

A Publication of
“Future Hope”
 A Youth Division of
 Family Restoration
 Project, Inc.

YOUTH ON THE MOVE

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YOUTH FIT

Youth Fit is a free fitness program for youth ages 14-19 years old. This program aims to help the youth get in shape, raise their level of self esteem, self motivation, and self love. Leading the youth through various levels of body shaping and toning, are two certified fitness instructors—Cheryl Reed and Minister Cheryl Dillard. We would like to extend a heart felt Thank you to our instructors for volunteering their time and energy to help our youth better themselves!

Join "Youth Fit" every Saturday 9am-10am at 265 Warwick Ave. for a free workout!



Youth Fit has truly been a blessing to me as a young adult. It's important to be healthy so you may have a long life. It's real easy and simple. Only one hour a week on Saturdays. I encourage more youth to come. It's not a weight loss program; it's just to keep you in shape.

By Sammy

I believe that Youth Fit is a great way to stay in shape. I have gone though many things but none like this. Football, Tae-Kwon-do, etc... but they don't have a long lasting feeling of fitness that you get here. As a male I feel that fitness is a great thing to keep up and the best way is through Youth Fit!

I gained Physical, Emotional, and Spiritual fitness here at Youth Fit. After my first experience at Youth Fit I began to exercise all throughout the week. I feel recharged in all parts of my mind, body, and soul because of Youth Fit.

Ronald Spencer

HONORABLE MENTIONS

Anice B. Murray

And

Cherise Parris are both students at Wilson Magnet High School and are both recipients of a FULL college scholarship from the IB Program.

From The Editor ...

Every year approximately 5,000 runaway and homeless youth die from assault, illness, and suicide. Most of the time I can't help but think; did I know any of them? Did I ever see any of them? Why didn't I give them food or money or tell them where the shelter was? Most people can walk down the street and think nothing of it. When I walk down the street I think to myself that this is someone's sister or brother. I ask myself; what is going on in these families that youth are running away? Forty percent of runaways are due to family dynamics. Most runaways who are living on the street also find it difficult earning money to survive. They may start to panhandle for change, but usually turn to illegal means to survive such as prostitution, pornography, drugs, stealing and other crimes. If we don't care, then who will? Things like this make me wonder where society has failed us.



Everyone has problems and may think that they are alone. They may have problems with running away, sexual abuse, peer pressure, drug and or alcohol addictions, teen pregnancy, or may just feel alone and left out. This is a time when it is hard to think

very clearly. Talk it out with someone who will listen. Here is a list of numbers that you or someone you know can call...

Information Center

Runaway Info

Center for Youth services (ages 12-17)-	271-7670
Salvation Army Genesis House (ages 16-21)-	987-9540
National Runaway Hotline-	1-800-231-6946

Sexual Abuse Info

To officially report sexual abuse by a parent or guardian, call:	
NYS Child Abuse Maltreatment Register-	461-5690
Family Service Of Rochester-	232-1840
Rape Crisis Service-	546-2777

Alcohol/Drugs Info

Al-Anon/Al-Ateen Family Group-	288-0540
Alcoholics Anonymous-	232-6720
Threshold-	454-7530

Teen Pregnancy Info

Threshold's Mom Care-	454-7530
Southwest Family Resource Center-	438-0370
In Control-	328-3408

For all other problems listed or not listed call **LIFELINE 275-5151**

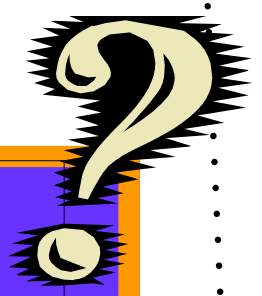


From One Runaway To You...

There are a lot of runaways now days. Some run away for fun, just to get away. They runaway to see what life is like without rules, but most like me, runaway because life at home is miserable. When I ran away I wasn't getting much love or attention at home. I missed my mom very much but wanted her to hurt because of how much she hurt me. She would never listen to me so I figured if I wasn't around for a while maybe she would start to listen. Running away is never the best option but it's all I could think of to get my mom to pay attention to me. If I could have done something different I would have because running away caused a lot of emotional problems and it didn't make things better.

- Anonymous

QUESTION OF THE MONTH.



“Hold fast to dreams, for if dreams die life is a broken winged bird that can not fly.”

-Langston Hughes-

What does this quote mean to you?

Never let go of your dreams because if you do you will never truly be happy. So live out your life to the fullest.

Rasheda S. Duke –

This means, Don't be pushed by your problems be led by your dreams.

Anonymous -

When I see this verse written by Langston Hughes, I think of how many people there are that had many dreams when they were young but failed to obtain those dreams as life pressed forward. He is saying for those who have dreams, don't let your dreams be demolished... for a dream gone to waste is of no use. For those who have dreams, don't let them go because if you do life is hard and useless.

Brittney Lawrence -

To me it means a broken winged bird can't fly, and if a broken winged bird can't fly, there really is no point for the bird to be around. If your dream dies, what's the point in continuing?

Jahnay Nash –

This means to me that a person who does not dream will fail to achieve their highest potential. Martin Luther King Jr. had a dream, and today his vision of great faith is a reality. This is a prime example that life is nothing more than a vision or goal intended for the future.

Cherice Murray -

I believe this means that you need to hold on to your dreams and that you can't stop hoping.

Calvin Sandlin –



I think it's relating to life. Because if you don't have dreams than what's the point of being alive?

Sydney Scott -

This means that take kindly to your goals and ambitions for if you loose them you may never have the opportunity again.

Lundan Gayton -

This quote implies that it is essential to dream, the inability to do so is a life of little meaning, and little importance. Life and dreams are the same in that one is needed to obtain the other. A dream is nothing more than a blue print for reality, where your possibilities are endless.

Anice B. Murray - (Honorable Mention page 1)

To me this means that dreams are a part of everyone's life, without dreams how can we getaway from whatever we're going through, other than prayer? If we stop having dreams life will be harder.

Sade' Nash -

I think this means that the world is supported by dreams and if people don't dream or they give up on their dreams then the world cannot function properly.

This means to me that if you don't dream your life is basically a waste.

Desiree Hill –

Angel Carter –

**YOUTH
ON THE
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**GET
INVOLVED!**

MAKE YOUR OPINIONS KNOWN !!!!!

SUBMIT YOUR ARTICLES OF INTEREST,
WRITE-UPS OF ROCHESTER EVENTS,
POEMS, AND/OR ARTWORK, TO
"YOUTH ON THE MOVE".

Submit materials via email:

youthonthemove@operamail.com

Or

Mail articles to:

Family Restoration Project, Inc.

360 Wellington Ave

Rochester, NY 14619

Attn. Youth On The Move

*** ATTENTION ***

All articles, pictures, poems, or other materials sent to "YOUTH ON THE MOVE" become the property of "YOUTH ON THE MOVE" and will not be returned.

Opinions stated in this newsletter are not the opinions of Future Hope, Family Restoration Project Inc. or of Youth On The Move, but of the individual who submitted them.

"Youth On The Move" is a publication of "FUTURE HOPE", the Youth division of Family Restoration Project Inc.

FRP Mission

Family Restoration Project [FRP] is committed to the restoration, reconciliation and well being of multi-cultural urban families in the City of Rochester. To this end we have identified a need to focus on producing holistic social, behavioral, and educational programs for youth between the ages of 13—21yrs.

The purpose of this newsletter is to enlighten, share, encourage, and highlight the achievements of Rochester's Youth.

AL SIGL CENTER WALKABOUT

On Sunday, October 24th, The Future Hope Project team (including 1 adult and 8 teens) participated in the Al Sigl Center Walkabout. This team raised \$248.50 for children and adults with disabilities. It is good to see the youth of Rochester involved in community service for the sake of others.

Marketplace Mall was full of people in wheel chairs, children in costumes; people walking, talking, rolling and having fun. Amidst all the fun, costumes, and laughter 1800 people raised more than \$115,000 for disabilities and Future Hope Project was there helping out and making a difference in our community.

This group of teens definitely represent "Future Hope Project" and are definitely "Youth On The Move"!

