

# Whyville

September/October 2007  
Health Lifestyle Entertainment

## Dispatch

### SWEET DREAMS

Importance of Sleep

### STAY HYDRATED

Don't let the heat get to you

### WHITE VS. WHEAT

Which is the better bread?

### ALY & AJ

Share their passion in music and life

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Dennis Martinez,  
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## Dear Reader,

Thank you for picking up a Whyville Dispatch! We hope you enjoy this issue of our magazine. Inside, we've got interviews with Aly and AJ and pro-skater Dennis Martinez. Also, we've got tips on how drinking water is good for you and one of our readers shares her experience of how she overcame a health challenge.

Bi-monthly, we'll bring you reports, interviews, tips, and more. They won't be about things that \*we\* want you to know; they will be on topics that middle schoolers have told us they care about: health, mind, body, social, academic issues that you encounter in your daily life. Many of them will even be written by middle schoolers just like you.

The Whyville Dispatch is brought to you in partnership with Whyville the virtual world, where nearly 3 million citizens, mostly middle schoolers, from all over the world come to chat, play, and learn together in an environment that's fun, safe, and free. The goal of Whyville, both the virtual world and the magazine, is to promote awareness, critical thinking, engagement, and communication. We believe that when you care about something, you want to be aware of the surrounding issues. You'll think carefully and critically about it. You'll want to do something about it, and you'll probably tell your friends, your parents, your teachers about it. We want you to tell \*us\* as well.

That's how we will come full circle to bring you the next issue of the Dispatch. We will be basing the articles on your feedback and suggestions. So, submit your thoughts, questions, comments, and interests by emailing [dispatch@whyville.com](mailto:dispatch@whyville.com). We might put your question or idea, anonymously of course, in Whyville to get opinion and feedback from our citizens. They'll be happy to weigh in.

Think of the Dispatch as your conduit to be seen, be heard, and be yourself to middle schoolers around the world.

Best regards,  
The Whyville Dispatch



# Whyville Dispatch

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Pro Skater Dennis Martinez... and more!



# Sleeping Beauties

"15 percent of kids under 18 reported falling asleep in class in the year previous." (1999's Sleep in America survey)



## Proper sleep is important all year long

By Adela Popilkova

**S**leep — who needs it anyway? Why waste time sleeping when you can be enjoying your life? You can do without sleep! The truth of the matter is, without proper sleep and rest, your body cannot function. According to the National Sleep Foundation Pediatric Council, the average teen needs about nine hours of sleep daily, but only 15 percent regularly get that amount. Many students sleep less than seven hours, partly because they need to get to school by 7:30 a.m.

Why aren't teens getting the sleep they need? The most common reason is personal choice. Some people don't realize that the body needs adequate rest. Instead of going to bed at a reasonable hour, they stay up late to socialize, watch television or use the computer.

Sleep disorders are other causes for sleep deprivation. Problems such

as sleep apnea (when throat muscles fall slack during sleep, stopping air from moving freely through the nose and windpipe), snoring and periodic limb movement disorder or restless leg syndrome can disturb sleep several times during the night. Other disorders include narcolepsy, which is sudden daytime sleep. Narcolepsy usually occurs for only 15 minutes at a time.

The Better Sleep Council notes studies that show more and more Americans are losing sleep because of stress, with "family matters" leading the way as the top stress-producer. Anyone who regularly struggles through sleepless nights due to stress and personal problems should talk with a parent, teacher, school nurse, doctor or other responsible adult. Addressing these issues would likely contribute to better sleep.

Sleep may also be disrupted for a range of environmental reasons. For example, sleep may be difficult because the bedroom is too hot or cold or because of noisy neighbors or even another person's snoring. In an ideal environment, one can relax. Make sure your sleeping position is comfortable and provides enough support for the lower back. The Better Sleep Council also suggests moving televisions, work materials and computers out of the bedroom if at all possible to create a true sleeping environment.

The key to a good night's rest lies in setting a quiet time approximately 30 minutes before bedtime to allow the body to relax and ease stress. That means no computer, television, video games, office work, housework or other stressful and/or mentally stimulating activities. This also helps to slow down the mind as it can be difficult to fall asleep when a person's thoughts are still racing. If you cannot fall asleep, helpful tips include decreasing the amount of light in your room, listening to quiet, slow paced music and drinking warm milk. Warm milk contains tryptophan, which can help relax the nervous system and induce drowsiness.

What else can you do in order to get some rest? Avoid large evening meals, especially within four hours of bedtime. Bulky meals may lead to abdominal discomfort, nausea or heartburn. Stay away from coffee, tea, soft drinks and other beverages containing caffeine. Consuming caffeine close to bedtime stimulates the nervous system and makes sleep less likely. Avoid vigorous physical activity for four hours before bedtime, although a regular exercise routine significantly helps a person fall asleep more easily at the end of the day.

To help demonstrate the health importance of proper rest, two different annual awareness campaigns have been created: Better Sleep Month (May) and National Sleep Awareness Week (March 27 – April 2). The latter, which coincides with the return to Daylight Saving Time. Clearly getting an adequate amount of sleep is essential for your overall health, so if you find yourself lacking adequate rest, let these health observance events inspire a new commitment to healthier sleep patterns.

# WHITE VS. WHEAT BREAD

Helping the American diet see the "whole" picture By Michael Fong, Lowell High School

**B**REAKFAST IS BACON AND EGGS WITH TWO SLICES of fluffy white toast. For lunch it's often a fast food burger on standard flour buns, while pasta is a common dinner favorite. For many Americans, it seems that fats, sugars and refined snow-white grains are ecstasy while whole grains are as scarce as weeds in a desert. The truth is, there's a health difference between white and whole wheat bread items.

Stripped of the bran (the outermost part of a grain) and the germ (the innermost part of a grain), standard white bread is devoid of much of its original nutritional value. Though it contains more added calcium, iron and some B-vitamins than whole wheat bread, it lacks phytochemicals like phytosterols and lignans that promote cardiovascular health and prevent cancers. In comparison, white bread also has three times less fiber, two times less selenium and four times less magnesium.

In our land of plenty, 46 percent of Americans are obese and 70 percent are deficient in magnesium, according to an evaluation by a dietary intake committee in Washington. That's bad news for those hoping to avoid osteoporosis. Calcium is deposited in soft tissues instead of bones when magnesium is deficient, causing osteoarthritis and calcium buildup in the arteries, the 1988 *Annual Review of Nutrition* warns.

This bleached white flour fare also puts many Americans at a greater risk for cancer, diabetes and cardiovascular disease, while whole wheat is one of the richest sources of selenium, which can reduce certain cancer death rates by half, a 1996 study in the *American*

*Medical Association* journal showed.

Besides wheat, diets rich in whole grains can prevent heart disease and some cancers, says FDA guidelines. The high fiber content of whole grains maintains regularity and keeps the colon free of carcinogens, while soluble fiber like those in oats can lower cholesterol by obstructing its absorption in the intestines. Whole grains may also reduce the risk for type-2 diabetes because it elevates blood glucose levels much more slowly than the easily digestible starchy refined grains, which may cause insulin resistance.

The FDA recommends eating two to three servings of whole grains daily, but finding whole grains in a grocery store can be confusing for the uneducated consumer. Bread labels like "wheat," "multigrain" and "cracked wheat" are often misleading. When hunting for whole grain products, accept only labels that specifically say "whole" grains (i.e. whole wheat bread). Some examples of whole grains include whole wheat, whole rye, brown rice, wild rice, oats, buckwheat and barley.

If one struggles with the rough texture of whole grains, start with a gradual transition and try to be creative. Breakfast can be oatmeal with some berries. Lunch can be an avocado and sun-dried tomato sandwich on whole wheat bread drizzled with pesto and crumbled feta, and dinner can be whole wheat pasta with a garlic-basil tomato sauce or simply some fresh seasonal vegetables over brown rice. At the end of the day, the options really are limitless and so are the health benefits.



According to the Harvard School of Public Health, white bread items cause sustained spikes in blood sugar and insulin levels, i.e. a high glycemic index.



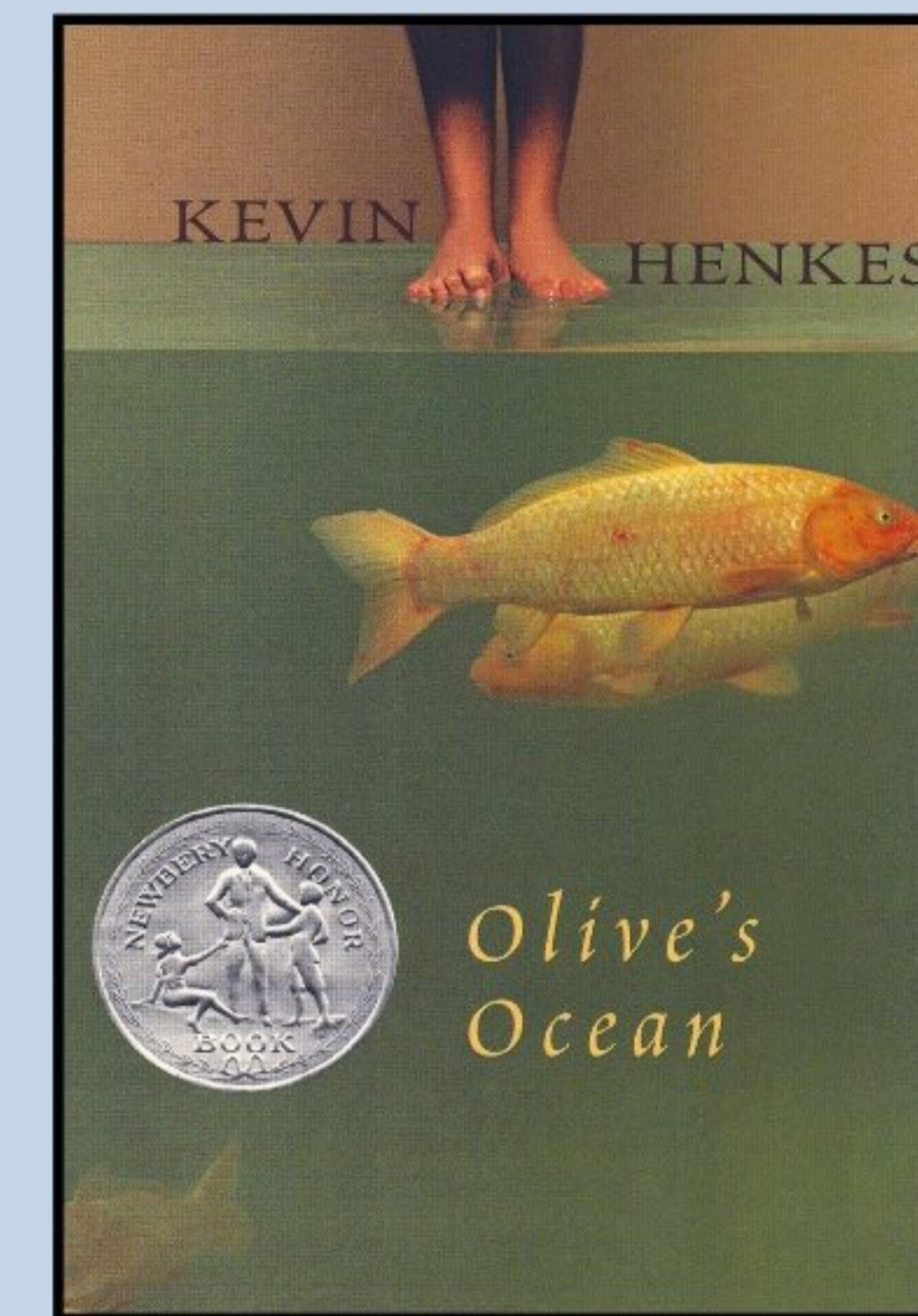
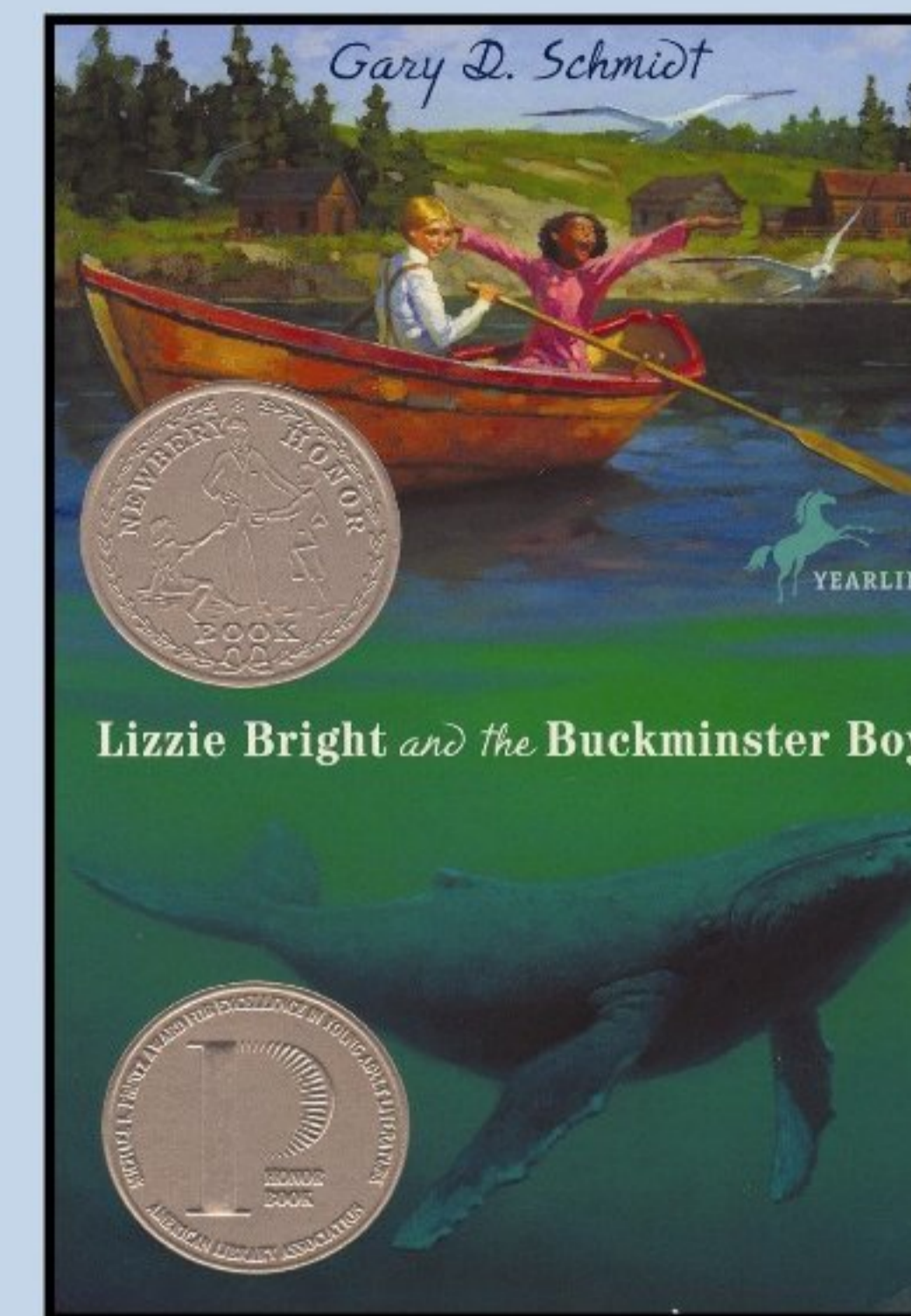
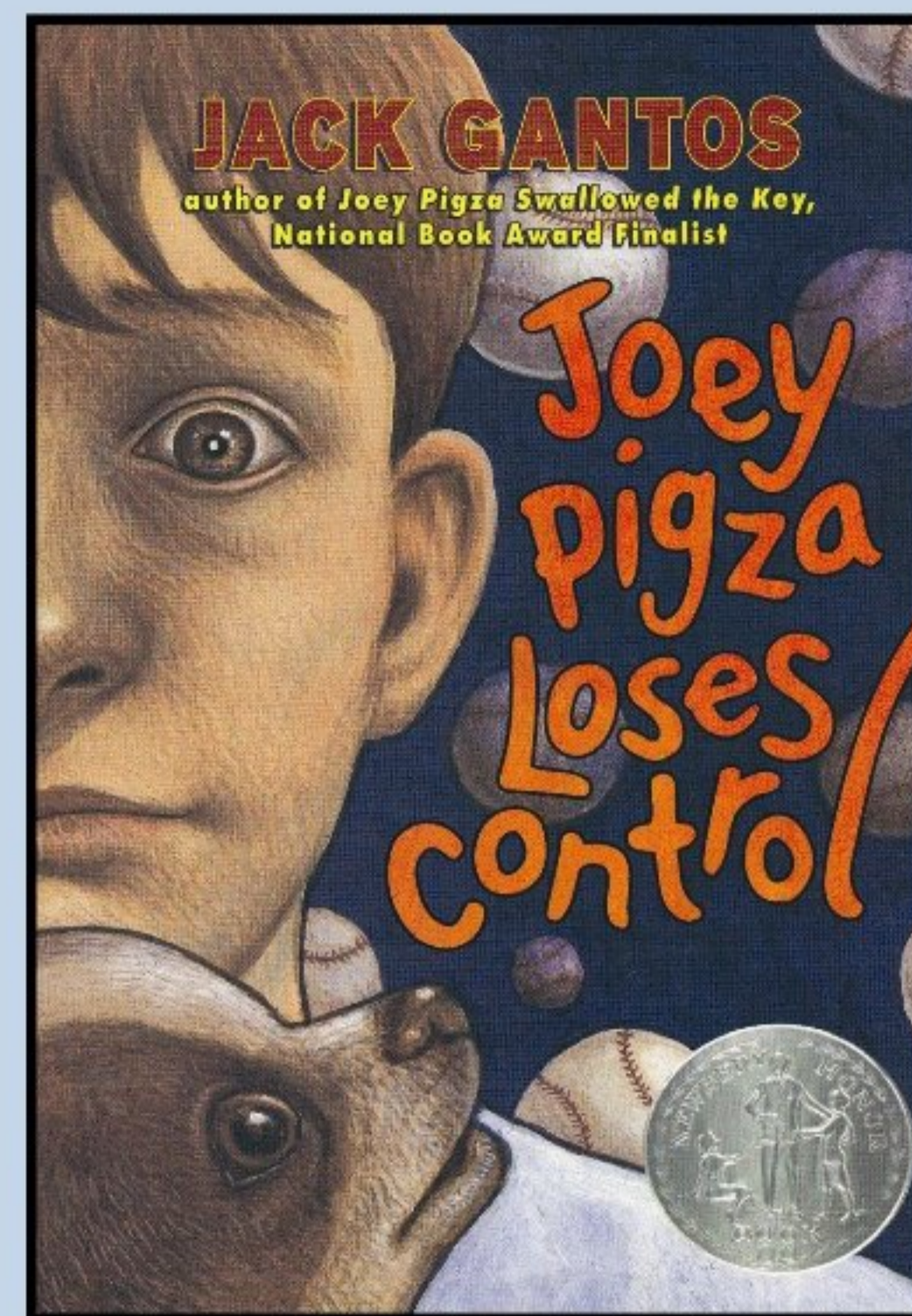
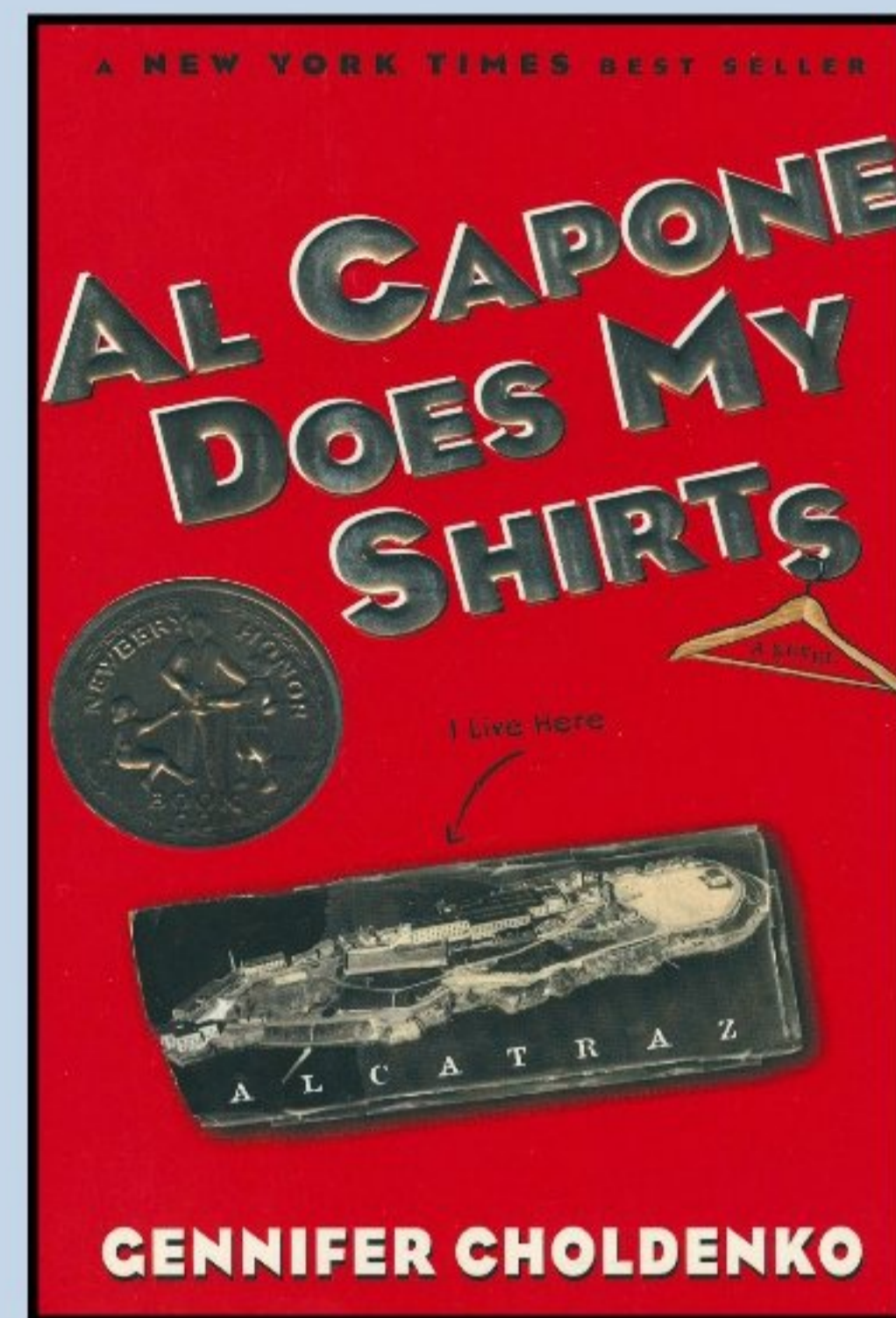
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# Read Any Good Books Lately?

Four books to tickle your brain By Kelly Moore, Ph.D.

## Strategy of the Month: Asking Questions

Wonder what's going to happen to that character in the next chapter. What does this word mean? What is going on here? Is she dreaming? Is this foreshadowing something that is about to happen? How is this book going to end?

These are just some of the questions you may ask yourself as you read. And if you aren't asking yourself these and other questions ... you should! Asking questions while reading is a way to monitor your reading and make sense of what is happening. As you pour over the pages in your favorite piece of fiction, biography, or informational text, pause to ask yourself questions in your mind. Your little reader voice is curious about what you have been reading and by asking questions you are paying attention to what is happening. It's great to wonder about outcomes, characters, new information, and concepts. Questioning is the strategy that propels readers on. Who, after all, would continue reading something if they had no questions about it?

The following books are filled with fascinating characters, complex plots, twists and turns. It's up to you to make sense of what you read and asking questions will help you do just that!

### *Lizzie Bright and the Buckminster Boy* by Gary D. Schmidt

"I don't belong here! I can't stand this town! I don't fit in!" These are only some of the feelings minister son, Turner Buckminster, feels when he has to move to Maine in 1912. But when Turner meets Lizzie, who lives on nearby Malaga Island, things begin to change. The two become fast friends! But now, Turner must learn a quick lesson in prejudice and intolerance since his new friend's town was settled by former slaves. After reading this book, you will understand how Turner has a new understanding of the meaning of "fitting in."

### *Joey Pigza Loses Control* by Jack Gantos

Joey Pigza is a normal kid ... normal in the sense that he has attention deficit disorder, is accident-prone, and spends the summer with his alcoholic father. Does this sound normal to you? Even if this doesn't sound like your life (and especially if it does!) you will be able to relate to Joey's preteen life as he works on adult and peer relationships. This book tells the story of a child who just wants to be like other kids.

### *Olive's Ocean* by Kevin Henkes

What would it be like to receive a page from someone's diary who longed to be your friend ... someone who has since died in a car accident? Read *Olive's Ocean* to find out how Martha reacts to receiving the diary entry, how she copes with her "friends" death, and how she starts to view the life cycle of her own.

### *Al Capone Does My Shirts* by Jennifer Choldenko

What would it be like growing up on Alcatraz Island? Depressing? Exciting? Terrifying? These are all emotions twelve-year old Moose feels as he lives among criminals in the federal prison. As if this wasn't difficult enough for this preteen, Moose is also largely responsible for caring for his sister, a child with autism. Moose feels responsible for his sister's condition and struggles with his relationship with his parents, sister, and friends. Moose meets the warden's daughter, who is always thinking up new ways to make money, and together they make some trouble of their own. At the end of the book, the author includes some fascinating historical background on Alcatraz Island.

# AVOID DEHYDRATION



## The importance of drinking lots of water

By Koda7



One of the best things you can do for your body is drink more water. It's simple, cheap and H2O's overall benefits make drinking water a smart and healthy habit.

First, water prevents dehydration. How do you know if you're dehydrated? The early stages of dehydration are signaled by extreme thirst, dry lips, dry mouth, flushed skin, headache and fatigue. Another good indicator is the color of your urine. If it's dark then your body is lacking fluids. If it's clear then you are properly hydrated.

Water is an important cleanser. It flushes your body of toxins and bacteria, which helps prevent colds. It has also been proven to aid in weight-loss by ridding your

body of excess sugars.

Don't wait until you're dying of thirst to take a drink. Drink water regularly throughout the day. You can keep a supply handy by carrying a water bottle. A bottle is not only convenient but sanitary. Leaving a cup of water lying around is risky, bacteria and dust may sneak into an open container.

One of the most common times to become dehydrated is while exercising or playing sports. A bottle of water is just as important as any piece of sports equipment. Drinking plenty of water while you are playing sports or exercising will keep you hydrated, maintain your energy and help you stay at the top of your game.

Resist the urge to reach for juices or soda when you are thirsty. The sugars and caffeine in those drinks can make you even more dehydrated. If you find plain water hard to swallow try squeezing some lemon or orange into your next glass of the clear stuff. For extra flavor use a cheese grater and lightly scrape off some zest from the peel or toss a slice of fruit in the water. It's a healthy alternative for sugary drinks.

Flavored waters are another way to make staying hydrated more appetizing. Although the jury is still out on the health benefits of added artificial sweeteners such as aspartame, flavored waters are low in calories and many have vitamins and minerals as an added bonus.

# Getting in Good Shape

## It's up to you

By pesibabe5



Hi, my name is pesibabe5. At a young age I struggled with weight issues. When I turned eleven, I weighed over 140 pounds. I was so self-conscious about my weight that I didn't go to the pool when my friends invited me. I also stayed away from any clothes that were too tight. I wore clothes that made it harder to notice my weight. When I turned twelve, I wanted to find a sport to play so I wasn't always sitting on a couch playing video games and watching television.

I tried a lot of different sports at my school. I did my best at soccer, basketball and even softball. None of these sports seemed to interest me. I just wasn't satisfied. I then began going to the YMCA. I wanted to get active and try to find a sport to play that I could love. I was starting to lose hope until I went in the gym one day and found a sign posted on the door that read, "Closed for tryouts." Being curious and inquisitive, I walked in and hoped I wouldn't be kicked out. As I began to watch girls leap into the air hitting balls being chucked at them, I became drawn and fell in love with the sport. The sport I am talking about is volleyball.

I really loved the intensity of the game and decided that this was the sport I was going to play. I realized that if I was going to play, I would have to lose weight. At first I didn't have a time frame of how long it was going to take to lose the weight, I just wanted it gone! Both of my parents suffered from weight problems when they were young and they were supportive completely.

I went on Weight Watchers and got a personal trainer. I also started going to cycling classes everyday and eventually, I lost forty pounds! After I lost all that weight, I tried out for a club team in Florida. I made the team and I then became dedicated to also try hard for the respect of my classmates and volleyball teammates. It was the best change of my life! I now feel better than I ever have and go to the pool almost every day. I am planning to play volleyball in high school and maybe even college! I am currently the captain of a club volleyball team which was all made possible because of closed tryouts and 6 girls tossing the ball around.



# Skateboarding

## It's fun to do and a great way to exercise

By Recorded



Some say it's a sport, while others disagree and just call it a way to have fun. There are those who say that skateboarding is just a way of transportation. While defining this activity isn't as easy as you might think, everyone can agree that skateboarding has become an activity that is spreading across our nation. There are skate parks in every city, especially places where maybe hundreds of skaters are found on private property. Local skate parks around my area in Florida are making fun for more than 200 kids a day! Skating is one of the best ways to get in shape and stay fit because when you are out there on your board, all you are thinking about is motivation. "I want to land this trick!" or "I wish I was as good as that guy over there!" Many other sports and activities can be boring and not as motivating because most people dread the thought of "working out." Skateboarding is an amazing way to get in shape because you can be out on the skate park "shredding" it up for more than 3 hours and not at all think about eating junk food. For example, I go to a skate park almost every day for 3 to 6 hours and I can go that whole time without junk food on my mind.

Check out your local skate park and be amazed at the tricks many talented skateboarders have to display! If you want, you can also pick up the book *Skater Girl, A Girl's Guide to Skateboarding* for more detailed information about this fun activity. Also, please make sure to always wear your protective equipment whenever you're skating. It may motivate you to try it yourself!

### Additional safety tips when skating:

- Make sure you have high quality equipment
- Never skate near traffic
- No towing
- Don't skate at night
- Stretch out
- Know how to fall
- Skating etiquette: pedestrians have the right of way

(Safety Tips provided by the book *Skater Girl, A Girl's Guide to Skateboarding* by Segovia/Heller)



### THE FUTURE'S SO BRIGHT

With the summer sun just around the corner, it's important to remember to protect your eyes. Sunglasses shield your eyes, protecting them from harmful ultraviolet (UV) rays. Prolonged exposure to sunlight may be linked to cataracts. Shades are also practical to wear for clear vision while playing sports and driving. However, it's important to buy the right sunglasses. For optimum protection, look for a pair that blocks at least 98% of UV rays. If used specifically for sports, make sure the lenses are also impact resistant. Special polarized lenses can reduce glare while protecting the eyes. Quality also counts. Cheap sunglasses which simply have tinted lenses, offering no UV protection, can cause more

# Whyville HEALTH CENTER

Dispatch

damage than not wearing sunglasses at all. Cheap shades block some of the light, causing the iris to open and allow more light into the eye. More light means more UV rays, increasing the potential for damage to the retina. While proper sunglasses can provide protection, they can also communicate disrespect. Always make sure to take them off in the classroom and when interacting with adults indoors.

### NOT EVERY "A" IS A GOOD ONE

May is Asthma and Allergy Awareness Month. While allergies can often be addressed with over-the-counter antihistamines and by avoiding the pollens and molds that cause sneezing and wheezing, asthma actually causes 14 million missed school days each year, according to the CDC. Like most health conditions, early asthma treatment is the most effective, which is why it's important that potential cases aren't undiagnosed or untreated because you don't vocalize their discomfort. Some early warning signs include breathing changes, sneezing, coughing, chin/throat itches, runny/stuffy nose, dark circles under eyes, poor tolerance for exercise, shortness of breath and tightness in the chest. If any of these symptoms sound familiar, take the time to find out if you are in the early stages of asthma because this is the best time to treat it. Talk to a parent, teacher, school nurse or medical professional about your symptoms and know for sure. [David Jenison]



## FACT OR FICTION?

**If a person stops exercising, the muscles turn into fat.**

**FICTION.** If a person stops exercising, it's a good bet that he or she will add on some pounds, but it's not from muscle turning into fat. They are two different types of body tissue, and muscle and fat cannot change from one to another. However, muscles do atrophy when unused, which makes it all the more important to maintain some type of exercise routine.

### JUST SAY NO (TOBACCO)

With nearly 10,000 tobacco-related deaths each day, the World Health Organization established the last day of May (31st) as World No Tobacco Day. The goal is to make teens more aware of tobacco dangers and prevent them from starting to smoke in the first place. To help inform teens, health workers cover the medical problems of smoking, as well as everyday individuals who will discuss their lives and how their mental status has changed through time by smoking. There are also competitions that will encourage the public to participate in anti-smoking activities. This year, there will be a special focus on "100% Smoke-Free Environments," a theme chosen by the WHO, who notes on its website, "[It's] the only effective measure to protect the public - including women and children, and people at their workplaces - from exposure to second-hand tobacco smoke." [David Jenison]



## BY THE NUMBERS

### What's With Water?

**60** average percentage of your weight, made up of water

**64** ounces is of liquid is needed for teens to consume each day, more for athletes

**15** average adult amount of liters of urine output

**32** degrees Fahrenheit is when water freezes

**1** week is the longest a person can go without water

**212** degrees Fahrenheit is when water boils



### PRUNING HANDS AND FEET, EWWW...

Have you ever wondered why there is pruning when you get out of the pool? You know, it's when your fingers and toes wrinkle up and look like a prune. It is really an alert from your body to stop what you are doing. We have a special lubrication that keeps our skin moist called sebum. This is found on the outermost layer of the skin that helps to waterproof the skin. When you stay in the tub or the pool for too long, some of that sebum gets washed away. With limited sebum, the water is able to penetrate through our skin. According to the Indiana University School of Medicine, sebum is pumped out constantly from the individual hair follicles on our body. Unfortunately, the palms and feet do not have hair follicles, so the protective layer of sebum is easily washed away. The extra water that enters your skin makes it swell and your skin becomes waterlogged. The expansion of the skin ends up looking wrinkly and ends up looking like a prune. Don't worry, your skin will produce more sebum soon enough and your pruned hands and feet will be back to normal in no time. [JohnH]





# STRAIGHT A'S

Aly and AJ's "gold-rush" make their stars shine By Leslie Thompson

**N**othing compares to the joys of sisterhood, that special bond one can only share with someone who knows all of your idiosyncrasies and quirks. Well, except if you're Aly and AJ Michalka, whose sisterhood also led to a hit record and scores of acting gigs. But even with all of the success and accolades the girls received over their brief yet rising careers, being together is what really matters.

**Spot On**



"We're best friends. We have so much in common, it's like ridiculous," says 16-year-old AJ. "We really work well together on so many levels, like when we're writing or when we're performing live, we really feed off each other's energy. I think there's a chemistry when we're together and you'll see that."

"We have fun together," adds 18-year-old Aly. "Yeah we're sisters and we do get into fights, but it's never something that's like going to break up the band or break up our relationship as sisters. We're there for each other."

The self-proclaimed "California girls," disregarding their brief stint living in Seattle, shared a close-knit relationship since they were mere tykes. Their mom (a former singer and songwriter) and dad surrounded the girls with music at a young age, introducing them to bands they are still fond of today.

"We were singing since we were three and five, like since we could basically talk. We just love it," AJ recalls. "I don't think there was anything in particular that made Aly and I go, 'Oh my gosh! We want to be musicians or singers.' I think from an early age we just naturally leaned toward that."

With their debut release *Into the Rush* (Hollywood Records), it's apparent the girls have come a long way since performing at home and

"The label has been really great with letting us write all of our own stuff because they know we write and we really had a big creative part in making the album," says AJ. "It's all of our original stuff so it comes from our hearts. All of the music is definitely who we are and how we feel about the world."

Aly and AJ not only write their own songs and play guitar and keyboards, they also tackle some pretty heavy subjects in their lyrics with a wisdom beyond their years. It's a nice change from the song choices made by many of the other female teen pop stars these days.

"A lot of the topics are maybe not just things we experienced, but our friends experienced them and we feel like we have [as well] through them," admits AJ. "There's a song on the album called 'Sticks and Stones' and it's about being picked on and how it's not cool. It's sort of an anthem about standing up for yourself without becoming a bully yourself. You don't want to become a bully in the process of sticking up for yourself at all. Everybody's gone through that."

In addition to belting out ballads and bubblegum rock, the sisters also crossed over into the acting scene. Aly is the co-star of the Disney Channel's *Phil of the Future*, while AJ had guest starring roles on *Six Feet Under*, *General Hospital*, *Oliver Beene* and *The Guardian*.

"We don't compare ourselves to anybody. Our mom always taught us ever since we were younger that you can't compare yourself to anybody. **You've got to do your own thing.**"

singing in school plays. Released August 2005, *Into the Rush* slowly but steadily reached gold sales status (over 500,000 copies), but then the album picked up momentum in the spring when mainstream radio play for "Rush" pushed the album into the upper echelon of the *Billboard 200*. "Rush" was also used in promotional spots for the current WNBA basketball season, while other tracks appeared in such films as *Ice Princess* and *Herbie: Fully Loaded* and on various Mickey-themed compilations (including a cover of "Zip-A-Dee-Doo-Dah" for *DisneyMania 3*). Their latest album, 2007's *Insomniatic* peaked at 15 on the *Billboard* charts and saw massive pop success with their single "Potential Break Up Song."

These feats are impressive considering the multitalented duo wrote all but two of the disc's songs (the exceptions being the Lovin' Spoonful's "Do You Believe in Magic" and Katrina and the Waves' "Walking on Sunshine"), and the songs they did write carry a pop-friendly and melodic sound that's been appreciated by fans and critics alike. Indeed, these girls are more than just the new pop stars on the block. They have talent, both musically and lyrically, and aren't afraid to use it.

Likewise, the girls recently filmed their first movie together, *Cow Belles*, which premiered on the Mouse network last March and brought in the second highest rating of cable programs for that week. They also have landed starring roles in MTV's movie version of the TV show *My Super Sweet 16*.

"We really started acting once we could talk," Aly remarks. "AJ and I just love entertaining, period. Whether it's singing, acting, dancing, we really love to express ourselves in different ways."

"Acting, you're obviously another character, you're somebody else, you're not yourself," adds Aly. "Music, that's you. That's your heart. That's something that you share with your audience. You get different satisfactions."

With the increasing number of sister acts today in both the music and entertainment industry, it's easy for newcomers to get lost in the shuffle. But Aly and AJ aren't worried.

"AJ and I are very independent and total nonconformists," states Aly. "We don't compare ourselves to anybody. Our mom always taught us ever since we were younger that you can't compare yourself to anybody. You've got to do your own thing."



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# Dreams Drugged to Death

Former national skate champ **Dennis Martinez** recounts how drugs nearly ended his life. Given a second chance, he now helps others get and stay clean  
By Mar Yvette



**I**f you're still in junior high school and not a hardcore skate fan, you might not be too familiar with the name Dennis Martinez. That's because Martinez is an old school skateboarder from San Diego, Calif., who was doing 360° flips and fakies way before Arto Saari or P-Rod were even born.



It was the glory days of the '70s and within a few years Martinez got good enough to be sponsored by Bahne Skateboards, Gordon & Smith, Alva Skateboards and many others. Unlike most high school kids his age, Martinez was doing commercials for Pepsi and 7Up, touring the country and skating professionally alongside legends like Stacy Peralta, Pineapple, Tony Alva and Jay Adams. Just one year after turning pro in '77, Martinez won the World Cup Skateboarding Championship as well as the U.S. Skateboarding Championship. But no sooner than he started making his dreams come true, his world began spiraling into a chaotic nightmare. At age 16, Martinez was making enough money to rent his own apartment, and like so many others, he became seduced by fame and fortune.

"You get the same treatment as rock stars," Martinez recalls. "I was renting my own place even though you're supposed to be 18 years old. I discovered that I could get special treatment just because of who I was."

What Martinez discovered next sent his world into a terrible tailspin. "I started noticing that a lot of the same skaters were getting on the covers of the magazines and getting big photo spreads," he continues. "I didn't know why this was happening 'cause I knew I was better than them. I found out that they were getting the photographers high, and I'm not just talking pot, I'm talking cocaine. I personally experienced this for myself. Almost immediately [after getting the photographers high], I was on the cover. That's how I know it's true."

Little did Martinez know that his method of

getting magazine covers would soon lead him on a 20-year path of addiction and destruction. "I started out with hard-core drugs. I was scared, but I did it anyway. It was everywhere, wherever we went," he confesses. "I thought it made me skate better 'cause I felt like I had no fear. I had to skate high – not just a little high, I'm talking extremely high. Even at the U.S. Championship in Florida, I probably did \$300 worth of dope before the competition. Everything I've done is to the extreme and I've always been that type of person. Then my drug habit wasn't getting me high enough. That's when somebody introduced me to different type of drugs."

Despite his aversion to drugs, Martinez decided to use drugs into his body and from "the very first time" he was hooked. "My drug use continued into the middle of the '80s, and



by that time my career in skateboarding had gone down because of the drugs," Martinez recounts. "It started out as recreational and then it consumed my life and became my life. It took all my money, everything I ever had" – so much so that the one-time skateboarding champ sold his beloved World Championship cup for \$500 worth of drugs – "and not because I really needed the money, but because I wanted to buy \$500 worth of drugs."

Feeling as though he had hit rock bottom, Martinez became overwhelmed with the reality of his addiction and decided that his life was not worth living. "I felt like I wanted to die," he recalls. "I didn't want to wake up the next day and be the same person. Nothing mattered to me, and more than that, I needed to pay for my drug habit. Skateboarding wasn't paying because I couldn't keep my word and I couldn't function."

It was then that Martinez, barely in his 20s, made yet another ill-fated decision to turn to a life of crime.

"I was living on the streets of San Diego, I was living in my Volkswagen bus, and I was living from hotel to hotel. I remember crying because I just wanted to be a normal person and I didn't know how to beat this habit," he recalls. "I did things that I never thought I would do; things that people read about in the newspaper or see in movies."

Once again, Martinez overdosed. Only this time, it was unintentional and he ended up nearly dead in a hospital emergency room. Believing his life was spared by divine intervention, Martinez slowly began taking his life into a new direction.

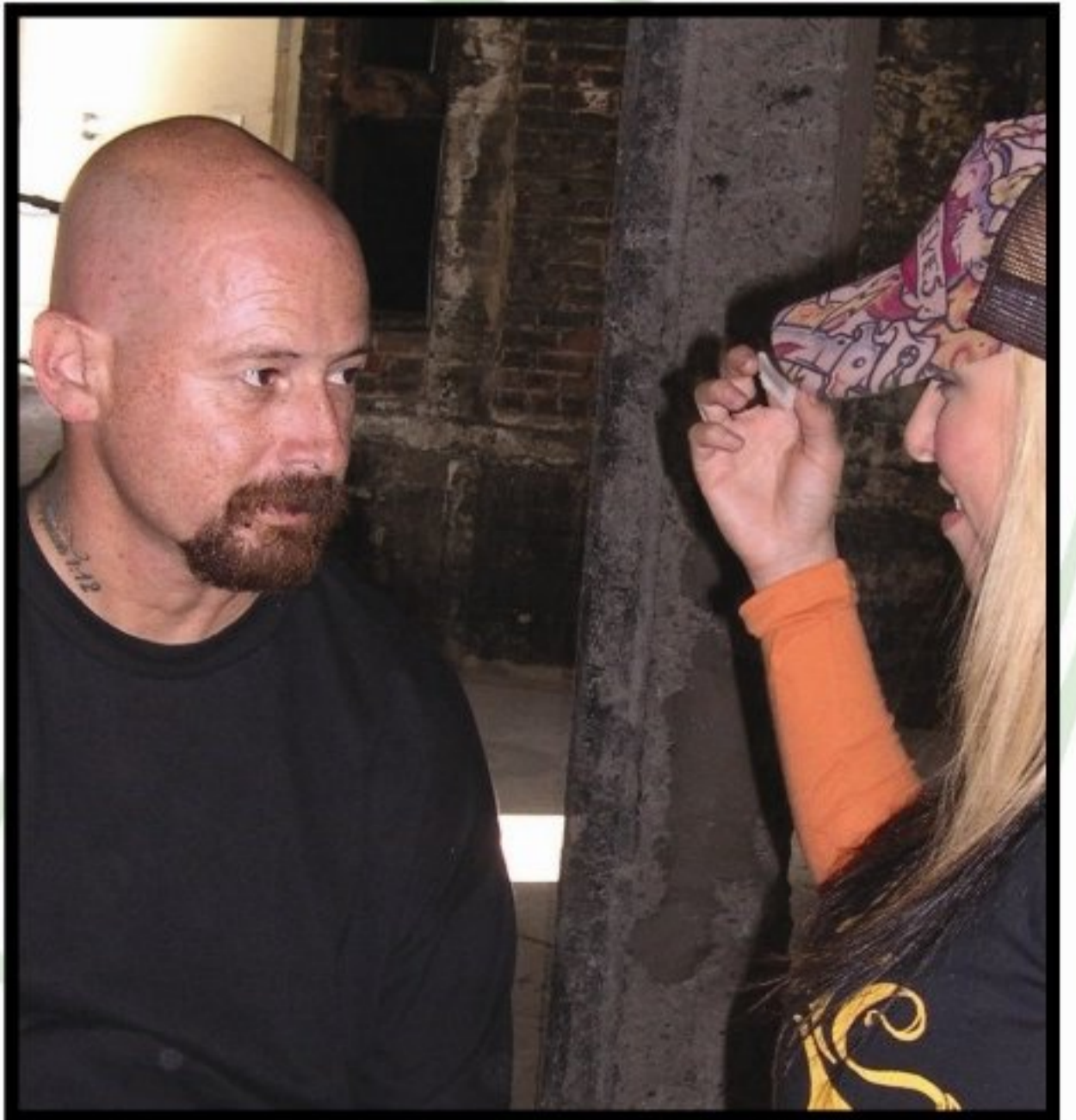
He explains, "On Sept. 5, 2006, I'd been clean and sober for 10 years. I got my family back, got married five years ago to my wife Charlene. I have two stepsons, Vincent, 17, Christopher, 15, and we had a little girl Cristiana, who is four years old. A lot of people don't get to run the streets as long as I did and not end up dead or in prison."

In fact, it's that understanding of drug abuse that inspires his latest efforts. Martinez continues, "The word 'dope' spelled out is 'Death Or Prison Eventually.' It doesn't matter where you go. People move from city to city to get away from the environment of drugs, but it's always there to find you. You have to change your life – who you hang out with, how you think. Four of my closest friends were murdered. One of them died in my arms after being shot in the neck and she was seven months pregnant. My best friend is serving a 678-year sentence in prison. I have a lot to talk about and I'm not ashamed to let people know."

Martinez is now a co-senior pastor, along with Jason Shanley, of Training Center, a drug and alcohol treatment center for men. "90 percent of the men come straight from prison and live with us for four-to-six months as they transition into society," says Martinez, who is also a volunteer chaplain at a Level 4 maximum security prison at Calipatria State Prison. "Most of the men I minister to will never get out. But seeing people's lives change means more to me than any championship I've ever won, more than any trophy, more than any money or sponsorships."

Though his new outlook is the most remarkable change in his life, Martinez jokes that it's his look that gets the most reactions from people. "People trip out on me 'cause I have a bald shaved head and I've got tattoos on my neck and I'm a pastor!"

*D.O.P.E. – Death Or Prison Eventually*, a new film based on the life of Martinez, is scheduled for a summer 2007 release date. The film will feature actor Danny Trejo, skateboarding legends Christian Hosoi and Jay Adams, among others, with a P.O.D. soundtrack.



# Whyville reaches the 2.5 million mark

## This little virtual town gets big!

By Twiggy



**T**wo and one half million! Can you believe it? Nearly three million citizens in our virtual town. Whyville has grown so much thanks to its dedicated owners and citizens. I thought I would take advantage of this occasion to write something to bring back memories and really show everyone how amazing this place is.

I became a citizen of this beautiful little town in 2001. That was when 'oldbies' were people who had been around for only a year. Those were the days of the Poolies, the Platzers and the Playgrounders. The days when Akbar ruled the mall and Grandma would always try her best to satisfy all the newcomers, despite the lack of donators. It was the days when Myville was just a baby, when 40 clams seemed like a lot, and 200 was considered rich. People could learn each other's dances, and the disco was always open to those who could find it.

Whyville kept steadily growing. There were more places to chat, more designers in the mall, more games to raise your salary. It came as a huge shock when the waiting room was invented. There were so many citizens that they would run down Whyville's servers if they didn't wait their turn. Then the 'Whypass' came along, Whyville's first form of merchandise. It was a huge change,

and around these days was when I realized that this little town I became a part of a few years ago was...well, not so little anymore. I never expected this point to ever come so fast, and it's so unbelievable how much Whyville has changed over the six years that I have been here. The amount of new games, new things to learn, the new chat rooms, new designers and times writers, and all the new ideas coming from those dedicated citizens who have fallen in love with this virtual town. Whyville's creators have never given up on us, not once. It's amazing what they've been able to accomplish, consistently thinking of new ways to inspire us citizens and to improve our 'booming town'; it's no wonder this place is growing so fast.

The part that gets me most is that this is still only the beginning. Whyville still has so much empty canvas, and so many new citizens everyday to take care of it and think of new ideas to enhance what's already been started.

High fives for all the city workers, everyone else who runs Whyville and all my fellow citizens. You've really created an amazing community, and we should all be very proud. Three million, here we come!

# HELPLINE

## DRUG HELPLINES

Drug/Alcohol Abuse Hotline: 1-800-662-HELP  
Marijuana Anonymous: 1-800-766-6779  
National Drug Abuse Hotline: 1-800-662-4357  
National Inhalant Prevention Coalition: 1-800-269-4327

## DRINKING HELPLINES

Al-Anon/Alateen: 1-800-344-2666  
Be Sober: 1-800-BE-SOBER  
Nat'l Assoc. for Children of Alcoholics: 1-888-554-2627

## SMOKING HELPLINES

Call It Quits!: 1-800-662-8887  
National Cancer Institute: 1-800-422-6237

## SUICIDE HELPLINES

1-800-SUICIDE: 1-800-784-2433  
Suicide & Rape 24-Hour Emergency Services:  
1-800-333-4444  
Suicide & Crisis: 1-800-999-9999  
Suicide Hotline: 1-800-621-4000  
Trevor Helpline (specializing in gay and lesbian youth):  
1-800-850-8078

## ABUSE HELPLINES

Childhelp USA (Child Abuse Hotline): 1-800-4-A-CHILD  
Family Violence Prevention Center: 1-800-313-1310  
Incest Awareness Foundation: 1-888-547-3222  
Rape, Abuse, Incest National Network: 1-800-656-HOPE  
Self-Injury Hotline: 1-800-DON'T-CUT  
Stop It Now! (Sexual Abuse): 1-888-PREVENT

## WEB-HELP

[www.kidshealth.org](http://www.kidshealth.org)  
[www.bubblemonkey.com](http://www.bubblemonkey.com)  
[www.teenhelp.org](http://www.teenhelp.org)  
[www.teensolutions.com](http://www.teensolutions.com)  
[www.youngwomenshealth.org](http://www.youngwomenshealth.org)  
[www.teenhealthcentre.com](http://www.teenhealthcentre.com)  
[www.teenhealth.net](http://www.teenhealth.net)  
[www.selfinjury.com](http://www.selfinjury.com)  
[www.teenlineonline.org](http://www.teenlineonline.org)  
[www.teencentral.net](http://www.teencentral.net)  
[www.health.org](http://www.health.org)  
[www.drughelp.org](http://www.drughelp.org)  
[www.drugfreeamerica.com](http://www.drugfreeamerica.com)  
[www.mypyramid.gov](http://www.mypyramid.gov)





Recipe



# Gold Kiwi Fruit ARR! Get the Golden Fruity!



We all love a little treasure, a little booty, a little gold. Treasure comes in all forms — money, coins, gems and especially all things golden. On your next trip to the grocery store, look for a new sought-after form of fortune — the natural wealth from the gold kiwifruit.

What is a gold kiwi? It tastes like a regular green kiwi, but with some extra flavor. The taste has hints of melon, citrus and peach. Plus, this fruit has more to offer than its sweet taste, it is loaded with potassium, vitamin A, fiber and vitamin C—rivaling apples, oranges and bananas for superior fruit distinctions.

The outside of the golden kiwi may look brown and plain (no fuzz like its green sister), but open cut it open and you'll see a beautiful yellow inside spotted with tiny red seeds.

To enjoy a golden kiwifruit, simply cut it in half, take a spoon and sloop out the insides. If that's not enough to satisfy your need for golden plunder, try out this recipe.

### Golden Smoothie

Packed with protein, fiber and vitamins, this smoothie is a true meal replacement

Prep time: 5 minutes  
Makes: 2 servings

- 1 cup vanilla soymilk, fortified
- 1 cup orange juice, calcium fortified
- 2 Gold Kiwifruit, washed, unpeeled, chopped
- 1 banana, sliced
- 1/2 cup ice cubes
- 2 tablespoons soy protein powder
- 1 teaspoon honey

1. Slice kiwifruit into halves and spoon the fruit out into a blender or food processor.
2. Add the banana, orange juice and yogurt.
3. Blend, until smooth, taking care not to crush the kiwifruit seeds, as this can make your smoothie bitter.
4. Pour over ice cubes into two long glasses.
5. Blend all ingredients in blender on high for 20 to 30 seconds or until smooth. Serve immediately.

Nutritional Analysis per Serving: Calories 280 (12% Calories from Fat), 10g Protein, 42g Carbohydrate, 6g Fiber, 3.5g Fat, 0g Sat. Fat, 0g Trans Fat, 0mg Cholesterol, 50mg Sodium

## Whyville Tips and Tricks Spitzer Spectrometer Tips by Holiday50

Spitzer Specrometer is a pretty difficult game in Whyville, so make sure you take the time to play around with it. We have mentioned some tricks to help you remember what kind of light each element emits:

- Argon has a bright red streak. Remember "Angry Argon" because when you're angry you turn the color red.
- Hydrogen is very easy to remember because it only emits 4 streaks of light.
- Xenon is in a blue colored bottle, and it emits mostly blue light.
- Like Hydrogen, Boron also emits a few streaks of light. Boron emits 6 streaks.
- Sodium has a bright orange streak. Just remember "Orange Soda" for Sodium.
- Neon's bottle looks dark pink/light red. Coincidentally, neon emits mostly red and green light. If you can remember "Neon Green" you can also remember neon emits mostly green light.

\*NOTE: NOT ALL THE ELEMENTS HAVE "TRICKS" TO REMEMBER

# SUDOKU MADNESS!

**SUDOKU MINI:**  
Complete the grid so that every row, column and 3x2 box contains every digit from 1 to 6 inclusive. Write your entries in the squares.

5	3			2	
	6	2			5
		6		3	
	1		4		
4			6	5	
	5			1	4

**SUDOKU CLASSIC:**  
Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusive. Write your entries in the squares.

	7			1		3	5	
	5				3		2	
			8	2		7		
		7						9
5		4	9	8	2	1		7
9							8	
		2		9	8			
	4		1					8
	9	8		7				1



Talk to your kids about how dangerous it can be.  
Visit [www.drugfree.org](http://www.drugfree.org) for more information.



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