

YOUTH UNLIMITED

ISSUE 002B

By young people,
for young people

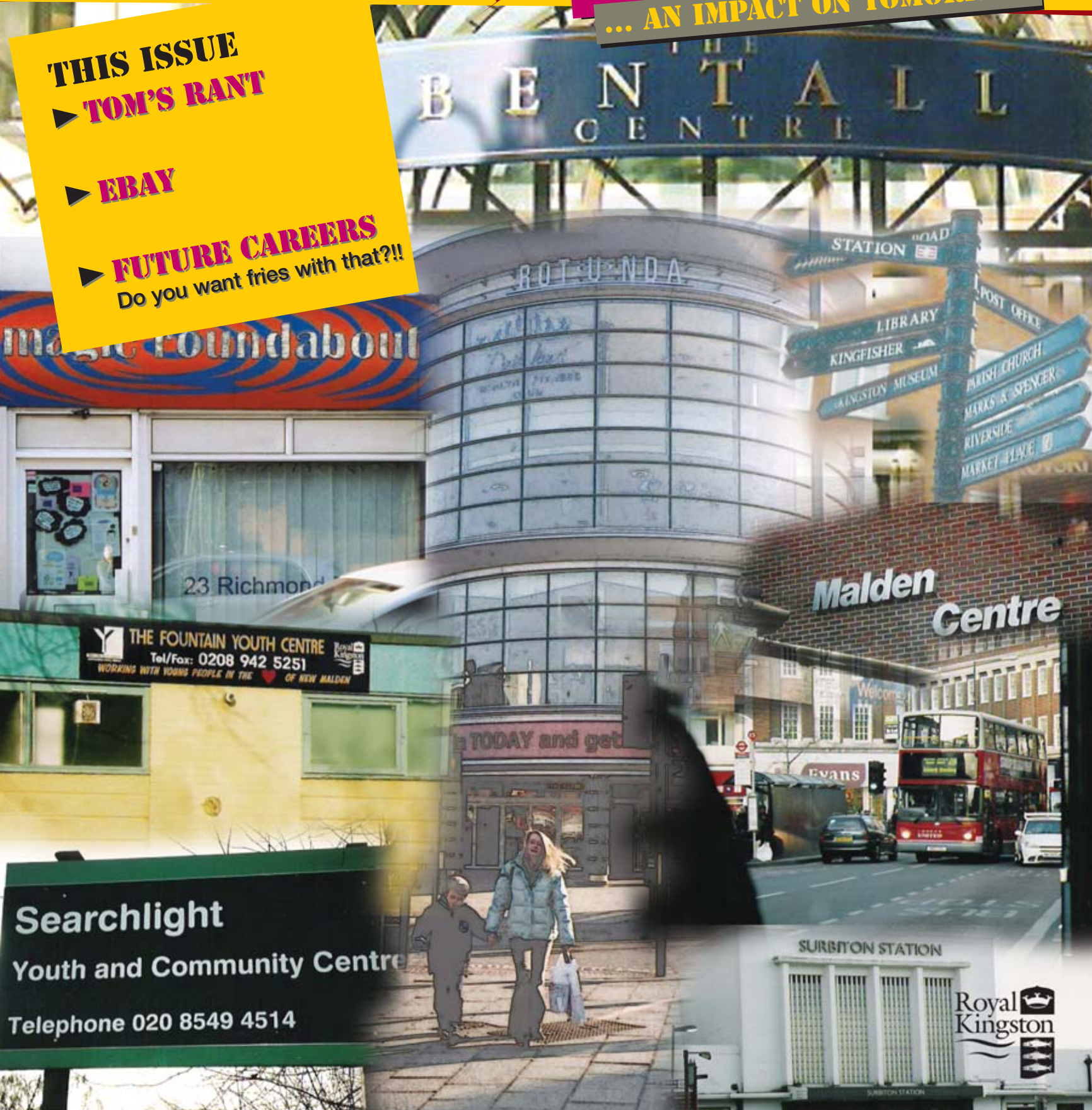
A VOICE FOR TODAY...

... AN IMPACT ON TOMORROW

THIS ISSUE
▶ TOM'S RANT

▶ EBAY

▶ FUTURE CAREERS
Do you want fries with that?!!



Searchlight

Youth and Community Centre

Telephone 020 8549 4514



HIYA

HELLO EVERYONE!!!

It may not seem long ago that we got issue 2a out to you. However, now through the hard work of the mag team we have issue 2b. Dealing with new events, new issues and offering some insightful views into the world we face today. We have a new Member of Youth Parliament, Hamila Moin, and a hard-at-work youth council to report on. As we create these issues it'd be great to hear what you think of them: whether it's mostly irrelevant or the introduction is too cheesy we'd like to know, so please don't hesitate to write in. Anyway for the third time I hope you'll join me in appreciating another term of Kingston's young people.

If you would like to add anything to the magazine or get involved, email us at kyc@rbk.kingston.gov.uk

Enjoy!



THE magic roundabout

BY MICHAEL JOSLIN

It was a late Tuesday evening in November 2005. It was a cold and wet ,and the reporters at the Surrey Comet were just finishing the paper for the following morning. Little did they know that the story they would print on the front page would cause one of the biggest protests Kingston has ever seen.

Magic Roundabout has suffered for years with problems of funding, and it was only made worse by the Primary Care Trust cutting the funding by £7000. It seemed like all hope had been extinguished.

I was cycling to school that day and I stopped at a shop to buy the Surrey Comet. My mouth opened wide with shock and my heart sank when I saw that Magic Roundabout, the counselling centre for young people, was to close. I was so furious and so angry I could not talk, I road off at an electric pace, my only thoughts on doing something about it.

When I arrived at School, I immediately got in touch with fellow young people and political contacts. The consensus within the whole community was outrage with the decision to close this vital centre. The "Save Magic Roundabout" Campaign was formed containing members of Kingston Youth Council and local community figures. We launched a petition on the Kingston Council website to Save Magic Roundabout. The next month was a frenetic haze of activity. We put all of our heartfelt energy into saving something that we felt was vital to the well being of young people in the Borough.

The campaign was a massive exercise involving a huge amount of effort for no reward, apart from the knowledge that they were helping other young people. For me, that was enough. The tasks varied from contacting local councillors and politicians, to organising placards. The leaders of the Conservative and Labour Groups on Kingston Council, Cllr Kevin Davis and Cllr Ed Naylor, signed the petition amongst other

high profile local politicians such as Cllr Mary Reid the Executive Member for Young People. There was a cyclone of media publicity. For the whole month of November the local newspapers were filled with news of the campaign and the words and pictures of youth council members were splashed everywhere.

On the 29th November we were ready as a group to show the Council that young people should not be ignored, that we meant business and that we were a force to be reckoned with. Armed with the signatures of 319 people, we (a group of young people) marched on the Guildhall in Kingston. More than 30 young people waved placards and banners, and sang slogans to voice the opinion that the centre should stay open. I presented the petition to the Council meeting inside and spoke to councillors. It later became clear that Magic Roundabout had in fact been saved. It was a terrific result for all of us as young people. So many people were involved from across London, all for no personal gain.

Magic was injected and the Roundabout goes on! We found the trustees, we found the money and we found the energy to continue Magic Roundabout. I am now the fundraising trustee at Magic and other young people are actively involved. It just shows: we won't be ignored, young people have a voice and young people will not stand by whilst something they passionately care about is shut down.

“ We put all of our heartfelt energy into saving something that we felt was vital to the well being of young people in the Borough. ”

“ We won't be ignored, young people have a voice ”

HOT TRANSFERS

IN THE PREMIERSHIP



BY KEVIN ARULRAJAH



From Southampton to Arsenal

Theo Walcott

Arsene Wenger admits committing what could be an amount of £12million on teenage striker Theo Walker. It may be a huge gamble but Wenger is confident it will prove to be money well spent, as the striker might be a replacement for Patrick Veria.

Walcott cannot sign a professional contract with the Gunners until his 17th birthday on March 16th, and so will join the Barclays Premiership club as an armature until then. They have only paid Southampton an initial fee of £5million, with the rest set to be paid later on as the youngster develops.

From Dynamo Moscow to Chelsea

Maniche

Chelsea completed the loan signing of midfielder Maniche as the Portugal international linked up with Jose Mourinho for the third time in his career. Maniche has joined from Dynamo Moscow until the end of the season, when Chelsea will consider whether to spend up to £5million on him.

From Manchester City to Liverpool

Robbie Fowler

Robbie Fowler has revealed that from the moment he left Liverpool five years ago, 'deep down' he has always wanted to return.

Fowler has completed a fee transfer move from Manchester City on an initial six-month contract.

From Monaco to Manchester United

Patrice Evra

Manchester United have completed the signing of French defender Patrice Evra. The 24 year old came through his medical and signed a three-and-a-half year deal with the Old Trafford outfit. United are thought to have paid Monaco around £5million for the player and Sir Alex Ferguson is delighted.

IS IT JUST ME OR ARE TEENAGE GIRLS BEING PORTRAYED AS IF WE ONLY HAVE ONE THING ON OUR MIND, OURSELVES?



BY NATASHA PATEL

You open any teenage girl magazine today and you will be bombarded with subliminal orders on how to live your life: eat this, wear that, date him. Is it just me or are we as teenage girls being portrayed as if we only have one thing on our mind, ourselves?

Why all of a sudden has it become that females only have room in their minds for meaningless products that are supposedly meant to make our lives better? Every article in a teenage magazine depicts us as selfish, self-infatuated sex symbols. The only interpretation that could be made of females from these magazines are that we are beauty obsessing, men lusting, fashion craving excuses placed on this earth to please the opposite sex. Being a teenage girl you know this is anything but true. How are we supposed to prove ourselves as serious, independent ladies of the twenty first century when we are being stereotyped in this obscene way?

There is no way to escape this with magazines, television programmes, music and even newspapers basing their female demographic upon this chauvinistic stereotype. From Elizabeth Hurley telling us we need to be on a diet to an article telling us how to change so we can be with the boy of our dreams. How demeaning of girls is that to write an article stating that girls need to change themselves to have a boyfriend. Why can't we just be ourselves?

Yes of course we do like to feel good about ourselves and look good and have boys be interested in us but not to the extent where we are judged as that is all we want. Our aims in life are not have the latest mascara by MaxFactor or have an identical body to our favourite celebrity or to be with the most attractive guy around, like the media of today implies. I would want to read articles about interesting life changing stories rather a piece on how many boys you can kiss in a month! I want more from life than that. Would you agree when I say that what girls of today really want is respect? Respect from everyone around us. Respect from people who do not wish to give us equal rights. Respect from boys, so they know that it is clear to them that we are not pieces of meat and that we are not here for their benefit. We do not need the latest fashion in the shops or even the sexiest body but all it simply is, is a worthless cry from that needy being within us all, which is being brainwashed by the media to believe that is all we want.

We deserve not to be judged simply due to the magazines that are made for girls or the programmes that are on T.V. or the music that is on the radio. Life is full of significant serious situations which are in fact not even covered in magazines. I speak for us all when I say being a teenage girl in the twenty first century is more than what the world makes out to be. **END**

Every article in a teenage magazine depicts us as selfish, self-infatuated sex symbols. What girls of today really want is respect.

URBAN MUSIC

BY
NATASHA AND LEWIS

In response to the last issue one's rock anti-urban music article, we have decided to express our positive views for this genre, showing the range and variety it has.

Hip-hop? Garage? Grime? R&B? What's the difference? Some think it's all the same but they're all very different. They all have the same origins, but they've all taken different paths to become original, fresh and hot off the block.

There's more to these music types than girls, drugs and sex. You wouldn't think it but many have deep subliminal messages. Yes, it is true that some Hip-hop videos are full of half naked girls walking around with men staring at them, but this is just the culture. This culture is simply a healthy way of expressing female sexuality in today's music industry which is very much based upon sex appeal. This type of music is one of the best money making genres of urban music (without the use of sex appeal where would music be today?). Boys talk about it, girls talk about it so why not sing or rap about it? However, R&B music is different to hip-hop. R&B expresses more the love and pain of life. Nearly all R&B is about being in love. This shows the more emotional side of those who like urban music. When I say R&B I don't only mean the artists of today, but also music legends, that you are bound to have heard of such as 2 Pac, Luther Vandross and En Vogue.

On both sides of the Atlantic, urban music has become a phenomenon. Hip-hop is very much based in the US, with artists like 50 Cent and Eminem. It is made up of certain elements such as rapping, (also known as MC'ing and DJ'ing) as well as

break dancing and graffiti. These are the three components of hip-hop, a cultural movement that began among African Americans in New York City in the 1970s. It is loved by so many and has become a lifestyle for many, simply by just buying records, going to concerts and raves and even forming cults.

Garage is the British version of hip-hop. Having started in Britain's ghettos it is growing very fast often getting control of the charts, for example with Lethal B's Forward Riddim. Artists like Lethal B, Dizzie Rascal, Roll deep crew, SLK and Kano have given garage and grime a recognisable name to people, who once had no idea what garage was. The lyrics mostly concerning those living in the "core" places like Bow in east London and Brixton in south London. Garage seems to most as promoting gun violence, but really it's about protection and staying alive. It has become a way of life for so many teenagers, that by dissing the music it would be the same as dissing their way of life. Kingston is not stereotypically a garage loving area, but it is increasingly becoming more popular.

Last year saw the 2005 MOBO awards (Music of Black Origin) and it was a phenomenal event celebrating the achievements of Urban music in the UK. Even though the title does suggest it, the music awarded is not only music from Black people. Urban music has spread far and wide into other cultures, especially Asian culture. Artists like 2 Play, Raghav and Jay Sean have brought urban music to a larger audience.

Urban music is appealing to young people who have not actually experienced what the tunes are about or to those who sympathise with the narrative or people who just simply love the music.

It is hard to specify why so many people love the music; it is something you either love or hate. We choose to love it and many out there also do. For those who oppose it, please just try to open your mind and give it a try. Look deeper beneath the sex, violence and more sex of hip-hop music and the lovey-dovey-ness of R&B and the supposed violence in garage, and see what you find. Look out for artists like Lemar, Mario, Bow-wow, Kano and Ciara, who I am sure, will truly convince you that Urban music has great talent within it.

'THIS IS YOUR LIFE'

BY EMAN KAZEMI

Ever sat wondering about what your future's going to be like? Or worried about how you're going to get there, or what paths to take? Ever get the feeling there are just too many choices?

It can be hard to know who to ask or who to take advice from. Teachers? Possibly. Parents? Hmm. And to be honest, careers advisors are okay, but don't you get the feeling that they're not really sure what they're talking about either? We asked three people who are all at different stages in their teenage life, ready to take different routes in education - about how they got there, what they want to do, and whether they really had a clue at all...turns out they don't. Now doesn't that make you feel a whole lot better!

Person one

Number one is in year 10, just starting her GCSE's. After finishing her SAT's. She got a 7 in Maths, and was told she could have done better, as well as 7's in English and Science. She says that she's still not sure of her next move, shrugging that "I don't really think about my future much".

"Make-up" artist was the career of choice when asked, but she decided that she's not completely happy with her education at the moment and that she wants to do better, but in the end, (like most of us) it's the 'being arsed to do it' bit that's holding her back.

Number one reckons that she'll do A Levels - "no idea which ones though" but probably go to beauty school after that instead of Uni.

Person two

Number two, at 16, has just come to the end of her GCSE course. She thinks she did okay when it came to the exams, "but to be honest, now all the revision rubbish is out the way, I can sit back this summer and do nothing..." While she's chosen her A Levels, number 2 has tried to keep as broad a range of subjects as possible - "literally! I'm just trying to touch all bases and keep my options open. I'm doing history, textiles, English lit and French, which I most enjoy, but I've got no idea if that'll get me into Uni or not! I'm not thinking about that yet..."

Person three

Number three, at 18, has just finished his A Level courses. "I reckon I did alright. I did try and work really hard at the end of this year, 'cos my AS' weren't as good as I'd hoped". No. 3 is planning on going to uni at the start of next term. "I applied to three, and I had to fill in UCAS and do all of that. It was alright, cos my teachers and mentors at 6th form told me what to do. Now I'm going to Bristol in the start of next year. I'm looking forward to it, but I don't really know what to expect." While deciding on a psychology course, number 3 isn't sure of a career. "Well obviously psychologist is a possibility, but it sounds a bit boring to be honest, so I think I may travel after uni and see what happens. I've gotta carrying on working until I finish, and then find a job or something!"

So there you go. Isn't it nice to know that there are, at least, other people who have no idea where they're headed? Maybe you do have a clue, and if that's the case, we envy you! In the end, we reckoned that if you think you know what you want to do, great! If you don't, then keeping your options open, doing what makes you happy and getting as much experience as possible is your best bet!

DOES WORK EXPERIENCE REALLY GIVE YOU WORK EXPERIENCE?

BY ISABEL HACCHE



It's nearing the end of year ten and you're given two weeks out of your busy timetable to go on work experience. But what's it for? I mean, why take two weeks out of year 10 or 11, two of the busiest and most stressful years of your life to go to work? We are told that it is vital for development and are promised over and over again that we will gain people skills, confidence and get the experience we will find necessary later on in life, so basically you are meant to be reborn as a new, radiant and better person. But after experiencing it for myself I am not sure if I have become this super being who can rise above all others to conquer in the world of work.

At the end of year 10 I spent my two weeks of work experience at an extremely catholic primary school (praying three times a day), which isn't that great when I'm thinking of having a career in medicine, design or architecture and I don't really believe in God although to be fair I did actually have a chance to organise it for myself.

Work experience can be...useful if you are doing a job ... you actually want to do in the future

Work experience does give you some useful experience and can, for some lucky people, give them very good experience that they will be thankful for later on. Work experience can help by giving you motivation and making you set aspirations either from making you want

a job or making you really not want a job. By letting you experience how dull life could be if you were stuck working in a large supermarket stacking shelves, by spending your days working in a fried food firm and stinking of grease or by doing the monotonous task of spending hours labeling items in a small dark room at the back of a shop work experience can help you realise that you will have to work a bit harder if you don't want to end up like that. It can be great fun, which would be great if I didn't know that when I went back I would just have to start rushing through my GCSE coursework. It can also (I have been assured by my friends on this one) give you an insight into the adult world. This wasn't so true in my case, as I don't really think that singing hymns reading about a purple cat that doesn't like the rain and learning that $6+5=11$ is adult world kind of stuff. Work experience can be particularly useful if you are doing a job that you actually want to do in the future, however the strict rules the schools have to follow can make many popular jobs off limits. For example if you want to be a chef you can work in a restaurant, however ovens and even knives are strictly off limits. If you are doing work experience in a shop this can help you get a job later on as most shops want employees with some previous shop experience, I however did not know this at the time and don't really think that my experience would help on my CV unless I was I was applying for somewhere like fun learning, and even then I don't think it would help much. Other people got free gifts or even money from their placement.

From what I have already written you're probably thinking wow that is

going to be great or what it wasn't that great for me. If you are thinking the second thing I agree and must admit that I have pretty much been sticking to the more positive side of the argument and you're probably wondering why I was so negative about it at the beginning of this article. Well this is why IT'S A WASTE OF TIME! I should probably explain my view. I do understand that it does help you in some small way or another whether giving you confidence or giving you a job it does have some benefits. The first problem I have with work experience is the limited options caused by all the restrictions, meaning that the available jobs are most likely not what you want to do when you're older and even if you get to work somewhere you want to work you will probably be given tedious roles such as making tea, photocopying and finding out about the wonderful world of stapling.

The timing just generally isn't at all practical

Work experience is a treat, an extra holiday, which I personally have nothing against, it's just that in year 10 or 11 you don't really have the time to relax and by spending these two weeks doing practically nothing it means that you have to rush everything when you get back. So even if it does give you a bit of help and even though it can be great fun, the timing just generally isn't at all practical and it is just a waste of time when you could be working towards your exams instead.

WHAT'S THE OBSESSION WITH...

Paris Hilton



BY HOLLY WAGA

When Paris turned twenty-one she threw five birthday parties for herself in New York, Las Vegas, London, Hollywood and, to ensure she didn't fall under the "only had four" category, she blessed Tokyo as well.

Paris Hilton is a tabloid's dream; a tall skinny blonde who released a sex tape at the age of nineteen, engaged to Paris Latsis (dating someone with the same name is just plain wrong) and the grand-daughter of hotel tycoon, Conrad Hilton.

How can you value anything when it's all so easy to get?

When everything is handed to you on a plate you are going to want to take it. Surely though, after a while, it must get boring. Apart from undermining Paris Hilton, there is a point to this article.

Tara Palmer-Tomkinson and Abi Titmuss have that similar sort of I-have-money-but-no-wisdom look about them. It's like these people have experienced everything but nothing at the same time. Don't get me wrong; I don't wake up in the middle of the night in a cold sweat screaming, "Why? WHY PARIS?" but it gets you thinking.

I should mention, however, that Paris did donate all the profits from her explicit film to charity. It would seem there is, under all the pink royalty, a message after all. It's important to donate to charity.

This is really to all those people who idolize this new genre of celebrity. They definitely have fun, but that's about it. Obviously, reading this article, I don't come across as jealous whatsoever. Because I'm not. Paris Hilton can take her riches, glamour and fame...but does she know the meaning of true untainted love? Well does she? I don't think so.



STUPID THINGS ON EBAY

BY LUCY SAWYER

EVIL haunted honeycomb doom lies within First evil Honey-comb ever on Ebay!!!!!!!!!!!!!!!!!!!!!!

COST: \$0.01 BIDS: 0
Exactly what it says it is
Item Location: Illinois USA



World's Oldest Rubber Band???

A rubber band believed by this man to be the oldest in the world
COST: \$0.99 BIDS: 1
Item Location: Florida USA



Bag of Arlo the Pig's Bristles

Bag of pig bristles belonging to Arlo the pig a photo is included
COST: \$1 BIDS: 0
Item Location: Virginia USA



Image of Elvis Presley in burnt frying pan

Supposed image of Elvis burnt onto a frying pan by accident
COST: AU \$5.00 BIDS: 0
Item Location: Sydney AUSTRALIA



Live8 Single sachet Heinz Malt Vinegar MINT CONDITION

A sachet of vinegar rescued from Live 8
COST: £0.69 BIDS: 0
Item Location: Bushey UK



Bee, Sting, Insect, on Ice, In Fridge

This man got stung by a wasp and instead of killing it he decided to freeze it, now he is selling it
COST: \$0.99 BIDS: 0
Item Location: New York USA



My cat's whisker

A cats whisker
COST: £0.85 BIDS: 0
Item Location: Kent UK



You won't believe this Auction,

1st ever on E-Bay 1st ever HAIR BALL Auction

This man has collected the hair from his wife's brush - eeeeeew!
COST: \$0.01 BIDS: 0
Item Location: Las Vegas USA



FANTASTIC 4, INVISIBLE WOMAN ON MY TOAST!

This man believes that the invisible woman from the fantastic 4 is on his toast
COST: \$0.99 BIDS: 0
Item Location: Utah USA





FULHAM COMES TO COOMBE

BY LEWIS WOODHEAD

On Thursday the 19th of January, Coombe Boys' School was visited by Fulham football club's youth team.

The aim of the visit was to coach and train football as well as having plenty of fun in the process! Four coaching lessons, all focusing on different skills, were held on the school playing field.

The sessions were an hour long and will hopefully be the first of many for the year sevens and the rest of the school, thanks to the sixth forms strong links with Fulham's youth team. The school itself has always been known to be sporty, having won many awards in every year group. We now hope that these sessions will help Coombe Boys' School continue with the impressive track record.

The coaching sessions are also focused on keeping fit as well as being physically active on and off the pitch.

All in all the sessions were a complete success for teachers, Fulham's youth team and of course, the year sevens!

PLAYERS' INTERVIEW

The Players were: Sam Warrell & Thomas James Moncur

What can schools do to help you get into sports?

TJM: more than just set termley sports such as rugby. There should be more classes you can choose

Is sports important?

TJM: Getting involved in sports is really important. Its good socially because you make loads of friends, you get fit and healthy and it enjoyable.

Did your school help you get involved in football?

SW: In a way, I played Sunday league and got scouted

What can the council do to get more young people interested in sport?

SW: Have more youth clubs in the local area offering sport, organise tournaments. It's about getting football out there.

STUDENTS INTERVIEW

The students were: Fausal Kahn & Imad Sahara

Did you enjoy the sessions?

FK&IS: Yes! It was really fun

Has it helped you?

IS: Yeah quite a lot,

FK: Controlling, passing, tricks, shooting

Are you now more interested in football?

FK: Before this I was interested but now I'm more interested



TIME IS MONEY

What made you personally volunteer?

I wanted to give something back to my community and help others, as I think its selfish to not want to help those around you.

Do you think people ought to get paid for the good work they do volunteering?

No, because it is then not volunteering, but I think it should be recognised with praise or some sort of "prize" for special award or achievement.

Do you think it would increase or decrease the number of effective volunteers?

I think the type of people who want to do volunteer work are not in it for the money, and some people may be attracted to the money and not helping and therefore may not do as good a job or be as interested, but then it could also attract more people and any help is better than nothing.

Would you feel guilty about taking money for volunteer work?

Yes I would because I am doing it out of choice, it something I want to do to help out and money is not what I want to get out of it.

Jocelyn Galloway - 17

Recently politics has been rife with ideas about how to reward young people for their volunteering. Two big ones have stood out; one is a proposal from the Youth Green Paper (government's official proposals for youth). The other is paying for University expenses.

The first involves an opportunities card; money can be put on and spent on a limited set of positive activities, like swimming and certain shops. This sounded quite good but there was suggestion of a limit of £12 a month and the chance for parents to top it up. My personal criticism of that was, 'what's the point then?' £12 won't get us far in Kingston and why would any parents want to put money on the card

when they can give cash in hand.

The second and more popular idea, among the mag team at least, was the prospect of having some Uni expenses paid for, this came from our very own PM in waiting Gordon Brown. Though details are lacking it was suggested that volunteer work would equate to certain contributions made towards our fees. All good stuff it seems.

"Surely getting paid defies the very principles behind volunteer work"

However these ideas have stirred up a great debate among youth forums and ministers: surely getting paid defies the very principles behind volunteer work? Wouldn't it be better if we could get more volunteers for volunteering's sake? Hmm...

Speaking personally I can say that volunteering tends to bring about its own rewards. Yes, there's the fulfilment of helping your fellow man but you've heard this before. Through volunteer work you will meet new people, some of which will be great friends to you and some of which will be great help to you, perhaps in finding paid work elsewhere or offering invaluable experiences. Volunteers are seen as virtuous, self-sacrificing folk, this is why a packed CV will serve to impress. There is very often a selfish aspect to volunteering, I wouldn't for a moment suggest there shouldn't be, perhaps the government needs to remember this and, in the place of offering financial incentives, hit home the true benefits to ourselves as well as others.

However in the interest of balanced arguments the idea of getting paid does have

some significant advantages. I believe that one BIG problem with the world today is not that there's envy, but envy of the wrong people. How many kids want to grow up to be the next 50 cent, or follow their hero's steps into drug running and the glamour of crime. This is pretty sick, the situation is desperate, if those that gave for good and didn't simply serve themselves were suddenly living the glamorous lifestyles, or on our scale, affording to go to the Retunda (see KYC campaigns), then people would seek the be like them. Surely the benefits of their help for good causes cannot be ignored (however it becomes very difficult to decide what work would deserve payment and what does not, but we shall leave this for another day). A more cynical view on human nature would suggest that people would also work harder if there was something more material in it for them. Perhaps this is the government's thinking, in an attempt to fill our time with more proactive activities than crime they will pay us out of it.

Personally I support any attempt to counter youth crime, but I would like to offer a different proposal. How about our schools taught us all vocations, we could be learning how to be a plumber or lawyer from the age of 15 instead of 18, then there would be enthusiasm in work; the key to dedication is the ability to see one's goal, employment in something we enjoy is one of the greatest things we can achieve.

Anyway, all this can depend very much on your view of human nature, it would appear the government is growing more cynical but at the end of the day you have to make your own decision, how do you think we can get the trouble-causing minority to engage in something helpful? If you have any ideas please feel free to send them, and even better if you have any thoughts you'd like to volunteer with anything ask about getting involved in school stuff or Duke of Edinburgh

For more information on volunteering check out ...

- Duke of Edinburgh Award

www.theaward.org

- Girlguiding UK

www.girlguiding.org.uk

- The Scout Association

www.scouts.org.uk

- Millenium Volunteers

www.millenniumvolunteers.gov.uk

Or get in contact with us at

KYC@rbk.kingston.gov.uk



What made you personally volunteer?

I wanted to gain something personally aswell as give back to the community. It also enabled me to learn new skills and learn things about myslef.

Do you think people ought to get paid for the good work they do volunteering?

No, because the whole point of volunteering is that you are giving up your time for free to help others and the community. If you wanted or needed the money then you should look for a paid job.

Do you think it would increase or decrease the number of effective volunteers?

I think it would increase the number of volunteers, but the number of effective volunteers would decrease, as people would be volunteering for the wrong reasons.

Would you feel guilty about taking money for volunteer work?

Yes, as I believe that volunteering is about giving up something of yourself for free, to help others or the community. Voluntering should be done because you want to, rather than because you have to, and need the money.

Megan Galloway - 17

PLEASE MAKE THE PAIN AND MISERY STOP (PMS)

BY STACEY YOUNG

Premenstrual syndrome (PMS), also known as Premenstrual tension (PMT), is a mixture of physical and emotional symptoms that some women experience in the days, or weeks, leading up to their period.

Most women suffer with PMS symptoms; however only 1 in 20 get it affecting their every day lives.

Most women suffer with PMS symptoms; however *only 1 in 20* get it affecting their every day lives.

Here are some symptoms of PMS; some are more common than others:

- headache
- feeling bloated
- weight gain
- breast tenderness
- back or lower abdominal pain
- irritability or aggression
- depression and anxiety
- mood swings
- tiredness
- poor concentration

YOU CAN DO SOMETHING

If you suffer from PMS you can do something about it. It may not stop totally but I promise you, it will help. You can:

Take regular exercise, such as skipping or jogging, but not just when you have PMS.

Avoid stress at home and school in the time before a period is due.

Some girls have found that taking vitamin B (particularly B6) is helpful, but there has been no scientific proof that it really works. Daily magnesium or calcium supplements may help.

Take long, hot baths with lavender oil - this will make you feel relaxed and will help you to focus.

SHE FELT THE NEED TO SELF HARM

Melissa's Story

Melissa suffers from PMDD (Premenstrual Dysphonic disorder) which is a form of PMS. She thought that she just suffered from PMS; however, her emotional symptoms took over.

Melissa started her periods when she was 12 - her PMS symptoms then progressed, until a year later, they became unbearable. Melissa then found it very difficult to get to sleep at night. This is known as insomnia. Melissa suffered from emotional symptoms such as anger, frustration and stress. This all combined together to make Melissa feel depressed, and she felt the need to self harm. This continued for quite a while until she realised that she needed to do something about it. Melissa then went to see a doctor and that was when she found out she had PMDD. The doctor prescribed Melissa with Fluoxetine Prozac, which is an anti-depressant. This eased Melissa's symptoms; however it is not suitable treatment for everybody.

MAKE SURE YOU TALK TO SOMEONE

If you think you may have PMDD or suffer from any of Melissa's symptoms, then please make sure you talk to someone or visit your GP.

IS POETRY RELEVANT TO YOUNG PEOPLE?

Some people think that poetry is just a load of old men moaning about their emotions and nature. But there is so much more to it than this.

BY JO SMALL AND JOY WALSH

Poetry is one of the oldest forms of expression and literature, and has been a major part of society and individuals' lives for centuries. Most famous poets defy the popular, stereotypical ideas of the medium. For instance Keats started writing very early on, many of his most famous poems were written when he was just 16. He was from a lowly background, having had little to no formal education yet he became one of the most influential romantic poets of his time. But is his poetry still relevant today?

Even though the language can be a bit of a struggle, the ideas behind his poems and others like him are just as significant as the day they were written. Have you ever felt lost or alone? Well so did John Clare- and he wrote about it extensively. Ever felt like you didn't quite fit in? T.S Eliot knew this exact feeling, and after reading these poems you realise you are not alone. Skip forward a hundred years or so to some of the modern poets, like Philip Larkin or Anne Sexton, both of which have written many poems about youth culture today, and tackles themes such as abortion and drugs.

There are so many poems that express emotions that youths could relate to, and find beauty in. If you give it a chance it could change your outlook on life!

Cheltenham

Inspiration, encouragement, stimulation, fascination. These emotions were with us for the whole of the Cheltenham Literary festival. Although it may seem that only A-level students would want to take part in this trip, the weekend we spent in Cheltenham was an experience

not to be missed, regardless of where your passions lie.

Over the two days, the group of seventeen students and two teachers saw and experienced the variety of events, ranging from a talk on poetry by Stephen

Even though the language can be a bit of a struggle, the ideas behind his poems and others like him are just as significant as the day they were written.

Fry, to singing from Maya Angelou. The first talk we went to was by Maya Angelou- and we speak for everyone by saying it exceeded all expectations. Although we were fresh off the coach and tired after the early arrival at school (8:00am on a SATURDAY!!!), when Angelou swept on stage, none of us had time to think of yawning. When the slightly hunched 75-year-old woman made her entrance, she instantly burst into song. Her story fascinated everyone, especially her ability to laugh, despite her harrowing childhood. She was a "poor, little black girl" who became a mute after being sexually abused while still a child. For the next hour, we were hanging off her every word. Taking her messages to heart. "I am a human being. Nothing human is strange to me."

After a bit of sightseeing in Cheltenham, well that is to say we walked to Starbucks and back. After a rather traumatic bus journey (to say the least) we arrived at our next talk: Alice Walker. Although, not as charismatic as Angelou, the ideas behind her books and her theory on the natural world, made a very enjoyable and interesting hour for all.

After dinner, nineteen smiling and excited faces made their way to a talk by

Stephen Fry. After proving Surbiton High School girls are very sociable by making friends with various other members of the audience, Stephen Fry's recognisable voice began to echo around the room. We must admit that it wasn't quite what

we were expecting, but we did learn a great deal about poetry and his new book on how to be a successful poet.

The first talk of the next day was by Kate Adie, who spoke about the topic of her new book: "Foundlings". As an adopted child herself, the stories she told enchanted us. We were all moved by the story of the baby who was found in a grocery van- and the question she longed to find an answer for was 'what vegetable was I hidden amongst?'

After getting our books signed and having our photos taken with Kate Adie, we rushed off to the Everyman Theatre to hear Professor Briggs give a lecture about Virginia Woolf. We all learnt a great deal about how her life, especially, how Woolf felt about London.

All in all, the entire trip was incredible and most definitely not to be missed. We all returned feeling very intelligent, worldly and stocked up on books to get us through the next year. We would recommend this trip to everyone and have already vowed to return from our gap year, specifically for the Cheltenham Festival. **END**

SCHOOLS

HOLLYFIELD

BY JOSH TAYLOR

The news at Hollyfield is pretty exciting this issue! The construction of the new learning resource and 6th form building has finally started, and only today I watched the first parts of the building put in place (HUGE steel bars). Hollyfield has also been presented with a place in the "most improved schools" club, which is based upon GCSE grades for the last few years. The schools also been working with the Met. Police, putting security codes on bikes for many of the pupils. So that's about all that going down at Hollyfield at the moment, but I'll keep you posted next issue.

KINGSTON GRAMMAR SCHOOL

BY EMAN KAZEMI

Having purchased a half-acre site to the east of the school, Kingston Grammar School have recently completed the building of a new Performing Arts Centre, which was officially unveiled by Her Majesty, The Queen. This is the first purchase of land in Kingston by the school for 450 years, and the biggest building programme since the school moved from the Lovekyn Chapel to the south side of London Road in 1878.

The KGS students will now have the luxury of the following facilities:

- A theatre seating 250, containing open performance space
- A music centre with more teaching, storage and practice space
- A café social area for Sixth Form students
- 19 additional classrooms and office/storage space for academic departments

In addition to this, more improvements to some areas in the existing school buildings have been made, such as additional laboratories, art studios, design technology workshops and IT facilities.

This unique opportunity has allowed the school to develop their facilities and widen their provision, particularly in the performing arts, as well as satisfying the demand for places, without losing their essential character.



HOLY CROSS

BY VICTORIA EXWORTHY

There's a lot going on at Holy Cross at the moment. Our Upper Sixth have recently received their university responses, and the most popular choice seems to be medicine, with seven people going into doctor-related courses.

The first stage of the building work that started in October is nearly complete. The new media wing, which includes a new drama room, music room, media room and psychology unit is due to be finished during the Easter holidays. The second stage, a new sports hall, will start soon after.

Cara Redmond, Year 10, is raising money to help her go to Thailand in July with her Guides to help the underprivileged in a local orphanage. She needs to raise £1250 and so far she's just over halfway there. Good luck Cara!



TOM'S REGULAR RANT!

Every Issue our resident grumbler Tom WC has a whinge about the latest things that get right up his nose. This month, Tom has a major problem with...HAPPY SLAPPING

First there was violence. Then CCTV cameras were invented to stop the violence. These CCTV cameras were not kept properly.... And so became a lot like an inflatable dart-board....not useful. As a result, people felt as though they needed their own recording equipment to make the violence justified... and so, "Happy slapping" was born!!

It's a unique concept whereby people hurt each other, and record it on camera phones so they can savour the memories. Now, I'm not talking about little slaps on your mates, I'm talking about when it escalates into persistent tormenting and bullying, where kids are actually quite seriously hurt. Things like this are becoming progressively widespread across London and the rest of the country, and something has to be done about it.

At times, happy slapping reaches almost ridiculous levels, like the happy slap I saw with a guy hitting his mate round the head with a SPADE!!!. (now that's what I call Gound-force!!). In a quote from the guardian website, another incident was described: "In one video, "Bank Job", a teenager is seen assaulting a hole-in-the-wall customer while another youth grabs the money he has just withdrawn from the cash machine." Surely something has to be done about a craze that escalates to serious violence and robbery?

Recently, the idea of happy slapping has got far worse, with people actually attacking complete strangers on buses. Some of the people attacked have been no more than old men and women, yet some people around London are still sick enough in the head to take pleasure from attacking them. A lot of people are blaming video games, or the youth culture, personally I blame You've been framed, surely a TV show full of people recording the pain and misfortune of others puts ideas in people's heads?

So, if you really feel the need to record some violence, don't hit old ladies with garden tools. Try setting up your own hilarious incident and get the folks at ITV to send you £250 for your trouble. Also, If anyone shows you "happy slapping" on their phone, simply look at them disapprovingly with a tch..tch sound and walk away... because after all, its not funny!

If nothing else, the mostworrying thought about the entire craze is the kind of reputation being built up around young people across the country. Because of things like this, young people are becoming the subject of a media campaign to make it sound as though we're all out crazily assaulting each other. Things like "happy slapping" are the reasons why the youth of today is not trusted by the older generations, which then leads to banning of hoodies, as well as curfews and other ideas brought into government legislation. The only way to put a stop to this is to knock in on the head, and stop the madness!!

So remember, If you feel tempted to grab your spade and your phone, and go out for a while clobbering strangers on buses, or bullying other kids in the playground, please try to resist the urge, grab that spade and plant some roses... Alan Titchmarsh would be proud! Also, If you see recordings of violence on a mate's phone, don't be scared to confront them about it, after all, it's the only way we can solve the problem.



Cheers

"In one video, "Bank Job", a teenager is seen assaulting a hole-in-the-wall customer while another youth grabs the money he has just withdrawn from the cash machine."

DOES POLITICS DO IT FOR YOU?

BY CHRIS FULLBROOK



As young people earn more and more names from the media the question has to be asked, are young people the yobbish, knuckle dragging, apathetic nuisances that people increasingly presume we are? Well no, actually we're not; largely we're all just as upstanding as the rest of the age spectrum. But with this condemnation surely our opinions will be ignored, stopped at the first hurdle by this instilled view that they'll simply be the ramblings of the ignorant. However it seems our generation are all but ignorant, on the contrary we're surprisingly aware about our politics.

A recent survey of 1000 young people showed some interesting truths. It revealed that 81% of 16-20 year olds claim to feel very strongly about political issues such as crime and education. 73% say they regularly discuss political issues with their friends. This isn't really that shocking as many of the decisions taken have an effect on our lives, particularly in education, it would be ignorant of the older generation to assume we are apathetic about it.

Young people have always had a more acute sense of justice that has led them make enormous differences to their society. The civil rights movement was fuelled by the eagerness of young people, how could they be called apathetic? The student movement helped turn a whole country against the Vietnam War; they made a difference and were heard. This interest and passion still resides in our generation but I fear it is not given enough outlets. The problem with being a teenager is that we are an easy generation to ignore, hell we can't vote and the only tax we

pay is VAT, our face value to politicians is admittedly low. Despite this ailment of selective hearing among the 1000 young people questioned 80% would sign a repetition, 52% would write to a politician and 35% would campaign for a political party, damning evidence surely that in our great democracy there are those not truly getting our say.

What's most important is that political awareness is encouraged and fuelled by the older generation, not swept aside. The only people who really lend us their ears are the corporates for whom we spend are hard-earned cash. We've established that there is interest and knowledge among us but what is there to do with these pent up revelations? My advice is stay aware, watch the news, read the paper further than page 3 and surf the net, knowledge is power after all. Proving that this is not a generation of degenerates but instead an sea of accurate and meaningful opinion which has never been truly yielded by a politician.

Apathy is a disease more severe among older voters as the last election showed. Voter turnout was a mere 61%, there's 39% of our population who are of voting age yet forfeit that right. That's ignorance bordering on the obscene, the government has a very problematic issue to address here, politics needs to return to the home and cease appearing so exclusive, and it owes a debt of thanks to the young, who endure stereotyping like no other generation. If you've been bothered to read this then please bother to act on it. It's through knowing how your country is run that you can affect it; the worst thing we can do is act like the fools who think they can stick their finger to authorities to affect them, it's far more effective to stick the finger by breaking their assumptions and acting.

"It is the duty of every citizen according to his best capacities to give validity to his convictions in political affairs."

Albert Einstein, 'Treasury for the Free World,' 1946

DATE RAPE

BY JAY BOYS, EDITED BY VICTORIA EXWORTHY

DATE RAPE

Essentially, date rape is someone taking advantage of a familiar situation and raping the person they are with, often by using drugs and/or alcohol. Usually, the attacker offers the victim a lift home or help to a taxi – no-one thinks there could be a possible danger as the victim appears to be heavily drunk. Under the influence of the drug, (normally GHB or Rohypnol), the victim cannot put up any resistance and most of the time will have no recollection of the attack until the effects of the drug wear off. Due to how this crime is carried out, up to 80% of victims know their attacker quite well. Nowadays, when most dates involve alcohol, the dating scene is a very dangerous one, and sadly most of the risk is for women. Unwanted pregnancy and contracting a STI is disastrous, but to some people this is nothing to the feeling of being violated.

ROHYPNOL

Rohypnol is the drug most commonly used in date rapes because of its colourless, odourless and tasteless appearance when mixed with drinks. Another reason sexual predators choose this drug is because it's very hard to detect after it is used.

Although the drug can be used so sinisterly its original use was to help with sleep troubles. It is now only sold over the counter for this use privately in the UK. Its illegal uses aren't just date rape; it is also used in raves as a party drug – by itself or combined with other drugs such as marijuana, cocaine, heroine and alcohol for boosted affects. But because of its affects it has become the most popular date rape drug.

SYMPTOMS AND AFFECTS

Symptoms of being spiked with Rohypnol are drowsiness, impaired vision and temporary memory impairment – but it can also cause paralysis, sedation or euphoria within 20-30 minutes, but amnesia can set in with 10. People who have been affected by this also report a feeling of losing all their inhibitions. Its affects are similar to other date rape drugs.

Once the drug has been taken there are few ways to counteract it, but there is a drug that reverses the effects of Rohypnol. It is a benzodiazepine antagonist called Romazicon and it is used for reversing the severe effects of an overdose. However, it should be administered by a doctor and if it does not work on a low dosage is unlikely to have an effect with continued use.

Unless you see the drug in the drink before it has fully mixed, which is very difficult, it's impossible to tell if your drink has been spiked, at least not immediately. Even though the manufacturers of the drug had added qualities to their product to make it more detectable, counterfeit versions are being made which have none of these detectable features.

it's impossible to tell if your drink has been spiked

PRECAUTIONS

Being raped is an awful experience, but there are simple precautions which reduce the risk. Do not leave yourself alone or in a situation where you can be taken advantage of without anyone you don't know or trust, this can be done by staying with friends at all times in clubs and never agree to go alone on a date with someone unless you trust them. Do not get sucked into a false sense of security – if you feel at risk, get out as quickly as you can. Make sure you see your drink being prepared by anyone, including bartenders, and always keep your drink with you to prevent it being spiked.

If you notice the effects of a spiked drink, get somewhere with plenty and call an ambulance or the police so that the same thing won't happen to anyone else in the bar or club. But if all precautions fail and the worst happens always confide in someone and help the police find the attacker so they can be stopped and less people are in danger from them. Never keep it a secret because if you do, the attacker has truly won.

Rohypnol is the most common date rape drug but there are other drugs such as Gamma Hydroxybutyrate, otherwise known as GHB, which has been reported in the use of sexual assaults to incapacitate the victim. It used to be sold in health food stores to bodybuilders but was taken off the market because of its terrifying side effects.

The most frighteningly common substance used in rape is alcohol, so the most important precautions are to take it easy when out drinking, watch your friends, never take an unlicensed minicab, and keep yourself sober enough to keep your wits about you.

keep yourself sober

Letters to Jo



Firstly, let me say that it's ok for you to feel this way, as it is part of the development of your feelings and emotions, but before you make any hasty decisions and are open about your feelings make sure you realise any negative consequences that could affect your friendship if she doesn't feel the same way. People often confuse feelings of friendship with something stronger, and you might simply have a change of feelings – and find your friendship might be made stronger.

Dear Jo
Me and my best friend have been close for years but recently I have been feeling differently towards her. When she touches me I have butterflies in my stomach. Shall I tell her how I feel?

I am sure that there are a lot of readers that understand what you are going through and might be going through the same thing. I'm sure your parents still love you and you shouldn't feel you have to choose between them because they probably understand what a difficult situation they're putting you in. Maybe you could try talking to your parents or any close relatives, or if you don't feel comfortable talking to friends or family then there are a number of other people willing to listen, for example your school counsellor, the school nurse drop in or youth workers such as at the Hawks Road drop in centre, or other centres who have people used to this issue to help things get better from here. You're not alone!

This is a big issue and I'm sure you are aware of the problems surrounding drugs. It's important to talk to your brother first if you feel close enough to do so, maybe suggesting your worries to him, or you could try suggesting it to your parents if that doesn't work? If you don't think that's a good idea and you want to talk to someone because the problem is too big for you then there are various people willing to listen, such as the school nurse drop in or youth centres that have more information about how to handle these situations.

Dear Jo
My parent's marriage has been on the rocks for a long time, and recently they decided to get divorced. I feel I have to choose between them – what shall I do?

Dear Jo
I walked in on my brother taking cocaine last week. Shall I tell my parents or talk to him first?

Dear Jo
I've been bullied at school for many years now and have recently begun finding it even harder to cope; I've started drinking before school to find it easier to bear. I know it's a problem but I don't know what I should do about it. Help.

Dear Jo
There is this teacher at my school who I've always had a crush on. Recently though, it's begun to really affect my school work. But I do really like him and I think he might like me too. What shall I do?

Firstly, you don't have to face this on your own, it's important that you talk to someone as soon as possible before this problem becomes even more serious, like a friend outside of school or adult you can trust. Drinking is common among teenagers, especially if they are having a difficult time and finding it hard to bear, but again there are loads of people who will understand you and try to help you through this. There is a full list of contacts at the bottom of this page, such as numbers you can call anonymously or websites aimed to help. Bullying is a serious issue and you could defiantly consider telling a teacher you trust so they are aware of the problem too, and could help you out when your at school.

This is nothing to be ashamed about, a lot of students form a bond between themselves and their teacher, but to be honest it is highly unlikely that he feels the same way back and this needs to be recognised as just a crush. At the end of the day you must remember to put your studies first because this could loose you your place in school or your teacher his job. You could try talking to your friends about this, but if you feel like it's too much to handle then maybe you could consider switching classes or just focusing more strongly on your schoolwork?

All these problems and answers have been checked by staff at KU19. If you have any questions for Jo email them to KYC@rbk.kingston.gov.uk

SEXUAL HEALTH IN KINGSTON: WHERE TO GO...

Kingston under 19's (or KU19) is a completely free and confidential service supplied for young people in the borough to help with sexual health advice and support. As long as you are under 19 years of age, you can drop into one of the several KU19 centres in the borough and ask for information concerning any sexual health matters that you might have questions about.

The service is run by a group of school nurses, and offers a wide range of services, from advice, to free condoms and testing for S.T.I.s. Within the clinics themselves, there is a completely relaxed atmosphere, in which you can just sit down and read leaflets if you wish, and ask for help just when you're ready. The school nurses that work there are very experienced with young people, and are very friendly, and completely approachable. So if you have any concerns about sexual health issues, and are too daunted to see your GP, don't hesitate to come and see the nurses at KU19 for your completely free and confidential sexual health service.

You can visit these services four times in the week at four different locations all at the times between 3.30PM and 6.30PM:

Monday:

Magic Roundabout
23 Richmond Road, Kingston, KT2 5BW
Tel: 020 8974 9252.

Tuesday:

Wolverton Centre
Kingston Hospital, Galsworthy Road, Kingston Tel: 020 8974 9331

Wednesday:

Hawkes Road Clinic
Just Drop-In Hawks Road Clinic, Hawks Road, Kingston
Tel 020 8546 1115

Thursday:

YMCA-49 Victoria Road, Surbiton, Surrey

You can also text the KU19 service with any queries at: 07781 488 019

For further information see the younglavin' website: www.younglavin.org.uk

FICTIONAL BEINGS CROSSWORD

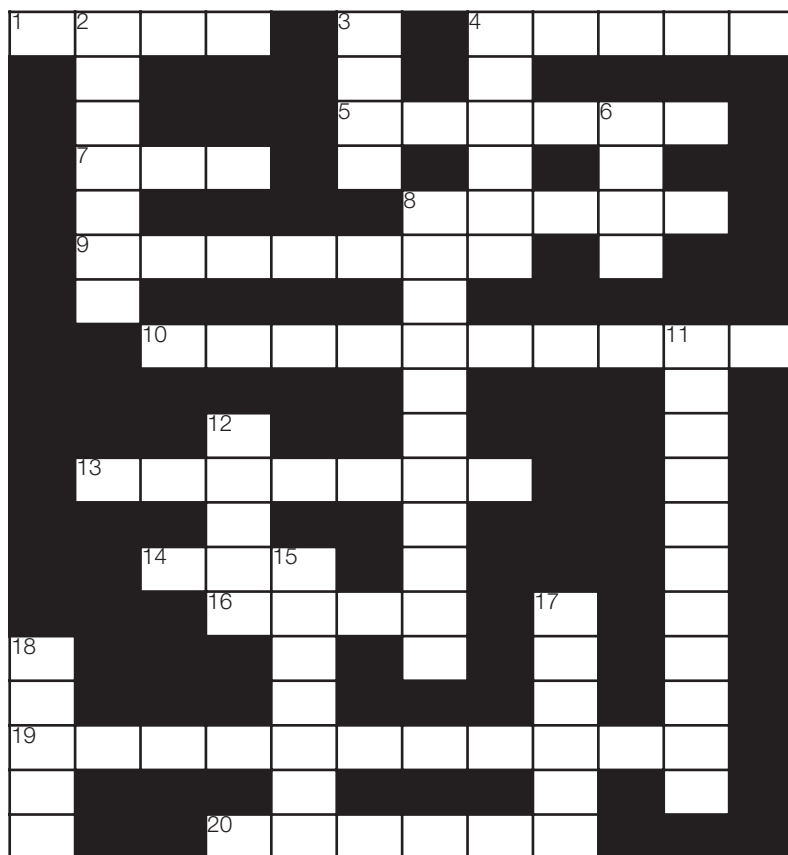
(ALL BEINGS ARE SINGULAR)

Across:

1. Powerful mutant (1-3)
4. Pointy hat (5)
5. Team with heffalumps (6)
7. Father Christmas's helper (3)
8. "Fee-fi-fo-fum" (5)
9. From Transylvania (7)
10. Beware the _____ my son (10)
13. _____ of the opera (7)
14. Evil in middle earth. (3)
16. Abominable snowman. (4)
19. Work for Wonka (5-6)
20. Fire breathing (6)

Down:

2. Roman goddess of wisdom (5)
3. Met Lucy at the lamppost (4)
4. Hairy fiend of Luke Skywalker (6)
6. Roman goddess of the moon (4)
8. Destroyed in Spiderman I (5,6)
11. Grins at Alice (8)
12. Nutcracker (5)
15. Half man half horse (7)
17. Needs a heart from Oz (3,3)
18. "Who's that tripping over my bridge?" (5)



WHO'S FOR THE GAMES?

Now that we have won the 2012 Olympic bid, the government, and in fact public from across the whole country are trying to raise the profile of sport, and get young people involved. However, most young people don't realise that there is a great wealth of sporting competition available to them.



Every year, there is a huge Olympic-style event that goes on in London's Crystal Palace. The "London Youth Games" are held every year, organising competitions for dozens of different sports from football to weightlifting, designed to get young people involved in sport from a young age.

So if you have a flair for a certain sport, and you think that you are good enough to get into the Kingston team, there are a number of different ways you can get involved and get information.

The best way to get involved with the London youth games is to get in touch with the people in charge of your particular sport.

A good way to do this is to contact people at the Kingston sports council, who will have all kinds of

details on sports, people in charge, as well as dates of different events. If not, then leaflets and information will be available around January next year, at which time you should see either your school or local leisure centre for details. The next games will take place around July 2006, however information and recruitment into teams begins around January 2006.

I would encourage everyone in the borough who really enjoys sport to try and get involved with the games. However there are a few events that, in the past, the borough has failed to gain enough support behind and so hasn't been able to launch a team. So if you are a keen cyclist, diver or weightlifter, please keep an eye out for information on the games in July, your Borough needs you!

As well as regular events, there are several events at the games that are for disabled sportsmen and women. Our borough is especially looking for disabled swimmers and athletes that might want to compete in the games.

I would recommend the games for anyone who was looking for a bit of fun in sport.

The whole event itself is great fun, with famous sports people and celebrities alike turning out to show their support for the games. So if you are young, and live or go to school in London, and are keen on a particular sport, please make sure you get information on this great opportunity to play your sport and have some fun.

A good way to get details on events available is to go to the website at: www.youthgames.org.uk



100 WORD PAGE

If you want to get something off your chest, express an opinion or share a viewpoint, now's your chance to express it on our 100 word page. All contributions to be limited to approximately 100 words. Send to kyc@rbk.kingston.gov.uk

CHANNEL 4

A new year, and with it a new bout of that warm and strangely familiar feeling - telly addiction. The well known and loved programs showing on channel four are the sole reason for this fantastic disease. But who can blame us for catching it when they "unashamedly import American shows" for our well being and mental health. For when once in evenings the streets would be lined with bored teens, there suddenly empty, eerily so, as our old friend the "9 thing" greets us from our little black boxes in our sitting rooms bringing a smile to our faces. Whatever you fancy, our telly's can provide- Desperate Housewives, Invasion, Smallville, Shameless and my personal favourites ER and The OC. Do I care that with each series the plotline gets more and more obscure in Orange County? Not really. Because by the time Ryan's being arrested (again) and Marissa is bravely overcoming her own personal demons (again) to save him heroically and make everything better (AGAIN), I'm hooked and there's no going back. Happily there is no cure for this addiction and rightly so, where would we get our weekly dose of the absurd otherwise? All I can say is long live channel four, and the next series of Lost.

BY AMY MORAN

CIARA AND BOWWOW

Ciara and Bow Wow are a cute couple now but not many people think that. Some people think that Ciara is a bit too tall and too old for him and some people think that Bow Wow can do so much better than her because she (supposedly) was a man. But then some people think that they are cute together because Ciara is quite pretty and Bow Wow is quite buff and that they can both sing and that Ciara looks younger than her age so they look good as a couple.

BY IZZIE WOODHEAD

LOST

The first series of "Lost" has finished and we are waiting to see what happens in the second...
But what has actually happened so far, is it real, or is it just a dream?
"The others" have taken Walt, but where?
Jack, Locke, Kate, Sayid and Hurley have finally opened the hatch, and discovered a tunnel leading down.....? Where does it lead to??.....
So what is going to happen?
Some people think that it's a military research project funded by Euro-terrorists; others think that the survivors have been captured on an island for scientific observation but that is only a few theories. Anything can happen..

BY NIKI PATEL

YOUR LOCAL YOUTH CENTRES

**KINGSTON YOUTH SERVICE,
LEARNING AND CHILDREN SERVICES**

BARNFIELD Youth Centre
Parkfields Road
Kingston
Surrey
KT2 5LL
020 8546 4103

SEARCHLIGHT Youth Centre
Kingston Road
Kingston
Surrey
KT3 3RX
020 8549 4514

**ALBANY PARK Canoeing
and Sailing Centre**
Albany Mews
Kingston
KT2 5SL
020 8549 3066

SCHOOL LANE Youth Centre
School Lane
Surbiton
Surrey
KT6 7QJ
020 8390 2056

HOOK Youth Centre
Devon Way
Chessington
Surrey
KT9 2RJ
020 8397 2216

CHESSINGTON Youth Centre
Church Lane
Chessington
Surrey
KT9 2DR
020 8397 2495

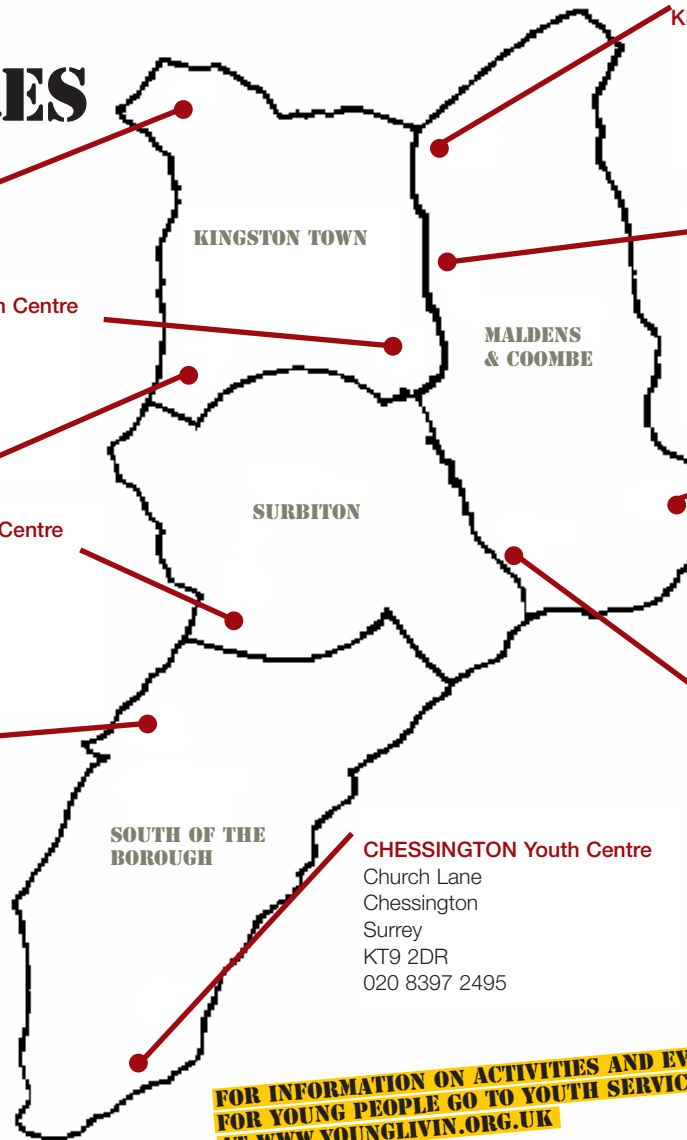
KINGSNYMPTON Youth Centre
Kingsnympton Park Estate
Kingston Hill
Surrey
KT2 7RR
020 8549 5705

**DICKERAGE Adventure
Playground**
Dickering Lane
New Malden
Surrey
KT3 3EQ
020 8942 1707

FOUNTAIN Youth Centre
1 Kingston Road
New Malden
Surrey
KT3 3PE
020 8942 5251

The Venner Youth Centre
The Manor Drive
Worcester Park
KT4 7LG
0208 8330 2805

HEAD OFFICE
Guildhall One, Room 103
Guildhall
Surrey
KT1 1EU
Email: youthservice@rbk.gov.uk



**FOR INFORMATION ON ACTIVITIES AND EVENTS
FOR YOUNG PEOPLE GO TO YOUTH SERVICE
AT WWW.YOUNGLIVIN.ORG.UK**



Info for Young People In and Around Kingston & Richmond

SEXUAL HEALTH

Magic Roundabout
23 Richmond Road, Kingston
Mon 3.30-6.30pm, Sat 9.30am-12noon
(Megan Dawson)020 8974 9252

Off the Record
2 Church Street, Twickenham
Mon 3.30-5.30pm, No fri service
(Deborah Kerpner)020 8744 1644

Wolverton Centre, Kingston Hospital, Galsworthy Road
Walk-in: Tues 9-11am, Thurs 2-4pm
App. only: Mon 8.30-11.30am, Weds 4.30-7.30pm,
Thurs 9-11.30am, Fri 8.30-11am (Was unable to check
these times)020 8974 9331

Roehampton Clinic, Queen Mary's Hospital,
Roehampton
Walk-in: Mon 3.30-5pm (under 18s only),
Mon 9-11am, Fri 9-11.30am
App. only Tues 2-6.30pm, Weds 8.30am-12.30noon,
Thurs 8.30-11.45am, 2-4pm
(Dorinda Philby)020 8355 2470/2077

West Middlesex Hospital Sexual Health Clinic,
Twickenham Road, Isleworth
Mon 9am-12noon, 2-6.30pm, Tues 2-4.30pm
Weds 1.30-3.30pm (family planning), 4-7.30pm
Thurs 9am-12noon (women only), 2-4.30pm
Fri 9am-12noon
Please arrive half an hour before closing time

.....020 8565 5718
Sexwise Helpline0800 28 29 30
National AIDS Helpline0800 567 123

TRAVEL

Train Information08457 484950
London Transport Travel Information ..020 7222 1234
National Express Coach Enquires0990 808080

GENERAL WELFARE & BENEFITS ADVICE

Kingston Citizens Advice Bureau
Neville House, 55 Eden Street, Kingston, KT1 1BW
Walk-in Monday, Tuesday & Friday 11.30 - 1.30
.....0870 126 4019
Richmond Citizens Advice Bureau
Linfield House, 26 Kew Road, Richmond TW9 2NA
.....08457 0505152/020 894 2501

GENERAL HEALTH

NHS Direct0845 4647

DRUGS AND ALCOHOL

Community Drug & Alcohol Team,
Kingston202 549 9279

Community Drug & Alcohol Team,
Richmond020 8940 3331

Alcohol Services
Kingston & Richmond020 8940 1160

Kaleidoscope, Kingston020 8549 2681

National Drugs Helpline0800 776600

Release – drugs & legal advice helpline .020 7729 9904

EDUCATION, TRAINING & EMPLOYMENT

Kingston Connexions
Swan House, 51 High Street, Kingston, KT1 1LQ
Walk-in: Mon, Tues, Thurs & Fri 9am-5pm, Weds
10.30am-5pm020 8410 4105

CfBT Connexions
1 Ilex House, 94 Holly Road, Twickenham TW1 4HF
Mon – Fri 9.30am-5.30pm020 8891 6162

INFORMATION, ADVICE, COUNSELLING & SUPPORT

Off the Record
2 Church Street, Twickenham
Tues, weds, thurs 4-8pm
Fri, 2.30-6.30pm
Sat, 10am-2pm
(Deborah Kerpner)020 8744 1644