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Sparkle: What Every Teenage Girl Should Know

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Alexandria D'Angelo
HPR 401
Sparkle Magazine

I assembled the *Sparkle* mock-up by hand; therefore, the only elements of the project that are savable to a disk are the articles that I wrote for the project. Eventually, I will put *Sparkle* in its entirety into the publication design program that I learned to use this semester, *QuarkXPress*. From there, I will include a copy of *Sparkle* in my personal portfolio and I will also make a copy for the honors office, so that they may have the actual magazine on a disk.

For now, here are the articles.

Sparkle: What Every Teenage Girl Should Know

Alexandria D'Angelo, Journalism

Faculty Sponsor: Professor Linda Lotridge Levin, Journalism Dept. Chair

As a journalism major with an interest in women's studies, I took time to educate myself about the tactics that the magazine media use to sell themselves. I focused on magazines, because I am a print-oriented journalism student with the goal of working for a newspaper or a magazine after graduation.

During my research, I found that there are few publications in this country offering sound advice to problems that teenage girls face on a daily basis. Most magazines for teenage girls focus on celebrity style, gossip and make-up tips. There is nothing wrong with this form of entertainment, especially since it is what most teenagers relate to, but I was disappointed that many publications fail to incorporate stories and tips about real-life issues that are difficult for teenagers to educate themselves about. I feel that teenage girls are being cheated out of valuable information that will help them make decisions that are beneficial to their lifestyles and their health. As someone going into the field of journalism, I know that it is difficult to put a light, fun spin on certain topics to make them appeal to teenagers, but I also know that it *can* be done.

Sparkle is the beginning, the seed, of a dream that I hope to someday bring to completion. It is the culmination of everything that I have been working toward thus far as a journalism major. *Sparkle* is a magazine for teenage girls. It is my own creation, and one that I have been mentally working on since my own high school days.

Sparkle is a magazine for teenage girls. The goal of *Sparkle* is to give young women answers to real-life questions that their parents and friends might not be able to answer or might not want to answer. Every article included in the magazine discusses an issue that affects the lives of young women all over the country at this very moment.

My intention is to remind teenage girls that they have a voice and that who we are is not based on how we look. Sometimes the messages that we are sent through the television and in magazines can be confusing for teens. I know when I was a teenager, I was confused about who I was as a person. I definitely felt like I wasn't pretty enough. It wasn't until later in life that I asked myself the question: good enough for *whom*? I realized then that the "who" that I was so desperately trying to live up to did not exist. When I finally accepted myself for all that I had to offer as an individual, the rest of the world followed suit and the people who didn't, didn't matter. No one ever sat me down when I was a teenager and explained this basic truth to me, and I did not find it in the teen magazines that I was constantly paging through.

Sparkle is my own special creation. I conducted all of the research and wrote the articles myself. I coordinated my own photo shoot for the pictures in *Sparkle* and used real teenage girls who agreed to model for me because they admire and respect my goal. I designed the entire layout, including the cover page and the body of the issue using the program *QuarkXPress*, which I am learning how to use in a journalism class.

The issue of *Sparkle* that I created for this project is designed as the April 2008 issue of a magazine published and distributed throughout the country on a monthly basis. I left space in the spread to indicate where advertisements would be ideally placed. The list of story possibilities for this type of publication is endless, so I also included a list of potential articles for a May issue.

SPECIAL REPORT: DRIVING SAFE

How to avoid getting pulled over and how to handle it if you do.

You hear the sirens roaring and that terrible knot forms at the bottom of your stomach. How will you explain a speeding ticket to your parents? It's a mess that most of us like to avoid.

Sparkle spoke with Lieutenant Joseph DelPrete, of the State Police Chepachet Barracks in Rhode Island and scored some tips on how to play it safe on the road.

Lt. DelPrete works closely with many town councils in RI, discussing the issue of underage drinking and driving. He often speaks about making the roads safer for teens and adults alike. When it comes to driving, who better to take advice from than a police officer?

Cell phones. According to Lt. DelPrete, there are more distractions on the road today than there have ever been. One of the main distractions among teens while driving is their cell phones.

"Teenagers take more risks. What happens with most teenagers is that they get distracted with their cell phones. A lot of them text message while they're driving, which can easily result in an accident," said Lt. DelPrete.

Lt. DelPrete recommends staying off your cell phone while driving, especially if you just got your license or permit. It takes a while to feel fully comfortable behind the wheel of a car and using your cell phone while driving is a potentially fatal choice.

Drinking and Driving. Although dangerous, cell phones are not Lt. DelPrete's main concern. He worries more about underage drinking and driving than anything else.

"Last year, the leading cause of death among teenagers was car accidents. Following suit were homicide and suicide. Unfortunately, alcohol was the leading factor in all three cases," said Lt. DelPrete.

Lt. DelPrete feels that underage drinking, which often results in underage drinking and driving, is a cultural effect.

"Adults look the other way too much, including parents. But drinking and driving is always a bad idea. It's dangerous and can result in the death of the driver and other people," Lt. DelPrete said.

He believes that underage drinking is a national problem that unfortunately results in thousands of teenage deaths each year, most of which are behind the wheel of a car.

If you have been drinking, or if your friend who is driving has been drinking, either stay where you are or call someone who is sober for a ride home.

According to Lt. DelPrete, if a car full of teenagers gets pulled over, it is not only the driver who will be arrested but also everyone else who has liquor with them.

Seat Belts. Lt. DelPrete stresses wearing your seatbelt at all times.

“Seatbelts are extremely important in a car, especially with the way that cars are designed today. Cars are built to rely on seatbelts. Without your seatbelt, you run the risk of being ejected from the car and possibly being run over or landing on your head,” Lt. DelPrete said.

According to a study done in 2005, car passengers who wore their seat belts were two and half times more likely to survive an accident than those who did not wear their seat belts.

Pulled Over. Finally, if you do find yourself being pulled over, don't panic.

“A lot of teens will stop right where they are. For example, they will stop in the middle of the high speed lane instead of pulling off to the side. This is extremely dangerous,” said Lt. DelPrete.

Be sure to pull over to a safe spot on the side of road or highway if a police officer signals you. If you are not in a good spot, the officer will tell you to move.

Place your hands on the steering wheel and if it's night time, turn on the inside light in your car so that the officer can see you.

If you haven't been drinking and you are polite to the officer, you should not have a problem. In RI, and many other states, underage drivers are required to go to Court if they receive a ticket.

At Court, you can plead your case if you feel that you are not guilty. The worst that can happen for a first offense of speeding is that you end up paying the ticket.

Sex.

Whether you're waiting to have sex or you're already sexually active, sex is a major aspect of teenage life and it opens up a whole new world of taking care of yourself and staying healthy.

The Food and Drug Administration recently approved a vaccine for women called Gardasil. Gardasil protects against four common strands of the human papillomavirus (HPV).

In case you aren't familiar with what HPV is, it is the most common form of sexually transmitted disease in the United States today and there are more than 30 strands of it. Some strands of the virus cause genital warts. Other strands lead to cervical cancer. Most strands of the virus go undetected but can have damaging effects on the immune system.

A recent study showed that there are approximately six million new cases of HPV in the United States each year. It is estimated that 74 percent of these new cases occur in girls between the ages of 15 and 24.

There are certain precautions that girls can take to prevent transmission of HPV and other sexually transmitted diseases.

Abstinence is the best way to protect yourself against all sexually transmitted diseases. But if you feel that you are ready to have sex, and that is a decision that only you can make for yourself, then you should always use a form of protection.

The birth control pill, NuvaRing, and birth control shots do not protect against STDs. So be sure to always use a condom if you're having sex.

If you are having sex, make sure that you also visit the gynecologist yearly. Have your mom, aunt or another close older female relative or friend bring you if you don't want to go alone.

If you are worried about your privacy, Planned Parenthood offers confidential services to women and girls in every state and the receptionists would be happy to set up an appointment for you with one of their doctors.

The gynecologist will check for abnormal cells on your cervix, which is a sign of a cancer-causing strain of HPV. If you have these cells and the doctor catches them in time, they can be removed through a minor outpatient surgery. The chance of recurrence with these types of cells is moderate, which is one of the reasons that gynecologists strongly urge you to visit once a year.

Both men and women are carriers of HPV, but only women are affected by it.

According to Dr. Steven Schneider, a gynecologist at South County Hospital in Rhode Island, the FDA is currently working on a vaccine against HPV for men, as well.

"Girls are the only ones who are negatively affected by HPV, but who gives it to them? Boys. So a vaccine for men is also in the works," said Dr. Schneider.

“Most women and all men have no idea that they have HPV because there are no symptoms. It’s a sneaky disease and unfortunately a very common one—but also one that can be regulated easily if you take care of yourself and visit the doctor regularly.”

The Gardasil vaccine does not protect against all strains of the virus. In fact, it protects against only 4 strains—types 6, 11, 16 and 18.

The best ways for women and girls to protect themselves against HPV and other sexually transmitted diseases is to get vaccinated, practice safe sex and visit the gynecologist on a yearly basis.

Remember you’re not alone. As women, we all do the same things to make sure that we stay happy and healthy. =)

How to pick the right college for you

If you're going into your senior year of high school, you're about to know the meaning of the phrase "crunch time." The first semester of senior year is jam-packed with college essays and applications on top of regular homework and assignments.

It can be very overwhelming.

Breathe.

First, save yourself the trouble of filling out more college applications that you need to. Many colleges accept a common application which can be found and easily downloaded online.

If you haven't gotten to the application part of the process yet, and are still trying to determine which school is for you, here are some tips.

Most high school juniors begin receiving letters in the mail and e-mails from prospective colleges hoping to peak their interest. I suggest checking out the school's Web site. If you like what you see, visit the school.

The most important aspect of picking a school is based the program of studies that it offers. Some schools have a stronger college of liberal arts. Other schools are known for their colleges of business, or their colleges of science. Certain schools are known for certain areas of study.

If you have your heart set on a particular program of study, get in touch with the department chair of that program and plan a meeting to discuss what the school has to offer you. It's never too early to begin networking.

Location is a major aspect of determining which school is your best fit. of picking a Some students can't wait for the opportunity to travel. If this is the case with you, then by all means go to school away from home and open yourself to some great new ideas and people.

If you stay within the boundaries of the United States, make sure that you check out the school's study abroad program.

In fact, a study abroad program is an important asset that many colleges and universities offer. Most places offer a semester abroad worth just a bit more than a regular semester of tuition. If studying abroad appeals to you, check out the school's program and make sure, most importantly, that it has one.

There are differences between a school that is located in a city and a school that is located in a rural area. Typically, cities open up a wider variety of people and things to do.

Rurally located colleges promise the traditional college experience, where the school itself is its own world. As far as parties are concerned, they happen at every college. You need to do the math for yourself and decide what appeals to you.

Finances are an important part of choosing the right school. If you are accepted into your first choice school, but your second choice school offers you a scholarship, I suggest taking the scholarship.

If you need financial aid, be sure to fill out the FAFSA on the Web and have it sent to your list of potential schools. Sometimes, a last minute scholarship or aid package can change your mind.

Most importantly, it's an exciting time but don't forget to maintain a good work ethic. Even after you're accepted and you choose your school, your report card will still be sent to enrollment services so they can monitor your progress.

Colleges look for students who show dedication all the way through graduation at the end of May. Show them what you're made of.

Finally, if you don't get accepted into your first choice school, don't be discouraged. Most people don't end up at their first choice schools and end up grateful for where they did end up.

Wherever you decide to go, if you work hard and get involved in activities, you'll have a great experience!

Summer is coming: Do you have a job yet?

You know what looks great on a high school transcript, has the potential to help you generate ideas for college essays, and is just plain old-fashioned fun? An awesome summer job, that's what.

Summertime is typically a time for relaxation. It is the perfect time to get outside, get some exercise and spend time with friends. Imagine if you could do all three of those things and make money at the same time.

There are a number of summer activities, jobs and volunteer positions out there that are great opportunities for high school and college students. When looking for a job, it's helpful to recognize your personal strengths and go from there.

What do you have to offer an employer? What are you good at? It is also important that your place of employment fulfills your criteria, as well. For example, if you prefer quiet summer days, the library is a better choice than a lemonade stand at the beach.

If you enjoy working with children, you might want to apply at a summer camp. Not only will you make friends with the other counselors and even the kids, but most camps run field trips to amusement parks, the beach, and other great places, and you get to go along for free!

Living near the beach has multiple perks and one of them is the great employment opportunities that it provides in the summer. If it is a state or town beach, there is usually a concession stand. You could work the stand for wages and tips.

Are you active? Do you enjoy basking in the sun? The beach and community pools need life guards! You can look for life guarding classes online or in the phone book to get certified.

If you love animals, why not start your own dog walking business for friends and family? You'll be outside enjoying the weather at the park. It will almost feel like you're not working. Or, why not apply at a pet grooming salon and learn useful skills that you may be able to utilize later as a part time job in college?

If you have the ability and the means to travel, you should explore the opportunities of working abroad or in another state. There are multiple programs out there that provide students with opportunities at resorts and universities. You could experience a whole new place and make friends from all over the world, while making money at the same time.

You know what your interests are. There are plenty of opportunities out there so get going!

Boys: We Ask, They Answer

We interviewed three boys with ten basic, fair questions. Let's see how they measured up!

Kyle Logan, 15

Bill Perry, 17

Mark Scalia, 19

Do you think girls and guys have a difficult time understanding each other?

KL: I don't really think about that kind of stuff.

BP: Definitely. We're very different creatures.

MS: If they communicate on a regular basis, then no.

What is your idea of a perfect date?

KL: Skateboarding together and then maybe some Friendly's ice cream.

BP: It sounds sappy, but I'm a big fan of a walk on the beach.

MS: Grabbing a cup of organic tea on Thayer Street and getting to know the girl—her beliefs, her goals, you know that kind of stuff.

What do you find most attractive about girls?

KL: I always notice a girl's smile first. I like tomboys, I guess. I like girls who can just hang out with me.

BP: I like girls who make the first move. I get shy, so when a girl is confident and starts talking to me, it lets me off the hook.

MS: I always notice a girl's hair first. I like girls who have their own sense of style. I love it when I see a girl who isn't wearing the latest trends and still looks good.

Do you worry about what girls think of you?

KL: If I like a girl, I don't worry but I do want to impress her.

BP: No.

MS: No, I don't worry about what girls think of me. I'm too busy worrying about what I think of myself.

What do you think is the most important aspect of a romantic relationship?

KL: Having fun together. I don't like serious relationships, but it doesn't have to be a fling. I think when you stop having fun, it's over. I mean, you have to like some of the same stuff.

BP: Being honest with each other. My ex-girlfriend cheated on me and it really hurt. It still hurts to think that someone so close could lie to you like that.

MS: Laughing. If you can't laugh together, it's not even worth it.

If a genie gave you one wish, what would it be?

KL: To become a professional skateboarder.

BP: To get into Harvard.

MS: More wishes.

Do you think girls should worry what boys think about them?

KL: No, I hate when girls try too hard.

BP: If I'm not worried, why should they be?

MS: Worrying sucks in general.

Do you ever watch women's sport on television?

KL: No.

BP: Not on television, but I love my sister's field hockey games.

MS: I don't like sports.

Have you ever wondered what it's like to be a girl?

KL: Not really, but I have noticed that things are different for girls and boys.

BP: Yeah, definitely. I think girls have some things easier than guys and vice versa.

MS: I think it would be harder. I'm a feminist and I recognize the unfair cultural stereotypes that are still placed on women, even today.

Finally, do you have a girlfriend and how did you ask her to be your girlfriend?

KL: No. I don't want a girlfriend right now. I'm too busy with school and my friends.

BP: I asked my ex-girlfriend to be my girlfriend after our third date. We went to the movies and when I was driving her home that night I told her how I felt about her, which was very strong.

MS: I do. We had a class together and we always made eye contact. One day I just asked her out to lunch and we've been together ever since.

Your Body: The Good, The Bad and The Beautiful

Our bodies are capable of amazing things. The other day I was flipping through the channels on the television and I caught a Discovery Channel special about the way our eyes work.

Did you know that we are the only living creatures who have what is called peripheral vision? This means that we can see almost all the way behind us. Wild, right?

We don't consciously know it, but our eyes are constantly registering everything around us and sending messages to our brains about what we see. All of our senses do this, and thousands of little separate processes work together to keep us alive. It's beyond cool.

Good things come in All packages.

Instead of reminding us about how awesome and special our bodies are, it seems like television and magazines tell us the opposite most of the time. Sometimes it feels like all I see when I turn on the television are advertisements for products that will make me look better according to someone else's opinion of what looks good.

Whether you feel like your nose is too big, you have bad skin, your hair is limp, or you're not thin enough, it feels like there is always something to worry about if you try to measure up to the people you see on the television.

People come in all shapes and sizes—even celebrities. For example, Raven Simone is shaped very differently than Miley Cyrus. Both are beautiful and both have their own popular television shows on the Disney Channel.

Growing up, the thing I worried about most was my weight. Even though I maintained a weight that was considered a healthy, normal weight for my height according to my doctor, I always wanted to be skinnier. There were times that I did unhealthy things to my body to get skinnier. For example, I didn't eat breakfast.

I know now that not eating breakfast, which is important because it gives you the energy you need for your day, can actually stop you from losing weight. Eating breakfast in the morning gets your metabolism going, which means it starts burning fuel and calories.

If you remain active throughout your day, eating breakfast can actually help you maintain a good weight and stay fit. If there's nothing in your stomach, your body doesn't have anything to burn. It gets tired and then when you finally eat, you're probably hungrier than you should be and you might eat more than you should or even make an unhealthy choice about what you eat.

Physicians and researchers developed something called the Body Mass Index, or BMI. BMI uses a mathematical formula based on a person's height and weight, to calculate a healthy weight range. It gets a little bit tricky here, so bear with me.

The BMI is an actual number that represents a person's risk of disease according to waist size. Below you will find a BMI Associated Disease chart and another chart that already does the math for you. You will find your height in the left hand column in inches. Move your finger along your row to the right until you find your weight. The BMI number at the top of the chart over your weight is your BMI. Refer to the

Associated Disease chart to determine if you are underweight, normal, overweight, obese or extremely obese.

After determining whether or not you have a healthy BMI, it is up to you to determine how to either achieve or maintain a healthy BMI. This is how to correctly determine a healthy weight.

If you feel like you want to change something about your body size, do it the healthy way. Instead of jumping on a diet fad or skipping a meal, which is the worst thing that you can do, exercise more or just skip a snack instead.

I know that it can be frustrating because we all want immediate results, but the best way to lose weight and truly keep it off is to do it slowly. Plus, giving up eating for a while or a “liquid diet” or whatever the newest trend is, will all put unhealthy stress and strain on your body and affect your health in the long run.

Pimples: The Enemy

Whether you get them chronically or they only appear at what always seems like the worst times, they are irritating, debilitating and devastating. There are a number of products out there that promise to rid you of your pimples.

Over the counter acne cleansers and creams are only best for the girl with the occasional pimple. If you feel like your zits are out of control or if they are making you feel insecure, a dermatologist is probably your best bet.

Intense cleansers that promise immediate success, such as ProActiv, can dry out the skin. Many people have complained about their lips becoming dry. I have personally tried ProActiv and do not recommend it for everyone. Like every product, it works for some and does not work for others. It didn't work for me because I have a tendency towards dry skin. ProActiv is best for people with very oily skin.

If you want to keep your skin as healthy as possible, I suggest going with a natural, organic product. Specialty stores that focus on organic products, like the grocery store Whole Foods, sell all-natural products made from combinations of food and plant extracts.

Personally, I like these products better because my face feels really clean after I wash it. Why? Because there's no leftover residue from added factory chemicals that most drug store cleansers contain.

What's even better is if you don't have a lot of cash to spend, you can always make your own face wash! There are books and Web sites devoted to instructions on how to make great face masks and washes from products you probably already have at home in your refrigerator!

If you find yourself in a bind the night before prom, toothpaste really does work! Put a dab of toothpaste on your pimple before you go to bed. In the morning, the redness will have diminished and the swelling will have gone down because toothpaste dries the oil right out of the zit.

