat Greek yogurt with cut-up, fresh strawberries. It's all about replacement! Begin with cutting out all the carbs and replacing it with fresh fruit, steamed veggies, and hot tea. Eventually, denying what was so easy to stuff down, will feel like breathing. Big tip: keep a planner so you know what kinds of foods to eat every day. It'll keep you from random munching.

Staying Outside

We all know why we eat, we're bored. The best way to keep from

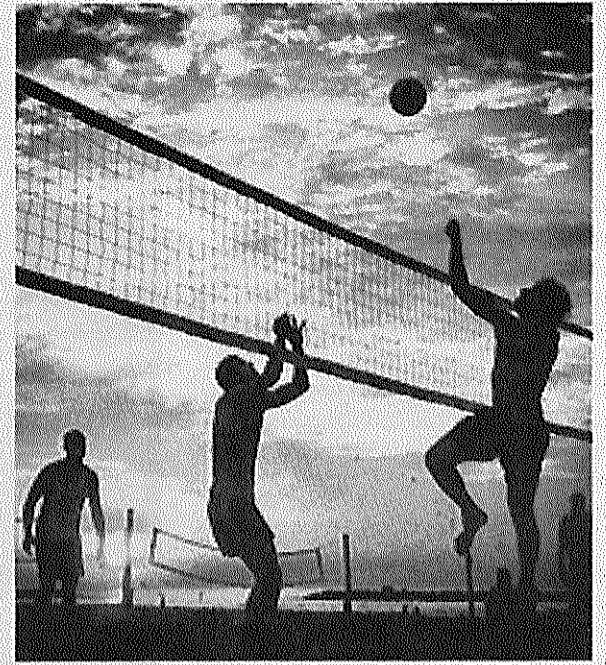
over eating is keep ourselves busy, away from the fridge. Staying outside is a great way to do both. Find activities that you can only do outside. For example, my dog loves to be walked, but in order to get fit, walking just isn't enough for me so I jog with my dog. In this way, both my dog and I are getting the exercise we need. But say you don't have a dog? Jog to the beach! Leave your keys some mornings and jog to your school or even your job (while of course bring a set of clothes to change if needed). But the point is to stay active. Just like your meals, you can just replace the way you get around by strengthening what you already have.

Exercises

A good way to start a work out plan is if you do simple little exercises that will get your blood pumping. Every morning do 10 push-ups, 20 sit-ups, 25 squats, 20 lunges, 50 jumping jacks, and a 60 min wall sit. You can repeat this process every morning and night so that your body doesn't lose any discipline. Just like your food, keep a planner of what kind of exercise to do every day. Whether Mondays are for jogging, and Thursdays are simply for strengthening your muscles, make every day a priority for a different aspect of yourself that you want to improve. To keep yourself motivated, treat yourself to something sweet on Sunday without stressing yourself about it because you'll burn it off on Monday.

Activities

When you find that you still have so much extra time in your hands (something I would love!), look for a sport or an activity that interest you. By summer time, pools are open, beaches are full, and friends might be in your same position. Take up swimming. After jogging a bit, it'll come natural if you'd want to go jogging to the beach and then take a dive. By a bicycle or borrow one. I bet you've lived your whole life in this one city and you still don't know the deepest parts it, explore! Try some yoga, this not only relaxes the mind, but the soul as well.

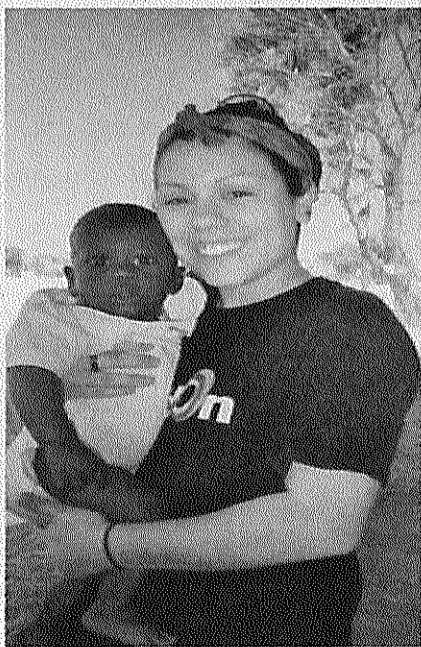
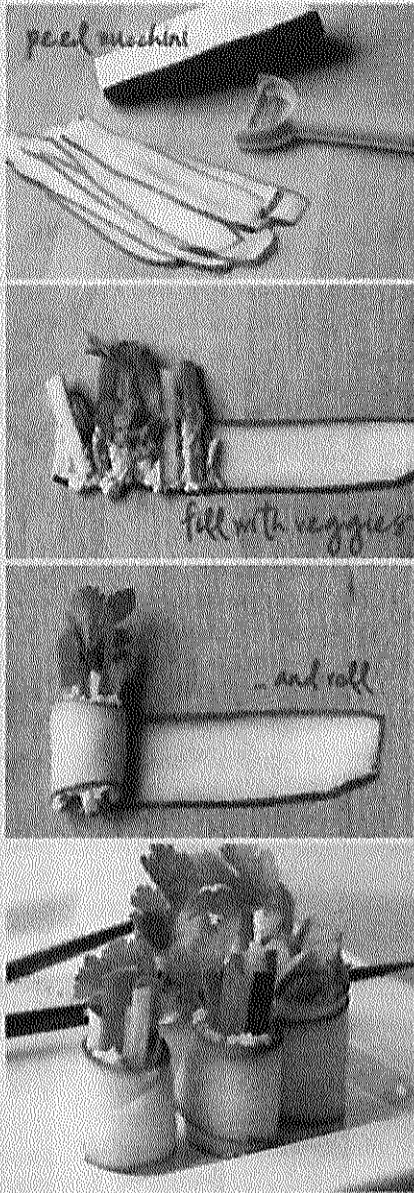


Finding Friends

Now although finding friends is what you're reading, the issue isn't having friends, its having the right kinds. Find yourself a group of friends who seem to share the same interest in becoming fit. Use each other to stay on track. Whether you need someone to help push you or some friendly competition, help each other. Get a group together and play volley ball at the beach, play tennis at the school courts, or even soccer in a field. If everyone in your group feels comfortable with each other, you may even reenact "Biggest Loser." The point is to feel good enough with your friends that everyone can give each other positive feedback and stop each other from falling off track.

Shopping

One last fun way to get into a Summer Fit jam is to go shopping. You may wonder, "Why would I want to shop before getting fit?" that's the beauty though! When you go shopping, begin shopping for how you know you'll look once you're fit and in shape. If losing weight is your goal, buy clothing two sizes smaller. If you're fine with your body but simply want to get in shape, buy running shoes or gym clothing to get you to want to exercise in them! Shopping is too much fun for someone to miss out on just because right now, you are not where you will be later.



Kathy Villeda holding her host brother in Senegal.

can't from front page.

are truly awesome people," he said. "They're all committed toward making a positive impact on the world." Ivan is considering pursuing a future in humanitarian work after college, largely due to his experiences in buildOn.

The crusade toward world literacy and equal opportunity has found its warriors. They are the youth, wielding generosity, determination, and willingness to contribute to the bettering of their world. BuildOn has, for over twenty years, fostered the selflessness inherent in students across the country. The movement continues to provide ambitious and benevolent young minds an avenue geared toward helping others, along with the resources and guidance these minds need to make a constructive difference. Changing the world is indeed a daunting task, but buildOn is evidence of a leap in the right direction.

"The power of service is immense," assures Jim. "The power of sharing and connecting with somebody else is transformational. It doesn't matter who is making the biggest difference; the idea is to make it collectively. Then, systemic change happens. Then, we break the cycle of illiteracy and poverty."

10 Anticipated Movies of Summer 2014

By: Lisa Kovalevska and Marc Marengo, Staff Writers

2014 looks like a promising summer for movies. There is a variety of great, suspenseful, action packed, funny and tear jerking movies. You can find any flavor of movie you like on this list. So here are some of the highlights for the summer of 2014!

1. The Fault in Our Stars

This movie is the adaptation of the extremely popular best-selling novel by John Green, starring Shailene Woodley and Ansel Elgort as the two main characters. It is directed by Josh Boone. This movie brings us a truly inspiring love story that touches your heart from the inside. The story is centered on a girl who is sick with cancer and falls in love with a boy who loves her for who she is, and not defined by her sickness.

2. 22 Jump Street

This is a sequel to a widely popular "21 Jump Street" directed by Phil Lord and Christopher Miller, starring Jonah Hill, Channing Tatum, Ice Cube and many more. Jonah Hill and Channing Tatum bring us what looks like another hilarious action comedy like the first one. This movie brings us to college, investigating another drug problem that circulates around campus, and the two undercover cops get into the wild antics of busting the suspects.

3. How to Train Your Dragon 2

Another sequel for 2014, from the first "How to Train Your Dragon" directed by Dean DeBlois; this should be a great movie for the entire family. It's great for kids and keeps the parents tuned in with a couple adult humor jokes. This movie opens up another breath taking, action adventure about dragons and a quest that will keep you in suspense.



4. Jersey Boys

This is a classical, old fashioned movie that is directed by Clint Eastwood that stars Christopher Walken, Francesca Eastwood and Freya Tingley in the main roles. The movie tells a story of four young men who came together and formed a 1960's vocal group called "The Four Seasons."

5. Snowpiercer

Director John-Ho Bong bring us to the future where a failed global warming experiment destroys everything on earth and kills off all life on the planet except a group of people who survive by boarding on a train that goes around the world called "Snowpiercer." Starring Chris Evans, Jamie Bell, Tilda Swinton.

6. Transformers 4: Age of Extinction

The fourth movie to the highly popular series of the "Transformers" directed by Michael Bay, stars Mark Wahlberg, Nicola Peltz, Jack Reynor as the main lead characters of the movie. When an automobile mechanic and his daughter discover the transformers are back and that the world is under attack.

7. Deliver Us From Evil

Scott Derrickson, the director of the movie, brings us a crime, thriller, horror movie starring Eric Bana, Edgar Ramirez, Olivia Munn. This is crime-solving movie that is packed with exorcists and possessions.

8. Earth to Echo

In a Dave Green adventure movie, a group of kids receive encrypted messages from outside of this world and discover an alien who needs their help. Starring, Teo Halm, Astro, Reese Hartwig.

9. Dawn of the Planet of the Apes

Matt Reeves, the director of the movie, brings us another sequel to the amazingly addicting movies about apes who try to take over our planet, and once again the people try to stop them. Starring Gary Oldman, Keri Russell, Andy Serkis.

10. The Purge: Anarchy

This will be another summer sequel that will horrify and excite you. On the night when the annual purge commences, a couple's car breaks down right in the middle of the road and thriller begins.