

FREE EXPRESSION

SELF-ESTEEM

As we grow, we start to become self-conscious of how we look and how others perceive us. We want to imitate others, especially celebrities, and sometimes we fall in the trap of not accepting ourselves for who we are and how we look. We try to make ourselves feel better by buying expensive clothing, trying out new hair styles, but sometimes we push to the extreme and we start to throw up after meals or just not eat at all. These eating disorders are called anorexia and bulimia and they can seriously hurt our physical and emotional health.

Bulimia is when a person consumes copious amounts of food and when they are done they go to the bathroom to throw up. This process is called binge and purge. People who do this eat and then throw up to prevent from gaining any weight. People with bulimia have the fear of gaining weight and are unhappy with the way they look. Another disorder that affects teens is anorexia. Anorexia is a psychological disorder when a person believes that they are fat. Symptoms of anorexia include over-exercising and eating minimal amounts of food. Some people even go to a point of starvation because they feel that they have control over their own body.

There are many causes of anorexia and bulimia. Some people may say that the media has is to blame, but there are many factors that may cause these disorders such as influences from friends, culture, biology and stress. The best way to cope and go through this is by loving yourself for who you are and not letting anyone tell you that you are not good enough. It is also important to seek a doctor for professional help as well.

by Sara Del Villar

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OPEN MIC NIGHTS: PAST PERFORMERS



INTERVIEW W/ JASON MAI

1. When did you first start singing?
I started singing when I was three years old.
2. Use 5 words to describe your type of music
Soothing, gentle, from the heart
3. What are some tips you can give to new singers?
Breathe from your diaphragm. Don't push the notes; let them flow.
4. What types of songs do you sing?
I usually sing r&b songs, but I can pretty much do any assortment of pop or classics such as Somewhere Over the Rainbow.
5. Who inspired you to start singing?
I wasn't so much "inspired" to sing as just having an innate love for music.

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FREE EXPRESSION: OPEN MIC NIGHT



YEMAN TAM

INTERVIEW

1. When did you first start singing? *I started singing since I was a little girl... It's been too long!*
2. Use 5 words to describe your type of music. *Anything good that I seem to like.*
3. What are some tips you can give to new singers? *You don't have to sound like an American Idol contestant to be a good singer.*
4. What types of songs do you sing? *I love singing Disney songs!*
5. Who inspired you to start singing? *People I heard on Z100.*
6. If you write your own music, where do you get inspiration from when you write songs and what's your favorite part about the process? *I don't write my own music. But if I found inspiration somewhere, it'd be from past experiences and things I am passionate about.*
7. What's your motto or the advice you live by? *Go hard or go home; you only live once.*
8. What are the five things you can't live without? *Food. Disney. Taylor Lautner. Family. More Taylor Lautner.*



KEN RUAN

INTERVIEW

1. When did you first start singing?
When I was 14, I let the singing begin.
2. Use 5 words to describe your type of music.
Five words to characterize my type of music: genuine, heartfelt, nostalgic, providence, pristine.
3. What are some tips you can give to new singers?
Tips include using your diaphragm to sing, sing "outside" of the shower, and to immerse yourself in new types of music as well as the "oldies."
4. What types of songs do you sing?
I sing soft pop/rock/folk songs. My favorite songs come from YouTube musicians and whatever is playing on current radio.

COMMUNITY SERVICE LEARNING PROGRAM (CSLP) MODEL MINORITY PROJECT

The Teen Resource Center (TRC) at the Charles B. Wang Community Health Center's high school Community Service Learning Program is a 6 month internship with the goal of providing youth development through community involvement and advocacy, culminating with a final project exhibition on August 16, 2011 at The Red Egg Restaurant (202 Centre Street). The exhibition used multimedia, including photos, video, and other visual displays, to dispel the "Model Minority Myth" in order to tackle issues of identity, cultural barriers, and their relation to health disparities within the Asian Pacific Islander community.



5. Who inspired you to start singing?

Michelle Branch is my one and only inspiration.

6. If you write your own music, where do you get inspiration from when you write songs and what's your favorite part about the process?

My inspiration can be traced back to the remnants of my high school life and the tumultuous tides of my college experience which bring forth quaint memories of expired romantic escapades, faded relationships, and stirring friendships waiting to be rekindled. When I song write, usually the lyrics come first because a collapse of words has such an impact on a page. Forging lyrics on paper, and recording my track on the USB microphone are my favorite moments.

7. What's your motto or the advice you live by?

My life motto is "There is nothing real and really nothing." I continually subscribe to nihilism and adopt the post-modern perspective of society where truth is out of reach, and authenticity (from the "heart") is questionable. If there is any kind of optimism, I recite the phrase, "Carpe Diem", and carry around Hume's idea that the future does not resemble the past.

8. What are the five things you can't live without?

If I was on an island, I must must must have my guitar, my book(s), my cassette player, my clothes [!], and nutritional no-msg food to encourage my longevity.

9. What hidden talents do you have?

I don't think I have hidden talents; if I have them, they're still lying dormant, waiting to be discovered.

INTERVIEW



JASON MAI

CONTINUED FROM FRONT PAGE..

6. If you write your own music, where do you get inspiration from when you write songs and what's your favorite part about the process?

When I write my own music, it's usually from my emotions. My favorite part of the process is weaving the lyrics because I feel as if that should be the main focus of the song.

7. What's your motto or the advice you live by?

Live each day as a miracle.

8. What are the five things you can't live without?

Food, water, sleep, friends, MONEYYY!

9. What hidden talents do you have?

I can write a mean short story....

HEALTHY RELATIONSHIPS

Many people have different criteria for a perfect soul mate. Some want handsome, tall, dark, charming, pretty, etc. But these characteristics should not be the only things people look for in a perfect partner. Finding a romantic partner is like having a best friend. You should be comfortable telling them anything and should not hold back. You should be able to feel very happy with this person.

In today's society, it is noticeable that teens tend to jump into relationships without getting to know the other person. They enter that relationship because the other person appeals to them physically rather than emotionally. Later into the relationship, both individuals will realize how the other did not live up to their expectations.

You will know that the person is your perfect partner when you are completely comfortable with that person in your own skin. By then you will not need to judge your partner by the way he or she acts because you will be able to accept your partner for who he or she is .

by Peter Chan

BODY IMAGE

Body image is dependent on society's opinions and perspective. It is something that constantly changes over time and will continue to do so. People say that body image doesn't matter and all that matters is your personality. But these people are wrong because the majority still judges body image. You can try and change yourself to fit into society's mold of the ideal body image. However, in many cases this is impossible, so the simplest solution is just to accept yourself for who you are. Who cares if everyone cares that you're not skinny, or not pretty or even outright hideous? Beauty is in the eye of the beholder; and if you see and believe yourself to be pretty, then you are.

by Man Jun Li

The Dr. Thomas Tam Scholarship, established in 2008, is a \$500 scholarship awarded to four high school seniors who will be entering college in Fall 2012. The scholarship furthers the mission of the TRC by providing financial support to community-minded teens. It is awarded to young adults who have committed to promoting healthy choices and fulfilling the needs of their community. We are proud to announce this year's recipients whose names are listed below:

BENJAMIN FANG

FANNY MEI

TRACY FUNG

TSZYING HO

OPEN MIC MOMENT



The mission of the Teen Resource Center (TRC) is to provide information and support to the Asian American adolescent population through health education, youth programs, & activities.

Programs :

Teen Advisory Committee (TAC) Once a month, TAC gets together to make sure TRC materials are teen friendly and to get involved in planning our programs that benefit the teens in YOUR community!

The Community Service Learning Program is a paid 6-month (March through August) internship training program for youths ages 15-19. The program aims to provide youths an opportunity to improve their life skills—such as public speaking, stress/time management, negotiation/communication skills—through service learning projects.

Check out our website at : <http://trc.cbwchc.org>

✉ EMAIL us at : TRC@cbwchc.org

☎ CALL us at : 212-226-2044

✈ VISIT us at : 125 Walker Street, 2nd Floor, NY, NY

Teen Resource Center Hrs : Monday - Friday 3PM - 7PM
Saturday - Sunday 2PM - 6PM

Charles B. Wang Community Health Center
Pediatrics Department | Phone: 212-226-3888

125 Walker Street, 2nd Floor, NY, NY

Clinic hours: Mon, Tue, Thurs, Fri 8:30AM-7:00PM

Wed: 9:30AM-7:00PM Sat, Sun: 8:30AM-6:00PM