

The Center for Community Health and Education
Mailman School of Public Health
Columbia University

Teen Power Poets

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TEEN POWER - PART OF THE CLINIC!

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The 143 Clinic

The 143 Clinic is special! They have walk-ins and they also have people with appointments. They take care of you in any situation. There's a lot of people in the clinic. It is always a busy place. There's all kind of jobs there. Like for example a psychologist a nurse and a social worker. I like the nurse because she always knows what to do. She's a smart lad. I look up to her. That's her - that's the 143 nurse.

-Anonymous

The Teen Power Program at I.S. 143 is part of the school-based clinic on the first floor, room 101.

This year **Teen Power** helped teach some classes on reproductive health and healthy choices in the 7th grade classes, helped organize a media program (Global Action Project) with 6th graders to make a video about gangs, presented workshops to parents, had a special outreach class session to 8th graders, worked with students to create and distribute posters about parent/child communication in the community, had small educational groups in the clinic, is

organizing career and other trips in the summer and worked together with the teachers of I.S. 143 on this newsletter!

The clinic helps students at I.S. 143 in many ways: The clinic helps students who are sick or to get checked with a physical exam so they don't get sick.

The clinic has people (counselors) you can talk to about your problems like school problems, problems with friends or problems at home.

The clinic also has people who give you information about health and let you know what is bad for your health.



When you talk to someone in the clinic about something they will keep it private and confidential.

Now that you know about Teen Power, we hope that you will come to the clinic and be involved in all of our activities next school year!



STUDENT POEMS, POEMS, POEMS

I am smart and intelligent
I wonder about being a doctor for kids.
I hear people gossiping.
I see a classroom.
I want to eat starburst
I am helpful and careful
I pretend to be fancy!
I feel hot!
I touch soft paper.
I cry tears.
I am excited!

I understand everything about English.
I say nice words or complements.
I dream to be a famous doctor for kids.
I try to do good.
I hope to succeed in being a doctor.
I am funny and happy!

Karina Rosa 705E

I am American and Dominican.
I wonder if you are American and Dominican.
I hear some people are American and Dominican.
I see some people that are American and Dominican.
I want to stay American and Dominican.
I am proud and you should

(Continued on page 2)

"I AM" POEMS

(Continued from page 1)

be, too.
I pretend to be good when I'm sad.
I feel good when I'm relaxed.
I touch sports cars.
I cry sometimes when I see sad movies.
I am going to school and I'm proud.
I understand I'm going to school.
I say I'm doing good in school because teachers tell me.
I dream to have a good education.
I try to do my best so I could play major league baseball.
I hope to do my best so I could play major league baseball.
I am proud and you should be, too.

-Jhonny Rodriguez, 705E

I AM

I am Hicham and I'm calm.
I wonder why people want to be teachers?
I hear the conditioner going fffffff!
I see an executioner in the Dominican Republic.
I want a shampoo of Head & Shoulders and a conditioner of Suave.
I am what I am and I eat food from a



can.
I pretend to act stupid.
I feel cold air.
I touch and stare.
I cry even though I share my thoughts.
I am the best and I do well on my test.
I say whatever I want.
I dream of the best cool taunt.
I try to do my best.
I hope to become the world's best technology businessman.
I am trying to pass not go to another school and so I can go to Florida and feel cool.

-Hicham Idrissi, 705E

I am Dominican and I am proud.
I wonder if I am a good person.
I hear Latin music, for example Regeton.
I see different people every day.
I want to be rich.
I am 13 years old and 5 feet 46 inches.
I pretend to be an adult.
I feel happy with the world.
I touch my mom's black soft hair.
I cry if my feelings get hurt.
I am in 7th grade and in Mr. Daniel's class.
I understand when Mr. Daniel talks

about our future.
I say anything I want.
I dream to be an actress.
I try hard to make my parents proud.
I hope to pass to the 8th grade.
I am Rosaury and I live in New York.

-Rosaury Mirabal, 705E

I am smart and cute.
I wonder if I'll be successful.
I hear people talking.
I see children playing.
I want to be an FBI agent.
I am fun and intelligent.
I pretend to be tall.
I feel happy.
I touch the paper.
I cry tears.
I am funny and silly.
I understand your words.
I say words.
I dream to be famous.
I try to do good in math.
I hope to succeed in the FBI.
I am nice and friendly.

-Yesenia Pérez, 705E

(Continued on page 7)

"I am proud and you should be, too."

OTHER WORLDLY POEMS

The Fireworks of Heaven

The day we saw,
The sky turn gray
We all ran inside
And couldn't play.
The parents cried,
And the children glared,
At the sky that changed
The life of others,
With no life to spare.
When the lights flew up,
Into the night
The stories it told,
Made the world cry.
When the lights grew down,
We felt a breeze,
The heavens took us,
And let us breathe.
Our world is a better place,
Now the at the lights lit
Up the world,

We now can start
To change the world.
All I can see is people starting anew,
No one is crying
And no one is blue.
When the rockets
Of our independence
Came to an end,
The fireworks of heaven
Showed us life
Once again.

Sarah Devlin, 702E

Birth Sestina

Isn't it beautiful
Is it fair that this love
Takes away everything from me as it
does Jairo
Is it jealousy no for I think it is the birth
Of a newborn child in September
The birth of the baby.

There is nothing more beautiful than
birth
The birth of a baby
Crisp, fresh air in September
Cradling fresh newborn love
Into the arms of beauty
The love of a sibling Jairo
During each passing year we celebrate
the birth
The birth of once a baby
But now a child growing each
September
You know the love
Of the beauty
By the name of Jairo
I guess it's true it's beautiful
This is what I see, the love
Of a sibling named Jairo
Of whom was given birth

(Continued on page 3)

(Continued from page 2)

In September
A loving baby

This is the beautiful
Thing I yearned for, the love
Of this precious baby
By the name of Jairo
Who was given birth
In September

This precious, wondrous beautiful
Thing astounded us all this birth
The baby growing into a child is still a
baby
In our hearts the love
Still remains
Every passing September
Of the precious love child named Jairo.

I'm wishing hopefully that this love
Will never fail. I am here wishing
Our love will be eternal.

-Kimberly Fernandez, 702E

Sorrows

Thinking of you, wherever you are
We pray for our sorrows to end,
And hope that our heart will blend.
Now, I will step forward and realize
This wish
There is one world,
But it has the same sky,
One destiny.

-Victor Mirabel, 710E

Sweet Dream

I wish you
Were with me like
You are in my dreams
There will be a day
Nothing in
This world means more
To me than you that
Puts gold before
True love
Nothing but a fool.

I just want you
To know how much
I really love you.

-Joselyn Rentas, 710E

LOVE

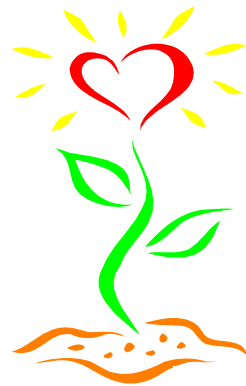
A kiss is just a kiss until you
Find the one you love
A hug is just a hug until you find
the one you're thinking of
A dream is just a dream until you
made it come true
Love was just a word
until I found YOU.

-Irene Gilbert, 710E

Angel of Love

Every time I'm in my room
All I do is think of you
Out of my window I see you
But you will never notice me.
I hope the angel of love
So we can be in love forever.

- Naila Leiva, 710E



"A STORY ABOUT GANGS"...MAKING A VIDEO!

This year the Teen Power media group, with the assistance of Global Action Project, worked with a group of sixth grade students from I.S. 143. They decided to make a short video about gangs. This video was shown to the entire sixth grade in an assembly, to parents in a special screening, at other screenings in New York, and it will also be aired on the Manhattan Neighborhood Network.

We asked the I.S. 143 students several questions about making the video. Here are the questions and some answers:

What inspired you to make a video about gangs?

"We made this video because we wanted to give an example to people who would want to be in a gang and hopefully they will change their mind"....

"We made this video to entertain people and to send a message to young teenagers that being in a gang is not worth it."

Was there anything about gangs that surprised you?

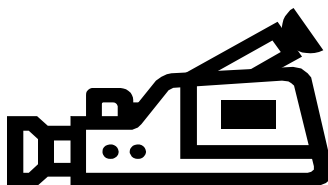
"I learned that it is a real issue that young people are worried about and might have to deal with at a really young age"...

"What I learned from this video is being in a gang changes your and other's life."

What do you want people to think about when they see your video?

"I want to show the whole world that gangs are terrible when it comes to protection"...

"What I want to do with this video is make copies of it and show to the whole wide world. So at least they could get a feeling of what it is like and so people could see what a gang does to you."



Response: Secret Crush

When you have that
Secret crush
That just makes you
Want to blush
Tell that special someone
That you are their
Special crush.

- Naila Leiva, 710E



Special Thanks to...

The Teen Power media group participants:
Glory May Batista, Marielina Cabrera, Rodney Castro, Soveida Espinal, Alejandro Estevez, Edwin Garcia, Raul Garcia, Glory Stefany Mory, Genesys Pichardo, Reinerio Quesada, Emmanuel Reynoso, Sunny Rivas, Mabel Taveras, Mark Tineo, Stephanie Velasquez, Luz Ventura

and Global Action Project staff:

Kim Hall and Eddie Rivera
Teresa Basilio and Christine Peng

MORE POEMS...

Somebody Should Have Taught Him

I went to a party but
I remembered what you said
You told me not drink
So I had a Sprite instead
I felt proud of myself
The way you said I would
That I didn't choose to drink and
drive
Though some friends
said I should.
I know I made a healthy choice
and your advice to me was right.
As the party finally ended
And the kids drove out of sight
I got into my own car
Sure to go home in one piece
Never knowing what was coming
Something I expected the least
Now I am laying on the floor
I can hear the police saying
The kid that caused this accident was...
His voice seems far away
My own blood is all around me
As I try so hard to cry
I can hear the paramedic saying
This girl is going to die
My breath is getting shorter
I'm getting really scared
These are my final moments
And I'm so unprepared



I wish that you could
Hold me mom
As I lie here and die
I wish that I could say
I love you and goodbye.
-Caroline Iglesias, 608

The Beach

Sun is very bright,
Waster is crashing against the
sand,
Very salty water, soft sand.
Life guards are saving people,
Boats are passing on the water.
My sun block lotion stings from the sun,
My face is red,
But the rest of my body is turning tan,
And my face hurts when I touch it.
Ketchup is a little bit sour,
French fries are slipping off my fingers,
Soda is very cold.
The music is loud.
My song the "candy shop" makes me
dance,
People are laughing at my mom's dance
The babies are crying because they
want some of my food
And my sister is screaming at me
because I won't give her some of my
French fries.

- Gina Hernandez, 610

Haiku

Beautiful blue sky
Shines with te light of the sun
Sky is always blue.

-Francisco Vega, 608

Cinquain

Sunshine
Feels very good
People come out to play
I love when it comes out to shine
Hot sun.

-Jonathan Nuñez, 608

Ice Cream

Ice cream
Milky and sweet
Cone is yellow like sun
Truck outside children buying cones
Creamy

-Angeline Paulino, 610

"I know I made a healthy
choice and your advice to me
was right."

My Parents

Father and Mother
They are very important
They are my parents

-Frankie Berrios, 602

Antelopes Run Free

Antelopes run free
With powerful legs so swift
Running there they go

The Smell of Nature

The smell of nature
Nothing can replace its scent
It's so fresh and clean.

-Uziel Cuevas, 602

Summer

Summer is here
But is yet to be over
Summer just begun.

-Galvin Rondón, 602

Water

Water is dirty
You could wash your hands with it
Water could be drank.

-Paola Calderon, 602

The Birds

I hear the birds playing
They are communicating
They love each other.

The Rain

I hear the rain falling
I see the rain falling
I love when it rains.

- Alnolia Rodriguez, 602

Flowers

Flowers are pretty
Flowers come in different ways
Flowers are nature.

-Annylem Lendof, 602

Sun

So bright in the sky
It is so hot like fire
Shines so bright like me.

-Ashley Vargas, 602

The Trees

Trees grow many things
Trees grow leaves, fruits and flowers
I like what they grow.

-Natalia Hernandez, 601

The Sun

Hotter than fire
It burns more than an oven
It's brighter than light.

-Jorge Almazo, 601

Fire

Fire is not cool
It burns people's property
It also kills things.

-Kelvin Arias, 601

Spiders

Spiders have eight legs
Spiders are arachnids too
Spiders make small webs

-Ricky DelGado, 601

There once was a guy from Niger
Who rode on a big fat tiger
With a lady inside
That the tiger ate and died
With a smile the size of a tiger

-Lenard Rodriguez, 601

Volcano

Volcanos are cool
Volcanos are very hot
Volcanos erupt

-Brian Ramirez, 601

The Summer

The summer is hot
Sometimes it feels like the sun
I sweat like crazy

-Gandhy Corund, 601

Tree

Green and tall with leaves
The brown bark protects the trees
The trees give us life

-Anonymous

On Moonlight

The moonlight is my favorite thing
in the world
It is so pretty that if it was a woman
It would be the finest woman of all.
From dawn to daytime to sunset
To nighttime when
My favorite time of the day comes
The moonlight is so gorgeous
The wolf howls at it
Oh Moonlight
Oh Moonlight
You are so pretty
I can stare all night.

-Robert Peguero, 601



Essays

Extremely long
Sounds like a song
Story telling
Anyone who does it loses all the fun
Yelling/whispering say it any way
So long to write and it takes all night.

-Adrienne Cross, 601



POEMS ABOUT FAMILY...LA FAMILIA

My Mom

My mom is a wonderful person.
She is very important to me
Even though I get crazy sometimes
She still loves me
When se gets on my case
I know it's for a reason
And that's what I love about her
Even though she worries
That shows me that she cares
My mom is a wonderful person.

-José Gonzalez, 601

Mother of Mine

Mother of Mine
I love you so much
You are my #1 idol
You are always there
Through good or bad
And all the pains I go through
You sometimes bother
You also snore
But I will always be your princess
I always to to you
For all my problems
I know you don't tell my father
You overprotect me
Like if I was glass
You also creep me out
So now you know
I love you so much
You are the greatest

-Eliana Matos, 601

My Niece Ashley

My niece Ashley is three
She has brown hair
Brown eyes
And is as cute as a teddy bear.
She has a cute voice
Which gets annoying
She's also a playful girl
Who likes to scream
My niece is cool
And not too mean
I will always love her no matter
what she does
Because she has a special place
in my heart.

-Romary Santana, 601

My Baby Brother

My baby brother is really cute
He acts really funny
And is fun to play with
Although he cries a lot
I'll still like him
And when he does his business
I'll still be fine
When he is asleep
He is cuter than before
And when he drinks his milk
He looks really, really sweet
My baby brother is really cute
He always learns new things
And will always be in my heart.

-Carlos Diaz, 601

The Only Ones

You were always there to pick me up
When I fell
You went through many many
embarrassing moments because of me.
You went through nine months of pain
Because of me.
We had good times and bad times
When I was mad you made me happy.
When I was in trouble you looked at my
face and laughed.
You always defended me
when somebody screamed at me.
No matter what happened
You were always there for me
When you smile you make my day.
When I'm with you I don't have to worry
If I fall you would always -no matter
what- catch me before I hit the ground.
You corrected me when I was wrong
You could talk to me about really
important stuff
that nobody else could hear
You are the best person
That I've seen
You are the only woman
That got my back—my mom.

-Leslie, 601



POEMS ABOUT FAMILY...LA FAMILIA (continued)

My Dad

My dad is a funny guy
I don't know what I would be
without him
To me he's my role model.
My dad is very nice to me
I like when he helps me with things
I like when my dad makes me laugh
I love my dad because he is very nice
My dad is very playful
when he is with me
I love my dad and my dad loves me.

-Alexander Victoria, 601

Bye Mom

Mom mom of mine
I know you're looking over me
From somewhere in the sky
To get you back
I would do the unthinkable
No matter the consequences
Love is love no matter that you're above
Olga I know you didn't want to leave me
But it's your time to go
Go upstairs to your father
You worked all your life for me
It's time to let me go
Though I'm young or old
I'll remember you
You were the best mother I could have
You always treated me right
Never left my side no matter
The love of a mother
Can never be replaced
No matter where no matter who

-Chantell Garcia, 601

My Grandmother

She inspires me by telling me things
Like to go to school early
and to set my alarm clock
Don't eat in my room
Listen to my teachers
Do my work
She will always find out if I don't
She gives love and support
Like a real mother
She acts like my real mother
My grandmother is great
My grandmother is as nice
as my friends
Btu she is as mean as Ms. Rosette
when I do not do her homework
My grandmother is as skinny
As my math skills book
But she makes my meals
As big as hippos

She is a great chef
She was a doctor
She helps me when I'm sick or hurt
She is as nice as my mother
When I get a great grade
She is the star of my day
I love her as much as
something can be loved—like a puppy
She is so bright, bigger than my height

-Suheiri Rodriguez, 601

My Mom...

The woman who brought
Me into this world
My mom...
She's a very special person to me
She helps me with my problems
And gives me advice
She keeps me out of trouble
Which I really rely
She also teaches me right from wrong
I think her so much
For everything she's done for me
I mostly thank her for taking care of me,
Loving me and being with me
through thick and thin.

-Rocio Miliano, 601

Somebody

She's the light of my day
Gentle as a flower
Sweet as sugar
Always protecting me
Wherever, whenever
Willing to do anything for me
Always loving and caring
Her voice is like a lullaby
When something is wrong
She automatically knows
Sometimes it's weird
She's my best friend in the world
In the good and bad times
Sometimes I get mad at her
but at the end I will always know
that I can count on her.
I know I can tell her anything
Because by "secretos"
Are safe with her
I will always know
that I'm her #1 selection
When I was sad she was there
To wipe my tears
When I first rode my bike of course I fell
And she was there to rub my knees
A day is a million years with her care
Nothing in this world is warmer than the

"The love of a mother
can never be replaced
No matter where
no matter who"

feeling I get when she hugs me.
She's the one
The only
My mother

-Mariangely Gonzalez, 601

My Mom

The one that raised me
...my mom
The one who cuddles me when I cry
...my mom
The one who can keep my secrets
forever and ever and I will always trust
...my mom
My best friend
...my mom
The one who gave her life to me
And now it's time to give back to
...my mom

-Geraldina Perez, 601

My Parents

Even in the darkest night
Your smile is brighter than the sun
Whether you're halfway around the
world or one foot away
You're the closest person to my heart
That I'm happy to say
I love you with all my heart
And I know nothing with break us apart
Fallen from the sky
you're God's gift to me
You gave birth to a boy
You gave birth to me.

-Roody Barochin, 601



**The Center for Community Health and Education
Mailman School of Public Health
Columbia University**

**Lorraine Tiezzi, MS
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School-Based
Health Clinic

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**Parent Workshops...Parent Dialogue and Dinner
At I.S. 143**

Over the course of the 2004-05 school year five parent workshops were provided by Teen Power and the Community Health Initiatives Programs in coordination with the school's parent coordinator, Ms. Cecilia Anglero. Topics included *Communication with Your Adolescent, Conflict Resolution and Sexual Education Begins at Home*. A special parent dialogue and dinner on "Advocating for Your Child" was also held with school-based clinic staff. Parents wrote various comments about these opportunities:

- "This was a great program. I feel that I was able to meet other parents and learn from them."
- "All parents share more or less the same problems."
- "[I learned] the importance of communication with my children."

Special thanks to Ana Jimenez-Bautista, CHI Coordinator, Cecilia Anglero, Parent Coordinator, Ms. Pappas, Mr. Kimmel and Mr. Rodriguez, Assistant Principals, the 6th & 7th grade English teachers and a **heartfelt thank-you to Mrs. Phyllis Williams, Principal of I.S. 143 for all her support of the Teen Power Program.**

More Pictures of Teen Power...

