

LAWNDALE KIDS NEWS

A joint program of PressFriends and the County of Los Angeles Public Library

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Meet Healthy Holly

Ms. Holly came and talked to the Lawndale Library news reporters about healthy habits. Ms. Holly showed the reporters and their families certain snacks they can make that are healthy. One snack was a trail mix. The kids got to try the trail mix. The mix was a big hit with the kids. This showed the kids that healthy foods can have a good flavor!

Ms. Holly shared that it is important to eat healthy because 66% of children in America are obese, meaning that they are severely overweight. Lawndale Kids News

had the chance to talk to Mrs. Holly about healthy eating habits.

Continued on page 7



Healthy Living

The book *Healthy Eating* by Cath Senker teaches many things. Eating the right kinds of food is an important part of living a healthy lifestyle. A healthy diet includes food that gives energy to the body. The five groups of food are grains, fruits and vegetables, dairy, proteins, and foods with fats and sugar.

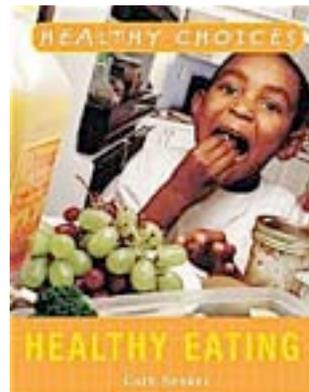
Along with fruits and vegetables, grains should be the most group of food someone eats. Less dairy and meat should be eaten. Unhealthy foods like fries and burgers are

better when only eaten once in a while.

Sodas are not the best choice of drink. They are not a good choice because they contain sugar that can get in your teeth and cause tooth decay. Water and milk are healthy alternatives. Water is a good choice because it hydrates the body.

Another food that is bad to eat is candy. A candy with sugar can rot your teeth. In conclusion, it is best to eat foods that are good for you!

by Marck V



Lawndale Kids News Reporters - Spring 2012



Ashley R.



Brandon R.



Cady T.



Dalia N.



Dennis T.



Emily N.



Giselle G.



Hafsa K.



Jackie J.



Jocelyn V.



Kathy D.



Karen T.



Lorelei C.



Marck V.



Nicole G.



Tatiana M.



Uzair P.



Sebastian L.

LAWNDALE KIDS NEWS DID A SURVEY ON WHAT SPORTS KEEP YOU ACTIVE?



The votes are in! We interviewed 30 kids.

- ◆ 14 kids stay active by playing soccer.
- ◆ 13 kids stay active by playing football.
- ◆ Running is an activity for two kids.
- ◆ Basketball and baseball have one vote each.

by Brandon R.

Soccer Rules!

Do you like soccer? I sure do! It's hard to compete with older people who are not your age. For example, at my school, I am in fourth grade and my class always competes with fifth graders. We always try our best, but every single day during our lunch time, the fifth graders always win!

Sometimes when we play, we make different teams. Some of these teams are

fourth grade against fifth grade, third and fourth grade against fifth grade, or boys against girls. I get so mad when my class loses!

But soccer is not all about winning. Soccer is about having fun. I love soccer! It's my favorite sport.

by Hafsa K.



Get Active With Sports

Kids worldwide should exercise more than one hour everyday because kids should be more fit and active.

A great exercise that is fun is basketball. It is fun because kids can play with their friends, but kids can just practice alone in their backyard or at a park. The more you practice, the better player you can become.

A favorite thing about basketball is playing around and getting better. Some favor-

ite basketball teams are the Clippers and the Oklahoma City Thunder.

Basketball is an activity people can do on a daily basis. Basketball is always an option for kids when they do not have any homework. Now go find some friends and get active. Even if you do not think basketball is your sport, you can play other sports such as soccer, baseball, football, or hockey.

by Tatiana M.



Lawndale Library Jumps into Action

Every Wednesday afternoon, kids ages 8-12 years old, are welcome to the Lawndale Library Jump Rope class. David Johnson, the Teen Services Librarian, and Melissa McCollum, Library Manager, teach a beginners and an advanced class. They meet in the Library Meeting Room. This class was started because they want to help kids exercise and have fun. Each week they work on building their jumping skills. They do all kinds of activities during the classes. Some of them are Chinese jump rope, single jump rope, double-dutch, and long-rope

jumping. Sometimes they bounce balls while jumping or jump to different songs. They also do footwork drills to stay in shape. Before and after jumping, the group stretches to so they don't hurt themselves. The class's goal is to perform a jump rope routine to music for people at the library in the future. The class has been jumping together for about four months. Anyone 8-12 years old is welcome to come to the Lawndale jump rope class. No reservation is required.

by Kathy D.

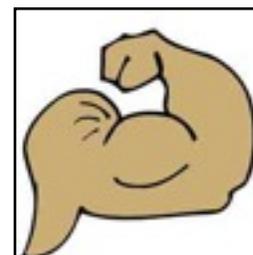


Sports and Muscles

Hey, do you have muscles? If you don't, you can start playing, running, and bike riding to gain muscle. You can do it anywhere! Building muscle can help you become healthier. Anyone who is physically active

can build muscle. Everyone should know about being healthy. Boys are not the only ones who can have muscles; both boys and girls can have muscle!

by Joecelyn V.





How to Be Healthy

Do you know how to be healthy? If not, this article will show you how to be healthy! Both boys and girls should learn this!

One way to be healthy is to make half of your plate fruits and vegetables. Another tip is to switch to one

percent milk. Finally, you can be healthier if you make at least half of your grains whole, and you vary your choices of protein. Hopefully, this article taught you how to balance your meals!

by Nicole G.



Turning Exercise Into a Fun Activity

If you want to stay healthy you should exercise one hour everyday. A great exercise is softball. One way you exercise during softball is when you run around the bases. Another way you stay active is by swinging the baseball bat.

One of the best things about softball is batting. It is fun when you

hit a homerun. A fun position in softball is third base. It's great because since the ball always comes to you, you get to throw a lot of balls.

Third basemen always stay active. If you exercise and stay healthy, you will live longer and be happier!

by Dalia N.



One Way to Get an Hour of Exercise Everyday

Kids need one hour of exercise everyday. One very fun and active exercise is swimming. Swimming can be hard though, just ask a member of the Hawthorne Swim Team.

There are many strokes on the swim team. The strokes are called butterfly, backstroke, breaststroke, and freestyle. A common, favorite stroke is butterfly because it is the

hardest stroke of all. Butterfly is a challenge and it also helps burn calories.

Many Doctors say swimming is the best sport for all ages. Also, swimming is helpful with running and it can help with your stamina. Think about joining a swim team for a workout that is fun!

by Giselle G.



Healthy Life

There are many important questions you can ask to see if you live a healthy lifestyle. Do you exercise for thirty minutes a day? If you do that is very good. Do you like vegetables? Do you like fruit?

Did you know that all fruits have seeds? So that means since tomatoes have seeds they are fruits. Also, pur-

ple vegetables are known to reduce the severance of a seizure.

Another question to ask yourself is do you go to the doctor? Do you like going to the doctor? Even if you don't, just keep in mind that "An apple a day keeps the doctor away."

by Uzair P.





Here's an inside look of the garden.

The Lawndale Ocean Friendly Garden is behind the library. In the garden there are many flowers, fruits, and vegetables.

Teen Friends of the Library care for the garden.

Caption by Cady Tran
and Karen Tran

The Lawndale Ocean Friendly Garden is located on Grevillea Avenue. There also is a free gardening and cooking class for kids on the third Sunday of every month at 10:30 a.m. Meet in the Ocean Friendly Garden. To watch the garden grow online, visit flickr.com/lawndaleoceanfriendlygarden.

Worms Do All The Work

Composting is throwing away food, but composting is also helping the soil. So let the worms recycle for you!

The kitchen scraps can turn into rich fertilizer for a garden. Feed the worms banana peels, beans, peas, apples cores, and other fruits and vegetables. Use their urine and mix it with the water and then use the compost to grow plants.

Through composting, the amount of garbage produced is reduced, and you can save the earth at the same time. A medium-sized worm box can process more than five pounds of food wasted each week! Composting is really fun and creative, but most importantly composting can save the environment.

by Lorelei C.



The Steps to Composting



Composting is good for the soil, so that's why the Lawndale Kids News composted in the Lawndale Library's compost bin today. Beans, pea pods, and apple cores were put in the compost bin. Meat or dairy should never be put in the bin. The worms came to the beans first and started to eat. Then, newspaper was put over the dirt. The urine and feces of the worm help the soil. The plants will grow quickly once composted soil is added.

Make sure to wear gloves when adding food to the compost. The compost bin should have holes so the worms can breathe. It was a bit damp, but that is good. The compost bin has to be dark and that is when the newspaper comes in. Cover gently with a newspaper. Worms also eat paper towels, tea bags, and newspapers. Always remember to wash hands after composting.

by Dennis T.



Wacky Comix by Sebastian L.

Who Has the Better Dynamic Duo?

Many people believe that the Dodgers have a better dynamic duo than the Angels.

The Dodgers have Matt Kemp, who was voted second for the National League MVP, and Clayton Kershaw who had two hundred and forty-eight strikeouts in his 2011 season. Also in that season, he had 21 wins and a 2.28 average.

On the other hand, the Angels have three time MVP Albert Pujols and former Texas Ranger Ace C.J. Wilson.

Who do you think has the better duo?

by Sebastian L.

If Only I Had A Cookie Fruit

Recently, a survey was taken on if people liked cookies better, or if they liked fruits the best. The results were shocking: fruit won. Fourteen people chose cookies, while sixteen people chose fruit. A good group to interview would be older kids, ages thirteen through eighteen, because they would be more informed and wiser to answer the question.

by Emily N.

Calories Burned by Sports

People who weigh less burn less calories. If you weigh more then you burn more calories. The website, www.fitnessforweightloss.com, gives an estimate of how many calories are burned if you weigh from 150 lbs to 400 lbs when playing different sports for 30 minutes.

According to the website, if you play competitive basketball for thirty minutes you burn two- hundred- eighty- five to seven- hundred- sixty- five calories, depending on your weight.

If you play softball or baseball you burn between one- hundred -eighty calories and nine- hundred -seventy- five calories in thirty minutes.



If you play soccer for thirty minutes you burn three- hundred- sixty calories to nine- hundred -fifty- five calories.

If you play competitive football you burn three- hundred -sixty calories. Also if you play flag football you burn two- hundred -eighty- five to seven- hundred- sixty- five in half an hour.

If you jog for thirty minutes you burn two -hundred- fifteen to five- hundred- seventy- five calories.

by Brandon R.

Interviews

Continued from page 1

Lawndale Kids News: What got you interested in healthy eating?

Holly: My children, I hope that my kids will grow up to be healthy.

Lawndale Kids News: What is your favorite fruit?

Holly: Watermelon.

Lawndale Kids News: What have you done to help people eat healthier?

Holly: I give talks to children. I try healthy new recipes at home, and I try to educate myself by reading books and watching healthy cooking shows.

Lawndale Kids News: What do you give your kids as protein?

Holly: I like to give them lean proteins. Like chicken, beans, lean ground beef or turkey. And I like peanut butter and almond butter.

Lawndale Kids News: Why do you care if you eat healthy?

Holly: Because if I eat junk food I get a lot of energy that goes away quickly, but if I eat healthy, I get a lot of good energy.

Lawndale Kids News: Who influenced you to start eating healthy?

Holly: When my dad had a heart attack, I reevaluated the fat and sodium in my diet. My friend Bavnha cooks vegetarian Indian food and I'm learning how to cook healthier fresh food in a tasty way.

Lawndale Kids News: What are you trying to teach us today?

Holly: My goal was to teach you that you can eat healthy. It can be easy to eat healthy.

by Jackie J.

New Online Cookbook!

An Interview with Lawndale Library Manager Melissa McCollum

Lawndale Kids News: How will you make the cooking book?

Ms. McCollum: We are working on creating a healthy living website for the Lawndale community with several partners. As part of this website, we are going to create an online cookbook with family recipes and photos sent to us by Lawndale residents.

Lawndale Kids News: Why is it important to make a cooking book?

Ms. McCollum: We're hoping to encourage Lawndale residents to eat better, and this cookbook will help neighbors and friends share their healthy recipes with each other. Many kids have shared recipes too, so we'd like parents and children to use the recipes for cooking (and eating) together.

Lawndale Kids News: When will people be able to see the recipes?

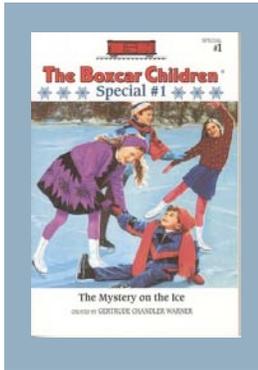
Ms. McCollum: The website will go up in June. Anyone who wants to share their recipes featured in the new

online cookbook may drop them off at the Lawndale library, or send them via email to mmccollum@library.lacounty.gov to have it featured on the site!



by Ashley R.

Kid Detectives



The Boxcar Children: The Mystery on the Ice by Gertrude Chandler Warner was a good book to read. It's about four kids who go on an adventure in Greenfield. Somebody steals Sara Murray's jewelry. That's when the Aldens go on the mystery.

First, they think that Carl was the one who robbed the Murray's. Then, they think that a

man in a black suit was the one who robbed the Murray's. Benny, the little boy, thinks it was a lady named Marcia, but she had a broken leg and she couldn't climb up the building.

In the end, the Alden's figure out who robbed the Murrays!

The best character is Jessie because she is pretty and very mature. The story is great because

it is a mystery. It is a winter book, and there are games in the back of the book. This is a good book because there are good pictures. The book is interesting, and there are no spelling mistakes in the book. This a good book for kids between the ages of eight and fourteen.

by Cady T.

Fly Guy Saves the Day

The book *Fly Guy* is written by Ted Arnold.

Fly Guy is a fly. He can fly, and he also says buzz, ruzz, rozz. Every word in the book ends with uzz.

Fly Guy goes to school with Buzz. He is a cool character because he gets in trouble a lot. This is a great story because it is funny, amazing, and nice.

This book was good because *Fly Guy* was a cool fly. Everyone will like fly guys. Not just boys, but girls will like it too.

by Ashley R.

A True Friend

The book *Charlotte's Web* is by E.B.White. In this book, a little pig is born. Fern names him Wilbur. Fern's dad wants to kill the pig because it was smaller than the others. Fern comes outside, stops her dad, and then tells him she will take care of the pig.

A few weeks later her dad says she has to give the pig to her uncle Mr. Zuckerman. So they give the pig away and Fern visits Wilbur after school.

Mr. Zuckerman is about to kill Wilbur, but Charlotte the spider writes nice words about Wilbur like "Some pig" and "terrific". People come to the barn and look at Wilbur, so Mr. Zuckerman decides to keep Wilbur for the country fair. Wilbur is put in a pen and Wilbur wants Charlotte to come but she says she can't because she's making her egg sac. The county fair is full of surprises.

My favorite character is Charlotte because she helps Wilbur, and she saves his life. I like this story because animals can talk. They are funny and it's nice how the animals can be kind to each other. This story is good because it is full of detail, good events and good words. This book is recommended for ages 9- and up.

by Karen T.

Who Does it Best?

When asked who does it best, many children might think that mommies do the best.

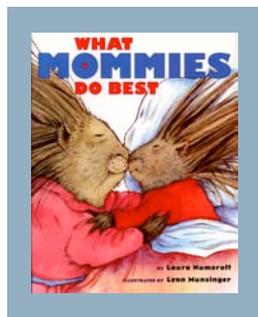
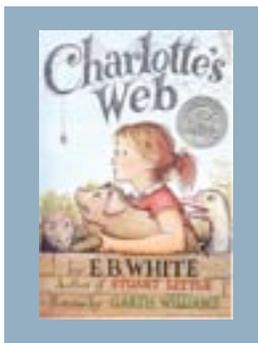
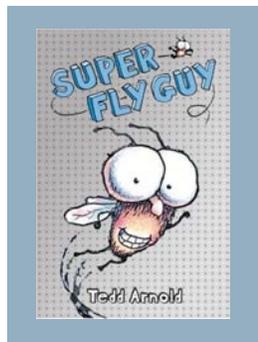
In the book *What Mommies Do Best* the mommies help their kids and

they take care of them when they are sick. Anywhere, the mommies are better than daddies.

Mommies can bake anything, like a cake for your birthday. The most

important part of the story is that mommies can give lots of love.

by Jocelyn V.



Get Your Eyeballs

Harry Potter and the Sorcerer's Stone is written by J.K. Rowling.

This book is about Harry Potter, an orphan who is living with his aunt and uncle because his parents died. His parents died because an evil wizard attacked them with a deadly curse!

This book takes place in Hogwarts, a school of witchcraft and wizardry for wizards and witches.

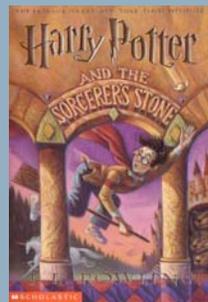
The best character is Harry Potter, because he survived a deadly curse when he was a baby.

The book was good because it had a lot of action, it was very myste-

rious, and it had a lot of curses. It is good because it's a mystery book, and a lot of kids like mystery books.

Kids who are ten and older will like this book. Both boys and girls who enjoy reading mystery books will enjoy this book.

by Uzair P.



The Wild Watsons

The book *The Watsons go to Birmingham—1963* by Paul Curtis is about a family who goes to Birmingham because their son Byron is a “juvenile delinquent.” He is a juvenile delinquent because he likes to light things on fire.

While in Alabama, the family takes Byron to show

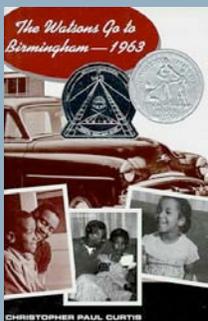
him that the world is not all fun and games. In the end, Byron learns his lesson, and also learns how to be a good big brother.

This book takes place in 1963 in both Birmingham and Michigan. A favorite character is Byron because of the big change that he goes through.

The story is good because it has different complications. The book keeps you in suspense, and you can learn from it.

Both boys and girls will enjoy this story. People of all ages will enjoy it too if they like historical fiction.

by Jackie J.



A Comical Hero

The book *Captain Underpants* by Dan Pilkey is a very funny book. In the book, Captain Underpants tries to stop a mad scientist from taking over the world and changing everyone's names. The principal of the school, Mr. Krupps, catches George and Harold pulling a prank, and punishes them by not letting

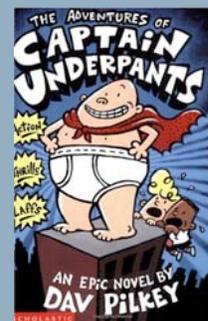
them go to the pizza arcade field trip. Mr. Krupp tells them to clean up the teachers' lounge.

They pull a prank on the teachers, and then they get a new science teacher. They laugh at the science teacher's name, Professor Poopy Pants. Then, the teacher gets mad and shrinks the school with a

shrinking ray. George and Harold fight Professor Poopy Pants and put him in jail.

3rd, 4th, and 5th graders will like this book because it has action and uses funny words like “underpants” and “tinkle.”

by Marck V.



A Book Inside of a Book

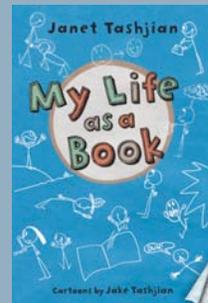
The book *My Life as a Book* is written by Janet Tashjian. This book is good because it has great detail. The main character, Derek, is silly and funny.

The book is about Derek's quests for an ad-

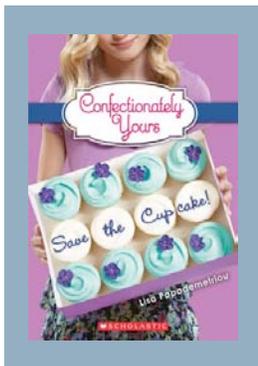
venturous summer. On his quest, he finds a newspaper article that is about a girl dying. He decides to further investigate the death. The things he discovers are truly shocking.

Boys and girls in the fourth and fifth grade would like it because it is a good book, and it is similar to *Diary of a Wimpy Kid*.

by Tatiana M.



Cupcake Lovers Welcome



Hello Cupcake lovers! Read *Save the Cupcakes*. Lisa Papademetriou, the author of *Save the Cupcakes*, really bakes this book into the best kind of treat.

The book is about a girl named Hailey who decides to cook to make herself feel better.

Hailey is in fifth grade at her school. Hailey is a likeable character because she bakes cupcakes to get out of trouble.

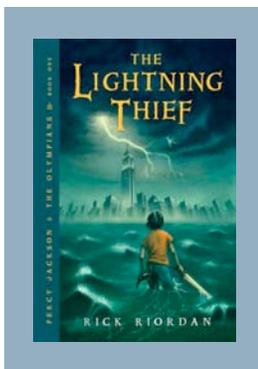
Hailey's having trouble because her parents are divorced, and her friend Artie starts to disagree with her about everything.

Another good thing about this book is that it contains recipes to try at home! Finally, this book is good because it inspires you to bake.

Along with bakers, many fourth grade girls will also like this book.

by Nicole G.

Review of The Lightning Thief



In the book *The Lightning Thief*, written by Rick Riordan, Percy Jackson is believed to have stolen Zeus's lightning bolt. Percy is a half-blood and the son of Poseidon. Percy's bravery appears in the book. He is brave because he

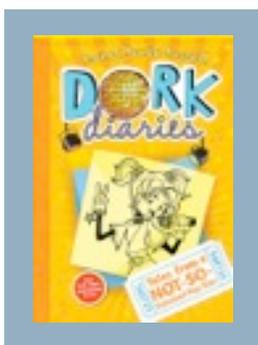
faces Mrs. Dodds, who is a scary monster. He also remains calm when he finds out that his teacher is a monster. Percy has a friend Grover, whom often helps him get out of trouble.

It is a good book because there is a lot of ac-

tion and adventure. The author does a good job of creating suspense. The book also has its share of funny moments. People should read this book because it has good action and adventure.

by Brandon R.

The Not-So-Talented Pop Star



In the story *Dork Diaries: Tales From a Not-So-Talented Pop Star*, by Rachel Russell, Nikki J. Maxwell writes in her diary. She writes entries about her school life.

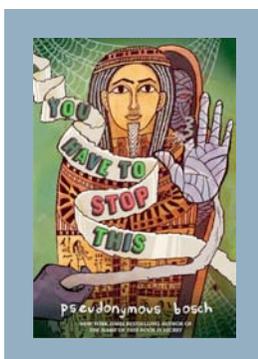
Nikki wants to be in the school talent show, but her enemy Mackenzie doesn't

want Nikki to be in it. Nikki's friends, Chloe and Zoey, want Nikki to be in the school talent show, but Nikki doesn't want to be embarrassed by her secret crush. Nikki uses the excuses that she needs to focus on her school work.

This book relates to most girls. It is similar to *Diary of a Wimpy Kid*, but it is a more girly version. Even though the story can be dramatic at times, it is funny as well. This book is number three in the series.

by Kathy D.

Why Did the Chicken Cross the Road?



The name of the book is *You Have to Stop This*. It is by Pseudonymous Bosh.

In this book, three kids go to a museum to learn about Egyptians. This might help them solve the current mystery they are working on, but they get in trouble for damaging a famous mummy.

They end up working for the museum, which leads them even closer to the answer of their mystery. The mystery takes them on a trip to Las Vegas. Will they be able to get back and solve the mystery?

One of the most interesting characters in the book is Cass. She's very

adventurous and is not afraid of anything.

The book is suspenseful, funny, and has many adventures. This makes it really good. The book is also good because everything is kept a secret until the very end, when all of the secrets are revealed.

by Dalia N.

Wimpy Kids Rock

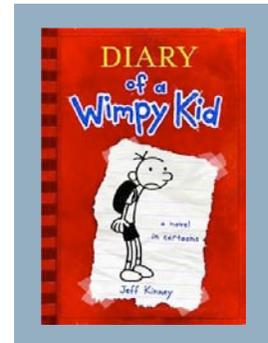
The Diary of a Wimpy Kid, by Jeff Kinney is about a boy named Greg and his middle school experience. His middle school experience is hard. He tries to keep his brother, Rodrick, away from his secrets.

Greg's life is terrible because Rodrick knows all of Greg's worst secrets.

On top of that, Greg has the same teacher who once taught Rodrick. The teacher does not like Greg because the teacher was

not Rodrick's biggest fan. The story is interesting because there are many settings that the story's events take place in.

by Dennis T.



Another Tale of a Wimpy Kid

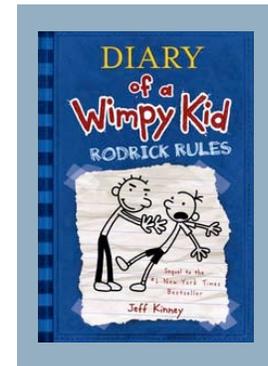
The Diary of a Wimpy Kid: Rodrick Rules is written by Jeff Kinney. It is the sequel to the first *Diary of a Wimpy Kid* book. The book is about the relationship between Greg Heffley and his brother, Rodrick. Rodrick always pushes Greg around. Greg also has a baby brother named

Manny. Manny is a cool character because he always gets Greg and Rodrick in trouble.

This book is interesting because of how much trouble everyone gets in. Greg and Rodrick's mom always makes Rodrick apologize to Greg, Manny always tells on his older

brothers, and Greg is never happy. The book is good because the characters are funny, and it is a great choice for kids who don't like to read. Boys and girls between the ages eight and thirteen will also enjoy this book

by Emily N.



Maniac Magee

The story *Maniac Magee*, written by Jerry Spinelli, is about a boy who runs away. Maniac's parents die on the P&W trolley in a famous crash. He runs away to stay with his aunt Dot and uncle Dan, who both give him the silent treatment. Maniac hates the silence from the two so he continues to run.

He meets the Beales, and they take him in. He

doesn't feel comfortable with all of the new things because he was used to sleeping in a deer's cave on the floor. Then he meets Grayson, an old man who was the same as Maniac, and Maniac teaches him to read.

This book is great because it's adventurous, dramatic, and has juicy parts. The characters have very mysterious personali-

ties. The settings are very intense, but the best one is 101 Band Shell Blvd because that is where Maniac finds a home, finally, and he gets to be with his best friend, Grayson.

This book is recommended to boys and girls of all ages because there are a lot of people who would like this adventurous book.

by Lorelei C.



The Boy With Fangs

Lois Lowry is the author of *See You Around, Sam*. It is about a four-year-old boy, Sam. His mom doesn't let him wear his fake fangs, so he decides to run away. It takes place in his house, outside, and at his friend's

house. Anastasia, Sam's sister, is very nice because she helps Sam with his problems.

This book is fun to read and makes you feel like you are part of the story. Reading about Sam will make

you laugh, as well as frown.

This book is good for both boys and girls because Sam and Anastasia are very relatable. The book is perfect for third and fourth graders.

by Hafsa K.



Words From the Lawndale Librarian

Congratulations, PressFriends reporters and mentors for publishing the first *Lawndale Kids News*! Your book reviews, articles, and photos are inspiring, and the Lawndale community appreciates your healthy living message.

Thank you for highlighting several of the Lawndale Library's gardening, fitness, and nutrition programs in this issue, including the Lawndale Ocean Friendly Garden, Jump Rope Team, and development of a new online community cookbook. We're pleased to

join PressFriends, National Charity League, Lawndale Elementary School District, and the City of Lawndale in encouraging residents of all ages to eat better and exercise more. Together we can make ourselves and our community stronger.

We look forward to welcoming our reporters back to the newsroom this summer to create the second issue of *Lawndale Kids News*.

Watch for more information online (pressfriends.org) and



in the library. To all of our current and future reporters – grab your notebooks and keep searching for the stories you want to share.

by Melissa McCollum

PressFriends is pleased to sponsor the printing costs of this issue

PressFriends are middle and high school students who work with elementary school students to make writing fun. Our motto is "making friends while making writing fun."

PressFriends work with over 350 elementary school students in the South Bay on eleven student newspapers. We work with five elementary schools, three library programs, two afterschool community programs, as well as a districtwide elementary school newspaper program.