

Student Magazine



Enhancing Lives One Degree at a Time

McNair Students Are Getting the Scoop – One Story at a Time

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L to R : Rosa, Blanca, Teresa, Ernestina, Cassandra, Isaiah, Noah, Mario, & Jorge (bottom), 6th graders at Ronald McNair Middle School and 180 Degrees trainees

What is the 180 Degrees Program?

The mission of 180 Degrees is to passionately help youth improve their lives by accepting personal accountability and to continuously strive towards achieving their full potential, “one degree” at a time. The 180 curriculum is designed to be an intense, instructional, participatory, and interactive character and life skills education program. The following Core Values and Beliefs of “180” are incorporated throughout the text of the curriculum: Integrity, Trustworthiness, Citizenship, Respect, Fairness, Caring, Personal Accountability and Responsibility, Commitment, and Purposeful Action. 180’s philosophy is that all individuals have the ability to lead highly productive and fulfilling lives. Each person has the potential to live a life that is driven by purpose, personal, accountability and the confidence that he or she possess the skills and talents to be successful. 180 believes that there are five, key elements to frame all successful journeys. These five components encapsulate the core of the program: (1) Character Education, (2) Core Values, (3) 21st Century Skills, (4) Life Skills, (5) Community -Outreach.

Collaboration is Key

Ronald McNair Middle School has partnered with the 180 Degrees Program, LLC for two years now. In 2009, the principal of Ronald McNair was approached by a mutual friend, and introduced to the president of 180 Degrees. It was decided that the social-emotional learning lessons 180 would provide was a good match for the school, in that it filled a need for a research-based program that could serve to support the school’s response to intervention (RTI) component, equip students with higher

emotional intelligence, and give them a stronger foundation for building the “soft skills” so sought after in today’s global workforce. Already, nearly two hundred McNair students have successfully completed the 180 Degrees Program, and another one hundred & forty-four will have completed the program by June 2011.

At Ronald McNair Middle School, the 180 Facilitators endeavor to do one thing – Work Together! At monthly Facilitator meetings, they share their successes, and discuss ways to make the most of the 180 experience for their students. This includes planning community service projects, sharing ideas for classroom management, supporting and encouraging one another, as well as their students.



Facilitators Winton Anderson and Myron Jordan

The core concepts of the 180 Degrees Program is

Self-Awareness, Self-Development, and Social Awareness & Responsibility.

These concepts are presented to the students in the form of well planned lessons, stemming from a research-based curriculum, providing social-emotional learning opportunities for the students. Some of the many topics covered are personal Values, Empathy & Perspective, Time Management and the avoidance of procrastination, Social/Interpersonal Skills, Organization and Planning. The 180 Facilitators are well trained and professional people who take what they teach to heart. The 180 Facilitator’s team consists of Winton Anderson, Afterschool Coordinator; Myron Jordan, Youth Community Services (YCS); Katrina Grant, (YCS); Erica Boyd, 180 Management Assistant; Dr. Michael T. Lyons, Principal of Ronald McNair Middle School.

What McNair Students Are Saying About 180 Degrees

I think 180 has helped me become a better person. I know it will make my future a great success. I never had goals before, but now that I'm in 180, I know what my goals are. Goals are the steps to your dream. – **Adilene**

I really enjoy 180 class, and I have learned a lot about myself. – **Dayna**

Everything in 180 Degrees has changed the way I think. I feel excited when it is time to go to 180. I think 180 should be everywhere. – **Teressa**

I'm making better choices because of 180. – **Hector**

180 class is fun. I reflect on my choices and decisions. – **Damien**

This class is educational and fun! My behavior has changed for the better. – **Luis**

I've been behaving more responsibly than I used to. I have changed because of 180 class. – **Anabel**

180 is one of my favorite subjects. It has helped

I think that 180 Degrees is pretty cool. I like 180 Degrees class a lot. – **Noah**

180 has helped me with my anger, as well as with how I think. Honestly, it has turned me around. – **Emily**

I think that 180 Degrees is a fun class. I like it. I think that 180 helps you think before you act. Also, 180 helps you reflect on yourself, your choices and decisions. – **Helen**

I like 180 Degrees because the things we read connect to me. I really enjoy it. – **Yesenia**

change my behavior. – **Jonathan**

180 is very fun. I actually learned a lot of stuff. During 180, I got to know a lot of people, and know more about what the future might hold for me. – **Guadalupe**

Participating in 180 has taught me how to relax myself. – **Stephanie**

I enjoy school more because of 180. – **Jose "Bubba"**

180 is fun and awesome. I learned that there are many fun ways to learn. – **Sandra**

I think 180 is a nice program. Our class is very lucky to have it. I feel that it helps us understand things about life. – **Jasmine**

I feel that 180 Degrees makes us think about what's around us, and makes us be more mature. 180 also teaches us about self awareness, social awareness, and responsibility. – **Jorge C.**

I have taken on my responsibilities, and I turn in more assignments now. – **Jacob**

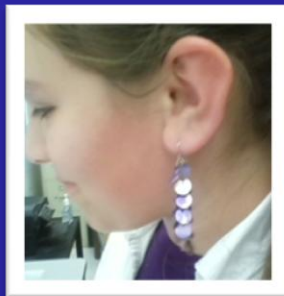
180 Degrees has helped me a lot. I now make better choices and respect others and their opinions. I am now more organized, and I get things done. Thanks a lot 180. – **Sebastian**

180 is great. I actually have fun in class. My behavior has improved too. – **Jazmin**

I think 180 class is fun and interesting. I think 180 class is interesting because I always learn something new about myself. – **Jocelyn**

McNair Fashion Report

Wearing the school uniform can get a little boring; however, fashion at McNair can be pretty cool because people add their own styles to their uniforms, like colored shoe strings, scarves, and jewelry. There are those too who choose to wear the uniform plain, with no accessories. I like to add a lot of color. I love my school! – Talissa



Elizabeth



Everado & Noah



Kassandra

The uniforms at Ronald McNair are kind of plain and dull. Don't get me wrong, black and white is appropriate, but it's nothing to get excited about. The uniform pants at Ronald McNair are black, and there are no designs allowed. The shirts can be white, yellow, or purple, and it must have a collar – pretty boring. But this year, we styled it up. Now that we're in 2011, of course, new styles approach, like wearing cool bracelets, tying the string of your sweater across your neck, or wearing Capri pants instead of the standard issue. Kids these days call that "Swagg." – aShanay



Jessenia

The uniforms are nice, but I'd prefer free dress every Friday. I feel good wearing my Skater shoes, T-Shirt, and jeans. – Anthony

At school our uniforms are black or khaki colored pants, and collared shirts that are purple, yellow, or white. We can wear purple pants too, as long as they have no designs on them. I'd don't like wearing uniforms, and I am

sure that other Middle school kids don't have to. On my own time, I like to wear nice clothes, especially if I'm going to a party. I like dresses, shorts, and nice jeans. – Jennifer



Max & Neel

The uniforms are very ugly, and I feel we should be allowed to wear whatever we want, including any color sweater we want. Uniforms are just so plain and boring. It's unfair because the teachers get to wear whatever they want. On my own time, I like to wear jeans and Jordan's, long-sleeved shirts, but when the weather is hot, I like wearing shorts, tank-tops, and flip-flops. Even though I wear the school uniform like everyone else, I show my individuality by wearing colorful hairclips and flowers in my hair, as well as my classy "Jordan" footwear. – Mayra



Jasmine

Wearing a school uniform is okay. The uniforms at Ronald McNair are black or khaki-colored pants and white, yellow/gold, or purple, collared shirts. The shirts have the McNair Mascot printed on the upper-left side of them. On my

free time, I like wearing skinny jeans and pretty tops. I can show my individuality while wearing the uniform by substituting the black school pants for black skinny jeans and wearing a really nice jacket, cute shoes or boots. I also wear nice jewelry and style my hair really pretty. – Jocelyn



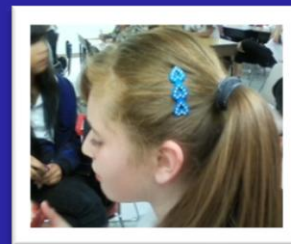
Taylor

Although I have to wear a school uniform like everybody else, I glam it up with colorful earrings and a great hairstyle. – Elizabeth



Jessica

I think McNair's uniform is pretty cool because we have a choice of colored tops to wear. The shirts must have a collar, but they can be white, purple, or gold/yellow. We also have a choice of colors in pants/skirts: black & khaki. I really like wearing skinny jeans, and I show my individuality with my hairstyles. I wear it scrunched, straight, and when I feel lazy, I put it up in a bun. – Claudia



Daisy

McNair's uniforms are the coolest ones because there is a choice to wear black, khaki, purple, gold, and white. I show my individuality through my uniform. My shoes are in the school colors, purple and gold. I wear different kinds of sweaters, and wear flowers in my hair.

– Jaslyn



Larissa



Diego, 8th grader, former 180 Trainee

“SWAGG” IS OFFICAL!

By Emily Mendoza & Briseyda Vargas

Swagg for boys:

Pants: Skinny jeans

Hats: Ball caps and Beenies

Shirts: Plain Ts and Ts with designs and logos

Shoes: Jordan, Nike, Vans, Blazers, Creatives, & Vlados

Pretty-girl Swagg:

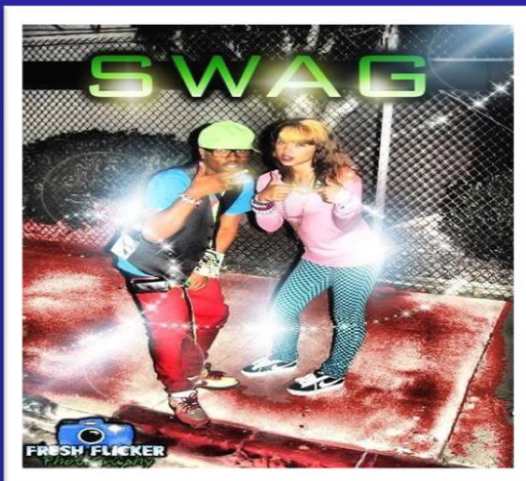
Pants: Skinny jeans

Shirts: Colorful, cute Ts

Shoes: Jordan, Nike, Vans, Blazers, Creatives, & Vlados

Accesorries: Necklaces, earrings, bracelets, and pretty scarves

EXAMPLE: INDIGO VANITY, AND THE RANGERS



Indigo Vanity
Photo retrieved from YouTube



The Rangers –
Photo retrieved from YouTube

McNair Students on Sports



Rugby – by *Semise Palefau*

One thing I like about rugby is not having to pay to get into the game. It is so cool because the games are good and exciting. Another reason I like rugby is because mostly everybody gets to handle the ball. In football, only the QB, RB, WR, TE and the fullback can get the ball. My brother's rugby team loves winning, and is undefeated. The team is called the JR. Razorbacks. You should check it out on youtube.com, and just type down Jr. Razorbacks, or go straight to <http://www.youtube.com/watch?v=CleE3RjH86Y>

Volleyball - by *Maggie Paulo*

I play volleyball in Redwood City. Our team is called the Black & Yellow Stingers. We represent the "Bees." I like the friendship and camaraderie of my team. The position I play is "Setter." I really like setting because I'm really good at it. Our last game really impressed our coach, Anastasia. We won the game and celebrated. Our next game is against the "Red Dragons," and we are confident that we will win. Playing volleyball has been a great experience for me because of learning about teamwork, perseverance, and fun, just like in 180!



Soccer – by *Ana Ngalu*

I play defense on McNair's soccer team. I like the position because I don't have to run as much. I really like playing soccer for Ronald McNair. I like that I represent my school.

The following is an interview I had with a fellow teammate, Alisi Lama:



Q: Why did you join the soccer team? A: I enjoy the sport of soccer and the sense of team spirit and unity it provides. Q: What is your favorite soccer team?

A: I like the Chivas. Q: What is your team's record right now? A: This year we played Costano School, Cesar Chavez Academy, and Belle Haven School. We won against Costano – 9 to 2; we won against Belle Haven – 5 to 1; and unfortunately for us, we lost against Chavez – 5 to 1. Q: How many goals have you scored? A: Three! Q: Is there anything you would like to add? A: I appreciate our team members for their hard work and dedication!

Youth Commentaries

The following pieces are from 6th grade students who chose topics that they felt were important issues. The students used the internet in the school's computer lab to research their topics. They are getting a head start, and are showing some journalistic potential. Way to go, LaShanay, Blanca, and Neel!

The Working Poor

By Lashanay Blue

In the United States the working poor are defined as those who cannot live comfortably with benefits or proper housing on menial or minimum wage incomes. In a statistical study done in 2003, 1 in 5, or 7.4 million people were categorized as working poor. This number is staggering considering the many who can afford to drive luxury vehicles and live in nice neighborhoods without the constant struggle to buy groceries or pay rent. The working poor need advocacy that will intervene and set up programs to help with starting a career, as well as tax breaks and advancement. A healthcare plan would be in order so those less fortunate can afford to see physicians, as well as visit emergency rooms without risk of being turned away. I think what the poor people need is a nice home, a better income, and help getting jobs. There should also be more homeless shelters and easier job applications to fill out. Maybe then, no one would have to suffer being homeless.

Trouble in Egypt

By Blanca L. Betancourt

Did you know that there was protest in Egypt? Well there was. It was a catastrophe. In the beginning they killed about 4 protestors and 1 policeman. There were still many protesters on February eleventh, 2011.

It all started because people were realizing that their president was too old to be in office. He had been president since 1981. That means that he had been there for over 30 years. Once, he was the only one running for president, so he was the only one elected! Later on, he agreed not to run again in the next election. Some people say that this has caused a domino effect with other small countries. Now other places are revolting against their leaders.

Students Connect With Dr. Martin Luther King, Jr. Legacy

"I Have a Dream"

Black History Month Observed in 180 Classes

In keeping with one of the central foci of the 180 Program, *Social Awareness & Responsibility*, 180 lessons were supplemented with discussions about the Civil Rights Movement, while viewing and discussing excerpts from the award-winning documentary *"Eyes on the Prize."* The following submission is from a student who (after the beginning of Black History Month) became inspired to research and writes an article about the legacy of Dr. Martin Luther King, Jr.

Dr. King's legacy honored by One Brick *By Neel Chaudhary*

In San Francisco, CA, One Brick celebrated its 10th anniversary. They celebrated it by having a National Day of Service on January 15th. The day of service focused on serving the community in honor of Dr. King. Volunteers at One Brick dedicated hours of hard work toward service to the community. The service ended with an award Ceremony. One Brick did not only honor Dr. King's legacy, but also his life. If King were still alive, it would have been his 82nd birthday. During the celebration, Dr. King was remembered for his heroic acts of leadership. He was remembered for his speeches, marches, boycotts, and sit-ins. He is remembered mainly for his "I Have a Dream" speech. We may feel that we know all about that speech and that we have heard it enough before, but I think that it is important to review and revisit Dr. King's words, lest we forget how far we have come as individuals and as a nation. Following is an excerpt from "I have a Dream," as cited from <http://www.mlkonline.net/video-i-have-a-dream-speech.html>

"I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation. [Applause]

Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize an appalling condition.

In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men would be guaranteed the inalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check which has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check -- a check that will give us upon demand the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood.

"I think that it is important to review and revisit Dr. King's words, lest we forget how far we have come as individuals and as a nation." Ravneel Chaudary, 6th grade student at Ronald McNair

It would be fatal for the nation to overlook the urgency of the moment and to underestimate the determination of the Negro. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake

the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force. The marvelous

new militancy which has engulfed the Negro community must not lead us to distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny and their freedom is inextricably bound to our freedom. We cannot walk alone.

And as we walk, we must make the pledge that we shall march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?" We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until

*justice rolls down like waters and
righteousness like a mighty stream.*

*I am not unmindful that some of you have
come here out of great trials and tribulations.
Some of you have come fresh from narrow
cells. Some of you have come from areas where
your quest for freedom left you battered by the
storms of persecution and staggered by the
winds of police brutality. You have been the
veterans of creative suffering. Continue to
work with the faith that unearned suffering is
redemptive.*

*Go back to Mississippi, go back to Alabama, go
back to Georgia, go back to Louisiana, go back
to the slums and ghettos of our northern cities,
knowing that somehow this situation can and
will be changed. Let us not wallow in the valley
of despair.*

*I say to you today, my friends, that in spite of
the difficulties and frustrations of the moment,
I still have a dream. It is a dream deeply rooted
in the American dream.*

*I have a dream that one day this nation will
rise up and live out the true meaning of its
creed: "We hold these truths to be self-evident:
that all men are created equal."*

*I have a dream that one day on the red hills of
Georgia the sons of former slaves and the sons
of former slave owners will be able to sit down
together at a table of brotherhood.*

*I have a dream that one day even the state of
Mississippi, a desert state, sweltering with the
heat of injustice and oppression, will be
transformed into an oasis of freedom and
justice.*

*I have a dream that my four children will one
day live in a nation where they*



*Dr. King's "I Have a Dream" speech
Washington DC, August 28, 1963*

*will not be
judged by the
color of their
skin but by the
content of their
character.*

*I have a dream
today.*

*I have a dream that one day the state of
Alabama, whose governor's lips are presently
dripping with the words of interposition and
nullification, will be transformed into a
situation where little black boys and black girls
will be able to join hands with little white boys
and white girls and walk together as sisters
and brothers.*

I have a dream today.

*I have a dream that one day every valley shall
be exalted, every hill and mountain shall be
made low, the rough places will be made plain,
and the crooked places will be made straight,
and the glory of the Lord shall be revealed, and
all flesh shall see it together.*

*This is our hope. This is the faith with which I
return to the South. With this faith we will be
able to hew out of the mountain of despair a
stone of hope. With this faith we will be able to
transform the jangling discords of our nation
into a beautiful symphony of brotherhood.
With this faith we will be able to work
together, to pray together, to struggle
together, to go to jail together, to stand up for
freedom together, knowing that we will be free
one day.*

*This will be the day when all of God's children
will be able to sing with a new meaning, "My
country, 'tis of thee, sweet land of liberty, of
thee I sing. Land where my fathers died, land of
the pilgrim's pride, from every mountainside,
let freedom ring."*

Interview with McNair's Principal, Michael T. Lyons

By, *Guadalupe Lombera & Janet Salas*

Q: Tell me a little bit about yourself. Where did you grow up? What are some of your personal interests?

A: I'm from Maryland. I'm divorced. I have 5 children, 4 daughters and 1 son. I enjoy playing golf, shore fishing, and boating.

Q: How long have you been Principal of the school?

A: I've been the Principal here for three years.

Q: What made you choose this job?

A: I wanted to work with Middle School students.

Q: What is your vision for Ronald McNair Middle School?

A: I have taken the challenge to shape McNair into the best school in the country, one that creates scholars who are well prepared for high school and college.

Q: What plans do you have to make our school successful?

A: My current plans are to support teachers with ample resources that will enable and empower them to be the more effective instructors that they can be.

Q: How have you considered the students' needs in your plan(s)?

A: I have taken and continue to take steps toward propelling academic achievement and emotional intelligence, providing family support, and quality afterschool programming.

Q: What can students do to contribute to the success of our school?

A: Students must commit themselves to learning, through study, following the directions of their instructors, and working to become good and productive citizens.

Q: Dr. Lyons, your 180 class has shown the most growth at McNair with regard to GPA's. Do you attribute that, in part, to 180 Degrees' core concepts and principles?

A: Absolutely. One thing about 180 is that it helps students to make good choices, supports their decision-making processes, through teaching them how to create SMART (Specific, Measurable & Meaningful, Attainable, Realistic, & Time-bound) goals. They are better at organizing their time and materials.

"180 has had an impact on the way the students prepare themselves for school."

■ *Michael T. Lyons, Ed.D.*

Interview with 180 President, Dean L. Renfrow

By, *Teresa Faasolo*

Q: Tell me a little bit about yourself. Where did you grow up? What are some of your personal interests?

A: I'm 63 years old. I was born in Montana and raised in Seattle, Washington. I've been happily married for 43 years. I have two children and two grandchildren. I own a Harley Davidson motorcycle and a 1947 Chevy pick-up. I was born in 1947 so it makes the pickup special for me.

Q: How long has 180 been in existence?

A: 180 has been in existence for three years.

Q: What made you choose to start your company? How did you decide to get involved with educating young people about social-emotional learning?

A: While working with Youth in a previous position, I became inspired to help Elementary, Middle, and High School students develop their critical thinking, emotional intelligence, and social learning skills. I want all kids to feel

understood, cared for, and for them to reach their full potential.

Q: What was the most important key of getting 180 Degrees started?

A: Choosing the very best people for my team was crucial in getting 180 started.

Q: What is your vision for 180 Degrees?

A: My vision is to reach as many children as possible with the program so that they can be as prepared as possible for their lives' challenges.

Q: How difficult/challenging is it to run your own business?

A: The most challenging part is securing the funding.

Q: How do you motivate yourself?

A: I am motivated by my own goals and passion to help kids become as successful as they can.

Q: What advice do you have for students who want to become entrepreneurs?

A: Get educated. Develop your character. Find ways to be self-motivated. Set clear and realistic goals. Develop positive interpersonal relationships.

"I want all kids to feel understood, cared for, and for them to reach their full potential."

■ *Dean L. Renfrow, Founder & President, 180 Degrees, LLC*

Advice: For Students, by Students

Neel and Max, 6th graders at McNair Middle School expressed that they felt there was a need for students to anonymously ask difficult questions, that may have some challenging answers, and that students really do listen to one another, probably more than they do adults. The two young men had this innovative idea to include in this magazine a student-centered advice column.

Q: In my school, we need to have more breaks before the Star test. I think that we have done a nice job, but some kids aren't paying attention like they should. It's because we don't get enough breaks. I want the teachers to give us more breaks. Do you think we should get more breaks so we can be prepared and not so tired? What might motivate people to do better in school?

A: They can help by giving longer breaks and seconds at lunch because some of us get very hungry, and it's hard to concentrate when you're hungry.

Q: Why do people fall in love???

What does the word "LOVE" mean to people falling in love?

A: I think people fall in love because they think falling in love is a good choice for their futures, and they want to be happy. The word "LOVE" means being happy, having good times with another person who is on your side.

Q: My mom lets me have a boyfriend but my dad doesn't so I have to sneak around him when I talk about boys. My dad wants to move me to another school! How am I supposed to enjoy my young life if he won't let me do anything at all!!!!? what can I do?

A: Well your mom is nice, but I think your dad really loves you too, and he doesn't want to lose you, so be patient with him.

Q: My parents won't let me have a boyfriend, and I hate it because I don't get to control my

own life. It isn't fair. It's my life. They say I have to be 18 first, and to have graduated from high school, and have a job. Why won't they let me have a boyfriend now?

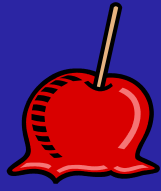
A: It's probably because they may give you a lot of freedom in other choices, like having a phone, letting you go to your friends' houses and other places. Maybe they won't let you have a boyfriend yet because they think you might go too far with your relationship, and ...You know what I mean.

Q: I have a question about school. Why do people like to bully other people? Is it because the ones they bully have something in their lives that the bully doesn't have? What can I do to help stop bullying at my school?

A: I think that people bully people because they don't want to get bullied themselves. I also think that maybe the bullies are scared of something, so they take it out on others by bullying them. I think you should be a confident person and help your friends by sticking together and speaking out against bullying.

Q: I have an aunt who is 15, and she smokes. I want to tell her to quit because it is bad for her. Do you think what I think?

A: Yes, but at the same time no because it's her life, and if she wants to ruin it by smoking, then let her. You're not ruining your lungs; she's ruining hers. You're not going to get lung cancer; she is.



Recipes for Kids

My Favorite Caramel Candy Recipe

By Taufusiinatiane “Tiane” Tupomohoe Ofo Kefu Uili Brown

You’ll need:

1. Glass bowl
2. Wooden spoon
3. Shredded coconut
4. Chocolate or toffee candy chips
5. Parent help w/oven
6. Caramel candies

STEP 1:

First, ask a parent to melt the chocolate in a double boiler, until it is silky.

STEP 2:

Melt the caramel candy then pour into a plastic bowl, stirring in the coconut and chocolate with a wooden spoon.

STEP 3:

Pour the mixture into a glass pan, and ask for help placing it in the oven. Let it cook for 10 minutes, at 375 degrees.

STEP 4:

Ask for assistance in taking it out of the oven. Let it cool for 30-45 minutes. Cut, and enjoy.

Grandma’s brownies

By: Jocelyn



Ingredients:

- 1 ½ cup sugar
- ¾ cup flour
- ¾ cup cocoa powder
- 3 eggs
- ¾ cup semi-sweet chocolate chips

Directions:

Combine the sugar, flour, cocoa, eggs, and melted butter and mix.



Do this by hand, until the dry ingredients are just incorporated into the wet, and stop. You don't need to beat it, and in fact want to avoid producing gluten from the flour. (Kneading flour produces gluten, the springy protein that makes bread chewy.)



Stir in the chocolate chips.



Line a 9*13 baking dish with parchment. As long as you cover the bottom you should be good, as it would pull away from the edges while baking.



Pour the batter and spread it out. Don't try to spread it out like mayo on bread, or you will move the parchment around. Poke at it with the tip of a rubber spatula.



Bake at 325 degrees for 20-30 minutes. It's done when a toothpick inserted in the tallest part comes out clean. Keep in mind you got chips in there. If you hit one with the toothpick it will have melted chocolate on it. You might need to poke a couple of spots to make sure you aren't hitting a chip.



Very carefully lift the parchment out of the baking dish. Get a spare of hands if you can.

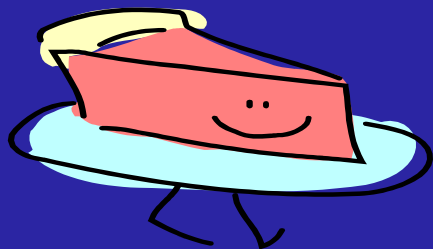


Pull the edges and let cool for a few minutes before slicing.



Pour yourself a glass of milk, and that's it.

HEADSTART PIE



Ingredients needed:

2 cups Strawberry Yogurt

1 tub of Coolwhip

1 (or 2) pre-made graham cracker pie crusts

Method:

Stir the yogurt in with the Coolwhip.

Fill up the graham cracker pie crusts.

Put it in the freezer for 4 hours, or in the fridge overnight.

Yumm!

**Another suggestion for using canned biscuit dough is to flatten the dough, spread on pizza sauce, sprinkle on the cheese, and whatever else you like. Then have your mom or dad place it in the oven for you for about 12 minutes, at 375 degrees. – Ms. Boyd*

Mini Doughnuts, by Adilene Perez



What you need:

- 1 can of biscuit dough (You know, the tubes at the grocery store)
- Oil
- A skillet
- Powdered sugar
- Cinnamon
- Granulated sugar
- Chocolate frosting

How it's done:

- Get your mom to help you with getting the oil hot.
- Poke a hole in the middle of the biscuits
- Drop them in the hot oil
- When they puff up and turn golden, flip them over
- Take them out and put them on a paper towel to cool off
- Dip them in the cinnamon and sugar, or put chocolate frosting on them

McNair's 180 Graduation Ceremony!

This year, McNair has 144 students who have completed the 180 program. To celebrate, a graduation ceremony will take place **June 2, 2011, from 3:20 to 5:30 p.m., in McNair's gymnasium**. Dinner will be served, and the entertainment will be provided by Dwight "Transparent" Taylor. Dwight is a dynamic young man who is an inspirational speaker and talented rap artist, from Fairfield, CA. Videos of his work can be found on YouTube. Please join us in congratulating the 2011, 180 graduates at McNair:



Erica Boyd,
Facilitator



Dr. Michael Lyons,
Facilitator



Katrina Grant,
Facilitator



Myron Jordan,
Facilitator



Winton Anderson,
Facilitator

MIKE LYONS-FACILITATOR

*Samiuela Afungia
Tania Ayiers
Fernando Banderas
Joshua Blanco
Gilberto Cruz
Fernando Fernandez
Cabrera
Darnell Ford
Sunneah Holmes
D Unya Hudson
Jordan Latu
Raymond Latu
Austin Lavakeiaho
Lute Leaaetoa
Eduardo Lombera Sanchez
Marvin Lomeli
Luis Martinez*

*Siosaia Motumanu
Quron Myles
Estefany Nunez Aleman
Dijuan Richard
Daniel Torres Cruz
Sislilia Tupoumalohi
Pedro Vazquez*

KATRINA GRANT-FACILITATOR

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Angela Conejo Zamora
Sandra Cortez Melendez
Francisco Cruz
Jorge Gonzalez
Joseph Gregory
Jamie Gutierrez Jr.
Tony Jimenez
Alisi Lama
Nereyda Lazaro Bonilla
Alfonso Lopez
Nancy Maldonado
Larissa Martinez
Jordan Mims*

*Benicio Munguia
Bustamante
Marquise Reid
Tyrell Riley
Katherine Sandoval
Elmer Sarceno Ceja
Francia Sosa Rodriquez
Gema Soto
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MYRON JORDAN-FACILITATOR

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Henry Alvarez
Laura Madriz Arceo
Jasmin Barajas Serna
James Bryant Smith
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Miguel Gonzalez*

Sandra Gonzalez
Vincent Hart
Josue Pineda
Luis Pinto
Jessica Pulido-Montes
Ivan Salas Lozano
Cesar Sanchez
Jason Santos
Jonathon Sivao
Pita Tonga
Hector Torres
Wilfrido Torres
Jonathon Urbina Macias
Yulisa Vargas
Guadalupe Vega
Seabastin Velazquez
Damien Williams
Jacob Zamora

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FACILITATOR**

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Tahjee Ali
Alexander Aviles
Miguel Balderas
Renne Barnes
Cassandra Ceballos
Edgar Conteras
Desean Earls
Fernando Fernandez
Ronasha Fountain
Zaira Gonzalez
Jesus Guerrero
Luis Guzman
Nizam Harris
Martisza Hernandez
Ahjenea James
Ahjenique James
Janae Kinsey
Samuel Pacheco
Estralita Rondan
Stanley Vae
Pedro Vasquez
Daja Walker

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Lashanay Blue

Enrique Castellanos
Talisa Renee Gates
Gabriel Gonzalez
Larissa Claudel Hernandez
Mayra Hernandez
Taufusiinatiane Tupomohe
Kefu
Jocelyn M. Leal
Guadalupe Lombera
Queen Jorianna P. Maea
Jessenia Maldonado
Liz Marroquin
Claudia Y. Medina
Elizabeth Medina
Jaslyn Neri-Duenas
Ana T. Ngalu
Semise Palefau
Daisy Palomares
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Adilene Perez
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**Thank you to all of the 180 Degrees trainees who participated in this endeavor, making their community service project successful. It is our hope that the idea for a student magazine will spark interest and action toward a journalism department at Ronald McNair Middle School. Until that time, this magazine is our gift to you. We love you McNair students and staff. Go Warriors!* 20