



THE LEHIGH VALLEY CHARTER HIGH SCHOOL FOR THE PERFORMING ARTS

February 2011

Volume 3: Issue 4

How Skinny is too Skinny?

By: Abby Ariza and Jokabel Del Villar

Physical image is something a lot of teens obsess over. We all have those days where we stand in front of a mirror and intensely criticize ourselves: "I wish I was a bit taller, shorter, skinnier, fatter," and so on. We all have issues with ourselves because the truth is, as humans, we're never really satisfied. There are some people who have extreme issues with trying to control their weight, and often times what develops is an eating disorder. Whether it is bulimia, anorexia, or a crazy diet, eating disorders are everywhere, and we all know at least one person that has struggled in the past with or is currently suffering from one. In fact, up to 24 million people of all ages and genders suffer from an eating disorder in the U.S. alone.

ANOREXIA

A person with anorexia constantly thinks about food – how many calories, how many fat grams, how much exercise is needed if you eat a carrot? These obsessive compulsive trends begin to control a person's mind 24 hours a day, 7 days a week. Often, meals are avoided or eaten very slowly, pondering each bite, fearing that eating will surely make one fat. A person's entire life can be centered on this one issue, depriving themselves of joy, friends, fun and family. When a person with anorexia looks into a mirror, he or she does not often see an accurate reflection. Yes, we are all self-conscious, but anorexia takes self-consciousness to another level. According to the National Association of Anorexia Nervosa and Associated Disorders, warning signs for this disorder include:

- Deliberate self-starvation with weight loss
- Intense, persistent fear of gaining weight
- Refusal to eat or highly restrictive eating
- Continuous dieting
- Excessive facial/body hair because of inadequate protein in the diet
- Compulsive exercise
- Abnormal weight loss
- Sensitivity to cold
- Absent or irregular menstruation
- Hair loss

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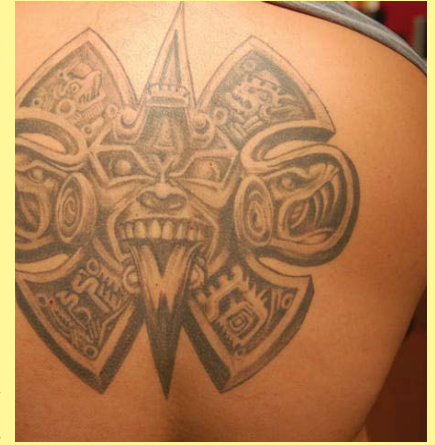
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LOCAL ARTIST OF THE MONTH



By: Kalina Mellman

As many of you know, we as young adults live in a culturally rich community. A good number of local artists who are nearly obsessed about their art form live in our area; one of these local artists is Steve Lemak. Steve Lemak is a local tattoo artist and owner of The Quillian. He is located in Allentown, along with his shop. Not only does Lemak work with tattoos, but he also does art outside of his profession, "I used to do so much other 2-d art before my schedule had gotten to the point where it is right now. Painting with oils were really my favorite; however, I have had a chance to work with 'open acrylics,' which I think work as a nice alternative to the pungent oil paints."

When asked what is it like tattooing, Lemak replies, "Tattooing is a bizarre combination of painting, pen and ink, printmaking, illustration, 3-d design, bio-hazardous waste handling, paperwork, and safety checking. Straight up, the act of tattooing is a dangerous activity. The artist deals with blood every single day he/she is in the studio. Rigorous cross contamination controls must be adhered to. The fact that the tattoo artist has very little info on the client's type of lifestyle is paramount. We normally have a small view of the person's that we will be tattooing, but that's it. We must assume that every single person is contaminated. That is the only way to keep everyone safe...Tattooing has a technical, mechanical side of it. Skin types are different from person to person as well."

Although there are many styles of tattooing, Lemak prefers to add his own personal touch to his style. "Right now I'm okay with letting my nerd side come out. I've always like heraldry items (shields, helmets, dragons, griffins etc.), so I'm enjoying a lot of that right now, but it changes from time to time. I like tattooing space, too: planets, universe stuff, etc. But I may be onto other things by the time this is printed."

For more information on Steve Lemak's work and his shop (The Quillian), go to <http://www.thequillian.com/>

Skinny (from page 1)

BULIMIA

Unlike anorexia, people with bulimia can fall within the normal range for their age and weight, but similar to anorexia, they have a secret obsession that is life threatening. People who suffer from Bulimia binge and purge their food. A binge is defined by several characteristics, including consuming a larger amount of food than most people would eat during the same time period or consuming potentially thousands of calories within a shorter period of time (typically 2 hours or less). After bingeing, a person will then throw up all of food they have just consumed (purging). It is important to recognize that purging rarely works well for weight loss; it actually only causes the loss of water weight. Vomiting is ineffective; it has been reported 50-75% of the calories have already been absorbed. Bulimia is risking your life for no good reason at all. Symptoms include:

- Preoccupation with food
- Binge eating, usually in secret
- Vomiting after bingeing
- Abuse of laxatives, diuretics, diet pills
- Denial of hunger or drugs to induce vomiting
- Compulsive exercise
- Swollen salivary glands
- Broken blood vessels in the eyes

Help is Available!

Eating disorder prevention and help is available both nationally and locally.! If you feel you or a friend needs attention, feel free to contact National Eating Disorders for professional help. National Eating Disorders: 1-800-931-2237

To receive a list of doctors, nutritionists, counselors, and inpatient and/or outpatient facilities in your area visit: <http://www.nationaleatingdisorders.org/get-help-today/treatment-provider-disclaimer.php>

Also, don't forget about our guidance counselor! The counselor here at LVPA are fantastic and have many resources available to you. Plus, they really do care about your well-being, so don't be afraid to ask for help!

Though it may be one of the biggest barriers, self- help can have a very big and positive effect when overcoming eating disorders. It is very tricky as well because as we all know disorders like this are strongly mental. The patient must first make the decision to be healthy. Those who have eating disorders become very isolated as the disorder develops. The first step is moving closer to friends and family. Keep a journal! Begin to express yourself again; realize what was taking over your life and why it happened. The biggest and last step is accepting yourself just as you are. Physical beauty never plays a big role. Whenever you don't feel 'good' enough, remember: the greatest treasures are those invisible to the eye but found by the heart.

Information provided by: nationaleatingdisorders.org



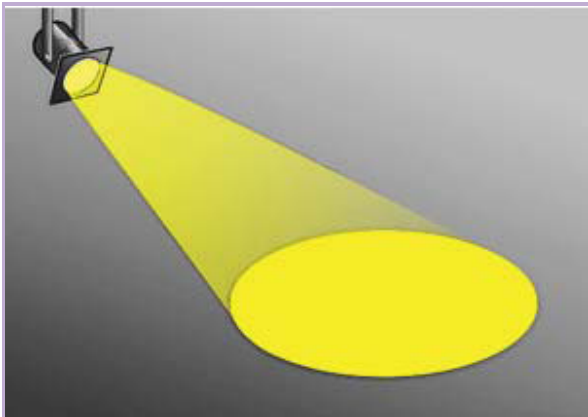


Ten Steps To Positive Body Image

One list cannot automatically tell you how to turn negative body thoughts into positive body image, but it can help you think about new ways of looking more healthfully and happily at yourself and your body. The more you do that, the more likely you are to feel good about who you are and the body you naturally have.

- 1.** Appreciate all that your body can do. Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you --running, dancing, breathing, laughing, dreaming, etc.
- 2.** Keep a top-10 list of things you like about yourself -- things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about you.
- 3.** Remind yourself that "true beauty" is not simply skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful regardless of whether you physically look like a supermodel. Beauty is a state of mind, not a state of your body.
- 4.** Look at yourself as a whole person. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you -- as a whole person.
- 5.** Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.
- 6.** Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.
- 7.** Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
- 8.** Become a critical viewer of social and media messages. Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages: write a letter to the advertiser or talk back to the image or message.
- 9.** Do something nice for yourself -- something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, find a peaceful place outside to relax.
- 10.** Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.





Student Spotlight

By: Jokable Del Villar



Theatre major Brian Ehst, 14, understudied four roles in Shakespeare's *Much Ado About Nothing* and currently has straight A's. In his middle school choir he had many solos. His most recent performance was "When You Say You Love Me" by Josh Groban. Ehst also took part in many community and professional theatre performances. Brian held the highest English grade throughout his middle school years, and this past summer he attended LVPA's musical theatre camp. His future goals include attending college with a major in theatre and to obtain a role on Broadway. Brian hopes to gain experience in as many things as

possible and to continue his straight A's throughout all of his high school years.

Figure Skater Nia Gunderson-Smith, 17, assisted and choreographed numbers in several ice shows. She also helped direct and edit our Black History Month performance in 2010. Nia has performed at NAACP conferences with poetry and song and has competed in numerous ice skating competitions. Gunderson-Smith's goal is to GET RICH! Oh, and to also become a professional skater and choreographer and to one day obtain a doctorate degree. She hopes to pursue dancing once again and to one day perform in Disney on Ice.



Vocal Major Joseph Ambrosia, 15, is show choir's choreographer, a member of touring choir and president of the Gay Straight Alliance. Joseph has been performing since the second grade, being featured in school musicals and many community theatre productions. Soon he began taking part in regional and professional theatre. Joseph has had private voice lessons for many years and taken dance for over five years. He is now an assistant dance teacher. Summer 2010 he held an internship with The Shawnee Playhouse while continuing dance and voice lessons and will do the same this



upcoming summer. Ambrosia aspires to be a musical theatre major in college, to further his theatre career, and hopes to one day be featured on Broadway.



Senior visual arts major Nicole Gencarelli, 18, was the featured student in December 2010 show and was also part of the "Best of the Summer Series" her junior year. Nicole held the title of activities director for the Art Alliance for two years and had one of her collages showcased at The Banana Factory, located on the south side of Bethlehem, in June 2010. That same summer she attended a pre-college program at the Montserrat College of Art in Beverly, Massachusetts. Her future goals include

graduating college with a double major in art education and studio arts, study abroad, and move forward to obtain her masters. Gencarelli wishes to be able to teach art and one day own her own studio.

16 year old Katya Hrichak is an instrumental major, specializing in Clarinet and Tenor Sax. Katya just finished district band and made it to regionals, an incredible honor for a sophomore! In her free time she enjoys reading, writing (poetry, creative writing, etc.), and hanging out with family and friends. She attended LVPA's summer Jazz camp as well as MADCAP's jazz camp. Hrichak wishes to attend college for creative writing and music. If you see Katya on your way to class, make sure you congratulate her on making it to Regionals!



Senior dancer Erin Puskar, 18 is new to LVPA! She previously attended Central Catholic for her first three years of high school. Erin was a part of dance soup and is currently a part of touring choir and The National Honors Society. Outside of school, Erin attends Steps in Time Academy for Dance and recently took part in the Ballet Guild of the Lehigh Valley's Nutcracker at Lehigh University. She also attends vocal lessons and is song leader at

St. Elizabeth Church. This past summer Puskar took part in Point Park's summer dance in Pittsburgh, PA. Erin Puskar wishes to attend college and continue singing and dancing. She also aspires to teach dance.



FACT OR FICTION?

By: Kalina Mellman

Did you get the last Fact or Fiction? The two articles that were true were, Woman VS. Cow (cow wins) and Man Shot in Head and Unaware of it. Try your luck this time.....

SUICIDAL NEW YORK MAN LEAPS, ONLY TO BE SAVED BY GARBAGE

Sunday January 2nd, 2011, Vangelis Kapatos, 26, leapt from his 9th floor apartment window and lived to tell the tale. Kapatos was hospitalized in critical but stable conditions after jumping out of his apartment on West 45th Street on Sunday afternoon. New York police said the trash bags below broke Kapatos' fall and that he had not left a suicide note after jumping. Katharina Capatos, (who spells her last name different from her nephews') had this to say: "He was severely depressed and had spent a month in the psychiatric ward at Bellevue Hospital before being released last week. He was also worried about the possibility of being evicted from his \$572-a-month rent-stabilized apartment"

PENGUIN STROLLS INTO LIONS' DEN

An extremely mischievous baby penguin, named Leona, found a way to outsmart her care taker. Somehow the penguin escaped while Reuters Zoo in Germany was experiencing harsh winter weather. A visitor saw the African penguin, born in September, taking a hike through the lion enclosure. Thankfully the lions were asleep when this brave yet dumb penguin strolled through. It took the zoo keepers about a day to lure the baby penguin out with a trail of herrings. Leona is happy and safe in her own space.

CRAZY BILLY GOAT

On January 10th, 2011 a small town in Pennsylvania was held under an evil billy goat's terror. The townspeople of Centerport, PA cowered in fear as the crazed billy goat tore through store windows and even homes of the unlucky civilians. The rampage started early January 9th at 8:15 a.m. Sarah Smith, a victim of this madness, responded: "This crazy goat came through my living room window and destroyed everything in its path. This thing even broke my Christmas ornaments! Stop this crazed goat!" Sarah wasn't the only unlucky one left to the mad hooves of this billy goat. Police had only this to say after cornering the wild eyed Billy Goat: "This goat will never harm anyone ever again." The goat is now serving time up in a rehabilitation center for troubled animals.



Escape the Fate- Wednesday, February 9, 2011

Jimmy Eat World- Saturday, February 12, 2011

Fetish Valentine 3- Friday, February 11, 2011

The Greater Risk- Sunday, February 13, 2011

Fools for Rowan- Thursday, February 17, 2011

Ill Nino- Saturday, February 19, 2011

The George Tour Benefit- Sunday, February 20, 2011

Saint Elouise- Saturday, February 26, 2011

Upcoming Events at LVPA:

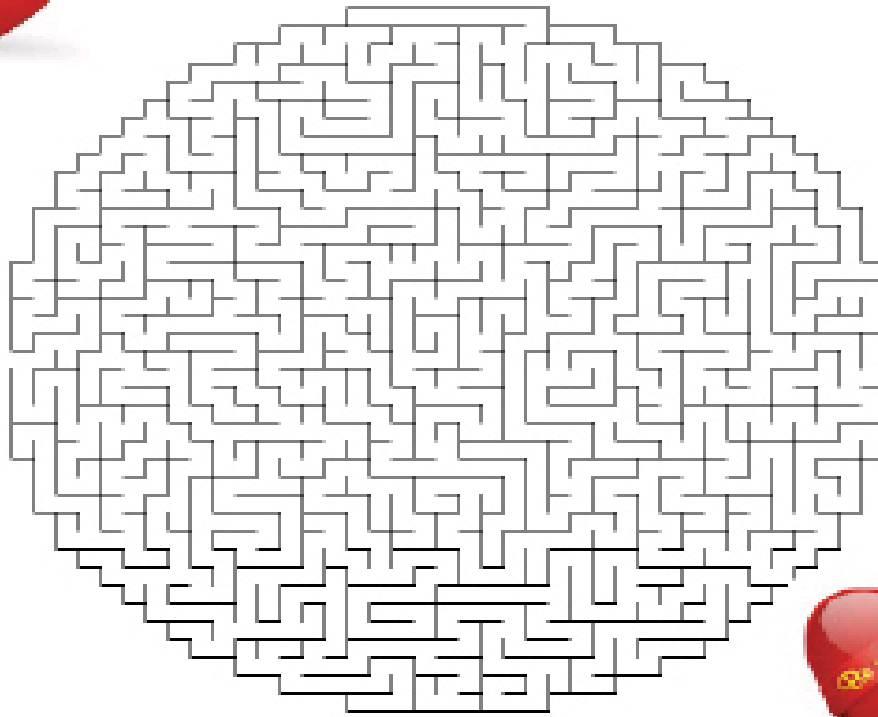
SCHOOL CLOSED FOR TEACHER IN-SERVICE- Friday February 18, 2011

SCHOOL CLOSED FOR PRESIDENTS DAY- Monday February 21, 2011





Be my Valentine



WHY LOCK UP?

By Alex Heesemann

When it comes to schools, LVPA is comparatively very safe and calm. Even so, people can do unpredictable things. Go into any of the hallways with lockers. How many people don't have a lock? If you don't have a lock on your locker, you may feel safe, but remember, prevention is the best medicine. If you don't lock it up, anyone can root through your possessions and take whatever looks appealing. Even more so, if someone takes your textbooks as a practical joke and they never get returned to the teacher, you are stuck paying a potentially hefty fine. What would you rather do, spend five dollars on a lock or spend who knows how much replacing what has been stolen?

If you're looking into getting a lock, you've got two options: combo locks and key locks.

“But I don't know how to open a combo lock!” Well calm down, it's not too hard (as long as you remember your combination). First off, spin the dial past zero three times (spin to the left!). This clears the lock and readies it for your combination. Now that your lock is all nice and clear, spin to the left, directly landing on your first number. Next, spin the dial to the right, going past your second number once before continuing (to the right) and landing on the second number. Finally, spin to the left, hitting your third number. Easy, right? As for a key lock...well, we're in high school. This should be common sense by now.

If you don't already have a lock, stop by a dollar store or a Wal-Mart. Make an effort to protect your stuff or, at the very least, your locker.



WHY CAN'T WE USE OUR PHONES IN SCHOOL?

BY ANTHONY ORTIZ

ONE OF LVPA'S MOST PROMINENT RULES IS "THE CELL PHONE" RULE. CELL PHONE USE IS NOT PERMITTED DURING SCHOOL HOURS. STUDENTS ARE CONSTANTLY GETTING THEIR PHONES TAKEN AWAY FOR USING IT DURING CLASS. I THINK WE, THE STUDENT BODY, ALL UNDERSTAND IT IS DISRESPECTFUL TO OUR TEACHERS IF WE ARE TEXTING DURING CLASS, SEEING AS IT IS THEIR JOB TO EDUCATE US AND PREPARE US FOR LIFE. HOWEVER, WE DO QUESTION ONE THING. WHY ARE WE NOT PERMITTED TO USE OUR PHONES DURING HOMEROOM, STUDY HALLS, OR LUNCH?

IN HOMEROOM WE CHECK THE ATTENDANCE, SAY THE PLEDGE, AND STAND FOR A MOMENT OF SILENCE. WE REALLY AREN'T BEING EDUCATED; THEREFORE, THE USE OF OUR PHONES IS NOT IN ANY WAY DISRESPECTFUL TO ANYONE. AFTERWARDS WE LISTEN TO THE ANNOUNCEMENTS ABOUT UPCOMING EVENTS. IF WE MISS WHAT WAS ANNOUNCED, WE ARE HELD RESPONSIBLE. LUNCH IS BASICALLY A FREE PERIOD AS WELL: A TIME WHERE WE EAT LUNCH WITH FRIENDS AND CONVERSE FREELY, A TIME WHERE NO TEACHER IS TEACHING. THEREFORE, ONCE AGAIN, THE USAGE OF OUR PHONES COULDN'T POSSIBLY BE DISRESPECTFUL.

STUDY HALLS ARE A TIME WHERE WE CAN CATCH UP WITH WHATEVER WORK WE NEED TO DO IN SCHOOL (LIKE MAKE UP A TEST) AND GIVE US TIME TO WORK ON OUR HOMEWORK. IF THERE'S NOTHING TO GET DONE, WE ARE TOLD TO REMAIN SILENT OUT OF RESPECT FOR OUR PEERS. PERSONALLY, I DON'T SEE THE PROBLEM IN STUDENTS USING THEIR PHONES DURING THAT TIME. REGARDLESS IF THEY ARE TEXTING, PLAYING A GAME, OR EVEN LISTENING TO MUSIC, I DON'T SEE ANY DISTRACTION OR SIGN OF DISRESPECT IN THIS SCENARIO.

ULTIMATELY, I THINK IF WE HAD TIMES THROUGHOUT THE DAY WHERE CELL PHONE USAGE WAS APPROPRIATE, I THINK THE NUMBER OF CONFISCATED PHONES WOULD DECREASE. JUST SOMETHING TO THINK ABOUT...



Valentine



M Y H E A R T B E L O S N G S T O Y O C D Y S C R W Z F R A
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ADMIRER
 AFFECTION
 BALLOONS
 CANDY
 DATE
 GIFT
 GREETINGCARD
 HOLIDAY
 TULIPS

ADORATION
 AFFECTIONATE
 BEAU
 CARD
 DEAR
 GIRLFRIEND
 HEART
 TENDERNESS

ADORE
 AMOROUS
 BELOVED
 DARLING
 DECORATE
 GREETING
 HEARTHROB
 TRUELOVE



HAPPY VALENTINES DAY TO ME!

By: Mia Velez

When you hear Valentines Day you either automatically think of your significant other or a love that once was. Maybe your love life is just non-existent. Yeah, I know it sounds harsh, but it all depends on your perspective of it. Now it's time to be your own Valentine; it's time to love and appreciate yourself. Yeah, being in a relationship could be fun and it's nice having someone there for you whom admires you, but the stress, arguing, and heart break isn't always worth it (I think we can all agree on that!). So don't be upset or depressed when your peers are lost in the clouds of love and getting struck by cupid's arrows.

First thing's first: surround yourself with a group of friends whose company you enjoy. You can even pick up a sport or a new hobby. You have to keep yourself busy so you're not lying around pondering the thought of being alone. Go out and have a good time: laugh, smile, be young and enjoy your life. Embrace your youth! Don't waste your time shedding a single tear of loneliness. You want to be independent. You shouldn't depend on anyone to bring you the gift of happiness. It's already held within you, just look a little deeper. It can be fun to be single and meet new people!

Hold your own hand and be strong. Valentines Day stands for love, not just for couples but for all of us. And when you're single, power anthems are the best, like Beyoncé's "Single Ladies (Put a Ring on it)." They're a lot more fun when you really mean the lyrics! Just put a smile on and enjoy your Valentines Day!



Find Your Compatible Sign:

By: Mia Velez

Aries is most compatible with Gemini, Leo, Sagittarius, and Aquarius

Taurus is most compatible with Cancer, Virgo, Capricorn, and Pisces

Gemini is most compatible with Aries, Leo, Libra, and Aquarius

Cancer is most compatible with Taurus, Virgo, Scorpio, and Pisces

Leo is most compatible with Aries, Gemini, Libra, and Sagittarius

Virgo is most compatible with Taurus, Cancer, Scorpio, and Capricorn

Libra is most compatible with Gemini, Leo, Sagittarius, and Aquarius

Scorpio is most compatible with Cancer, Virgo, Capricorn, and Pisces

Sagittarius is most compatible with Aries, Leo, Libra, and Aquarius

Capricorn is most compatible with Taurus, Virgo, Scorpio, and Pisces

Aquarius is most compatible with Aries, Gemini, Libra, and Sagittarius

Pisces is most compatible with Taurus, Cancer, Scorpio, and Capricorn





Ask Abby

By Abby Ariza

DEAR ABBY,

I DID SOMETHING PRETTY MESSED UP TO MY BEST FRIEND AND NOW WE'RE NOT TALKING. I REALLY WANT TO BE BEST FRIENDS AGAIN; WHAT SHOULD I DO?

I'm assuming you've apologized to him or her for anything you have done that may have been hurtful. This person is your best friend, and although you are entitled to an opinion, you cannot lose sight of being respectful. Remaining respectful and assertive while getting your point across is key. You guys love each other; I mean, HELLO, that's why he or she is your "best" friend. It's not just a title, it's a promise, remember that.

Yes, I know you guys are not speaking right now, but this will blow over. Once you have done all you can, you should allow time for space. Apologizing can be done in a number of ways, such as writing a letter or sending flowers or any thoughtful act in hopes of making things better. After you apologize there is nothing left to do but wait for your best friend to come around because everyone makes mistakes. It's the only way to go about life. We learn from our mistakes and grow. Look, I'm sorry if your friend never starts talking to you. Unfortunately, nothing is forever, and even though it hurts, it really is inevitable. If he or she cannot accept your apology after the situation has been given some time to cool, then you two were just never cut out to be best friends. In the end you want a best friend that'll stand by you through anything. Your true best friend will always stay with you through thick and thin.

I'M DATING A BOY I REALLY LIKE AND CARE ABOUT. HE KEEPS INSISTING WE GO FURTHER THEN MAKING OUT. I'VE NEVER GONE FURTHER THEN THAT WITH ANYONE. WHAT SHOULD I DO?

You know what you should do? You should do what you want to do! No one knows your comfort zone better than yourself. You can't really ask others what to do because everyone is different. Each and every one of us develops at separate times. The truth of the matter is, you have to do in what you believe in and what you feel is right. Don't worry about disappointing anyone because the only person you should be worried about is yourself. Boys come and go, but you have to live with yourself forever. You and I both know that there are many individuals out there that compromise their self respect to have a boy as their significant other in a relationship status on facebook. It's sad, but true. Your reputation is everything in today's world, and three minutes of fun and games can turn into a lifetime of misunderstood actions. You shouldn't feel pressured into doing anything. You shouldn't feel rushed. You have to talk with your boyfriend about all the possibilities and gain a mutual respect for each other on a deeper level. If he's true to you and your morals, he'll stay. Only a jerk would pressure you past what you are comfortable with. At the end of the day, it's what you want.

Remember to submit your question to the Ask Abby box in room 101! Remember: be anonymous!

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