

**Playing the Victim**

Crying,  
 That was all she ever heard  
 Screams  
 That girls whispering  
 It was truly in her mind  
 Tears and long  
 Remarks  
 That would be enough  
 Playing the Victim  
 To drive away the shadows,  
 Keep smiling  
 'Till the face cracked  
 Hate  
 Unpleasant and sad  
 It made playing the victim  
 Her half the love  
 So difficult,  
 Reddened of red  
 Stained the alabaster  
 The victim wasn't much fun,  
 A cat-dress the corner  
 The blue hairs of the walls  
 Deformed her mind  
 Why?  
 Did she even have a purpose anymore?  
 The end  
 Stop  
 —  
 when  
 And he took her hand away  
 From the victim.



**Vitamin C: C for #1?**  
 Oh yes, have you seen those fruits?  
 Well, calcium, right to your digits,  
 And don't forget Vitamin D! Vitamin D  
 And if you need, you'll know that's not!  
 —  
**Vitamin D: D for #2?**  
 The sun's rays right down before you,  
 For each before you know! (D)  
 —  
**Vitamin E: E for #3?**  
 Vitamin E, it's  
 'Rt to see your hair,  
 From becoming bald!  
 With a few more around the track  
 —  
**Vitamin K: K for #4?**  
 They're in veggies and fruit,  
 For strength and you'll be good people!  
 I found without vitamin D,  
 You might as well be calcium free!  
 —  
**Pro-Chem:**  
 Now I know it's over to  
 One friend to give, who's feeling kinda blue  
 —  
**Spoken! E for #5?**  
 Yarr-right! If you don't want to end up like me,  
 Make sure to get some Vitamin C! Nobody wants the  
 warts... Well, more the end and around and around and  
 being long from the neck or rubbing the duck.  
 THANK YOU. Uh when was I Right?  
 —  
 Chorus  
 Audio file is available at [www.TeensInCharge.org](http://www.TeensInCharge.org)

Fatty Liver	NASH	Cirrhosis
Fat accumulates in the liver	Fat plus inflammation and scarring	Scar tissue replaces liver cells

**HBV CAUSES:  
 liver inflammation**



**Nightmare**

Table set,  
 Green salad,  
 Roasted chicken,  
 Brown bread,  
 Bright wine,  
 White rice,  
 Yellow sauce,  
 Delicious dinner set.  
 Looking at the food,  
 Staring at one's wall,  
 Thinking:  
 A nightmare.  
 The dream begins with the call to dinner,  
 Custom thinking,  
 An invisible urge to stuff the face, the stomach  
 Until the check brings with the excessive amount filling the body  
 The nightmare is not yet through,  
 Surprisingly looking at the scene, then dad, then  
 brother, then sister,  
 Thinking, "The one is watching"  
 Slipping off to the bathroom.  
 Knocking on the cold floor,  
 Lusting the nightmare continue.  
 Staring at the yawning table mouth,  
 (Hearing the dreamer for waffles)  
 Pushing her finger into the back of her throat,  
 Making the chewing noise, food remains and in a most smooth manner  
 The nightmare temporarily ends.  
 Returning to the table, she rights,  
 Her dream ends,  
 Her stomach hums,  
 Her eyes burn,  
 And she is dead.  
 The nightmare never ends for her.

# Art of Mind: From Art to Health 青少年心靈的呼喊

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*The Art of Mind (AOM): From Art to Health program, identifies health concerns through a youth-preferred method: self-expression. This innovative project welcomed youth to convey their concerns through tools of self-expression. The astounding results provide a much deeper insight into issues of Asian American youth in the San Francisco Greater Bay Area. A visual representation motivates community leaders and local agencies to respond and affirm the need for innovative approaches in order to assess health-related concerns among youths.*

*These creative expressions in turn contribute to health care providers' understanding of youth, enabling them to better serve the Asian American youth community. All sectors of the community, including our supporters in city government, are brought together to recognize youth health-related concerns and initiate changes.*

*This educational booklet is a comprehensive, full colored publication, which features the AOM youth artists and their artwork, highlighting youth health-related concerns and available resources.*





**Supervisor David Chiu**

City and County of San Francisco



Board of Supervisors

DAVID CHIU

November 20, 2009

Dear Guests,

It is with great pride and pleasure that I welcome you to the Art of Mind: From Art to Health program, presented by the Chinese Community Health Resource Center (CCHRC) in collaboration with the San Francisco Youth Commission-Health and Wellness Committee and the American Red Cross Youth for Chinese Elderly (YCE) program.

The Art of Mind (AOM) program aids us to understand health-related concerns in the Asian youth community, which accounts for more than 40% of the San Francisco population. This program aims to initiate dialogue among youths and their peers, parents, educators, providers, community leaders, community based organizations, health/social service agencies, policymakers, and Asian American media. With the initiation of dialogue, policy makers, agencies, and community members alike, have an informative opportunity to educate themselves in order to properly address health-related issues expressed by young adults.

I am pleased to endorse AOM project and its educational booklet, which features 74 youth artists' artwork and health-related concerns. I strongly believe that the efforts of AOM will serve as a vehicle to raise awareness of and address youth health concerns among the Asian American community. AOM facilitated the opportunity for Asian American young adults to explicitly express their health-related concerns. It is our time to take action.

On behalf of District 3 and the community I serve, I thank you for supporting the Asian American community and I urge you join the efforts in building a healthy youth community.

Sincerely,

A handwritten signature in black ink that reads "David Chiu". The signature is written in a cursive, flowing style.

DAVID CHIU  
President  
San Francisco Board of Supervisors



**James K. Ho**

Dear Participants:

Welcome to the Art of Mind: From Art to Health program. This program helps uncover fundamental health concerns affecting Asian American youth. Having seen firsthand the growth and development of teens in the Chinese Community, I am pleased that we are here to address their physical and emotional health. Asian American teens face the highest rate of depression and incidence of suicide. This project will help us to reduce these numbers and better prepares our community to respond.

The youth today will be our leaders of tomorrow; we have collected seventy-four different stories from seventy-four different teenagers. Each one represents a facet of Asian American teen health. From stories of stress and drug abuse to stories of anorexia and depression, our teens have seen it all. Their stories should touch all of us, as part of our commitment and responsibility to improve the health of these young adults. Let us respond in action and continue the honest conversation our young leaders have started.

Sincerely,

A handwritten signature in black ink, appearing to be 'JK Ho', written on a light-colored background.

James K. Ho  
President, Board of Trustees  
Chinese Hospital

Dear Participants:

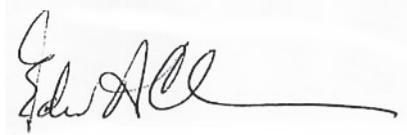
It is with great pleasure that I welcome you to the Art of Mind: From Art to Health program, and with great pride that I witness this community program take root. The Art of Mind program responds to a local challenge in the Asian American community, namely, to increase information on Asian American teen health trends. This art contest performs a health needs assessment, opening the path to knowledge dissemination across a wide-network of social service agencies, government bodies and other organizations that serve youth.

The expressions by youth we see here are important in that they describe our multi-layered community from peer, to teacher, to health care provider. Without this type of program, we would not be able to understand the needs of our youth.

I urge all members of our great city—policy makers, educators and advocates, youth, their parents and teachers, and all community leaders, non-profits and health/ social service agencies—listen to our youth. Volunteer for a non-profit. Mentor a teen. Whatever small action you take contributes to a healthier and stronger Asian American community.

Thank you for attending and supporting our youth.

Sincerely,



Edward A. Chow, MD  
Health Commissioner, San Francisco Department of Public Health  
President, Chinese Community Health Resource Center (CCHRC)  
Chief Medical Officer, Chinese Community Health Plan  
Executive Director, Chinese Community Health Care Association (CCHCA)



**Edward A. Chow, MD**



**Brenda Yee, RN, MSN**

Dear Participants:

As a committed sponsor of the Chinese Community Health Resource Center (CCHRC), it is with great pride that the Chinese Hospital and Chinese Community Health Plan (CCHP) celebrates the completion of Art of Mind: From Art to Health. For twenty years, we have partnered under the common vision to build a healthy community in which neither language, cultural or financial barriers, impede one from receiving the very best in health education.

The Art of Mind program helps to understand the Asian youth community, a group that forms over 40% of the city's young adult population. By collecting a wide sample of their health concerns—expressed by youth themselves—the health needs of our community's young leaders are displayed in their full complexity. Teens have spoken; now it is our turn to listen, consider, and respond.

On behalf of the Chinese Hospital and Chinese Community Health Plan, and the population we serve, I thank you once again for supporting the growth and health of the Asian American youth community.

Sincerely,

A handwritten signature in black ink, appearing to read "Brenda Yee". The signature is fluid and cursive.

Brenda Yee, RN, MSN  
Chief Executive Officer  
Chinese Hospital/ Chinese Community Health Plan  
Vice President, Board of Directors  
Chinese Community Health Resource Center



Your Community Physicians

**Chinese Community Health Care Association**

445 Grant Ave., Suite 700, San Francisco, CA 94108  
Tel: (415) 216-0088 Fax: (415) 955-8811  
www.cchca.com

November 13, 2009

Dear Guests,

It is with great honor and pride that I introduce the Chinese Community Health Resource Center's Art of Mind: from art to health program. As a longstanding supporter, the Chinese Community Health Care Association now celebrates another innovation in reaching out to the community. Our visions have intertwined from day one, both organizations continually striving to improve access to health services in the Chinese American community. The AOM program brings CCHCA's mission to another, sometimes overlooked, sector of the Chinese and Asian American community—the youth. Compiling this collection of materials on Asian American teen health concerns informs our care providers, encouraging and enabling them to provide better care and implement culturally sensitive and ultimately more effective preventative programs. This needs assessment program provides culturally-competent health education to all who work in and for the Asian American community, from providers to educators to policymakers, legislators, parents, teens and their peers. Gathering of such population-specific information and portraits plants the seeds that one day will become a forest and meadow of information, attention, education and care.

With this letter the Chinese Community Health Care Association reaffirms and strengthens again its partnership with the Chinese Community Health Resource Center, and calls for a closer collaboration that will endure until all people in the Chinese and Asian American communities have equal and adequate access to health resources.

Sincerely,

L. Eric Leung, M.D.  
President, Chinese Community Health Care Association



**L. Eric Leung, MD**



**Michael Wong**



**Carol Li**

Dear Participants:

The desire to empower our youth, the next generation, through leadership and education provides a mutual common ground for the Youth for Chinese Elderly (YCE) Program of American Red Cross Bay Area Chapter to work together with Chinese Community Health Resource Center (CCHRC) on this endeavor. With a panel of youth leaders and supporting staff, the Art of Mind project's goal to reach out to the teen population in the Asian community across the Bay Area was recognized. Being able to work with CCHRC and support their enthusiasm for opening a dialogue with the Asian youth about health was a great honor.

A number of youth leaders from YCE participated in the planning process for Art of Mind. Their involvement was crucial to Art of Mind's success. Their hard work and ideas help spread the word and connect us with their peers.

Understanding how health is perceived by our youth paves a path for health care providers and educators to tailor or strengthen their communication methods about various health topics to the next generation. In collaboration with CCHRC on this project, the American Red Cross was able to involve several youth leaders from the YCE to engage in this activity of expressing what health means to them. From the many submissions, it is interesting to see what the youth of the Asian Pacific Islanders community see as important health concerns. Not only do they shed light on these health issues, they also provide a message about how the blend of Asian and western cultures have shaped their thinking about health.

It is an absolute honor for the American Red Cross YCE Program to have worked with CCHRC on this project. Beyond its intention to provide a creative outlet for youth to talk about health, the Art of Mind project is only a subdivision of its larger underlying concept of a desire to teach and involve the youth that hopefully can continue across generations.

Congratulations to the successful completion of the Art of Mind Project. Please accept our best wishes for a rich and meaningful press conference and exhibition, and our appreciation for CCHRC's tireless work to promote health and well-being among the youth.

Michael Wong  
Manager  
American Red Cross

Carol Li  
Manager  
YCE Program

Youth Commission  
City Hall ~ Room 345  
1 Dr. Carlton B. Goodlett Place  
San Francisco, CA 94102-4532



(415) 554-6446  
(415) 554-6140 FAX  
www.sfgov.org/youth\_commission

Dear Participants:

The 2008-2009 San Francisco Youth Commission's Health and Wellness Committee is privileged to have collaborated with the Chinese Community Health Resource Center and the American Red Cross Youth for Chinese Elderly (YCE) to produce The Art of Mind.

The Youth Commission is committed to representing the needs and interests of young people in policy and legislative debates in San Francisco, and we are convinced that creative, boundary-breaking, youth-centered needs assessments like the Art of Mind have much to teach policymakers, community leaders and other youth.

We hope you take a moment to look at and reflect upon these seventy-four works of art. While the issues these pieces confront are frequently difficult and uncomfortable, it is our sincere hope that The Art of Mind can serve to increase awareness of the challenges to mental and physical health currently facing the Asian American youth community.

We can't effectively strategize, plan and treat youth health issues and afflictions without knowing fully well what these issues are—so please, take a look, and share The Art of Mind far and wide.

Very Sincerely,

Mario Yedidia  
Program Coordinator  
San Francisco Youth Commission

On behalf of the 2008-2009 Youth Commission Health and Wellness Committee

—Tiffany Lau, Christian Castaing, Natalie Davidson, Simona Erlich, Bethany Lobo and Tanea Lunsford—

and

Gillian Bogart

2008-2009 Youth Commission Program Coordinator



**Gillian Bogart**



**Angela Sun, PhD, MPH**

Dear Participants:

On behalf of the Chinese Community Health Resource Center (CCHRC) I would like to welcome you to the first annual Art of Mind: From Art to Health awards ceremony. As Executive Director of the CCHRC, I am honored to present this program in collaboration with the San Francisco Health Commission's Youth Health and Wellness Committee and the American Red Cross's Youth for Chinese Elderly Program.

Since the inception of CCHRC in 1989, working with the CCHRC Board of Directors, we envisioned a multi-faceted organization that would continually identify needs within the Chinese American community and provide culturally competent programs to meet those needs. Our recently launched youth website ([www.TeensInCharge.org](http://www.TeensInCharge.org)) serves as a hub for teen-focused physical, mental and emotional health information. It offers many services for youth, including peer counseling on domestic and dating violence, articles, videos, and forums. Art of Mind (AOM) builds on the foundation of this web resource, marking one more milestone in the history of CCHRC.

The Art of Mind project began as a response to the dearth of information on Asian American youth's health concerns—a dearth which prevents healthcare professionals, community leaders, social service agencies, policy makers, peers, parents and teachers from effectively meeting this population's health needs. With 74 submissions on topics as diverse as Hepatitis B, drug abuse, body image and depression, the AOM program has delivered a complex portrait of youth concerns. It is hoped that each submission—be it a poem on suicide or a song about healthy eating—will incite honest conversations between teens and their communities. Our future leaders have spoken; now it is the responsibility of the community to respond.

Sincerely,

A handwritten signature in black ink, appearing to be 'Angela Sun'.

Angela Sun, PhD, MPH  
Executive Director, CCHRC

# Judge 評判

I was born and raised in the streets of San Francisco Chinatown. I graduated from Galileo High School and I am now attending City College of San Francisco and hopefully will transfer to UC Irvine in two years. When it comes to art, I would say it's a pretty big part of my life because without art there wouldn't be like music or dancing. Some of my more favorite hobbies include dancing, listening to music, and singing. I dance mostly hip hop and just freestyle, but over the years I've taken an interest to ballroom dancing but sadly have yet to further explore this style of dance. I started dancing when I was in 8th grade and during high school. I tried out for my school hip hop team but actually couldn't do it because of night school. I've also auditioned for a national teen hip hop team but unfortunately didn't make it. Around that same time I started dancing. I became really interested in the piano, so I begged my cousin to teach me how to play the piano and also in my freshman year of high school, I took a piano class. Now I would say I'm a pretty good piano player. Learning to play the piano has inspired me to try to learn how to play other instruments. Instruments that I want to learn how to play include violin, guitar, and saxophone. Over the last two years or so, I've taken an interest in singing. I was mostly inspired by my friends, Michelle Fong and Karen Situ, who are both really good at singing. Other singers that inspired me are Alicia Keys, Whitney Houston, and Elvis Presley. I am currently taking a beginning voice class at City College so I can learn how to use my voice better and become a better singer. So as you can see, the art form known as music has been an extremely large and important part of my life and hopefully will continue being that.

我在唐人街出生和成長，畢業於 Galileo High School，現在就讀 City College of San Francisco，希望能夠兩年內轉校到 UC Irvine。當談到藝術，我認為它是我生命中重要的一部份，沒有藝術就沒有音樂和舞蹈。我比較喜愛的興趣包括跳舞、聽音樂和唱歌。我通常跳 hip hop 和自由舞蹈，但近年我對社交舞產生興趣，可是未能深造。我從八年級開始跳舞，在高中時我嘗試參與 hip hop 舞校隊，但因為要讀夜校而未能抽空。我亦為加入青年 hip hop 舞蹈國家隊而試跳，可惜未被選上。在學跳舞的同時，我也對彈鋼琴產生濃厚的興趣。因此，我請求我的親戚教我彈鋼琴，在高中一年級，我亦上學彈鋼琴的課。現在我會說我是一個挺好的鋼琴手。學習彈鋼琴使我也渴望學習其他樂器，也使我也渴望學習其他樂器，包括小提琴、結他和薩克斯管。這兩年起，我對唱歌產生興趣，大多是因為受我朋友 Michelle Fong 和 Karen Situ 的激勵，她們的唱功很了得。其他給予我啟示的歌手包括 Alicia Keys, Whitney Houston 和 Elvis Presley。我現在在 City College 上了唱歌初班這課從而學到如何善用我自己的唱腔成為更好的歌手。你可以看到，藝術中音樂佔了我人生很重要的位置，希望以後也能這樣。



**Anthony Chan**

# Judge 評判

Christopher Jernberg was born and raised in Sweden. His father is a powerful and successful film producer, military commander and event maker. His mother is a beautiful, intelligent, multilingual housewife, pedigree dog-breeder and artist.

Jernberg moved to the United States In 1992. He is incredibly adventurous, nomadic and heroic in nature, continually interacting with existence itself, analyzing its meaning and bettering how to best navigate it. He has had and have many powerful mentors and is one himself to many people.

Jernberg is a Sergeant in the Royal Swedish Army. He has a diploma in Economics and a degree in Fine Art. He is an exhibiting artist, but sees himself more as a navigator using art and whatever else as a tool to navigate life and death.

He has painted official portraits of---among others---former San Francisco Mayor Willie Brown and His Royal Highness King Carl XVI Gustaf of Sweden. He has his artwork in many private and public collections around the world. He teaches fine art and fashion illustration at the Academy of Art University in San Francisco, since 1996. He has made, worked on and acted in motion pictures and commercials.

A certificate of honor was received from the Board of Supervisors of the City and County of San Francisco in 2003, stating ‘...in appreciative public recognition of distinction and merit for outstanding service to a significant portion of the City and County of San Francisco...’

Examples of his work can be seen on:  
<http://www.360d.com/cj/>  
His email address is: [sporken@hotmail.com](mailto:sporken@hotmail.com)

## Christopher Jernberg

Jernberg 在瑞典土生土長。他的父親是一位成功且具影響力的的電影製作人、軍方指揮官和活動策劃人。他的母親是一位美麗、聰明、懂多國語言的家庭主婦，而且是一位專門培育純種狗隻專家和藝術家。

Jernberg 在一九九二年移居美國。他酷愛冒險、流浪和天性英勇的，不斷地與生存的意義互動著，分析它的意義和改善如何用最好的方法來操控它。他曾經和現在都有很多具影響力的良師，而他自己也是為人師表。

Jernberg 在 Royal Swedish Army 是一名軍官。他取得了經濟學系的畢業文憑和藝術學位。他是一位展覽藝術家，但將自己視為以藝術和其他東西作為工具來導航生命和死亡。

他曾為很多人包括前 San Francisco Mayor Willie Brown 和 His Royal Highness King Carl XVI Gustaf of Sweden 繪畫正式的畫像。他的藝術作品在世界上成為很多私人和公眾的收藏品。自一九九六年起，他在三藩市的 Academy of Art University 教授藝術和時裝。他曾製作和參與影片和商業廣告，並參與演出其中的角色。

在 2003 年，在他得到 the Board of Supervisors of the City and County of San Francisco 的榮譽證書上寫著：“... 公眾對他為三藩市市和縣多個地區所作的非凡服務作出認同和讚賞...”

他部分的作品可以在 <http://www.360d.com/cj> 瀏覽到  
他的電郵是 [sporken@hotmail.com](mailto:sporken@hotmail.com)



# Judge

## 評判

My name is Connie Xu. I was born in China, and immigrated to San Francisco when I was ten. English had been a struggle for me when I first came to this country; however, with the help of many teachers, I was able to adapt to this new place and new language. When I entered George Washington High School, I became a volunteer for American Red Cross through a youth group called Youth for Chinese Elderly (YCE). From YCE, I am able to practice my presentation, leadership and bilingual skills. Volunteering for YCE had cultivated my care and love for my community. I enjoyed being in a team working with other youth with the same passion. This coming Fall, I will be attending UC Davis majoring in Neurobiology. In the future, I hope to be a neurosurgeon and focus on brain research in hope of finding cures for brain diseases.

您好，我的名字是 Connie Xu，我生於中國，在十歲時移居三藩市。最初來到這國家，為了學好英文曾作過多番努力。可是，在很多老師的幫助下，我終於適應了這新地方和語言。當我入讀 George Washington High School 時，通過 Youth for Chinese Elderly (YCE) 的青年團體，我成為 American Red Cross 的義工。在 YCE 當義工，我不但能夠練習演講、領導才能和雙語技巧，而且培養了我對社區的關心和愛護。我很喜歡與一群跟我一樣熱心的青年人合作。我會在這個秋季入讀 UC Davis，主修神經生物學。將來，我希望成為一位神經外科醫生，並期望透過腦科的研究工作，找出對腦部疾病的根治方法。



**Connie Xu**

# Judge 評判



Min Lee is an executive producer of YO!TV, a weekly youth television program that evolved from YO! Youth Outlook Magazine and a project of New America Media.

Min earned a Bachelor of Arts degree in architecture from U.C. Berkeley. He has worked for architecture firms such as Pfau Architecture and Robin Chiang & Co. before moving on to explore other forms of multimedia arts.

With six years of experience in production and broadcasting, Min has produced over 100 episodes of YO!TV. His work include short films such as Mookey's Story, winner of the San Diego Asian Film Festival, and many films advocating social and political change for disadvantaged youth.

Min Lee 是 YO!TV 的執行製片人。YO!TV 電視是一個從 YO! 青年展望雜誌以及新美洲媒體項目發展出來，每週播一次的青年電視節目。

Min Lee 在加州大學分校柏克萊獲得建築學學士學位。在開始探索其他形式的多媒體藝術之前，Min Lee 一直在多間建築公司，如 Pfau Architecture 和 Robin Chiang & Co Architecture 工作。

籍著六年的製作和廣播的經驗，Min Lee 製作了 100 集的 YO!TV 電視。他的作品包括電影短片，如 Mookey's 的故事，這個作品在聖地亞哥亞洲電影節上獲獎，以及許多為弱勢青年提倡社會和政治變革的電影。

**Min Lee**

# Judge 評判

Rebecca Jackrel is a freelance photographer who shares her love of wild creatures and places through her photography.

Rebecca grew up in rural upstate New York where she was encouraged to 'go out and experience nature' whether at summer camp, hiking in the Adirondack Mountains, canoeing the Oswego River or sitting quietly in the backyard watching the ducks. Her mother encouraged the development of her artistic eye through her own drawing and frequent trips to museums. Rebecca achieved her BS in Music Education and enjoyed teaching Head Start before moving to Texas and finally settling in San Francisco. It wasn't until her husband made a gift of her first digital camera that it all came together. Rebecca found her voice and cultivated her ability to capture and share her unique view of nature and wildlife. Since then Rebecca has traveled to places near- Death Valley, Point Reyes, Yosemite and Monterey and as well as far places- the Falkland Islands, Midway Atoll, Italy and Argentina, to name a few, in search of adventure and images to share and educate.

Rebecca is currently the wildlife photography instructor with the Palo Alto Camera Club's Digital Nature Photography class. She leads workshops throughout California and has had several one-woman shows in San Francisco and Florida.

Rebecca's work has been published in magazines and calendars and is currently represented by Danita Delimont Stock Agency. Her work may be seen on display at the Marsh Rabbit Gallery in Jensen Beach, Florida and Caffe D'Melanio in San Francisco, California or through her website: [www.RebeccaJackrel.com](http://www.RebeccaJackrel.com). Rebecca's work has been honored for achievement through the 2007 & 2008 Art Wolf Environmental Photography Invitational, NANPA (North American Nature Photographer Association), the Marin County Fair and the Orange Audubon Society of Florida.

Rebecca is a member of NANPA (North American Nature Photographer Association), ASMP (American Society of Media Photographers), PPA (Professional Photographers of America) and Photochrome Camera Club of San Francisco.

Rebecca 是一位以她的攝影作品與別人分享她熱愛野生動物和大自然的自由攝影師。

Rebecca 在紐約州北部的農村長大。在她出生的地方，她可以充分體驗大自然的美，無論是在夏令營，在阿迪朗達克山脈遠足，奧斯威戈河划舟或是靜坐在後院看鴨子。在她的母親的繪畫和頻繁參觀博物館的影響之下，Rebecca具備了藝術家的眼光。Rebecca 在搬到克薩斯州之前，她取得了音樂教育學士學位，享受在 Head Start 的教書工作，最後她在舊金山定居。直到她的丈夫送給她的第一個數碼相機，Rebecca 以她的能力去分享自己對大自然和野生動物獨特的看法。自那時以來 Rebecca 到過旅行的地方包括：死亡谷，Point Reyes, 優山美地，蒙特雷爾以及更遠的地方：福克蘭群島，中途島，意大利和阿根廷等等，在探索大自然的同時受教育。

Rebecca 目前是 Palo Alto 攝影俱樂部，數碼自然攝影學野生動物攝影講師。她在加州帶領一間攝影工作坊，並在舊金山和佛羅里達州舉辦幾次的個人攝影展覽。

Rebecca 目前代表 Danita Delimont Stock Agency, 曾出版雜誌和日曆。她的作品可以從 Marsh Rabbit Gallery in Jensen Beach, Florida and Caffe D'Melanio in San Francisco, California 看到，也可以通過她的網站：[www.RebeccaJackrel.com](http://www.RebeccaJackrel.com)。Rebecca 的工作成果在 2007 年及 2008 年的沃爾夫環境攝影藝術邀請賽，NANPA (北美自然攝影協會) 被評獎。

Rebecca 是 NANPA (北美自然攝影協會)，ASMP (美國媒體攝影師協會)，美國專業攝影師協會和三藩市 Photochrome 攝影俱樂部的會員。



## Rebecca Jackrel

# Judge 評判

Roxanna Bautista, MPH, CHES is currently the Chronic Diseases Program Manager at the Asian & Pacific Islander American Health Forum (APIAHF). APIAHF is a national health and policy advocacy organization with the mission to enable Asian Americans, Native Hawaiians & Pacific Islanders (AAs & NHPs) attain the highest possible level of health and well-being. Mrs. Bautista manages APIAHF's cancer programs within the Chronic Diseases Program. She has nine years experience working with AA & NHPI community based organizations in building their organizational capacity to address cancer survivorship and tobacco control in their specific communities. She has worked with multicultural and priority population partners in the fields of cancer survivorship and tobacco control. She has experience in developing and providing capacity building assistance and convening workshops, trainings, meetings, and conferences. She holds advisory, steering, and board roles on the California Tobacco Control Alliance, Susan G. Komen for the Cure Asian American and Pacific Islander National Advisory Council, California Department of Public Health Council on Multicultural Health, the California Dialogue on Cancer Survivorship and Treatment Team, and the California Breast Cancer Research Program. Mrs. Bautista obtained her Bachelor of Science from University of California, Davis and her Masters in Public Health at Loma Linda University.

Roxanna 目前是任亞洲及太平洋島國美國人健康論壇 (APIAHF) 的慢性疾病項目經理。APIAHF 是一個全國性的健康和政策宣傳倡導組織，其使命是為致力推進亞裔美國人，夏威夷土著及太平洋島國人的高水平的健康而努力。Roxanna 負責 APIAHF 的癌症研究項目中的慢性疾病項目。她具有 9 年與 AA & NHPI 合作，以社區為基礎的工作經驗，與多元文化和優先社區合作，為協助癌症生存者以及控制煙草方面的社區架構建立服務。她對發展和提供建設性的能力具有經驗。她舉辦講座學習班，培訓，和會議。她在加州煙草控制聯盟，Susan G. Komen for the Cure and Asian American and Pacific Islander National Advisory Council，加州公共衛生部多元健康委員會以及 the California Dialogue on Cancer Survivorship and Treatment Team，以及加州乳癌研究計劃參與諮詢，指導和董事會的工作。Roxanna 在美國加州大學戴維斯分校獲得學士學位，並在美國 Loma Linda University 大學獲公共衛生碩士學位。



**Roxanna Bautista**

# Judge

## 評判



Tiffany Lau will be a college freshman at the University of California, Los Angeles, studying Business Economics in the upcoming 2009-2010 school year. She became involved with the Chinese Community Health Resource Center through her 2008-2009 term as a San Francisco Youth Commissioner. As chair of its Health and Wellness Committee, she felt it is one of her primary obligations to serve her community by ensuring that Art of Mind became a success, both as a way for youth to express their emotions in art, and as a vehicle to educate the public.

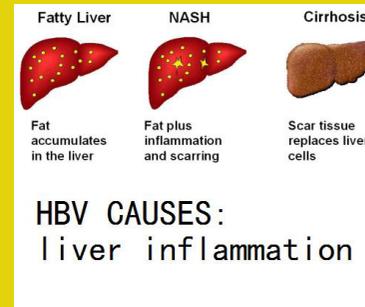
Tiffany Lau 將入讀加州大學洛杉磯分校大學一年級。她在 2009-2010 學年主修商業經濟。她在 2008-2009 年以參與華人社區健康資源中心的工作而完成她的 2008-2009 年舊金山青年專員的任期。作為健康和保健委員會成員，她覺得她的一個主要義務是為社區服務，確保 Art of Mind 項目成功。這是青年人以藝術的形式來表達他們的情感，以及作為一個大眾教育的橋樑。

**Tiffany Lau**

# Top 10 Artwork

## Hepatitis B: A Liver Film

(Video)



Made with Windows Movie Maker and Paint Music by DJ Zongamin, this video is designed to educate youth on the Hepatitis B virus, the silent killer. Most people with Hep B do not even realize it until their body reacts and symptoms of liver cancer show, and only then is it too late. Be aware and get tested!

The color red in the video symbolizes blood, energy, and life. Red also represents the blood we see in a mother's womb [uterus] as well as the violent eruption of the birth and mind. The color reminds us of our beginnings and to take care of our health. Using our knowledge of Hepatitis B, we can prevent and combat this virus to our health's advantage.

Video available for view at  
[www.TeensInCharge.org](http://www.TeensInCharge.org)



**114 Jasmine Lee**  
Age: 15  
S.F. School of the Arts  
San Francisco

Jasmine Lee is a visual and performing artist from the San Francisco School of the Arts. As a sophomore in the theatre department, she not only enjoys studying acting, but also Afro Haitian dance, Chinese classic dance and graphic design. Jasmine has been the web master and graphic designer for the SF Chinatown Lions and Leo Club. Jasmine's most recent appearances were on PBS's Dragonfly TV and the SF Ethnic Dance Festival. She is a California State Arts Scholar and finalist of the School of the Arts Shakespeare Competition. In her spare time, Jasmine enjoys traveling, making smoothies, and experimenting with multimedia design.

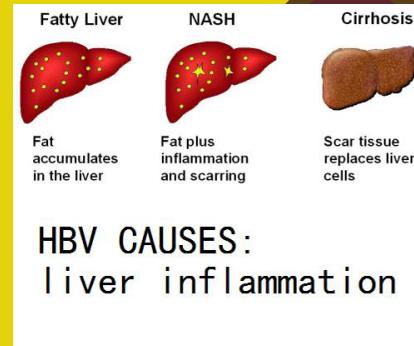


# 前十名入圍作品

## B 型肝炎：肝臟的影片

這個影片的目的是教育青少年有關被稱“沉默殺手”的B型肝炎病毒。很多患有B型肝炎的人並不知道自己已患病，直至身體出現反應和肝癌的症狀才意識到，但那已經太遲了。請注意及早檢驗！影片中的紅色代表血液、能量、和生命。紅色也象徵母體中的血液，以及分娩時的身體與心靈的劇烈震動。這種色澤提醒我們，我們的始源和照顧自身健康的需要。瞭解對B型肝炎的認識，我們就能為自己的健康作好預防和對抗這種病毒。

可到 [www.TeensInCharge.org](http://www.TeensInCharge.org)  
觀看影片



114 Jasmine Lee  
15 歲  
S.F. School of the Arts  
San Francisco

Jasmine Lee 是 San Francisco School of the Arts 一位視覺和表演的藝術家。在戲劇系大學二年級時，她不僅喜歡學習演技，還喜歡海地黑人舞蹈，中國古典舞和平面造型設計。Jasmine 在華埠獅子會和 Leo Club 是網站管理員和平面設計師。Jasmine 最近期的演出就是在 PBS 的 Dragonfly TV 和 三藩市的民族舞蹈節。她是 California State Arts Scholar 和 the School of the Arts 莎士比亞作品的決賽入圍者。空閒時，Jasmine 喜歡去旅行、弄奶昔和體驗多媒體設計。



# Top 10 Artwork

## The Pregnancy Test

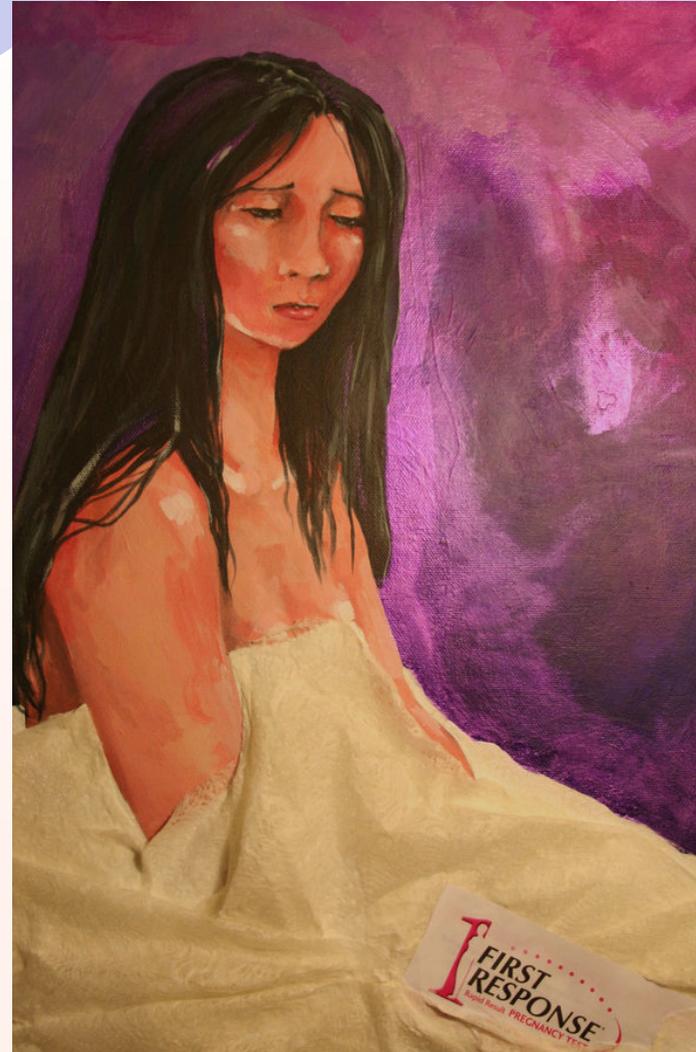
**176 Jessica Tang**

Age 18

City Arts and Technology High School  
San Francisco



Born and raised in San Francisco, Jessica Tang grew up with a strong connection to art. Through constant practice, she developed and strengthened her artistic skills in drawing, painting, sculpting and collage. Along with traditional media, she discovered her other skills in digital art while attending City Arts and Technology High School. Having graduated from high school, Jessica will use her next four years studying art at Mills College in Oakland. She aims to become a successful freelance artist and travel abroad in the future.



Mixed Media on Canvas

# 前十名入圍作品

## 妊娠試驗

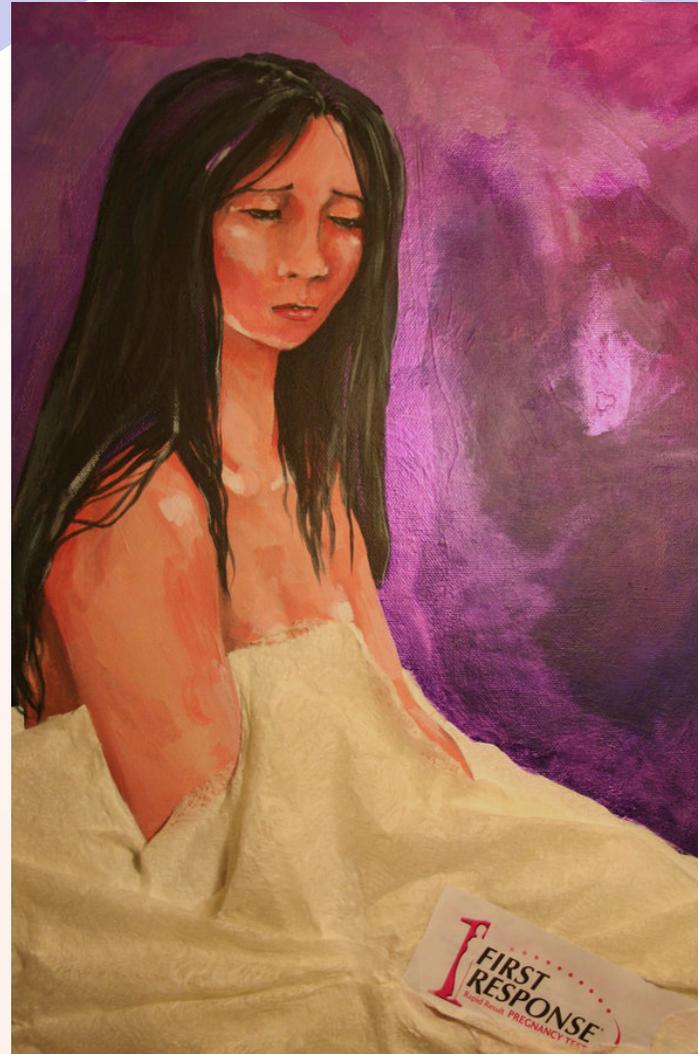
176 Jessica Tang

18 歲

City Arts and Technology High School  
San Francisco



Jessica Tang 於三藩市土生土長，從成長以來她對藝術懷著一份濃厚的興趣。經過不斷的實習使她在描繪、油畫、雕刻和拼貼畫的方面的藝術技能得到加強和發展。籍著傳統的媒介，在就讀 City Arts 和 Technology High School 時她找到對電子藝術其他技能的發展。中學畢業後，Jessica 會花四年時間在 Oakland 的 Mills College 研究藝術。她的目標是成為一位成功的自由藝術家，並環游世界。



Mixed Media on Canvas

# Top 10 Artwork

**153 Karen Meilee Tomczak**

Age: 17

San Marin High School

San Francisco

## Her Harshest Critic

I took a digital picture, then enhanced it to show more creative effects and uniqueness on the computer. All work was done by me.

I chose to create an artwork depicting a teen girl judging herself in the mirror because one of the biggest issues plaguing teenagers, girls especially, is that of self-esteem. Many girls are unhappy with their physical appearance, and strive to be “prettier” or “skinnier”, even though having a “perfect” body or a beautiful face never guarantees happiness. The pressure from other teens around them and the media also reinforces this cycle of unrealistic comparison to others and the feeling of inadequacy. This mind set can lead to eating disorders and low self-esteem, both of which are serious health problems.



My name is Karen Meilee Tomczak, I was born in San Francisco and raised in Novato, CA. My love for art has been with me since I was a young girl in preschool with finger paints. I didn't realize art could be a possible career for me until I discovered graphic design and digital photography. During my senior year at San Marin High School, I took AP art which truly made me push my boundaries and explore my talent. In the Fall, I plan to attend Chico State University with a major in graphic design.

Another one of my biggest passions is traveling. I have been to Europe several times and plan on going to Australia, Asia and possibly South America when I get older. My mom is Chinese and my father is Polish, and growing up in a multicultural environment has kept me open to visiting other parts of the world.

My other interests include but are not limited to: reading (especially mystery), fashion, and photography. I am excited to begin my next phase of life and to continue expanding my love for the arts.

# 前十名入圍作品

## 苛刻的自我批評者

153 Karen Meilee Tomczak

17 歲

San Marin High School  
San Francisco

我的作品是一張照片，為了更具有創新性和獨特性，我用電腦對其做了修輯。所有的工作都是由我自己完成的。

我選擇製作一幅描述一個少女對著鏡子評 自己外形的作品，因為最困擾青少年，尤其是女孩，的其中一個問題，就是自尊心。很多女孩不滿意自己的外貌，並努力變得更“好看”或“尺寸較小些”，即使有“完美”的身體或一張“美麗”的面孔也不能保證你會快樂。但她們仍然努力要變得更“漂亮”或更“苗條”。來自同輩和媒體的壓力同樣加強了這種不切實際地與人比較的自卑感。這種思想會導致飲食失調和自尊心下降，這兩者都是嚴重的健康問題。



我叫 Karen Meilee Tomczak，生於三藩市，在加州的 Novato 長大。我對藝術的熱愛早在我還是在幼稚園用手指繪畫時的小女孩開始。直至我發現平面造型設計和電子攝影後，我意識到藝術是一種合適我的職業。在 San Marin High School 的最後一年，我上了藝術的 AP 課，這堂課發掘了我的潛能，讓我探索到我的天賦。在秋季，我打算在 Chico State University 主修平面造型設計。

我另一個最大的愛好就是旅行。我曾到歐洲遊歷數次，並計劃年長後到澳洲、亞洲，也許南美洲旅行。我的媽媽是中國人，而我爸爸是波蘭人，在一個多文化的環境下成長，使我很開放到世界其他的地方旅行。

我其他的興趣包括但不限於閱讀（特別是推理小說）、時裝和攝影。我對開始下一個階段的生活和繼續發展我對藝術的熱愛感到興奮。

# Top 10 Artwork

## PLAYING THE VIOLIN

When the future looks bleak, it's hard to see what's ahead of you. Health issue: suicide. It doesn't always have to be the end if someone takes your hand and tells you to step back.

Crying,  
That was all she ever heard.  
Screams  
The glass shattering  
It was truly in her mind.  
Smile and laugh  
Perhaps,  
That would be enough  
Playing the Violin  
to drive away the shadows.  
Keep smiling  
'till the face cracked  
Rain  
Unpleasant and wet  
It made playing the violin  
Her knife, the bow  
So difficult.

Rivulets of red  
Stained the alabaster  
The violin wasn't much fun.  
A cafe down the corner  
The blue hues of the walls  
Darkened her mind  
Why?  
Did she even have a purpose anymore?  
The end  
Stop  
STOP  
...  
stop.  
And he took her hand away.  
From the violin.



**86 Karen Yee**  
Age: 18  
Lowell High School  
San Francisco

Karen is a graduate of Lowell High School, Class of '09. She will attend UC Irvine Fall 2009, majoring in biological sciences. She likes playing the piano, and in her spare time, likes to read and write about various topics. During her years at Lowell, she was secretary of Volunteers Club and was also part of Building with Books. She is also a CSF Life Member.

# 前十名入圍作品

## 小提琴演奏

黯淡的未來，讓你難以看清前路。健康議題：自殺。如果有人能牽起你的手，告訴你後退一步，很多事情並非一定要走上絕路。

Crying,  
That was all she ever heard.  
Screams  
The glass shattering  
It was truly in her mind.  
Smile and laugh  
Perhaps,  
That would be enough  
Playing the Violin  
to drive away the shadows.  
Keep smiling  
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Why?  
Did she even have a purpose anymore?  
The end  
Stop  
STOP  
...  
stop.  
And he took her hand away.  
From the violin.



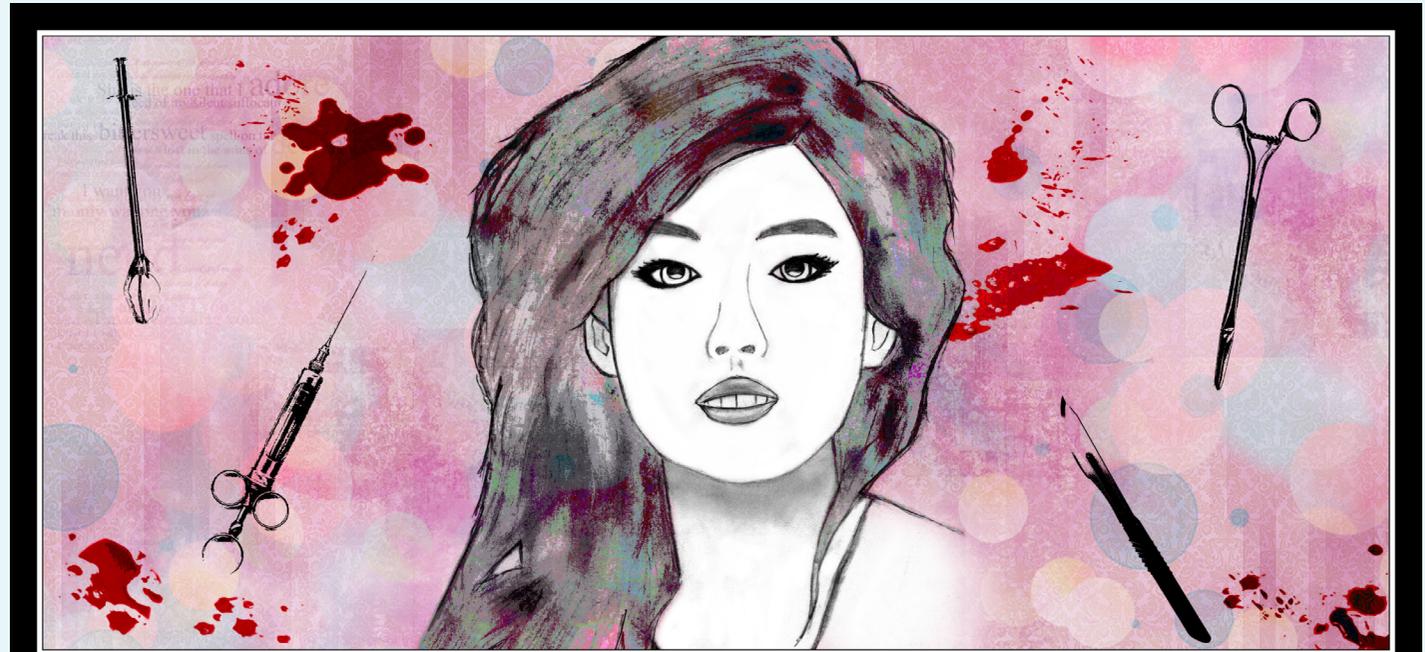
**86 Karen Yee**  
18 歲  
Lowell High School  
San Francisco

Karen 是 2009 年 Lowell High School 的畢業生，她將在 2009 年秋季入讀 UC Irvine。她將會主修生物科學。她喜歡彈鋼琴，並在閒暇之餘，她喜歡閱讀和編寫不同的論題。在 Lowell 那些日子時，她是 Volunteers Club 的祕書，也是 Building with Books 的一份子。同時她也是 CSF 的終身會員。

# Top 10 Artwork

# Beauty

**Kevin Leong**  
Age: 18  
Lowell High School  
San Francisco



## THE PRICE OF BEAUTY

Kevin Leong has always considered himself the artistic type. With interests in singing, music, photography, graphic and web design, and drawing, he always ensures that the pieces he creates have a deep underlying message. Kevin wants his art to bring about awareness in order to better inform the community. He is currently a freshman at San Francisco State University pursuing a major in Biochemistry. After college, Kevin has high ambitions to further help the community by attending medical school to study in the rigorous field of anesthesiology. Between art and medicine, this is only the beginning for Kevin and there are still many things left in the world for him to accomplish.

**Art Medium:** A combination of traditional art, digital art, and photography.  
**Description:** The inspiration behind my piece is today's perception of what makes a person beautiful. Because of this social standard that is evident in magazines and on T.V., some people go to great lengths to achieve that ideal "beauty" that everyone has. With this, it has instilled in the minds of our youth that it is acceptable to go under the knife to alter their appearance just to fit that standard. However, what many people don't realize is that there are great risks that come with plastic surgery where, worst case scenario, you can die on the operating-room table. I hope that people will be able to take from my piece, the good and the bad from cosmetic surgery and that everyone is beautiful in their own special way.

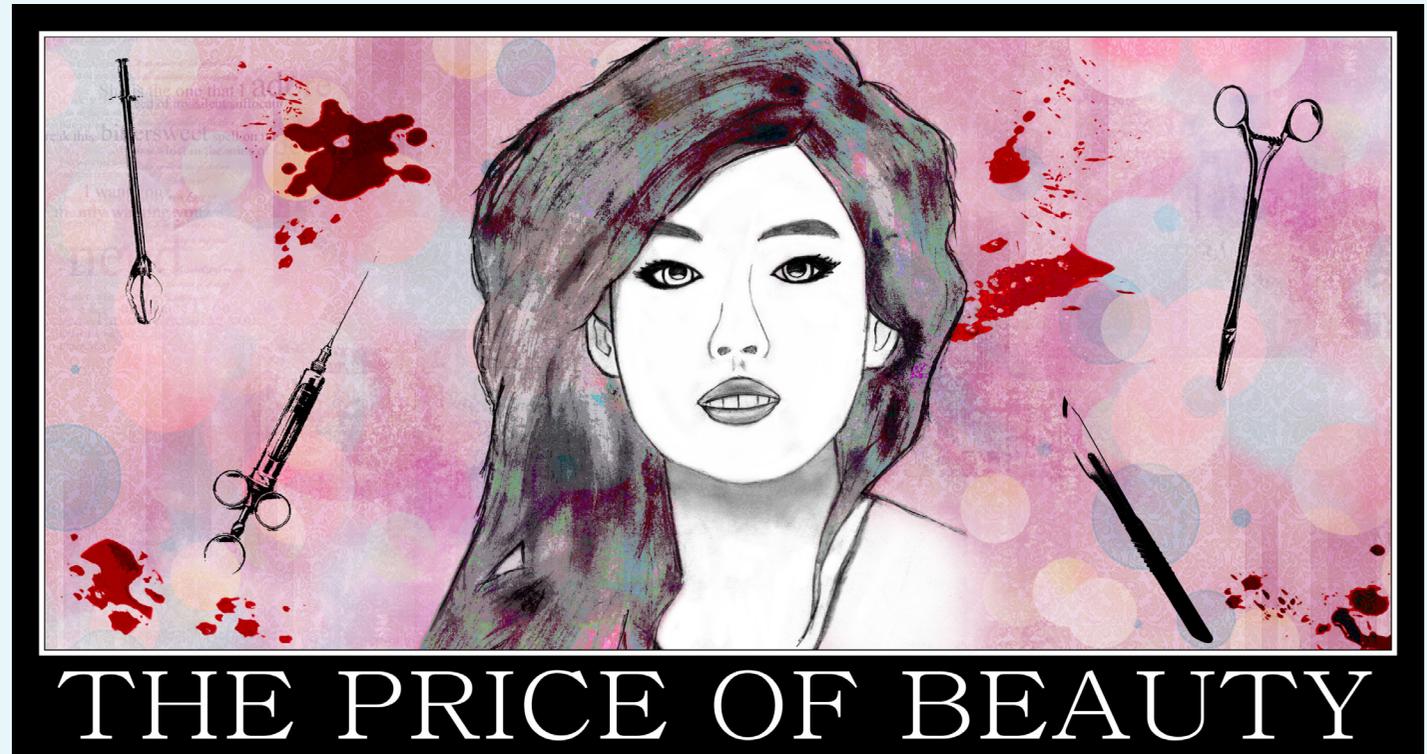
# 前十名入圍作品

## 美麗

**Kevin Leong**

18 歲

Lowell High School  
San Francisco



## THE PRICE OF BEAUTY

Kevin Leong 一直把自己視為藝術型。籍著對唱歌、音樂、攝影、平面造型和網站設計和描繪的興趣，Kevin 總是保證他創作的作品都帶有一種深層次的信息。Kevin 希望他的藝術能為社會帶來更大的覺悟。他目前是 San Francisco State University 大學一年級學生，主修生物化學。大學畢業後，Kevin 有很大的抱負到醫學院修讀麻醉學來進一步回饋社會。在藝術和醫學之間，這只是開始，而尚有很多東西需要 Kevin 去學習。

**美術材料：**傳統美術，數碼美術，攝影

**說明：**我的靈感來源於現今社會對美麗的標準。由於這種社會標準在雜誌和電視中顯而易見，有些人不顧後果地嘗試達到人們理想中的“美麗”。因此，我們青少年被灌輸不正確思想，認為為求達到美麗的標準，接受手術改變外表也是被允許的。然而，很多人不了解的是，整形手術具有高度風險。在最壞的情況下，甚至可能在手術臺上死亡。我希望人們能夠從我的作品中認識到整形手術的好與壞，以及各人都擁有自己獨特的美麗之處。

# Top 10 Artwork

## Anorexia

100 Liana Lo

Age: 18

Lowell High School  
San Francisco

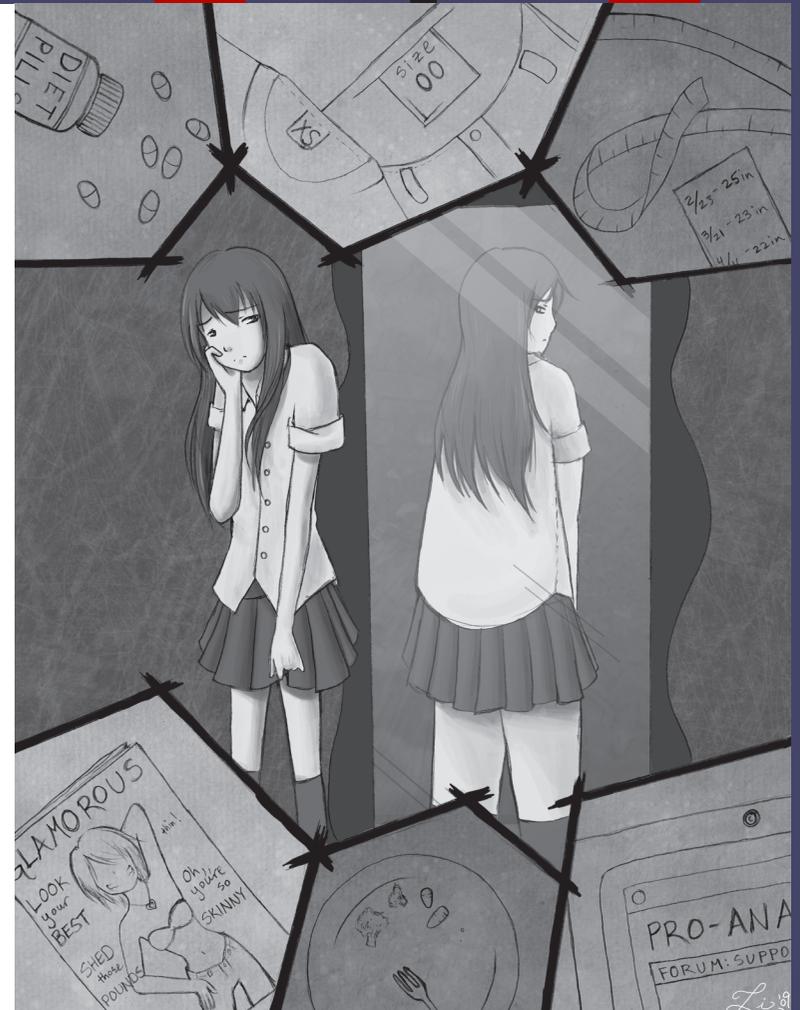


For as long as she can remember, Liana Lo has held an interest in all art forms. Though she has formally studied piano and violin as well as participating in choir, her drawing skills have been self-taught.

Throughout her schooling, she often found herself scribbling doodles in the margins on her class notes. As the years progressed, those doodles evolved into structured sketches which later became colored illustrations. After joining the online artist community deviant ART and receiving a graphics tablet as her 8th grade graduation gift, Liana began to consciously develop her skills. Through online tutorials and personal experimentation, she taught herself how to utilize digital mediums such as Adobe Photoshop. Her abilities proved their worth when she won first place in a campus-wide drawing contest as a high school freshman.

Aside from her artistic endeavors, Liana is a dedicated student with a cumulative GPA above 4.5. At the end of her Lowell High School career, she has totaled twelve Advanced Placement courses. Liana also volunteers as a tutor, teacher assistant, and tour guide through California Scholarship Federation (CSF) and Shield and Scroll Honor and Service Society. Her other activities include computer programming, designing apparel for her school's organizations, and serving as the president of Math Club. Graduating from a school notorious for its ruthless competition and pressure, Liana has been able to survive nervous breakdowns through her support network of friends.

Liana will be entering UC Berkeley this fall, majoring in Chemical Engineering.



# 前十名入圍作品

## 厭食症

100 Liana Lo

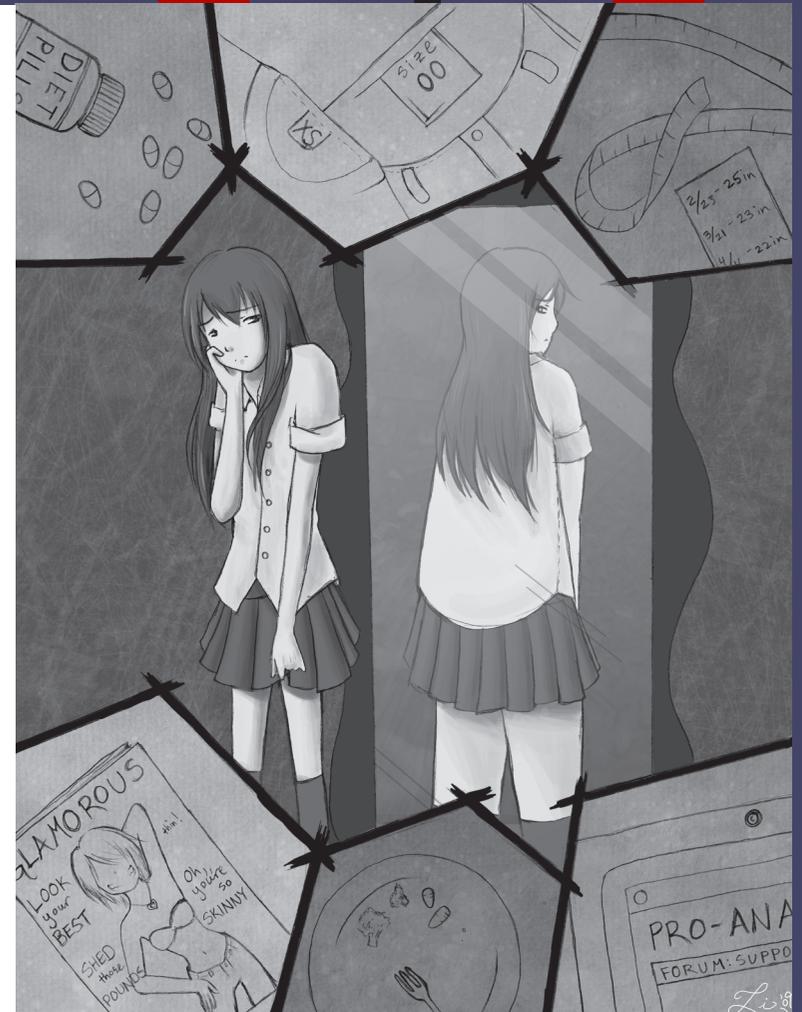
18 歲

Lowell High School  
San Francisco



從她懂事以來，Liana Lo 對各種藝術的形式都懷有興趣。雖然她已正式學習鋼琴，以及小提琴並參加合唱團，她的繪畫技巧是自學成才。在讀書時期，常常可以在她的課堂筆記本中，找到很多塗鴉之作。隨著年歲的增長，那些塗鴉變成了素描習作，後來成為有色插圖。自從加入網上社區藝術家中心 deviant ART，以及她收到作為8年級畢業禮物的繪圖板後，Liana 開始自覺地發展自己的技能。她自學了如何使用數碼媒介軟件如 Adobe Photoshop 等。她的才能使她在高中一年級時贏得校際繪畫比賽第一名。

除了她對藝術的投入，Liana 在學校是一個學分GPA高於4.5的優良學生。在洛威爾高中畢業之前，她獲取了12個 AP 課程學分。Liana 還分別在加州獎學金聯合會 (CSF) California Scholarship Federation (CSF) and Shield and Scroll Honor and Service Society。參加義務工作服務社會，當教師，助教及導遊。除此之外，Liana 還參與其他活動，包括電腦程式，為學校的組織設計服裝，以及任數學俱樂部主席。作為一所出了名競爭很大，極具壓力學校的校友，Liana 由於得到她的朋友們的支持，能夠免於精神崩潰。她將在今年秋季進入加州大學柏克萊分校就讀化學工程專科。



# Top 10 Artwork

## Nutrition ((fun)) FACTS (Audio File)

Verse 1: C Em F G7

Oh my, have you seen those fries?  
380 calories, right to your thighs.  
And that's the Mickey-D Medium Size  
And if you read, you'll know that's no lie!

Pre-Chorus: F -G G G#b F

The answers right there before you.  
So read before you chew! (G)

Chorus: C Em F G7

Nutrition facts,  
It'll save your Aa-bs,  
from becoming flab!  
With a few times around the track

Verse 2

Vitamins! They're in veggies and fruit.  
Eat enough and you'll have good poop!  
I mean without vitamin D  
You might as well be calcium free!

Pre-chorus

Now I'll turn it over to  
Our friend the pirate, who's feeling kinda blue

(Spoken): Em F G

Yaarrrrgghh! If ye don't want to end up like me  
Make sure ye get some vitamin C! Nothin' hurts like  
scurvy... Well maybe that and swords and cannonballs and  
being hung from the neck or swabbing the deck....  
THANK YOU. Uh where was I? Right!

Chorus

Audio file is available at [www.TeensInCharge.org](http://www.TeensInCharge.org)

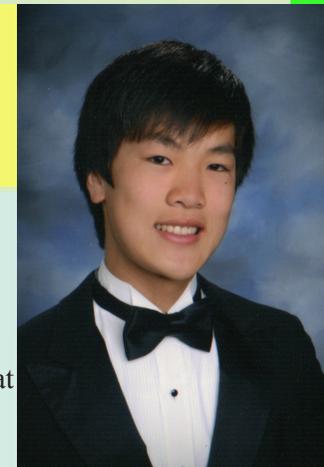
I play guitar and sing a bit and write songs about pretty much anything.



### 84 Matthew Peter Kitagawa

Age: 18  
Lowell High School  
San Francisco

Matt Kitagawa began to learn guitar at the age of fourteen. Matt was raised in San Francisco where he attended West Portal Lutheran and recently graduated from Lowell High School. His inspirations for his music are the little things that interest him. He is also active in Youth for Asian Theater and plans to take a dance class at the University of the Pacific, where he will continue his education as a music management major.



# 前十名入圍作品

## 有趣的營養事實 (Audio File)

我喜歡彈吉他、唱歌、和創作不同題材的歌曲。

Verse 1: C Em F G7  
Oh my, have you seen those fries?  
380 calories, right to your thighs.  
And that's the Mickey-D Medium Size  
And if you read, you'll know that's no lie!

Pre-Chorus: F -G G G#b F  
The answers right there before you.  
So read before you chew! (G)

Chorus: C Em F G7  
Nutrition facts,  
It'll save your Aa-bs,  
from becoming flab!  
With a few times around the track

Verse 2  
Vitamins! They're in veggies and fruit.  
Eat enough and you'll have good poop!  
I mean without vitamin D  
You might as well be calcium free!

Pre-chorus  
Now I'll turn it over to  
Our friend the pirate, who's feeling kinda blue

(Spoken): Em F G  
Yaarrrrgghh! If ye don't want to end up like me  
Make sure ye get some vitamin C! Nothin' hurts like  
scurvy... Well maybe that and swords and cannonballs  
and being hung from the neck or swabbing the deck....  
THANK YOU. Uh where was I? Right!

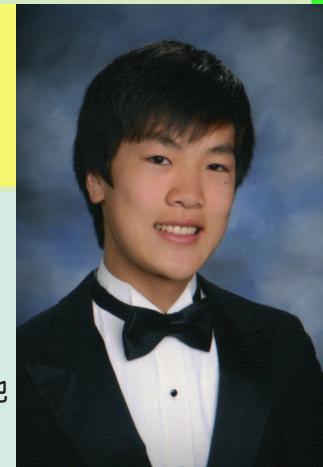
Chorus  
可上網 [www.TeensInCharge.org](http://www.TeensInCharge.org) 觀看影帶。



### 84 Matthew Peter Kitagawa

18 歲  
Lowell High School  
San Francisco

Matt Kitagawa 在十四歲時開始學習吉他。他在三藩市長大，就讀於 West Portal Lutheran，最近在洛威爾高中畢業。他對音樂的啟發來自令他感興趣的小小事情。他目前在亞洲青年劇院，並計劃在 University of the Pacific 就讀舞蹈班，相信在那裡他將繼續完成他的音樂管理學的專業。

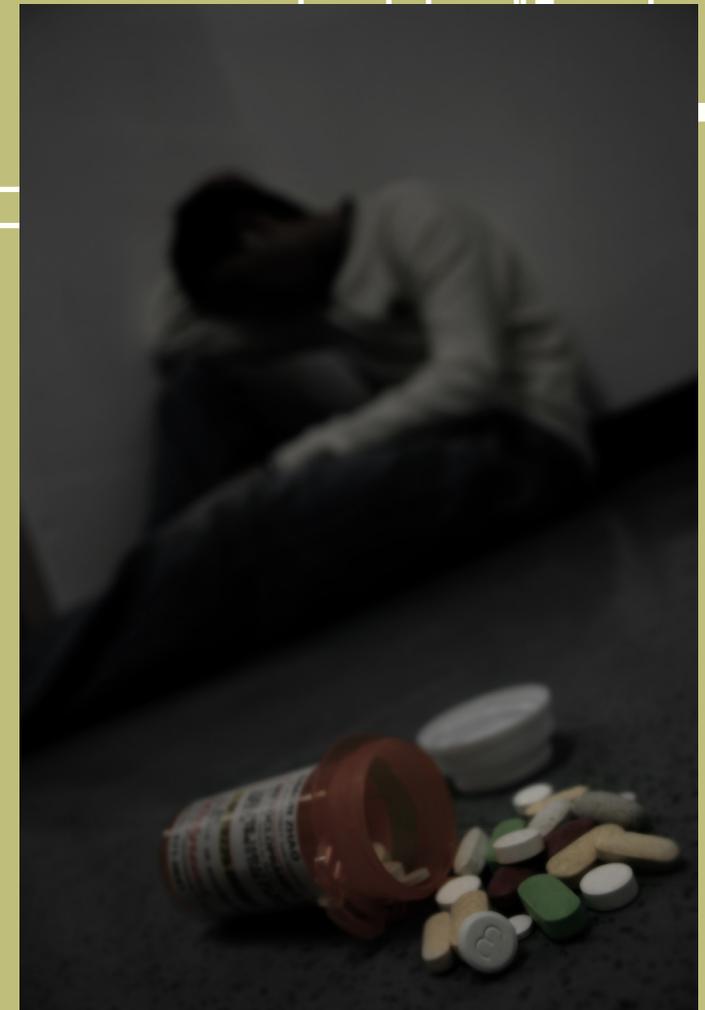


# Top 10 Artwork

## No Other Way Out

I chose photography because it captures both the good and bad moments in time turning them into memories for me to look back at and reminisce. Moreover, photography makes me look at simple everyday items in a different perspective and gives me an outlet for my emotions when they cannot be expressed with words.

This describes a time in my life when I felt depressed and did not feel like talking to anyone because I felt like I couldn't trust anyone, no matter how close they were to me. I felt as if no one could understand me or what I was going through. As my depression dragged on, I felt even more isolated. Even when I was surrounded by friends who cared about me and asked me if everything was alright, I still felt alone. The pain I felt from isolation became so severe that I felt like there was no other way, other than pills, to relieve this pain. Eventhough I knew that my pain was mental rather than physical, I was hoping that they would somehow help. Thankfully, before taking painkillers became a habit, I finally thought to myself that I should not risk my own health and soon made a resolution to stop taking painkillers.



### 168 Simon Zhao

Age: 18

Lowell High School, San Francisco



Born and raised in San Francisco, I come from a Chinese American family with two older sisters. As a child, my parents were often at work, leaving my sisters to babysit me. For that reason, my sisters were positive influences on me. They taught me what my parents could not do because of a language barrier between my parents and myself and the fact that they worked most of the time. As I transitioned from elementary school to middle school, I started to take on more responsibilities around the house because of my mother's new job, which required her to return late. The responsibilities that I took on started small, such as making the rice for dinner. As I grew up, I became more ambitious to help my parents, so making rice turned to making dinner almost every day. It was because of this that I started to have a passion for food. In high school, my passion for food became deeper, nutrition wise. This carried on throughout high school so much that it became what I wanted to study in college. As a nutrition major, my goal is to one day become a registered dietitian. In addition, I started to develop an interest in photography. I looked at photography as an outlet and opportunity for self-expression.

# 前十名入圍作品

## 沒有其他出路

我選擇了攝影，因為攝影可以捕捉好與壞的片刻，並隨著時間的推移成為我的回憶和緬懷。此外，攝影幫助我用另一角度來觀察事物，當我不會用語言表達的時候，攝影也給了我一個情感的宣洩手法。

這圖片展示了我生命的某個時期，我感到壓抑，而且不喜歡和人交談，因為我覺得我不信任任何人，不管他們和我有多親近。我覺得沒人能理解我和我的經歷。隨著壓抑加重，我感到更加孤立。甚至當我周圍關心的朋友問我是否安好，我還是覺得孤獨。越來越嚴重的孤獨感使我覺得除了食用藥物，我沒有其他的方法減輕痛苦。儘管我知道我的痛苦是來自精神上而不是身體上的，我還是希望藥物能幫助我。幸好，在服用止痛藥變成習慣之前，我最終意識到我不應該用自己的健康作冒險，很快我就找到方法停止服用止痛藥了。

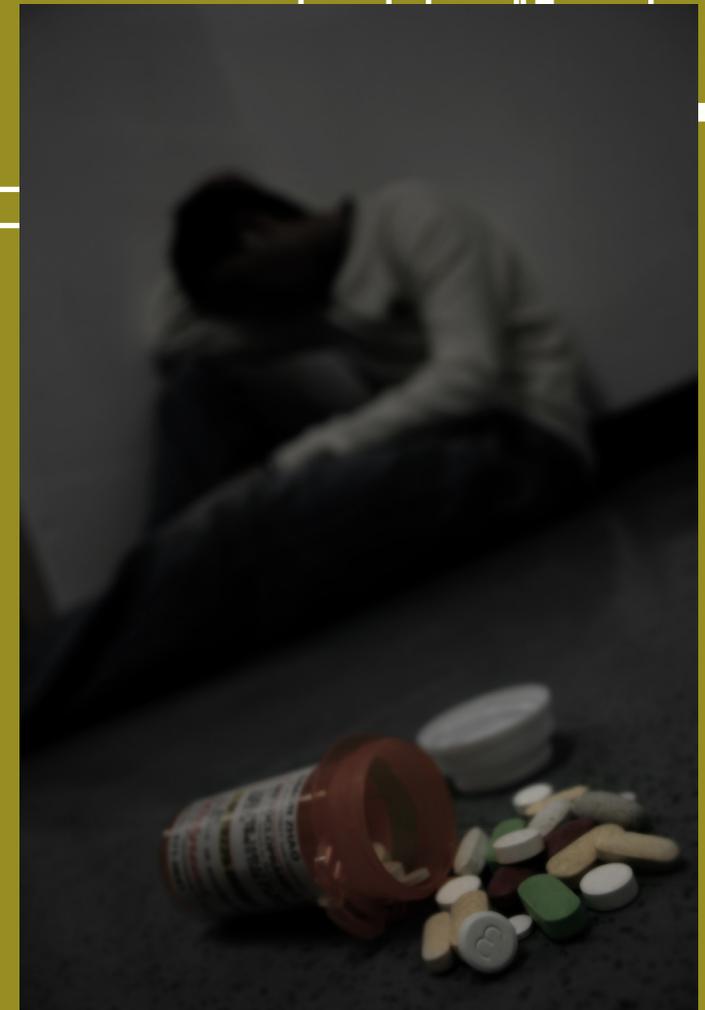
### 168 Simon Zhao

18 歲

Lowell High School, San Francisco



我在三藩市出生和成長，我來自一個華裔美國人的家庭。我有兩個姐姐。小時候父母去工作，我都是由我的姐姐們照顧我。由於這個原因，我的姐姐對我的影響很大。由於我與父母語言障礙的關係，以及他們大部分的時間都外出工作，甚麼都是姐姐教我。我從小學過渡到中學，由於我母親有了新工作，她很晚才回家，我開始在家裏承擔起一些家務。開始時我做一些容易的活，例如為晚餐煮米飯。之後，隨著我慢慢長大，我變得更加雄心勃勃地幫助父母做家務，如從煮米飯到幾乎每天準備晚餐。正是因為這樣，我開始對食物有一種愛好。隨後，在高中時，這種愛好更進一步變成對營養食品的精明。在整個高中階段，這種對食物的熱愛使我決心在大學學習營養專科。作為營養學專科的學生，我的目標是有一天成為一名註冊營養師。此外，在高中時，我開始對攝影的興趣。我想通過攝影作為一個表達自己的方式，因為我並不擅長寫作。



# Top 10 Artwork

## LIGHT OR FLIGHT

Peer pressure is one of the proponents of negative habits. One of the more harmful habits is smoking—many are under the impression that smoking is “cool”. Smoking sabotages health and deteriorates both the mental and physical being. It has substantially gained popularity in teens, especially minors.

I created this piece in response to the increasing number of students at my high school who have become underage smokers. Because adolescents are easily swayed by opinions of their close friends, peer pressure plays a big role in the progressive spread of smoking. Another reason why peer pressure is successful is because it feeds on insecurities. I choose to use two girls as representatives, because some teens depend on cigarettes as a means for dieting. The girl pushing the cigarettes is shown in a darker light, in gloomy colors, while the girl sitting is basking in a purer light. This shows how easily, or how difficult, it is to be influenced.

My piece demonstrates the link between two friends, and why one should sometimes reconsider one’s friends and one’s choices. “Light or Flight” refers to the common adage of “Fight or Flight”, showing that there is always a choice.



My name is Tammy Tan. I am a seventeen year old, Sagittarius, and student at School of the Arts High. I believe that my best friend, friends, family, and teachers are some of the greatest people I have been lucky enough to be graced with. But art has had the greatest impact on my life, and so, by desire, definition, and default, I am an artist. For me, art is not a hobby or career, but a lifestyle.

I had always wanted to become an artist, and somewhere along the line, a teacher. The desire to hold a brush, to paint, started when my grandfather showed me how to write Chinese calligraphy. That a simple line could convey so much meaning fascinated me. At the age of four, I started classes with my art teacher, M. Sarah Klise. My aspirations of becoming an art teacher stemmed from the admiration I have for her.

I currently instruct art classes at East Art Studio. Teaching allowed me to realize that I not only had a passion for painting, but also for teaching. I see myself in many, if not all, of the children I teach. They all hold that passion for art, and it is endearing to see them create.

Ultimately, my dream is to be an accredited teacher with my own studio, while illustrating books. My medium and styles have evolved during the years, as my dreams will. I am certain that I will continue to create, learn, and teach art.



**201 Tammy Tan**

Age: 18

School of the Arts, San Francisco

# 前十名入圍作品

## LIGHT OR FLIGHT

染上不良習慣是來自同輩影響的其中一個例子。吸煙是極其有害的習慣，許多人的印象是，吸煙很“酷”。吸煙危害健康並對身心都有害。在青少年中，很多人吸煙，特別是未成年人。我創作了這幅畫，是回應在我就讀的高中裏，越來越多的學生成為未成年吸煙者的情況。因為青少年很容易受他們的同輩及親密朋友的影響，來自同輩的壓力在逐步影響越來越多的青少年吸煙。

為什麼同輩影響如此成功的另一個原因是，若不追隨同輩會使人感覺到不安全感。我以兩女孩作為代表，因為有些女孩子依賴香煙作為減肥的方法。手握香煙的女孩用較暗的光線，暗淡的顏色。而坐著的女孩用的是純光線。這表示受人影響，有多麼容易或多麼困難。

我的作品體現了兩個朋友之間的聯繫，以及為甚麼有時也要重新考慮朋友的選擇或你個人的選擇。“光明或逃避”是指共同的格言是“抗爭抑或逃避”的意思，表示出凡事總有選擇。



我的名字叫 Tammy Tan。我今年17歲，屬人馬座，就讀於 School of the Arts High。我覺得我自己非常幸運，在我的周圍有一班很要好的朋友，朋友，家人和老師。但是，藝術是我人生的最大興趣。我期望及決心成為藝術家。對我來說，藝術不是一種業餘愛好或職業，而是我的人生。

我一直想成為一名藝術家，或與藝術有關的工作，一名教師。從我的祖父教我如何寫書法的時候開始，我的願望就是拿著畫筆，畫畫。一條簡單的線可以表達這麼多的意義著實使我著迷。從4歲開始，我跟從我的美術老師，M. Sarah Klise 學畫畫。我想成為美術教師的願望源於我對她的欽佩。

我目前在東方藝術工作室指導藝術課程。教學讓我意識到我不僅喜愛繪畫，而且熱愛教學。我在一些我教繪畫的孩子身上，看到我自己童年的影子。他們都具有對藝術的熱情，看著他們的創造很可愛。

最後，我的夢想是成為具有資格的老師，畫我自己的書並擁有我自己的工作室。在這幾年裏我的風格，我的夢想都在變化。我相信，我將繼續創造，學習和教藝術。



**201 Tammy Tan**  
18 歲  
School of the Arts  
San Francisco

# Top 10 Artwork



**125 Victoria Tracy Wong**

**Age: 17**

Lowell High School, San Francisco

My name is Victoria Tracy Wong and I was born in San Francisco, California. I have lived in San Francisco for all seventeen years of my life with my three sisters, parents, and grandparents. I attended Zion Lutheran Day School from Kindergarten until the eighth grade and then attended Lowell High School, where I graduated in 2009. I will be attending the University of California at Los Angeles in the Fall. My interests include theater, hanging out with family and friends, reading, and taking walks. My love for theater manifested itself in YFAT, more commonly known as Youth for Asian Theater, which is a student-run theater group. I am currently the publicity manager of the group, which means I advertise auditions and publicize our annual summer performance at the Herbst Theater.

## Nightmare

Table set:  
Green salad,  
Roasted chicken,  
Brown bread,  
Bright beans,  
White rice,  
Yellow yams-  
Delicious dinner set.

Looking at the food,  
Staring at one's self,  
Thinking-  
A nightmare.

The dream begins with the call to dinner,  
Continues throughout:  
An insatiable urge to stuff the face, the stomach  
Until the cheeks bulge with the excessive amount filling the body.  
The nightmare is not yet through.  
Surreptitiously looking at first mom, then dad, then  
brother, then sister,  
Thinking, "No one is watching"  
Slipping off to the bathroom,

Kneeling on the cold tiles,  
Letting the nightmare continue.

Staring at the yawning toilet mouth,  
(Hearing its demand for sacrifice),  
Pushing her finger into the back of her throat,  
Making the churning acidic food remains exit in a most uncouth manner:  
The nightmare temporarily ends.

Returning to the table, she sighs.  
Her throat aches,  
Her stomach churns,  
Her eyes burn,  
And she is afraid.  
The nightmare never ends for her.

Girls everywhere look  
at the super-skinny models that  
showcase the "ideal" body type. It  
scares me to see the lengths that  
they are willing to go in order to  
fit that image. I hope my poem will  
help girls realize that healthy bodies are  
ideal because everyone should be different.

# 前十名入圍作品



**125 Victoria Tracy Wong**

17 歲

Lowell High School, San Francisco

我的名字是Victoria Tracy Wong，我在加州三藩市出生。17年來我的整個人生，都是與父母，祖父母和我的三個姐妹一直住在三藩市。我從幼稚園到第八年級都在Zion Lutheran Day School學校讀書，之後入讀洛厄爾高中（Lowell High School），我於2009年6月在洛厄爾高中畢業。我在秋季將入讀加州大學洛杉磯分校。我的興趣，包括看戲劇，閱讀，與家人和朋友一起，散步等。我對劇場的興趣起源於參加YFAT的活動，YFAT通常稱為亞洲青年劇場，這是一間學生經營的劇團。現在我是該劇團的宣傳部經理，負責該劇團在Herbst Theater劇院每年夏季的宣傳廣告工作等。

## 惡夢

Table set:  
Green salad,  
Roasted chicken,  
Brown bread,  
Bright beans,  
White rice,  
Yellow yams-  
Delicious dinner set.

Looking at the food,  
Staring at one's self,  
Thinking-  
A nightmare.

The dream begins with the call to dinner,  
Continues throughout:  
An insatiable urge to stuff the face, the stomach  
Until the cheeks bulge with the excessive amount filling the body.  
The nightmare is not yet through.  
Surreptitiously looking at first mom, then dad, then  
brother, then sister,  
Thinking, "No one is watching"  
Slipping off to the bathroom,

Kneeling on the cold tiles,  
Letting the nightmare continue.

Staring at the yawning toilet mouth,  
(Hearing its demand for sacrifice),  
Pushing her finger into the back of her throat,  
Making the churning acidic food remains exit in a most uncouth manner:  
The nightmare temporarily ends.

Returning to the table, she sighs.  
Her throat aches,  
Her stomach churns,  
Her eyes burn,  
And she is afraid.  
The nightmare never ends for her.

所有的女孩都在看纖瘦的模特兒形象，展示著所謂“理想”的體型。讓我擔憂的是，有些女孩為求迎合這種形象而願意不顧後果去追隨。我希望這一首詩能夠讓女孩們意識到，健康的身體才是最理想的，因為每個人都各有不同之處。

### 142 Roy Lee

Age: 18

Lowell High School, San Francisco

#### For Fear of Consequence 可怕的後果

He knew since he could remember that he wasn't the same.

Corrected at four, excluded at seven, picked last for teams, bullied at ten, bothered all his life until now, swimming upstream. He would rather be lame, but he knew he had to fix it. What a shame. It should never have come to this, but after what had been done, after the smell of the trees was no longer, after his virtue seized, unwillingly, unknowingly, unlovingly. At least he would not be teased.

He had done it now, and they would no longer make fun. Beyond that, he knew it couldn't be right: The two didn't fit; he knew not her name, but his victory, his conquest, gained him much acclaim. Though now that the deed was done, all he knew was to be contrite. For neither wanted to: she had bills to pay, so it was not surprising when he had to prove them wrong, he had to escape desolation and by doing so did nothing for himself, save his aberration. Not man nor beast can escape the disguising affliction simply by womanizing. She knew not when she was young that she would be a whore, unlike he, who knew since three that he would never love her or her sex, and with the bullying, the confusion, the regression of y on x, it wasn't okay to be gay, but he knows not what he is anymore.

### 179 Quincy Dare

Age: 14

Lowell High School, San Francisco

#### I Can Lie With It 繼續欺騙自己

"As long as you're happy."

This could be told by the best friend, classmate, or even the bag boy at the convenience store on the corner of Fourth and Third Street. To whomever you may know, and whenever you faced cold rejection, this statement was mattered.

"As long as you're happy."

It seemed you were always the runner-up, the one who wasn't good enough. When the time came for your confession, all hopes and feelings were crushed. There was always that other person, the one who had made the move long before you, and captured you loved one.

"I'm sorry, but I like someone else right now."

"It's okay, I understand. As long as you're happy, I'm happy."

Then they would smile warmly, "Thanks for understanding."

And then you watch their retreating back. Hand in hand with their loved one, or about to call them about tomorrow's date, their smile aimed toward another. And then you knew, you could never be with them. The friendship between both of you would slowly get awkward with every passing day. No new memories would form, only the ones from past encounters would linger, serving as a lodged knife in the heart. A painful reminder of what had happened, the rejection and the pain of watching them leave. All they are now is reminiscent events of dreams. Both of you slowly drift away from each other, and become the strangers you once were.

### 149 Karman Zhu

Age: 16

Lowell High School, San Francisco

#### "Excuses" 藉口

Self-destructed youths filled of self-pity and denial in the gray modernized society begins their long unwinding excuses:

"It's just to relax," said the underage youths while flicking the shiny lighter for a blue hot flame to light the paper-wrapped cylinder.

"It's just only one drink," replied back the adolescents while screwing open the jagged edge cap of the dark longneck beer bottle.

"It's just only food," retorted the plump round teenagers while wolfing down their juicy calorie-filled hamburger and using their other hand to reach down to a bag of fatty-laced chips.

"It's just to have fun," laughed the juveniles as they stick a long piercing needle into their skin or snorting addictive white powder into their nostril.

"It's not his fault, it's mine," the shaking pale girls repeated in the back of their head as they busies up by covering up their bloody wounds with sticky bandages and excuses that they fell down.

"It's hopeless, no one will help me," chanted the curled up teenagers in the dark corner of their mind while looking down from their open window thinking how nice it would to jump down.

"It's worthless, I can't deal with it," shouted back the irrational youths filled with the urges of flinging their arm to knocked the piles of crispy white sheet of paper embedded with restricting black texts and disapproving red marks.

The excuses deteriorate their mind and body never knowing when can the excuses turned into solutions.

## Semi-Finalists

半準決賽入圍作品

### 180 Sage Okumoto

Age: 18  
Musicians Institute

The title of this song is R(estin) I(n)  
P(aradise) 歌名是在天堂裏休憩 (Audio File)

可上網 [www.TeensInCharge.org](http://www.TeensInCharge.org) 觀看影帶

This song is the mental youth fountain of health. I produced every aspect of this song for people to relax, kick-back, and enjoy life. Every human has some kind of hate, pain, envy, and so forth imprinted in them. I would like my message of this song to come across as acknowledging the negative that is there, but it is truly your choice to follow it or not. By following the positive, paradise will follow even if the negatives might get in the way. Over coming this obstacle is the test and everything circles around health.

I composed, arranged, performed and produced it. This song is dedicated to those with closed minded brains. I wrote this song because I wanted the listeners to understand the concept, all is one and one is all.

### 135 Fanny Ma

Galileo High School  
San Francisco

#### Mental Health 精神健康

As I enter the battle field, I saw what I was against. Needing to keep fit, dealing with high expectations, fighting infectious diseases, running away from depression, avoiding family issues, and protecting myself from violence. I noticed all the eyes glaring down, just waiting for me to fail. Then I realized, I was alone. No family, no friend, no doctor, no one. Wondering will anyone rescue me, save me, protect me, cure me. Suddenly, a blur formed, sensing a white light. My eyes slowly created a picture; my mom, my dad, my doctor. I've been awoken from a comand it hit me.

## Mental Health

## 精神健康

### 136 Samantha Lew

Age: 14  
Lowell High School, San Francisco

#### Terribly Beautiful 可怕的美麗

Carefully, the girl puts on lipstick, then lip gloss. She stares at the mirror for a moment: hazel eyes bordered with thick, black eyeliner, cheeks powdered with blush, and shiny, red lips. She heaves a sigh. *Why am I still so ugly?* Tearing her gaze away, she steps onto a scale, afraid of the numbers. Furrowing her brow, she is still unsatisfied. *Why am I so fat?* The cries of thousands of girls echo along.

Insecurity and anxiousness boil inside her, crazily reeling around. Flipping through a magazine, images bombard her: perpetually long legs, elegant arms. Tiny waists, flat stomachs, winning smiles. Every so often, she will stare at herself in comparison while what little self-esteem she has sank. A feeling of intense desperation settles inside her, the feeling that she will never become the beauty on the T.V. or in the magazine or on the billboard. With determination, she decides to skip dinner. Again.

I watch her with sad eyes. I watch her skip the next meal and the next. I watch her become immersed deeper into a culture which distorts her perception of beauty and I watch her struggle to fit the constraints of the conventions of society.

I wish I could stop her. I wish I could shut off the media and hold her skinny, frail body and tell her not to worry, to simply be herself. I wish I could tell her she can define beauty for herself. I wish I could say, *You are beautiful.*

# Semi-Finalists

## 半準決賽入圍作品

132 LingLing Wu

Age: 19  
Thurgood Marshall Academic High School  
San Francisco

Family Fieldtrip 家庭旅遊



# Mental Health

## 精神健康

131 Marianne Koo

Age: 18  
Lowell High School  
San Francisco

The Unbeliever 難以置信的



# Drug- / Alcohol- Related

與毒品 / 酒精  
有關的

167 Veronica Chiem

Age: 16  
Lowell High School  
San Francisco  
[Drug Abuse 濫用藥物]



151 Shao-Ming Lan

Age: 17  
Lowell High School  
San Francisco

“Happy Place” Box  
“快樂地方”盒



# Peer Pressure / Stress

## 同輩心理壓力/壓力

# Semi-Finalists

## 半準決賽入圍作品



123 Christina Yee

Age: 16  
Lowell High School  
San Francisco

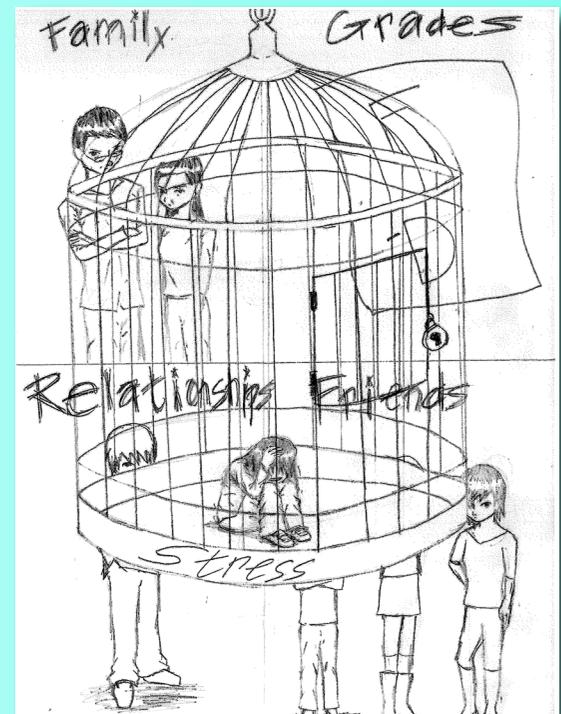
**Make the Right Decision**  
作出正確的選擇



110 Tammy Ying

Age: 15  
Lowell High School  
San Francisco

**[Stressful Teen]**  
[受壓力的青少年]



7 Sadako Leong-Suzuki

Age: 13  
Rooftop Alternative School, San Francisco

**Family Grades Relationship Friends Stress**  
家庭、成績、關係、朋友、壓力

# Semi-Finalists

## 半準決賽入圍作品

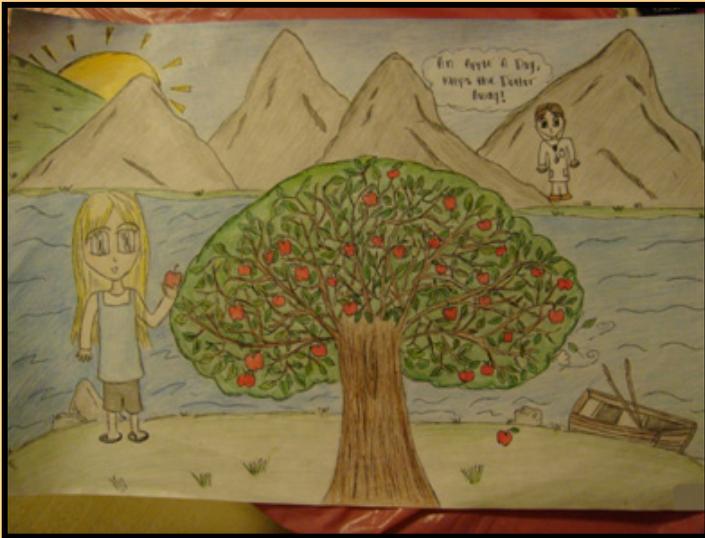
### Lifestyle - Related Healthy & Unhealthy 生活方式-健康和健康的

88 Jeanette Qi

Age: 16

George Washington High School, San Francisco  
**An Apple A Day Keeps the Doctor Away**

一天一蘋果，醫生遠離我



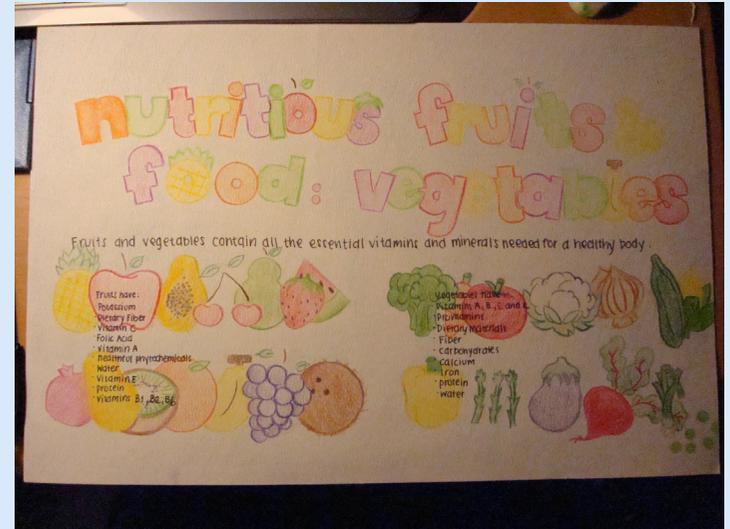
111 Fanny Ye

Age: 18

Lowell High School, San Francisco

**Nutritious Fruits and Foods: Vegetables**

營養豐富的水果與食物：蔬菜



113 Sherry Kong

Age: 15

Lowell High School, San Francisco

**Healthy or Unhealthy**

健康與不健康



# Semi-Finalists

半準決賽入圍作品

## Lifestyle - Related Healthy & Unhealthy

生活方式-健康和健康的

119

**Michelle Liu**

Age: 16

Lowell High School  
San Francisco

### Life Full of Calories 充滿卡路里的生活

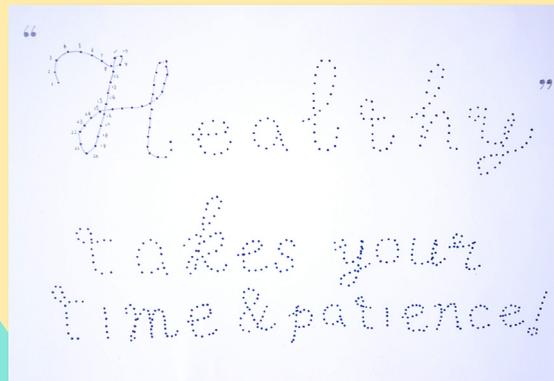
“Oh shoot, I ate more than 500 calories! No more eating for me!” This was my life when a disease cruelly preyed on me for 2½ years. I had to endure a long, painful psychological struggle in order to get rid of this illness. The days when I was ruled by anorexia nervosa, I just couldn't stop counting calories. My brain was constantly tormented over the number of calories I ate. I was so obsessed that my sleep revolved around the word 'calorie.' My paranoia eventually led me to the hospital. I thought with deep sadness, “Here I am, wasting my Summer, when I could be going out with my friends, exploring life.” I longed to be “normal” again, but it was years before I fully recovered, as my weight, watched under the wary eyes of doctors, continued to rise and drop. During recovery, it took great willpower to overcome conflicting thoughts that my mind proposed. I cried in my sleep because I felt like a prisoner. I finally decided to stop thinking about calories entirely and to eat whatever I felt like. Keeping my mind in this view proved burdensome, but I managed to reach the point of “freedom” again. Going through this unforgettable experience, I came to realize that my health is my life. I hope all readers gain an insight of what an underweight person's consequences are, and learn to prevent themselves from such a hazard by taking good care of their health.

188 **Ying Tong Chen**

Age: 17

Abraham Lincoln School, San Francisco

### Healthy 健康



194

**Fanny Zeng**

Age: 17

Skyline High School  
Oakland

### Beauty in Change 美的改變

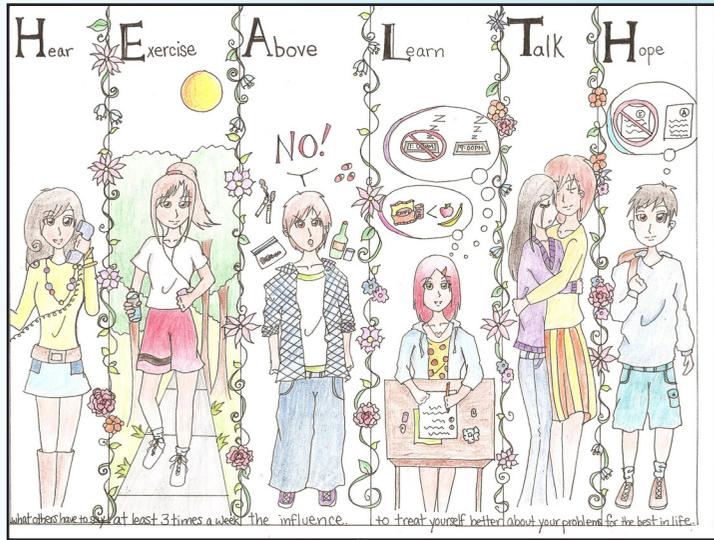
Hey there boy... why shouldn't you smile?  
Just take notice of the greens, the blues,  
The pretty hues in the world,  
Realize the beauty in the colors  
Because that is where everything is  
happening,  
Where life is happening-  
Sitting around, the growing feeling of  
degradation,  
Should not create the lull that  
Death creates in its recipients.

Trapped in the allure of the death  
Will cause nothing more than the infatuation  
with the end.  
Don't think, just live,  
This Hep B isn't killing me,  
It's growing me,  
Shouldn't it be likewise?

This disease is the beginning  
A new beginning of change;  
Despite seeming only a respite,  
This beauty is forever.  
So tell me, why shouldn't you smile?

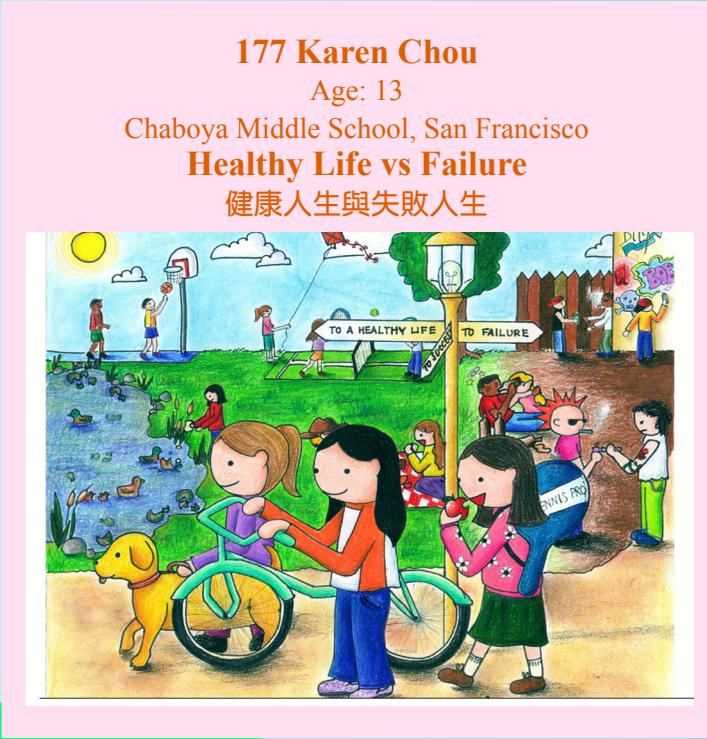
# Semi-Finalists

## 半準決賽入圍作品

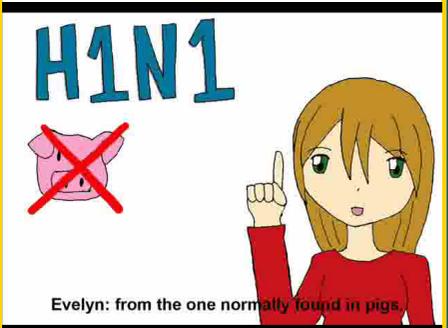
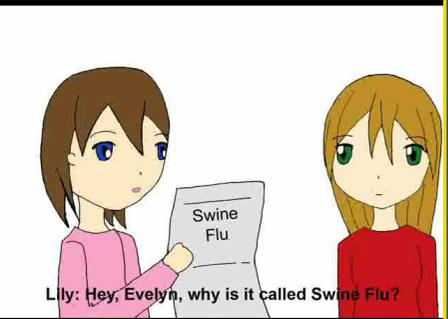


**127 Sandy So**  
 Age: 16  
 Lowell High School, San Francisco  
**H.E.A.L.T.H. 健康**

## Lifestyle - Related Healthy & Unhealthy 生活方式-健康和不健康的



197 Jennifer Ching Ting Huang  
 Age: 16  
 Prospect High School  
 Saratoga  
**A Lesson on the H1N1 Flu**  
 H1N1 流感的教訓 (Video)  
 Video is available for view at  
 www.TeensInCharge.org



# Other Participants

## 其他參賽者作品

154 Qiyang Li Age: 18  
Abraham Lincoln High School, San Francisco  
[If It Continues ... 如果繼續這樣]



80 Shu Lin Age: 17  
Galileo High School, San Francisco  
Change Life to Healthy  
讓生活變健康



103 Steven Wu Age: 16  
Philip and Sala Burton High School  
San Francisco  
Why Hurt it 為何傷害它



207 Jenny Jia Xin Liang  
San Francisco Unified School District



www.TeensInCharge.org  
www.teensincharge.org/en/multi-media/portfolio

# Drug- / Alcohol - Related

## 與毒品 / 酒精有關的

161 Briana Tran Age: 13  
Roosevelt Middle School, San Francisco  
Drunks and [vs] Happy People 醉酒與快樂人



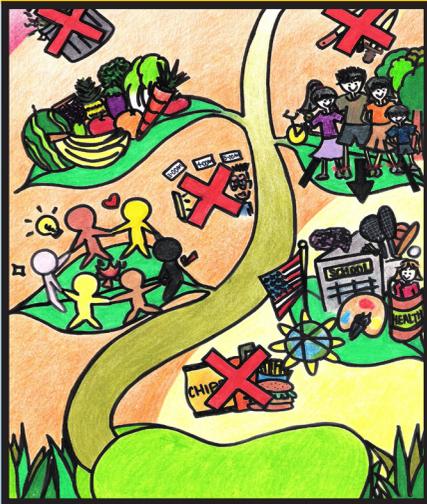
152 Shao-Hang Lan Age: 15  
James Lick Middle School  
San Francisco  
Sweet Tooth 難抗拒的甜吃



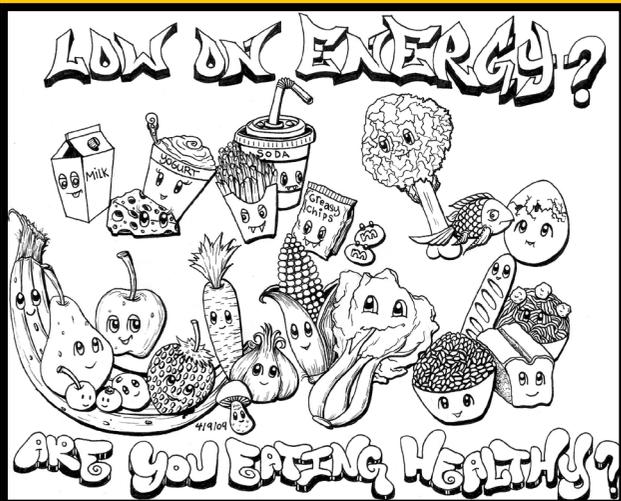


# Other Participants 其他參賽者作品

85 **Ka Yan Yeung** Age: 18  
George Washington High School  
San Francisco  
**Endless Life 無盡的生命**



138 **Marcus Lee** Age: 17  
June Jordan School for Equity  
San Francisco  
**Food Frenzy 瘋狂食物**



169 **Christine Siu** Age: 17  
Thurgood Marshall Academic High  
School, San Francisco  
**Fruits and Wine 水果和酒**

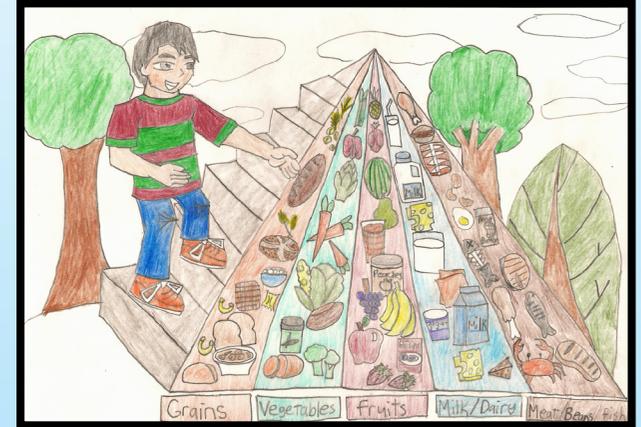


199 **Siyang Zeng** Age: 17  
Thurgood Marshall Academic High School,  
San Francisco  
**Healthy Food 健康食品**

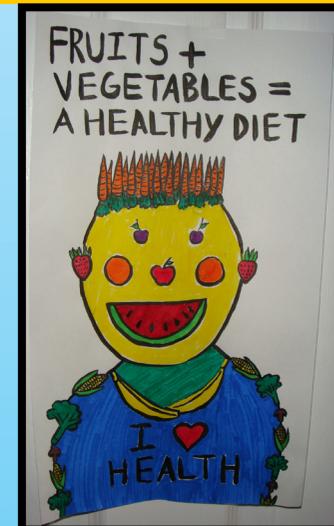


# Lifestyle - Related Healthy & Unhealthy 生活方式-健康和不健康的

181 **Alvin Wu** Age: 13  
Presidio Middle School, San Francisco  
[Food Pyramid 食物金字塔]



145 **Michelle Chan** Age: 14  
Lowell High School, San Francisco  
**FRUITS + VEGETABLES =  
A HEALTHY DIET 水果+蔬菜=健康的飲食**



# Other Participants

## 其他參賽者作品

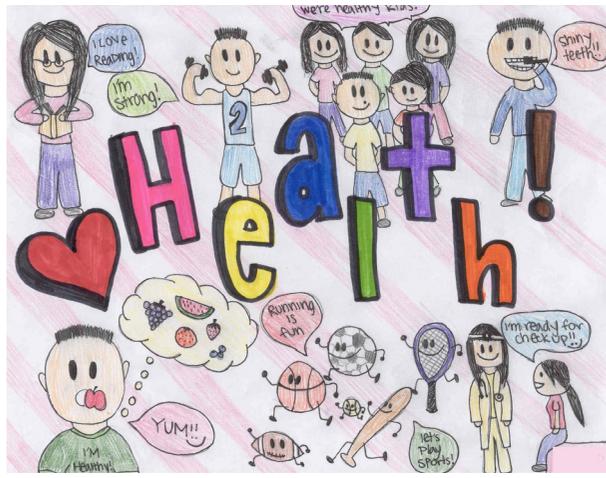
# Lifestyle - Related Healthy & Unhealthy

## 生活方式-健康和不健康的

155 **Helen Pun** Age: 16  
Leland High School, San Jose  
**Moderation 適可而止**

He reaches into the jar for a cookie to give to the boy next to her – her boy –  
But then  
She's eating again,  
he assumes.  
And he laughingly accuses,  
Fatty.  
Her eyes question,  
then, in a long moment, comprehend.  
And since that moment  
her body was not the same:  
Hips too pudgy – calves too thick – face too round.  
So this is how they see me.  
At the check-out line she sees the glossy models gleaming on the magazine covers –  
Skinny, every one of them. She didn't look like them.  
So she quietly leaves the line and puts back the snacks she held in her hands.  
Turns down second helpings at the family Thanksgiving dinner.  
Sets the alarm clock early to run every morning.  
Studies the nutrition facts on every package.  
Cuts back on calories.  
Then cuts back on meals.  
The void of her stomach protested –  
But her boy called her Sexy once.  
So this should have been victory. But she went further.  
Her body was the enemy.  
Urges had to be controlled.  
There is only disgust if she fails.  
Her boy looks worried some days. Isn't it enough?  
Not enough. She imposes more rules  
Calculate all calories consumed and burned and spend three hours running every day to lose ten pounds in two weeks.  
Her boy laughs nervously. This is impossible.  
I'll prove you wrong.  
But she doesn't.  
Control always slips.  
She makes amends,  
but  
more purges only lead to  
more binges and she needs  
more exercise,  
more rules,  
More...  
Enough  
deftly slips away  
as she futilely hungers  
for moderation.

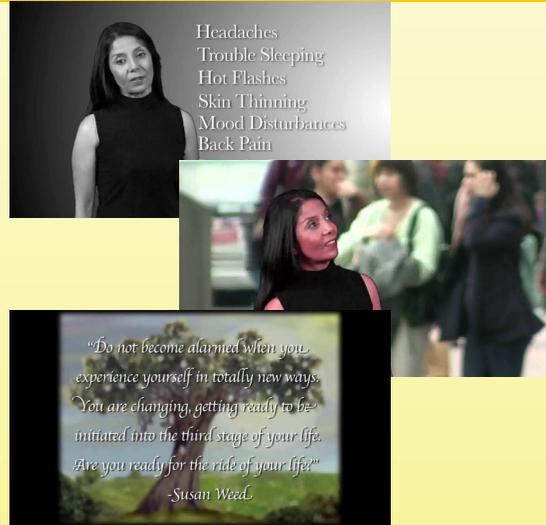
186 **Vivian Wong** Age: 15  
Francisco Middle School, San Francisco  
**Ways to be healthy, and healthy actions**  
保持健康的方式及健康的行為



193 **Jia Cheng Li** Age: 16  
Newcomer High School, San Francisco  
**Healthy Lifestyle 健康生活**



144 **Xia Ling Ann Chen** Age: 17  
Galileo Academy, San Francisco  
**Puberty Prime 青壯年時期 (Video)**  
Video is available for view at [www.TeensInCharge.org](http://www.TeensInCharge.org)



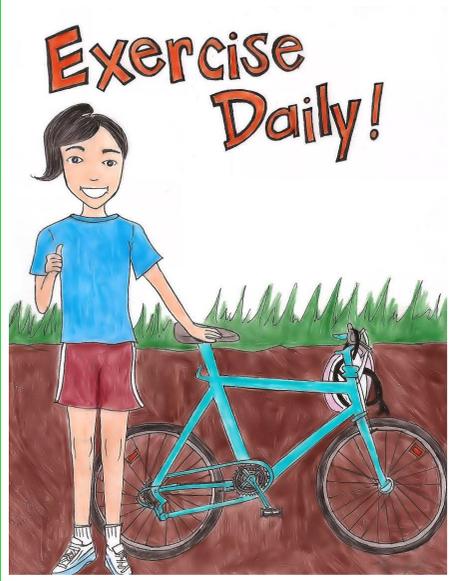
106 **Jessica Chai** Age: 18  
George Washington High School, San Francisco  
**Good Health 身體健康**

大是身  
的人體  
的幸生健  
福最康

# Other Participants 其他參賽者作品

# Lifestyle-Related Healthy & Unhealthy 生活方式-健康和不健康的

185 **Tammy Mo** Age: 15  
Lowell High School, San Francisco  
**Exercise Daily! 每天做運動!**



101 **Tszyan Lam** Age: 18  
Mission High School  
San Francisco  
**Healthy Chair 健康椅**



192 **Kimberly Li** Age: 14  
East Bay Arts High School  
Hayward  
**Obesity 過胖**



117 **Haofeng Zhou**  
Herbert Hoover Middle School  
San Francisco  
**Resist the cancer  
(Tanka poetry)**  
對抗癌症 (短歌式詩歌)

Resist the cancer  
(Tanka poetry)

- 5, Resist the cancer;
- 7, From eating the onion;
- 5, And it is healthy;
- 7, It has "Quercetin Flavin";
- 7, Have a cancer free summer!

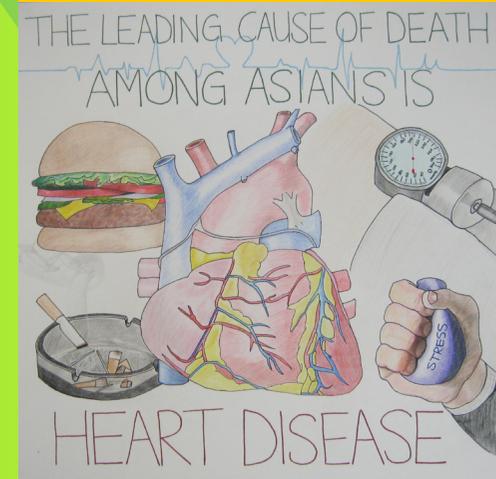
205 **Claudia Chen**  
San Francisco Unified School District  
**Dusk 黃昏**



178 **Yong Yu Xie** Age: 17  
Thurgood Marshall Academic High School  
San Francisco  
**Health 健康**



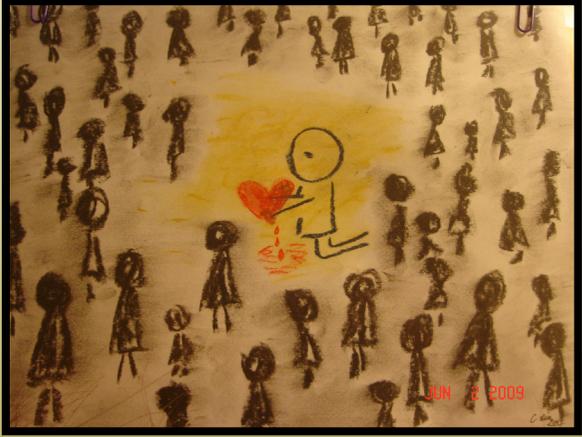
121 **Sandra** Age: 15  
Chinese Christian Schools  
San Francisco  
**The leading cause of death  
among Asians is heart disease**  
亞裔中的最主要  
死亡原因是心臟病



# Other Participants

## 其他參賽者作品

183 **Catheirne Lin**  
Age: 16  
Lynbrook High School, San Jose  
**The Lonely One that Cares**



200 **Lam Sam Ho**  
Age: 18  
Thurgood Marshall Academic High-School,  
San Francisco



122 **Michelle Yu**  
Age: 17  
Galileo High School, San Francisco  
**We Have Colors 我們擁有色彩**



90 **Judy Ma**  
Age: 17  
Berkeley High School, Berkeley



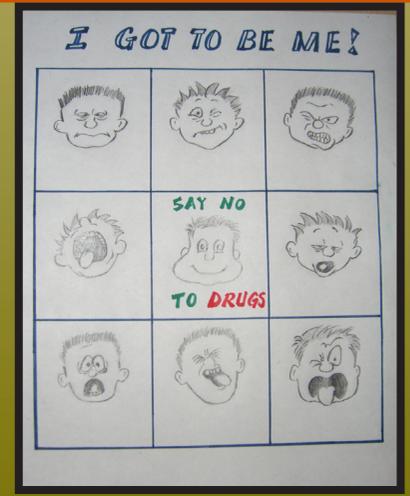
158 **Tina Tran**  
Age: 14  
Lowell High School, San Francisco  
**Teens Health Problem**  
青少年的健康問題



107 **Connie Jiang**  
Age: 16  
Lowell High School, San Francisco  
**Under Pressure 在壓力之下**



1 **Jonathan Li**  
Age: 18  
San Francisco Unified School District  
**I Got To Be Me!**  
我要做真我



# Other Participants

## 其他參賽者作品

172 **Amy Lee**  
Age: 17

School of the Arts  
San Francisco

**Mental Reminiscences**  
往事的回憶

I love the metro subway. The feeling of adventure, time, and place. I am on a one person ride and there is a sole destination I must arrive at. And people on board with me are on the same journey, although to a different "where." It is the innocent feeling of adult childless that I carry with me during each trip, to school or any place I go alone to. It is like a sweet treat through the reminiscence of childhood. I think on the train sometimes, about life and family, friends, love, and murder. I never say it, but its on my mind--I love my friends and family. I love my cousin, even if now I have unresolved matters with her and myself. We use to be so close, it was my sense of conservation which cut us off. My love is in my thoughts and written words. My hate for the person who violated me is open, after two years. Sometimes I have thoughts of ending his life, but no more. I now seek closure, not revenge or justice. I have come in terms with myself and the past. Although the after effect was unfortunate, what has happened has happened. I forgive you. My mental health is flourishing with my life experiences: divorce, sister, grandparents, childhood infatuations, high school, "the incident"(violation), but my life does not end at that wretched point. If I had not had my mental health, my sanity, friends, I would've bitten the dust.

202 **Audrey Chou**  
Age: 16

University Preparatory Academy  
San Francisco

**Important Yet Ignored**  
重要但被忽視

Usually when one hears that one's friend is "sick," one thinks of disease and illnesses that affect the physical body. However, there is a type of ailment that is even more important than any disease, and that is emotional health – namely depression. Depression is often ignored by adults, being dubbed as "teenage angst," but in truth both are serious issues. Teenagers are more emotional than their younger or older counterparts, and it seems neither age group can help them: the children have no experience, and the adults have ignored their experience. Stress is a common cause for feeling depressed, especially when it involves academic or social issues. A bad grade can lead to loss of privileges, and a fight with a friend can lead to a loss of protection. Often stress is caused by pressure from parents or friends, but especially parents. The push for good grades and good colleges can estrange and strain the limits of a growing youth. What's deadly about depression is that one often can't tell whether his friend is depressed simply by appearance. One could have a great big smile on his face and be hiding a stressed soul. Asking does not help – usually depressed people want to be left alone and will say, "It's nothing." Suicide is not an option. We need to understand that depression is a sensitive issue that needs to be examined. Professional advice should be sought immediately to nurture the depressed back to a healthy life.

160 **Tracy Lu**  
Age: 18

George Washington High School  
San Francisco

**Healthy Mood**  
健康的情緒

The word "health" can be divided into two categories: physical health, which deals with the functions of body and mental health, which is the emotions and feelings that people have from daily lives. Whenever the topic of health is mentioned, many people can only respond to their physical conditions or how strong is their body; however, they may not notice that mental health is as important or even more essential than physical health. This is simply because our mental conditions directly affect the attitudes and reactions that we take on our daily routines. For example, if a person were depressed, he may not have intentions to try anything. On the contrary, a happy person is more likely to enjoy his life and every try. As a Chinese immigrant, I can deeply feel the negative effect of mental stress. When I came to the U.S., I often had migraines but I still do not know if the cause was too much stress. As a 12-years-old girl, what I felt was sadness, and loneliness. This bad feeling hinders my learning while I was having more migraines. However, the number of migraines I had decreased as I got to know more friends, and I felt better and better with my school work. Then, I started noticing that my bad feelings were gone after I talked to my friends, and this new mood gave me energy and confidence to work better. Nowadays, people may easily neglect the importance of mental health. Nevertheless, keeping a relax and happy mood to face every difficulty is much stronger than having a stressed mind.

115 **Tony J Chen**  
Age: 18

Galileo Academy of Science &  
Technology San Francisco

**Endless Night** 無盡的深夜

Barely ever moving,  
Senses became unclear,  
Neither here nor there,  
Restlessness was aware.  
Shrouded by darkness,  
I see no light.  
I can feel the presence of eternity.  
Winning over this perfect night.  
Not asleep but alone,  
At the flash of the flickering sight,  
When will this end tonight?

165 **Miranda Ko**  
Age: 17

Mills High School  
San Francisco

**Trapped Within** 被困

Walls of steel  
Walls I can't break  
All I do is pound and pound  
The more I pound,  
The more I ache  
I am trapped in this body of mine  
I am trapped in this body of mine

## Impact Interview

### 參賽後感

Marcus Lee, Age: 17  
June Jordan School for Equity, San Francisco

#### Artwork Title: Food Frenzy

##### Artwork Description:

In this black and white art piece titled “Food Frenzy”, I was inspired by the many food pyramids. The questions, “Low on energy?” and “Are you eating healthy?” stimulate and invokes one attention to their eating habits. The non-healthy foods, represented with vampire teeth are energy drainers. The fruits, vegetables, and grains are good sources of energy and are shown with a smile. However, with the meats and dairy, even though they are good for energy, but they should be eaten in moderation. In recognizing that fried foods and junk foods are energy drainers, I try to consume more foods that give more vitality such as fruits, vegetables and grains.

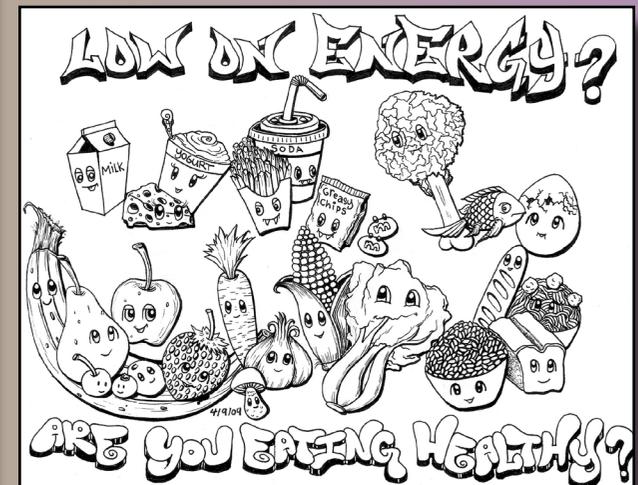
##### Paraphrases and quotes from the Impact Interview:

“I feel that Art definitely is a resource to express myself and to communicate with others. Art has definitely helped me bridge the social world and the world of self reflection”.

The Food Pyramid inspired me and I used cartoons because “I wanted to have it where people, youth can relate to it. The regular food pyramid is somewhat to me kind of boring, and it’s not really entertaining. At least this will draw some attention. And I used graffiti words because it’s more modern”.

After creating this piece, it “made me think about what am I really eating, I guess. Because I learned that when you ask questions, it helps you define where you want to go in life. And so, you know, in the process of figuring out what question to ask, like are you eating healthy, and then it stimulated my personal eating habit”.

My message to other teens is to “Believe in Yourself”. Whenever you face a problem, remember to do 20% reflection of the actual problem and 80% resolving the problem. Sometimes when we look too deep into the actual problem and we stick ourselves into the problem, we then become the problem. We think we’re not being talkative enough [...] just really put yourself into that place and be free to open up and start talking”.



## Impact Interview

### 參賽後感

Sadako Leong-Suzuki, Age: 13  
Rooftop Alternative School, San Francisco

#### Artwork Title: Family Grades Relationship Friends Stress

##### Artwork Description:

This picture is in a way showing you the health problem of stress, and how some of us feel when we get stressed. Submerged and trapped in the iron bars of stress, surrounded by the world and all its stressful situations and causes. Sometimes it just drives us mad, insane, and makes us cringe away inside our little prison of the painful reality of stress. Stress is sadly the natural reaction to some if not many situations in the human lifetime. This picture represents being a common teenager, or perhaps even child, being caged within the causes of common stress for our generation, such as the harsh pressure of family, friends, grades, and other human relationships such as boyfriends and girlfriends and what it can seem to do to us inside. Stress is a common source of depression for most, causing unhealthy relationships and decisions, which can also make us go over the edge, both physically and mentally.

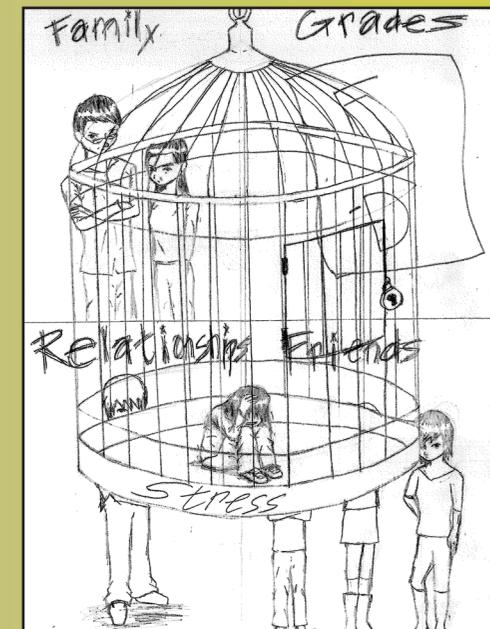
##### Paraphrases and quotes from the Impact Interview:

I think the most effective way to cope with stress is to “talk it out with people you’re comfortable with because if you keep to yourself, it will be bottled up; If you talk to someone else, you wouldn’t be as alone”.

I hope that my artwork “highlights the problem of stress because I know a number of people know that stress is a bigger issue than it actually is. Even though I only had four types of stress in my art, the viewer has the opportunity to think of more types of stress and realize that if they are in a certain type of stress they know how to deal with it and address it because not all people know they are getting so much stress from it unless they can identify it at the time they are under stress. Almost anything can bring you a type of stress, it just depends on the level of stress and how you interact with it, should have a multilevel approach”.

If there is one stress factor that is specific to Asian Americans and not to other groups, I would say it is Guilt. Because I’m “guilted” [subjected to feeling guilty] not to do certain things because my culture doesn’t approve of it and you’re afraid that your family will be ashamed of something you did or didn’t do. But some of my friends of different ethnicities are more relaxed about it and react to things in a different way than I would”.

“I don’t know if my idea of stress actually changed after the contest, but it made me think about how and why these issues came about and the causes of these issues. It’s changed a little bit. Used to think of it not as big of an issue, but now I know it’s a harder issue for people to deal with”.



## Impact Interview

### 參賽後感

Tina Tran, Age: 14  
Lowell High School, San Francisco

#### Artwork Title: Health Problems that Afflict Teenagers Today

Artwork Description: Not Available

Paraphrases and quotes from the Impact Interview:

“I combined health issues because I couldn’t choose just one single issue: drugs, school, puberty, love, stress, family, friends and etc”.

I chose to draw the girl and the doll, “because the girl represents everybody and how we are once innocent”

I chose the doll to portray these issues “because it is something that represents childhood, and it is something that is close to you”.

I came up with this concept because the “doll is like a human body, so I put all the different topics onto the part it affects it”. For example, “Food and nutrition near the mouth; Gossip, innocence, stress, school, near the brain; hope and pain as the eyes; and puberty, anywhere”.

I decided to participate in the AOM project “because of things we [teens] go through. Artwork was done in memory of friends and the experiences they go through, looking back at issues”.

By participating in the AOM project, “I learned to express myself more and communicate. I did research online and talked to my friends about teen problems and learned about stress and depression. And set goals for myself to talk more”.

If I was not Asian American, the artwork will be the same, “because I don’t think that race really matters. If you are a teenager, you will know these problems”.

If there is any way anyone can do something about these issues it will be “through schools, parents, and friends; by talking about it. People should communicate more”.

Our schools, community, city “should communicate and get the word out. More information about the issues and resource for them should be given”.



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所有與“Art of Mind”有關的問題，請上網[www.TeensInCharge.org](http://www.TeensInCharge.org)查詢



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