



Cool Out

ZONE

Top of the Charts

by William Simpson

Top 5 Tracks

- 1 So Much More - Fat Joe
 - 2 The Corner - Common
 - 3 We belong together - Maria Carey
 - 4 Same Roots Rasta Man - Morgan Heritage
 - 5 Bobby Valentino - Slow Down
- DJ Radigun at Power 95

The Youth News team asked DJ Radigun to share with the youth readers his thoughts on the lyrics we hear nowadays.

"I am in full agreement with the parents, I think a lot of these lyrics are not meant for kids or adults. It is a definite change of the times and not necessarily for a good thing. I don't know who is overall responsible but the recording companies should be more cautious and aware. Where is music going to be tomorrow? Cursing and swearing has become main stream. If the youth are not hearing it on the radio they are seeing it on TV. I feel there needs to be more media control."

Keep posted The Youth News are going to feature "music" in a later edition.

NOW YOU KNOW?

How long does Bermuda have to wait until we (the family) can get media assistance to enable us to watch and ensure our toddlers watch only what is suitable on tv (cable)?

A concerned teenager with a younger sibling

Check out www.tvguidelines.org and learn about V chip. A V Chip enables your family to have viewer discretion on what programs and channels the younger members of the family are able to watch.

For your information there is a V-Chip is in every television set 13 inches or larger manufactured after January 2000 and some sets sold after July 1, 1999. This means if you bought a new television set after July 1, 1999, your television is most likely equipped with a V Chip.

BOOK OF THE WEEK
by Teen Advisory Board



Klass, David.
You don't know me.

Fourteen-year-old John creates alternate realities in his mind as he tries to deal with his mother's abusive boyfriend, his crush on a beautiful, but shallow classmate and other problems in school.

This was a great book!

Other readers say:
"I was hesitant about reading this book, but did anyway. I am very happy I did so! This book was very good. John, the main character shares his thoughts and feelings to the reader about his awkward, painful, and ironic life. This book was thrilling, heart-felt and great from beginning to end."

Other recommended books:
Speak. Laurie Anderson, **Whale talk.** Chris Crutcher

on The Web

Go Ask Alice. Go ask Alice is based on the actual diary of a fifteen year old drug user. She chronicles her struggle with the seduction-often fatal- world of drugs

on the web www.goaskalice.columbia.edu/

Breakfast & School Lunch continued from Page 1

vegetables

6. Limit the use of foods high in salt and sugar

Ms. Hollis, Government Dietician kindly gave us a copy of Health for Success "Why nutrition and health are important to students". The policy which was put in to place in 1997) and points 1-6 above we quoted from the official handbook.

DEPT OF EDUCATION

I emailed the Department on the matter and they replied:

"Each school principal at every school level and the Government Nutritionists has copies of the Nutrition Policy. Additionally, nutrition is taught at all levels- Primary, Middle and Senior.

At the Primary level students are taught the importance of food and they learn about the food guide pyramid. They learn to appreciate the benefits of making healthy food choices, identify the variety of foods in each food group, they recognize the importance of eating breakfast, they learn to choose nutritious snacks and they learn about the relationship between physical activity, eating and good health.

At the Middle level there is a Nutrition and Fitness component which focuses on the assessment of the nutrient content of diets and they are taught how to select foods that reduce the risks of different diseases.

By the end of Senior School the students are taught how to plan healthy diets and how to evaluate desirable selections of foods so that they can implement a plan for maintaining health related fitness levels. They also learn about how to relate food intake to energy consumption and how to analyze their own caloric intake and

daily activity."

Whilst this is very true how are youth able to make healthy choices when the caterers who we understand are also given copies of the "Health for Success why Nutrition and Health are important to students" don't offer students a healthy choice and/or balanced menu?

DIETICIAN

Sarah McKittrick, SRD, Clinical Dietician, Diabetes Centre, KEMH

"Young people are bombarded with high fat, high sugar food choices everyday, and a school lunch is an opportunity to provide a well balanced meal including a healthy meat and starch choice along with a cooked vegetable or salad. Fruit or low fat fruit yogurt should be offered as dessert. Popular lunch items higher in fat such as pizza, burgers or chicken nuggets should be offered no more than once a week."

THE BOTTOM LINE

Taking in to account that 23 out of 75 youth surveyed do not eat breakfast and 29 out of 75 have to cook for themselves at home. In addition the amount of diabetes sufferers already on island and the continuous concerns of obesity amongst the youth nowadays. We think the one place that our community should offer youth a variety of nutrition is at our schools. For this reason we are asking our readers to join us in lobbying teachers, principals, parents, politicians and the community to ensure a healthy choice is put on our school menus!

We are also asking our readers and

their parents who have nutritious packed lunches to get involved. You stand as our examples and it is up to you to share with your friends and colleagues both the importance and how easy it is to introduce healthy nutritious diets in to day to day living. In our next edition our reporters will publish the results from their cost analysis.

For any of our readers that have access to the Internet we urge you to surf on the subject of youth and nutritious eating. Here are a couple of examples that highlight how important the United Kingdom and America take the subject: <http://www.fns.usda.gov/cnd/> Or <http://www.myschoollunch.co.uk/>.

This column is sponsored by Highland Spring.

Check out www.highlandspring.com for more information.

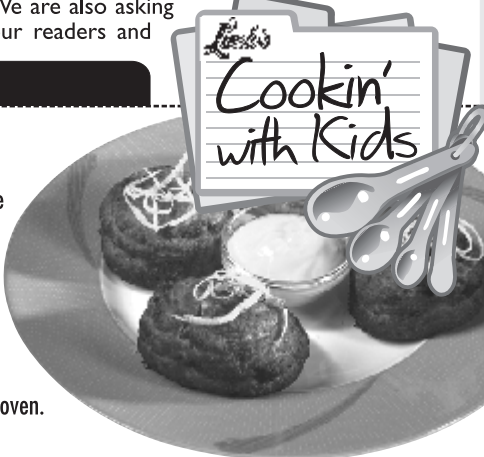
Tunafish Patties

INGREDIENTS

- | | |
|---|-----------------------------|
| 1 1/2 cups cornflake cereal | 3 tbsp. mayonnaise |
| 1 tsp. vegetable oil | 1 tsp. worcestershire sauce |
| 6 oz. can solid white tuna | 1 tsp. onion salt |
| Approx. 10 saltine type crackers (for 1/2 cup crumbs) | 1/4 tsp. dried dill |
| 2 large egg whites | 1/4 tsp. dried oregano |
| | pinch of pepper |

INSTRUCTIONS

- 1 Preheat oven to 350°F. Ask an adult to help you with the oven.
- 2 Line a baking sheet with parchment paper.
- 3 Seal the cornflakes in a heavy plastic bag. Crush them with a rolling pin or coffee mug to the size of rolled oats. Pour into a bowl. Drizzle in the vegetable oil and stir with a fork to coat. Set aside.
- 4 Get help opening and draining the can of tuna. Put the tuna into a bowl and mash into small flakes with a fork or pastry blender.
- 5 Put the crackers in the plastic bag and crush the same way as the cornflakes. Add 1/2 cup cracker crumbs to the bowl of tuna. Except for the cornflakes, add the rest of the ingredients and mix with a fork.
- 6 Shape the tuna into 4 1-inch patties. Roll the patties in the cornflake crumbs to coat on all sides. Place on the lined baking sheet. Bake about 25 minutes, until the cornflake crumbs are lightly browned.



Inbox

Congratulations Youth News for a most excellent edition on May 12th.

My comment is that Caitlin Collis should most certainly be sitting on the Bermuda Independence Commission.

Signed,
'Concerned citizen for the future of Bermuda'

Dear Sir,

As a student and avid reader of this newspaper, I was excited to see the Youth News supplement in today's Royal Gazette. I commend all of the reporters for the hard work they must put into this supplement. There was one thing that bothered me though. The editor, a fellow student, in an editorial on independence asked: "Could any of us feel secure if the police force was controlled entirely by Bermudians?" This statement is laced with all sorts of prejudice. I am hoping that Miss Collis meant that it would be better if the police force was externally moderated, as is the status quo. But to make the statement that Bermudians (a sweeping generalization)

are not capable of "controlling" the police force, and to go further by assuming that everyone agrees with her prejudicial statement is outrageous.

Miss Collis went on to further state that "it would be almost impossible for the police force to remain free of corruption". Remain? I don't know which police force in the world this statement is referring to, but I think it's very hard to call any organization, especially the Bermuda Police Service as "free of corruption." Since corruption exists today, with our present status of overseas territory, then the assertion that the UK is the shield from all things bad is erroneous. I am writing because I know that many impressionable young students across the island are going to read Miss Collis' comments and comments like these are what perpetuate the lack of pride in Bermuda that Premier Alex Scott speaks of.

Akilah Beckles Smith's



INSIDER

Concert Dates to Remember
by Eric Berkeley

May 22nd - Teen Idol

July 2nd - Culture Shock
- Freddie McGregor and friends

July 23rd - Cyclone 2005 "You won't stop screaming"
David Radigun vs. Tony Mattehohn

July 27th-29th - Sting Music Festival
Capleton, Ray Goodman & Brown, Billy Paul, Blue Magic, Gentleman from Germany, TOK, 112.

August 20th - Hott 107.5 Soca show

OUTBOX
The Editor replies

The issue of independence is both controversial and emotive. I am free to express my opinion on this matter. The fact that I am Editor of Youth News does not require me to sugarcoat my opinion in order to protect the "impressionable young students" to which Ms Beckles refers in her letter sent on the 12th of May. Quite the contrary, in fact, as it is our hope at Youth News to encourage young people to think for themselves and to express their views without reservation.

I am a Bermudian. My concern about an all-Bermudian police force has nothing to do with prejudice. I have every confidence in the quality of individual members of the police service, but I would be just as concerned about a police force anywhere that is manned and controlled entirely by a small, tight-knit group of people. If every one of us had a friend or relative in the police service, justice would slowly be sacrificed to favoritism and patronage. Every organisation needs a system of checks and balances for I believe there is a lot of truth in Lord Acton's famous statement: "Power corrupts, absolute power corrupts absolutely".

The foundation of every democracy is a separation of the legislature, the judiciary and the police. In an independent Bermuda, with a population of less than sixty thousand people, it is hard to imagine the achievement of any true separation of these powers. To read prejudice into my statement is to perpetuate the all too widely-held belief that criticism of independence, like criticism of almost anything, has a racial overtone or is derogatory of some segment of our society.

I did not suggest, as Ms Beckles asserts, that "the UK is the shield from all things bad". However, it does provide an independent check and balance to our political system at little expense to Bermuda either in terms of money or freedom. I subscribe to the philosophy that "if it aint broke, don't fix it". We are self-governing, have freedom of travel, enjoy a high standard of living and have another nation to give us a hand when we need it. There is no "lack of pride" in my views. I am proud of Bermuda just the way she is. We have the best of all possible worlds and I think that is something worth hanging on to.