

YouthLINE

MAY 2017



The Common Killers

Will You Last Through The Fast?
A Healthy Snack

Stop Holding On

Cars Kill, Bikes Thrill

WE LISTEN TO YOU

Annual Traditions

The Importance of Social Health

Keep a healthy
relationship with the
people around you

Keeping a Healthy Lifestyle

Contents

1. Common Ailments
2. Monitor Your Blood Pressure
3. Reasons to Love Your Nurses
4. Emergency Medical Services
5. Freedom of the Press
6. Protectors of the Community
7. Death of Osama bin Laden
8. Monthly Recipe: Buddha Bowl
9. May Day
10. Small Business Week
11. Appreciate Waiters & Waitresses
12. Be Loyal
13. Mental Health Month
14. Missing Children
15. Monthly Fable: Winchester House
16. Blue Whale Game
17. Recommit Yourself
18. Photograph Month
19. Buy a Musical Instrument
20. Ramadan
21. Go Biking
22. Truth about Tourism
23. Monthly Movie Review: Everything Everything
24. Mother's Day
25. Monthly Truth about Disney: Good Luck Charlie
26. Prom Expenses
27. Celebrate Teachers
28. Graduation Season

Editor's Note

Exec. Editor - Kayla Lebo
Chief Editor - Yonglin Chen
Assoc. Editor - Ben Wu

This May, we would like to remind you of the importance of a healthy lifestyle. Now we know you must be thinking about physical health already. You know, the bloody boo boos that you go crying to your doctor about. There are of course the obvious health topics, but we at YouthLINE want you to realize that health is more than just a scraped knee. Health includes having a strong support and knowing your own limits. We are here to bring you the often unspoken topics on mental and social health. With that said, YouthLINE wishes you a happy reading session and a healthy life.

We would also like to introduce some new additions to our zine. Can you find them? Turn to our back cover for more.

A special thanks to Kurt!

We appreciate you taking the time to email us through our website, and telling us why you love reading our zine every month! It warms all of our writers hearts to know you enjoy our work and the time we have committed to writing them.

And to Our Other Viewers,

Thank you for reading our zines every month! We always are excited to get new readers. We are always here to listen, and to take any recommendations and suggestions you have for us. We encourage all our viewers to give us feedback and tell us what you love or how we can improve!

You can contact us through our website youthlinemedia.org

From the writers of YouthLINE

Writer's Note

Katherine Chung Chen
Dexter Hom
Janay' Lee
Kavya Seth
Nicole Stetsyuk
Ben Wu
Henry Xie



You're Sick, It's Serious.

Here are some of the most common ailments. Although some do talk about and briefly review home remedies, it is highly recommended that you go see your doctor. Most, if not all, of these ailments can turn into more serious cases if not treated or examined by your doctor.



Migraines

Throbbing/pulsating pain in one's head that can cause vomiting and sensitivity to light. The pain is usually on one side of someone's head, but can occur on both. People that are typically affected are people in their 30s who have a family history of migraines. Typically, women have a higher chance of getting migraines. These types of headaches last between 24-72 hours. To treat this condition, it's more of matter of living with migraines rather than treating it on the spot. Planning meals and sleep schedules is a good way to manage chronic migraines. Exercising is also a good way to burn off stress and release tension that can result in a migraine attack. For women, avoid taking any drugs that contain estrogen. This may increase their overall hormone levels that can lead to a migraine. For extreme cases of migraines that last more than 72 hours, seek medical help from a doctor and take magnesium supplements.

Blood Pressure

Also known as hypertension, it's an increase pressure of blood that pushes on the vessels they're in when the heart pumps. Blood can be thickened from fats that makes the heart have to push harder and put more pressure on the veins it's pumping blood into. This can lead to blood vessels popping or breaking where blood can't flow to important organs in one's body. Without blood, many important organs like the heart and the brain can shut down and die. This causes strokes and heart attacks that can severely cripple people and put them in critical condition. People who are at risk include ones with high cholesterol or high fat content from their diet. Older people have a harder time burning off fat which makes them more likely to have this as well. Anyone who has an unhealthy diet can be affected, even if they don't have a high body mass. Eating lower fat and cholesterol or healthier foods can lower blood pressure. Also drinking more fluids works to break down food more quickly. Basically avoiding thickening blood from fatty foods and strengthening one's heart from cardio can prevent blood from bursting a blood vessel.



Sleep Deprivation

Has a variety of conditions and causes. From a lack of overall sleep, this can cause daytime tiredness, obesity, and depression. This can cause low-levels of motivation to work and live overall. People that are affected are ones with less sleep than the required amount, where children are recommended 10-12 hours and adults with around 8. More than fifty percent of adults don't get more than 5 hours. Adults with an average of less than 7 hours or people who are awake for more than 16 hours straight without any sleep or rest can develop these symptoms. Treating sleep deprivation is more difficult than just sleeping. One needs to set a bedtime to actually go to sleep in a quiet and dark environment. Not eating 2-3 hours before sleeping and using electronics make sleeping easier and to have more REM sleep. Anything that can make one's sleeping easier and faster is the best way to cure sleep deprivation.

Asthma

Asthma is a chronic lung disease that can affect the airways that we use to breathe. It spontaneously tightens airways when irritated, disrupting or preventing the person from breathing. These irritations can come from allergies or non-allergens such as stress. If you have asthma, your airways, which are where air come in and out of, are always inflamed. They become even more swollen and the muscles around the airways can tighten when something triggers your symptoms. This makes it difficult for air to come in and out of your lungs, causing things such as coughing, wheezing, shortness of breath and/or chest tightness. Asthma can affect anyone, but new cases are often seen in children with newer allergies or outside irritants from smoke or chemicals. People with a family history of asthma have an increased chance of have asthma. This condition is chronic and has no cure, but can be managed. Doing some exercise, but not a lot, can strengthen the lungs to prevent attacks as well as staying away from anything that can cause allergies.



Eczema

A common skin condition where skin becomes irritated and inflamed. It gives a rashy type of feel to the skin, but is easily controllable. This rash appears on the face, back of the knees, wrist, and other joint areas. Eczema is caused by an overreaction of the immune system which leads to the rashes. While there is no cure for this, it can only be controlled. Eczema generally affects usually children under the age of ten, but most grow out of eczema once they reach adolescence. Adults can still have eczema, but the chances of them having it are much less. To treat it, avoid anything that can cause a rash whether it's allergies or any irritants. Be sure to wash and moisturize skin to keep it clean. If the case of eczema gets bad, see a doctor to get prescribed rash suppressants.



Sports Injuries

Any injury or illness caused from or related to athletic activity. Anyone that does physical activities can be affected by sports related injuries. Sports Injuries can vary from bruises to broken bones and concussions. The 7 most common sports injuries include ankle sprains, knee injuries, ACL tears, groin pulls, hamstring injuries, tennis elbow, and shin splints. All sports injuries require you to see your doctor immediately in the event of something seriously being injured or that can worsen with continuous exercise. Often, athletes will rest or ice the injury and then immediately return to their activity, which can result in further injury or overuse injury. These kinds of injuries should not be treated at home and at most with first aid until you are able to get professional help at the hospital or from your doctor.

Sore Throat

Usually caused from bacterial or viral infection in the throat or any irritation in the throat. People who are affected is usually anyone who is sick or are something that resulted in stomach acid coming up to their throat. The easiest way to heal a sore throat is to gargle saltwater. Mixing warm/hot tap water with plain table salt can help kill the infection in one's throat. Keeping that in mind it is still highly recommended you go see your doctor in case you may have a more serious infection such as strep throat.

**Dexter Hom,
Nicole Stetsyuk**



Janay' Lee

We are a culture of individuals trying to climb the social ladder. We are always trying to get better than those around us. It is the American way. We are a capitalistic society where some succeed and others fail. Those who fail are preyed upon by those who have already succeeded, and with, that our success is never enough success. This is especially seen in the 60-billion-dollar weight loss industry in America. Statistics show that women are going on diets regularly, but are often unsuccessful in attempts to achieve a body that they think will elevate their social statuses.

Females also indulge in the purchasing of these diet fads and programs most. This trend is also depicted in the media. We often hear movie protagonists show that they are not pleased with the way they look because it stops them from finding love or from being better than other girls. "Does this make me look fat?" is the same overused line that we are used to hearing in movies. It's really asking, "Am I good enough?"

The answer is yes! You are definitely good enough and you are more than a fat joke, or the plus-sized section, or even some weight loss program. May 6th is National No Diet Day and that is pretty much like a cheat day for women restricting



Eat Healthy

Be Healthy

themselves to a strict diet. But, I recommend having a No Diet Day every single week. The perfect way to honor this day is to appreciate and love your beautiful body the way it is! Take today to indulge in the things that you like! Take today to buy a dress or nice outfit that makes you feel confident. Take today to eat what you would like with no remorse for what anyone else would think.

When you return back to your diet, just make sure your diet goals do not make you feel unacceptable, they should be to keep you healthy! May is the month of National Blood Pressure Awareness. According to Heart.org: "High blood pressure (HBP or hypertension) is when your blood pressure, the force of your

blood pushing against the walls of your blood vessels, is consistently too high." So, here are some diet tips to keep yourself healthy and happy with no blood pressure worries.

- 1) Potassium is great for keeping your blood pressure healthy! That means rack up on tasty foods like bananas, squash, coconut water, baked potatoes, and eggplant.
- 2) Salt is not always the enemy! For some, too little salt will actually make their blood pressure soar higher.
- 3) Monitor what you eat and try to eat in moderation. Just keep this in mind: DO NOT INDULGE IN ONE THING!
- 4) Try to intake only 2,300 mg (milligrams) of sodium daily.

Thank You, Doctor



Here are 5 reasons to appreciate and honor nurses and everything they do! Thank you nurses!

1. Nurses take on a job most people would hate to do. There is plenty of stress that goes into being a nurse. Before you see a doctor who works on fixing your serious issue, you see the nurse who deals with the bloody mess or otherwise gross things happening with you. They do this without a thank you because it's their job, but doing a job without much thanks ways down on any person. The duty of looking after the well-beings of others, no matter how rude they are or if you want to is mentally and emotionally taxing.

2. Nurses are not given as much credit as they deserve because they are not doctors. You have to know the same things as a doctor does and you have to do so with less pay. Nurses make on average, \$67,000 a year, while the average doctor makes \$187,000 a year. Now, I know that doctors do a lot more serious work, but nurses take on a lot of the same stress and hard work for a considerably less amount of money.

3. Becoming a nurse is no easy walk in the park and not just anyone can do it. It takes so much work to become a nurse in the first place. You must go to school and complete several programs outside of that, only to not be taken seriously as a medical professional. In the media, they are stereotyped as either sexy nurses or matronly caretakers. It's a rough life for those who are undervalued and not taken seriously, and yet have to do their best to help save lives all the time around the clock.

4. Nurses have to work crazy hours catering to people who aren't even their families. Anyone who knows a nurse, or even someone who works in hospital knows that the hours they spend there are ridiculous. They are on alert 24/7/365. It seriously takes a strong-minded and dedicated person to dedicate their lives and sacrifice their social lives for the well-being of others. We must take time to seriously appreciate the time we take for granted with our loved ones. They are the ones who take care of them when they get sick.

5. They take care of your family! When your mother gets sick and needs someone to comfort her while you're away at college or work, she will usually find comfort in her nurse. Nurses provide comfort and care to those they assist. This is crucial to a healthy hospital healing environment. We all know that hospitals can get very scary, creepy, and just downright cold. Nurses humanize the sterile white walls and lifeless decor. No one wants to be in the hospital for long, but while you're there, nurses help to make your stay a bit more bearable. They smile at you with warmth and kindness.

The next time you see one of the strong men or women, make sure you thank them for what they do. They don't hear it often enough and are not awarded nearly as much as doctors. We love and appreciate you, nurses! Thank you for your hard work and empathy!

Nicole Stetsyuk

Give a Week to the EMS

EMS or Emergency Medical Services is a system that provides emergency medical care. EMS is much more than a ride to the hospital. It is a system of coordinated emergency medical care, involving multiple people and companies.

In 1974, President Gerald Ford authorized EMS Week to celebrate EMS workers for the work they do for our communities. Back in 1974, EMS was still a new profession, and workers had only just started to be recognized as a critical component of emergency medicine and the public health.

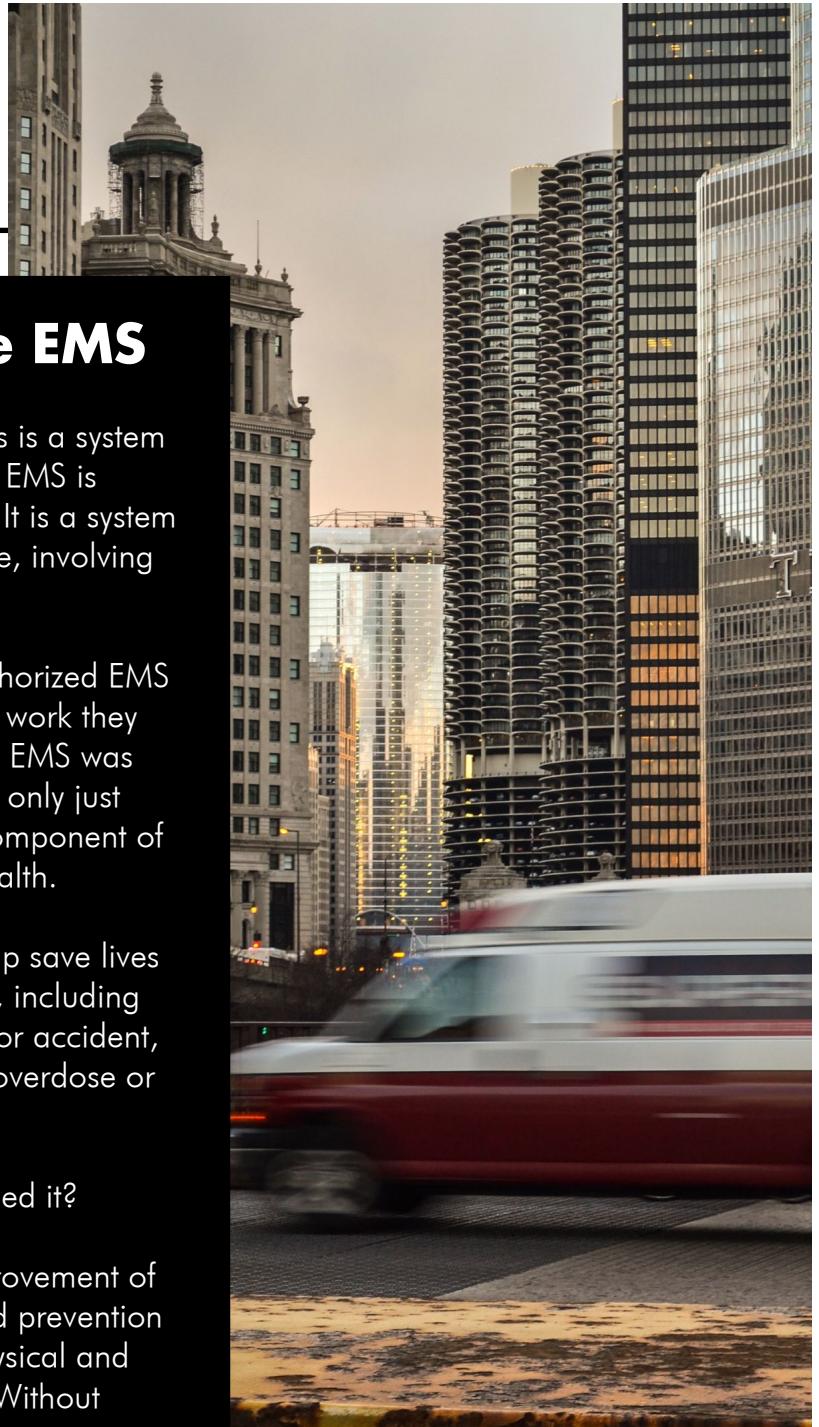
On any given day, EMS workers help save lives by responding to medical emergencies, including heart attack, difficulty breathing, a fall or accident, drowning, cardiac arrest, stroke, drug overdose or acute illness.

What is health care and why do you need it?

Health care is the maintenance or improvement of health via the diagnosis, treatment, and prevention of disease, illness, injury, and other physical and mental impairments in human beings. Without health care, people would die.

"Home remedies are not the way to go about solving your medical issues, and you need to find yourself a professional. It's like the first rule of first aid, you can't help yourself." - Yonglin Chen, Psychology Major

Nicole Stetsyuk





We Bring You the Truth

Free press allows for the general public to formulate their own reactions to news as it happens, not as the government says it happens. For the past years, many journalists lost their lives in support of free press. The United Nations General Assembly has declared May 3rd to be World Press Freedom Day. The purpose of this day is a reminder of the importance of a free press in a functioning and safe society. Also to remind governments that is their duty to respect and uphold the right to freedom of expression. Which is declared under the Article 19 of the 1948 Universal Declaration of Human Rights and is also state on our first Amendment Freedom of speech. It also marks the anniversary of the Windhoek Declaration, a statement of free press principles put together by African newspaper journalists.

Through the history, free press has helped many revolutions in developed countries and also to some extent in developing countries. But nowadays it's difficult for people to differentiate between free press and subservience press. Most of the times press are only allowed to tell us what our government wants us to know. Journalists and even firms altogether are not allowed to talk about simple topics like corruption, poverty, and surveillance. Since most of the press is either being blackmailed or chased. Eventually journalists are forced to not look for truth, but for sensational news. Many times there is no research behind news.

Every May 3rd, there's an event lead by

United Nations Educational, Scientific and Cultural Organization (UNESCO) to evaluate press freedom around the world. Also to defend the media from attacks on their independence and to pay tribute to journalists who have lost their lives for their profession. UNESCO leads these worldwide celebration by identifying the global thematic. Every year, The World Press Freedom Day has a different theme and and a different host country. UNESCO also tries to bring together media professionals, press freedom organisations, and UN agencies to discuss solutions for addressing challenges. Each conference is focused on a theme related to press freedom, including media coverage of terrorism, good governance, and the role of media in post-conflict countries.

This year's event was hosted in Indonesia, Jakarta and its theme was Critical Minds for Critical Times. This theme was chosen since it coincides with the 2020 Development Agenda goal, which is to promote peaceful and inclusive societies for sustainable development, and provide access to justice for all.

Start writing a blog or a social media post on something that you feel strongly about. Freedom of speech is a crucial component of the UN Declaration of Human Rights. Nowaday, internet has facilitated us in many ways that just by a simple click, you could share ideas with a wide audience. You should take advantage of your rights.

Katerine Chung Chen



Our Duty is to Protect You

Police officers are the ones that keep us safe and our community stable, each and every day in our lives. They hold fundamental roles in our society, they ensure law and order is adhered. They are the ones that take on long shifts in dangerous and unpredictable circumstances just to make our nation is a better and safer place. According to the latest statistics, there are 900,00 full-time police offices in the United State, making it roughly 295 policies per 100,000 residents. Although, they may not always be in sight, they would immediately be there if you are in an emergency. National Police Week (the third week of May) and National Peace Officers Memorial Day (May 15) are proclaimed by President Kennedy in 1962 as a dedication to honor America's law enforcement community. During this week, we must pause and honor all those who serve our communities, especially those who have offered their ultimate sacrifices.

In moments of danger, the first people that we turn to are police officers. Not only so, they are also the leaders in our communities, serving as mentors, teachers, life coach, friends, and

neighbor. These are the unacknowledged heroes that sacrifice their time with their love ones and sometimes even their lives. As of 2016, 135 police officers died in the line of duty. That's a 56% increase since the previous year and it is the highest number of fatalities on the job in the past five years. Nearly half the casualties were fatally shot, including 21 officers who killed in ambush attack fueled by anger over the police force.

During this day and week, communities across the United States will come together to honor and remember those law enforcement officers who made sacrifices, as well as friends, family, and fellow officers who were left behind. Many police departments across the county hold memorial ceremonies in front of their stations. In our local community, many would lower their flags in tribute to the fallen police officers. You can also participate in the Nation Police Week Marathon to help raise money to support the Officer Down Memorial Page in its mission to honor fallen officers. What all of us can do to show our appreciation to police is a simple a "thank you".



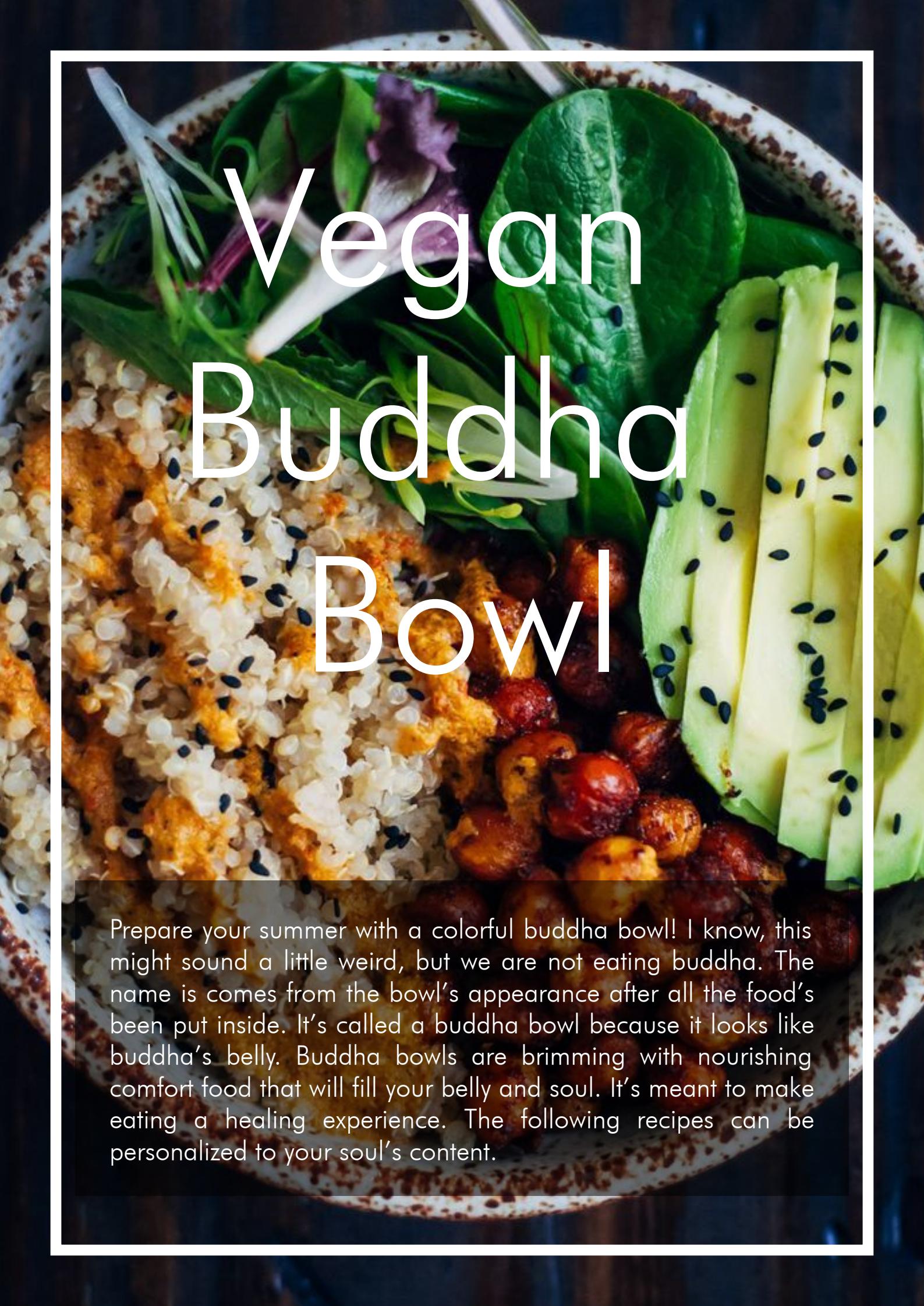
Osama bin Laden

the founder and leader of the Islamist group "Al-Qaeda", was killed in Pakistan on May 2nd by the United States Navy Seals. The operation was code named "Operation Neptune Spear." This operation was carried out by the CIA coordinating with the JOSC to plan out missions and different units that was involved in the raid. The raid on Osama's compound was launched from Afghanistan. Military officials said that after the raid, the team took his body to Afghanistan to examine the body for identification. After the identification, within 24 hours, military forces buried

24 hours, military forces buried him at sea in accordance with the islamic tradition. Al-Qaeda confirmed the death after the raid. The group vowed to avenge the killing along with other groups against the U.S. and Pakistan for not preventing the operation. About 90 percent of the American public along with large governments supported the raid on Osama's compound.

The person that killed Osama bin Laden was a former Navy Seal named "Robert J. O'Neill." The former navy seal initially sought to become a sniper for the U.S. Marines because he had friends in The Marine Corps. On the day of the recruitment, the Marine recruiter wasn't there but instead it was a Navy recruiter. The Navy recruiter told him that he can still be a sniper even though if he was in the Navy. On 2012 he decided to retire and leave the Navy for his family and now he is a public speaker.

Armed Forces Day is annually celebrated on the third Saturday of May. It is a day to pay tribute to men and women that served the United States armed force. Many events across the United States take place to honor the Americans in uniforms that served in times of peace and fought in times of war. People that served the Marines, Army, Navy, Air Force, and Coast Guard are also honored. On August 31, 1949, Louis Johnson announced the the creation of Armed Forces Day to replace separate Army, Navy, and Air Force. The event soon spread from the armed forces to the Department of Defense. The first Armed Forces Day was celebrated on May 20, 1950. That day was to show the "state-of-the-art" equipment to Americans. But it was also a day to honor americans that served different branches of the army by throwing parades, air shows, open house, etc. Although this day should not just be about partying and it is important to take a moment to thank our armed forces that ensure our safety.



Vegan Buddha Bowl

Prepare your summer with a colorful buddha bowl! I know, this might sound a little weird, but we are not eating buddha. The name is comes from the bowl's appearance after all the food's been put inside. It's called a buddha bowl because it looks like buddha's belly. Buddha bowls are brimming with nourishing comfort food that will fill your belly and soul. It's meant to make eating a healing experience. The following recipes can be personalized to your soul's content.

Instructions

- 1) Start by cooking the quinoa. Bring 2 cups water to a boil, then add quinoa. Simmer for about 15 minutes until all water is absorbed. When done, remove from heat and keep covered for about 10 minutes so quinoa can absorb any excess water.
- 2) Preheat oven to 425. In a bowl, toss chickpeas, oil, and spices until chickpeas are evenly coated. On a baking sheet lined with parchment paper, bake chickpeas for 15 minutes. When done, remove from oven and let cool.
- 3) To make red pepper dressing, add all dressing ingredients to a blender and blend until smooth.
- 4) Finally, assemble the buddha bowls. In two bowls, add quinoa, mixed greens, avocado, and chickpeas. Drizzle everything with red pepper sauce, and sprinkle with sesame seeds.
- 5) Enjoy!

Prep Time 15 minutes
Cook Time 20 minutes
Total Time 35 minutes
Servings 2

Ingredients

Quinoa

- 1 Cup Quinoa rinsed
- 2 Cups Water

Chickpeas

- 1 1/2 Cups Cooked Chickpeas
- Drizzle Olive Oil or other neutral oil
- 1/2 Tsp Salt
- 1/2 Tsp Smoked Paprika
- 1 Tsp Chili Powder
- 1/8 Tsp Turmeric
- 1/2 Tsp Oregano

Red Pepper Sauce

- 1 Red Bell Pepper ribs and seeds removed
- 2 Tbs Olive Oil or other neutral oil
- Juice from 1 Lemon
- 1/2 Tsp Pepper
- 1/2 Tsp Salt
- 1/2 Tsp Paprika
- 1/4 Cup Fresh Cilantro

Everything Else

- Mixed Greens
- An Avocado
- Sesame Seeds for Garnish

where flower blooms, so as hope



May Day is a public holiday that is celebrated on May 1st. This is an ancient northern hemisphere spring festival and also a traditional spring holiday in many cultures. We usually see dances, singing, and cake as part of the celebrations. International Workers' Day may also be referred to

as "May Day", but it is a different celebration from the traditional May Day. In the late 19th century, May Day was chosen as the date for International Workers' Day by the Socialists and Communists of the Second International to commemorate the Haymarket affair in Chicago.

The first May Day celebrations was seen with the *Floralia*, festival of Flora, that was held on April 27th during the Roman Republic era. The day was a traditional summer holiday in many European cultures. While February 1st was the first day of spring, May 1st was the first day of summer. By the time Europe became Christianised, the pagan holidays lost their religious characteristics and May Day changed into a popular secular celebration. May Day is not just celebrated in the US, but all around the world.

The most famous May Day celebration involves a maypole. The maypole takes many forms depending on the specific European country. It is always a long, straight pole, but may range from a long, straight tree trunk to a resembling a barbershop pole. The most well-known example in the States involves a pole with ribbons hanging from the top. People take hold of the ribbons and perform a dance that wrap the ribbons around the pole. The dance ends when the ribbons are completely woven around the pole.

May Day in Other European Countries

România:

On May 1 Romanians celebrate a holiday known as the Arminden. The holiday consists of many apotropaic practices. For instance, oxen are not allowed to be put to work to avoid bad luck like disease or death of them and their owners. Women also do not work the day before the first of May to avoid hail storms coming down on the village.

Greece:

In Greece, May Day celebrations are associated with the goddess Maia, a Greek goddess of fertility. One tradition is a skit where girls sing a chorus over a young boy lying on the ground. Who the youth represents is conflicting, usually it is Adonis, Dionysus, or Maios. After the chorus, the youth stands up and a flower wreath is placed on his head.

Flower wreaths also play a larger role in another tradition. They are made of wildflowers (or in modern times, just bought from flower shops) and hung on a background of green leaves on a doorway or balcony. The wreaths hang until midsummer night (the evening of St. John's Day) and burned in bonfires known as St. John's fires.

France:

On May 1, 1561, King Charles IX of France received a lily-of-the-valley flower as a good luck charm. It then became a tradition in his court to give a lily-of-the-valley to ladies of the court. The tradition was co-opted in the early 20th century into a custom of giving a

sprig of the flower on May 1. In modern times, people present bouquets of lily-of-the-valley and dog rose flowers to their loved ones on May Day as a symbol of luck.

Italy:

Italy calls May Day Calendimaggio. It is a feast held to celebrate the arrival of spring. In another ritual, special carolers called maggerini visit houses. In exchange for gifts like eggs, wine, and sweets, the maggerini sing verses promising luck, love, and prosperity. The carolers decorate themselves in symbolic plants representing revival and long life, like alder, golden rain, violets, and roses.

Mayday as a Distress Signal

Mayday is not just a holiday, it's also a term to designate a state of emergency for air and marine communications. To distinguish it from the holiday, it is one word ('mayday' instead of 'may day') and is repeated 3 times.

The use of "mayday" as a distress signal actually has nothing to do with the holiday of May Day. In 1923, Frederick Stanley Mockford, a senior officer at London's Croydon Airport, came up with the term as a corruption of the French m'aider, a shortened version of venez m'aider ("come help me".)

Whether or not you celebrate May Day, there's no denying that the diverse celebrations among the different countries are fascinating. This spring, celebrate the rebirth of the earth by enlivening your knowledge.

Small Business Week



*"When you support a small business,
you're supporting a dream."*

Small businesses are what make up our community unique. Not only do they bring life and growth into our community, they also keep the U.S. running. More than half of Americans either own or work for a small business, this makes up for about two-thirds of the new jobs every year. Many great companies started off as a small business, such as Nordstrom, Dell, and also the most well-known one, Apple. The first week of May (April 20th to May 6th) marks the 54th annual National Small Business week. The U.S. Small Business Administration hopes to use this week to honor small business owners and entrepreneurs from all over the country.

Some people start a business out of pure fascination and others do it for what they love. Whether you are starting a business for a personal reason or simply just want to make a load of money, you'd have to prepare to take on a huge responsibility. It's no piece of cake. Not everyone can do it. The most important thing about owning a small business to have is an on-going love for what you want to do, because without passion, no business can succeed. You have to be your own boss, making dreams into reality. It takes a lot of discipline, long hours, and hard work—something many might not be able to do. However with the right eagerness, passion, and dedication, something small can become big.

Starting off as a small business, you have to be psychologically and financially

prepare for numerous challenges. Small business owners have to take risks on creating and establishing different ideas, investing in their communities, and creating jobs. They have to face financial challenges with external factor and internal factor of cash flow. They also have to reconcile the insufficient amount of time and the endless responsibilities that they have to take on. Although it's tough, many would still prefer to become small business owners. The most solid reason would be independence. You no longer have to work for anyone else, because you work for your own profit. You possess the freedom of choice and actions instead of following other's ideas and rules.

Share your love with Small Business Week. If you are interested in becoming a small business owner, you can expand your skills through out this week by joining events that are host by the SBA (Small Business Association) online and locally to help you learn new skills and increase your impact as a professional. During the rest of week, the SBA will discuss about how to grow your business, the future of small business innovation and how to become a local small business champion. During this week, the most important thing that all of us need to do is to show our appreciation to all small business owners, they are the ones that use their skill and creativity not only supporting their family, but also makes our community a much vibrant place to live and they act as the backbone of the U.S economy.

Ben Wu

May I Take You Order, Please



Ordinary food can be made great with good service, while a bad wait staff can make even the best food not worth the trouble. Waitstaff are essentially the face of the company. They are the ones that give customers a first impression the restaurant, as they take care of the guest, provide customer service, and hopefully make the dinner worthwhile. They are the ones that have to face different situations with customers. If the unstable incomes and tedious, long shifts aren't enough to make you sympathetic toward waiters and waitresses, knowing that they face a lack of health insurance, paid sick days, and vacations should.

As of 2016, US Bureau of Labor Statistic report showed that about 13.3 millions Americans are involved with food preparation and service industry occupations. The median wage per hour for waiter and waitress is \$9.61 per hour, and that is just \$19,990 per year. In most states, servers, bartenders and other workers who receive tips don't have to be paid at the state minimum wage, but instead, restaurants are allowed to pay them a tipped wage or a hour rate lower than the minimum wage. That's only a great deal if you work in a fancy and expensive restaurant where customers are generous tippers. Most servers make most of their wage through tips; but, it doesn't matter how fancy a restaurant is, all restaurants take away most or sometimes, all of the server's tips.

If you don't know already, being a waiter is more stressful than being a doctor. A study by the Southern Medical University in Guangdong, China

analysed the data of over 138,700 participants on job-related health found that jobs with high demand and little situational control, such as waiting tables, may be more stressful than jobs with high demand and high situational controls, such as teaching. The study also showed that low-paid jobs with high workloads leave employees at a far greater risk of heart problems and 58% more likely to encounter a ischemic stroke. Moreover, there's a chance that high stress level jobs lead to more unhealthy behaviors, such as poor eating habits, smoking, and high level of drinkings. Anyways, your server's heart is taking serious heat right now. So, before you even consider not tipping them for their services, put yourself in their shoes and ask yourself how that would make you feel.

With National Waiter and Waitress Day coming up on May 21st, celebrate this day by appreciating those waitstaff who made your dining experience amazing. An ordinary way of celebrating this day is by simply tipping those who serve you. If you can afford the meal, why not give them a bigger tip. Larger tips will not only relieve their pockets but can also make their day at work a better one. If you had a bad experience, it's your right to tip less. But, keep in mind that waiters and waitress often all have had a tough day dealing with fiery tempers coming from the kitchen, the bartenders, and the occasional customers and most of us don't see it in them. So, think before you judge. To truly understand, we would all need to experience being a waiter.

Ben Wu



All Based on TRUST

Loyalty and Love Your Friends Day is May 1st. So what does it mean to be loyal? Whether in your words, it means to “be a Mike” or “to stick by your friends and stick by your word,” being loyal has been proven to affect people. But what kind of effects does being loyal have on you and your friends?

Social health is how you get along with other people and how you interact with people in society. It is heavily affected by your relationship with people closest to you, like your friends. Mistrust, miscommunication, power over one and other, and failure to be loyal to one and other can all put a stain on friendship, which can have a drastic change on your health.

Here are some ways friendships can affect your health:

Healthy friendships can help expand your lifetime. People who have healthy social relationships are less likely to die prematurely than people who are have unhealthy relationships or are mainly isolated.

Having friends who make you feel like you belong can decrease your risk of dementia and depression. Depression is a serious problem, and can lead to more stressful and serious issues. Having a friend or friends by your side can help decrease the risks of depression as well as overcome any existing feelings.

Improve your self-confidence and self-esteem. Having a good or high self-esteem can benefit you in many ways, and help avoid facing issues or falling into depression and dealing with constant anxiety.

Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one. Having someone by your side is important when going through moments like these. Although it is very important to have time to yourself, it's just as important to be able to talk about your problems and feelings with a trusted friend.

Friends have a major effect on how you live your life and it's important to fill your life with trustworthy people who keep you happy!



Nicole Stetsyuk



Stop Holding On

This year, May is the awareness month for mental and social health. But, the topic is relevant year round. Often times, people feel as though their minds do not require the same care as their bodies. We get check-ups for with our physicians, but when do we do check-ups for our minds? You do not need to be diagnosed with a serious mental disorder to seek the treatment of a professional psychologist or psychiatrist.

Statistics show that most people in society are dealing with higher and higher stress levels. What's so bad about stress? Stress is our underestimated enemy. Working class people often deal with the most stress, due to the fact that they are affected by more financial hardships and daily monotony. They also have the least down time to worry about their mental and social health because of the time often spent on kids, work, household duties, and bills. They can also neglect a healthy social life altogether, which cuts off their

opportunity for an outlet.

There can be hefty consequences if stress goes unchecked or becomes a regular issue for a person. According to the National Institute of Mental Health (NIMH): "With chronic stress, those same life-saving responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally." The suppression of any of these things can lead to serious problems, that carry heavy medical bills, which would only add to the stress of someone over-stressed in the first place. Some common symptoms vary from person to person: "some people experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold" (NIMH).



These symptoms could cause the person stressing to miss work, which could add to the stress they are already facing. They may not even know that their stressing is the cause of their problems. This article serves as a PSA to those who are stressing out constantly and not realizing what that does to them. If you're reading this and think you could be at risk of chronic stress, here are some tips to help you manage stress.

First of all, remember that stress is not always bad. It is just one of those things that needs to be managed, so that it is in moderation. You should definitely take some time to yourself in order to self-reflect. Ask yourself, "When was the last time I did something for me?" Find something to do that makes you happy and while you are doing this, think about if your life exhibits the unhealthy signs of stress.

If your life does exhibit those traits, contact your physician and seek health care for any

health problems you feel have been a result of your stress. Make some time to get some physical activity. You only need about 20 to 30 minutes to get your blood pumping and some fresh air. This can have a positive effect on your mood and your energy. A helpful thing to do is organize your life in the least stressful way possible. Do not take on too much and accept that there is only so much that you can do. If you absolutely cannot take any time off or to yourself, then make sure you stay connected with someone you trust. This person will play as your outlet of stressful situations and basically the person who will listen to your rants. This will help you to feel a little better, releasing some stress.

No matter what you do or who you are, everyone deals with stress and it is too common to go unchecked. In honor of National Health Month, I urge you to pledge everyday to keeping your body and mind healthy.

Janay' Lee

Have You Seen This Kid?

"Locked in a hotel room with an abusive man for more than three months, Jessyca Mullenberg actually forgot who she was."



Being kidnapped is no joke. Not being able to escape or do anything makes you feel useless. This kind of traumatic experiences leave an everlasting impact on an individual. Disastrous situations can change an individual, and mold them into a whole new person. A devastating event such as a kidnapping impacts an individual in many ways. Nowadays, the percentage of child abduction has increased in a linear function. But unfortunately, local law enforcement officers can not effectively pursue kidnappers across state lines. Since the Congress believed they could do a much more effective job of dealing with kidnappings than state, county, and local authorities could.

In 1996, the United States created the Amber Alert, which is a child abduction alert system. This was named after Amber Hagerman, a 9-year-old abducted and murdered in Arlington, Texas, in 1996. Today, the AMBER Alert system is being used in all 50 states, the District of Columbia, Indian country, Puerto Rico, the U.S. Virgin Islands, and 22 other countries. Ever since 1996 up until February 2017, a total of 868 children have been successfully recovered through the AMBER Alert system.

In 1983, President Ronald Reagan proclaimed May 25th as National Missing Children's Day. Each year, the Department of Justice commemorates the day with a ceremony honoring efforts of agencies and individuals that protect children. There are different awards for the day. Awards consist of Missing Children's Law Enforcement, Protection Award, etc. With the annual theme of bringing missing children home, fifth graders participate each year in Missing Children's Day poster contest. The annual contest that is held help children discuss the issue of missing children with youths and parents to promote child safety. Other companies or brands try to bring awareness to this day out by making products such as t-shirts, stamps, accessories, etc. For example, in May 2015, the United States Postal Service (USPS) created a stamp that was called "Forget-me-not" and "Help Find Missing Children." The general welfare of our children should not be slept on. It is crucial to keep this country and the next one safe and sound and kidnapping free.

Katerine Chung Chen

Monthly Fable: The Winchester Mystery House



The Winchester Mystery House. Located at 525 South Winchester Blvd. in San Jose, the Queen Anne style Victorian mansion is known for its size, its architecture, and its lack of any plan when it came down to building.

It is best known, however, for the history and the story behind the woman who built the house. Sarah Winchester, who became a widow and a grieving mother after her husband's death from tuberculosis and the passing of her young daughter. Her husband was the son of the Winchester Rifle manufacturer, and after the deaths, she believed the evil spirits of those killed by the famous "Gun that Won the West" were haunting her. After his death, she inherited \$20 million, which would benefit what she'd eventually create. She was told by a psychic that she could escape the spirits' wrath by moving west and building a house that would never be finished.

So, in 1884, Sarah moved from New Haven, Connecticut to San Jose, California where she purchased an unfinished farmhouse near San Jose which is now known as the Winchester Mystery House. The house covers 6 acres with 160

rooms, 40 bedrooms, 13 bathrooms, 47 fireplaces, 6 kitchens, 40 staircases, 3 elevators, 10,000 windows, 2,000 doors, 52 skylights, and 2 basements. The house contains stairs leading to nowhere, floors that have doors and windows in them, doors that open into solid walls, and some doors opening to nothing. Sarah worked on the house for 38 years before she passed away at the age of 86 on September 5, 1922, and the construction ended.

Currently, the house is a designated California historical landmark and is listed on the National Register of Historic Places. It is privately owned and serves as a tourist attraction, where you can take tours through 110 of the 160 rooms and look for the bizarre features of the house such as the doors that lead to nothing and the upside down architecture. So, for as low as \$20, you can visit and tour this fascinating piece of history today!

Nicole Stetsyuk



WHALE-COME TO YOUR END

Many school districts have been warning parents about the potential danger of an online game, one that no one has been able to prove its existence, yet. There have been no official reports of anyone taking part in the game locally, but some Connecticut school districts have sent letters to parents to warn them of the potential danger online, and multiple news agencies have reported about it. A dangerous social media trend has made its way to computers at schools in our region. The "Blue Whale Challenge" lures participants to engage in a risky behaviors and ultimately take their own lives. This game is named after the way whales sometimes beach themselves and then die.

The "Blue Whale Challenge" is a game in which players are assigned tasks that put their lives at risk, and all those tasks must be completed over a 50-day period. The horrific tasks include self-harming, watching horror movies, and waking up at unusual hours, but these gradually get more extreme as it nears the end of the game. On the 50th day, the administrators that are behind the game reportedly instruct whoever is playing, to commit suicide. They usually ask them to take their lives by jumping off from a tall building. This game targets kids between the ages of 14-19 who are going through a rough time or mostly dealing with depression. Most of the teens accept this challenges since they are on their way to committing suicide anyways. But

there's no backing out on this game. Once you start, you must finish. The administrators already have all your information, and if you decline, they will find a way to torture you.

This online suicide game was first reported to have started in Russia, but so far there haven't been any verified reports of kids taking part in the challenge here in the U.S. But this game has spread towards Europe and Latin America. The creator of this game, Philipp Budeikin, from Russia, is being held on charges for inciting at least 16 schoolgirls to kill themselves by being a part of game he invented called "Blue Whale". The 21-year-old, who has now pleaded guilty to the crimes, said he thinks that his victims were just "biological waste" and told the police that they were 'happy to die' and that he was merely "cleansing society".

So far, there have been 130 teenage suicides that took place between November 2015 and April 2016. According to the newspaper Novaya Gazeta, most of the fallen belong to a private group on Facebook and VK Largest European online social media and social networking

service. It reads that, "Almost all these children were members of the same internet groups and lived in good, happy families." In Russia, two schoolgirls, aged 15 and 16, fell to their deaths from a 14-story building. While a 14-year-old girl died after being hit by a train. Yulia Konstantinova, 15, left a note on social media saying 'end' shortly after posting a picture with a blue whale while her friend Veronika Volkova, 16, wrote 'Sense is lost... End.' before she took her own life, the day after. In Colombia, there have been 3 suicides that are presumed to be related to this game. In Brazil, there have been 4, apparently also related.

Though panic has escalated over rumors, and parents are getting even more worried, especially since the rising popularity of the Netflix show series "13 Reasons Why," that deals with a teen's suicide. This game represents an effective threat, and we must be aware of the use of social networks.

Katerine Chung Chen



It's Time To Recommit Yourself

The month of May marks the beginning of Recommitment Month. Commitment is a promise to do or give something. So a quick self-evaluation question, were you committed in the first place? Because it's time to recommit!

Recommitment can mean many different things. Whether you're committing to goals you started back in January, doing some self evaluation, or you're taking a look at your relationship, the recommitments are all typically associated with one's health and well-being.

Let's begin with which of your goals you need to review. Perhaps this year you wanted to break a bad habit or save a sufficient amount of money. Take a chance to look over what you have accomplished so far this year, and what still needs more focus as the second half of the year quickly approaches.

It can be emotionally draining to create a goal and then do little or nothing to pursue it. Sadly, it is easy to fall into habits that prevent us from accomplishing our goals, so taking time to self-reflect and analyze your progress is very important. Some tips for self reflection include

keeping a journal, one of the best ways to remember goals and make a plan is to write it down! By keeping a journal you have the opportunity to map out or chart and plan or set of steps that will work to help you fulfill your goals and allow you to reflect on the process and if it worked for you. Make checkpoints, give yourself a timeline of when you want to accomplish each of your goals or certain steps that will result in the completion of a goal. By setting these checkpoints or deadlines you are helping yourself stay on task and make progress.

Looking at your relationship that can be a bit more difficult. How is your dating relationship or marriage doing in terms of well-being and stability? Do you need to reconnect? Are you feeling as close to one another physically, emotionally, and spiritually as you would like? Are you communicating enough? Are you and your partner on the same page? Consider each of these things when re-evaluating your goals.

How do you think you've been doing with your goals so far? Are you where you want to be? Have you made any new goals or added new steps since? How can you get back on track if you veered off?

Nicole Stesyuk

Click, Click, Click

May is National Photograph Month. The reason for photograph month is to celebrate the means of communication in the past and the future. Although there are no information on how the day was invented or created, people celebrate it by looking through pictures that were taken and to think back to the pictures. There are famous pictures that date back all the way to 1827. Back in the old days, photographs took a long time to produce because of the exposure for the picture to get ready. This is why pictures from the Victorian Era feature people with stern expressions, because those expressions were easy for the subject to hold. As the camera technology progressed and got better, film was produced. It was faster, but still took time to produce. Film images usually take about 13 steps to produce because of the different materials that are used. With film images, there are options for colors such as black and white and full color.

One picture is named "Rising Flag at Iwo Jima," taken during World War II. The picture showed the marines rising the second flag at Iwo Jima. Iwo Jima was one the most bloodiest battle in Marine Corps history. Of all the 70,000 marine soldiers that arrived on the island, about 6,281 died and around 19,217 soldiers were wounded. The main reason this picture sticks out was because of the how hard-fought this battle was.

Another famous picture is "Fat Man Explodes." The Fat Man was one of the two nuclear bombs that were dropped on one of the Japanese islands. The Fat Man was dropped on Nagasaki on August 9, 1945. The picture was taken for US government to show the damage of the bomb done to citizens of Nagasaki. It was detonated from about 1,800 feet. The Fat Man flattened out the city, killed 39,000 people, and injured 25,000 citizens. The rest of the citizens died from wounds and from the lack of oxygen.

Henry Xie

When Words Fail, Music Speaks

Katerine Chung Chen

On May 22nd, we all join to celebrate National Buy A Musical Instrument Day. This is a day all about playing music. Especially if you are a musician, you deserve to buy a new instrument. Or maybe if you are trying to learn how to play a new instrument, it's time for you to buy an instrument. This day could be a motivation for you. National Buy a Musical Instrument Day is not just for childrens and teens, but also for people of all ages. Just imagine your grandpa playing the bass, grandma on the piano while the grandkids play the drums, trombone, and flute. Together they can make a great band!

Nowadays, there are six instrumental categories: percussion, strings, keyboard, woodwinds, brass, and electronic. The most played instrument in the world is the piano, followed by the guitar and the drums. It is so popular that about 21 million Americans play the piano—that's more than all the other instruments combined together! Other popular instruments include the flute, ukulele, saxophone, clarinet, trombone, and violin. Not only is playing a musical instrument fun, but it can also increase abilities in other areas of the body. People who plays a musical instrument are shown to read at more advanced levels, have more expansive vocabularies, and work better in teams.

Besides improving in your reading and vocabulary, music also helps us cope with pain and stress. It has a unique link to our emotions, so it can be an extremely effective stress management tool. By listening to music, you can have a tremendously relaxing effect on our minds and bodies, especially slow and quiet classical music. According to Harvard research, this type of music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones. Harvard researchers found that patients receiving surgery for hernia repair who listened to music after surgery experienced decreased plasma cortisol levels and required significantly less morphine to manage their pain. The stress reducing effects of music were more powerful than the effect of an orally-administered anxiolytic drug.

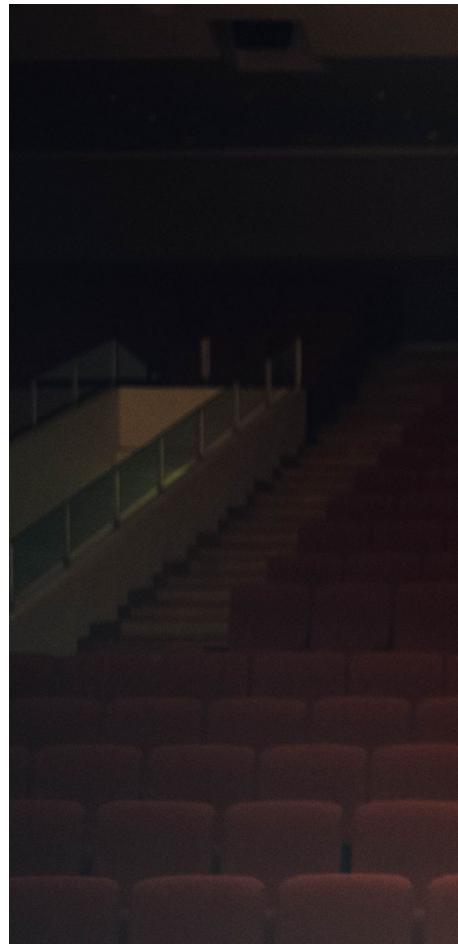




Photo of Brazilian Anthony Kulkamp Dias played guitar and sang to stay awake during the procedure of removing a tumor from his brain. He needed to stay awake so that doctors could map his brain and avoid serious neurological damage.



One of the most remarkable successes of music therapy is the impact it has on the lives of Alzheimer's patients. Advanced Alzheimer's patients lose their ability to have interactive conversations with others and eventually stop speaking completely. A recent study shows that dementia and Alzheimer's patients can recall memories and emotions, and have enhanced mental performance after singing classic hits. Music absorbs our attention, it acts as a distraction at the same time it helps to explore emotions. This means it can be a great aid to meditation, helping to prevent the mind wandering.

When people are very stressed, there is a tendency to avoid actively listening to music. You may feel like it is a waste of time, but did you know that productivity increases when stress is reduced, so this is another area where you can gain huge rewards. It takes no small effort to begin with. So start **PLAYING** the moments. **PAUSE** the memories. **STOP** the pain. And **REWIND** the happiness.

A Training of Spiritual Endurance

Katerine Chung Chen

What is Ramadan?

Ramadan is the ninth month of the Islamic lunar calendar. It begins upon the visual sighting of the last full moon of the year and it usually last 29 to 30 days, depending on the year. This is a holy month when many Muslims will focus on prayer and reading the Quran. Fasting during Ramadan is required for all Muslims from when they reach puberty. Muslims will have one meal before sunrise, called suhoor, and share another meal with friends and family after sunset, called iftar. For many Muslims Ramadan also means a month of forgoing water, smoking and sexual activity during daylight. After that, the holiday of Eid al-Fitr marks the end of Ramadan and the beginning of the next lunar month.

Why fasting?

Every year, Muslims from all over the world observe the annual fasting during the daylight hours of Ramadan. To keep up with the divine commandment in Chapter 2, Verse 185 of the Holy Qur'an. Allah states, "O you who believe, fasting has been prescribed for you as it has been prescribed to those before you in order that you may attain taqwa." Taqwa is the state of hyper-vigilance against falling into sin in negligence.

Through fasting, Muslims demonstrates the highest degree of obedience by abstaining from lawful food, drink, and sexual relations from sunrise to sunset one month every year. Generally ages between 12 and 14 does fasting, though some families start their children fasting at the age of 10.



Who doesn't fast?

Yes, fasting is mandatory for everyone who practices the religion but there are some exceptions. Usually women who are menstruating, experiencing post-natal discharges, or pregnant avoids fasting; since they are viewed as impure and not clean. Also people with a temporary illness; and those involved in extremely strenuous occupations such as soldiers in battle may also suspend their fasting. These people, however, have to make restitution (qada') by fasting for the number of days equal to those missed, any time before the next Ramadan.

When is Ramadan and why does it varies?

This year Ramadan begins at sunset on May 26, and ends on June 25. Each year varies, Ramadan is the ninth month of the Islamic calendar, a lunar calendar that's based on the phases of the moon. Because the cycle of the lunar calendar does not match the solar calendar, the dates of Ramadan shifts by approximately 11 days each year. As a result, Ramadan doesn't start on the same date each year and instead, over time, passes through all the seasons. The start of Ramadan also varies from country to country by about a day, depending on when the new moon is sighted.

EID AL-FITR

The conclusion of Ramadan is marked with a major celebration known as Eid al-Fitr. It is known as the "festival of breaking of the fast". This is an important religious holiday celebrated by Muslims worldwide since it marks the end of Ramadan. The religious Eid is the first and only day in the month of Shawwal during which Muslims are not permitted to fast. The holiday celebrates the conclusion of the 29 or 30 days of dawn-to-sunset fasting. Eid al-Fitr includes special prayers and meals with friends and relatives, and gifts are often exchanged.



Cars Kill, Bikes Thrill

Ben Wu

Spring has sprung and you're probably thinking about your summer body (and your finals...maybe not). The gym is boring, running is too much, and you can't always find a pool nearby for you to swim. So now what?

Riding a bike is probably what you're looking for. There's no limit to cycling. Some ride with fat tires down rocky roads, some ride down long roads and burpy hills, some ride for sports, and some just ride for fun. Some ride for the desire of adrenaline rush and some do it for transportation. But we cyclists, have one thing in common, we receive great health benefits every time we bike. With National Bike Week 2017 held on May 15th - 19th and Bike to Work Day on May 19, bring out your bike and start zoom zoom.



Bike Fact

On a bicycle you can travel four times faster than you can walk using the same amount of energy.



Just like any other physical activity, biking gets your blood flowing and triggers the release of endorphins which can bring you to a state of euphoria that can reduce your anxiety and diminish pain. The release of endorphins in your blood and vitamins from the sun are working together to boost up your levels of good mood hormone and make you happier. Moreover, a 2010 study from American College of Sport Medicine showed that just 30 minutes exercise can boost you mind and mood and tackles depression. Exercise can improve your mood while driving a car or taking a transportation and sitting in rush hour traffic would do the exact opposite effect. By commute on a bike, you would be more happy stepping into work and getting home.

For those who want a few extra years to live, try biking. A recent study of commuters in United Kingdom tracked 263,450 adults for over five years and they have revealed that people who biked to work tend to live longer with a mortality rate 41 percent lower than people who drove and take transit to work. Cycle commuters had a 52 percent lower risk of dying from heart disease and a 40 percent lower risk of dying from cancer. They also had 46 percent lower risk of developing a heart disease and a 45 percent lower risk of developing cancer at all. Furthermore, if you want to get a few inch down, ramping up your cardio with biking is the perfect thing to start. An average person lose 13 pounds every year by biking. Doing aerobic exercise accelerates your breathing and heart rate, which helps to stimulate the contraction of intestinal muscle and keeps you on the path of wellness.

More than 90 percent of the world population breathes in air that violates air quality guideline and one out of two Americans breaths highly polluted air everyday. 15 percent of all asthma are linked to living near a major roads and 50-90 percents of emission are caused by automobiles. According to the University of North Carolina Highway Research Center, 80 percent of the carbon monoxide and 55 percent of the nitrogen oxide in the atmosphere came from vehicle that operate on gas and diesel which release large amount of pollutants in the atmosphere. In contrast, riding a bike, contributes zero pollutants.

America is a car country. More than 90 percent of American drive to work and we pay the price. Transportation alone account for 19 percent of an American family's average budget, the 2nd highest cost after housing. A study of by scientists at the University of Wisconsin on 11 midwestern cities found that we could save money if citizens switch to bike for half of their short trips rather than car for 4 months out of the year. We could create a net social health benefit of \$3.5 billion per year from the increase in air quality and \$3.8 billion in saving from smaller health care cost associated with better fitness and fewer mortalities from a decreased rate of accident. As an individual, we can save up to \$544 in medical cost annually if we add thirty minute of cycling to our daily life. It costs at most \$300 dollar to keep your bike in shape while it costs thousands of dollars to own and maintain a car. What a great deal to save money while you enjoy your ride!

Now that you know that biking is great, are you itching to start biking?

But we have to prepare for it no matter what. Yes, you learned how to ride a bike as a kid with your two-wheeler, exploring around your neighborhood. Now that you are older, just like everything around you, riding seems much more complicated. You have to worry about traffic, equipments, safety problems and all those serious stuff, but relax.

Cycling today isn't much different from when you were a kid and the activity brings you great benefit and brings back the golden time of your childhood memory. Of course, you can hop on your bike with your gym shorts and your sneakers, but if you want to get more serious and ride strong and explore wider territory, here is what you need to know before you start.

1) Obviously, you need a bike, a good one

To find a perfect bike for yourself, you need to do some homework on what you want to focus on. What's your need? What's your goal? Where will you ride it? How far? After you had those done, you can do some research online or go to a bike shop and ask for help. Plan for at least \$400 on your first new bike. That might seem like a lot but if you do the math, that is \$33 a month for a year, and less than some gym membership and it's more permanent. Look for review online on different bikes and different bike shop and see which one works best for you and your need.

2) Bike accessories are just what you need

Helmet - This might seem very obvious, but there tend to be people that like neglect the fact that helmet is important. Why? 900 People die each year in bicycle accidents, 75% of them from head injuries. Do you want to be one of them?

Lights - The best way to avoid getting hit while biking is to be seen. Get a white light in front and a red light in the back.

Tire pump - How to ruin your mood? Getting excited to ride a bike but end up finding your tire pressure is low. So get one before you get stuck in the midway of your road trip.

Bike lock - If you want to use your bike for daily transportation, you need a bike lock. Wrap your lock through the bike frame, around an immovable object, and back through your front tire before connecting the lock. This simple steps can help you save you tons and save your day.

Chain oil - This is an easy one to forget, which one can be detrimental in the future. A well-oiled chain keeps you out of the shop and save tons of money.

Ok, ok, now that you're ready to zoom zoom to your work, home, anywhere around your city. But if you want to bring your biking interest beyond your city, here are some of the best cities around the world for you to bike at.

Copenhagen, Denmark

Copenhagen is often considered the most bike-friendly city around the world. Tourist are often overwhelmed by the number of bicycles flying by around the city and children are taught to ride a bike are taught to ride a bike before they're even old enough to go to school. Nearly half of all Copenhagen commute to work by riding a bike, and 35 percent of all people who work at Copenhagen, including those who work in a suburb, commute with their bike. Copenhagen excel because of many broad and wide-used cycle lanes. As well as that, it's short ride north or south of the city of the beaches, forest and other attraction.

Portland, Oregon

Ok, ok, even though Copenhagen is number one on the world's most bike-friendly city to bike at, but no one have this much ka-ching to travel to Europe. A more closer option is Portland, it's hard to beat Europe, but portland is trying. The Portland Bureau of Transportation is slowly making progress in improving and involving citizens and tourist to bike on their two wheels safely around the city. Portland provides free printed city and neighborhood maps, safety informations and more for cyclists to travel around. There's also a public rental system that considered one of the greenest in the world. They've managed to cut down the need of excess kiosks by utilizing pre-existing bike corral. The city also offers bike locks, bike riding classes and etiquette guides.

As of San Francisco, thousands commute on their bike to work. To start off your biking routine, friends alway motivate you to get out of your house and hop on your bike. Or try out different apps for biking. With National Bike Week, and National Bike Day, let's go out to zoom zoom.



Kavya Seth

True Tourism

May 6 is National Tourist Appreciation Day, which falls on National Travel and Tourism Week from May 5th through May 13th. Why do people become tourists? Usually, it is so they can see the sights of a city or go on a relaxing vacation. However, this Tourist Appreciation Day, I'll be covering a less well-known, but much more important reason for tourism: birth tourism.

Birth tourism is the phenomenon of traveling to another country while pregnant and giving birth, with the intention of obtaining that country's citizenship for the baby. Many countries, like the US, Canada, Mexico, and Brazil, have *jus soli* citizenship. Also referred to as birthright citizenship, *jus soli* ("right of the soil" in Latin) grants any person born in a country that country's citizenship. Birth tourists will travel to these countries and have children in order to receive citizenship for them. This avoids the long process of applying for citizenship, waiting in line for years, and filling out mountains of paperwork. Convenient! However, this process can raise multiple political and economic issues.

United States

What is an “anchor baby”?

An “anchor baby” refers to a mother having her child in the US to obtain *jus soli* citizenship for immigration reasons. As a citizen, the child can then sponsor citizenship for their relatives upon turning 18. In this case, the mother is using her child as an “anchor” to the country. It is considered to be a rude and derogatory term, usually applied by conservatives to undocumented immigrants and refugees.

Worldwide Taxation

The United States is one of the two countries that taxes its citizens worldwide (the other is Eritrea.) This means that if you are a US citizen, even if you have never been naturalized, meaning you were born to parents living abroad (*jus sanguinis*), or have left the US with no intention of coming back, you are still eligible for taxation.

Renunciation Fees

Believe it or not, renouncing your citizenship to the United States isn’t free or cheap. In fact, the price has risen more than 400% since 2014 from \$450 to \$2,350. It is the highest renunciation fee in the world.

While many complain about *jus soli*, especially in regards to immigration, one must consider the other side of the story. It’s true that the baby is a US citizen who can sponsor citizenship for their relatives upon reaching the age of majority. However, even if they leave the US with their parents as soon as they are born, they must pay taxes because of worldwide taxation laws. And if they want to renounce their citizenship to avoid this, they have to pay an exorbitant renunciation fee. While US birth tourism may have no legislative limits, these financial complications limit the ways people can supposedly take advantage of the system.

Hong Kong

Hong Kong is a territory and therefore cannot grant citizenship. Hong Kong’s version of citizenship is “right of abode,” or the ability to stay in Hong Kong without limits on the extent or condition of stay. This functions in a *jus soli* manner, so a child of Mainland Chinese parents born in Hong Kong still qualifies for these benefits. As a result, many parents from the mainland go to Hong Kong to have their children so that they can obtain right of abode for their child. This has resulted in much backlash similar to Americans complaining about “anchor babies”, as it puts a strain on the hospital and education system (Hong Kong permanent residents also receive educational benefits.)

Medical Tourism

Medical Tourism is a term for people traveling to other countries to receive medical treatment. This can be for one or two main reasons: lower cost or reduced wait times. For example, since healthcare is privatized in the US, it is extremely expensive. However countries with public health systems also have longer wait times. Therefore, there is a tradeoff between cost and speed of care that may drive a patient to travel to prioritize one.

Circumvention Tourism

A derivative of medical tourism, circumvention tourism focuses specifically on traveling to another country to get medical procedures done that are illegal or unavailable in the patient’s home country. For instance, pregnant women in countries that forbid abortion may travel to a country that allows the practice.

While there are many forms of tourism that are looked down upon or not appreciated, traveling to another country and expanding one’s horizons can never be a truly bad thing. This summer, try to expose yourself to new things—even if you can’t travel abroad, explore your city and get out of your comfort zone.

Monthly Movie Review

Everything

Janay' Lee

Movie hits like The Fault in Our Stars, which became a fave of teens nationwide, showed us all what it looked like to die young and in love. The movie showed us how short life could be and what is really important in life. We sat with Hazel as she got sick, got angry, fell in love, got sad, and healed.

In May, we will be gifted with another remarkable work of coming-of-age fiction. The movie Everything, Everything is due to be

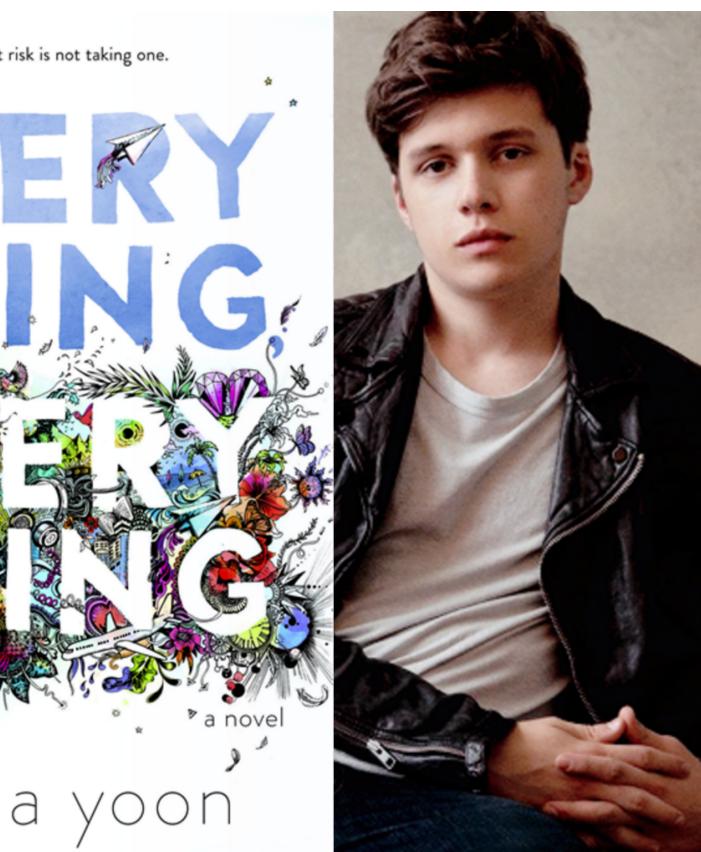
a hit with the teens of our generation. It follows the life of sweet and quirky teenager, Maddy. Maddy was diagnosed with a rare disease known as severe combined immunodeficiency (SCID) when she was very young. The disease makes her allergic to pretty much everything (Yes, just like David from The Boy in the Plastic Bubble). Only this time, the girl is the one with immune system deficiencies and the boy next door makes her want to risk it all for a sliver of normalcy.

Unlike most teenagers, Maddy has been locked inside her house for all 17 years of her life, only spending time with her mother and her nurse. So, when a handsome boy named Olly



moves in next door, she is beyond intrigued. Along with his kind smile, she finds in him, a considerate and sweet soul. She sees in him the action-packed, energy-rushed life she longs for.

Everything, Everything is also doing amazing things for young black women who want to do more in the film industry. They see women who look like them creating these teen love stories, that



aren't the stereotypical European American couple (Gus and Hazel). The main character of the movie is portrayed by African American actor, Amandla Stenberg. She is known in the social media world to speak openly for not only black rights & culture, but women, period. She is one of our generation's most woke entertainers. The movie is based upon an award-winning novel by a Black Canadian woman named Nicola Yoon. The director of the movie is also an African

American actor, Amandla Stenberg. She is known in the social media world to speak openly for not only black rights & culture, but women, period. She is one of our generation's most woke entertainers. The movie is based upon an award-winning novel by a Black Canadian woman named Nicola Yoon. The director of the movie is also an African American woman named Stella Meghie.

The inspiring tale also gifts those who are suffering from sicknesses some hope to find love. It gives them hope to dream again and to find someone who help make their lives feel normal, despite the chaos. The talented crew behind Everything, Everything was able to produce a magical work of happiness.



"The person who has done more for you than anyone in the world"

Every second Sunday of May, the United States as well as many other countries, set aside a day to honor all mothers. Most people don't know the origins of this day and only see it as it's been shown to us through television and advertisements, a reason to buy stuff.

When Mother's Day became a national holiday, it was not long before florists and card companies capitalized on its popularity. Like many other holidays, Hallmark and several other companies have commercialized the day, taking away the original purpose or meaning behind it.

The origins of Mother's Day, in the United States, date back to the 20th century, when a woman named Anna Jarvis held a memorial for her mother at a church in Grafton, West Virginia. Her efforts to make "Mother's Day" a recognized holiday in the United States began in 1905, the year her mother died. Anna wanted to honor her mother by setting aside a day to honor all mothers, because she believed that they are "the [people] who has done more for you than anyone in the world."

In 1908, the US Congress rejected her proposal to make Mother's Day an official holiday, jokingly stating that would have to result in a "Mother-in-law's Day" as well. However, by 1911, all US states observed the holiday, the first being West Virginia, Anna Jarvis' home state, back in 1910. Shortly after, in 1914, President Woodrow Wilson signed a request signifying Mother's Day, held on the second Sunday in May, as an official national holiday.

Anna Jarvis had originally meant for Mother's Day to be a day of personal celebration between mothers and families, and once it became commercialized, she had -

become disgusted. She urged people to stop buying Mother's Day flowers and cards as it really wasn't what the day was for. She wanted Mother's Day to be a day of sentiment, not profit, but obviously nothing has changed.

After a few years, Anna Jarvis actually went crazy. She wrote letters threatening companies and local florists that she would file for a lawsuit if they continued to promote products using Mother's Day. She even wrote against Eleanor Roosevelt for using Mother's Day to raise money for charities which was the very type of work Jarvis's mother did, back when she was alive. She was once dragged out and arrested by police for disturbing the peace. At one point, Anna even went as far as to go door to door and get signatures to recall Mother's Day.

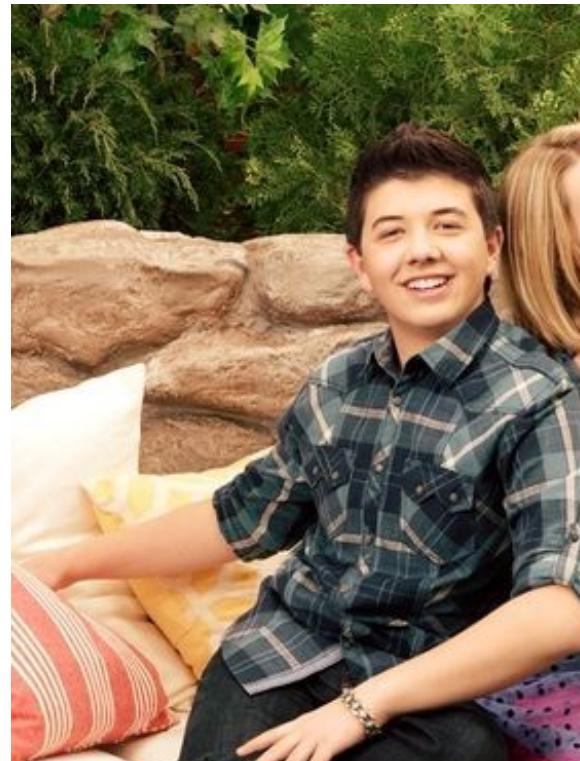
The history of Mother's Day is a crazy one, but that shouldn't stop anyone from spending the day how Anna Jarvis originally wanted. Take some time to honour the mothers in your life and let them know how much they mean to you, and maybe try not to go the commercial capitalist way.

One Kid at a Time

Katerine Chung Chen

Good Luck Charlie is a Disney Channel television series that was meant for family entertainment. It is about the common Duncan family that lives in Colorado, United States. This family consists of Amy Duncan, mother who works as a nurse; Bob Duncan; and the children: PJ, Teddy, Gabe, and Charlie the last child and most beloved baby of the family. ~~in the episode, Teddy and his dad, Ted, had a video diary full of advices for Charlie about their family and life as a teenager. Teddy tries to show Charlie what she might go through when she is older for future reference. Each video diary ends with saying the eponymous phrase, "Good luck, Charlie".~~ But let us tell you a theory behind that famous phrase...





One night in 1987, the first cries of a boy named Patrick John (PJ) were heard, this was the Duncan's first child. He was born with a mental disability, a disability that would not allow him to think clearly and he would not learn how to walk or talk until his old age. This news was a big blow for his parents, who waited anxiously for their first baby. They thought the child would distract them from their socio-economic problems but on the contrary, this child turned out to be an additional burden for them, since the doctor prescribed PJ very expensive drugs. Three nights after the birth of PJ, a light bulb is turned on in the clinic's central office. A nurse rushed in the room only to find Amy Duncan holding her son and crying; PJ had died.

To support their financial problems, Amy obtained a job as a nurse in the same clinic where PJ passed away. Two years later, the Duncans tried one more time to have a baby. In 1989, Teddy, the second daughter of the couple, was born. The Duncans have moved to a beautiful house in the suburbs and Teddy slept in a large and very comfortable crib, it was a beautiful stage of her life, it was totally perfect. When she grew up she went to a high-class private school. Both, mom and dad tried their best to keep that perfect life for Teddy. Amy worked extra shift, so she could pay Teddy's needs. There were even times when she stayed at the hospital for days without going home.



On one of those late-night shifts, Amy had an affair with one of the doctors. Leaving her pregnant with a third child that was later named Gabe. Amy told Bob that Gabe was his child, which is not true. It didn't make any sense for the family because Gabe was a little different. He looked like he was from another race, everyone in the family including PJ was Caucasian and blond, all except Gabe. His skin was darker and had black hair. Although doctors said it was because of genetic inheritance, it did not completely convince Bob.

Bob would go out to drink every day, turning him into an alcoholic. Every time he came home drunk, he will take Gabe by the head and beat him. After torturing him enough, he would turn to beat Amy. After all that, he would fall asleep on the couch while Amy, Gabe and Teddy cried. But what Bob didn't know, is that Amy was pregnant with another one of his children. One day when Bob was beating his wife, someone knocked on the door. It was the police, they came in by force and after seeing Amy and the two kids crying on the floor, they arrested Bob.

Eight months later, Amy had her last child, Charlotte. This was another financial burden to the family. With Bob in jail, Amy was the only one working to put food on the table for the family. Amy ended falling in love with a doctor, and leaving her family behind. Without any other options, Teddy was forced to mature very fast; she became the parent figure in the house. Years later, Teddy realized that she couldn't take it anymore, she wanted to die. One day, she decided to record herself saying: "Hi Charlie, I'm your sister Teddy, I am making this video to clarify the mysteries of our family, I hope you're old enough to understand what I'm going to tell you next." Teddy ended the video saying "GOOD LUCK, CHARLIE." She left this video behind for Charlie's adopted family and asked them to give it to Charlie when she turns 18. Teddy then took her own life.



Prom Expenses

'Tis prom season. A season of wallet dieting. Year after year, the cost for the promenade dance (prom) that occurs at the end of the school year for high school students are shooting sky high. From the promposals to corsages, everything costs money. Read on to see this outrageous prices.

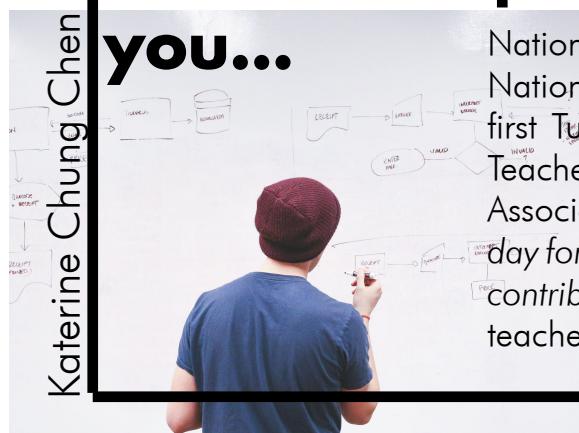
Prom proposals are important due to the fact that prom is coming up. Families in New England spend at least 431 dollars per promposal. Prices vary depending where people live. Families that live in New England pay about \$431 dollars, families that live in the west pay about \$342, people in the south pay about \$305 in the south, and people that live in the midwest pay about \$205 dollars on prom outfits such as dresses and tuxedos. Surprisingly found that families making under \$25,000 a year spend \$1,393 on prom, which is more than families who make over \$50,000 a year. Studies show that teenagers only pay about 27% of their prom costs, while their parents pay the rest. The average cost of a teen's family will spend at least \$919 on prom expenses.

Most people propose with flowers and a poster. After the promposal, there's the expensive prom ticket. Ticket prices can range from \$80-100 depending on the location of the prom. An average prom dress costs around \$400. But nonprofits like The Princess Project dedicate project fundings to giving girls a perfect look on their prom night. The Princess Project gives out no only dresses, but all accessories and makeup. Majority of the guys rent tuxedos so, prices are different depending on the material and brand. Renting tuxedos cost around \$196; but, if it is designer, it can cost between \$400 and \$500. Low income family can go to non-profit organizations like Operation Prom to help people get dresses and tuxedos. The organization is from New York and they are planning to expand their organization.

When it comes down to prom, decorations are must-haves because they add more color to the look. Prom corsages are used to enhance that. A corsage is a flower bouquet that is worn on a woman's wrist. Flowers on the corsage are different depending on how the florists make it along with the boutonniere. The average cost for a corsage is \$35-40 and boutonnieres range from \$15-20. Usually people buy corsages and boutonniere together.

A letter to

you...



National Teacher Appreciation Day, also known as National Teacher Day, it is usually celebrated on the first Tuesday of May. This year in 2017, National Teacher Day falls on May 9th. The National Education Association describes National Teacher Day "as a day for honoring teachers and recognizing the lasting contributions they make to our lives." To all our teacher our there, here is a letter to you guys...

Dear Teachers,

Waking up every morning and very often your are the first person I get to see and talk to. Sometimes, I even spend more time with you and your welcoming classroom. To me, you and your classroom is just like my second home and family. At this point that I am now, I'm really happy and proud; and all is thanks to you. You have sacrificed your time to teach me to the best of your ability. Each one of you has had an impact on the way that I see life, and contributed to the person I am today.

I just wanted to take some time to express how much I have enjoyed being on each of your classes. I can't think of another teacher who would have made this past years any more special than you did. You are truly an outstanding teacher, your dedication and sheer spend with students is just amazing. You always make sure I understood the material even though it took me a really long time to get it. Thank you for being so consistent in the classroom, even on days when you weren't in high spirits, but still spent the effort and time to teach class. Thank you for taking the time to review our work, and for the times that you gave real and honest feedback to us. I know your job is not an easy one, but you always manage to stay motivated even when we have shown no interest in lectures by sleeping, texting, or talking, or even speaking behind your back. It takes guts to do that, and I'm sure we don't realize or acknowledge how much of yourself you have to sacrifice in order to teach us.

I'll be honest; when I first met you, I didn't like you at all. I hated those times you made me sit up straight or corrected my grammar and word choices in front of everyone. And most of all, I hated when you wouldn't agree that my work deserves an A+. No matter how much effort I put on it, there was always something wrong. But now I look back upon that time, and I realized that you were just doing your job. You have changed my whole aspect on my learning, I wouldn't be where I am today without you. You taught me discipline. You taught me dignity. You taught me that I could achieve more than what I or other people thought that I was capable of. Thank you for caring about others and helping us blossom, and adding more beauty in the world. All our dreams can come true, if we have to courage to pursue them. Thank you for teaching me that we shouldn't be afraid of dreaming big.

The Extended Definition of Graduation

Graduation Season is approaching quickly and for some, has already begun. It's the time of year where we often think back to the cliche movie scenes with the hundreds of graduates throwing caps in the air and smiling.

Graduation is the receiving of an academic degree or diploma often times with a large ceremony. For others, graduation may be known as commencement, promotion, or simply ceremony. Commencement is often used as it marks the beginning of students' new lives in the world and the beginning of their professional life. Generally, during these long ceremonies parents and friends attending fill in seats and sit for long hours watching as each student receives their academic degree or academic award. Most often these ceremonies begin with the graduates walking down the aisles to their seats while the accompanying orchestra or band or symphony plays pomp and circumstance. It's the graduation song. In some cases, students are already seated beforehand. Following the entrance, everyone rises for the pledge, and remains standing when the national anthem is sung by the choir or a vocal group. The ceremony officially begins with an introduction

and welcome talk and is followed by speeches given by faculty, students, and at colleges and universities often guest speakers. Awards as well are distributed as recognition for students excellency or contribution to the school.

After high school and college, you may be parting ways with some of your closest friends, but it's sometimes good to keep in mind that almost everyone comes home for the holidays, and you'll always have their phone number for a random chat. It's always sad to see friends come and go, but that's a part of life.

That being said, graduation can still be an emotional experience. In the long ride that is graduation, emotional highlights may include: receiving your degree or diploma, the choir singing, a classmate's speech, a faculty's speech, or even simply a friend squeezing your hand while you two sit side by side waiting.

To those graduating soon, graduation, commencement, whatever you wish to label it as, it's going to be boring, and it's going to be exciting, and you're not going to be ready for it. Congratulations, you made it.

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Eat Healthy, Be Healthy

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Give a Week to the EMS

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Have You Seen This Kid?

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It's Time to Recommit Yourself

<http://shinmoraе.com/holiday.html>

May I Take Your Order, Please

<https://www.behance.net/gallery/26768879/Voice-of-the-annuities-consumer>

Monthly Movie Review - Everything Everything

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One Kid at a Time

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Osama bin Laden

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Our Duty is to Protect You
Break Away by Scott Hemenway

Prom Expense
Ben Wu

Small Business Week
Baz Bon

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WHALE-COME TO YOUR END
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