

SHOWOFF *teen*

1st ISSUE
EVER

SPRING | SUMMER 2007



*natural born
leaders:*

- Miss T
- Bermmy
- Leron Minors
- Blake Sonnenfeld

GET FIT
NOT FAT!

Tips for a healthier lifestyle

**PUNKY &
PRETTY**

*prom looks
that'll rock
your big night*



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DREAMS! Most great ideas start with a simple dream.

Patrika Dill

Working on this first issue of **SHOWOFF Teen** has been liberating, fun and exciting. I can say with confidence that there are many outstanding teens present in our community. Interviewing, constantly talking to students, reading and editing the writers work has been an awesome experience. Our contributors Krystal, Shanteerah, Scott, Jo-rena, Raisa, Megan, Tiffany, Janaesha, Shayla and Debbie have made my experience of compiling Bermuda's first teen magazine enriching and unforgettable.

Anything worth doing is worth doing well! I had the opportunity to speak with many of our outstanding teens who are featured in this issue. Impressed doesn't begin to explain how I felt after talking to them. Confident, motivated and determined, these exceptionally gifted, talented and intelligent teens are destined for great successes.

An idea transformed to a reality, the only thing that stands in the way of making a dream a reality is lack of action. In this issue we have featured Berm y, Miss T, Blake Sonnenfeld, Alexis Bean, Rebecca Sharpe, Matthew Madeiros and Rachel Clark, students just like you who are fulfilling their dreams by actively practicing and participating in the things that make them happy. Remember, "If you can believe it, you can achieve it". Do you have a plan to put your dreams and ideas into action? Perhaps SHOWOFF Teen will motivate you to follow your dreams and take the necessary steps to make them a reality. Enjoy!

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Krystal Smith

WHAT IS YOUR FAVOURITE FOOD?

I love lamb, and anything barbequed.

WHAT IS YOUR FAVOURITE SUBJECT AND WHY?

English Literature. I love reading, because it takes me out of my own life for a while and I can be whoever I choose to be. With writing I get to voice my opinions.

WHAT IS YOUR FAVOURITE THING TO DO?

Besides reading, I love to dance. I would hate life without ballet. It really completes me. I feel confident on stage with the bright lights. It's only me up there doing what I love the most.

TELL ME A QUOTE THAT YOU LIVE BY.

Learn from every life experience. I have made mistakes in my life, but what I always remember is to not regret anything. Regret is a silly thing to feel. Things happen, people make mistakes, so do you, that's just how it goes.

WHAT ARE YOUR GOALS?

The goals I have for my life is a family. I want to raise my children with the best education possible, education is very important to me. I want to be a well-respected English professor with a PhD in English Literature.

INTERESTING FACTS ABOUT YOURSELF.

I am the third oldest in a family of ten. I am a Christian and I know that all that I am is because of Him.

WHAT IS YOUR FAVOURITE FOOD?

My favourite foods are candies and definitely a combination of milk and cookies.

WHO IS YOUR FAVOURITE TEACHER/ SUBJECT AND WHY?

I attended The Berkeley Institute. Mr. Q. Paynter, my English teacher, was my favourite teacher because he taught me to express myself through writing. Miss. L. Ebbin was another favourite because she helped me understand the mind-blowing task of math.

DESCRIBE YOUR MOST MEMORABLE VACATION OR HOLIDAY.

When I was 10, I traveled to Disney World to meet my daddy's sister for the first time, just a year and half later she died.

WHAT IS YOUR FAVOURITE THING TO DO?

I love to cook, read and most of all remain content with life and my accomplishments.

TELL ME A QUOTE THAT YOU LIVE BY.

"A mistake is just a mistake if you never learn from it." I live by this quote because life is full of mistakes. It is up to me to learn from my mistakes and the mistakes of others.

WHAT ARE YOUR GOALS?

My goals are to embark on a journey through life that will benefit my family, my country and myself and have fun doing it.

Raisa Simons-Smith



the gap year

DREAM IT, PLAN IT, MAKE IT HAPPEN!

BY: STACEE SMITH

THE BIG DECISION :

So you're in your last year of high school and the pressure is on. "What do I do next? Where will I go?" Everything is happening so fast. Colleges and Universities may seem like a daily preoccupation among you and your friends. You may feel like you're almost forced to select a school where you will continue your education. Have you ever thought of taking out the time to re-group before moving on to such an intensively studious environment? Listen to your instincts and move at your own pace. Take a gap year between high school and university to immerse yourself into the culture and customs of another country. Now is the perfect time to travel to a place where you always wanted to go.

WHAT CAN YOU GAIN? :

A gap year is a great opportunity for you to reflect and discover the answers to questions such as "What are my goals? What do I want to study?" By experiencing a different culture you will learn valuable information and develop personally in all aspects of life. You can do all of this while exploring the world around you.

EXPLORE :

Your options include programs such as the Rotary Exchange, Class Afloat or The Duke of Edinburgh Award Year Out. Or, WHY NOT DO YOUR OWN THING? Start from scratch, think of what interests you and create your own excursion. Will you backpack around an entire continent, volunteer in an impoverished area, teach English as a second language or will you simply enjoy the ride on an ever-chang-

ing wave of experiences? Don't forget there are around the world tickets these days so you could go continent hopping if you really want to get wild!

IMMERSE YOURSELF :

I spent a year immersed in the culture and language of Spain. During my first three months, while staying with a host family, I took an intensive Spanish course at a language school and the rest was history! Initially nothing else was concretely planned but I soon realized that I could never be idle in a place where the opportunities were absolutely endless! Regardless of the amount of time you spend in a country, step into the shoes of a native. Immerse yourself in their culture. Try the local dishes, sing their songs and learn as much as you can about their way of life!

VISIT NEIGHBOURING COUNTRIES :

If you plan on spending most of your time in one country make sure to save enough money to visit neighbouring countries. In Europe, for example, there are many reasonable rates across borders. The Eurail is economical and convenient.

DID I TRAVEL ALONE? :

If you have a good friend or relative that is also interested, travel with them. Keep your numbers low because more than two or three is a crowd and can make booking travel arrangements and accommodations difficult. Plus it makes the adventure just that much more enjoyable when

ME



you're sharing them with someone you really care about! However, if you go alone it's incredibly enriching because you have more freedom to discover yourself!

TAKE ADVANTAGE OF EVERY OPPORTUNITY!!

Have a BLAST and live each day to the absolute fullest. Now, you obviously know where to draw the line but GO FOR IT! There wasn't a day that went by where I wasn't absolutely over the moon about being in Spain! In fact, there wasn't enough time to involve myself in all the things I wanted to. What are you waiting for? Start planning your adventure of a lifetime!

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