Teen creates AM radio show to help peers

Chelsea Krost was tired of hearing adults talk about teens without representing the teen voice. So the 17-year-old suburban Delray Beach resident took matters into her own hands.

Krost, along with the help of her mother, Cindi, created a one-hour weekly radio show called *Teen Talk Live*, which airs from 7 to 8 p.m. Tuesdays on the West Palm Beach-based AM station 1230 WBZT.

Her show, which first hit airwaves March 11, addresses different teen issues, such as drugs, relationships and body image. Krost hosts each show with the help of a few teen panelists and a guest specialist on whatever the topic might be.

The mission of the show is simple, Krost said.

"I want to make teens aware that they're not alone and that we're there to help each other," she said.

Before the show began airing, Krost had had some previous broadcasting experience through the television production program at Spanish River High School in Boca Raton. She has been involved with the program since her freshman year, and when she returns to the campus as a senior, she will be the program's president — a position she was elected to last year.

"I definitely found what I'm good at and something I enjoy," she said.

But the show also has been a learning experience.

"It has taught me a lot about myself as a person," she said. "I've grown with the show."

Although Krost has a three-page list of possible show topics,

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she tries to tailor each show to different things going on in the news. When Boca Raton teen Stephanie Kuleba died from malignant hyperthermia during breast surgery in March, Krost devoted an entire show to teens and plastic surgery. When the video of six Lakeland teenage girls beating a classmate was posted on YouTube, Krost discussed cyber-bullying.

But not all of the topics are serious and controversial. After all, being a teen means having fun. One of Krost's favorite shows was a teen battle of the sexes game-show night.

For Krost, nothing beats the feeling of being on air.

"I can have the worst day ever, and then I get in front of the microphone and I'm the happiest person," she said.

Despite having been on the air for nearly five months, Krost still gets nervous. During the first five minutes of each show, she said that there's usually a slight quiver in her voice. But it doesn't take long before she feels like she's chatting with friends at a big coffee table.

Her most recent show featured 24-year-old Rwandan refugee Christine Uwayezu, who lost her parents and five siblings. After a life of struggling in Africa, Uwayezu heard about Give a Girl a Chance, an international program that pays for the education, rehabilitation, mentoring and

development of young women in need. Uwayezu is staying with her program mentor, Boca Raton resident Lisa Marcus.

It was through Marcus that Krost found out about Uwayezu. When the two girls met for the first time the day before the show, Krost said they poured their hearts out.

"As much as we're totally different, we're so similar in our drive to succeed," she said.

Uwayezu's English is a bit shaky, so when the two girls have

trouble communicating, they spell out words by tracing them with their fingers in each other's hands.

During the show, both girls had tears in their eyes as Uwayezu told her story.

"I was totally hopeless," she said. "But my dreams came true. It's a miracle."

Come January, Krost and her mother and Marcus and Uwayezu will travel to Nairobi, Kenya, to distribute supplies to African women.

Cindi Krost said that instead of asking for presents for her birthday in October, she will ask for items she can take on the trip.

For information about Teen Talk Live and to watch full episodes, visit www.teentalklive.net.

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Photo by SAMANTHA FRANK

Chelsea Krost (left), 17, of suburban Delray Beach, creator and host of *Teen Talk Live*, asked Rwandan refugee Christine Uwayezu, 24, to be on her radio show.