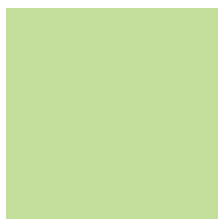
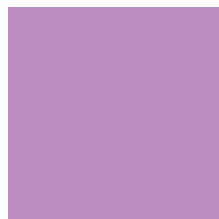


[What's Inside]

Last month, teens enjoyed youth group events, SAT workshops, service learning, and 17 North Shore teens signed up for the L'taken Seminar in D.C. for this February break. Keep reading for some great articles about the college search, summer jobs, working at the Food Project, and more!



The Right College

Why Sarah wanted to choose a campus with a Jewish presence

BY SARAH LEVITIN

COLLEGE. IT'S ONE WORD, but it can mean so many different things depending on who you ask. Personally, I haven't gone one day since I started senior year without that word crossing my mind. From applications and interviews to essays and the SAT, this whole process is one that I definitely won't be forgetting anytime soon.

I never realized how many factors there were to narrowing down my list of schools to apply to, including location, size, academic level, the financial side, and more. I found, though, that there was one factor that really helped me narrow down my choices: Jewish life on campus. I've grown up in a fairly Jewish atmosphere. I attended Cohen Hillel Academy for middle school and Prozdor of Hebrew College in high school, traveled to Israel with 110 teens from the North Shore, and participated in the JCC Maccabi ArtsFest at Tulane University. Growing up I have always felt a sense of Jewish pride, especially when I moved to the North Shore. With this in mind I was certain that I did not want to leave that aspect of my life behind when I went to college.

Many peers and fellow college-bound students tell me that their parents had a big influence on their college choices and decisions. I was glad that my parents allowed me the freedom to choose my list of colleges, and they supported me with the essays I wrote and the decisions I made. I was surprised that they did not necessarily force the Jewish aspect of college on me either. I am glad that they trust me



Sarah Levitin

with the serious matter of choosing the right college during my hectic and amazing senior year. Because they did not put such strict limitations on my search process, it allowed me to realize on my own that I really wanted a Hillel or Jewish organization on campus.

While my parents supported me in whatever college-related choices I made from last summer to the first day of the new decade, I can safely say that my friends from all over the state were the main influence on the decision I made. A large percentage of my friends are Jewish and I think that is what made it

so comforting to me to become so involved in the Jewish community. I definitely don't want that feeling of pride and joy in my background to leave when I start college.

Yes, college is a serious matter, but when you have friends and family that love and support you, and a religion that

you celebrate openly and freely, high school is one chapter of your life that is sadly coming to close. I know college will be another even more memorable chapter of my life that I have yet to open and enjoy even more. ■

SARAH is 16 years old and lives in Swampscott.

"I definitely don't want that feeling of pride and joy in my background to leave when I start college."

What are teens saying about NSTI?

“Each week when I enter the Ford School, one boy in particular greets me with a smile and immediately I feel welcome. We are years apart, but he makes me laugh as if he was one of my best friends. I wouldn't trade my experience working with these kids for anything because it has truly been life-changing.”

—SOPHIE KATZMAN, a senior at Marblehead High School

“...Working at the Beverly Bootstraps [Food Pantry] with NSTI... made me realize that even the smallest thing...could help brighten the lives of so many families.”

—SARAH LEVITIN, a senior at Swampscott High School

“[On the ArtsFest trip] the people I met, the things we did, were just the experience of a lifetime. I had so much fun, and I think everyone who has the chance...should go!”

—SHOSHANA KRANISH, a freshman from Beverly

“...An opportunity to hone my leadership skills is very exciting to me. Project Impact will... make me a better person, develop my communication skills, and foster new relationships with Jewish people from around the country.”

—ZACHARY KROWIAK, a senior at St. John's Prep

“During Artfest I was involved in the culinary arts program. It was an amazing experience to be able to learn new skills while in New Orleans. I am considering a career in this type of work so the experience was great. I am grateful to NSTI for the opportunity....”

—ALLISON SOLOMON, a junior at Marblehead High School

[to learn more about NSTI]

go to nsteeninitiative.org, email info@nsteeninitiative.org or find us on Facebook (North Shore Teen Initiative).

This insert was created and sponsored by the North Shore Teen Initiative.



MADE POSSIBLE BY THE:



Jewish Camp Counselor Fun: Why Matt wants you to try being a camp counselor

BY MATT FRANKEL

The joy of a cold and fruity Popsicle on a hot summer day is shared by kids, teenagers, and adults. Tasty treats were one of many perks I enjoyed while working at Kinder-camp at the JCC in Marblehead last summer. Being a camp counselor was a great way to spend my summer. From orientation until the end of camp, whether I was teaching a camper to swim, singing a Shabbat tune, or reading a story about Israel, I had a blast each and every day. Being a counselor was a fun and gratifying experience for me.

Running up and down playground structures, building Lego towers, and painting Stars of David were a few of many activities I enjoyed. I was able to enjoy these activities from both sides—giving instruction to the kids and enjoying my personal participation. It was also fun to play tag or “superheroes” with the campers or to grab instruments and create our own group song. The kids were great, and loved the activities and games as much as I did. Teaching them and watching them learn and grow was so rewarding. The kindness and compassion of the kids lifted my spirits, and the spirits of everyone around.

I really enjoyed the fact that I worked at a Jewish camp. Being Jewish made it easy to get along and instantly have something in common with the campers and my fellow counselors. More importantly, each day I looked forward to answering my camper’s questions about different Jewish holidays and He-



JCC camp counselors from summer 2009



brew words. I looked forward to Juda-ics classes and singing and dancing on Shabbat. I also enjoyed the abundance of snacks and the willingness of my co-workers to share a cookie, meatless lasagna, or a slice of challah with me. The Jewish vibe, cultural food, and music helped me create many lasting and enjoyable memories.

There are many reasons why I would recommend being a camp counselor for the summer, aside from the fact that the hours are great. Every day is an adventure. Teaching the campers and seeing them use the lessons and knowledge we as counselors provide them creates

an immense feeling of satisfaction.

Instead of planning to sleep the day away this summer, apply for a position at a summer camp. There are many opportunities to pursue a position at the JCC in Marblehead. You will make many new friends and learn more about Judaism and educational methods. You will not only gain experience working with children, but you will also appreciate each camper for his or her different positive attributes. Instead of just hanging out from June to August, make this the best summer ever for some lucky campers. And, by working as a counselor, you might have the best summer of



your life. ■

MATT is 18 years old and attends Marblehead High School.

WIN A BORDERS GIFTCARD!

Rename The Insert

We're still looking for creative suggestions for a new name for the J-Shore North insert. Help us do better! The teen who submits the best idea will see the insert renamed with his or her idea and win a Borders giftcard. Email info@nsteeninitiative.org with your suggestions by Sunday, February 7, 2010.

FOR MORE INFORMATION about all events listed on the calendar, go to nsteeninitiative.org. NSTI is looking for all local teen organizations to list their events online and in this space next month! Please send your event listings to info@nsteeninitiative.org.

>>Join a Service Learning Project

Looking for a service learning project to round out your resume? It's never too late to join one of NSTI's service learning programs. Log on to nsteeninitiative.org to view the options and get started.

>>Tu B'Shevat: The New Year of the Trees

Tu B'Shevat (15th of the month of Shevat) is coming! This year it falls on January 30. Celebration ideas: hold a Tu B'Shevat Seder, donate toward planting a tree in Israel, learn about the *shivat haminim* (seven species with which the Land of Israel is blessed), or eat a new fruit you haven't had yet this year!



[Get Involved!]

January – February 2010

SUN	MON	TUES	WED	THUR	FRI	SAT
24 Jew Crew Chili on Ice Jew Crew JLI Course	25	26 Teen Spinning Teen Swim Lessons	27 Service Learning – Ford School	21 SMARTY / Yalsh Lounge Masters Swimming with a Teen Twist Middle School Indoor Tennis	22	23 Laser Quest Lock In!
31 Jew Crew JLI Course Service Learning – CA Food Pantry	1 FEBRUARY	2 Teen Spinning Teen Swim Lessons	3	28 SMARTY / Yalsh Lounge Masters Swimming with a Teen Twist Middle School Indoor Tennis	29	30 TU B'SHEVAT
7 Snow Tubing Superbowl	8	9 Teen Spinning Teen Swim Lessons	10	4 Masters Swimming with a Teen Twist Middle School Indoor Tennis	5	6
14	15	16	17	11 Masters Swimming with a Teen Twist Middle School Indoor Tennis	12	13
				18	19 RAC / L'taken Seminar	20 RAC / L'taken Seminar

Reeve and His Food: Learning, diversity, personal growth, and more

BY REEVE MOIR

Food. I enjoy food, many different kinds and types: Cereal, a cookie, a bagel, ice cream, and of course my fruits and vegetables. So, it is fitting that I work at an organization called The Food Project. It might be a little bit different than what you are imagining right now. The Food Project is about the process of food: like how the corn on the cob gets from being planted to being buttered and salted at a summer barbecue. It is about changing the way their teenage employees eat, and taking those same teen workers and inspiring them to change how their towns eat.

Not only do I agree with the mission of The Food Project, but my work there has taken me from a shy kid afraid to speak to new people to a leader. I lead volunteer groups around the farm, teach-

ing them different farming techniques and holding conversations with them.

Also, at the Food Project, I get to experience diversity, something hard to come by at my small private school in Beverly. At The Food Project, diversity is everywhere, in race, religion, in towns, in lifestyles, and so many other ways, yet we are all the same on the farm. We all weed, we all harvest, and we all are leaders. One of the teens I work with is Ethiopian. I recently worked with volunteers who were refugees

from Afghanistan. Having a chance to work with and know people from such different backgrounds gives me a better sense of the world and people. It has expanded my understanding of the challenges that so many face and helps me to see how privileged and easy my life is. I realize how lucky I am to have all the food

I want to eat, meals, snacks and more.

I have learned about food policy and the importance of eating local and choosing fresh, healthy snacks. I have learned about sustainable agriculture, that we need to put back nutrients into the soil for what we took out. I have learned about polyculturalism over monoculturalism, that diversity in plants is important and without it, we might have another potato famine. I have learned about migrant workers and their awful working conditions. I have learned so much about the food I love here at The Food Project.

I'm not telling you to go work or volunteer at The Food Project. If you want to, then sure go for it, (thefoodproject.org), but don't do it because I told you to. In the famous words of Lila Watson, "If you have come to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us walk together..." ■

REEVE is 17 years old and lives in Gloucester.



Get Physical!

The JCC is offering four teen classes to help you get moving on these long winter days. Options are spinning, indoor tennis, and swimming at two levels. Classes started in mid-January, but there may still be space to join. Call (781) 631-8330 for more information (ext. 144 for swimming and tennis and ext. 134 for spinning).



From the Leaders

Meet 5 more members of NSTI's teen advisory committee



Emily

Name: EMILY MARCUS

Age: 16

School: Marblehead High School

Leadership position: Co-president of Adom, a school club that supports Magen David Adom; NSTI

Favorite Jewish holiday: Purim!

Favorite prayer: *Shema*

Career aspirations: To always help people in whatever I do.

Thoughts on teen leadership: I think that leadership at any age is important, so why not start now?

Advice to a teen who doesn't know how to get involved: Try to find any sort of cause that you find worthy of time and effort and look for people who feel the same way. Once you've made connections to people looking to help, the rest is easy.

Favorite Jewish memory: Dancing with Israelis at the Western Wall

Fun plans for February break: College road trip

New Years Resolution: To host many successful Adom events!

Name: JACOB CLINE

Age: 15

School: Hamilton Wenham Regional High School

Leadership position and organization: NSTI

Favorite Jewish holiday: Purim

Favorite prayer: *Shema*

Advice on teen leadership: Be friendly and open to everyone's ideas.



Jacob

"Instead of sleeping until lunch... join us for a fun event."

Advice to a teen who doesn't think they have time to get involved: Instead of sleeping until lunch, get up just a little bit earlier on a Sunday afternoon and join us for a fun event.

Fun plans for February break: Going with NSTI on the L'taken seminar in Washington D.C.!

New Year's resolution: To cut down my procrastination.

Name: HANNAH WOLF

Age: 17

School: Marblehead High School

Leadership position and organization: NSTI

Favorite Jewish holiday: Purim

Favorite prayer: *Shehecheyanu*

Career aspirations: Psychologist and field hockey coach

Advice on teen leadership: If you have the will, you will find the way!

Advice to a teen who doesn't think they have time to get involved: Being involved can be the simplest of things like devoting an hour here or there to things like cleaning up a park or donating food to shelters and food drives.



Hannah

Favorite Jewish memory: Putting my prayers in the Western Wall.

Fun plans for February break: Most likely skiing out West.

New Year's resolution: Be happy and healthy.

Name: ZACHARY KROWIAK

Age: 18

Town: Beverly

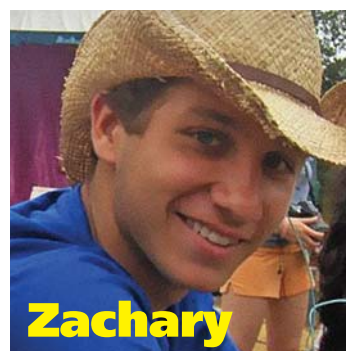
School: St. John's Prep

Leadership position and organization: NSTI

Favorite Jewish holiday: Yom Kippur

Favorite prayer: Bedtime *Shema*

Career aspirations: Lawyer



Zachary

"Live life to the fullest."

Advice on teen leadership: Learn to navigate from the platform of an idea to the plateau of its coming to fruition.

Advice to a teen who doesn't think they have time to get involved: Come when you can, it's worth it.

Favorite Jewish tradition: Rosh Hashanah dinners

Fun plans for February break: Washington D.C. with NSTI

New Year's resolution: To live life to the fullest.



Laura

Name: LAURA MINDEL

Age: 18

School: Marblehead High School

Leadership position and organization: NSTI

Favorite Jewish holiday: Purim

Career aspirations: Social worker

Thoughts on teen leadership: It's a lot of fun meeting new people and working with your peers to accomplish goals for the community.

Advice to a teen who doesn't think they have time to get involved: Just because you are part of NSTI doesn't mean you have to go to every event. We would love to have you dedicate any time you can.

Fun plans for February break: Hanging out with Molly (obvi) and going to Florida with the fam—so pumped!

New Year's resolution: Just to exercise more (swim after my shifts) and work hard to get into college.