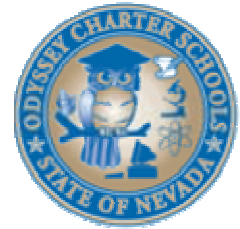


The Odyssey Review



TEC Club's First Event Successful!

TEC Club's First Event a Huge Success!

By Ms. Mendoza

The TEC Club held its first major event of the school year; a night at a Wrangler's hockey game. According to teachers and students alike, the event was an astonishing success! As a result of the smooth-running event, the door has been opened for more activities initiated by the TEC Club.

Several factors contributed to the success of the event. First, the night was exciting. Music echoed throughout the game. This set a festive tone in the arena. Odyssey students would leap to their feet and dance as their favorite tunes permeated the air. Second, the hockey teams played vigorously. The opposing team (from California) had played the Wranglers the previous night (Thursday). They had lost badly to our team. As a result, the California team was hungry for a victory and revenge. Tempers flared among the players. Several fights between athletes ignited within the first fifteen minutes of the game. Although some adults disapproved of the unnecessary violence, many people in the audience egged the players on.

Another key to the success of the evening was the excellent behavior of the Odyssey students. Prior to the game, the pupils were given a set of rules to follow. According to the adults, the students honored them. "The kids behaved in a respectful and mature manner," said Mr. Panico, an Odyssey staff member and chaperone.

An underlying goal of this TEC Club event was to provide a setting that would allow students to know each other. This goal was accomplished. Because of our unique charter set up, many students do not know pupils who also attend Odyssey. During the game, students sparked conversations with other Odyssey teens they had never met. It didn't take long for the students to feel comfortable with their new friends. By the end of the first period, they were chanting together, hollering for the team together, and enjoying the evening together.

The night was capped with a joyous bus ride back to the school. During the trip, several students began chanting favorite road trip songs. Although the impromptu musical group didn't sing in perfect harmony, nobody seemed to care. At one point, the person leading a song became flustered and flubbed the lyrics. Everybody responded with a roaring laughter.

As soon as the bus arrived to the school, the chaperones began praising the students for behaving so well. In fact, they gave the students a round of applause. At this writing, the TEC Club is planning its next event. Because of the success of the club's hockey event, many are confident that the next event will also run smoothly. The night at the Wrangler game is a night that Odyssey will never forget.



Cassandra Robinson, left, strikes a pose for the camera during the game. Photo on the right: Nadia West and Noel Blair pause for a break after cheering for the Wranglers!



A scene from the game: Players from both teams played vigorously.

Announcement: Publications Needs YOU

The yearbook staff will be devoting a section to the talented students of Odyssey!

We would love to take a photo of students wearing or holding something symbolic of their talent.

For example, we have already taken pictures of golfers holding trophies, tennis players wearing their uniforms, musicians strumming their guitars, and so on. Please email Ms. Mendoza as soon as possible. The yearbook deadline is around the corner.

Health and Beauty



Some Things You Should Know About Acne by Joanna Hernandez

What is acne?

Acne is the appearance of blackheads, spots and pustules on the face, back and chest. Even though the popular belief is that it only occurs on teenagers, it also affects 25% of all adult men and 50% of all adult women at some time.

While acne affects people physically, it affects us emotionally too. Acne affects most of us sooner or later. Unfortunately it isn't exactly something we like or want to have. It has always been something we hope goes away. Many feel that acne makes us look bad. This hurts our self-confidence. It doesn't help when acne appears during the most unwanted times like during the prom, right before a date, birthday, etc.

How does acne start?

For a lot of people, acne starts during the teenage years. At this stage the body starts to produce hormones called *androgens*. Pores get blocked when there are dead skin cells, bacteria, and oil on the skin's surface. Inside the blocked pore, the bacteria bunches up. The skin becomes irritated. That causes inflammation, leading to the spots and pustules associated with acne. Even though it is often genetic, it can also be caused by some medications, steroids, heavy or oily makeup. Over abrasive cleansing, and picking on acne is bad. Doing this may cause bacterial infections to go deeper into the skin and can cause scarring.

What can teenagers do to lessen the effects of acne?

A good way to help acne from getting worse is by exercising. When you exercise, you increase the blood flow to the skin. This provides oxygen to the skin cell which will in turn improve the fitness of your internal organs. This will help rebalance hormones and will reduce stress. Showering after exercising is important. You have to wash away the sweat where bacteria can grow. Another way to help acne is by controlling stress. You should learn to relax more!

How can teenagers eat better so that they do not get acne?

Acne is different for everybody, so there may be certain foods that may cause flare-ups in your skin. These foods should be avoided. We have been told many times by our friends and family of foods that can make you get acne. You should try to cut down on foods that can aggravate (make worse) acne. Eat more foods that can help alleviate (lessen the effects) acne. Don't let acne rule how you feel and look all the time. Remember that most of us go through this experience.

Aggravating-acne foods

- >Red meat (beef and pork)
- > Dairy products (milk, cheese, yogurt, cream etc.)
- >White rice
- >Spicy food
- >High fat foods (deep fried foods)
- >Salt
- >Caffeine
- >Processed foods (ready meals, tinned meals etc.)

Alleviating-acne foods

- >Organic chicken, organic fish, veggies mince
- >Goat's or sheep's milk/cheese, soy milk/yogurt/cream
- >Brown rice, chick peas, lentils
- >Fresh ginger, mild chilies
- >Stir fry with minimal oil
- >Tamari (soy sauce without yeast)
- >Herbal teas
- >Tinned fruit/vegetables in water or own juice

Health and Beauty

Some Things You Should Know About Eating Disorders by Joanna Hernandez

Bulimia and Anorexia Nervosa

Bulimia nervosa involves repeated episodes of binge eating, followed by ways of trying to purge the body of the food or of expected weight gain. People can have this condition and be of normal weight. **Anorexia nervosa**: people with this condition starve themselves. Anorexics refuse to maintain a minimally normal body weight. In severe cases, anorexia can be life-threatening. The common belief has always been that only females get eating disorders, but this is not correct. Males often begin an eating disorder at older ages than females do, and they more often have a history of being overweight. Anyone who overvalues physical appearance can contribute to an eating disorder by making critical comments, even in jest, about their friends and families bodies. Some times appearance-obsessed friends or romantic partners creates pressure that encourages eating disorders. Pressures to be abnormally thin can occur in many situations. The entertainment industry, dance companies, and school cliques can provide an environment that pressures young people in an unhealthy way.

BULIMIA

SOME SYMPTOMS AND SIGNS

BEHAVIOR :

Eating unusually large amounts of food with no appearances of change in weight
Frequent trips to the bathroom after meals, signs and/or smells of vomiting
Creating schedules or rituals to make time for vomiting sessions

PHYSICAL :

Unusual swelling of cheeks or jaw area
Staining or deterioration the teeth (due to vomiting/stomach acid)
Weakness or fatigue

EMOTIONAL :

Sense of loss of control
Preoccupation with body weight, excessive dieting, and control of food
Severe self-criticism

SOME EFFECTS OF BULIMIA :

Bulimia has serious medical and psychological implications. Some effects that bulimia can have on you include teeth and gum problems, digestive problems, muscle loss and weakness, and chronic kidney problems. *EMOTIONALLY* it can be draining. People suffering from bulimia often feel shame, guilt, depression, and have a low self-esteem. Family and social relationships are also affected.

ANOREXIA NERVOSA

SOME SYMPTOMS AND SIGNS

BEHAVIOR :

Avoids eating
Denies feeling hungry
Avoids social gatherings where food may be involved
Develops food rituals that allow for eating very little: eats in secrecy, eats foods in a certain order, excessive chewing, rearranges food on the plate,
Eats unnaturally small amounts of food.

Obsession with dieting and weight loss:

- ~Weighs self several times a day
- ~Terrified of gaining weight or being fat
- ~Even when thin, sees self as overweight
- ~Bases self-worth on body weight and body image

Excessive focus on an exercise regimen

PHYSICAL

Dramatic weight loss

- ~Refuses to maintain the minimal normal body weight for age and height
- ~Denies the serious consequences of low body weight

SOME EFFECTS OF ANOREXIA : The most serious health risk from anorexia is death. Anorexia nervosa can affect the heart, damage nerves, cause digestive problems, and cause hormonal changes. Anorexia nervosa can affect a person *emotionally and behaviorally*. Anorexics often have difficulty concentrating on anything else except weight . They can also become isolated from family and friends, can become irritable, and feel depressed. Some anorexics develop a dependence on alcohol or drugs to handle the negative outlook.

Student Corner

A Section Dedicated to Students

Our Students Respond

Odyssey student is inspired to cook by reading article featured in The Odyssey Review.

For me, Joanna Hernandez's article, "Cooking Corner" was most beneficial. My mother is the epitome of a classic Mexican cook. Every morning I awake to the delicious smell of chorizo con papas y huevos. When I get home from the gym at night, as I enter the house, I am immersed in the savoring aroma of homemade enchiladas with beans and rice. Daily, I feast on meals such as tacos, tamales, fideo. My colds are subsided by her warm bowls of "albondigas" (meatball soup).

My father whips up good old country cooking', like buttermilk biscuits with gravy, fried chicken, and green bean casserole. I, on the other hand, know how to cook virtually nothing! The genetics are there, but I've just never spent time in the kitchen. Now that I am getting older, I am starting to feel a sense of urgency to learn how to cook!

I really enjoyed this article. The recipe looks relatively easy. My goal of cooking appears attainable. In addition, it uses some of my favorite ingredients, such as garlic. It was laid out in an easily comprehensible format, so that even a beginner chef like me could prepare it. Maybe, this is just what I need to get me on the path to becoming a great cook, just like my predecessors.

Submitted by Joshua Owens.

Student Plays the Part of Advice Columnist

Recently, Ms. Mendoza assigned an exercise in which students pretend that they are an advice columnist. A HYPOTHETICAL situation was presented to them. Their job was to respond to the letter using utmost wisdom and maturity.

Dear Advice Columnist,

My school has a wide range of students. Some are rich, but more are poor. I happen to be one of the poorer kids. Because of my situation, I have to wear a great deal of second-hand clothes. It is obvious that I don't have money. Meanwhile, the richer kids don fine jewelry, designer clothes, and drive nice cars. I feel that their snobbish demeanor hurts us as a school; it divides us in a way.

About three weeks ago, I decided to take action in this matter. I contacted the school board and I made a proposal: school uniforms should be mandatory at all public schools. The board members listened diligently as I presented my argument. I honestly did not think that I would be taken seriously. I was wrong.

A week ago, the principal announced that because of my proposal, a bill favoring mandatory school uniforms would be presented to the superintendent!

Needless to say, many students at my school are angry with me. Some have sent me threatening emails; others have insulted me in front of my friends, and so on. Although some kids support my stance, you wouldn't know it. They refuse to speak up.

Should I back down? I am depressed over this whole issue. Help me!

Sincerely,
Activist Ashley

Dear Activist Ashley,

You are doing the right thing by standing up for what you believe is right. You should never let the snobby remarks or threats from peers get you down. You have already solved the hardest part of your problem: making people see your point of view. Your opinion can help change schools for the better.

It's a very good thing we have kids like you today that are striving for a better tomorrow. Don't worry about what others might think of you. One thing you will learn in life is you can't please everybody no matter how hard you try. You will be looked up to more than you know for your diligence on this matter.

Try and not be upset with the kids that agree with you but won't speak up. They are probably very scared from standing out more than they already do because of their looks. I hope that your proposal is approved; you are already a leader. Don't ever lose that trait.

Sincerely, Advice Columnist (Shawna Smith)

Teacher Spotlight & Poetry Corner

Odyssey Reporters Sheena Elkind and Monica Rucker write articles featuring teachers!



Mr. Patrick was born July 27th 1972 in San Diego, California. This is his first year at Odyssey, but he has four years of teaching experience. He came to work at Odyssey because he wanted a new working environment, and new friends. Recently, he and his wife welcomed a baby girl named Jada Elizabeth. Mr. Patrick also has another daughter named Zuri; she is 2 1/2 years old. Mr. Patrick has recommended Odyssey to people who don't like the traditional school system.

Mr. Patrick enjoys many things. He likes watching sports. His favorite football team is the Dallas Cowboys. He has no favorite basketball or football team. He also enjoys playing video games. He doesn't play often, but when he does, he says he enjoys it. His favorite food is Mexican, Chinese, and Italian.

His favorite comedy is "The Friday Series." He also enjoys rap music. Can you figure out what his favorite color is? Yes, it is the color pink because he looks nice in it. When asked how long he planned on working at Odyssey, he responded, "I don't know, but I hope it is for a while."



Mr. Carter has been a teacher at Odyssey Charter Schools for two years. He enjoys this school very much. He was born in Anchorage, Alaska on September 4, 1969. He is a well respected and funny teacher at Odyssey. He loves to hike, travel, play with his kids, read and watch the show West Wing. He seems pretty normal. His favorite foods are Indian and Thai food. He says that sometimes even likes them mixed together! He has been teaching at Odyssey for 2 years and enjoys it very much. He is married, and has two little boys that he loves very much. His favorite football team is the Oregon Ducks. According to Mr. Carter, be careful with the Ducks: "Don't mess with the ducks there fighting ducks!" For music he loves classic rock. He is a big Grateful Dead fan. He enjoys a dash of Pink Floyd. His favorite color is green, which proves that he is true to his team!



Mr. Mathew Ladwig is the Web Design and 3D Animation teacher at Odyssey High school. He has been a teacher at Odyssey for two years. During his time at this school, he has noticed how it has benefited students and teachers. He feels that the educational level of the teachers is higher, and feels that the students can receive more individual attention here. Pupils can learn a great deal in his class.

One student in particular enjoys his class very much. "I am very impressed with what I have learned so far. Before going into his class I knew very little about websites. Now I know all about websites and the basis to building one."

Mr. Ladwig is originally from Cherokee, Iowa, and is twenty eight years old. Before coming to Odyssey he was the computer science instructor at Telesis Preparatory Academy in Lake Havasu City, Arizona. He is currently attending UNLV and is working on his doctorate degree in technology in education.

He has several hobbies. He enjoys working out, 4 wheeling, jet skiing, boating, hiking, and traveling.

Poetry Corner

Night of Fire

By John Alcantara

The street is on fire
Fire with burning desire
When the sun sets
The racers are ready to bet
The music makes your palms sweat

I feel the streets are wet
After you drift, you hit the acceleration
Just use your imagination
The power is in your car
Just don't drink at the bar

There's a stranger walking through the door
Oh, life was a bore
Her journey is to be a driver
My worst is to be a town crier
Don't act a fool

Just play on the billiard pool
To be a racer's pride
She customizes her ride
The power of the horses
Everybody drive the Porches

I want to be a champion
And she's my companion
The street is on fire
Fire with burning desire
Night of fire

A Professional Athlete Among Us!

An interview with a former professional hockey player: Dr Butz! By Sheena Elkind, Joanna Hernandez, and Ms. Mendoza

Have you ever wanted to meet a professional athlete? If so, you have already met one! Dr. Butz is a former hockey player who was once drafted into the Detroit Redwings. Recently, the Odyssey Review conducted an interview with our executive director.

***How did hockey become your passion, and who were your role models?**

I started skating on a rink in my backyard when I was 3. The favorite players when I was a kid were the guys who played for Team Canada in 1972 Russian Summit Series.

***I understand that you were a semi-pro at one time...I also understand that you were drafted by Detroit. Briefly explain the drafting process.**

I actually played Major Junior hockey in Portland Oregon and later played College hockey in Canada. Players are eligible to be drafted when they are 18 years old. I was drafted by the Detroit Redwings in the 8th round in 1983. I also played professional roller hockey in Los Angeles in 1993 and was a player/coach of a professional roller hockey team in Philadelphia in 1998.

***How did you become so skilled as a hockey player? Did you practice a great deal?**

I played on teams that practiced almost every day from the time I was 12. About the only days we did not practice were those on which we played an actual game.

***Everybody faces challenges...what challenges did you face as an athlete and how did you overcome them?**

I was not the greatest skater, so I had to be smart as far as where to be on the ice and I also played a very physical style of hockey.

***Compare and contrast hockey today and hockey in its heyday during the 1970's and 1980's (I am assuming that it was the heyday...I may be wrong).**

Actually, other than the NHL lockout, I consider today to be the heyday of hockey. The level at which the game is played is much higher because of the influx of players from Europe. The only problem with today's game is that the defense is too good, so the games are lower scoring than they used to be.

***There have been controversies about the use of steroids in the sports. Without naming names, did you know any players who took the drug?**

Many guys I played with and against in junior hockey started taking steroids in the mid 1980's. I did not want to get involved with it so I chose not to.

***What advice do you offer aspiring hockey players or aspiring athletes?**

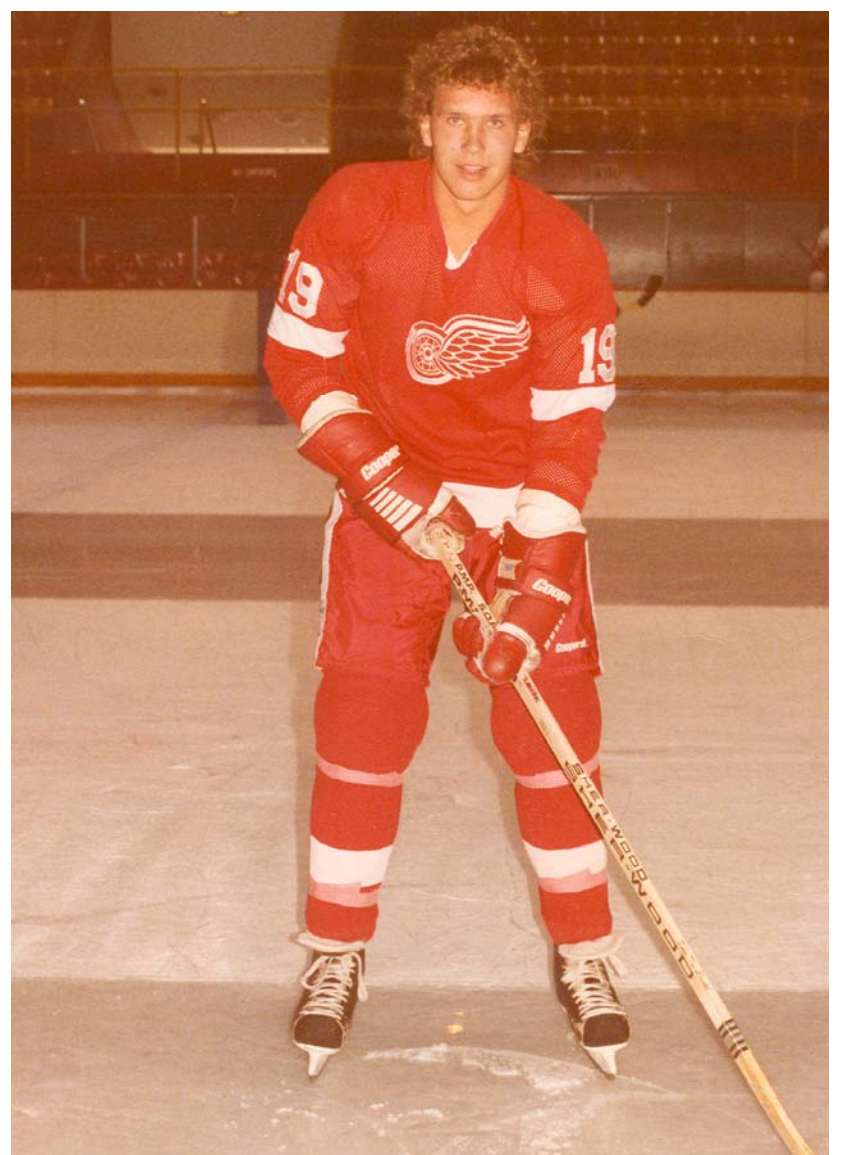
Remember that the percentage of players who actually play a sport as Professionals is less than 1% of those who start out paying, so don't count on having a pro career. Chase the dream, but don't let your education slide.

The NBA Brawl by Timothy Brokl

Only a month into the season and already the craziest things are beginning to happen. November 19th is a night to remember. The Detroit Pistons and the Indiana Pacers had a night in sports they will never forget.

The night when the fight broke out the Super Stars weren't the only ones involved. The audience was even involved. People were fighting on the floor and in the stands. This kind of behavior is out of control.

Should these "Stars" be looked at as heroes or zeroes? I don't believe people should act out in such behavior. As I said it is uncalled for. Our children or anyone for that matter should not look up to these stars and the way they act, whether they're famous or not. People that act this way are not human but animals. Think about it: do you want your children to grow up looking up to these people? Do you want your children to act this way? The behavior displayed that night was totally an act of foolishness and showed irresponsibility.



A younger Mr. Butz, in Detroit, 1983

**The Following Publication Students Contributed to the making of the Odyssey
Review:**

**Marietta Barnes
Timothy Brokl
Sheena Elkind
Joanna Hernandez
Riva Pelter-Price
Lyndsie Roscoe
Monica Rucker
Tiffany Spinks
Shawna Smith**

**All took various responsibilities including taking photos, editing, writing, and
generating ideas.**

Publications Teacher: Ms. Mendoza