

# THE AMBASSADOR

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## International Education Week Opens A New Paige

### United States Secretary Of Education Visits Bodine For The First Time

By Amber Kennedy

In celebration of International Education Week, Secretary of Education Rod Paige came to Bodine, along with the CEO of the Philadelphia Public Schools, Paul Vallas and World Affairs Council of Philadelphia CEO, Margaret Lonzetta. The program began with students greeting our esteemed guests in several different languages including Spanish, Chinese, Greek, and Cambodian. Senior Rhasaan Nichols then introduced Dr. Paige. In his speech, Dr. Paige told us about the new reform initiative No Child Left Behind.

Under this act, the federal government provides funds for elementary and secondary education programs. Under No Child Left Behind, schools are required to provide detailed report cards on their performance, including standardized test scores. Dr. Paige mentioned that he and President Bush envision America's public schools to embody Bodine's high academic standards and emphasis on foreign affairs. In an open forum, Dr. Paige was asked if being a minority influenced his decisions; he said that he wanted better education for all, not just minorities or non-minorities. After his speech, Joy Young presented Dr. Paige with a gift from Bodine, which was a plaque and Bodine memorabilia. Time also permitted Mr. Vallas to answer student questions about scholarships and opportunities for students in the Philadelphia School District who want to attend college. Mr. Vallas said that there are grants available to pay for students' first year of college.

After the assembly, several Bodine students, accompanied by Dr. Hill and Ms. Johnson, our World Affairs Liaison, headed to a luncheon held in Dr. Paige's honor at the Crystal Tea Room in the Wanamaker Building. The audience that came to see Dr. Paige ranged from businessmen and women to teachers and parents. After filling our plates with cheeses and fruits, we were seated at a table marked off Bodine High School. Dr. Paige was introduced, and he proposed that with smaller class sizes and more qualified teachers that the people should expect better results. Paige explained that No Child Left Behind was the president's plan and he just helps to put the plan into action. When the audience was allowed to ask questions, one man said he believed that No Child Left Behind was a ploy to get votes in the next election. Dr. Paige seemed to take great offense to that statement and answered "I've known President Bush since he was a young senator and he has always wanted to improve education."

On behalf of Bodine and all of its students, I would like to thank Dr. Paige for visiting Bodine and answering our questions. It was truly an honor.



U.S. Secretary Of Education Rod Paige meets with Bodine Principal Dr. Karen Hill and School District CEO Paul Vallas during International Education Week.

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## Racial Politics On The Rise

By Monica Ortiz

As a biracial teenager of African American and Puerto Rican descent, the U.S. Census Bureau stating the obvious did not surprise me. The Bureau reported that there are 37 million Hispanic Americans in the U.S., if not more due to vagaries within the Bureau's classification of race. These new demographics have some concerned about its effect on politics, education, media and the economy. I am interested in the results of this new statistic because this means there will be many changes, although no considerable changes will be made to the African American community because of the fact that their populations are close and share the same agenda. American society has no choice but to respond to Hispanics now that they are the largest minority group with African Americans trailing not too far behind. It seems to me as if

this could be a problem for mainstream America, but I believe this can be an avenue for a solution.

First, what exactly is a Hispanic? The phrase Hispanic or Latino is often a catchall including people from a number of different origins - Mexico, Puerto Rico, Cuba, Central America, and South America. Even with these disparate origins, there are still a number of commonalities with this ethnic group, including language. I understand the term Hispanic, though I prefer the Latino in place of Hispanic, as representing a variety of different and equally unique cultures dating back hundreds of years ago when the Spaniards imposed their language, customs, and Catholicism on the indigenous peoples they encountered, including African

*see Minority Report page 3*

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## Launching A New Program

### Mr. Greberman Joins The Bodine Technology Department

By Farah Mabou

Joining Bodine's innovative technology program is Mr. Greberman. He was drawn to Bodine by his quest for a safe, amiable, and academically challenging environment; now, he has undeniably joined the ranks of Bodine's top instructors. He is our new technology teacher and he's enjoying every minute of it.

A graduate of Brandeis University, Mr. Greberman went on to do his graduate work at Temple University and The University of the Arts. He has also taken several courses at Villanova University.

Prior to working at Bodine, Mr. Greberman was a technology recruiter and a director of the Better Business Bureau of Philadelphia. He was also an optician who sold eyewear. He has

been working for the Philadelphia Public School District for the past six years. Originally, Mr. Greberman had no intention of teaching computers, but over time he realized the significance of technology in our society and his views on the subject were transformed.

Though he has only been a member of the Bodine family for a short period of time, he has already grown to become one of our biggest supporters. Without any hesitation he will admit that in his eyes he is working at the greatest high school in the city of Philadelphia. He is happy to have found a home at Bodine, a place filled with intelligent students and knowledgeable staff and we are happy to welcome him this year.



## Adding Pep To Learning

### Ms. Blodgett Is An ESOL Teacher And Cheerleader

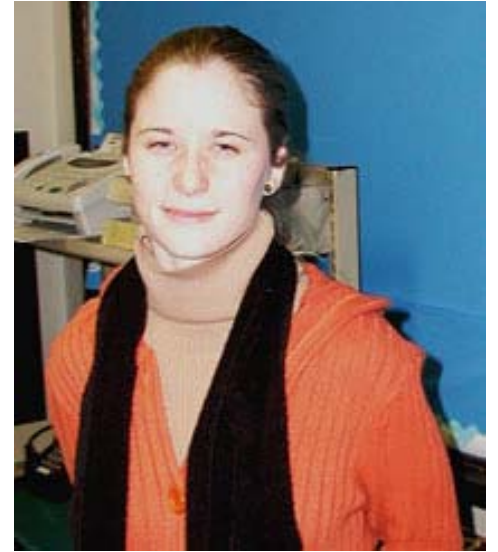
By Han Tran

One of the newest members of the Bodine family is the ESOL teacher, Ms. Blodgett. Born and raised in Connecticut, Ms. Blodgett saw many of her friends drop out of high school. This experience inspired her to become a teacher to encourage students to do their best. With her love for English, she obtained her Bachelor's degree at New York University and Master's degree at Berkley.

Not only is Ms. Blodgett the new ESOL teacher, but she's also the new cheerleading coach. Being a former high school cheerleader herself, she was perfect for the job. "I was really happy to see how excited and enthusiastic the girls were to learn," she said.

Ms. Blodgett not only teaches at Bodine, but at Mastbaum as well. She commutes from one school to the other during the day. This shows her dedication to the students and her job. Traveling back and forth is just part of her daily routine.

Since Bodine is an international school, Ms. Blodgett fits us to a tee. She speaks Spanish fluently and studied abroad in her senior year of college. She has traveled throughout the world and



seen many unique, and prominent sites. She is a valuable part of the Bodine staff.

"I'm really impressed by the students and I hope they can come to think of themselves in terms of being involved in the rest of the world," commented Ms. Blodgett. Three cheers for Ms. Blodgett!!

## Por Ahora Y Siempre Tienes Mi Corazon

By David Allen

Por ahora y siempre  
Tienes mi corazón  
Por ahora y siempre  
Tú eres mi amor

Tú eres mi vida  
Y te quiero aquí conmigo  
Te amo mucho  
No quiero estar solo

¿Puedes cuéntenme  
Por que no estas aquí?  
¿Cuando tú sabes  
No quieres a nadie pero a mí!

Tienes que estar conmigo  
Y no más confusión  
Por ahora y siempre  
Tienes mi corazón

## The Ambassador

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## The Science Department's New Chemistry Teacher

By Amber Kennedy  
and Yadira Toledo

Among the new members of the Bodine family is the Science department's chemistry teacher, Mr. Batra. Though he is new to Bodine, he is a veteran teacher. He has managed to enrich our school community with his work background and his hands-on approach to teaching.

Mr. Batra's passion for teaching has led him around the world. His vast teaching experience includes twelve years in India, four years in Nigeria, and one year in London, where he obtained his degree. Currently he is the Senior Environmental Chemist for ERM, Environmental Resources Management, a position he has held for fifteen years.

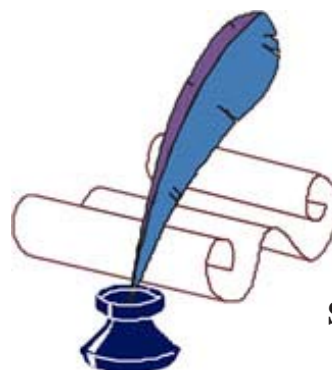
As an instructor, he has little faith in the lecture methods of teaching, but holds a fond appreciation for demonstrations. While working for the Philadelphia Public School District, Mr. Batra has also served as a teacher at North Philadelphia's Thomas Edison High School. Although it is only his first year at Bodine, he has quickly grown to appreciate the diligent, studious, and goal oriented students who can be found here.

Welcome to Bodine Mr. Batra.



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# Double Dos

## Mr. dos Santos Joins Language Dept.

By Ivory Holland and Anila Vangjeli

In the beginning of this school year, the students who take Spanish at Bodine were introduced to their new teacher. His name is Mr. dos Santos.

Before teaching here at Bodine, he was a teacher at Hill Freedman Middle School. When Mr. dos Santos was asked to compare Bodine to Hill Freedman he said "Bodine is bigger. The students at Bodine are more mature and this school has advanced Spanish."

Coming to a new school, there may be times that you might feel like an outsider. Mr. dos Santos said that the staff and the students here at Bodine have

made him feel like he is a part of the school, and everyone is treating him great.

One of the teachers at Bodine that Mr. dos Santos said made him feel welcomed from the first day he began was his wife, Mrs. dos Santos. How would you feel if someone that close to you worked with you at the same place? Mr. dos Santos said that he loves having his family close, but he knows that he is here to work. He thinks that his



wife and he are good role models for the students and on top of that, they are both professionals.

Mr. dos Santos likes how our school is organized, and he believes that the structure is good. He loves getting to know the students and learning something new every day.

Mr. dos Santos also said that Bodine is the school that made him want to teach. It convinced him that teaching is what he wanted to do. He also believes that Bodine lives up to its reputation.

Whoever has Mr. dos Santos as a teacher knows that he loves to study abroad and travel. He believes that what Bodine has to offer to the students with the study abroad programs are great opportunities, and people should go for it.

Bodine is the place where you get a great education, but it is also the

place where you can make some great friends. Mr. dos Santos believes that this school has some great personalities. He thinks that Mr. Kolakowski and Paul Nong are very funny, Mr. Finley, Mr. Kaufman and Mr. Greberman are supportive, Mrs. Santiago is compatible, and Ms. Mackay is great.

In the end, all we have to say is "Welcome Mr. dos. We hope that you stay with the Bodine family for a very long time."

## Mrs. dos Santos Makes The Switch

By Salia Zouande

Mrs. dos Santos is one of a kind. She has been teaching at Bodine High School for 4 years. A former Spanish teacher, she was shifted to the position of the French teacher in place of Mr. Molowitz. At Temple University, Mrs. dos Santos studied to become a French teacher. Because Mrs. dos Santos taught French 1 and 2 previously, Dr. Hill had no reservations making her the next French teacher at Bodine.

Choosing to teach at Bodine was a great decision for her because Bodine is a good school and the students here love to work. Mrs. dos Santos encourages her students to try their best during tests or quizzes. Her advice for students to improve their French skills is to practice, practice, and practice. Students should read French books and newspaper, try to chat amongst your selves in French, and listen to French music and news. This will ensure a successful year for you in French.



Not only is Mrs. dos Santos a wonderful teacher, but also a loving mother. She has two children, one boy and one girl. She has a six-year-old daughter named Ariana and a son Carlos who is three years old. Even with her busy schedule at Bodine, she uses her spare time to attend her kids' soccer games and practices. She is indeed the woman of the year.

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See Mr. Kaufman or Ms. Mackay For Details

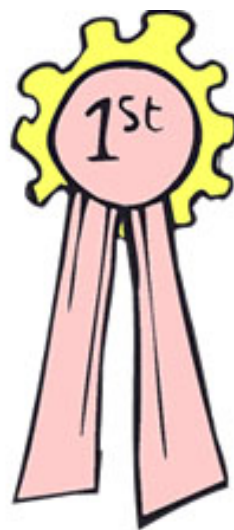
## Minority Report *continued from Page 1*

slaves. What some need to realize is that not all Hispanics are alike nor do they share the same grievances or triumphs. Those labeled Hispanic are lumped together though their origins differ just as those labeled European. Nevertheless, Hispanics, and more notably people of color, will have to have their issues brought to the forefront and acknowledged, especially with regard to this nation's political system. Hispanics are concentrated in our nation's key states with the most Electoral College votes: California, Texas, Florida, New York, and Illinois. The Hispanic community has been estimated in expanding almost four times faster than the general U.S. population. Unfortunately, the Census Bureau also reports that 60% of the Hispanic population are ineligible to vote, making more than 12 million under 18 and another 9 million foreign-born with no citizenship. Those who are of voting age will have to assume an active role compelling politicians and other government officials to respond to the concerns of a minority group. These concerns include adequate

and affordable healthcare, the media, and quality education, concerns prevalent in the African American community as well. Hispanics must act aggressively and responsibly with this increased political power and make their issues a top priority.

Next, concerning the media as well as the economy, Hispanics and African-Americans share in the lower economic prosperity, but nevertheless have definite marketing advantage due to the fact that they contribute billions of dollars to the economy and are prime audiences for a majority of media forms. ¿Habla español? Bueno because there is a persistent bilingual media consumption. In other words, Hispanics generally use multiple media forms such as radio, television, and print in both Spanish and English. American society has realized that it needs to make a concerted effort in understanding the issues of minorities and appeal this critical audience.

Then, the topic of education is definitely one to be discussed. According to the U.S. Department of



Bodine Senior Monica Ortiz won \$1000 from the Congressional Black Caucus Spouses 2003 National Annual Essay Contest for this essay.

Education, Hispanics, including African Americans, lack in proficiency in the sciences and mathematics, have lower reading proficiencies, score lower on standardized tests such as the SAT®, and are less likely than their white and Asian/Pacific Islander counterparts to go straight from high school to college, with only 45 to 55% enrolling part-time in a two-year or community college. Hispanics and African Americans are also less likely to pursue a bachelor's degree in four or less

years. The trend that characterizes the various school systems that deprive the minorities are only hurting them in the long run. On the contrary, now that Hispanics are the largest minority, they are now on an auspicious start to increasing the graduation rate, be that they constitute for a major part of this country's workforce. I think we all know the answer but can the U.S. afford to let such a fast-growing sector continue to go uneducated?

# Finally!!

## Bodine Boys Basketball Team Snaps 75 Game Losing Streak

By Sarah Thomas

After losing 75 games in a row, winning seemed to be mission impossible. Yet, on December 12, 2003, Bodine's Boys Basketball team completed the assignment. On that day, the team faced William Penn High School, and believe it or not they won! Who cares if it was only a one-point victory (55 - 54), the fact of the matter is they ended their 6 season losing streak.

The Ambassadors totally caught William Penn off guard. In this game, they would demonstrate intensity and outstanding efforts that their coach had never witnessed before. "Every player scored, for the first time we played collectively. All five players played as one." said Coach K.

Jawaan Montgomery had a record number of rebounds over players who were taller than him. Eric Pendleton was unstoppable, making shots left and right. We all knew God was on our side when Jason Bullock scored a 3-pointer!!!

Even Coach K was excited on the sidelines, calling out plays.

Katrina Nesmith and Sarah Thomas, the managers, were so excited and shocked that they were nearly brought to tears by the end of the game. After countless disappointments during the 3<sup>rd</sup> and 4<sup>th</sup> quarter, the Bodine Boys Basketball Team finally pulled through like we always knew they could. As the timer buzzed signaling the end of the 4<sup>th</sup> quarter, William Penn's Gymnasium resounded with the overjoyed shouting of a team that had



overcome criticism to finally win a game.

The next day, Bodine High School was full of excitement as talk of the victory infiltrated the halls. It was obvious that everyone,

especially the coach, was proud of the basketball team. "It feels like the boys just won the NBA Championship. It's a dream come true!" exclaimed Coach. K the day after their win.

## Serving It Up With Girls Volleyball

By Sarah Lu

The Girls Volleyball team ended the season with a 6-4 record, taking them to the playoffs. After a long and hard season, the girls did an excellent job this year compared to last year's heartbreaking losing streak of 0-10. This year, the seniors of Bodine lead the team with special thanks to our three captains: Marcia Awkward, Monica Ortiz, and Sade Odeniyi, along with our other starting members: Yadira Toledo, Pashara Arties, Anila Vangjeli, Sarah Lu, and Alyxe Smith.

Together, the team played their best with outstanding

teamwork, enthusiasm, and a relentless attitude. This year the team consisted of seniors, juniors, sophomores and even freshmen. Our newcomer, Sabrina Plattkowski, had a huge impact on the team and helped guide our way into the playoffs. Everyone had a chance to play on the court and they did a great job supporting each other no matter what the outcome was. A special thanks to managers Syreeta Watkins, Nhi Nguyen, and Aleasia Dillingham, who cheered them on from the sidelines and came to each practice to help the girls out.

The team finished third in the Silver Division, which was a terrific outcome, and they couldn't have done it without their outstanding coach, Mr. Tom Finley. The girls made it to the playoffs but lost against a tough and powerful Mastbaum team. They ended the season with a total of 22 games won against 20 games lost. In addition, Sade Odeniyi was awarded MVP, while Sarah Lu won the Sportsmanship/Leadership Award.

Afterwards, the girls had their annual Student Faculty volleyball game. Fellow classmates came to cheer for the team and the staff while they played a grueling

game. The staff members consisted of Mr. Donaldson, Ms. Hart, Mr. Douglass, Mr. Dos Santos, Greco, Paul, and Mr. Kauffman. Unfortunately, the faculty members blew the girls away and ended up victorious. Mr. Dos Santos had a surprisingly good game and should be awarded MVP. The girls put up a great fight and everyone had fun.

Hopefully, the underclassmen can lead us to victory next season and make the Bodine family proud. The seniors will be missed and they will forever remain recognized for their achievements.

## Health Check With Dr. Dionne: Dieting

By Dionne Whitby

Today's health check will focus on dieting and your health. Everybody knows that there are plenty of ways you can lose weight and become healthy, but the most important thing you need is self-discipline. Self-discipline is definitely a key factor because without it you won't be able to be successful.

The hottest new diet is the South Beach Diet, but don't be fooled by its name because it works everywhere. The South Beach Diet focuses on the Glycemic index. The Glycemic index is a decade old guide that focuses on how certain foods raise blood sugar levels. The philosophy of this diet is that simple Carbohydrates (starches) cause your blood sugar levels to increase dramatically. In response, your pancreas pumps out insulin. When your pancreas pumps out insulin, it lowers the blood sugar, which leaves the body wanting more carbohydrates. As a result, you get hungry and gain weight. The SBD says if you eat food with fewer carbs, then your hunger cravings

will increase. When you use the Glycemic Index it will come in handy when you generally want to become, and eat, healthier.

Whatever you do, DON'T skip breakfast! Harvard University conducted a study that concluded that people who have breakfast every day are thirty to fifty percent less likely to become obese and develop problems with blood sugar control that later leads to diabetes. When skipping breakfast you decrease your blood sugar levels, which will guarantee overeating later in the day. When craving a candy bar reach for peanuts, which contain mono and poly saturated oils which prevent strokes and heart attacks, but don't eat a lot because they contain high fat.

Now, don't get me wrong, it's okay to have a snack now and then just make sure you include some fresh, healthy fruits or vegetables. The same is true when eating dinner; when going to restaurants stay away from the **bread basket** before leaving for the restaurant try eating yogurt or a low fat cheese cake and soup or broth at the



restaurant will put your stomach at ease. If you're going to eat bread try switching to wheat bread, and instead of bread and butter try bread and olive oil. Why olive oil, you ask? Olive oil slows down the pace in which you absorb starches, which makes you feel fuller faster. If you want to control your cravings

and appetite the South Beach Diet suggests that you start a meal with a fiber filled snack like an unpeeled apple.

When looking for a diet you don't want a diet that will leave you hungry, most likely these diets will not work. South Beach Diet doesn't suggest that you should quit desserts in all, but rather mix the good with the bad. Instead of having a slice of double-layered chocolate cake with chocolate icing try strawberries dipped in dark chocolate because dark chocolate contains less sugar than milk chocolate.

The most important thing to remember when considering a diet is to make an appointment with your doctor and get some good medical advice. Your doctor knows your medical history and can guide you in the right direction.

In conclusion, remember eat by numbers, don't skip breakfast, mix good food with the bad, and fill up on fiber. Don't deny substitute, eat more nuts and avoid the bread basket. Follow these rules and you'll be on your way to a healthy start.